# Shasta High School

**Daily Bulletin**

**Regular Day Schedule**

**Monday, Nov 16, 2026**

## General Information

- **Weekly Schedule:** This week (11/16-11/20) we will have a "Regular Day Schedule" all week (Monday-Friday). There are NO Flex periods scheduled and *students will be released from school on Friday, 11/20 at 3:20pm.*
- **Thanksgiving Break: Monday, November 23rd-Friday, November 27th**. Students will return to school on Monday, November 30th.
- **Yosemite 2027 Trip: April 4th-9th.** The trip is **free** and open to **10th and 11th graders** (8 hours of community service required). See Mrs. Freeman in Rm 213 with questions. **Apply today, the deadline is 11/30.**
- **Canned Food Drive: Now through 11/18.** Donate to your 1st period or favorite teacher and help ASB reach their goal of 1,000 items! The winner gets a hot cocoa & donut party!
- **SHS Music Department Presents their Winter Concert:** Monday, 11/30 @ 7:00pm at the David Marr Theater. Admission is free!
- **Sports Booster Dinner Auction: Saturday, 11/21**. Student & Parent Volunteers Needed! Help our Shasta Athletics earn money for their programs by volunteering your time!
  - "**Setup" Sign Up Link (Students & Parents)**
  - **"Event" Sign Up Link (*Parents ONLY*)**

| **Food Menus** | Students May Get Two Free Meals Per Day |
|---|---|
| **BREAKFAST 8:00 AM** | Eggs & Bacon Bagel Sandwich, Sausage, Gravy & Biscuit, Honey Uncrustable & Yogurt, **Mini Donuts (8:00am-8:30am)** |
| **LUNCH** | Schoolhouse Pizza, Spaghetti & Breadstick, Corn Dog & Fries, Cheeseburger & Fries |
| **After School Meals 3:30-3:50** | Large Uncrustable, Mini Corn Dogs, Fresh Fruit Offered Daily, ½ cup Applesauce, Side Salads, ½ cup Carrots, 4 oz Juice |

*Items on Food Truck

## Clubs/ FLEX

- **Join Upward Bound:** Not only do we provide help with academics & graduation, but we take you on trips to see college campuses in person, for FREE! For more info and to see if you're eligible see Ms. Lily Thompson in Rm 812 between 11:25am-4:00pm
- **FCA (Fellowship of Christian Athletes): Meeting during Lunch on Fridays in Rm 406** Come join us as we celebrate the Love of Christ in our lives. Here are a few of the things we do in FCA club: Play games, share devotionals, have guest speakers, plan school wide events, eat snacks and support one another.

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## Athletics

- **WRESTLING:** The Season is here! **NO TRYOUTS**! Interested students may come to the wrestling room **after school, Monday-Friday**. The wrestling room is in the hallway between the boys & girls locker rooms. See you there!
- **ALPINE TEAM: Parent Information Meeting**
  - **Thursday, 11/19, 6:00pm-6:45pm in the school Library:** Interested in joining the SHS Alpine Team? We are an Alpine Ski & Snowboard Racing Team, not a ski or snowboard club. Our primary focus is racing but we free ride and ski the entire mountain! Reach out to Coach Peterson at chrispgpeterson@gmail.com with any questions.

## Counseling

**Attention Seniors:**

- **SCHOLARSHIP TIP:** Many scholarships are due February-April. NOW is the time to ask teachers, employers, counselors, coaches etc. for a letter of recommendation. Fill out the **Brag sheet** and share with the letter writer. Don't forget to always send a handwritten thank you note for their time.
- **If you're applying to a UC, please consider reviewing the following:**
  - **UC reacts to real PIQ examples:** What does UC actually want to see in your personal insight questions? Jayne Reimel from the UC admissions team reacts to real PIQs and breaks down what works, what doesn't and how to strengthen your application. You'll learn how to choose prompts, avoid common missteps and what details are the most helpful to include.
  - **AI Generated PIQ Response:** Jayne Reimel from the UC admissions team reacts to an AI-generated PIQ response and breaks down what works, what doesn't, and why authenticity matters in your application. You'll learn what UC admissions looks for in your responses, the pitfalls of relying on AI and how to make sure your PIQs reflect your own voice and experiences.

**Attention Freshman:**

- **Reach Higher Scholarship:** For Shasta County high school freshmen only. Deadline 2/24/27. **Apply Now**

## Career Center

- **College / Guest Speakers - Juniors and Seniors -** Don't miss your chance to hear directly from these college and guest representatives-come get insider tips, ask questions, and discover where your future could take you! Please see Ms. Gibbens in the Career Center (Rm 812) to arrange to be released from class and attend these presentations.

| Date | Time | College |
|---|---|---|
| Thurs,12/3 | Flex | Southern Oregon University (Ashland, Oregon) |

**Additional Info & Resources**
For all school-related information that may not be posted in the bulletin: Link to Advisory Slides