



PANTHER PRIDE

ROCHELLE ANGLEY, SUPERINTENDENT/PRINCIPAL

A MESSAGE FROM THE SUPERINTENDENT/PRINCIPAL

Dear U-Prep Families,



We've enjoyed a tremendous start to the new school year! Students and staff are fully immersed in their academic endeavors, enjoying the normalcy and rigor of the back to school schedule. With balance in mind; our seniors kicked off the year with the tradition of **Senior Sunrise**, followed by many other events and activities on campus such as **Club Rush** Speaking of **Club Rush**, our students have so many opportunities in addition to academics, to make connections. Visit www.uprep.net for a full list of clubs.

Fall is upon us and that means **HOMECOMING!** We are looking forward to the big reveal of our **Homecoming Week** theme from our student leaders. The roar is building and excitement is gathering around **Buff Puff**, **Powder Puff**, the **Rally**, and of course the big game followed by our high school's **Homecoming dance**.

We are eagerly awaiting the arrival of another fall tradition; our visual and performing arts department is hard at work preparing for the **Fall Musical**. This year's selection is **The Descendents**, and we couldn't be more excited! For more information see page 5.

We have much to celebrate in the classroom *and* on the field/court/course. Our teams continue to experience unprecedented success and we look forward to league competition and beyond! Athletic Director, Steven Schuster provides a detailed athletic update on pages 9 & 10.

It's a Great Day to be a Panther!

Yours truly,

Rochelle Angley
Superintendent/Principal



Upcoming Events!

OCT. 3	EARLY RELEASE DAY/2:21 PM	OCT. 17	BUFF PUFF
OCT. 4	PICTURE RETAKE DAY		COLLEGE QUEST 2022
	CLUB RUSH	OCT. 19	POWDERPUFF
OCT. 5	COLLEGE APPLICATION WORKSHOP	OCT. 20	THINK PINK DAY
OCT. 6	FINANCIAL AID NIGHT	OCT. 21	HOMECOMING RALLY
OCT. 10	EARLY RELEASE DAY/2:21 PM	OCT. 22	HOMECOMING DANCE
OCT. 12	PSAT 10-11	OCT. 24	EARLY RELEASE DAY/2:21 PM
	COLLEGE APPLICATION WORKSHOP	OCT. 26	COLLEGE APPLICATION WORKSHOP
OCT. 14	1ST QUARTER ENDS	OCT. 28	FALL FESTIVAL
	FALL BLOOD DRIVE		RED RIBBON DAY
OCT. 17-21	FALL SPIRIT WEEK	OCT. 29	HAUNTED CORRIDORS



NATIONAL MERIT SCHOLARSHIP CORPORATION

Congratulations to the following U-Prep Commended Students! Approximately 34, 000 Commended Students throughout the nation are being recognized for their exceptional academic promise. Commended Students placed among the top 50,000 students who entered the 2023 competition by taking the 2021 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT). "Those being named Commended Students have demonstrated outstanding potential for academic success," commented a spokesperson for NMSC. "These students represent a valuable national resource; recognizing their accomplishments, as well as the key role their schools play in their academic development, is vital to the advancement of educational excellence in our nation. We hope this recognition will help broaden their educational opportunities and encourage them as they continue their pursuit of academic success."

"Those being named Commended Students have demonstrated outstanding potential for academic success," commented a spokesperson for NMSC.

Hargun Chhabra

Sehr Gill

William Holley

Rebecca Horrick

Rida Khan

Jayce Lehman

Liam McCoy

Abigail Raftery

Ian Sackin

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.



Congratulations to the students and staff of U-Prep!
<https://www.usnews.com/education/best-high-schools/articles/us-news-ranks-best-high-schools>

<https://www.usnews.com/education/best-high-schools/california/districts/university-preparatory-district/university-preparatory-272635>

National Rankings #302 #471(2021)

California High Schools #37 #63 (2021)

Redding, CA Metro Area High Schools #1 #1 (2021)

Charter High Schools #74 #102 (2021)

COLLEGE APPLICATION WORKSHOPS

Fall 2022

When & Where

October 5th
October 12th
October 19th
October 26th
November 2nd
November 9th
November 10th
November 16th
November 17th
November 29th
November 30th

During Lunch
1:09-1:39 PM
Room 299

Need help filling out college applications?
Attend one of these Drop-In Workshops!

All Californians can now access 24/7 online tutoring — for free

- Every Californian can now access **free online tutoring at any hour of the day**, thanks to a new initiative offering educational resources to K-12 students and adult learners.
- The resource is part of an **investment in public libraries**
- Real-time homework help is **now available on the websites of any of the 1,130 local public libraries** around the state and [here](#).
- **The HelpNow pilot program currently offers help in math and language arts, in English and Spanish, at any time of the day or night.**
 - Help for "other core K-12 subjects" is available between 10 a.m. and 10 p.m. in English, Spanish, Mandarin, Cantonese, Vietnamese, and Tagalog, with no age limit to who can take advantage of the resource.
- Adults can also access writing assistance, citizenship resources and other tools.
- The **tutors** that are taking part in the program have all passed **background checks and possess, at a minimum, a bachelor's degree**
 - They are also familiar with state curriculum and standards.
- You can use the online resource via smartphone, tablet or computer, so long as you're in the state of California.
 - Users who have a valid library card can log into the service and receive additional benefits.

<https://main.castatehelpnow.ca.svc.brainfuse.com/authenticate.asp>

PSAT/NMSQT®



CollegeBoard



NATIONAL MERIT
SCHOLARSHIP CORPORATION

All 10th and 11th grade students will be taking the PSAT on **Wednesday, October 12th**. CollegeBoard will email an access code to view online score reports in December.

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



Musical

Fundraiser



'They're not bad... just misunderstood.'

The Disney Descendants cast is at it again with our October fundraiser- "Enchantments". Much like the beloved "flockings" you'll see with flamingos, we will post our magic in a yard of your choosing. You can specify for your own yard and show your support of local youth arts or you can choose a "victim" to receive the fun! Each "enchantment" will be displayed for 24-48 hours.

Each enchantment is just \$35. Visit our website to complete the order and we'll bring the fun to you!! <http://uprepmusical.org/donations-ads-payments> At the donation screen, select "Enchantment Fundraiser" on payment type to get started!! If you have any questions, just drop us a message!!

****Enchantments not allowed on public property or apartment complexes, Redding, Shasta Lake and Anderson city limits only.**

Rotten to the Core?

Get ready to be enchanted by U Prep's Fall musical, Disney's Descendants. It is present-day, and in the kingdom of Auradon, all of Disney's beloved heroes and royalty are living happily ever after, safe from the terrifying villains and troublesome sidekicks they have banished to the magic-free Isle of the Lost. That is until Ben, the benevolent teenage son of Belle and King Adam (The Beast), offers a chance of redemption for the troublemaking offspring of the evilest villains. Mal, Evie, Jay and Carlos – the children of Maleficent, the Evil Queen, Cruella De Vil, and Jafar – are welcomed to Auradon Prep to attend school with the children of their parents' sworn enemies. Now entering a completely foreign world and way of life, the four Villain Kids have a difficult choice to make: should they follow in their parents' wicked footsteps or learn to be good?

Show dates are November 11th & 18th at 7:00 pm and November 12th & 19th at 2:00 pm and 7:00 pm. Stay tuned for ticket details!

VISUAL AND PERFORMING ARTS

VAPA

DANCE DEPARTMENT

**BRAD FOWERS - DEPARTMENT CHAIR
BAND & CHOIR**

ELIZABETH JOHNSON - PERCUSSION & STRINGS

MARISSA KINNEAVY - DANCE

LURA WILHELM - VISUAL ARTS

ROMNEY CLEMENTS - MUSICAL DIRECTOR

Ms. Stuckey and Ms. Kinneavy are enjoying focusing on technique the first few months of school. They love working on the basics before starting on show choreography next month.

In Dance Team news, the U-Prep Competitive Dance Team welcomed guest choreographer Jill Riley from Los Angeles this past weekend. She set two numbers for our team, one jazz and one lyrical. The team is looking forward to an exciting upcoming season.

The school Dance Team is excited to perform at next month's Homecoming Rally and varsity halftime! And for the first time in U-Prep history, the dance team is working with the U-Prep Cheer Team for an awesome combined homecoming routine! You will not want to miss seeing this group of 50+ cheerleaders and dancers perform together.



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

**University Preparatory School
Strings department
presents a pops concert**

Pops and Sweets under the Stars

**Saturday, November 5th
5-7 PM**

**2200 Eureka Way
East Atrium**

**\$8 Concert includes complimentary
hot chocolate and cookies**

**Ticket available at the door
or online. UPrep web store or
call 530-245-2790**



Jaspal Gaddy - Junior High Advisor
Robyn Johnson - High School Advisor

ASB has been taking the past couple of weeks of no home Friday football games to begin planning the remainder of the Fall season.

Club Rush is planned for Tuesday, October 4th during junior high and high school lunches. Students have the opportunity to showcase their clubs, join clubs, and even start clubs!

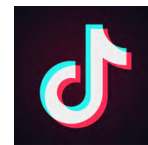
On October 14th, the blood mobile will be on campus (look for more info in the Paw Prints).

Fall Homecoming Week is October 17-21. Stay tuned Panthers for the amazing theme and fun activities throughout the week, featuring: Buff Puff, Powder Puff, numerous home games, lunchtime activities, float competitions, a rally, and the high school hoco dance.

Friday, October 28th will be the annual Fall Carnival, featuring numerous booths, food, games, and crafts and on Saturday, October 29th, the senior class will take over the east wing for their annual "Haunted Corridors".

We look forward to sharing these exciting events with our student body.

It's Always a Great Day to be a Panther! ~DT



**FOOTBALL**

Varsity Football is 5-0. During the preseason we beat Red Bluff, our first football win over an EAL school. Senior running back Ryan Dyab is leading the section in rushing yards with 719 yards through five games. The U-Prep defense has allowed the fewest points per game (ppg) in division three with 7.8 ppg.

Frosh-Soph football is 3-2 through the preseason, with upper-division wins against Red Bluff and Las Plumas.

VOLLEYBALL

Varsity volleyball is currently 26-3 and ranked #1 overall in the North Section on maxpreps.com, regardless of division. The team recently won their second tournament of the season, capturing the Rogue Valley Championship in Medford, OR. Senior setter Morgan Wilding recently announced she has verbally committed to NCAA-D2, Northwest Nazarene University in Nampa, Idaho. On Tuesday, September 27th, reigning Northern Section MVP Kaitlyn Cabral recorded her 1,000 career kill, joining an elite group of past volleyball stars to accomplish the impressive feat.

Frosh-Soph and Frosh volleyball are both currently undefeated in NAL play and completed a strong preseason schedule in September.

HIGH SCHOOL CROSS COUNTRY

High school Cross Country had a very busy and successful September. The JV boys won the Lagoon Valley Invite in Vacaville. On September 24th the team ran in the prestigious Bob Firman Invite in Boise, Idaho. The boys finished 12th, and the girls 15th, out of over 40 teams in each race. Individually, Noah Gaido and Lyndsey Schuster were recognized by red-ding.com as two of the top returning runners in the section, and Lyndsey also received the Record Searchlight Athlete of the Week in September.

HIGH SCHOOL CHEER

High school cheer is already busy at work gearing up for Homecoming vs West Valley on October 21st. The team is continuing to demonstrate the excellence they established this off-season, when they earned a school-record nine All-American qualifiers at summer camp.

HIGH SCHOOL SWIM

High school swim is off to a great start. There are over 40 swimmers competing. Senior Kyle Reitan broke the school record in the 100 backstroke.



SPECIAL THANKS TO DOUG WENHAM FOR SHARING
HIS PHOTOGRAPHY WITH U-PREP.
DOUGSACTIONPHOTO.ZENFOLIO.COM

**GIRLS GOLF**

High school girls golf is looking to defend their NAL championship from last year. The team is currently leading the NAL in scoring. On September 26th they traveled to Wilcox Oaks in Red Bluff to play in the Helen Lengfeld Tournament, finishing in 2nd place to Arcata HS.

GIRLS TENNIS

High school girls tennis is currently in first place in the NAL. Top performers on the team thus far include Merrin McCormick, Shania Soares, and Savannah New.

JUNIOR HIGH VOLLEYBALL

Junior high volleyball hosted their first ever U-Prep Volleyball Tournament. Thirty teams competed in three divisions. Our Royal team, coached by Robyn Johnson, won the top division, while our 6th grade team, coached by Stefanie Schuster, lost in the tournament championship of the third division.

JUNIOR HIGH CROSS COUNTRY

Junior high cross country will compete in the Volcano League finals Thursday, October 6th. Currently, Luci Mieling(6th girls) and Rogue Cutler (7th girls) are undefeated in four league meets.

JUNIOR HIGH SOCCER

Junior high soccer is also off to a great start, with both teams earning quality wins throughout the season. The Royal team won the U-Prep Tournament, and is currently undefeated on the season.



**SPECIAL THANKS TO DOUG WENHAM FOR SHARING
HIS PHOTOGRAPHY WITH U-PREP.
DOUGSACTIONPHOTO.ZENFOLIO.COM**



College Quest 2022 College Fair

A Free Event at Simpson University

October 17, 2022 5:00-7:30pm

40+ Colleges &
Universities

Career Pathway
Information

Military Service
Information

Financial Aid
Workshop

Workshop
Session
5:30 pm

Career
Exploration
Information



SAVE THE DATE

DEADLINE: 02/03/2023

University Preparatory School

Dear 8th & 12th Grade Families,

Yearbook Recognition Ads are the perfect way to commemorate achievements and celebrate milestones. To purchase your ad online, follow the instructions listed below. Jostens is responsible for our school's yearbook ad sales. Please do not send materials to the school. All orders must be placed by 02/03/2023

ORDER YOUR YEARBOOK RECOGNITION AD TODAY!



ORDER BY 02/03/2023

COLOR AD

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

*Tax, service and delivery fee(s) will be added if applicable.

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

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

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.

Please make sure all submitted materials are appropriate for school publication.

EASY PAYMENT PLAN AVAILABLE*

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/student



EAST COAST TRIP 2023

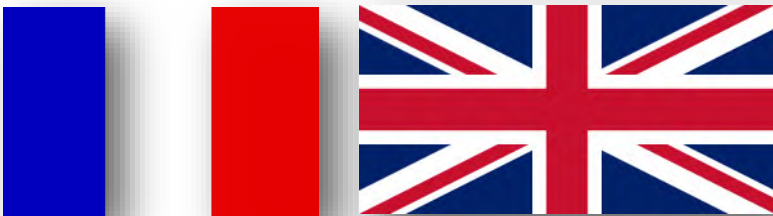
The 2023 8th grade East Coast trip is looking to be the best yet! We currently have 45 people signed up and looking for more travelers to come along and learn about amazing historical places. Trip dates are June 4-10, 2023. Our last information meeting for those interested in signing up will be on **Tuesday, September 13th at 6pm in room 124** (Mrs. Bright's room). Any questions about signing up for the trip can be emailed to Mrs. Bright at sbright@suhsd.net.



LONDON & PARIS 2023

Join us as we embark on an adventure to London and Paris. We will experience a guided tour of London from the royal haunt of Buckingham Palace to the slightly more democratic Speaker's Corner of Hyde Park along with Big Ben, Trafalgar Square, Piccadilly Circus, and more. We will experience the Eurostar Chunnel crossing to Paris where we will take in the sights of the Arc de Triomphe and the Eiffel Tower. Oh, and the magnificent art we will experience at the Louvre: taking in the architectural marvel of the 71-foot glass pyramid, the Mona Lisa, and of course the Venus de Milo. We will have an informational meeting on Wednesday, September 14th @ 6:00 pm in Mrs. Isheim's room 135 (cisheim@suhsd.net).

"Travel is the only thing you buy that makes you richer."



BONUS FEST

October 7 - 30

4 weekends of bonuses

Shop new bonuses every weekend, Friday - Sunday. Earn more on your everyday shopping and make a bigger impact on your organization.

Things to know:

- Bonuses start each weekend at 12:00 a.m. ET Friday and end at 11:59 p.m. ET Sunday.
- Offers will be announced each Friday via email and on Facebook.
- All gift card types are included (eGift cards, physical cards, and money added to reloadable cards).

"We love bonuses and seeing which brands are added each weekend! Our family is stocking up—even grabbing some cards to set aside for holiday gifting."

Jamie T.

How to participate



Already have a RaiseRight participant account?

View and shop bonuses on the RaiseRight mobile app or at RaiseRight.com.



Don't have an account yet?

Follow the easy steps to get started at RaiseRight.com/m/StartEarning. Check with your program coordinator to get your organization's unique enrollment code.



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PANTHERS

UNIVERSITY PREPARATORY SCHOOL

2022-2023 BELL SCHEDULE

REGULAR DAY SCHEDULE

ATTN: JUNIOR HIGH (6th-8th Grade) PARENTS

NO ASAP PERIOD ON FRIDAYS - SCHOOL BEGINS AT 8:30AM

6th & 7th Grade		8th Grade & High School	
6th-7th ASAP	8:00-8:25	8th ASAP/**O.H.	8:00-8:25
Period 1	8:30-9:20	Period 1	8:30-9:20
Period 2	9:26-10:16	Period 2	9:26-10:16
Period 3	10:22-11:12	Period 3	10:22-11:12
*Period 4	11:18-12:13	*Period 4	11:18-12:13
LUNCH	12:13-12:43	Period 5	12:19-1:09
Period 5	12:49-1:39	LUNCH	1:09-1:39
Period 6	1:45-2:35	Period 6	1:45-2:35
Period 7	2:41-3:31	Period 7	2:41-3:31
*5 Minute Addition for Daily Bulletin		*5 Minute Addition for Daily Bulletin ** Denotes High School Office Hours, M-F	

EARLY RELEASE DAY SCHEDULE

NO ASAP PERIOD - SCHOOL BEGINS AT 8:30 AM

6th & 7th Grade		8th Grade & High School	
Period 1	8:30-9:10	Period 1	8:30-9:10
Period 2	9:16-9:56	Period 2	9:16-9:56
Period 3	10:02-10:42	Period 3	10:02-10:42
*Period 4	10:48-11:33	*Period 4	10:48-11:33
LUNCH	11:33-12:03	Period 5	11:39-12:19
Period 5	12:09-12:49	LUNCH	12:19-12:49
Period 6	12:55-1:35	Period 6	12:55-1:35
Period 7	1:41-2:21	Period 7	1:41-2:21
*5 Minute Addition for Daily Bulletin		*5 Minute Addition for Daily Bulletin	

University Preparatory School 2022-23 School Calendar

July 2022						
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

1st Quarter Ends:	October 14	42
1st Semester Ends:	December 21	42
3rd Quarter Ends:	March 17	43
2nd Semester Ends:	June 1	48

Student Attendance Days (175)

Minimum Days

Finals

21

August 2022						
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			

11

15

September 2022						
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	

15

October 2022						
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					

15

November 2022						
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			

23

December 2022						
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

15

January 2023						
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				

22

February 2023						
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				

22

March 2023						
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	

1

April 2023						
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						

May 2023						
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			

22

June 2023						
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	

1

ACADEMIC CONFERENCES
SEPT. 21-22, March 1-2

HOLIDAYS/RECESSES

Labor Day	Sep 5
Veteran's Day Holiday	Nov 11
<i>(by law must be Nov 11 if a weekday)</i>	
Thanksgiving Break	Nov 21-25
Winter Break	Dec 22-Jan 9
Martin Luther King Day	Jan 16
Washington Day observed	Feb 20
Lincoln Day observed	Feb 21
President's Week	Feb 20 - 24
Spring Break	April 10-14
Memorial Day	May 29

Thanksgiving - November 24
Easter - April 9

CERTIFICATED DATES

School Starts: August 17
School Ends: June 1

Staff Work Days ○ Aug 12, 16
Dec 22
June 2

Staff Development Days △ Aug 15
Jan 9

Snow Day Makeup: June 2 Staff Day June 5

Board Approved - June 8, 2022