

# STUDENTS THE QUARTER Junior High High School



From left to right: Camille Akerberg, Claire Anderson, Amaya Angel, Kali Boic, Troy-Lee Easter, Tessa Hawkins, Bridget Kaney, Camila Lalaguna, Red River Marshall, Ryder Martin, Acacia McDaniel, Gwenevere Patterson, Kora Poling, Cadance Prettyman, Hudson Rivas



From left to right: Luke Bird, Judah Cox, Angela Ekezie, Adrian Evirs, Oliver Haskell, LaNea Jackson, Amirah Johnson, Samantha Johnson, Nadeen Kako, Jackson Kersten, Disha Magu, Lola Nelson, Jackson Presley, Ryan Ray, Nolan Rickey, Noah Rodriguez, Joseph Schroeder, Zoe Taylor, Adi Whelen

## DATES TO REMEMBER

11/4-22	Canned Food Drive
11/15	Freshman Stem Day
11/15	Musical Opening Night
11/18	Early Release 2:21PM
11/21	UPrep Info Night
11/25-29	Thanksgiving Break
12/2	Early Release 2:21PM

12/2-13	Toys for Tots
12/5	Financial Aid Night
12/9	Early Release 2:21PM
12/10	Winter Concert
12/11	Freshman Cookies & Cram
12/12	Winter Strings Concert
12/13	Ugly Sweater Day
12/16-18	Winter Finals











# FALL CARNIVAL

Our annual Fall Carnival was Friday,
November 1. Due to weather the event
was moved into the Stuart Gym. We had
an amazing turnout with many students
dressing up in amazing costumes.
Everyone had a great time showing
support for our school clubs!

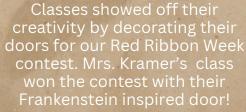
# Unity Day



ON OCTOBER 31ST UPREP STUDENTS AND STAFF DRESSED IN ORANGE TO CELEBRATE UNITY DAY. IT WAS A SIMPLE BUT POWERFUL WAY TO STAND TOGETHER AGAINST BULLYING AND PROMOTE A CULTURE OF KINDNESS AND ACCEPTANCE.

## RED RIBBON

DAY































# CLUB RUSH

Students had a great time learning about the different clubs that will be offered this year!







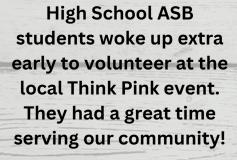




















## LION'S CLUB PEACE POSTER CONTEST

Our 6th and 7th grade artists participated in the Annual Lions Club Peace Poster Contest. We had several winners with excellent works of art.











### **REDDING HOST LIONS CLUB**

1st - Harper Braden 2nd - Carys Barnett 3rd - Masha Poien

### REDDING BREAKFAST LIONS CLUB

1st - Evelyn Schlegel 2nd - Marlee Kuhns 3rd - Katherine Spielmann

#### **ENTERPRISE LIONS CLUB**

1st - Paisley Jones 2nd - Kaitlyn Chan 3rd - Lucas Chamorro

## 8th Grade East Coast Trip



The 2025 8th grade East Coast trip is looking to be the best yet! We have a lot of people signed up and looking for more travelers to come along and learn about amazing historical places. Trip dates are June 1-7, 2025. Our last information meeting for those interested in signing up will be on Tuesday, October 8th at 6pm in room 124 (Mrs. Bright's room). Any questions about signing up for the trip can be emailed to Mrs. Bright at <a href="mailto:sbright@suhsd.net">sbright@suhsd.net</a>.

# SEPA: GERMANY & THE ALPS

Summer of 2026

An incredible adventure awaits summer of 2026 as we explore some of the most historic and beautiful destinations in Europe! In Munich, we will discover a blend of rich history and modern energy, with guided visits to iconic landmarks such as the Olympic Stadium, Residenz, and the lively Marienplatz. we'll also take a poignant excursion to the Dachau Concentration Camp Memorial Site, a place of deep historical significance. If we're seeking more adventure, consider an excursion to Salzburg, where we'll explore the birthplace of Mozart and descend into the historic salt mines that have shaped the region for centuries. The journey continues to Neuschwanstein Castle, a fairytale-like fortress nestled in the Bavarian Alps and the inspiration for Disney's Cinderella Castle. Finally, Lucerne awaits with its serene beauty and cultural richness, where we'll stroll along the medieval Kapellbrücke, marvel at the Lion Monument, and enjoy a relaxing cruise on Lake Lucerne, all capped by a stunning ride to the top of a Swiss mountain. This trip is filled with unforgettable experiences and breathtaking sights, offering the perfect combination of history, culture, and adventure! Come to our SEPA informational night October 23rd at 5:45 in room 140 or contact Mrs. Isheim at cisheim@suhsd.net for more information.











UPrep Cheer has had an amazing football season fully embracing all the spirit at every game. The team loves to engage with the crowd and joins in with every weekly theme. A favorite is always the Dance Cheer Combo at Homecoming and this year they rocked it! As the season winds down, they are also excited to cheer the football on to more victories during playoffs! Go Panthers!





# Y Dance







UPrep's dance team loved performing at the homecoming rally and game! We also loved continuing the tradition of working with the cheer team to do a combined number for halftime!

Thunderstruck was definitely a crowd favorite! We are now looking forward to performing on senior night and recognizing our 6 amazing seniors!

The competitive dance team is already working hard on choreography, spending many hours learning routines with guest choreographers. It is going to be a great season!



The 2024 Swim Season was another success with the girls capturing the NAL title. This team of 30 swimmers fought incredibly hard for their success and built supportive relationships. Thank you to Leigha Wood, Brandyn Nichols, and Sean Kim for all your help with the team this season. Coach Johnson is extremely proud of her athletes both in and out of the pool. Congratulations to all the swimmers for their successful 2024 season.

## Individual Competitors in Divisions

Samantha Johnson, Anne Suppiger, Sidney Gotham, LaNea Jackson David Wenham, Parker Haedrich, Colton Weichman, Josiah

Colton Weichman, Josiah McCormick, Sean Kim, Luke Bird, Willie Stripling, Tristan Raglin, Jackson Bright, Kal-el Webster, Jaden Harvey, Clayton Powell, Matthew McCormick, Tavin Stubbs

### **Girls NAL Champions**

### **Overall Season Standings**

League Girls-1st Boys-2nd

**Division**Girls-4th
Boys-2nd

**Masters**Girls-9th
Boys-6th

#### **NAL All League Athletes**

David Wenham, Colton Wiechman, Tavin Stubbs, Parker Haedrich Samantha Johnson, Anne Suppiger, LaNea Jackson, Whitney Britt

## Individual Competitors in Masters Finals

Samantha Johnson, Anne Suppiger David Wenham, Parker Haedrich, Colton Weichman, Josiah McCormich, Clayton Powell



Girls Golf secured their 4th NAL title with a dominating performance!

They also took 4 of the 8 All League
Awards!

Cora Boyle - MVP of the league Catie Boyle - All league Maya Lipman - All league Mckenzie Kessler - All League

## CROSS COUNTRY

Congrats to the junior high cross country team on a great season! The league has over fifty schools and the Panthers were amazing!

The sixth grade girls were league champions, sixth grade boys took home a close second in league along with our 7/8 girls.

Congrats to Josh K. for coming in 2nd overall for the 7th boys and Finn G. for being the overall winner for 7/8 boys for two years in a row.

Way to run Panthers!!















# ONCE ON THIS ISLAND

November 15, 16, 22, & 23

**7PM** Evenings **2PM** Sat matinee

\$20 adult \$10 child/senior

David Marr Auditorium 2200 Eureka Way

Directed by M. Romney Clements

Music Direction Brad Fowers

purchase tickets: uprepmusical.org or at the door



Choreography Marissa Kinneavy Assistant Director **Brigid Dempsey** 



## **COME AND JOIN US**

### **NON SCHOOL DAY CAMPS OFFERED TO UPREP FAMILIES**

Please click on the QR Code for more information Registration opens October 25 2024 Questions? Contact: Marianne Sweetwood msweetwood@sfymca.org (530)246-9622 x113



Fall Camp



November 25-27

December 19-20



December 19 & 20

Winter Camp



December 23, 26, 27, 30, 31 January 2, 3, 6

Transportation from the YMCA to the camp location (noted on the registration if different than the YMCA on Eureka Way) can be arranged.

Please contact the main office for more information.

January 20th



January 20

President's Camp



February 17-21

Spring Camp



April 14-18

May 30th



May 30

June Camp



June 2-6