



PANTHER PRIDE



They're Back!

U-Prep is elated to announce a return to sports on campus! The Ski and Snowboard team recently completed their season with every athlete improving their times from start to finish! Cross Country athletes continue to excel while their season will conclude March 17th. We will see football, cheer, soccer, tennis and golf begin their respective seasons the first week of March with softball and baseball coming in those first weeks as well. Swimming and track will start their season shortly after baseball and softball. At this juncture, Public Health guidelines do not allow for indoor sports, but the recent transition to the red tier provides hope that local schools will move closer to that marker too.



*With the exception of ski/snowboard team, all photographs are from pre-COVID events.

DATES TO REMEMBER

Mar. 1	PSAT-8th Grade Early Release Day/1:35 PM Fill the Grad Hat
Mar. 3-4	Academic Conferences
Mar. 3	2021-2022 School Lottery
Mar. 8	Athletic Boosters Meeting Early Release Day/1:35 PM Music Boosters Meeting
Mar. 11	National Latin Exam
Mar. 15	Early Release Day/1:35 PM
Mar. 19	3rd Quarter Ends
Mar. 22	Early Release Day/1:35 PM
Mar. 24	SAT (Juniors)
Mar. 29	Early Release Day/1:35 PM Senior Exit Presentations
April 2-12	Spring Break

**ATHLETIC BOOSTERS**

With the opening of sports for the 2020-2021 school year (Spring 2021 Season), the Boosters will be releasing information regarding membership, procedures and equipment following the Boosters Board Meeting on March 1, 2021. Athletic Boosters encourages interested parties to "attend" the meeting Monday, March 1st, at 6:00 p.m. The link will be posted on the Athletic Boosters' Facebook Page.

Please Note: this is not an in-person meeting.



U-Prep Sober Grad invites you to support the Senior Class of 2021 in the following ways:

- Certificate Purchase
- Donate to "Fill the Grad Cap" fundraisers during after-school pick-up on Monday, March 1 and Monday, March 22.
- Follow us on Instagram and Facebook
- Attend a planning meeting for Senior Events the first Tuesday of every month in Room 302 at 6 PM. April Meeting date will be April 13th due to Spring Break.

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 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

STRINGS NEWSBeginning strings

After working diligently on learning beginning skills, the class is prepared to play! The song Gingersnaps is a piece that allows the students to pluck and bow as a full ensemble- a first time experience for them!

Junior high orchestra

Bach's Brandenburg Sinfonia is a dense, complex piece that junior high students are leaning into. At first intimidating, this piece creates curious and industrious musicians from novice music students. The orchestra is also enjoying polishing Mozart's Eine Kline Nachtmusik.

Symphonic

When the pandemic hit last year, a favorite piece, Hava Nagila, was side-lined. Students have been thrilled to revisit the piece and prepare it for recording by the end of the year. They are also working on the theme from The Mandalorian, which is a piece that is paired with the winds. The orchestra hopes to play as a full orchestra with the winds on the bleachers soon!

Chamber

U-Prep's highest level string group is working diligently on the sophisticated and complex piece, the modern Overture to the Wind. With intricate rhythms and chromatic passages, its difficulty is challenging students to excel into new skills. In contrast, Beethoven's Symphony No. 1 lets students also enjoy the classic music that underpins classic string culture.

DRUM CORPS

U-Prep's Drum Corps enjoyed their turn at play at U-Prep's recent virtual rally. Jig 2 is a showy piece that highlights solos by the quad drum players. Showing off their snazzy quad skills were Ethan Walsh, Noah Rodriquez and Layne Kendall.



Dance

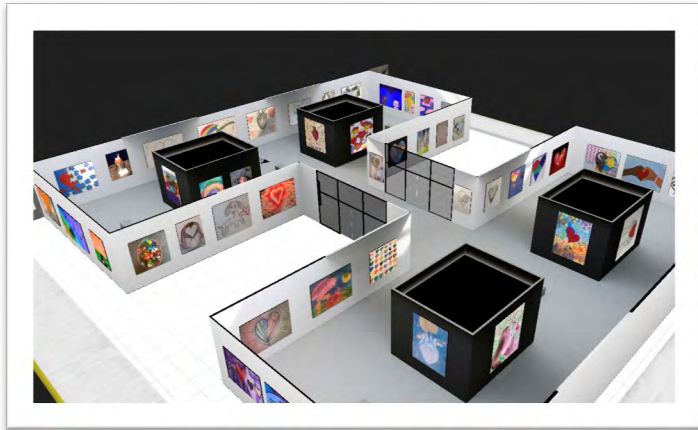
U-Prep's beloved and always eagerly anticipated Just Dance! performance will be held this year, although due to COVID-19 it will look a bit different. Dancers continue to learn choreography and remain vigilant regarding their skill sets. Details will be forthcoming. The dance program is hopeful that with certain restrictions easing, the dance team may be looking forward to April for its first competition.



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VISUAL ARTS

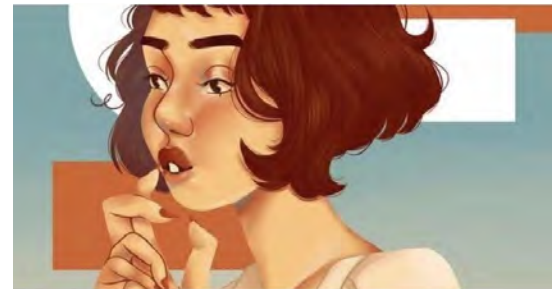
heART SHOW

The 5th Annual heART Show is on display virtually this year. Participating U-Prep students have their heart displayed within this virtual gallery along with an artist statement. The show will be up until the end of the year. Please follow this link:

<https://www.artsteps.com/view/5ffcd6fe45d46e081390b3752currentUser>

SOLO ART SHOW

U-Prep's very own Senior Advanced Placement artist, Trinity Altemueller has her first solo show at Sweetspot in Redding! The COVID safe reception will occur on Saturday, March 6 from 6pm-8pm. Trinity's show will be on display for the month of March. Please follow this link for further details: <https://fb.me/e/1aH3X2NXX>



ARTS ALIVE

The Shasta County Office of Education is hosting Arts Alive this year by means of a virtual art show. The University Preparatory School's Visual Arts Department has several students who have participated in this online event along with several students and schools in our community. The show launched February 22, 2021, and will remain on display for the year. Select the following link to enter the show: <https://sites.google.com/shastacoe.org/artsaliveshowcase2020-21/home>



Associated Student Body



STUDENT GOVERNMENT



Valentine Grams

Valentine Grams were a huge success for our student body; over 220 were delivered to friends, family, and staff. Sweet treats and trinkets were enjoyed and junior high student government appreciated the opportunity to facilitate the surprises!



WINTER SPIRIT WEEK

Spirit Week was a success and so much fun for the entire student body. Students and staff dressed up, played games, and participated in competitions during lunch on the quad.



Virtual Rally!



Kent Smith - High School Advisor
Jaspal Gaddy - Junior High Advisor

HIGH SCHOOL ASB

February ushered in a new wave of excitement in Student Government as they prepared for Spirit Week and a first-ever virtual rally! ASB commissioners leaped into action planning, advertising, and mobilizing materials for the theme "We Got the Beat". Student Government had the pleasure of hosting socially distanced and masked class competitions as well as performances by our dance, cheer, and drum corps teams. All of these events were filmed and edited for the whole school to enjoy together on Friday, February 12 in individual classrooms. Kudos to U-Prep's Student Government leaders for collaborating and assembling this amazing event and doing it in a safe manner!

PENNIES FOR PATIENTS

Every Penny Counts!

High school classes joined the junior high students in raising money through Pennies for Patients; the seniors donating the largest amount (\$663.23) towards helping the school raise over \$1300! Thank you to our students for their generosity and donating to the Leukemia and Lymphoma Society. U-Prep Panthers are amazing!





PANTHERS ATHLETICS

Please enjoy a little sprinkling of athletic news while we anxiously await for sports to get into full-swing!
Sports schedules are forthcoming shortly to the Athletics and Activities calendars on www.uprep.net.

January's Volleyball Challenge Winners



Most improved vertical: 9'7.5
Madison Kremer



January Challenge Winner: Juniors
Ashlee Kraft



January Challenge Winner: Sophomores
Emma Gaddy



High School Cross Country

U-Prep Cross Country has had dual meets with one other school, but on March 17th, pending public health approval, we will have a meet with all the Shasta county high schools at West Valley high school. Varsity boys run at 2:30, Varsity girls at 3:00. JV boys at 3:30 and JV girls at 4:00.

UPCOMING EVENTS

March 3, 2021 Redding @ Lema Ranch, 3:00 PM

March 10, 2021 5-Way Meet, start time TBD

March 17, 2021 Shasta County Championships, 2:30 PM

U-PREP CROSS COUNTRY TEAM

Nolan Roemich

Isaiah Feaver

Dylan Higgins

Ben Cusworth

Becca Gaido

Grace Gaddy

Emma Gaddy

Hannah Cusworth

Serena Tate

Arianna Tucker



UPREP NEWS

PANTHERS

Poetry Out Loud

Congratulations to Holly Mason for 2nd place in our district's Poetry Out Loud Contest.

Poetry Out Loud is a National Recitation Contest, created by the National Endowment for the Arts and Poetry Foundation. Holly competed against fellow U-Prep students and then moved on to compete against students from Shasta, Enterprise, and Foothill.

Through Poetry Out Loud, Holly has strengthened her love for poetry and performance. Although she will not move onto state this year, she is looking forward to next year's contest.

Odyssey of the Mind

This year U-Prep has both junior high and high school Odyssey of the Mind teams. They have been working hard since October to solve a given problem in the form of a play. Teams have written their own script, built/painted sets, props, and come up with their own costumes. This year, due to COVID, teams also had to film their play and submit everything in an online format. Submissions for the Regional Showcase were due February 22. After being judged with feedback, teams will be able to make improvements to prepare to submit for the state competition on April 6. Go Panthers!



City of Redding just rolled out the Redding Recreation Spring 2021 Activity Guide and there's a lot of fun in store this season. The link is included below!

<https://www.cityofredding.org/departments/activity-guide>



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.

PEER TUTORING OPPORTUNITIES

The Panther Peer Tutoring Program is in need of 9th-12th grade students willing to tutor during a free period, study hall, or before school. There are several benefits to becoming a Peer Tutor; (1) it provides experiences that may help with employment; (2) develops confidence and learning ability; (3) builds self-esteem; and, (4) creates a sense of pride in helping others. Becoming a tutor is a great opportunity to give back to the U-Prep community. Peer tutoring also shows a willingness to serve others, which is helpful for college and job applications. Contact Mr. Maikranz in the Student Services Center if you have questions about joining our Peer Tutoring Program team.



PSAT/NMSQT®



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.



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



The counseling department is hosting a Virtual Parent University session! This session will cover college readiness and financial aid topics.

Tuesday, March 23, 2021

5:30 PM

Zoom Link will be emailed to parent/guardian

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.



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 Preparatory School 2020-2021 School Calendar

July 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
<i>(by law must be Nov 11 if a weekday)</i>	
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	
<i>(If snow day makeup is used, then June 1 work day will be moved to June 2)</i>	

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)

July 2021

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March 2022

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April 2022

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May 2022

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June 2022

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 Memorial Day May 30

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 Jun 1

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 Jan 7
 Apr 18

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