

PANTHER PRIDE

PURSUING EXCELLENCE **TOGETHER**

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U-Prep wishes to congratulate the Junior High Science Bowl A team for their competitive second place finish on Saturday, February 29 at the Far Nor Cal Science Bowl. Pictured above: Josiah M., Sean K., Justin C., Carson C. and Reza R. (not pictured)



Congratulations to U-Prep High School Science Bowl team members; Tommy N, Kelvin M, Abbey B, Connor D, and Jason K, for their win on Saturday, February 29 in the Far Nor Cal Science Bowl. They have worked hard since September for this and they did it! The students will now move on to preparing for the National Science Bowl in Washington D.C. where they will be one of 64 teams to compete in April. The competition starts with 9500 teams nationally and winds down to 64. Few of us, in life, have the opportunity to compete at anything at a National level so this is an accomplishment and a privilege! Science Bowl winners will receive a 5 night, 6 day, all expenses paid trip, courtesy of the Department of Energy. Chemistry teacher Brian Murphy and his co-coach, Cory Poole wish to thank the supportive staff at U-Prep for encouraging the teams as they prepared for this competition. U-Prep also wishes to thank REU for hosting this competitive event!







day to be a Panther!



OPEN HOUSE



Tuesday, March 31, 2020 4:45-6:00 p.m.

The evening begins with a welcome message in the Marr Auditorium at 4:45 p.m. Classrooms will be open from 5:00-6:00p.m. Stay for dinner! Sober Grad will be serving a pizza dinner on the quad from 4-6 p.m. as a fundraiser for 2020 Sober Grad. Sober Grad will also be selling raffle tickets for R&R Meats.

We hope to see you there!

University Preparatory School 2200 Eureka Way Redding, CA 96001 (530) 245-2790

LIONS CLUB SPEECH CONTEST

The Enterprise Lions Club is sponsoring a nationwide speech contest. The contest is designed to "provide an opportunity for competitive public speaking among students on a subject of vital interest to the contestants and to the American people as a whole." Students are encouraged to argue on the year's topic with as much self-expression and independent thinking as possible. This year's prompt was "Homelessness in California: What is the Solution?" After an open call for participants was placed among all 11th-12th graders at U-Prep, finalists were selected to compete: Gwyneth S., Sophie M., Nikolai O., Serena T., Brendan C., Annie C, as well as 9th graders Sehr and Sartaj G. Nikolai O. and Sehr G. took first place at separate local competitions, winning \$100 apiece. The Club Presidents thanked our students publicly--expressing heartfelt appreciation for how eloquent, thoughtful, and personal the speeches were. All contestants received a small cash stipend as a thank you for participating, and the winners will go on to compete at the next level in mid-March.









Emily Mason is the Poetry Out Loud County Champion for the 4th year in a row! Poetry Out Loud is a National Recitation Contest, created by the National Endowment for the Arts and Poetry Foundation.



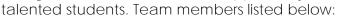
Emily competed against fellow U-Prep students and then moved on to compete against students from Shasta, Enterprise, and Foothill. Through Poetry Out Loud, Emily has strengthened her love for poetry and performance. This year, she will compete at the State Level with hopes of moving on to Nationals.

The picture is of Emily and her brother Ben Mason who also competed for U-Prep.



IOCK TRIAL

Congratulations to U-Prep's Mock Trial Team. In February they attended a scrimmage in Santa Clara and then competed in the county competition. Their speaking skills and knowledge of the law impressed the panel of county lawyers. All seniors were awarded individual awards, and many of the underclassmen were also recognized. It was a wonderful opportunity to showcase the dedication of U-Prep's









Bella B., Cameron M., Chris, L., Emily M., Gwyneth S., Isabella W., Krishna R., Malachi L., Marissa W., Miles M., Nicolai O., Olivia C., Ranan B., Rida K., Talem B.

U-Prep had three teams compete in the Odyssey of the Mind Regional competition at Mountain View Middle School on February 29. Each team has been working for months writing their own script, constructing their own sets, and putting together their own costumes all to solve a complex problem they were given. All of this was done with no help from adults! Because there are 5 different problems to choose from within Odyssey, our 3 U-Prep teams did not have to compete against each other. Their hard work paid off! Hazel P, Madilyn S, George N, and Kylee B's team earned 1st place! The other two teams consisting of Rylee L, Noah R, Noah H, Hudson B, Zoey D, Brandyn N, Levi D,

Melody E, Nathan H, Aiden M, Alex F, and Josiah V earned 2nd place! All three teams move on to the State Competition in Sacramento on March 28. Good luck and go Panthers!!









16th Annual Career Day

U-Prep's 16th annual career day was held on February 10th and it was a smashing success! All 8th and 9th graders started their morning off by hearing from law professional, Melissa Fanoe! The 8th and 9th graders then attended 4 sessions of their choosing. A big thank you to all of our presenters who helped make career day such a wonderful

experience!







MATHCOUNTS

On Wednesday, February 12, U-Prep students gathered to participate in the 31st Annual Redding Chapter Competition of Mathcounts in Anderson. Led by Coach Michelle Oberlander, 9 U-Prep students competed that day. Zoe T. took 8th place individual, Arabella B. took 7th place individual, and Sean K. took first place individual out of 16 schools (approximately 130 students). U-Prep's school team of Sean, Zoe, Stephanie and Charles placed 2nd in the team competition. Congratulations, Panthers!





ASSOCIATED STUDENT BODY

UPCOMING EVENTS JASPAL GADDY: JUNIOR HIGH ASB ADVISOR KENT SMITH: HIGH SCHOOL ASB ADVISOR Junior High News

Our next Spirit Week is March 16-20. The theme is Cereal and the days are Monday: Froot Loops (Dress Tropical), Tuesday: Lucky Charms (Wear green, green, green), Wednesday: Frosted Flakes (Wear Sports Jerseys), Thursday: Apple Jacks (Wear Flannel), Friday: Got Milk? Wear white. Please see the flyer on the following page for more information. On Friday, March 20th, the junior high dance will be from 6-7:30pm in the Hoosier for 6th-8th grades. The cost is \$3 with ASB and \$5 without. All students will receive 5 free tickets for basket giveaways with admission; additional tickets can be purchased 5 for a \$1 at the dance. In addition, all students will receive one free snack bar item. There will be food, a DJ, and a free photo booth! We look forward to seeing everyone there!

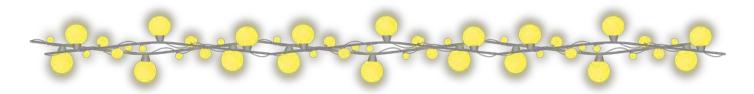
We are thankful for all our students that donated to the Leukemia and Lymphoma Society and helped young people in the northstate battling blood cancers. As a school, we raised over \$800...way to go Panthers!

High School News



High School Student Government started the month of February with a fabulous Semi-Formal dance to end our Winter Spirit Week with over 300 students in attendance. The theme was "Enchanted" and our commissioners outdid themselves with the décor (see photo to the left), Benji Thompson from NetSound did a fantastic job spinning tracks. Prior to the February break, we also promoted Pennies for Patients, through which students donated cash and coins all month to help children suffering with Leukemia and other blood diseases.

Coming up in March, we look forward to our Spring blood drive on March 20th in the Hoosier Gym, followed by a "cereal" dress up spirit week March 16-20, ending with the Sadies Dance "A Walk Down the Cereal Isle" on March 20th. Our High School Student of the Quarter awards ceremony will be in the Board Room March 25th. Finally, our month will end with representatives from Student Government students attending the CASL leadership conference in Ontario, CA, March 26th-30th.



ASSOCIATED STUDENT BODY



JASPAL GADDY: JUNIOR HIGH ASB ADVISOR KENT SMITH: HIGH SCHOOL ASB ADVISOR

DATI Mar. 2	ES TO REMEMBER PSAT - 8th Grade
IVIAI. Z	
	Early Release Day/2:10 PM
Mar. 4	2020-2021 School Lottery
Mar. 9	Early Release Day/2:10 PM
Mar. 13-14	Just Dance!
Mar. 14	Sober Grad Rummage Sale
Mar. 16	Early Release Day/2:10 PM
Mar. 16-20	Sadies Spirit Week
Mar. 19	Seniors to Ashland
	Dance Auditions (gr. 7-12)
Mar. 20	Spring Blood Drive
	Sadies Dance
Mar. 21	Monologue Theatre
Mar. 23	Early Release Day/2:10 PM
Mar. 24	JH Student of the Quarter
Mar. 25	HS Student of the Quarter
Mar. 27-28	Band & Choir to Disneyland
	Dance Team to Sacramento
Mar. 28-30	CASL Conference (ASB)
Mar. 30	Early Release Day/2:30 PM
	Senior Exit Presentations
Mar. 31	Open House



Mission & Vision

University Preparatory School is an educational community invested in developing confident, capable, and compassionate citizens; its mission to immerse all students "in rigorous academics and meaningful extra-curricular activities" is supported by a collaborative and close-knit community of staff, students and parents and is based upon educational research and professional experience. The faculty and staff work together to provide students with many opportunities to excel academically and develop their potential as educated leaders and citizens in the 21st century through a rich and varied extra-curricular program. This vision is supported by offering a seven- period day to students from grades 6 through 12 so that they may pursue academic interests, such as studying multiple world languages or continue their development in the arts, including dance, drama, art, and music. The objective of this mission is to enable all students to become self-motivated, competent, and lifelong learners.

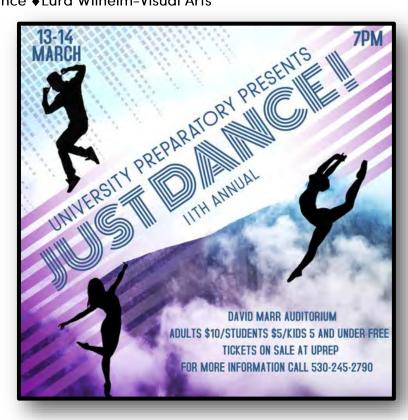
VISUAL & PERFORMING ARTS

Brad Fowers–Department Chair ♦ Elizabeth Johnson–Strings & Percussion ♦ Romney Clements–Fall Musical

Marissa Kinneavy–Dance ♦ Lura Wilhelm–Visual Arts

CHAMBER ORCHESTRA NEWS

Chamber Orchestra is extra busy in the month of March with a public performance and a festival performance. On Tuesday, March 10, the Chamber Orchestra will travel to the Shasta County Office of Education Training Center to perform during the Principal for a Day breakfast. Following that event, the Chamber Orchestra will participate in the California Music Educator Association's festival at Shasta College. Judges are on-hand at this event to critique and rate participant's performances. Last year, the orchestra received a superior rating and they are hoping to repeat that performance.





For students interested in joining the U-Prep Dance Department, auditions for current 6-11 grade students will be held on March 19 at 3:30 PM in the Dance Studio. Incoming 6th grade students will audition on April 28.

*CURRENT DANCE STUDENTS SHOULD NOT ATTEND APRIL 28 AUDITION

DANCETEAM

U-Prep's 11th Annual Just Dance! Showcases over 125 students from U-Prep's Dance Department. With jazz, musical theatre, contemporary, and more, there are dance styles for everyone to enjoy. You do not want to miss this amazing, once-a-year event! Tickets are \$10 for adults, \$5 for students and children under 5 are free. Tickets can be purchased in advance in the U-Prep ASB Office or at the door.

In other news, the Dance Team traveled to Santa Clara to not only compete, but also took instruction for an entire weekend with top industry professionals including Travis Wall from "So You Think You Can Dance". It was a fabulous weekend for U-Prep dancers! They brought home a 1st and 3rd place, along with numerous gold placements. Their next competition is the end of March in Sacramento.

VISUAL & PERFORMING ARTS

Brad Fowers–Department Chair ♦ Elizabeth Johnson–Strings & Percussion ♦ Romney Clements–Fall Musical Marissa Kinneavy–Dance ♦ Lura Wilhelm–Visual Arts

ART DEPARTMENT NEWS





SENIOR ADVANCED PLACEMENT ART SHOW

Senior AP artists, Talem B., Jaden J. and Becca DLS, closed their Senior Art Show on January 26th at Mosaic Gallery. The students were quite please to sell four works. The show was so well-received that Mosaic asked for a Senior Art Show from U-Prep students for next year!

KINDNESS WEEK

A kindness mural was produced by the High School Art Club to support kindness week at U-Prep. The mural is a temporary interactive piece created from tape. Students were encourage to stand on the footprints to be the "!" in kind.





CELEBRATION OF THE ARTS - MORE ON FOLLOWING PAGE

VISUAL & PERFORMING ARTS

Brad Fowers–Department Chair ♦ Elizabeth Johnson–Strings & Percussion ♦ Romney Clements–Fall Musical

Marissa Kinneavy–Dance ♦ Lura Wilhelm–Visual Arts

ART DEPARTMENT NEWS

The Celebration of the Arts was a success with over 400 artworks produced by 6-12 grade artists from all levels and abilities. At the show, U-Prep presented two AP Senior Artists, Jaden J. and Becca DLS, as well as Honors Artist Christine H. The artists demonstrated their painting processes during the show.





TURTLE BAY EXPLORATION PARK - FAMILY ART DAY

Every second Saturday in February U-Prep AP and Honors Art students provide art lessons to the public at the Turtle Bay Family Art Day. Students who participated this year include:

Becca DLS, Dominic R., Jaden J., Mari D., Lindsey G., Abbie G., and Karley T. Lessons include Bunnies, Temera, Zen Tangles, and trees with a variety of media and were available to all ages.







heART SHOW

The 4th annual heART Show was on display at Northern Valley Art League's Carter House Gallery in Caldwell Park for the full month of February. 141 hearts were created for this show by 6-12 grade art students. Please look forward to seeing this show at the same time, same place next year.

STATE TESTING DATES



INFORMATION



This month's newsletter provides information on state testing. Testing dates for the respective exams is as follows:

Grade 12: California Science Test; March 10-11

Grade 11: English Language Arts; March 17-20

Math; April 14-17

Grade 9: California Fitness Testing;

March 30-April 2

Grade 8: California Science Test; April 15-17

English Language Arts; April 21-24

Math; April 28-May 1

Grades 7: English Language Arts; April 21-24

Math; April 28-May 1

California Fitness Testing;

March 30-April 2

Grade 6: English Language Arts; April 21-24

Math; April 28-May 1

A PARENT GUIDE TO UNDERSTANDING

The Smarter Balanced Summative Assessments

The Smarter Balanced Summative Assessments are part of the state testing system called the California Assessment of Student Performance and Progress or CAASPP.

The CAASPP System is designed to promote high-quality teaching and learning by giving information to teachers, students, and their families about what students know and can do. This information is just one piece in understanding a student's readiness for college and career.



Smarter Balanced Summative Assessments

WHO

All students in grades 3–8, and grade 11.

WHAT

Tests students' knowledge and skills in English language arts/literacy (ELA) and mathematics.

WHEN

Each school selects its own testing window. Testing can begin as early as January and continue through the last day of school. You will receive additional information from your school about the specific dates and times of testing.

HOW

The Smarter Balanced Summative Assessments are computer adaptive. The online tests give students many different types of questions that allow them to interact with the test content. For some of the math questions, for example, your child might be asked to drag and drop things from one place on the screen to another or draw a graph to solve a problem.

Computer-adaptive tests adjust the difficulty of the questions based on the answers that students give. As students answer questions correctly, they receive more challenging questions. Incorrect answers trigger easier questions. This helps keep the test short for many students and makes sure the scores are very accurate, especially for students who score very low or very high.

WHY

Test results are just one piece of information about how your child is doing in school. Together with report cards and other information, test results help in understanding a student's readiness for success in higher grades, college, and career.

For students in grade eleven, these results are used by some colleges in California to decide how ready students are for college-level classes.

A Parent Guide to Understanding the Smarter Balanced Summative Assessments (continued)

Do students with disabilities take the Smarter Balanced Summative Assessments?

Yes. Students with disabilities take the Smarter Balanced Summative Assessments, unless they have an active individualized education program (IEP) that designates an alternate assessment. The California Alternate Assessments for ELA and mathematics are administered to students with the most significant cognitive disabilities.

What resources are available for students?

All students have access to various accessibility resources they might need when taking the test, like a calculator on some math problems, a glossary when taking the reading part of the test, or a highlighter that they can use to highlight important parts of a long paragraph.

Students with disabilities have additional supports such as American Sign Language videos or braille. All of the accessibility resources help students gain fair access to the test and do not affect the students' scores in any way.

How can I help my child prepare for the test?

You are an important part of your child's education. Some things you can do to help your child are:

- Discuss the test with your child. Make sure they are not scared or anxious.
- Tell your child that you and their teacher have high expectations and that you are both there to help them every step of the way.
- Make sure your child gets a good night's sleep and a nutritious breakfast before testing.
- Review test results with your child and discuss with their teacher where they might need additional help.



Visit the Starting Smarter website at https://ca.startingsmarter.org to better understand Student Score Reports, review practice questions, and access resources to support your child's learning.

Additional Information

More information about the tests can be found on the California Department of Education Summative Assessments web page at https://www.cde.ca.gov/ta/tg/sa/sbacsummative.asp.

For more information about your child's scores, contact your child's teacher and/or the school office.



A PARENT GUIDE TO UNDERSTANDING

The California Science Test (CAST)

The California Science Test or CAST is part of the statewide assessment system called the California Assessment of Student Performance and Progress or CAASPP.

The CAASPP System is designed to give information to teachers, students, and their families about what students know and are able to do. It also indicates whether students are on track to be ready for success in college or career when they graduate from high school.



CAST

WHAT

California has adopted science standards called the California Next Generation Science Standards (CA NGSS). These standards tell us what students should know and be able to do in science. The CA NGSS are designed to help students understand how science works in the natural world. They also outline the knowledge and skills needed for success in college or career.

The CAST is aligned with the CA NGSS. The CAST assesses the student's ability to think critically and solve problems.

This assessment uses questions that bring together science content, practices, and concepts. It also covers more than one science domain, such as Life Sciences, Physical Sciences, and Earth and Space Sciences.

WHO

All students in grades 5 and 8, and once in high school.

WHEN

Each school selects its own testing window. Testing can begin as early as January and continue through the last day of school. You will receive additional information from your school about the specific dates and times of testing.

HOW

The CAST is a computer-based test that has many different types of questions that allow students to interact with the test content in exciting ways. For example, your child might be asked to write a short response, collect data, and analyze data from an experiment or other resources. Testing should take approximately two hours to complete.

WHY

The CAST measures what students know and can do while fostering science education at every grade level.

A Parent Guide to Understanding the CAST (continued)

Do students with disabilities take the CAST?

Yes, unless the student's individualized education program designates an alternate assessment.

What resources are available for students?

All students have access to a variety of tools; for example, in grades 5, 8, and high school, students have access to a calculator, and in grade 8 and high school, students have access to reference sheets of formulas and constants and a periodic table.

Students with disabilities have additional supports, such as American Sign Language videos or braille. All of the accessibility resources help students gain fair access to the test and do not affect the students' scores in any way.

How can I help my child prepare for the test?

You are an important part of your child's education. Some things you can do to help your child are:

- Discuss the test with your child. Make sure they are not scared or anxious.
- Tell your child that you and their teacher have high expectations and that you are both there to help them every step of the way.
- Make sure your child gets a good night's sleep and a nutritious breakfast before testing.



The CAST is aligned with the California Next Generation Science Standards (CA NGSS), which can be found at https://www.cde.ca.gov/pd/ca/sc/ngssstandards.asp. To better understand the CAST, view the CAST Informational Video at https://www.cde.ca.gov/ta/tg/ca/castinfovideo.asp.

Sample questions, as well as links to practice tests and resources, are available on the Starting Smarter web page at https://ca.startingsmarter.org.

Additional Information

More information about the CAST can be found on the California Department of Education CAST web page at https://www.cde.ca.gov/ta/tg/ca/caasppscience.asp.

For more information about your child's scores, contact your child's teacher and/or the school office.



A PARENT GUIDE TO UNDERSTANDING

The California Physical Fitness Test and FITNESSGRAM®

The Physical Fitness Test (PFT) is part of the state testing program. California has chosen the FITNESSGRAM® as the annual PFT for students in public schools.

The FITNESSGRAM® is a comprehensive health-related fitness test developed by The Cooper Institute.



Physical Fitness Test and FITNESSGRAM®

WHO

All students in grades five, seven, and nine are tested.

WHEN

The PFT is administered between February and May. You will receive additional information from your school about the specific dates and times of testing.

WHAT

The FITNESSGRAM® has six fitness areas:

- Aerobic Capacity
- Body Composition
- Abdominal Strength and Endurance
- Trunk Extensor Strength and Flexibility
- Upper Body Strength and Endurance
- Flexibility

HOW

The PFT can be given to students over multiple days. Students will participate in each of the six fitness areas and will be provided with their individual results, either orally or in writing, upon completion of the PFT.

Do students with disabilities take the PFT?

Yes. Most of the fitness areas of the FITNESSGRAM® have two or three test options so all students, including those with disabilities, have the chance to participate in the PFT. Students are to be given as much of the test as their condition will permit.

WHY

FITNESSGRAM®
results are one
measure of
information students
and their families
may use, along with
other information,
to monitor overall
fitness

Schools may also use these results for the purpose of evaluating their physical education program.

A Parent Guide to Understanding the PFT and FITNESSGRAM® (continued)

What test options are available for the PFT?

Aerobic Capacity

- One-Mile Run
- PACER
- Walk Test

Body Composition

- · Skinfold Measurements
- Bioelectric Impedance Analyzer
- Body Mass Index

Abdominal Strength and Endurance

Curl-Up

Trunk Extensor Strength and Flexibility

Trunk Lift

Upper Body Strength and Endurance

- Push-Up
- · Modified Pull-Up
- · Flexed-Arm Hang

Flexibility

- · Back-Saver Sit and Reach
- Shoulder Stretch

How can I help my child prepare for the test?

You are an important part of your child's education. Some things you can do to help your child are:

- Discuss the test with your child. Make sure your child is not scared or anxious.
- Tell your child that you and the teacher have high expectations and are there to help, every step of the way.
- Make sure your child engages in 60 minutes of activity every day.
- Make sure your child gets a good night's sleep and a nutritious breakfast before testing.
- Review test results and help your child plan fitness activities to meet fitness goals.



Additional Information

More information about the PFT can be found on the California Department of Education PFT web page at https://www.cde.ca.gov/ta/tg/pf/.

For more information about your child's scores, contact your child's teacher and/or the school office.





UNIVERSITY PREPARATORY SCHOOL ADVANCED PLACEMENT PROGRAM

April 30th- May 2nd 2020

Exam Prep Like No Other!

Exam Prep like no other! We will hold the Annual AP Retreat at Lassen Pines in Viola, CA-just north of Shingletown. The AP Retreat is an intense 2 days of contentspecific AP Exam prep combined with study time, group session studying and teambuilding activities. The foundation of the retreat is a series of AP Exam review sessions led by U-Prep's AP instructors with a focus on one-on-one AP studying and preparation in small groups. Students will choose from a menu of AP review session options. Exam Review sessions will be individualized by course and may include development of course-specific study plans and unit-by-unit content review, practice exams, concept and vocabulary studying and review. One on one study time with each AP teacher in a smaller group setting will be provided. This opportunity is an excellent extension of the Advanced Placement courses we provide students.

The AP Retreat will be held from Thursday April 30th through Saturday May 2nd, except for freshmen who may attend April 30th-May 1st, with a 4:00pm pick up time on May 1st. All students will have bus transportation to the retreat at 4:30pm April 30th, departing from U-Prep. This is an excellent opportunity for the AP students to have focused, academic study time for the AP test(s) which begin the following two weeks. Meals will be provided. The cost for the AP Retreat weekend is only \$130 for grade 10-12 students and \$95 for freshmen and includes: housing, transportation to the retreat, meals & snacks, Retreat t-shirt, AP Prep material and activities. Parents are responsible for picking their student up from the retreat. If you have further questions, please contact Tawni Kramer tkramer@suhsd.net

Challenge Yourself!

At the AP Retreat, you will have the opportunity to have a small group setting with your AP teacher and focus on your needs. Teachers will be available for one -on-one questions during the weekend as

Come prepared to "unplug" from your phone and to focus on preparing for the next two weeks of AP testing. Take the stress out of cramming for the tests by joining us for the weekend for study groups, test-taking tips, AP course review and team building activities!



We are what we repeatedly do. **Excellence then,** is not an act, but a habit.

-Aristotle

Dear AP Parents & Students

We hope you are excited about the upcoming AP Retreat! We will begin accepting AP Retreat packets on a first-come, first-serve basis on March 2nd to students taking two or more AP exams. For students taking only one AP exam, including freshmen, permission slips may be turned in beginning on March 16th.

Your AP Packet is due by the end of the school day April 2nd and should be turned into the ASB Office with your payment.

Sessions for each AP exam will include more than one study session to allow students access to a variety of small study groups. There is a chance that sessions will overlap, depending on the number of AP classes a student signs up for, but AP teachers will work diligently to try and minimize conflicts.

We do welcome freshmen students hoping to take preparation sessions for the AP Human Geography test. Freshman will stay one night to allow them to take part in study sessions and enjoy time and food with the rest of the AP Retreat students.

We look forward to a successful and fun-filled time studying with your student and preparing all of the students for a successful Advanced Placement season!

Reminders:

Cost: The cost for the AP Retreat weekend is only \$130 for grade 10-12 students and \$95 for freshmen and includes: housing, transportation to the retreat, meals & snacks, Retreat t-shirt, AP Prep material and activities.

AP Packet: The packet consists of your permission slip, course signups, and payment.

Parents will need to plan to pick up their student from the AP Retreat. Freshman pickup time is 4 PM on May 1st. All other students may be picked up by 3 PM on Saturday, May 2nd.

SAMPLE ITINERARY

Breakfast 7:00-7:45 am

Session #1 8:30-10 am

Session #2 10:30-Noon

Lunch & Team Games 12:00-1:30 pm

Session #3 1:30-3:30 pm



Important Dates

AP Retreat Packets DUE April 2nd

AP Retreat: April 30th-May 2nd

AP Testing: May 4–15th

AP EXAM SCHEDULE

May 4: U.S. Government &

May 5: Calculus & Human Geography

May 6: English Literature & Physics 2

May 7: Physics 1

May 8: U.S. History

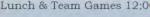
May 11: Biology, Chinese Language, & Environmental Science

May 12: Latin & Psychology

May 13: English Language & Microeconomics

May 14: World History

May 15: Statistics





AP CENTRAL & COLLEGE BOARD

If you haven't already created a College Board account, consider doing it now! The website for AP Central, via the College Board is: https:// apstudent.collegeboard.org/home. This is a fantastic resource for students and parents, with AP Exam information. Create your account today to stay up-to-date on Advanced Placement and College Board announcements and information!

College & Career Corner + Counseling News

Mrs. Mason, Mr. Williams, & Mr. Maikranz



The counseling department will be hosting Parent University sessions this spring! The first session will cover college readiness and financial aid topics.

March 11, 2020 5:30 PM SLC Board Room



Seniors have many activities to look forward to as their high school days at U-Prep come to an end. Senior Exit Presentations will be held on Monday, March 30th. The senior breakfast and awards ceremony will be on Monday, May 18th at 8:00 AM. Thank you to the junior class for helping make this breakfast a success every year! Seniors, be on the lookout for the spring information letter that will be sent out in April. Graduation is right around the corner, you will want to stay informed with upcoming deadlines and events!



SPRING COLLEGE TOUR

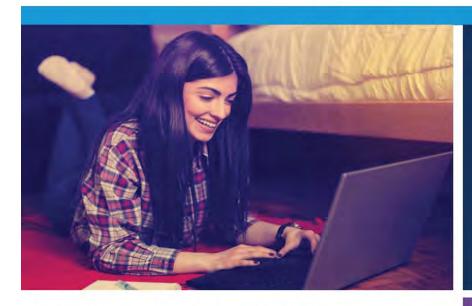
U-Prep's annual Spring College Tour is scheduled March 5 & 6. This tour includes stops at UC Berkeley, Sonoma State University, and Saint Mary's College of California.











TEST PREP

START HERE

ACT® Academy™

A FREE online ACT test prep tool for students, with personalized, self-guided plans based on test results from the PreACT® and the ACT® test, as well as official ACT practice tests.

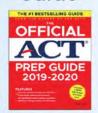
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MR09166

College & Career Corner + Counseling News

Mrs. Mason, Mr. Williams, & Mr. Maikranz

College Entrance Exams 2019-20



ACT 2019-2020 Test Dates (to register, go to www.actstudent.org)

Test Date	Registration Deadline	Late Registration (Late Fee Required)	Test Centers (test center codes below)
September 14, 2019	August 16, 2019	August 17-30, 2019	CVHS,PVHS, TLHS,YHS
October 26, 2019	September 20, 2019	Sept. 21- Oct. 4, 2019	CVHS,FRHS, HCHS, MSHS, PVHS, RBHS,OIT, YHS,THS
December 14, 2019	November 8, 2019	November 9-22, 2019	CVHS, PVHS, YHS
February 8, 2020	January 10, 2020	January 11-17, 2020	CVHS, PVHS, TLHS, YHS
April 4, 2020	February 28, 2020	Feb. 29- March 13, 2020	CVHS, FRHS, HCHS, PVHS, YHS, OIT, MHS, THS
June 13, 2020	May 8, 2020	May 9-22, 2020	CVHS,MSHS, PVHS

(Test Centers may change or be added—check website and register early!)

ACT Test Center Locations and Code

CVHS: Central Valley High School (Shasta Lake City), code is 209440 or 209441(Sunday ONLY)

FRHS: Fall River High School (McArthur), code is 188070

RBHS: Red Bluff High School, code is 185150
Tulelake High School, code is 164260
YHS: Yreka High School, code is 223710

HCHS: Happy Camp High School, code is 203920 OIT: Oregon Institute of Technology, code is 034840 MSHS: Mt. Shasta High School, code is 218570 MHS: Modoc High School, code is 171380

MSHS: Mt. Shasta High School, code is 218570 MHS: Modoc High School, code is 171380 PVHS: Pleasant Valley High School, code is 164590 THS: Trinity High School, code is 199940 *Note: Sunday test dates for the ACT are available if you cannot test on Saturday for religious reasons. Go to the website for details.

SAT 2019-20 Test Dates (to register, go to www.collegeboard.org)

	U.S. Registration Deadlines		Test Centers	
Test Dates	Test	Regular	Late (late fee applies)	(Test center codes below)
August 24, 2019	SAT & Subject Tests	July 26, 2019	August 6, 2019	AHS, CVHS, HCHS, PVHS
October 5, 2019	SAT & Subject Tests	Sept. 6, 2019	Sept. 24, 2019	AHS, CVHS, ETHS, MSHS, MHS, MZHS, PVHS, RBHS,THS,YHS
November 2, 2019	SAT & Subject Tests	Oct. 3, 2019	Oct. 22, 2019	CVHS, EHS, FRHS, HCHS, MSHS, MZHS, PVHS, YHS
December 7, 2019	SAT & Subject Tests	Nov. 8, 2019	Nov. 26, 2019	CVHS,ETHS, MHS, MZHS, PVHS, YHS
March 14, 2020	SAT & Subject Tests	Feb. 14, 2020	March 3, 2020	CVHS, EHS, ETHS, MZHS, PVHS, YHS
May 2, 2020	SAT & Subject Tests	April 3, 2020	April 21, 2020	CUHS,CVHS,ETHS, EHS, FRHS, HCHS, MSHS, MHS, PVHS, RBHS, THS,YHS
June 6, 2020	SAT & Subject Tests	May 8, 2020	May 27, 2020	AHS, CVHS, MSHS,MZHS, PVHS

(Test Centers may change or be added-check the website and register early!)

SAT Test Center Locations and Codes:

MSHS: Mt. Shasta High School, code is 05-490

Anderson High School, code is 05-111 MZHS: Mazama High School (OR), code is 38-235 CSHS: Chico Sr. High School, code is 05-191 MHS: Modoc High School, code is 05-103 CUHS: Corning Union High School, code is 05-218 PVHS: Pleasant Valley High School, code is 05-192 CVHS: Central Valley High School, code is 05-728 RBHS: Red Bluff High School, code is 05-592 ETHS: Enterprise High School, code is 05-743 THS: Trinity High School, code is 05-874 EHS: Etna High School, code is 05-240 YHS: Yreka High School, code is 05-889 FRHS: Fall River High School, code is 05-466 HCHS: Happy Camp High School, code is 05-297

Updated: June 2018

Panther Pride

College & Career Corner + Counseling News

Mrs. Mason, Mr. Williams, & Mr. Maikranz

	ACT	SAT	
Purpose	Assessment Test: measures what you know (like a cumulative final)	Evidence-Based Test: measures your ability based on the latest research on the skills colleges value most.	
	English: grammar, punctuation, sentence structure, style Math: algebra; coordinate and plane	Evidence-Based Reading: measures skill in reading and comprehending texts across a wide range of genres, purposes, subjects and complexities	
	geometry; trigonometry (only 4 out of 60 questions)	(multiple choice) Math: measures algebra, problem	
Content	Reading Comprehension: arts, literature, social studies	solving and data analysis and advanced math (calculator portion and no-calculator portion. Multiple choice	
	Science: reasoning questions based on reading passages	and student produced responses) Evidence-Based Writing: measures	
	Writing (optional): 30 minute student-written essay (required for UCs and some private colleges)	knowledge and skills in revising and editing tests widely varied in purpose, subject, and complexity (multiple choice and passages)	
Length of exam	3 hours + 40-minute essay (optional)	3 hours + 50-minute essay (optional)	
How questions appear	No order of difficulty	In order of difficulty	
Scoring method	Scores based on number of right answers only. No penalty for wrong answers	Scores based on number of right answers only. No penalty for wrong answers	
Scoring	1 – 36 for each subject, averaged together for a composite score	400-1600 each for Critical Reading, Math and Writing (Essay is reported in 3 dimensions, each 2-8)	
Practice Test	PLAN: taken typically in fall of sophomore year	PSAT: taken typically in fall of junior year	
Best time to take the real test	BEST: Spring of Junior year 2 nd Best: Early fall of Senior year	BEST: Spring of Junior year 2 nd Best: Early fall of Senior year	
When you should register	At least 4 weeks before the test date	At least 6 weeks before the test date	
Should you prepare for the test?	ABSOLUTELY	ABSOLUTELY	
How to prepare	Free sample test from high school Counseling Center; on-line help from website below; test prep books for purchase	Free sample test from high school Counseling Center; on-line help from website below; free mobile app, free Khan Academy	
Cost (fee waivers available)	\$50.50 for ACT (no writing) \$67.00 for ACT (with writing) <u>Late</u> Registration: add \$30.00	\$49.50 for SAT (no essay) \$64.50 for ACT (with essay) <u>Late</u> Registration: add \$30.00	
For more information	ACT <u>www.actstudent.org</u> (319) 337-1270	CollegeBoard www.collegeboard.com (866) 630-9305	

Updated: June 2018



UPREP ATHLETICS

HIGH SCHOOL

Winter Season Results

UPrep Wrestling

Achieved an overall finish of 10th Place in the Northern Section amongst all schools!

4 of our wrestlers placed for a State Bid! Congratulations to wrestling team and there accomplishments!

HIGH SCHOOL ATHLETICS DIRECTOR: STEVEN SCHUSTER
JUNIOR HIGH ATHLETICS DIRECTOR: ROBYN JOHNSON

ATHLETICS SECRETARY: NICOLE PRINGLE

ATHLETICS ADMINISTRATOR: ROCHELLE ANGLEY

Individual Wrestling Achievements

Great Job to our outstanding athletes below of there placements in the tournament this past week!

Caden Adams 3rd
Jacob Benson 4th
Brenden Nye 4th
Ryan Hart 7th

Boys Soccer defeated Live Oak in the first round of section playoffs 1-0. Moved onto the second round facing Anderson High . Our panthers fought hard and played a great game but fell short.

What a great season!!

UPrep Boys Soccer

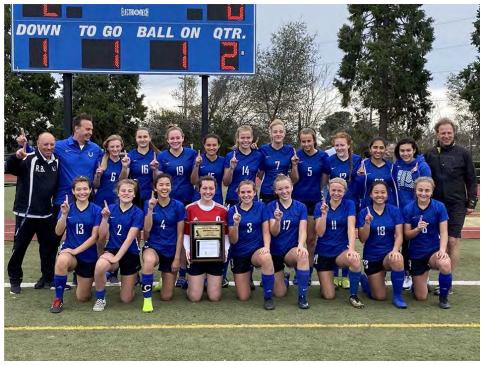




UPREP ATHLETICS

Girls Soccer

HIGH SCHOOL ATHLETICS DIRECTOR: STEVEN SCHUSTER
JUNIOR HIGH ATHLETICS DIRECTOR: ROBYN JOHNSON
ATHLETICS SECRETARY: NICOLE PRINGLE
ATHLETICS ADMINISTRATOR: ROCHELLE ANGLEY





2020 DIVISION II CHAMPIONS!

Beating West Valley 2-0













UPREP ATHLETICS

Boys Basketball

HIGH SCHOOL ATHLETICS DIRECTOR: STEVEN SCHUSTER
JUNIOR HIGH ATHLETICS DIRECTOR: ROBYN JOHNSON
ATHLETICS SECRETARY: NICOLE PRINGLE
ATHLETICS ADMINISTRATOR: ROCHELLE ANGLEY



2020 DIV.IV Champions

Defeated Pierce High School on Saturday, February 29th, 52-44.

Varsity Boys will be will move onto the State Brackets and travel to Brookside Christian in Stockton,
California on Tuesday, March 3rd.









UPREP ATHLETICS

Girls Basketball

HIGH SCHOOL ATHLETICS DIRECTOR: STEVEN SCHUSTER
JUNIOR HIGH ATHLETICS DIRECTOR: ROBYN JOHNSON
ATHLETICS SECRETARY: NICOLE PRINGLE
ATHLETICS ADMINISTRATOR: ROCHELLE ANGLEY



2020 DIV. IV Runner Up









WASHINGTON, D.C.

The 8th grade East Coast trip is in the planning stages for 2020-2021. Information coming soon!

Any questions can be directed to Mrs. Bright (sbright@suhsd.net).





TRAVEL ABROAD with SEPA







A 2016 globally representative study by the Student & Youth Travel Association, a nonprofit that seeks to improve and increase travel among young people, found that "a travel experience triggers a process of accelerated personal development, contributes to better academic performance, and improves social interaction between young people."

The Alps & The Mediterranean Coast (Switzerland, Italy, France, Spain) Summer 2021!

On our 13 day tour, we will experience the history from the Lion Monument in Lucerne, enjoy a scenic journey via the Italian Lake District and Cinque Terre, and visit a UNESCO World Heritage Site, through the French Riviera, Monaco, Nice la Belle or "Nice the beautiful". We will visit Pont du Gard in Provence and Nimes Amphitheater, and travel through to Madrid and tour Puerta del Sol; Plaza Mayor.. and so much more. We will have an informational meeting on Tuesday, March 3rd at 5:30 in Mrs. Isheim's room 135 (cisheim@suhsd.net). "Travel is the only thing you buy that makes you richer."



Coming Soon!

Annual UPREP Sober Grad Rummage Sale

Now is the time to put aside items you'd like to donate to this great fundraiser. All proceeds benefit the 2020 Sober Grad party. We need gently used clothes, furniture, kitchen and household items and much more!

The rummage sale will take place on Saturday March 14th. We will be collecting items the week of March 9th-13th.

Seniors- be on the lookout for opportunities to volunteer before and during the rummage sale to earn more tickets for the high-end prizes! Signup slots coming soon to our Seniors 2020 Sign-Up Genius.



PRESENTS:

WOMEN in STEM Conference

(Science, Technology, Engineering and Mathematics)

6th, 7th and 8th Grade Girls

SATURDAY, MARCH 7, 2020

8:30 AM TO 2:30 P.M.

James M. Grant Student Life Center SIMPSON UNIVERSITY 2211 College View Dr. REDDING, CA 96003



8:30 - 9:15 am Registration and Breakfast 9:15 - 9:45Welcome/Keynote 10:00 - 10:40 Session 1 10:50 - 11:30 Session 2 11:40 - 12:20 pm Session 3A/Lunch A 12:30 - 1:10 Session 3B/Lunch B 1:20 - 2:00Session 4 2:00 - 2:30**Closing Session**



Increase interest and awareness, combat stereotypes, cultivate a sense of belonging, and provide young women with the opportunity to meet and form personal contacts with professional women in STEM career fields

Registration link:

https://eyh.techbridgegirls.org/conferences/AAUWReddingSTEM/ Register early for optimum selection of sessions. Some sessions close.

COST: \$20 per student, \$20 per adult
REGISTRATION AND PAYMENT MUST BE
RECEIVED BY February 22 rd WHEN REGISTRATION
CLOSES.

Some scholarships are available.

For more information/registration link visit <u>AAUWRedding.org</u> or email <u>AAUWReddingSTEM@gmail.com</u>

AAUW Empowering Women since 1881



COVERAGE YOU CAN COUNT ON!





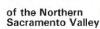
















Concerned your teen might vape?

Tuesday, March 17, 2020 9 a.m. – 4 p.m. (Stop by any time) Sequoia Middle School-McLaughlin Auditorium 1805 Sequoia St., Redding

Come to this FREE event to:

- Discover products popular with teens
- Identify signs of nicotine use
- Learn the damage nicotine has on the teen brain
- · Access programs to help your teen quit

Featuring speakers from:

Athletes Don't Vape, Shasta County HHSA, California Youth Advocacy Network, and other community experts.

Registration is required!

Click here to register

For more information, contact Marie Hyres at 225-0241.







TOBACCOUSE PREVENTION EDUCATION

FEATURED
GUEST SPEAKERS
ROOTS, SHASTA
COUNTY DA,
CALIFORNIA
YOUTH ADVOCACY
NETWORK,
SHASTA COUNTY
HHSA-PUBLIC
HEALTH, HECTOR
MOLINA, &
ATHLETES
DON'T VAPE
REGISTER



TUPEEvent2020 SEQUOIA AUDITORIUM TUESDAY, MARCH 17, 2020 QAM – ADM

9AM-4PMFREE EVENT ADMISSION

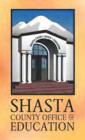
2020 PROFESSIONAL DEVELOPMENT EVELOPMENT

PRESENTATIONS: LEGAL & HEALTH PERSPECTIVES, HISTORY OF TOBACCO, VAPING, FLAVORS, DEVICES, ADDICTIONS, & THE IMPACT ON ATTENDANCE





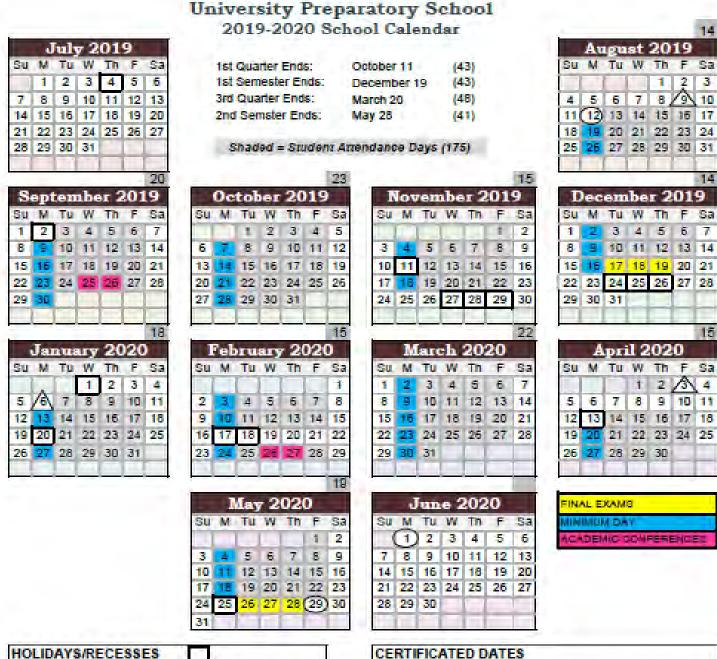




A GOOD NIGHT'S REST =

A GOOD DAY OF LEARNING





Labor Day	Sep 2
Veteran's Day Holiday	Nov 11
(by law must be Nov 11 If a weekday)	
Thanksgiving Break	Nov 25-29
Winter Break	Dec 20-Jan 6
Martin Luther King Day	Jan 20
Lincoln Day observed	Feb 17
Washington Day observed	Feb 18
February Recess	Feb 17-21
Spring Break	Apr 3-Apr 13
Memorial Day	May 25

CERTIFICATED DATES

School Starts: August 13 Graduation: May 29
School Ends: May 28

Aug 12
Staff Work Days May 29
Jun 1

Staff Development Days Aug 9
Jan 8
April 3

Snow Day Makeup: April 3

(If snow day makeup is used, then Staff Development Day work day will be moved to June 2)

Revision Board Adopted 1-9-19



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University Preparatory School 2020-2021 School Calendar

1st Quarter Ends:	October 9	(43)
1st Semester Ends:	December 17	(43)
3rd Quarter Ends:	March 19	(47)
2nd Semester Ends:	May 27	(42)

Shaded = Student Attendance Days (175)



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MINIMUM DAY	FINAL EXAMS
ACADEMIC CONFEDENCES	MINIMUM DAY
ACADEMIC CONFERENCES	ACADEMIC CONFERENCES

HOLIDAYS/RECESSES	
Labor DayVeteran's Day Holiday	Sep 7 Nov 11
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(by law must be Nov 11 if a weekday)	
Thanksgiving Break	Nov 23-27
Winter Break	Dec 18-Jan 4
Martin Luther King Day	Jan 18
Lincoln Day observed	Feb 15
Washington Day observed	Feb 16
Spring Break	Apr 2-Apr 12
Memorial Day	May 31
Thanksgiving - November 26	
Easter - April 4	

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Staff Development Days Δ	Aug 7 Jan 5 Apr 12
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Board Adopted 9-4-19