



IMPORTANT DATES:

November

11/4-11/5 – CAHSEE Testing
11/6 Booster Club Mtg. @ 6 pm in Staff Rm.
11/7 – Soccer Awards @ 6 pm in Cafeteria
11/10 – School Holiday
11/11 – Veteran’s Day
11/12 – Board Mtg. @ 6:30 pm in Student Ctr.
11/13 – Parent Advisory @ 6 pm in Conference Rm.
11/14 – Band Social @ 7 pm in Cafeteria
11/18 – UC Application Day
11/24-11/28 – Thanksgiving Break

December

12/4 – Booster Club Mtg. @ 6 pm in Staff Rm.
12/6 – Upper Lake Light Parade
12/9 – Financial Aid Night @ 5:30 in Student Ctr.
12/10 – Board Mtg. @ 6:30 pm in Student Ctr.
12/11 – Parent Advisory @ 6 pm in Conference Rm.
12/11 – FFA Skate Night
12/13 – ACT Testing in Student Ctr.
12/13 – Wreaths Across America @ UL Cemetery
12/15-12/19 – Finals Week
12/18 – Winter Performance @ 7 pm in Cafeteria
12/19 – 2nd Quarter Ends
12/22 – 1/5 – Winter Break

January

1/6 – Back to School
1/8 – Parent Advisory Mtg.
1/13 – Cash-for-College Night @ 5:30 pm in Rm. 8
1/14 – Board Mtg. @ 6:30 pm in Student Ctr.
1/15 – ASVAB Testing @ 8 am in Cafeteria
1/19 – MLK School Holiday
1/28 – Shakespeare Festival in Cafeteria

UPPER LAKE UNION HIGH SCHOOL DISTRICT

From the Desk of Pat Iaccino:

It is hard to believe that the Thanksgiving Break is here and Winter Break is right around the corner. Please review the information in this Newsletter, and as always if you have any questions, please feel free to contact us. Most of our families are reading the Newsletter electronically, but we still have hard copies available in the School Office.

For up-to-date information visit us at www.ulhs.net. Attached are calendars for November through January. Please come out and get involved in our activities.

There are a number of items I would like to direct your attention to:

1. Please review the section on Updates in Education. This section is dedicated to

ATTENDANCE COUNTS!

THE IMPORTANCE OF ATTENDING SCHOOL

Much of a student’s success is determined by the following:

- Good attendance
- Appropriate nutrition and physical activity
- Time management (school work first and TV, cell phone, iPod, YouTube, Facebook and all other social networking second)
- Seeking help when you don’t understand.

Students should have a 90-100% attendance rate. This is the first step to success. If they are attending school on a regular basis, we have more contact with them and we have the time to cover the State standards. If a student misses school, trying to catch up becomes very difficult.

We now have a School Resource Officer, Kevin O’Brien, to help us with truant students. Kevin can be reached by contacting the main school office 275-2338, ext. 142.

the curriculum-instruction changes upcoming in the State.

2. Please read the section below, “The Importance of Attending School.”
3. There is important information from the Guidance/Counseling Department. Please visit this section and review its contents
4. Hub News. Come visit the Hub and meet with Lorree Lewis to see the support and community programs available to families through the Hub.
5. Encourage your students to attend our after school tutoring program. See below for days and times.

AFTER SCHOOL TUTORING

When: Monday, Tuesday & Thursday
Where: Student Center
Time: 3:00 – 4:00 pm

Monday & Tuesday will concentrate on math and Thursday will be English intervention. Transportation is available to Upper Lake, Nice and Lucerne. Contact Ms. Carter for more information

Ways to Get Involved

If you are asking yourself how I can get involved, here are some suggestions:

1. Come to the Parent Advisory Meetings once a month from 6-7 pm.
2. Become a volunteer at school (call 275-2655).
3. Come to events. We would love to see you there!
4. Use the parent portal to see how your student is doing. Call 275-2338, ext 213.



Rotary Top 40 Students

The following students have been recognized as our Rotary Students for the Months of September and October of 2014. Students are nominated by school staff.

Congratulations to the following students:

- Grade 9 – Andrew Brackett & Brenna Sanchez
- Grade 10 – Mya Woodford & Isabel Rorabough
- Grade 11 – Zach Sneathen & Mercedes De Los Santos
- Grade 12 – Bailey Mayer & Junior Serrano



Attend a Board Meeting

ULHS Board of Trustees meets the 2nd Wednesday of each month at 6:30 pm in the Student Ctr.

Meetings for November and December are:

- November 12
- December 10

2014-2015 Academic Decathlon

The 34th Annual Academic Decathlon is fast approaching. The topic of the 2014-2015 competition is New Alternatives in Energy: Ingenuity and Innovation. The speech and interview portion of the event will be held on **Saturday, January 31, 2015 at Kelseyville High School**. Please consider volunteering to judge this amazing event.

Saturday School Info

We are working on having one Saturday School a month, open to students to attend 4 hours at school for:

- ✓ Making up work
- ✓ Physical activity
- ✓ Art

From the Counseling Department

Rebecca Carter, School Counselor / Tami Stogner, Registrar

Seniors: Please don't forget. If you are applying to a California State University (CSU), your applications must be submitted by November 30. You can fill out these applications online at www.csumentor.edu. If you qualify for a fee waiver, you can apply to four CSU's for free. If you do not qualify, it is \$55 per application. If you are applying to a University of California (UC), your applications must be submitted by November 30 as well. You can fill out these applications at www.universityofcalifornia.edu/apply. If you qualify for a fee waiver, you can apply to four UC's for free. If you do not qualify, it is \$70 per application. Please see Ms. Carter for assistance if needed.

Juniors and Seniors: If you have yet to pass either one or both sections of the California High School Exit Exam (CAHSEE), the test dates were November 4 and 5. There will be another opportunity to take the CAHSEE in the spring.

Juniors: Remember that if you are planning to attend a four-year college directly after high school, you must take either the ACT or the SAT. The ACT will be held on the Upper Lake High School campus on December 13. Register now online to reserve a spot! Fee waivers are available for students on free/reduced lunch. See Ms. Carter for more information.

Sophomores: Please remember that your Hugh O'Brien Youth (HOBY) Leadership Conference applications are due to Ms. Carter by November 19. These must be turned in on time if you would like to be considered to be the representative this year for our school.

The end of the semester is December 19! Remember to turn in any extra credit or late assignments to your teachers if needed. Remember, partial credit is better than no credit!

National Novel Writing Month

November is National Novel Writing Month, or **NaNoWriMo** for short. NaNoWriMo is an annual online challenge for writers all over the world to complete a novel in the month of November. Ms. Hayenga will host a virtual classroom called The Storytorium, where young writers can set their goals and track their progress for the month. Stop by Room 6 for more information. The following link: <http://nanowrimo.org/how-it-works> provides more information.

The HUB: A centralized hub providing coordinated educational, health and social supports for children and families of the North Shore. HUB partners include:

- **Lake Family Resource Center
- ** LCOE / Healthy Start
- ** Marymount California University
- ** Redwood Children's Services
- ** Sutter Lakeside Hospital
- ** Upper Lake High & Upper Lake Elementary

750 Old Lucerne Road, Upper Lake, CA 95485

(707) 275-8166
Lorree Lewis





Mark your calendar

Annual "Lights of Love" Fundraiser

February 14, 2015

More info to come!

WITH WINTER COMES COLD & FLU SEASON - KEEPING YOUR CHILD HEALTHY

Public health officials are teaming up with public education administrators in a number of states to keep children and families healthy. A big part of staying healthy is to practice good hygiene.

The best basic first steps are:

- Wash hands often with soap and water for 20 seconds.
- Avoid touching eyes, nose and mouth with unwashed hands.
- Avoid close contact such as kissing, hugging, and sharing cups or eating utensils with people who are sick.
- Cover your coughs and sneezes with a tissue or shirt sleeve, not your hands.
- Clean and disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.
- **STAY HOME WHEN YOU ARE SICK.**



ASB NEWS

Mary Ann Mathews, ASB Advisor

The 2014 Homecoming, "Under the Big Top" captured everyone's attention. Once again, the senior class took total points. The big winner though was our junior class with their float. Having a man shot from a cannon was a big BLAST for our audience!

Our November rally will be on November 21. Students will be testing their knowledge on a wide spectrum of math and science in a race to the top. Winners will be honored at the rally. Family members are always welcome to attend school rallies.

In December our student body will be supporting FFA with "Wreaths Across America." If you would like to purchase a wreath in remembrance of a veteran, connect with a FFA member and help reach their goal in placing wreaths across our Nation's Veteran's grave sites.

As the weather changes, think of those who might be cold due to no coat or shoes. If you have an extra jacket or pair of shoes, consider giving to those in need.

"Not what we say about our blessings, but how we use them, is the true measure of our thanksgiving." ...W.T. Purkiser

ULHS

**ACADEMICS
CLUBS
ACTIVITIES
SPORTS**

**So Many Ways
to be
Involved!**

Catch a ULHS sporting event.

Attached to the Newsletter are the winter sports schedules for boys and girls basketball and wrestling.

Updates in Education

Over the past several years, your students have been assessed in English, math, science and social studies through the State system called STAR. We have for many years designed and implemented our curriculum around the California State Standards (CST's).

In the 2013-2014 school year, this changed as California has adopted the Common Core Standards and a new assessment system (on-line) referred to as Smarter Balance.

Rather than make this more confusing, I hope to shed some light on the topic of assessment by holding an informational night on Tuesday, January 13, 2015 at 6:00 pm in the school cafeteria.

At that time we will present an overview of:

- The Common Core
- The change from STAR to Smarter Balance
- Supplemental Educational Services information / School Choice
- Program Improvement
- API / AYP (Academic Performance Index / Annual Yearly Progress)

Please join us on January 13th at 6:00 pm



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ULHS

UPPER LAKE HIGH
SCHOOL DISTRICT

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Upper Lake, CA 95485

www.ulhs.net

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Upper Lake High School Mission Statement

The Mission of Upper Lake Union High School is to help students acquire the knowledge, positive attitudes, and skills necessary to become healthy, active, productive and compassionate citizens; and to help students become lifelong learners who responsibly manage change and thereby have a positive impact on their communities, their county, and their world.

Upper Lake High School Schoolwide Learner Outcomes

ULHS Facebook

**“Like” the ULHS
Facebook Page and
receive constant school
updates!!**

Students will be literate in math and English and will:

- Pass the California High School Exit Exam (CAHSEE)
- Complete and pass an Algebra I or higher level math course

Students will show technological literacy by:

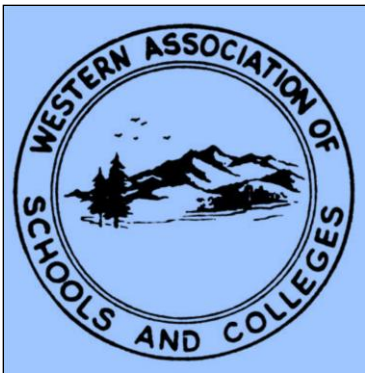
- Passing the Introduction to Computers portion of the 9th grade orientation course OR demonstrating computer proficiency
- Take and pass one approved online course

Students will show responsibility by:

- Completing all graduation requirements
- Making adequate progress on district administered standardized tests
- Completing required hours of school and/or community service


Students will add breadth to their education by:

- Participating in a variety of enrichment and elective courses offered by the Foreign Language, Art, Music, Agriculture, and Technology Departments



November 2014

Upper Lake Union High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Muffins Fruit & Milk	4 Breakfast Burritos Fruit & Milk	5 Egg Bake Fruit & Milk	6 Apple Strudel OR Fruit & Milk	7 Pancake/Sausage Fruit & Milk
10 No School	11 No School	12 Bagels Fruit & Milk	13 Egg & Cheese Burrito Fruit & Milk	14 Asst Scone Fruit & Milk
17 Pancake on a Stick White Milk	18 French Toast Sausage Links Fruit Milk	19 Whole Grain Cinnamon Roll Juice & Milk	20 Asst Muffins Fruit & Milk	21 Hot Oat Meal Fruit Juice & Milk
24 ←	25	26 No School	27	28 →
			<p>Thanksgiving Break Nov 22nd thru Nov 30th Gobble!! Gobble!!</p> 	

UPPER LAKE UNION SCHOOL DISTRICT OFFERS FREE BREAKFAST & LUNCH TO ALL STUDENTS

***Make sure your child eats breakfast. Breakfast provides children with the energy they need to listen and learn in school ***

1% White Milk is served daily for breakfast.
Fresh, canned or frozen fruit will be served
Low Sugar Cereal and Whole Grain Graham Crackers are offered daily as an option to the regular menu item

****Eating habits develop early in life, so when children learn how to eat healthy the result can literally be life-altering. By teaching children about nutrition, you help them understand the reasons behind choosing an apple or choosing a candy bar.

November 2014

Upper Lake Union High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chinese Chicken Fruit & Milk	4 Taco, Beans Fruit & Milk	5 Cold Cut Sandwiches Fruit & Milk	6 Chicken Soup Grilled Cheese Fruit & Milk	7 Pizza Fruit & Milk
10 No School	11 No School	12 Cold Cut Sandwiches Fruit & Milk	13 Pasta Fruit & Milk	14 Pizza Fruit & Milk
17 Chef's Choice Fruit & Milk	18 Tomato Soup & Grilled Cheese Fruit & Milk	19 Cold Cuts Fruit & Milk	20 Chinese Chicken Fruit & Milk	21 Pizza Fruit & Milk
24	25	26	27	28
← No School →				
			Thanksgiving Break Nov 22 nd thru Nov 30 th Gobble!! Gobble!!	



UPPER LAKE UNION SCHOOL DISTRICT OFFERS FREE BREAKFAST & LUNCH TO ALL STUDENTS

"This institution is an equal opportunity provider and employer"

Nutrition tip of the month: Essential fatty acids, particularly omega-3s, are crucial for development and health of the brain, heart, nervous system, tissues, skin and immune system. The omega-3 DHA is especially important for school-age children. Cold-water fish (salmon, tuna), flaxseed, dark leafy greens and walnuts are good sources of omega-3 fatty acids. Food Services use a variety of deep leafy greens such as Kale, Spinach & Collards in our fresh homemade soups.

Recipe of the month: Butternut Squash Soup: 6 cups unpeeled squash, 5 cups water, 5 tsp chicken base, ¼ c diced onions, ¼ tsp pepper and 8 oz fat free cream cheese. Put squash, onions, chicken base into water and bring to a boil, turn down to simmer and cook until squash is very tender. Add cream cheese and blend with mixer until smooth. May add a pinch of salt if needed. **DID YOU KNOW?** You don't need to peel the squash. Squash peels add loads of fiber to your soup.

ULHS Boys Basketball Schedule 2014-15

Day/Date	Opponent	Place	Times
Mon, 11/11	First Day of Practice	ULHS GYM	
Fri, 11/21	Round Valley (4 Set)	Round Valley	5:00 and 8:00 pm
Tuesday, 12/2	Kelseyville (3 Set No Varsity Boys)	Upper Lake	5:00 and 8:00 pm
Thursday, 12.4/6	Stokes Tourney (Varsity)	Kelseyville	TBA
12.10/12	Potter Valley Tourney (Varsity)	Potter Valley	TBA
12.12/13	Willits Tourney (JV)	Willits	TBA
Tuesday, 12/16	Willits	Willits	5:30 and 7:00 pm
1. 1/2	Lower Lake Tourney (Both)	Lower Lake	TBA
Wednesday, 1/7	Tomales	Tomales	5:00 and 8:00 pm
Friday, 1/9	Tech (Varsity)	ULHS	8:00 pm
Tuesday, 1/13	Sonoma Academy	Santa Rosa	5:00 and 8:00 pm
Friday, 1/16	Roseland Prep	ULHS	5:00 and 8:00 pm
Tuesday, 1/20	Calistoga	Calistoga	5:00 and 8:00 pm
Friday, 1/23	Rincon Valley	Rincon Valley	5:00 and 8:00 pm
Tuesday, 1/27	St. Vincent	ULHS	5:00 and 8:00 pm
Friday, 1/30	Tomales	ULHS	5:00 and 8:00 pm
Tuesday, 2/3	Tech	Santa Rosa	8:00 pm
Friday, 2/6	Sonoma Academy	ULHS	5:00 and 8:00 pm
Tuesday, 2/10	Roseland Prep	Santa Rosa	5:00 and 8:00 pm
Friday, 2/13	Calistoga	ULHS	5:00 and 8:00 pm
Tuesday, 2/17	Rincon Valley	ULHS	5:00 and 8:00 pm
Thursday, 2/19	St. Vincent	Petaluma	5:00 and 8:00 pm

Head Coach: Justin Dutcher
 Athletic Director: Sandy Coatney
 School Telephone: (707) 275-2338
 Athletic Director: (707) 245-9106

Please check school website for updated date and times.

ULHS Girls Basketball Schedule 2014-15

Day/Date	Opponent	Place	Times
Wednesday, 11/19	Middletown Scrimmage	Middletown (Varsity only)	6:00 pm
Friday, 11/21	Round Valley (4 Set)	Round Valley	3:30 and 6:30 pm
Tuesday, 12/2	Kelseyville (4 Set)	Upper Lake	3:30 and 6:30 pm
12.5/6	Princeton Tournament (Varsity)	Princeton	TBA
Thur-Sat 12/4-12/6	Clearlake JV Tourney	CLHS	TBA
Tuesday, 12/9	Clear Lake	Upper Lake	4:00 and 5:30 pm
Wed-Fri 12/10-12/12	Potter Valley Tournament (Varsity)	Potter Valley	TBA
Thur-Fri 1/1-1/2	Lower Lake Tourney (Both)	Lower Lake	TBA
Wednesday, 1/7	Tomales	Tomales	3:30 and 6:30 pm
Friday, 1/9	Tech (Varsity only)	ULHS	6:30 pm
Friday, 1/9	Roseland Prep (JV)	ULHS	3:30 pm
Tuesday, 1/13	Sonoma Academy	Santa Rosa	3:30 and 6:30 pm
Friday, 1/16	Roseland Prep	ULHS	3:30 and 6:30 pm
Tuesday, 1/20	Calistoga	Calistoga	3:30 and 6:30 pm
Friday, 1/23	Rincon Valley	Rincon Valley	3:30 and 6:30 pm
Tuesday, 1/27	St. Vincent	ULHS	3:30 and 6:30 pm
Friday, 1/30	Tomales	ULHS	3:30 and 6:30 pm
Tuesday, 2/3	Tech (Varsity only)	Santa Rosa	6:30 pm
Friday, 2/6	Sonoma Academy	ULHS	3:30 and 6:30 pm
Tuesday, 2/10	Roseland Prep	Santa Rosa	3:30 and 6:30 pm
Friday, 2/13	Calistoga	ULHS	3:30 and 6:30 pm
Tuesday, 2/17	Rincon Valley	ULHS	3:30 and 6:30 pm
Thursday, 2/19	St. Vincent	Petaluma	3:30 and 6:30 pm

Head Coach: Mike Smith
 Athletic Director: Sandy Coatney
 School Telephone: (707) 275-2338
 Athletic Director: (707) 245-9106

Please check school website for updated date and times.

Upper Lake Wrestling Schedule 2014-2015

Date	Tournament/Meet	Location	Time
10 Nov. 2014	First Day Of Practice	ULHS Wrestling Room	3:15 pm
19 Nov. 2014	Parents Meeting	ULHS Library	4:30 pm
6 Dec. 2014	*CMC Novice	Lower Lake High	9:00 am
13 Dec. 2014	South Lake Scuffle (Individual Boys and Girls Brackets)	Lower Lake High	9:00 am
20 Dec. 2014	Holiday Bash	Fort Bragg High	9:00 am
22,23 Dec. 2014	Lou Bronzan Invitational (Boys) Brittany David Invitational (Girls)	Liberty High	9:00 am 1:00 pm
3 Jan. 2015	Dragon Duals	Sacramento High	9:00 am
17 Jan. 2015	King Of The Mat	Windsor High	9:00 am
21 Jan. 2015	*Tri-Meet: Fort Bragg & Willits	Upper Lake High	5:00 pm
24 Jan. 2015	North Coast Classic	Eureka High	9:00 am
28 Jan. 2015	*Tri-Meet: Lower Lake & Clear Lake	Clear Lake High	5:00 pm
4 Feb. 2015	*Quad-Meet: Middletown, Point Arena & Technology	Middletown High	5:00 pm
6,7 Feb. 2015	Mission San Jose Invitational	Mission San Jose High	9:00 am
6,7 Feb. 2015	NCS Girls Championships	TBA	9:00 am
11 Feb. 2015	*Tri-Meet: St. Helena & Kelseyville	St. Helena High	5:00 pm
14 Feb. 2015	*NCS Team Duals	TBA	9:00 am
21 Feb. 2015	CMC Championships	Upper Lake High	9:00 am
27,28 Feb. 2015	NCS Championships	TBA	9:00 am
6,7 Mar. 2015	CIF State Championships	Bakersfield	9:00 am

* = League Meets

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1 Football v. St. Vincent @
2 Daylight Saving Time ends 12pm - Northshore	3 ASB thank you gram 8am - Leadership	4 CAHSEE Testing @ Rm #4 & Student Ctr Volleyball @ St. Vincent	5 2:15pm - All Staff Mtg.	6 Bullying Class (Sandy) - Volleyball @ Tomales @ 6pm - Booster Club Mtg. @	7 Football @ Calistoga @ 6pm - Soccer Awards	8
9	10 First day of practice - School Holiday	11 No School Veterans Day	12 Cross Country CMC meet 2:15pm - Department Mtg. 4:30pm - Mendo-Lake 5:30pm - FFA Big Co-op 6:30pm - Board Mtg. @	13 1pm - School Site 6pm - Parent Advisory @	14 Upward Bound Bay Area College Trip 3:30pm - Volleyball 7pm - Band Social &	15
16	17 8:30am - Athletic 6:30pm - FFA Turkey	18 UC Application Day @	19 Girls basketball v. 12pm - STEM Math Relay 2:15pm - BP Mtg.	20 AESA Field Trip to Real X-Mas Tree Sales Ends 3:15pm - Curriculum/Instru 4:30pm - ULES PTO	21 ASB thank you grams Basketball @ Round Cross Country - NCS 2pm - Rally (wed schedule)	22 AESA Field Trip to
23	24	25	26	27 Thanksgiving Day	28 Cross Country - State	29
30 Volleyball Tournament @	1	2	3	4	5	6

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3	4	5	6
	FFA Canned Food Drive	Basketball v. Kelseyville 8am - Leadership	2:15pm - All Staff Mtg.	JV Girls Basketball tournament Clear Lake @ Clear Lake High School, 350 Lange St, Stokes Tournament - boys basketball @ Kelseyville High School, 5480 Main St, 6pm - Booster Club Mtg. @	Girls Varsity Tournament - Princeton @ Princeton High	6pm - Upper Lake Light
7	8	9	10	11	12	13
		Girls basketball v. Clear 5:30pm - Financial Aid	Potter Valley Basketball Tournament - boys and girls @ Potter Valley Jr Sr High School, 2:15pm - Department Mtg. 6:30pm - Board Mtg. @	3:15pm - Curriculum/Instru 6pm - FFA Skate Night @ 6pm - Parent Advisory @	Willits JV boys Basketball tournament @ Willits High FFA Canned Food Drive	ACT Testing @ Student Ctr. Upward Bound to SSU @ Wreaths Across America @
14	15	16	17	18	19	20
Finals week (see schedule)						
	8am - FFA Awards	Boys basketball v. Willits		7pm - Winter Performance		
21	22	23	24	25	26	27
Winter Break						
			Christmas Eve	Christmas Day		
28	29	30	31	1	2	3
Winter Break						
			New Year's Eve			

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
Winter Break				Boys and Girls Basketball Tournament - Lower Lake @ New Year's Day		
4	5	6	7	8	9	10
	Staff Day No School 4pm - CMC AD/Principals	Second Semester Starts	Basketball - begin Boys and Girls 2:15pm - All Staff Mtg.	3:15pm - Curriculum/Instru 6pm - Parent Advisory @	Boys and Girls basketball JV Basketball v. Roseland	
11	12	13	14	15	16	17
		Boys and Girls 5:30pm - Cash for College	2:15pm - Department Mtg. 6:30pm - Board Mtg. @	8am - ASVAB Testing @	Boys and Girls basketball!	
18	19	20	21	22	23	24
	Martin Luther King Day	Boys and Girls	2:15pm - BP Mtg.		Boys and Girls basketball!	
25	26	27	28	29	30	31
		Boys and Girls basketball!	Shakespeare Festival @		Boys and Girls	Aca Deca