Shasta High School

Daily Bulletin

FLEX Day Schedule

Thursday, Nov 12, 2026

General Information

- **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. The winner gets a hot cocoa & donut party!
- **Sobergrad Certificates:** Sell a Sobergrad Certificate and you could win a Dutch Bros Gift card! Drawing will be at the end of November.
- **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	Bagel Sandwich & Hashbrown, Oatmeal Bar, Pancakes & Sausage
LUNCH	Schoolhouse Pizza, Grilled Cheese Sandwich, Turkey Gravy, Mashed Potatoes, & Roll, Country Chicken Bowl, Nachos
After School Meals 3:30-3:50	Deli Sub & Chips, Rib Q Sandwich, Fresh Fruit Offered Daily-¼ cup Apple, Side Salads, ½ cup Carrots, ½ cup Celery.

*Items on Food Truck

Clubs/ FLEX

- **Shasta High Interact Club:** Mandatory meeting this **Thursday, 11/12** in Room 919 at Lunch.
- **Philosophy Club: Thursday, 11/12** during FLEX in Rm. 920.

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!
- **BOYS' BASKETBALL TRYOUTS:**
  - **Freshman** Tryouts: 11/10-11/12, 6pm-8pm in the Small Gym
  - **JV/Varsity** Extended Tryouts: 11/9-11/12 3:45pm-6pm in the Small Gym
  - Every Player must have a **Blue Card** on file with the office.
- **ALPINE TEAM: Official practice starts Tuesday, 11/10!**
  - **Preseason "Dryland Training":** Tues/Thurs. 3:45pm-5:30pm. Meet in the weight room.
  - **Season Jan/Feb:** Practice at Mt. Shasta Ski Park, Fridays 3:30pm-6:30pm & Sundays 9am-1pm. See slides for more details or reach out to Coach Peterson at chrispgpeterson@gmail.com
- **Thursday, 11/12:**
  - **Cross Country-Sections:** Championships @ West Valley

Counseling

Attention Seniors:

- **George Grotefend Scholarship:** The application process has officially opened on November 1st, and applications will be accepted through March 2, 2027. To gain access to the application, interested students must first complete the request form.
- **Community Foundation of the North State Scholarship Portal NOW OPEN!**
  - Universal Scholarship Application (over 43 different opportunities)
  - Students complete one application to be matched with scholarships they qualify for. Some scholarships require additional materials. Instructions are in the application and on our website; Universal Scholarship Application. Deadline 2/24/27
- **CFNS Stand-Alone Scholarship Opportunities:**
  - **Ivy B. Horr Medical Education Scholarship:** For students from Shasta, Lassen, Tehama, Modoc, Trinity, and Siskiyou counties pursuing medical education or training. Deadline 2/24/27.

Attention Freshman:

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

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