



Shasta High School
Daily Bulletin
Regular Day Schedule
Monday, Oct 5, 2026



General Information

- **Wrapping Paper Collection Competition: Starts Monday, Oct 5** and runs until Thursday, Oct 22nd.
 - **ASB** is collecting wrapping paper, gift bags, tissue paper, bows, & tape to donate to Arch Collaborative & Children's Legacy Center (CLC). Help give back to the community and support a good cause! **Drop supplies off in the Main Office.**
- **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.
- **AP Testing-** MUST be registered on [Collegeboard.com](https://collegeboard.com) and have filled out the intent to Purchase Google Form (email abaxter@suhsd.net with questions). Deadline to purchase is November 6th by 4pm.
- **PSAT - Wednesday, October 28th @ 8:30am** in the Small Gym. Sign up in the Counseling Office.

Food Menus	Students May Get Two Free Meals Per Day
BREAKFAST 8:00 AM	Egg & Bacon Bagel Sandwich, Breakfast Burrito, Honey Uncrustable & Yogurt, (Mini Donuts, 8:00am-8:30am)
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, ½ cup Carrots, 4 oz Juice

*Items on Food Truck

Clubs/ Flex

- **CLUB RUSH:** Come explore all the clubs Shasta High has to offer on **October 15th (new date!)** in the Big Gym during 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.
- **HOSA Club:** Join us for the **"Think Pink"** Lunchtime Activities on **Thursday, October 15th** in the Main Quad!
- **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.
- **SHS Philosophy Club:** If you would like to discuss with your peers the pressing issues of our time or the great ideas & thinkers of past ages, then this might be the club for you. **Thursday, 10/8 in Rm. 920 during FLEX.**
- **Book Club:** For anyone who loves a good book, join us in Room 916 (Mrs. Neal)

Athletics

- **Boys Soccer Meeting: TODAY, during lunch in Rm 113-** We will be discussing the upcoming soccer season, team expectations, and important information for all interested players. **Everyone is welcome to attend!**
- **Off-season Boy's Basketball Open Gym on Tuesdays from 6-7:30 AND Thursdays from 3:45-5:45 (time subject to change).** If you are planning on trying out for basketball and are NOT CURRENTLY PARTICIPATING IN ANOTHER SCHOOL SPORT, we strongly encourage you to take advantage of these opportunities.

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 sign up through FlexiSched or here for presentations not during FLEX: <https://forms.gle/H8Di7wYWS68Zmek8>
Or see Mrs. Brown in the Career Center to arrange to be released from class and attend these presentations.

Date	Time	College
Wed 10/7	Flex	Grand Canyon University
Thur 10/8	Flex	Oregon Air National Guard
Friday 10/9	6th	Jessup University
Wed 10/21	Flex	The McConnell Foundation Scholarship Information
Thur 10/22	Flex	US Navy
Tue 10/27	Flex	Marines
Wed 10/28	Flex	Chico State University

Additional Info & Resources

For all school-related information that may not be posted in the bulletin: [Link to Advisory Slides](#)