



# CANYON VIEW JUNIOR HIGH SCHOOL

DECEMBER 2021



**PRINCIPAL:** Wade Lott  
**ADDRESS:** 655 E 950 N  
Orem, UT 84097  
**OFFICE:** (801) 610-8130  
**ATTENDANCE:** (801) 610-8131  
**COUNSELING:** (801) 610-8132  
**Fax:** (801) 227-8706  
**HOME PAGE:**  
[canyonview.alpineschools.org](http://canyonview.alpineschools.org)

## CALENDAR OF EVENTS

Dec 2- FCCLA Meeting  
2:20-3:00pm

Dec 7- Choir Practice  
2:30pm

Dec 8- Christmas Choir  
Concert 6:00pm

Dec 16- Orchestra  
Christmas Concert 6:00pm

Dec 17- 2<sup>nd</sup> Term Ends  
Minimal Day 7:45-11:15 am

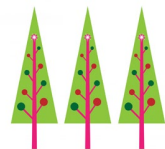
Dec 20-Dec 31- Christmas  
Break (no school)

## Administration Message

Dear Canyon View Patrons,

As we approach the holiday season I am very excited and full of anticipation for all of the great experiences that come with it. I particularly enjoy Thanksgiving for many reasons, least of which is the great food. I have been thinking about how fortunate I am to have so many blessings in my life. One thing that I am particularly grateful for this year is being back in school on a regular schedule. Your students certainly seem to be enjoying being back to school under these circumstances, as it brings a much fuller experience to their lives. I hope that you are able to enjoy some quality time with your loved ones in the upcoming weeks.

Sincerely,  
Wade Lott, Principal



## Student Council



December

Hey falcons! Thank you to all those who participated in our Food Drive! Our CVJH food pantry is stocked! Your donations are going straight to our students in need. On Dec 8-10 we will be having our Sub 4 Santa Silent auction. More information will be emailed out soon.

## Message from CVJH Administration



Please remember that Skyward is a great way to monitor your child's progress and work completion. If you need a username/password reminder, you can contact the counseling office and they can assist you with that information. You should also be hearing from teachers if they have concerns for your child at this point. If you have questions, concerns, email the teacher and cc Mr. Lott H-M, Mr. May A-G or Mr. Cotterell N-Z. You can also cc your student's counselor. Mr. Sears A-FI, Mr. Lyman FL-MAN, Mrs. Evans MAP-PA or Mrs. Elmer PE-Z.

Mr. Lott [wlott@alpinedistrict.org](mailto:wlott@alpinedistrict.org)  
Mr. Cotterell [gcotterell@alpinedistrict.org](mailto:gcotterell@alpinedistrict.org)  
Mr. May [mikemay@alpinedistrict.org](mailto:mikemay@alpinedistrict.org)

Mr. Sears [wsears@alpinedistrict.org](mailto:wsears@alpinedistrict.org)  
Mr. Lyman [jlyman@alpinedistrict.org](mailto:jlyman@alpinedistrict.org)  
Mrs. Elmer [helmer@alpinedistrict.org](mailto:helmer@alpinedistrict.org)  
Ms. Evans [susanevans@alpinedistrict.org](mailto:susanevans@alpinedistrict.org)



FCCLA (the Family Career and Community Leaders of America) will be meeting on the 1st and 3rd Thursdays of each month in Room 122.  
\*2:20-3:00pm

This year we will be focusing a lot on community service!  
All are invited!

See Ms. Jones for an application.

**Help Utah Stay Safe!**

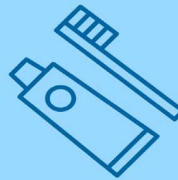
**SAFE UT**

**SafeUT**  
Crisis & Tip Line App



## CANYON VIEW PANTRY

The Canyon View Pantry is open every Monday and Wednesday after school from 2:20-2:50. Students can come in to pick up an after school snack, simple meals, and toiletries. Elementary students are welcome to visit the pantry as well! We accept donations and they can be dropped off during school hours in the front office.

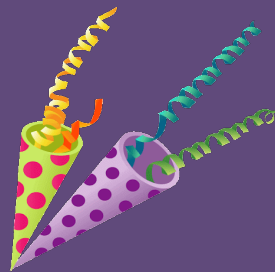


## You did it! *Congratulations* Student of the Month

Danielle Pratt  
Jaxson Kidd  
Johan Arteaga  
Jessica Flores

## *Congratulations!*

To all of the 2021  
**REFLECTIONS WINNERS!**



Tori Eckstein  
Taylor Eckstein  
John Richards  
Malia Hamill  
Micaella Chavez  
Leighton Koch  
Alexis Schauers  
Hannah Grigg



<https://alpineschools.org/>



<https://alpineschools.org/returntolearn/>

## ASD HEALTH AND WELL-BEING

<https://sites.google.com/alpinedistrict.org/healthandwell-being/home>

## STUDENT FEE PAYMENT OPTIONS

Each student assess fees

**ONLINE PAYMENT:** Fast and Easy!

Student fees can be paid online at: [www.myschoolfees.com](http://www.myschoolfees.com)

- You will need to pay ALL school fees before you can play
- Pay online at MySchoolFees.com
  - o Connect to [www.MySchoolFees.com](http://www.MySchoolFees.com)
  - o Login using your E-Mail or Create an Account
  - o Select your student using Student Id
  - o Select **Show Required Registration Fees**
  - o Select **Add All Required Items to Cart**
  - o If you would like to purchase an optional Yearbook or PE Clothes, Select **Show Optional Registration Fees.**
  - o The Funds will be deposited at the school and you will receive an E-Mail Receipt

**MAIL-IN PAYMENT:**

Canyon View Jr High  
655 E 950 N  
Orem, UT 84097

Please indicate your student's name and ID Number on the check.

**QUESTIONS OR CONCERNS:**

- If you are unable to pay school fees at this time, you may download the Fee Waiver application on our Canyon View Jr. High webpage at <https://canyonview.alpineschools.org/financial-office/> Fee Waiver is an application process based on income. Please return fee waiver and supporting documentation to the finance office ASAP for approval. **A new Fee Waiver must be filled out at the beginning of each school year.**
- Please call the financial office between the hours of 7:30am – 3:00pm
- Call Mrs. Bulkley at 801-610-8130 x 757.



## CVJH School Security & Visitor Check In/Check Out Procedures

If you need to check out your student, please come prepared to show your driver's license. We cannot let students go until we verify you. If students are coming back to school, they can check themselves in on the computers provided.

If your student will be coming late to school, please send them with a note signed by you.

### SCHOOL SECURITY MEASURES & VISITOR PROCEDURES:

All but the main entrance doors will remain locked during the school day and all visitors, will need to use the buzz-in entry system. Once inside, visitors may be required to show photo identification, and sign in to obtain a visitor's pass.

## CANYON VIEW JR. HIGH School Community Council

The School Community council is responsible to evaluate their schools greatest academic need and create the School Improvement Plan to determine the use of the LAND Trust monies awarded to their school. Parents, faculty, staff, and community members are invited to attend and join the council, and are encouraged to participate in all meetings throughout the school year.

### School Community Council Meetings

We invite you to attend the Canyon View Junior High SCC meetings to learn about our school's greatest academic needs, our School Improvement Plan, and how to best use our LAND Trust funds. You have a voice! Together we can make a positive difference in the education of our children!

### 2021-2022 CVJH SCC MEETING SCHEDULE

All meetings will be held at 2:45 pm in room 109

September 13, 2021	February 14, 2022
October 11, 2021	March 21, 2022
November 8, 2021	April 11, 2022
January 10, 2022	



# COUNSELING OFFICE

## Canyon View Jr. High

### Reducing Stress During the Holidays



With the holidays just around the corner, it can induce new or additional stress on students, parents, faculty, and staff. With the hope to help alleviate unnecessary stress this holiday season, we'd like to share some common stressors and techniques that can assist in reducing stress for you and your students.

#### Common Holiday Stressors

- Homework
- Disruption of routine
- High expectations
- Friends
- Family
- Time restrictions

#### Stress-Reducing Techniques

1. Focus On What is in Your Control
  - a. Focusing on what is in your control will help you worry less about what you can't control and will give you more space and energy to focus on what matters most.
2. Use Positive Self-Talk
  - a. Be compassionate to yourself and recognize the good things that you are doing every day.
3. Practice Deep Breathing
  - a. Try one or both of the following deep breathing exercises wherever you are:
    - i. Exercise One: Take a deep breath through the nose while visualizing your breathing in your favorite smell. Exhale through the mouth as if you are blowing out a candle. Repeat as needed.
    - ii. Exercise Two: Open your hand palm up. With your other hand, starting at the bottom of the thumb, breathe in while you slide your index finger up to the top of the thumb and then breathe out as you slide down. Move to the next fingers following a similar pattern. Repeat as needed.
4. Express Gratitude
  - a. Gratitude-studies have shown that when people have gratitude they report being happier, more satisfied with life, and experiencing less stress. There are many ways to express gratitude, find what works for you, and look for something to be grateful for each day.
5. Serve Others
  - a. The simple joy of helping others helps reduce stress and flush out negative feelings and emotions. Here are a few local organizations:
    - i. United Way ([unitedwayuc.org](http://unitedwayuc.org))
    - ii. Tabitha's Way ([tabithasway.org](http://tabithasway.org))
    - iii. Food and Care Coalition ([foodandcare.org](http://foodandcare.org))
    - iv. Community Action Services ([communityactionprovo.org](http://communityactionprovo.org))

This holiday season, be aware of the holiday stressors and practice stress-reducing techniques with your student. If the stress or situation increases, encourage your student to seek help by speaking with a confidential counselor through the SafeUT app or getting more support and help where needed through the counseling office.

### HAPPY HOLIDAYS!

#### December Dates and Deadlines

Class changes for next semester are happening now. The last day to change classes will be January 6, 2022. A \$5.00 fee will be required for any class changes during January 3<sup>rd</sup>-6<sup>th</sup>.

**December 1st - 10th** parents can sign up for January-February College and Career Readiness (CCR) conferences with their counselor.

**December 15<sup>th</sup> and 16<sup>th</sup>** a 9<sup>th</sup>-grade registration form will be given to 8<sup>th</sup> grade students in science class. Parents, please, review this form with your student and come prepared to discuss any questions you may have with your Counselor during CCR's.

#### CVJH Counselors

Wayne Sears (A-FI)  
John Lyman (FL - MAN)  
Susan Evans (MAP - PA)  
Heidi Elmer (PE - Z)





**PTSA**  
every child. one voice.

Everyone is welcome to attend our monthly PTSA meeting the last Monday of the month at 12:15. We would love your input and ideas. You can email Lindsey Ramage lindseyramage@gmail.com, if there is anything you would like to add to our meeting agenda.

## CVJH BASKETBALL

### BOYS TEAM

December 2nd	Vs Lehi Pioneers	3pm
December 6th	@ Viewpoint Raptors	3pm
December 8th	Vs Lake Mountain Warriors	3pm
December 13th	@ Vista Heights Blackhawks	3pm
December 15th	@ American Fork Cavemen	3pm
January 4th	Vs Springville Knights*#	330pm/430-5pm
January 5th	Vs Mountain Ridge Huskies	3pm
January 6th	@ Lake Mountain Warriors	3pm
January 10th	Vs American Fork Cavemen	3pm
January 13th	Vs Orem Jaguars	3pm
January 19th	@ Timberline Grizzlies	3pm
January 24th	Vs Viewpoint Raptors	3pm
January 26th	@ Oak Canyon Eagles	3pm
January 27th	@ Lakeridge Leopards	3pm
February 3rd	@ Orem Jaguars	3pm
February 7th	@ Lehi Pioneers	3pm
February 10th	Vs Pleasant Grove Vikings	3pm

### GIRLS TEAM

December 2nd	@ Lehi
December 6th	Vs View Point
December 8th	@ Lake Mountain
December 13th	Vs Vista Heights
December 15th	Vs American Fork
December 16th	@ Oak Canyon
January 4th	Vs Springville Knights*#
January 5th	@ Mountain Ridge Huskies
January 6th	vs Lake Mountain Warriors
January 10th	@ American Fork Cavemen
January 13th	@ Orem Jaguars
January 19th	vs Timberline Grizzlies
January 24th	@ Viewpoint Raptors
January 26th	Vs Oak Canyon Eagles
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## Health and Well-Being Screener @ CVJH 12/9 from 3pm to 6pm

Attention parents: Alpine School District, in partnership with Terrace Metrics, is excited to provide a valuable service to students and families that assesses the social/emotional strengths and needs of students.

This will be December 9th from 3-6pm @ CVJH

- Assessment tool takes an average of 15-20 minutes to complete.
- Customized student reports will be generated for each student.
- Customized parent reports with links to videos and other resources will be provided for parents.
- Students' responses are confidential and secure.
- Counselors will be available to go over results of the assessment with students and parents.
- Families must register for this event - Sign up in the counseling office or call (801) 610-8132 to be sent a sign up form.

## CVJH TENNIS TEAM

The Canyon View Varsity boys took 2nd in Region and 4th in State. The Varsity girls from Canyon View placed 2nd in Region.

Cooper Werner-placed 1st in 1st singles in Region and 3rd in State.

Joseph Hilton-placed 2nd in 2nd singles in Region and 2nd in State

Steele Dayton/Kyle Davidson-placed 3rd in 1st doubles in Region

Ty Johnson/Josh Mauerman-placed 3rd in 2nd doubles in Region

Cole Asay/Jude Wilson-placed 2nd in 3rd doubles in Region and qualified for state

Annabelle Baker-placed 1st in 1st singles in Region and qualified for state

Sienna Chavez-placed 2nd in 2nd singles in Region and 3rd in State

Emma Adams/Mia Morgan-placed 2nd in 1st doubles in Region and qualified for State

Maddie Cockrell/Maddie Smith-placed 2nd in 2nd doubles in Region and qualified for State

Annie Oliver/Ellie Ward-placed 2nd in 3rd doubles in Region and qualified for State