



**UNIVERSITY  
PREPARATORY SCHOOL**

PURSuing EXCELLENCE  
TOGETHER

# PANTHER PRIDE

## DATES TO REMEMBER

<b>Dec. 2-6</b>	<b>Junior High Scholastic Book Fair</b>
<b>Dec. 2</b>	<b>Early Release Day/2:10PM</b>
<b>Dec. 6</b>	<b>Junior High Ugly Sweater Dance</b>
<b>Dec. 9</b>	<b>Senior Social Mary's Pizza Shack Dine &amp; Donate</b>
<b>Dec. 10</b>	<b>Junior High SOQ</b>
<b>Dec. 10</b>	<b>Winter Strings Concert</b>
<b>Dec. 11</b>	<b>HS SOQ</b>
<b>Dec. 11</b>	<b>Band &amp; Choir Concert</b>
<b>Dec. 16</b>	<b>Early Release Day/2:10 PM</b>
<b>Dec. 17-19</b>	<b>Final Exam Schedule</b>
<b>Dec. 20-Jan. 6</b>	<b>Winter Break</b>
<b>Jan. 4</b>	<b>Dance Team Performance @ Sacramento Kings Game</b>
<b>Jan. 7</b>	<b>School Resumes</b>

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U-Prep Athletic Director Steven Schuster

## CONGRATULATIONS!

U-Prep Athletic Director receives  
prestigious award



The Norm MacKenzie "rookie" award is presented to an outstanding athletic director who has been in the field between one and four years. This award recognizes Steve's leadership and contributions to our student-athletes in the Northern Section. Mr. Schuster will receive public recognition for this great accomplishment at the California State Athletic Directors Association Conference Awards Banquet at the Peppermill Hotel in Reno on April 18, 2020.



## 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.



# UNIVERSITY PREPARATORY SCHOOL

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PURSUING EXCELLENCE TOGETHER

## Student of the Quarter Awards In the Spotlight



Junior High Students of the Quarter  
2nd Quarter 2019-2020 School Year

Front Row, left to right: Isaac C., Robert B., Hannah T., Frankie N., Ty R., Madi R., Natalie H., Carter T.

Back Row, left to right: Trevor E., Isaiah C., Caroline K., Cora D., Sawyer H., Sean K., Alex Y., Camden N., Gracie H., Tara B., Caitlyn C., Maddi C., Alexis M.



High School Students of the Quarter  
2nd Quarter 2019-2020 School Year

Front Row, left to right: Mateo R-C., Lamis Y., Reagan R., Sophie M., Lauren W., Mallory M., Emma S., Patrick K., Emily K., Alexandra O., Savannah L., Justin V., Otto A.

Back Row, left to right: Mitchell C., Kennedy K., Isai-ah F., Uriah E., Eric E., Brian W.

On December 10th & 11th, the Student of the Quarter award recipients and their families joined us in the Board room to celebrate their positive character and accomplishments. Superintendent/Principal Shelle Peterson recognized each recipient by sharing their unique attributes. Students received an honorary certificate, and a special t-shirt. Refreshments were enjoyed after the ceremony. Congratulations to all of our Second Quarter Student of the Quarter Award recipients and their families!

# ASSOCIATED STUDENT BODY



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

The Junior High Ugly Sweater Dance took place on Friday, December 6 in the Hoosier Gym. There was a DJ, photo booth, tons of snacks and of course a great time with friends. The ugly sweater contest was a huge hit! Students who wore their sweater to school on the 6th got a chance to win free admission to the dance.



Thank you to everyone that donated to our annual fall food drive! Over 1200 items were donated to help those in need. Mrs. Isheim's Core 2 led the charge with 251 total donations! We appreciate all the time and energy put into making this drive the best one yet!!

## HS ASB



High School Student Government began the month of November by assisting Junior High Student Government and the Art Department host the Fall Carnival on November 1st. Many clubs participated with individual booths, which raised money for their clubs. On November 8th, high school ASB began promoting and collecting donated food items for the annual canned food drive. The senior class once again topped all others, donating 120 items of unexpired food. Several ASB members were involved and performed in the annual school musical, while others represented the school at playoffs for either volleyball or cross country. With anticipation for the fall break, we celebrated a fabulous potluck meal together on November 20th. It was a wonderful time of class bonding and sharing thanks with one another.

Coming up in December, we will host our second quarter High School Student of the Quarter awards ceremony in the Board Room on December 11th, Junior High Student of the Quarter will held on Tuesday, December 10th. ASB students will be ringing the bells in front of local businesses on December 7th and 14th to help raise funds for Salvation Army and support holiday cheer in the larger Redding community ending 2019 on a positive note.





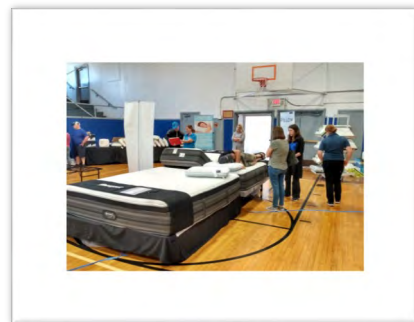
# VISUAL & PERFORMING ARTS

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

## 1st Annual U-Prep Mattress Fundraiser



Saturday, November 9 saw U-Prep's first annual Mattress Sale fundraiser in U-Prep's Hoosier gym. This fantastic event was sponsored by Mrs. Johnson's drum corps and string classes. Watch next year for the 2nd annual sale!



## DANCE PROGRAM

The U-Prep Dance Team enjoyed kicking off basketball season this month! The team looks forward to performing at every varsity halftime home game.



# VISUAL & PERFORMING ARTS

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



U-Prep's fall musical Guys and Dolls "rocked the boat" and the stage of the Marr Auditorium to rave reviews this November. Audience members left the auditorium humming tunes



like "Sit Down you're Rockin' the Boat" and "Luck Be a Lady" after a glimpse into the life of Guys and gamblers Nathan Detroit and Sky Masterson, and the Dolls, Miss Adelaide and Sarah Brown, who captured their hearts.



The Cast, Crew, Directors, and the U-Prep Musical Foundation wish to thank the audience as well as all the parent volunteers and community members that helped make this show a success.

We could not do it without you.

As the curtain closes on this year, we are already looking forward to next year's production. Like us on Facebook or go to [uprepmusical.org](http://uprepmusical.org) for more information and to support our shows.





# VISUAL & PERFORMING ARTS

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



## VISUAL ARTS WITH MS. WILHELM

The arts truly came alive on Wednesday, November 13 at the Shasta County Office of Education on Magnolia Avenue. Arts Alive had it's opening reception with over 300 pieces on display provided by students and art teachers in Shasta county. This event was a strong display of arts education in our local area. Along with art works on display there were University Preparatory School's Senior Advanced Placement Studio artists Talem B and Becca DLS displaying their works and demonstrating their painting techniques for the public



## University Preparatory School Winter Concert Series 2019

**David Marr Auditorium**

**Strings &  
Drum Corps  
Tuesday,  
December 10  
at 7:00 pm**



**Choirs, Bands, &  
Symphonic Orchestra  
Wednesday,  
December 11  
at 7:00pm**

**Admission is free.**

U-Prep's Strings and Drum Corps students presented their annual Winter Concert on Tuesday, December 10th at 7pm. The Band & Choir Concert (joined by Symphonic Orchestra) took place the following night on Wednesday, December 11th at 7pm. All concerts took place in the Marr Auditorium at 7pm with free admission for all guests. Please see the following page for photos from the Strings & Drum Corps concert.



# A Little Winter Music





## College & Career Corner + Counseling News

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



### **Summer Program Scholarship**



The College OPTIONS Summer Program Scholarship assists Modoc, Shasta, Siskiyou, Tehama and Trinity County 9<sup>th</sup> – 11<sup>th</sup> graders to attend academic enrichment (“pre-college”) programs on college campuses throughout the United States or internationally. This program allows for local students to have a college experience by taking classes, living in residence halls and interacting with students from other parts of California, the nation and the world.

## **Want your summer to change your life?**

- Central Valley High School Junior – “It was an amazing confidence builder.”
- Modoc High School Freshman – “It was cool being able to go to college and get the full college experience.”
- Shasta Charter Academy Junior – “CSSSA is one of the best experiences a teenager could have.”

### **Apply online at**

[collegeoptions.org/students-parents-2/scholarships/college-options-summer-program-scholarship](https://collegeoptions.org/students-parents-2/scholarships/college-options-summer-program-scholarship)

**Deadline is Tuesday, March 24, 2020 at 5:00 PM**

Questions? Call Brad Williams at 530-768-5103 or email at  
[bwilliams@collegeoptions.org](mailto:bwilliams@collegeoptions.org)

*Get connected to the U-Prep Counseling Department! You can follow us on Instagram to find out all the latest counseling news and activities!*

*Follow us: @uprepcounseling*



Follow us on  
**Instagram**



U-Prep had over 200 10th and 11th grade students take the PSAT on Wednesday, October 16th. The College Board will email students an access code to view online score reports in December. For details on the score report please see the sample score report below.

## PSAT/NMSQT™

Preliminary SAT/National Merit Scholarship Qualifying Test



## Your Summary Score Report

**Get Your Full Score Report Online**

**psat.org/myscore**

Hi, Ima B. Student  
 School Name: John F. Kennedy High School  
 School Code: 123456  
 Grade: 11th Grade  
 Student ID: 24068907  
 Optional Code: 00  
 Access Code: A02670146P  
 College Board ID: 12345678

## YOUR PATH TOMORROW

Here's what else is waiting for you online:

- Course Recommendations**  
 Congrats! Your scores show you're ready to succeed in AP® courses. Talk to your counselor about signing up.
  - Scholarship Opportunities**  
 Learn more about the National Merit® Scholarship Program. Also, earn College Board Opportunity Scholarships just by planning for college.
  - Free Khan Academy SAT Prep**  
 Create a personalized SAT study plan based on the questions you missed on the PSAT/NMSQT®.
- SAT** Don't forget!  
 Register to take the SAT ahead of college application deadlines in spring of junior year and fall of senior year.

## NATIONAL MERIT SCHOLARSHIP CORPORATION

Your NMSC Selection Index  
**139**

NMSC uses a Selection Index score based on PSAT/NMSQT scores as an indicator of students who merit its scholarship programs. The Selection Index score is a composite of your Reading, Writing and Language, and Math Test scores.

### Eligibility Information

You meet entry requirements for the 2021 National Merit Scholarship Program and your Selection Index score will be considered among 1.6 million program recipients.

If your Selection Index score is among the 50,000 highest scores nationally for National Merit Scholarship Program recipients, you will be notified next September when identifying Selection Index scores for most students.

### Entry Requirements

Information you provided on your answer sheet:

High School Status: **YES**  
 Will you provide high school and college information? **2021**  
 (Students to be sent to grades 9-12)

### National Merit Scholarship Corporation

National Merit Scholarship Corporation (NMSC) conducts the National Merit® Scholarship Program, an academic competition for recognition and college scholarship.

Eligible students who qualify for recognition in the 2021 competition NMSC will consider the 2019 PSAT/NMSQT® Selection Index score of 139. To receive this award, you must have completed your high school senior year and meet program entry requirements. For more information, please visit [www.nationalmerit.org](http://www.nationalmerit.org).

If any of your responses to NMSC's "Entry Requirements" questions are inaccurate or change, please change in plans that may affect program entry, write immediately to:

National Merit Scholarship Corporation  
 Attn: Scholarship Administration  
 1560 Sherman Avenue, Suite 200  
 Evanston, IL 60201-4807

Include your name and home address (including city, state, zip code, and phone number).

Kim B. Student | Student ID: 12345678

## YOUR SCORE TODAY

### Your Total Score

**960** | 320 to 1520

You are in the **51<sup>st</sup>** percentile



You scored equal to or higher than 51% of students

### Your Evidence-Based Reading and Writing Score

**430** | 140 to 750

You are in the **31<sup>st</sup>** percentile



Your score shows that you are ready to begin college-level reading and writing.

### Your Math Score

**530** | 140 to 900

You are in the **69<sup>th</sup>** percentile



Your score shows that you are ready to begin college-level math.

### Your Test Scores\*

Reading: **23** | 8 to 38

Writing and Language: **20** | 8 to 38

Math: **26.5** | 8 to 38

\*Additional Evidence-Based Reading and Writing Test scores are available only for students who took the PSAT/NMSQT® on October 16, 2019. For more information, visit [psat.org/myscore](http://psat.org/myscore).

Ima, this was your score when you took the test; it is not a measure of how far you can grow!

**+130 pts!**



Students with scores like yours increased their performance from the PSAT/NMSQT® to the SAT® by 130 points after 10 or more hours of personalized practice on Khan Academy®.

## Your Question-Level Feedback

QUESTIONS OVERVIEW		READING		WRITING AND LANGUAGE		MATH - CALCULATOR		MATH - NO CALCULATOR	
Question #	Correct	Correct	Difficulty	Correct	Difficulty	Correct	Difficulty	Correct	Difficulty
1	A	1	D	1	D	1	D	1	D
2	B	2	B	2	B	2	B	2	B
3	C	3	C	3	C	3	C	3	C
4	A	4	A	4	A	4	A	4	A
5	B	5	B	5	B	5	B	5	B
6	C	6	C	6	C	6	C	6	C
7	A	7	A	7	A	7	A	7	A
8	A	8	A	8	A	8	A	8	A
9	B	9	B	9	B	9	B	9	B
10	A	10	A	10	A	10	A	10	A
11	D	11	D	11	D	11	D	11	D
12	B	12	B	12	B	12	B	12	B
13	C	13	C	13	C	13	C	13	C
14	A	14	A	14	A	14	A	14	A
15	C	15	C	15	C	15	C	15	C
16	B	16	B	16	B	16	B	16	B
17	D	17	D	17	D	17	D	17	D
18	A	18	A	18	A	18	A	18	A
19	A	19	A	19	A	19	A	19	A
20	C	20	C	20	C	20	C	20	C
21	B	21	B	21	B	21	B	21	B
22	B	22	B	22	B	22	B	22	B
23	C	23	C	23	C	23	C	23	C
24	D	24	D	24	D	24	D	24	D
25	C	25	C	25	C	25	C	25	C
26	A	26	A	26	A	26	A	26	A
27	B	27	B	27	B	27	B	27	B
28	A	28	A	28	A	28	A	28	A
29	D	29	D	29	D	29	D	29	D
30	B	30	B	30	B	30	B	30	B
31	C	31	C	31	C	31	C	31	C
32	A	32	A	32	A	32	A	32	A
33	C	33	C	33	C	33	C	33	C
34	A	34	A	34	A	34	A	34	A
35	B	35	B	35	B	35	B	35	B
36	C	36	C	36	C	36	C	36	C
37	B	37	B	37	B	37	B	37	B
38	C	38	C	38	C	38	C	38	C
39	A	39	A	39	A	39	A	39	A
40	D	40	D	40	D	40	D	40	D
41	B	41	B	41	B	41	B	41	B
42	B	42	B	42	B	42	B	42	B
43	A	43	A	43	A	43	A	43	A
44	C	44	C	44	C	44	C	44	C
45	A	45	A	45	A	45	A	45	A
46	B	46	B	46	B	46	B	46	B
47	C	47	C	47	C	47	C	47	C

\*The A and B may be start improving on the SAT by 130 points after 10 or more hours of personalized practice on Khan Academy®.

Go online for your full report: [psat.org/myscore](http://psat.org/myscore)



# UPREP ATHLETICS

PANTHER ATHLETICS IS PROUD TO  
ANNOUNCE A NEW WEBSITE!

HIGH SCHOOL ATHLETICS DIRECTOR: STEVEN SCHUSTER

JUNIOR HIGH ATHLETICS DIRECTOR: ROBYN JOHNSON

ATHLETICS SECRETARY: NICOLE PRINGLE

ATHLETICS ADMINISTRATOR: ROCHELLE ANGLE



To access the new page please visit [uprep.net](http://uprep.net) and click on the athletics tab.

The new website features live updates to game and practice schedules, coaching profiles, player rosters, athletic alumni, detailed athletic clearance completion tab and so much more!  
Go Explore!

&  
Go Panther Athletics!



## U-PREP CHEER!

The U-Prep Cheer Team is hosting a youth cheer camp on Jan. 2 - 3rd from 9 - 12 in which youth from K - 8th grade will learn a cheer, dance, and stunts. The participants are then invited to perform at the first JV halftime on Jan. 7th. This is a great event to expose youth to the many elements of cheerleading. See page 13 for flyer.

Registration forms and waivers are in the UPrep office, or contact Mrs. Adams at [jadams1@sushd.net](mailto:jadams1@sushd.net).



U-Prep Cheer just completed the first half of their busy year, and are on a little break prepping for the busy basketball season and a competition at Deer Valley High School in Antioch on January 11th.





# UPREP ATHLETICS

The U-Prep football coaching staff has been selected to represent the North Squad for the 2020 Lions Allstar Game! We are extremely proud to represent our school and community at this historic event.

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

Congrats to Frosh-Soph Football on an undefeated season!!



**Kennedy Kremer**

Kennedy will continue on at the collegiate level to play Volleyball at Berry College in Atlanta, Georgia



## Volleyball All-Star Game

Congrats to Kennedy and Madison Friebe! for earning spots on the North All Star team!  
The North defeated the South in 5 games.



# UPREP ATHLETICS

## VARSITY CROSS COUNTRY

HIGH SCHOOL ATHLETICS DIRECTOR: STEVEN SCHUSTER

JUNIOR HIGH ATHLETICS DIRECTOR: ROBYN JOHNSON

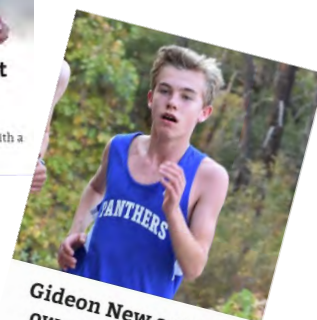
ATHLETICS SECRETARY: NICOLE PRINGLE

ATHLETICS ADMINISTRATOR: ROCHELLE ANGLE



### Grace Gaddy PR's at the State Meet

Grace finished 22nd at the state meet with a PR of 18:44



### Gideon New sets his own records at the State Meet

Gideon ran an impressive 17:00.2, cutting off 33 seconds from his previous pr.

We didn't just have a few qualify to run, but our ENTIRE boys AND girls teams qualified to run for division 4 at the state level. This means they are some of the top runners in the Northstate, representing our city while competing in Fresno for the 33rd annual cross country finals.

Our boys team placed 22nd out of 25 teams, that means they are the 22nd fastest team in the entire division 4 in the entire state. That is HUGE! Our girls placed 15th out of 25 teams, they are the 15th fastest team in division 4 out of the entire state! Impressive! Division 4 schools have a student population of between 500-1249 students. U-Prep is on the bottom end of that with 506 students so for our school to do as well as they did against schools with almost twice our enrollment is amazing! I am so proud of them.

~Varsity Cross Country Coach, Karen Bird

JR Gideon New 17:00 (45 second PR) 110th of 210  
JR Connor Davainis 17:28 (17 second PR) 138th of 210  
Soph Isaiah Feaver 17:41 (52 second PR) 148th of 210  
Freshman Rhys Cooper 17:45 150th of 210  
Senior Jacob Matties 17:56 (33 second PR) 158th of 210  
Soph Patrick Landaker 19:32 203rd of 210

JR Grace Gaddy 18:44 (56 second PR) 22nd of 212  
Soph Becca Gaido 19:12 (44 second PR) 48th of 212  
JR Serena Tate 20:35 113th of 212  
JR Hannah Cusworth 21:02 132nd of 212  
JR Meagan Saunders 21:44 168th of 212







# UPREP ATHLETICS

## All League Volleyball Teams Announced!

U-Prep's volleyball team won a school-record 36 games in 2019, including a perfect 10-0 mark in the Northern Athletic League.

Senior setter Madi Friebe headlines the Northern Section All-League squad by being named the NAL Most Valuable Player. Friebe led the Panthers to a Northern Section Division IV title and finished the season with 1,061 assists. The U-Prep standout is joined on the All-NAL team by Gigi Elizarraras, Madison and Kennedy Kremer, and honorable mention pick Kaitlyn Cabral.

HIGH SCHOOL ATHLETICS DIRECTOR: STEVEN SCHUSTER

JUNIOR HIGH ATHLETICS DIRECTOR: ROBYN JOHNSON

ATHLETICS SECRETARY: NICOLE PRINGLE

ATHLETICS ADMINISTRATOR: ROCHELLE ANGLEY

### Northern Athletic League

**Madi Friebe, University Prep, MVP**

**Gigi Elizarraras, University Prep**

**Madi Kremer, University Prep**

**Kennedy Kremer, University Prep**

Madison Steele, West Valley

Bianca Jones, West Valley

Hannah Brown, Yreka

Jada Swenson, Yreka

Kelli Walsh, Lassen

Lilly Ramirez, Central Valley

Danika Scott, Anderson

**Honorable Mention**

**Kaitlyn Cabral, University Prep**

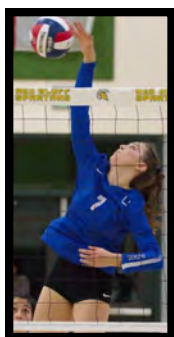
Jade Heacock, West Valley

Breanne Hands, Yreka

Chelsea Williams, Lassen

Ashley Norvell, Central Valley

Lilly Stahl, Anderson



# UPREP YOUTH CHEER CLINIC

**January 2nd & 3rd**

**FOR AGES  
K - 8TH**

Located in UPrep Activities Gym  
2200 Eureka Way

**\$65** Includes daily snack,  
t-shirt & bow

**9 am - Noon  
Thursday  
& Friday**

**Learn Cheers-Dance-Stunts-Jumps**



PARENTS ATTEND FINAL PERFORMANCE Friday @ 11:30AM.  
PARTICIPANTS ARE ALSO INVITED TO PERFORM AT OUR  
1ST HOME GAME JV HALFTIME!  
(1st home game is Tuesday, 1/7/20—Details to follow)



**\*\*\* REMINDER: BRING WATER BOTTLE DAILY \*\*\***

*For more info, visit us on Facebook @ UPrep Cheer*



**PRE-REGISTER by DEC. 19 to secure your T-shirt:**



Mail form **Email JADAMS1@SUHSD.NET w/intent to attend** below with  
payment to UPrep Main Office or bring to first day of camp!

## UPrep Youth Cheer Clinic Participant Registration

**Name:** \_\_\_\_\_

**Parent/Guardian:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Parent Email:** \_\_\_\_\_

**Current Grade In School:** \_\_\_\_\_

**Shirt Size (circle)    YS    YM    YL    YXL    AS    AM    AL    AXL**



**Make checks  
payable to:  
UPrep Cheer**

**\*\*\* Parents must sign and return attached liability waiver in order for child to attend \*\*\***



## U-Prep 8th Grade Recognition Ads

**DEADLINE: 01/19/2020**

Dear 8th Grade Parents,  
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 8th Grade ad orders must be placed online by 01/19/2020

## ORDER YOUR YEARBOOK RECOGNITION AD TODAY!



### ORDER BY 01/19/2020

#### 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](http://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, you can design your recognition ad on a mobile device using the free ReplayIt app. Available for download from the Google Play and Apple App store.

**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](http://www.jostensadservice.com)





## WASHINGTON, D.C.

Good news! You can still sign up for the 2020 8th grade East Coast trip (Broadway show not guaranteed), but spots are filling up fast. If you are interested in signing up, you can visit Worldstrides online and make a deposit. Packets are available online at Worldstrides. The dates are June 7-13th. The trip id# is 175620. If you have questions please email Mrs. Shannon Bright, [sbright@suhsd.net](mailto:sbright@suhsd.net)



# TRAVEL ABROAD with SEPA



*"Travelling is like food for thought to our brain. It changes your perception of life. It teaches you things that are beyond books. It teaches you how to live. People usually think it's a waste of money or it is something for the rich. But I say it's for everyone. Since ancient times people traveled far and wide to earn livelihoods and learn new things. It's not a recreational activity but a way of life."*

*One of the main advantages of traveling is getting educated in a pleasurable way. Supposedly, you visit a country, say, France. We all have read about its rich culture and history in our textbooks out of which at least half of it is forgotten. But when you go there and experience it truly, which you probably would have experienced vicariously through books, photographs and videos, then that knowledge gets imprinted in your minds forever." -Anusha Srivastava*

SEPA is now accepting travelers for our summer 2021 tour. Join us as we travel to the Alps, Provence, Barcelona (Switzerland, France, Spain, and Italy). 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. Come to our informational meeting on Wednesday, November 13th at 5:30 in Mrs. Isheim's room 135.**



# CHALLENGE SECTIONS

## TIPS TO HELP YOUR CHILD THRIVE

### **PROTECT PLAYTIME, DOWNTIME, AND FAMILY TIME (PDF)**

Avoid overscheduling. Children of all ages need restorative time to reflect and dream, and families need time to connect and build lasting bonds. Research shows PDF is critical for children's well-being.

### **EMPHASIZE LEARNING, NOT GRADES**

Pressure to achieve only high grades can lead to cheating, physical and emotional challenges, and other risky behaviors.

### **CHOOSE YOUR WORDS CAREFULLY**

If the first question you ask your child after school is "How'd you do on the test?" you are sending a message about your priorities. Instead, ask "How was your day?"

### **LET CHILDREN DO THEIR OWN WORK**

Resist the urge to complete or correct homework. When you step in, it can actually undermine learning and confidence.

### **PRIORITIZE SLEEP**

An extra hour of sleep is more valuable than an extra hour of studying. Sleep deprivation can be associated with depression and anxiety and can interfere with learning and engagement in school.

### **CREATE TECHNOLOGY-FREE SPACES**

When media devices are moved out of the bedroom, children sleep better and are more efficient with homework. Unplug during mealtimes and other family activities.

### **CHALLENGE SUCCESS**

Resist society's narrow definition of success and embrace your child's unique interests and strengths. Don't allow concerns about college admissions to dictate your child's choices in and out of school.

# NEW YEAR'S RESOLUTION

## ATTEND ALL DAY, EVERY DAY



### Miss School, Miss Out

When you miss school, you miss time with friends.

When you miss school, you miss out on class discussions and activities that contribute to learning.

When you miss school, you miss out on the feeling of accomplishment; you add the stress of having to catch up.



### Goal-Setting

Set a goal of arriving on time and attending all day, every day.

After an absence, set a goal for finding out as soon as possible what was missed and how it can be made up.

Keep track of your attendance and grades; are they aligning with your goals?



### More Tips

Seek help at the first sign of difficulty in a class; do not avoid it by being absent.

Keep the big picture in mind. Missing even two days per month can lead to becoming off track for graduation.

Reward yourself for meeting your goals; celebrate your hard work and success!



"EVERY STUDENT, EVERY OPTION"





Scrip is NOT just for Holidays!

However, since the holidays are almost here, look at how you can buy those holiday purchases AND earn cash for our school.

Do you shop at:

Bed Bath and Beyond.....8% rebate  
 Bath and Body Works.....4% rebate  
 Safeway.....12%rebate  
 Barnes and Noble.....8% rebate  
 Holiday Market.....10% rebate (super for a grocery store! Shop local!)  
 Target.....2.5% rebate  
 Amazon.....2.25% rebate

By your coffee at:

Dutch Bros.....20% rebate (you read that right..you buy a \$20 gift card we earn \$4.00!)  
 Starbucks.....7% rebate

Eat your meals at:

Applebees.....8% rebate  
 Outback.....8%rebate  
 Red Robin.....8% rebate  
 Burger King.....4% rebate

Just to name a few! There are over 700 more merchants to choose from!

Disney, hotels, gas stations, cruises, airlines...you name it and there is a good change you can Shop with Scrip to purchase it.

[www.shopwithscrip.com](http://www.shopwithscrip.com)

**Check it out! It's so easy**

## University Preparatory School 2019-2020 School Calendar

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			

20

1st Quarter Ends:      October 11      (43)  
 1st Semester Ends:    December 19      (43)  
 3rd Quarter Ends:      March 20      (48)  
 2nd Semester Ends:    May 28      (41)

Shaded = Student Attendance Days (175)

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

14

Su	M	Tu	W	Th	F	Sa
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

18

Su	M	Tu	W	Th	F	Sa
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13	14	15	16	17	18	19
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27	28	29	30	31		

23

Su	M	Tu	W	Th	F	Sa
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

15

Su	M	Tu	W	Th	F	Sa
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

14

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	

Su	M	Tu	W	Th	F	Sa
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16	17	18	19	20	21	22
23	24	25	26	27	28	29

15

Su	M	Tu	W	Th	F	Sa
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

22

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

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						

18

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				

<b>FINAL EXAMS</b>
<b>MINIMUM DAY</b>
<b>ACADEMIC CONFERENCES</b>

### HOLIDAYS/RECESSES

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

Easter - April 12

### CERTIFICATED DATES

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

Staff Work Days      ○      Aug 12  
    May 29  
    Jun 1

Staff Development Days      △      Aug 9  
    Jan 6  
    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





## 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	

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)*

**August 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					

**September 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			

**October 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

**November 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					

**December 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		

**January 2021**

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						

**February 2021**

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						

**March 2021**

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			

**April 2021**

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 2021**

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					

**June 2021**

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			

FINAL EXAMS
MINIMUM DAY
ACADEMIC CONFERENCES

### 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  
 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)*