



Shasta High School
Daily Bulletin
FLEX Day Schedule
Thursday, Oct 8, 2026



General Information

- **BUY YOUR RIVERBOWL shirts TODAY! Sale ends Friday, October 9th.** Purchase a shirt on the Shasta High Webstore. There are limited quantities so don't delay in purchasing yours! The Riverbowl is at Shasta High School this year on October 23rd and sales of shirts benefit the Sophomore Class. Distribution will take place at lunch during Riverbowl Week (10/19-10/23).
- **Wrapping Paper Collection Competition: 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.**
- **Wolf Crew Meet: (Freshman Only):** Our first Wolf Crew FLEX meeting is coming up next week! Freshman will get to meet with their leaders, get answers to common questions, and/or ask specific questions.
- **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 (NEW DATE) --> Tuesday, October 27th @ 8:30am** in the Small Gym. Sign up in the Counseling Office.
- **SAT (for Seniors) @ Shasta HS: Thursday, October 29th**, in Rm 307 from 8:30am-12:30pm. See [Advisory slides](#) for more details.

Food Menus	<u>Students May Get Two Free Meals Per Day</u>
BREAKFAST 8:00 AM	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- $\frac{1}{4}$ cup Apple, Side Salads, $\frac{1}{2}$ cup Carrots, $\frac{1}{2}$ cup Celery.

*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)
- **Shasta High Interact Club:** Meeting this **Thursday, 10/8**, in Rm 919 during Lunch. *This is a mandatory meeting to plan the Halloween Event.*

Athletics

- **BOYS SOCCER MEETING, Friday, 10/9 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!**
- **Thursday, 10/8:**
 - Girl's Tennis @ Chico, 4pm
 - Girls Golf @ Wilcox (RBHS), 2pm
 - Frosh Football vs. Chico, 5:30pm
- Friday, 10/9:
 - Cross Country @ West Valley Invitational, 2pm
 - Football vs. Chico 5/7pm, **Pit Theme: THINK PINK**
- **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
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](#)