



PANTHER PRIDE

THANK YOU!

Thank you to Shasta County for voting U-Prep "Best Public School" in the North State! We are honored to receive this meaningful award. This recognition would not be possible without the support from our parents and U-Prep community. Thank you for your continued support so that we may continue to pursue excellence together!

**THANK YOU
FOR VOTING
U-PREP
BEST PUBLIC SCHOOL!**





DATES TO REMEMBER

Feb. 1-12	Pennies for Patients
Feb. 1	Early Release Day/1:35 PM
Feb. 8-12	Winter Spirit Week
Feb. 8	Early Release Day/1:35 PM
Feb. 15-19	February Recess/No School
Feb. 22	Early Release Day/1:35 PM
Feb. 27	Science Bowl
Mar. 1	PSAT-8th Grade
Mar. 1	Early Release Day/1:35 PM
Mar. 3-4	Academic Conferences
Mar. 3	2021-2022 School Lottery
Mar. 8	Athletic Boosters Meeting
Mar. 11	National Latin Exam



ASB NEWS

Winter Spirit Week!

WE GOT THE BEAT

Music Theme

Monday, 2/8~Thrift Shop (Mismatch)



Tuesday, 2/9~Put Your Records On (Retro)



Wednesday, 2/10~Blinding Lights (Monochrome)



Thursday, 2/11~Big Green Tractor (Country/Western)



Friday, 2/12~Our House (U-Prep Spirit)



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.

PENNIES FOR PATIENTS

Donate February 1-12

History Class

Every Penny Counts!



TOGETHER WE CAN
CHANGE CANCER

STUDENTS OF THE QUARTER

JUNIOR HIGH SCHOOL - 2ND QUARTER AWARDS



ROW 1: Jaxon Pinkston, Connor Morris, Gabrielle Mifsud, Olivia Ditzler, Isaiah DeWitt, Mikayla Clarkson

ROW 2: Alina Jedryczek, Hunter Graham, Ben Dozier, Selena Sun, Audrey Berg, Anna Jessen

ROW 3: Luke Wilkinson, Sawyer Wild, Bair Tate, Irelynn McClaskey, Jude McAbee, Audrey Martin

ROW 4: Amelia Rocca, Cody Ries, Karen Liu, Gavin Lanning

STUDENTS OF THE QUARTER

HIGH SCHOOL - 2ND QUARTER AWARDS



GROUP 1

Row 1

Alex Lockwood
Andrew David
Samantha Morris

Row 2

Lamis Yassin
Natasha Tello
Tina Shao



GROUP 3

Row 1

Rebecca Gaido, Olivia Fong, Ryan Divine

Row 2

Brandon Davis, Makayla Bennett
Ranan Baek

GROUP 2

Row 1

Abigail Raftery
Olivia Poole
Lillian Moon

Row 2

Max Manning
Owen Lanning
George Kutras

FIRST SEMESTER ACADEMIC AWARDS

JUNIOR HIGH SCHOOL

6th GRADE

SUPERINTENDENT/PRINCIPAL'S AWARD

SILVER 3.00-3.49

Sara	Altarcha
Fisher	Bonnin
Laila	Carter
Katelyn	Connely
Asher	Daw
Kaylee	Gosin
Molly	Gurley
Bryson	Hiebert
Keira	Holien
Ayden	Jasper
Maddox	Johnson
Quincee	Layton-Wilson
Sedley	Lewis
Nathan	Littau
Zachary	Lockwood
Solomon	Lowry
Ethan	Magrini
Lillyana	Moyer
Jack	Myhrvold
Jaden	Opp
Jilliann	Peterson
Derrick	Pringle
Chloe	Quinnell
Holly	Richardson
Gene	Rocca
Jamison	Seay
Dothan	Smith
Ian	Smyrnos
Luca	Snell
Griffin	Whitmore

ROYAL 3.50-3.99

Marley	Allan-Wadley
Lucy	Allen
Wesley	Anderson
Tiegan	Bostwick
Aleeyah Sophe	Calaoa
Chayse	Casner
Cici	Edwardson
Brady	Freilich
Lucas	Heinzen
Jonathan	Horst III
Emma	Lucatorta
Chloe	Lynch
Irelynn	McClaskey
Martha	M.
Ethan	Morgan
Maddox	M.
Garrett	Norton
Samuel	Oliver
Michael	Parisot
Arabella	P.
Eve	Pearce
Logan	Price
Raynica	Pulapkura
Reed	Ranker
Nolan	Rickey
Miranda	Smith
Grace	Sudbery
Anne	Suppiger
Emma	Tabarez
Bair	Tate
Alexis	Temple
Apar	Thind
Julian	Turner
Vinh-Son	Vu
Madalynne	Walton
Brialyn	Westlund
Mylee	Williamson
Ariana Marie	Woodbury

4.0

Sydney	Ahern
Martha	Altarshe
Reta	Altarshe
Drake	Bethea
Beckett	Bjarnason
Sara	B.
Ava	Chandler
Daphne	C.
Kayla	Crawford
Olivia	Ditzler
Mia	Duong
Tanner	Durben
Rand	Eatmon
Kaylah	Feaver
Rehaan	Grewal
Jaden	Harvey
Elliot	Jordan
Joshua	Kim
Maya	Lipman
Logan	Lopez
Isla	Lynch
Audrey	Martin
Matthew	McCormick
Nathan	McCormick
Layne	M.
Lucy	Mehr
Ethan	Nelsen
Madison	Porter
Clayton	Powell
Amelia	Presleigh
Tyler	Rainsford
Ryan	Ray
Marcus	Rudh
Khyler	Saelee
Brianna	S.
Calvin	S.
Tavin	Stubbs
Hudson	Sudbery
Maya	Tabarez
Amyah	Tioran
Benjamin	Twombly
Christopher	Walton
Parks	Weaver
Sawyer	Wild
Luke	Wilkinson

FIRST SEMESTER ACADEMIC AWARDS

JUNIOR HIGH SCHOOL

7th GRADE

SUPERINTENDENT/PRINCIPAL'S AWARD

SILVER 3.00-3.49

Jasmine	Baker
Brennen	Battle
Guenivere	Bolin
Cayson	Carmona
Shelby	Chenoweth
Ella	Clark
Zoey	Deedon
Isaiah	DeWitt
JingShen	Dillon-Foulk
Bill	D.
Nathan	Ecker
Parker	Haedrich
Houston	Hall
Justin	Hall
Rafael	Hernandez
Emma	Jensen
Madilynn	Johnston
Jakob	Kaukonen
Layne	Kendall
Elijah	Kennedy
Owen	Larson
Carter	Leggee
Abigail	Lewis
Emma	Long
Nathan	Lunsford
Marin	Mapes
Adelaide	McClenaghan
Kaylee	McGuire
Ashton	Murray
Spencer	Neal
George	Neill
Reagan	Orellana
Makia	Pursell
Tristin	Raglin
Nausheen	Rathaur
Kiera	Sheffield
Rorey	Simon
Thomas	Smith
Kandace	Stevenson
Mark	Strausbaugh III
Kal-el	Webster
Tyson	Wurzer

ROYAL 3.50-3.99

Jacob	Bowman
Muriel	Bowman
Cora	Boyle
Ramon	Chamorro
Mikayla	Clarkson
Bryce	Cornwall
Sydney	Deedon
Benjamin	Dozier
Sophie	Drechsel
Koral	Easter
Jack	Ecker
Marlee	Fuentes
Donoven	Grady
Lilly	Hanke
Kaden	Hoyer
Anna	Jessen
Angelise	Kang
Caroline	Kelley
Nikhil	Kumar
Morgan	Laustalot
Breauna	Looysen
Natalia	Manfredonia
Raul	Martinez-Calderon
Sarah	McDougall
Alexis	Myrtle
Madison	Plumb
Lane	Powell
Paige	Rice
Olivia	Russell
Joseph	Schroeder
Isabella	Stephenson
Myles	Tausch
Carter	Tyler
Landon	Villarruel

4.0

Jack	Ampi
Gracie	Anderson
Braeden	Ballensky
Addison	Banghart
Audrey	Berg
Madison	Birondo
Kylee	Bonner
Ian	Braden
Aubrey	Caudell
April	Chen
Angie	Cheng
Maddilyn	Conkey
Jaden	Dean
Raleigh	Ebersole
Reese	Fox
Noah	Gaddy
Jordan	Graves
Chase	Gunter
Allison	Hanagan
Troy	Hancock
Riley	Hayward
Samantha	Johnson
Grant	Kopania
William	Li
Karen	Liu
Emily	Marelich
Ryan	M.
Ayana	Miller
Connor	Morris
Francesco	Nigro
Natalie	Ohlfs
Mia	Orellana
Matalin	O'Rorke
Addison	Petty
Jackson	Presley
Madisyn	Rubalcava
Ty	Rubalcava
Cody	Russell
Sania	S.
Bryson	Smith
Lincoln	Thornton
Josiah	Valdivia
Gracie	Waldrop
Asher	Williamson
Courtney	Wilson



FIRST SEMESTER ACADEMIC AWARDS

JUNIOR HIGH SCHOOL

8th GRADE

SUPERINTENDENT/PRINCIPAL'S AWARD

SILVER 3.00-3.49

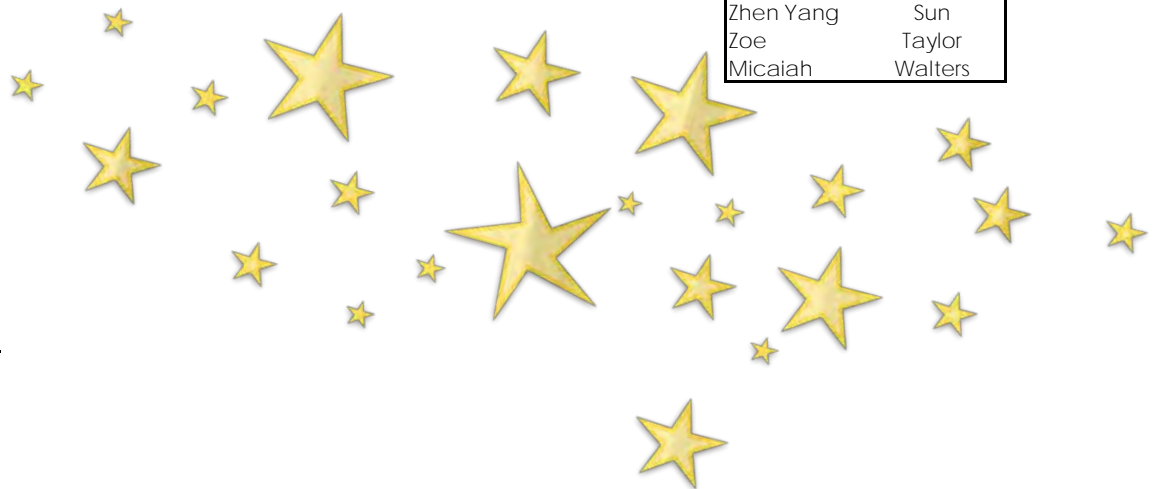
Paul	Ahern
Maddox	Baer
Keegan	Bann
Alexis	Bowman
Caite	Boyle
Jackson	Bright
Bree	Bryer
Aiden	Bunas
Gustavo	Craig
Alexys	Daniels
Savanna	Davis
Madeline	DeCamp
Reece	Denham
Mason	Endress
Nikollette	Gray
Jason	Gurley
Rebekah	Halpenny
Thayne	Hammer
Hannah	Henderson
Brady	Hill
Brayden	Jones
Jaden	Kersten
Gavin	Lanning
Jacob	Lindell
Rylee	Littau
Precious	Lofton
Adrian	McKellar
Finley	Nye
Max	Osborne
Jordyn	Pierce
Avilon	Pinkerton
Attison	Poole
Bryauna	Rick
Isabella	Solorio
Jasmine	Tarvin
Bria	Tate
Callie	Travis
Hannah	Twombly
Hailey	Walton
Joanna	Warren
Tyler	White
Colton	Wiechman
Jackson	Wilburn
Casey	Wrathall

ROYAL 3.50-3.99

Ian	Aase
Seth	Austin
Jessica	Benton
Luke	Bird
Megan	Boudro
Brookelyn	Burris
Skye	Casner
Cora	Daw
Harsirat	Dhillon
Kai	Fuentes
Violette	Harlan
Kaia	Henry
Briana	Jeter
Ava	Lewis
Stephanie	Lum
Jude	McAbee
Hannah	O'Hara
Isaiah	O'Sullivan
Alana	Pariset
Catherine	Parker
Alexis	Pas
Jaxon	Pinkston
Bud	Thomas
Daniel	Waldrop
David	Wenham
Karalyn	Westlund
Michael	Wolfe

4.0

Andre	B.
Arabella	Brown
Madelyn	Crawford
Isaac	Crosman
Melody	Evans
Noah	Gaido
Adam Cole	Gire
Deryn	Hiebert
Alina	Jedryczek
Alexandra	Karlsson
Muiz	Khan
Sean	Kim
Mattea	Lader
Yuen	Li
Disha	Magu
Josiah	McCormick
Cherish	McLaughlin
Camden	Nash
Jack	Nelsen
Sidny	Orner
Hailey	Pebbley
Dahey	Ramirez
Ava	Ranker
Cody	Ries
Amelia	Rocca
Maddux	Rossmann
Lauren	Rudolph
Kennedy	Russell
Quinn	Sammutter
Kyle	Schoonover
Lyndsey	Schuster
Zhen Yang	Sun
Zoe	Taylor
Micaiah	Walters



FIRST SEMESTER ACADEMIC AWARDS

HIGH SCHOOL

9th GRADE

CUM LAUDE

Aeon	Avitia
Robert	Bowman
Gregor	Byers
Morgan	Call
Finn	Christopher
Carson	Code
Mia	C.
Heaven	Crosman
Andrew	David
Alyssa	Duval
Makenna	Fellinger
Emma	Goss
Samantha	Hanna
Noah	Humphrey
Allyson	Littau
Eliza	Lowry
Jazlyn	Manfredonia
Caitlyn	Mitchell
Natalie	Province
Rosio	Ramirez-Estrada
Mia	Rasheed
Scott	Steffan
Alivia	Visco
Isabella	Wilburn
Gambit	Wilson
Taylor	Wright

MAGNA CUM LAUDE

Rylin	Burns
Emilyya	Cleveland
Caitlyn	Cronic
Benjamin	Cusworth
DaShen	Dillon-Foulk
Caleb	Flores
Allexandrya	Ford
Lilianna	Gonzalez
Arianna	Holliday
Isabella	Kiernan
Elias	Kitzman
Violet	Lauerman
Abigail	Lee
Emily	Magrini
Kaleb	Marks
Hollie	Miller
Marley	Moon
Jack	Pimentel
Kalani	Queathem
Lucia	Rainsford
Julius	Reis
Noa	Saiki
Raegan	Salado
Sydney	Schneider
Tina	Shao
Matthew	Shemwell
Allison	Smyrnos
Morgan	Stewart
David	Suppiger
Lucas	Tasista
Arianna	Tucker
Alana	Turgieva
Taryn	Villano
Raegan	Waddle
Emily	Wilkinson
Alex	Yang

SUMMA CUM LAUDE

Kaylie	Aday
Owen	Asbill
Tara	Babiasz
Justin	Chan
Karina	Chang
Kassidy	Conway
Alexandra	Davainis
Landon	Fox
Baron	Grooms
Sophia	Hackler
Zienna	Hamilton
Naomi	Hand
Sarah	Hill
Gracie	Hornbuckle
Keira	Johnson
Emily	Kelley
Ellie	K.
Violet	Lopez
Emerson	Lyons
Max	Manning
Holly	Mason
Haley	Miles
Samantha	Morris
Brandon	Muck
Kara	Rainsford
Daphne	Reuss
Nolan	Roemmich
Peter	Rundle
Andrew	Seamans
Nathan	Seamans
Haya	Shahla
Bailey	Wurzer

FIRST SEMESTER ACADEMIC AWARDS

HIGH SCHOOL

10th GRADE

CUM LAUDE

Cadence	Arnold
Grace	Audette
Julian	Belcastro
Emily	Birondo
Clara	Boyle
Jaydie	Brabec
Heidi	Chenoweth
Rhys	Cooper
Tyler	Divine
Madeline	Friar
Noah	Gold
Kara	Gurley
Jared	Haskell
ChanHyuk	Lee
Isaac	Lipman
Theodore	Loos
Malachi	Lynch
Luke	McDonald
Adrian	Nasise
Joseph	Niemer
Elizabeth	Oliver
Asa	Overton
Jason	Pendergast
Corinne	Rickey
Jaxson	Robertson
Caleb	Stewart
Jack	Stratton
Olivia	Volquartsen
Ethan	Walsh
Macie	Wimmer
Cody	Wrathall

MAGNA CUM LAUDE

Lydia	Anderson
Ranan	Baek
Makayla	Bennett
Seona	Buchanan
Ryan	Dyab
Adiah	Edwardson
Ellie	Farber
Emma	Gaddy
Drew	Glover
Dylan	Higgins
Caden	James
Audrey	Jones
Braden	Kemp
Colt	Kenyon
Nancy	Lauerman
Rhyanne	Lee
Rachel	Maki
Riley	Martin
Danielle	McCarty
Jaxon	Meyer
Mason-Seth	Miyamoto
Kameron	Moore
Bella	Neal
Tucker	Orner
Hanna	Pace
Christopher	Pooley
Krishna	Ram
Kyle	Reitan
Samuel	Reuss
Nora	Richards
Reagan	Russell
Shania	Soares
Chance	Stewart
Brooke	Stull
Skyler	Villaseor
Lauren	Wildauer
Morgan	Wilding
Aaron	Wood

SUMMA CUM LAUDE

Ella	Berg
Kaitlyn	Cabral
Jim	Cao
Ryan	Cheffet
Hargun	Chhabra
Uriah	Colegrove
Katelynn	Easter
Sartaj	Gill
Sehr	Gill
Ian	Hancock
Elise	Harrang
William	Holley
Rebecca	Horrick
Alexis	Johndrow
Jaismeen	Kaur
Rida	Khan
Paxton	Kopania
George	Kutras
Jayce	Lehman
Kenny	Liu
Kien Michael	Luna
Merrin	McCormick
Liam	McCoy
Savannah	New
Sukhsahez	Padda
Abigail	Rafferty
Mateo	Romo Cummings
Ian	Sackin
Isaiah	Walters
Emmalyn	Westlund

FIRST SEMESTER ACADEMIC AWARDS

HIGH SCHOOL

11th GRADE

CUM LAUDE

Carter	Abel
Dylan	Babiasz
Bella	Barnett
Jacob	Benson
Kendall	Bentrim
Justin	Berglund
Sawyer	Bonnin
Christopher	Deedon
Riley	Hays
Payton	Henderson
Christine	Hetrick
Andrew	Jones
David	Kunz
Alexander	Lockwood
Kameron	Morphew
Brennan	Mullen
Isabella	Perry
Leo	Smith
Emma	Stevens
Evin	Wallen
Isaiah	Whitney
Averiana	Wimer

MAGNA CUM LAUDE

Kosten	Agner
Jordan	Badgley
Carrie	Chen
Tyler	Crummett
Ryan	Divine
Mari	Duran
Celeste	Frey
Eva	Hecht
George	Herron
Christian	Jimenez
Cayden	Kinneavy
Hannah	Kirschman
Ashlee	Kraft
Ellis	Landt
Jenner	Laustalot
Isabel	Lendman
Melanie	Lindsey
Jordan	McCoy
Robert	McFarlane
Fiona	McKellar
Wyatt	Miles
Ellie	Moffatt
Avery	Monchamp
Brooklyn	Schneider
Jolie	Shemwell
Matthew	Sherman
Kylie	Walsh
Tatum	Wayman
Allison	Wise

SUMMA CUM LAUDE

Miryam	Altarcha
Lorien	Ayabe
Maggie	Barth
Diana	Brix
Olivia	Crawford
Delaney	Denham
Isaiah	Feaver
Olivia	Fong
Liana	Funk
Rebecca	Gaido
Quinn	Hamilton
Hannah	Henderson
Patrick	Kremer
Anna	Linch
Chase	Loughmiller
Benjamin	Mason
Erika	McCluskey
Mallory	McFall
Cooper	McHaney
Jaidan Vianna	Medina
Katerina	Pinnell
Sofie	Rappeport
Dominic	Rodriguez
Maya	Sammut
Ryan	Schoonover
Andreas	Shelton
Karley	Tioran
Malena	Williams
Isabella	Woodcock

FIRST SEMESTER ACADEMIC AWARDS

HIGH SCHOOL

12th GRADE

CUM LAUDE

Otto	Alexander
Kendall	Bradley
Emily	Bryer
Gracie	Dallen
Caleb	Drumm
Emma	Eagleson
Dean	Farber
Adin	Hofkin
Aunna	Humphries
Ashton	Kozloski
Isabella	Lannom
Christa	Lemos
Lana	Liebespeck
Chloe	Lockhart
Ria	Magu
Heleen	Mittry
Kaleia	Mizuta
Gideon	New
Dayne	Panks
Mikaela	Raudman
Sydney	Schroedle
Tanner	Stephens
Ryan	Yoshida

MAGNA CUM LAUDE

Adam	Bellingan
Kiera	Blais
Addison	Boster
Abbey	Bowling
Kevin	Cox
Hannah	Cusworth
Grace	Gaddy
Titus	Goodson
Vincent	Hokanson
Kylie	Hokanson
Kaitlin	Hoy
Aiden	Lipman
Justin	McCandless
Karlle	Morfin
Brenden	Nye
Emma	Oates-Pena
Olivia	Pimentel
Sarah	Richards
Serena	Tate
Natasha	Tello

SUMMA CUM LAUDE

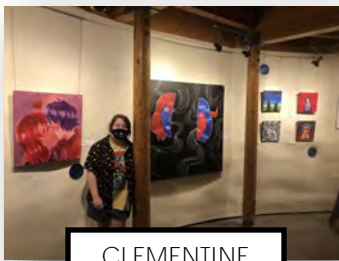
Trinity	Altemueller
Amber	Anderson
Drew	Askeland
Natalie	Bickmore
Katie	Braitto
Haley	Bramante
Annie	Cheng
Kylie	Conway
Daniel	Cornyn
Annabelle	Crawford
Chet	Crummett
Ryan	Cruse
Connor	Davainis
Brandon	Davis
Ryan	Exley
Abigail	Goss
Adelaide	Hannum
Emily	Hobbs
Madison	Kremer
Owen	Lanning
Christopher	Lunsford
Kelvin	Matthews
Sophie	McKinnon
Ian	Mehr
Miles	Miner
Thomas	Neill
Nikolai	Orloff
Olivia	Poole
Nicholas	Pooley
Jacqueline	Reed
Jacob	Reuss
Xanthea	Reuss
Madison	Roemmich
Mason	Ryan
Mican	Saiki
Gwyneth	Simard
Corwin	Smith
Allie	Spellins
William	Tasista
Nathan	Wildauer
Nicole	Wildauer
Lamis	Yassin

VISUAL AND PERFORMING ARTS

VAPA

BRAD FOWERS - DEPARTMENT CHAIR/BAND & CHOIR
 ELIZABETH JOHNSON - PERCUSSION & STRINGS
 MARISSA KINNEAVY - DANCE
 LURA WILHELM - VISUAL ARTS
 ROMNEY CLEMENTS - MUSICAL DIRECTOR

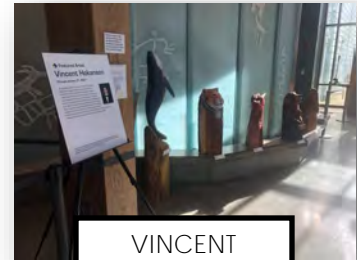
For two weeks in January U-Prep Senior AP Art students were honored to display their work at Mosaic Gallery, adjacent to Mosaic Restaurant in the Sheraton Redding hotel.



CLEMENTINE



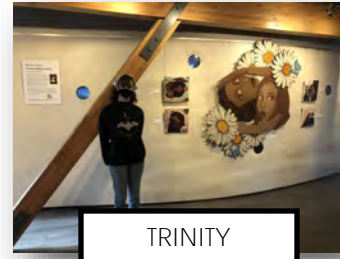
ABIGAIL



VINCENT



DAYNE



TRINITY

BAND & CHOIR NEWS

The Band program has had the good fortune (and challenge) of getting our band program outside and playing on the football field bleachers. This has been challenging, but with tremendous support from students and parents, the program was able to achieve its goals. Mr. Fowers and the VAPA program wish to express their gratitude to our School Board, administration, and Music Boosters for giving them the opportunity to shine. The program continues to work hard as they prepare for the end of this most unique school year.

THE MUSICAL!

After holding auditions before winter break, the VAPA program has achieved something that was once thought impossible. Auditions, cast parts, and as of this week, rehearsals have started for this year's school Musical. Ms. Clements, Mrs. Kinneavy, and Mr. Fowers are practicing with the students four days a week after school in an effort to present a unique musical experience. Coming in March, U-Prep is excited to present a sixteen year Musical Review of all our past shows dating back to the 2004-05 school year. This will be a great opportunity for our students and for our audience to experience our growing legacy in this community!



Current circumstances provided a decidedly divergent experience for this year's yearbook staff! To represent how extraordinary of a year this has been, the staff decided on the theme "Two Sides to Every Story." The theme was chosen for two reasons: first, it shows that U-Prep's story is being experienced in the two ways this year, both in person and online. Secondly, it allows the book to portray the sides of students that might not always be seen at first glance, and allow them to tell their full story.

Without familiar activities such as athletics and performing arts events, creating the yearbook could be viewed as daunting, instead it has allowed the staff to put their creativity to the test to depict what this year has looked like. The goal remains that when all is said and done, this yearbook will be one that people can reflect on and be submerged back into a very surreal year in school history.

The staff is delighted to invite students and parents alike to submit any photos or story ideas that they feel would help tell the story of your 2021. ~U-Prep ASB President, William Tasista



College & Career Corner + Counseling News

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



Starting the end of February, junior high counselor, Mr. Williams, will meet with current 6th and 7th grade students to distribute course registration packets, review course offerings and answer any questions that may arise. For future high school students, Mrs. Mason, high school counselor, will meet with future 9th-12th grade students. Students will be given course registration packets and review course offerings. Starting in March, counselors will visit classrooms to meet with students individually and discuss their course selections.

On January 15th, our 9th grade students attended the STEM Career Day Virtual Event. During this virtual experience our students had the opportunity to listen and interact with various professionals as well as connect with local businesses within the STEM field. 9th grade students had the opportunity to design and map out a park using GIS for the finale of the career day experience.



On Monday, March 1st, U-Prep 8th grader students will take the **PSAT™ 8/9**. The PSAT is a pressure-free way for students to begin exploring their path to college and a future career. The test assists students with:

1. Recognizing strengths. A personalized online PSAT 8/9 score report will include **detailed information about your student's** strengths and areas for growth. It assists students in leaning into areas where they excel and identify places where there is room for growth in order to be ready for college.

2. Exploring future careers. Students can explore college majors and careers that align with their personal interests with Roadmap to Careers, a unique online tool created by Roadtrip Nation and the College Board. The tool connects students to potential careers based on interest, showing where they can lead.

3. Choose high school courses. Knowing where students excel and what skills they may need to focus on can assist them in their choice of other 9th- and 10th- grade classes. In addition, **students' score reports will suggest AP® courses** that are beneficial. AP classes may provide your student an advantage in the admission process as well as allowing them to earn college credit while in high school, which could save time and money in college.



UNIVERSITY
PREPARATORY SCHOOL

SAT SCHOOL DAY

March 24, 2021

U-Prep will be offering juniors the chance to take the SAT w/Essay during their regular school day!

Register in the ASB office (cash or check)

Cost is \$68.00

\$15.00 for students who qualify for a fee waiver

Deadline to register: February 5, 2021

College & Career Corner + Counseling News

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

INCORPORATE MINDFUL PRACTICES INTO YOUR DAILY ROUTINE!

BELLY BREATHING:

PUT ONE HAND ON YOUR STOMACH AND ONE HAND ON YOUR CHEST. SLOWLY BREATHE IN FROM YOUR STOMACH (EXPAND LIKE A BALLOON) AND SLOWLY BREATHE OUT (DEFLATE).

LISTENING TO MUSIC:

FOCUS ON THE WHOLE SONG, OR LISTEN SPECIFICALLY TO THE VOICE OR AN INSTRUMENT.

MEDITATION:

SIT IN A RELAXED, COMFORTABLE POSITION. PICK SOMETHING TO FOCUS ON, LIKE YOUR BREATH. WHEN YOUR MIND WANDERS, BRING YOUR ATTENTION BACK TO YOUR BREATH.

COLORING:

COLOR SOMETHING. FOCUS ON THE COLORS AND DESIGNS.

ATTENDING

SHASTA COLLEGE NEXT YEAR?



7 Reasons to file a **Financial Aid** Application by **March 2nd!**



FILING BY MARCH 2ND
MAY QUALIFY YOU FOR:

FAFSA: www.fafsa.ed.gov
CA DREAM Act: dream.csac.ca.gov

FILING AFTER MARCH 2ND
MAY QUALIFY YOU FOR:

\$1,656 - \$6,000 (w/Dependents)
Annual Award

CAL GRANT

\$0 Competitive
No Guarantees!

\$4,000
Max. Annual Award

STUDENT SUCCESS COMPLETION GRANT

\$0 Competitive
No Guarantees!

\$4,000
Max. Annual Award

FEDERAL WORK STUDY

\$0 Competitive
No Guarantees!

\$1,200
Annual Award

SUPPLEMENTAL ED. OPPORTUNITY GRANT

No guarantees

\$6,345
Annual Award

PELL GRANT

\$6,345
Annual Award

\$1,104
Annual Award

CA. COLLEGE PROMISE GRANT

\$1,104
Annual Award

**TOTAL \$18,305 -
\$22,649** (w/Dependents)

Possible total awarded depends on eligibility

\$7,449 TOTAL

**Award for Students Not Qualifying for
State and Federal Financial Aid Programs**

Shasta College Promise Grant (Tuition Waived)
\$1,104 Two Years Free Award | www.shastacollege.edu/shastapromise



Free^{x2}
IT'S UP TO YOU!

For specifics on Cal Grant go to

csac.ca.gov/cal-grant-faq



Shasta College

www.shastacollege.edu

Shasta College is an equal opportunity educator and employer.

Financial Aid
(530) 242-7650



BigFuture Days

SIGN UP FOR COLLEGE BOARD'S FIRST-EVER VIRTUAL COLLEGE FAIRS

Whether you've already started your college search or have no idea where to begin, we want to connect you with colleges that might be a good fit for you. BigFuture™ Days gives you a chance to get information about multiple colleges from college admissions officers and current college students.

Here are five reasons to attend BigFuture Days:

- 1 Explore colleges in a way that's informative but not overwhelming.
- 2 Connect directly with colleges to get answers to your questions and show your interest in attending.
- 3 Hear from current college students who know what it's like on campus.
- 4 Take key college planning steps like searching for colleges and exploring scholarships.
- 5 Attend these free events without leaving home!

Sophomores and Juniors: Save These Dates

Explore your college options in each region—attend any or all of these events.

- BigFuture Day West + Southwest, Saturday, February 6
- BigFuture Day Southeast, Tuesday, February 23
- BigFuture Day Northeast, Sunday, March 7
- BigFuture Day Midwest, Thursday, March 11



Go to cb.org/bigfuturedays to register and learn more!

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CHALLENGE SUCCESS

Playtime, Downtime, and Family Time: PDF for Teens

Common-sense strategies for promoting teen health and well-being

The research is clear: adolescents need **playtime, downtime, and family time (PDF)** every day for healthy development.

PLAYTIME

Play is not just for younger children. Research suggests that play — especially when it is freely chosen, unstructured, and personally-directed — is linked to increased cognitive skills, physical health, self-regulation, language abilities, social skills, and empathy.

PLAYTIME TIPS

- Help your teen avoid overscheduling so that they have unstructured time to hang out with friends in person, and pursue hobbies and interests just for fun.
- Encourage your teen to spend time outdoors (taking a walk, shooting hoops).

DOWNTIME

Downtime is time set aside beyond structured activities or academics to relax, reflect, or just be. Research suggests that kids need downtime throughout the day — and enough sleep at night — for their physical and emotional health.

DOWNTIME TIPS

- Ensure that your teen has breaks during the day. Even 30 minutes after school to listen to music, read, or play a video game can help teens to “reset” for the next part of their day.
- Make sure your teen gets enough sleep (8–10 hours a night). *Not* getting enough sleep has serious consequences for learning, health, safety, emotional regulation, and driving.
- Turn off media 30–60 minutes before bedtime, and keep screens out of bedrooms at night. Screen light affects sleep.

FAMILY TIME

Family time creates a sense of connection and belonging. Research shows that when kids are part of a family unit that spends time together, they are more likely to feel supported, safe, and loved unconditionally, as well as have increased self-esteem and better academic outcomes.

FAMILY TIME TIPS

- Strive to gather the family for 20–25 minutes at least 5 times per week (family meals, outings, and game/movie nights all count).
- Unplug during meals, before bedtime, and during family activities.
- Commit to simple family traditions and rituals.
- Involve teens in selecting, organizing, and doing family service projects or activities.

Challenge Success is a non-profit organization affiliated with the Stanford University Graduate School of Education.

We partner with schools, families, and communities to embrace a broad definition of success and to implement research-based strategies that promote student well-being and engagement with learning.

Visit challengesuccess.org  [/ChallengeSuccess](https://www.facebook.com/ChallengeSuccess)  [/chalsuccess](https://twitter.com/chalsuccess)

UNIVERSITY PREP MUSIC BOOSTERS PRESENTS:**“SAVE THE SENIOR MUSIC AWARDS
POPCORN FUNDRAISER”**

Dear Parents, Teachers & Students,

MUSIC BOOSTERS IS ON A MISSION! Even though we are unable to have our regular fundraising activities, we will NOT let our seniors down. WE WILL RAISE MONEY FOR THEIR SENIOR MUSIC AWARDS!!!

**Please help us raise at least \$2000 for senior music awards!
SELL YUMMY GOURMET POPCORN!!**

ONLINE ORDERING AVAILABLE: Students will set up their own account. Here are the instructions to do that:

First, visit your School's Fundraising Site using the following link:

<http://fund.school/uprepmusic2021>. Second, click on the "Seller Registration" link in the upper right hand corner. Fill out the required fields, E-mail, Password and Name. Follow the instructions on the left side of the form and in your confirmation email. Third, email the link to family and friends AND promote on social media.....with your parents' permission, of course!

NO TOUCH PICK UP: Separate student orders with drive-by pick up.

TURN IN DATE: Monday, February 8th

PICKUP DATE: To be announced later

- All the money must be collected when the order is placed
- **Write checks to U-Prep Music Boosters**
- DO NOT ADD SALES TAX. IT IS INCLUDED IN THE PRICES.
- Return all money in the envelope along with the order forms on Monday, February 8th
- Put your name, teacher's name & music class period on the order form
- NO LATE ORDERS CAN BE ACCEPTED – Turn in by Monday, FEB 8th

If you have friends and family who are not local but want to help, we accept donations, too.

Write checks to: UPrep Music Boosters. Memo: Senior Music Awards

Mail to: UPrep Music Boosters
C/O UPrep School
2000 Eureka Way
Redding, CA 96001

FOR QUESTIONS EMAIL JUSTINE AT :
uprepmusicboosters530@gmail.com
MUSIC BOOSTERS WEBSITE:
<http://uprepmusic.com/>

All donations are tax-deductible.



GOURMET POPCORN



KETTLE CORN



WHITE CHEDDAR JALAPEÑO



CARAMEL



COOKIES & CREAM



CHEDDAR CHEESE



CHOCOLATE DRIZZLE SEA SALT

KETTLE CORN | \$12

*The perfect combination of sweet and salty!
Simply the best.*

CARAMEL | \$12

Our rich, buttery caramel corn is always a crowd favorite!

CHEDDAR CHEESE | \$12

Gourmet cheese to really make you cheese lovers smile.

WHITE CHEDDAR JALAPEÑO | \$12

Rich, white cheddar cheese mixed with the perfect Jalapeño flavor gets the right amount of heat!

COOKIES & CREAM | \$12

Who can resist the blend of delicious, buttery popcorn mixed with real Oreo Cookies?

CHOCOLATE DRIZZLE SEA SALT | \$12

Buttery, caramel drizzled with rich chocolate and sea salt. A chocolate lover's dream!



Gourmet
POPCORN



Thanks for Your Support!

Name/Nombre: _____ Phone/Tel fono: _____
 Teacher/Maestro: _____ Grade/Grado: _____
 Organization/Organizaci n: _____
 Orders Due/Fecha de Orden (Month/Mes / Day/Dia): _____

Customer's Name Nombre del Cliente	Phone Number/ Address Direcci n/Numero de Tel. fono	KETTLE CORN \$12	CARAMEL \$12	CHEDDAR CHEESE \$12	WHITE CHEDDAR JALAPE O \$12	COOKIES & CREAM \$12	CHOCOLATE DRIZZLE SEA SALT \$12	Amount Paid
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18								
Totals								Total:
Item Code		401	402	403	404	405	406	

Gourmet Popcorn
10+ Cups in Each Bag!

University Preparatory School

DEADLINE: 02/10/2021

Dear Parent or Student,

Yearbook recognition ads are a great way for parents, families and friends to commemorate student achievements and important milestones. In addition, revenues from recognition ads help our school to create a better yearbook. To purchase your ad online, follow the instructions on the form below. Jostens is managing your school's yearbook ad sales so please do not contact or send materials to the school. Please take into account our school's ad content guidelines on the bottom of this form during the creation of your ad online. All ad orders must be placed online by 02/10/2021

ORDER YOUR YEARBOOK RECOGNITION AD TODAY!

ORDER BY 02/10/2021

COLOR AD

Full Page	\$350.00
1/2 Page	\$170.00
1/4 Page	\$90.00
1/8 Page	\$50.00



EASY PAYMENT PLAN AVAILABLE*

*Credit card installment plan available for orders of \$30 or more.

IT'S EASY! Create your ad online at
www.jostensadservice.com

1. Choose your ad size and layout.
2. Enter your text and upload your photos.

Important information about Yearbook Recognition Ads

- Our school reserves the right to edit ads per our guidelines.
- We retain the right to remove any explicit text, graphic photos or copyright-protected imagery or photos.
- For the ad to appear in the yearbook, your ad must be purchased by the order deadline.
- Color photographs uploaded for black-and-white ads will appear in black and white.
- We will make every effort to use your layout and text as indicated. A proof will not be provided and no changes can be made after purchase.

GUIDELINES SURROUNDING RECOGNITION AD CONTENT.

Our school reserves the right to edit ads per our guidelines. Please make sure all submitted materials are appropriate for school publication.

Frequently Asked Questions

How are the ad prices determined and what is the money used for?

Ad prices are determined by our school. The revenue from Recognition Ads helps support our yearbook and keep it affordable for everyone.

How is the ad deadline determined?

The ad deadline is set by our school based on the production schedule for the yearbook.

Can I create my student's ad on my mobile device?

Yes, yearbook ads can be created online from both desktop and mobile devices.

Can I send my materials to the school?

No, please do not send your materials to our school. Our school has selected Jostens to assist with our ad program. Please call our customer service number (800-358-0800) if you have questions or need assistance in creating your ad.

More questions? Call Jostens at (800) 358-0800.

www.jostensadservice.com



University Preparatory School 2020-2021 School Calendar

July 2020						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

21

September 2020						
Su	M	Tu	W	Th	F	Sa
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17

January 2021						
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24	25	26	27	28	29	30
31						

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)

October 2020						
Su	M	Tu	W	Th	F	Sa
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22

February 2021						
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May 2021						
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November 2020						
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March 2021						
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June 2021						
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August 2020						
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December 2020						
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April 2021						
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FINAL EXAMS
MINIMUM DAY
ACADEMIC CONFERENCES
 Special Bell Schedules are
 subject to change due to
 COVID-19 circumstances

HOLIDAYS/RECESSES

Labor Day Sep 7
 Veteran's Day Holiday Nov 11
(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
 February Recess Feb 15-19
 Spring Break Apr 2-Apr 12
 Memorial Day May 31

Thanksgiving - November 26
 Easter - April 4

CERTIFICATED DATES

School Starts: August 11 Graduation: May 28
 School Ends: May 27
 Staff Work Days ○ Aug 10
 May 28
 Jun 1
 Staff Development Days △ Aug 7
 Jan 5
 Apr 12
 Snow Day Makeup: June 1
*(If snow day makeup is used, then June 1
 work day will be moved to June 2)*

Board Adopted 9-4-19

**JUST
ADDED!**

University Preparatory School 2021-22 School Calendar

1st Quarter Ends: October 8 (42)
 1st Semester Ends: December 22 (46)
 3rd Quarter Ends: March 18 (44)
 2nd Semester Ends: May 26 (43)

Shaded = Student Attendance Days (175)

15

Su	M	Tu	W	Th	F	Sa
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 Martin Luther King Day Jan 17
 Lincoln Day observed Feb 21
 Washington Day observed Feb 22
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