



Shasta High School
Daily Bulletin
Flex Day Schedule
Wednesday, Sep 9, 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)
- **Sober Grad 2027 Meeting** - Calling all wolf Pack parents, grandparents and guardians, come find out how we plan an epic party to celebrate our graduating seniors and how you can help! Please join us **Thursday, September 10th at 5:30 pm in the Library**. Questions email shastahighschoolsobergrad@gmail.com

<u>Food Menus</u>	<u>Students May Get Two Free Meals Per Day</u>
BREAKFAST 8:00 AM	Sausage & Egg Bagel Sandwich*, Pancake on a Stick, Muffins
LUNCH	Schoolhouse Pizza, Bean/Cheese Burrito*, Vegetarian Salad Entree, Orange Chicken Bowl*, Teriyaki Chicken Rice Bowl
After School Meals 2:55-3:20	2 Uncrustables, Taco Sticks, Fresh Fruit Daily-½ Cup Fruit Cup, Side Salads, 4 Oz. Juice, ½ Cup Carrots, 1 Cup Milk

*Items on Food Truck

- [SUHSD Bell Schedule](#)

CLUBS

- 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.
- Outdoors Club - Wednesday Flex - Room 213 with Mrs. Freeman - Get outside, get active, bring your friends, and look forward to: Kayaking, hiking, bike riding, camping, backpacking, lake days, and other fun outdoor activities!
- Artist Alley Club - Wednesday Flex - Room 320 - All are welcome, no art level experience needed, all supplies are included.
- 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 High Interact Club - Thursday at lunch POTLUCK - Room 919 - Interested in making new friends? Fun school activities? Joining community events with friends?
- SHS Philosophy Club - Thursday Flex - Room 920 Mr. Jordan's Room - If you would like to discuss with your peers the pressing issues of our time or the great ideas and thinkers of past ages, then this might be the club for you.

- 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.

Career Center

- **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! see Mrs. Brown in the Career Center to arrange to be released from class to attend these presentations.

Date	Time	College
Thur 9/10/26	7th Period	UC Santa Cruz
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 Tennis** - At West Valley 3:30 PM
- **Girls Golf** - At Butte Creek (PVHS) 2:00 PM
- **Swim** - At Shasta VS. Chico 4:00 PM
- **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.