



Shasta High School
Daily Bulletin
Regular Day Schedule
Monday, Sep 14, 2026



General Information

- **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)

<u>Food Menus</u>	<u>Students May Get Two Free Meals Per Day</u>
BREAKFAST 8:00 AM	Eggs & Bacon Bagel Sandwich, Breakfast Burritos, Honey Uncrustable & Yogurt*, Mini Donuts
LUNCH	Schoolhouse Pizza, Cesar Salad*, Street Tacos, Deli & Chips*
After School Meals 3:30-3:50	Large Uncrustable, Mini Corn Dogs, Fresh Fruit Offered Daily-½ Cup Applesauce, Side Salads, 4 Oz Juice, ½ 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/ljldLXX7mrnc9M5YA> 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

- **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.

Athletics

- Anyone interested in athletics this school year, please sign up through electronically using the link below:
[Home Campus Instructions](#)

- **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.