



CANYON VIEW

JUNIOR HIGH SCHOOL

FEBRUARY 2022



PRINCIPAL: Wade Lott
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Orem, UT 84097
OFFICE: (801) 610-8130
ATTENDANCE: (801) 610-8131
COUNSELING: (801) 610-8132
Fax: (801) 227-8706
HOMEPAGE:
canyonview.alpineschools.org

CALENDAR OF EVENTS

Feb 4- Teacher Work Day
(no school)

Feb 17- Parent/Teacher Conf
3:00-8:00 PM

Feb 21- Presidents Day
(no school)

Feb 22- Teacher Work Day
(no school)

Administration Message

Dear Canyon View Community,

Studies show that when students feel "safe", "confident", and "connected" in regard to their learning environment, their chances for success are greatly multiplied. As we enter the month of February and back in the full swing of school after the holidays, we are excited for all of the great things that are happening here at Canyon View Junior High. Our extracurricular programs as well as other school groups are going full throttle with many CV students participating in drama, choir, jazz band, orchestra, 9th grade girls and boy's basketball, student council, Latinos in Action, Cares Council, Hope Squad, and the National Honor Society. These are wonderful opportunities for our students to feel "connected."

When junior high school students get involved in activities that they enjoy, especially those which are challenging and rewarding, the results include improved brain function, concentration, time management and stamina, all which can lead to better performance in the classroom and therefore better grades. Extracurricular activities, such as clubs, sports, band and other non-academic pursuits can be a big part of junior high for a child. Although there is the argument that extracurricular activities distract from academic study, there is more and more evidence that extracurricular activities actually enhance academic learning. There are numerous benefits to participating in extracurricular activities, not the least of which is developing good teamwork skills and discovering a personal passion. We are grateful to have such wonderful students here at Canyon View Junior High. We are also so appreciative of the dedicated advisors and coaches who spend many hours outside the classroom to provide quality programs to help so many of our students feel "connected."

Mike May, Assistant Principal



Val-o-grams will be sold during lunch from February 1-10. There will be NO online sales this year. Cash only. Deliveries made on Feb 14 in Advisory.

♥ *Chocolate Covered Strawberries (5): \$3.00* ♥
Chips: \$1.00

♥♥ *Conversation Hearts: 2 for \$1.00* ♥♥
Soda: \$1.00

♪ *Sing-o-Gram: \$2.00* ♪

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
Mr. Cotterell gcotterell@alpinedistrict.org
Mr. May mikemay@alpinedistrict.org

Mr. Sears wsears@alpinedistrict.org
Mr. Lyman jlyman@alpinedistrict.org
Mrs. Elmer helmer@alpinedistrict.org
Ms. Evans 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.



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.



CANYON VIEW PANTRY

The Canyon View Pantry is open every Monday and Friday 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

Abril Feliz
Hayden Anderson
Chloe Brown
Alex Rodriguez
Ty Johnson
Zamantha Flores

Parent/Teacher Conferences

Thursday, February 17, 2022
3:00 – 8:00 pm

Please plan on attending if you can





<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

- You will need to pay ALL school fees before you can pay
- Pay online at MySchoolFees.com
 - o Connect to 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!

21-22 CVJH SCC MEETING SCHEDULE

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

February 14, 2022 March 21, 2022 April 11, 2022

22-23 CVJH SCC ELECTIONS

Nominations begin: April 14

The form is due by: April 26

The School Community Council Election will be held:

April 27 - 29

Announce SCC Members for 2022-2023: May 2



COUNSELING OFFICE

Canyon View Jr. High

Helping Students be more Self Motivated

School, friends, family, negative self-talk, and uncertainty all affect a student's stress levels. With stress, students often become overwhelmed and when overwhelmed students struggle staying motivated. Being stressed, overwhelmed, and unmotivated leads students to seek quick, easy ways to feel better. Social media, video games, Youtube, and TikTok can be ways to get lost and feel better. The problem is these provide short term release from being stressed and overwhelmed but lead to more intense feelings associated with being stressed and overwhelmed. So what is the answer?

Scott Geller, a professor of psychology at Virginia Tech University, did a Ted Talk about self-motivation. He said asking 3 questions can help assess self-motivation.

1. Do you believe you can do it?
2. Do you believe that the process will work?
3. Is it worth it?

Using these questions to discuss grades or attendance can help you understand where your student might be struggling. Do they believe they can do it, do they believe that the outlined process or plan will work, and is it worth it to them to get better grades or attend school? An answer of no to any of these questions provides a great opportunity for discussion.

Scott went on to talk about 4 C's needed to help with motivation.

1. Competence - People have to feel they can do it and that their efforts will work. It is hard to be and stay motivated without competence.
2. Consequences - Scott explained we are all motivated by consequences, whether positive or negative. Understanding the positive consequences is more motivating than trying to avoid adverse consequences. Focusing on positive consequences helps develop intrinsic (internal) motivation which is longer lasting than extrinsic (external) motivation.
3. Choice - Having choice or perceived choice helps create a feeling of autonomy and increases motivation. The choice does not have to be if they complete their homework or not. It is a choice about when they complete their homework.
4. Community - Social support is critical. People who perceive connection with other people feel more motivated and are happier. Connection empowers people to ask for help and helps people not get overwhelmed.

Helping students stay motivated is an ongoing process that takes time and consistency. If you feel you need additional help concerning motivation or other concerns for your student please feel free to contact your student's counselor. We are here to help.

CVJH BASKETBALL

BOYS TEAM

February 3rd	@ Orem Jaguars	3pm
February 7th	@ Lehi Pioneers	3pm
February 10th	Vs Pleasant Grove Vikings	3pm

GIRLS TEAM

February 3rd	vs Orem Jaguars
February 7th	Vs Lehi Pioneers
February 10th	@ Pleasant Grove Vikings

Postseason Tournament First round starts Saturday, February 12th
 Second round, quarterfinals, semifinals and Championship games all played Mon. Feb 14th- Fri. Feb 18th

CVJH Theater Presents...

"You're a Good Man, Charlie Brown"

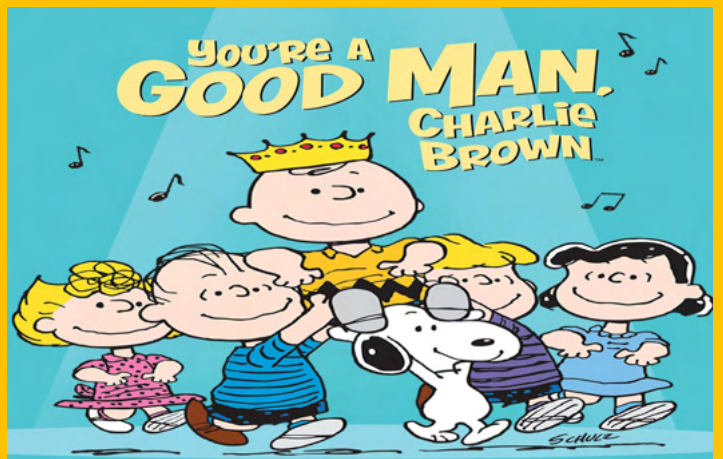
Mark your calendar for

April 21 - April 26

7:00 PM

No Sunday Performances

Tickets must be purchased in advance at our website:
<https://canyonview.alpineschools.org/cvjh-box-office/>



HOW SICK IS TOO SICK FOR SCHOOL?

Cold and flu season is here. See our tips for parents and caregivers:



KEEP ME HOME:

Fever

(higher than 100 degrees)

Sore Throat

Persistent Cough

Strep Throat

Vomiting or Diarrhea

Abdominal Pain

(severe or long-lasting)

Illness

(prevents from participating comfortably in activities)

ALPINE
SCHOOL DISTRICT



SEND ME TO SCHOOL:

No Fever

(without fever-reducing medicine for 48 hours)

Occasional Cough

(but no other symptoms)

Strep Throat

(after 24 hours of treatment)

No Vomiting or Diarrhea

(for 48 hours)

ALPINE
SCHOOL DISTRICT



Take part in a FREE 9-week Family Life Education Course with the **UVU STRONGER FAMILIES PROJECT**

Build On Your Family's Strengths & Values!

Using an **evidence-based, nationally-recognized curriculum**, we teach both parents and children how to improve their interaction and emotional patterns within the family.

In-person sessions will be delivered at various locations across Utah County and a virtual Parents-Only Session available to those living within the state of Utah.

Classes begin the week of February 8th and are held one evening per week through Apr. 21st

Except for the Virtual Parents Only class, all others are for the entire family.
Sessions fill up quickly and space in the program is limited.

Spring Sessions:	Covered Topics:
Tuesday Night: Orem Jr. High 6:30-8:00 pm *Spanish Session	<ul style="list-style-type: none">• Healthy Patterns of Communication• Family Interpersonal Skills• Conflict Resolution• Emotional & Mental Health• Positive Discipline• Problem Solving• Goal Setting and Achievement• Anger Management• Establishing Family Values
Tuesday Night: Parents Only 6:30-8:00 pm *Virtual English Session	
Thursday Night: Vista Heights Middle 6:30-8:00 pm *English Session	

Register at: <https://www.uvu.edu/sfp/register.php>

strongerfamilies@uvu.edu • 801.863.7235 • www.uvu.edu/sfp

www.facebook.com/UVUStrongerFamiliesProject/

Canyon View Tennis Club Teams

For 7th - 9th Graders



All middle school age students
are invited regardless of
previous experience or ability.



PRACTICES will be twice a week after
school starting **Monday, March 7th.**

The season will go through **April 23rd.**

Girls practice M/W ● **Boys** practice T/TH

Matches held Friday afternoons.

**Weekly matches to be played against teams from other jr. highs
from Alpine/Provo School Districts. (Schedule forthcoming)**



For any questions, please contact:

utahyouthtennis@gmail.com
801.877.2569

Registration and
More Information at:

UtahYouthTennis.org