



Shasta High School
Daily Bulletin
Flex Day Schedule
Thursday, Sep 17, 2026



General Information

- **Wear your favorite college shirt, sweatshirt or gear today!**
- **Peer Tutoring Started Tuesday, Sep 1.** What is it? Peer tutoring is open to any student that needs help with any of their classes. It is also a quiet place where students can come to work independently in a quiet environment.
When: Every Tuesday and Thursday
What time: 3:30-5:00 p.m
Where: Rm. 112 (Sra. Cole's classroom)
- **Red Robin Fundraiser for Shasta Shooting Sports Boosters. September 18, 2026.** Mention the fundraiser to get credit.
- **Wanting to travel?** Join us for an information session to learn more about our upcoming educational travel opportunities to either **Asia (South Korea & Japan) or Europe!** Tuesday, **September 22 at 6:00pm-Room 912.**
- **Blood Drive - Tuesday September 29th in the Small Gym 8:30am-1:15pm**
- **STEM Career Day is coming Nov 20th.** The field trip is free to freshmen students. Field trip permission slips for freshmen are available in Mrs. Freeman's room 213. Limited to the first 100 students to sign up.
- **Yearbooks on sale now!**
ASB Yearbook Package (Includes ASB & Yearbook) \$115
Senior Combo Package (Includes T-shirt, ASB & Yearbook) \$135
Yearbook only \$85
Purchase yours today Online at shastawolves.com or in person at the Student Store.
Prices will go up after Riverbowl!
- **Yearbook Senior Ads on sale now!**
Purchase & create your Ad at yearbookordercenter.com
Use order number: 7418
1/8 page \$50. 1/4 page \$75. 1/2 Page \$140
Prices go up after Riverbowl, so get your grad ad in now!

Food Menus	<u>Students May Get Two Free Meals Per Day</u>
BREAKFAST 8:00 AM	Bagel Sandwich & Hashbrown, Breakfast Burrito, Waffles*, Smoothies
LUNCH	Schoolhouse Pizza*, Black Bean Burger & Fries, Chinese Chicken Salad, Cheeseburger & Fries*, Nachos
After School Meals 3:30-3:50	Deli Sub & Chips, Rib Q Sandwich, Fresh Fruit Offered Daily-1/2 Cup Apple, Side Salads, 1/2 Cup Celery, 1/2 Cup Carrots, 1 Cup Milk

*Items on Food Truck

- [SUHSD Bell Schedule](#)

Career Center

- **Upward Bound** is a Federally funded program provided here at Shasta High School, that offers students like you help with preparation for college, academic support through High School, and provides opportunities to tour college campuses, and even earn college credits.

Our new advisor, Miss Thompson, will be in room 812 and available from 11 to 4 every day. Come see her for more information on eligibility for the program, and for any questions.

- **College Guest Speakers - Juniors and Seniors** - Don't miss your chance to hear directly from these college representatives-come get insider tips, ask questions, and discover where your future could take you! Please sign up here: <https://forms.gle/1sidLXX7mrnc9M5YA> Or see Mrs. Brown in the Career Center to arrange to be released from class and attend these presentations.

Date	Time	College
Mon 9/21/26	7th Period	University of Nevada, Reno
Tues 9/22/26	6th Period	UC Santa Barbara
Wed 9/23/26	2nd Period	Oregon Institute of Tech
Thur 9/24/26	Flex	Simpson University

- **College Quest 2026 College Fair at Shasta College - September 21, 2026 5:30-7:30 PM** - 40+ Colleges & Universities, Private & Out of State Schools, Military Service Information, Financial Aid Information, Tech & Trade Schools, UC & CSU Schools.

CLUBS

- Join the Science Bowl Team. Do you like Trivia? Are you good at math and science? Meet during FLEX Tuesdays with Coaches Mrs. Carey and Ms. Epperson in room 510 & Room 406
- Book Club - For anyone who loves a good book. Where - Room 916 (Mrs. Neal) When: Tuesday during Flex - First meeting Tuesday 9/15
- The Howling Knights - Chess Club - Wednesday Flex - Room 921 - Come learn specific tactics and theory!
- Join HOSA (Health Occupations Students of America) - Wednesday Flex - Student led organization that prepares you for a future in healthcare through leadership, service, education, and hands-on experience.
- Mad Mudders Ceramics Club - Flex - Room 321 - Open to all students.
- National Honor Society - Wednesday Flex - Room 218
- Drama Club Meeting - Tuesdays/Thursdays during lunch in room 114
- Shasta Robotics and Advanced Manufacturing first TSA (Technology Student Association) Club Meeting - Thursday September 17 Flex - No experience needed, bring your ideas, bring a friend.

Athletics

- **Frosh Football at Orland 5:30pm**
- **Girls Tennis at Enterprise High School 4pm**
- **Girls Golf at Grape Ranch (FHS) 2pm**
- **Volleyball at Orland 4:30/5:30/6:30pm**
- **Girls Basketball will be having Open Gym (Big Gym) 6-7:30 Every Monday and Wednesday for the Month of September.**
- **Off-season Boy's Basketball Open Gym on Tuesday's from 6-7:30.** If you are not currently participating in another school sport and plan to play basketball for your school team, this is a great opportunity to get in the gym, improve your skills, and build relationships with the players and coaches who make up our boy's basketball program. **Started Tuesday Sep 1** in the Big or Small gym depending on availability. All players need athletic clearance.
- Anyone interested in athletics this school year, please sign up through electronically using the link below:
[Home Campus Instructions](#)