

Lakeridge Junior High



LEOPARD-PRIDE

Newsletter

September 2013

Upcoming Events

September

September 16-20 Constitution Week

September 17 Constitution Day

September 17 PTSA Meeting 10am

September 17-18 Constitution Bowl
(during Flex)

September 19 CTE Assembly (during
Flex)

September 23-Oct 2 Red Ribbon Week
Poster Contest

September 27 Dads and Dogs Kick-off
Dinner 6-7:30pm

October

October 2 Rock, Paper, Scissors-
(Student Council Activity during both
lunch periods)

October 3 Picture Retakes

October 4, 7-10 Red Ribbon Week

October 10, 11, & 14 **Fall Break**

October 15-18 Teen Read Week

October 16 Choir Concerts 6pm &
7:30pm

October 19 Make-a-Wish Fun Run 9am

October 22 PTSA Meeting 10am

October 22 Orchestra Concert 7pm

October 24 Band Concerts 6pm &
7:30pm

October 25 End of First Term

October 26 Fidelity Event

October 29-31 Zombie Tag Fundraiser

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Principal's Message



I love fall! I love the weather, the changing colors, football, and the start of a new school year! This year has been especially exciting because I have had the opportunity to learn so much about the Lakeridge way of doing things! I love that we are focused on authentic learning and how we use data to determine exactly what our students have mastered and what they need help with.

Because our teachers are very clear on what students are expected to know and do, students quickly learn they can accomplish what is expected. I love how determined our teachers are to help all students be proficient in what they are learning and I love how great our students are! They are friendly, caring and have the desire and confidence they need to be successful!

I love how our counseling center cares about the entire student and works hard to support students and deal with issues that can get in the way of their learning. Our support staff is outstanding! Not only are they great at their jobs, but they truly care about our students and their families!

Our School Community Council and PTSA are so supportive of what we do and I feel they have the best interests of our students in mind as they make decisions. I can't say enough about our parents! I love how encouraging you are when I have met many of you! Thank you for helping your students at home by making sure they are getting enough sleep, their homework is complete, and all the many things you do for them so they can focus on school. Back to School night was fun! I was amazed at the number of parents and students who attended and the spirit and excitement I felt from everyone who was there!

This will go on record as one of the most memorable fall seasons of my life! I love what a distinguished school Lakeridge is and I feel so fortunate to be a part of this great school!

Kathy Knudsen

PTSA

Watch Dogs

My name is Cortney and I am serving as Lakeridge PTSA president this year. I'm thrilled to introduce you to what I hope is a long tradition of Dads and dad-figures serving in our school through the Watch D.O.G.S program. Moms have been a big part of the success of Lakeridge as one of Utah's best-ranked Jr. High schools but dads will round out the picture in extraordinary ways!

I have talked with Principal Knudsen extensively about how to implement **Watch D.O.G.S** in the school and we agreed that the primary area of concern right now is safety entering and exiting the school grounds. As you may already know, there are vehicle/pedestrian hazards all around Lakeridge and that is where **YOU** come in.

We would like dads at Lakeridge to volunteer for at least 2 shifts (can be on the same day) before and after school to ensure our students safely navigate the parking lot and crosswalk. Early last year, 1 student was hit by a vehicle and hospitalized and that is 1 accident too many. If each Dad would help out for 30 minutes morning and afternoon, we could ensure every child's safety in and out of the school.

Please join us for Dads & Dogs Night on Friday, September 27, 2013 at 6pm!

Red Ribbon Week

Red Ribbon Week is October 4, 7-10! The theme for Red Ribbon Week is "A Healthy Me is Drug & Violence Free". We will kick off the week on Friday, October 4, 2013 with an assembly with Jim MacArthur. Be sure to wear red or purple that day! Students will be able to enjoy activities throughout the week during both lunch periods and flex.

Enter the Poster Contest September 23-October 2, 2013!! Turn in entries to the office (size: up to 22"x28"). All posters need to follow the Red Ribbon Week Theme "A Healthy Me is Drug & Violence Free".

Make-a-Wish Fun Run

Mt. View High, Lakeridge Jr., Orem Elementary, Cherry Hill, and Walden Schools PTSA Family Life Commission are excited to announce the Family Fun Run on Saturday, October 19th @ 9:00 am @ Lakeridge Jr. High School.

This 9th annual event promotes families being together, involved in meaningful, healthy experiences. November is Utah Family Month and this is one of the best ways you can create a family tradition of service and fun! Random prizes and food for everyone!

Register now for the 5k/1mile run @ FamilyFunRun.net or at Lakeridge Jr. High School Financial Office by October 9th for \$6.00 including a free t-shirt.

After October 9th, the fee is \$8.00 and no t-shirt. This benefits a "Wish Kid" from Make-A-Wish Foundation of Utah. This year Tori and Madelena Campbell are our honored "kids". Make checks payable to Lakeridge Jr. High School.

On Sept 27, 2013 during flextime we will kick off this fun, family oriented, charitable event. Flyers will be coming out shortly with the online registration details.

Media Center



Constitution Week

We will be celebrating Constitution Week with some great activities!

The jazz band will be playing for two mornings on Wednesday, 9/21 and Friday 9/23.

The student council will have Constitutional Question Championships during lunch on the 19th and 20th with prizes. We will be painting the windows in the lunch room and hanging quotes and posters around the school each day. We'll be holding Instagram contests all week as well.

Wednesday September 19 will be Red, White, and Blue day. Students will be encouraged to dress up in patriotic colors.

The media center will hold a Constitution Bowl on Sept. 17. Teams of 4 players will compete to answer questions about the Constitution and Bill of Rights.

Leopard Pride will also be passing out Pay It Forward cards as a fun way of teaching students the responsibilities of freedom that the Constitution provides and the joy they receive as they exercise that freedom to serve others.

Patrick Trent

A.P. Geography

Lakeridge Annual Sustainability Retreat



This year 52 Lakeridge students were able to participate in the 3rd Annual Sustainability Retreat at Aspen Grove. Students attended Ted-Talk-like presentations from scholars from several diverse fields. The chairs of BYU's Agricultural Education and Humanities departments were among the presenters. Students spent many hours in the conference center taking notes and interacting with experts on sustainability on topics ranging from forest fires, paradigm shifting, population growth in Utah county and the environment and different religious traditions. Students were also introduced to the European Union and received training by BYU's Model United Nations' team in preparation for BYU's MUN Conference in November.

One of the highlights of the retreat was hiking to Stewart Falls with Mr. Glassford and observing, photographing, documenting and sampling the biodiversity along the trail.

We would like to thank our four counselors who were previous participants: Katherine Luque, Joseph Bingham, Karlee Preston and Tyler Dial.

We would also like to thank the presenters and facilitators of the activities in which students participated:

Dr. George Handly, **BYU**

Katie Stringer, Masters Candidate @ **UofU**

Aspen Grove Ropes Course Counselors

Julia Renolds and Suzie Swim, **Wasatch Choice**

Dr. Lora Cook, **BYU**

Dr. Wade Jacoby, **BYU**

Andrew Ludlow and BYU's Model United Nations Team

Reid Shelley, **US Forest Service**

Mr. Glassford, Biology Teacher Extraordinaire

Dr. Richard Jellen, **BYU**

Dr. Ralph Brown, **BYU**

Dr. Joan Dixon

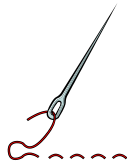
Finally we would like to thank the Lakeridge community including our supportive Administration, but especially for the support of the parents and families of the participants.

Students worked hard, played hard and will be creating Reflective Video Projects (RVP's) highlighting what they did and how the information, insights and skills will help them in all aspects of their lives.

Mr. Willey and Mrs. Davis

Faculty Advisors

Family & Consumer Sciences



September is National Sewing Month

Many people feel that sewing is cheaper than therapy. Then there are those that feel if they tried to sew they would "need" therapy. :)

Several decades ago the interest in and the tradition of home sewing and sewing arts went through a decline. Thankfully, during this time we were able to maintain a strong clothing construction program here at Lakeridge. This was due in a large part to the fact that many of our patrons valued and still value the part sewing plays in our lives.

Sewing is just as much in tune with today's idea of expanding your potential as is gourmet cooking, recycling, taking up tennis, jogging or yoga. Thanks to technology, the art of sewing has seen a boom. For any "fabric junkie" out there we have Pinterest, blogs, HGTV, Project Runway, quilting, embroidery and many more avenues that have helped spark creativity. Life needs that extra spark.

Along with the extra spark of creativity, we live in a time when the old saying "Fix it up, wear it out, make it due or do without," is just as important as when it was used during the depression. For many families, budgets are tight. The ability to make something last as long as possible is an art. We also live in a day and age when "being green" is vitally important. Recycling clothing is just as critical as recycling any other natural resource. Re-designing is an art.

Certain basic skills are necessary for all of the above. Clothing or project construction with fabric is not "just sewing." The skills required are higher level thinking skills and abilities. Clothing Construction uses the same ability to envision a project in two and three dimensions as do engineers.

September will nearly be half over when this newsletter is received. I would like our Lakeridge community and students to celebrate sewing into the month of October by recognizing all of the terrific creativity and work that takes place in your homes or elsewhere. Please take pictures of clothing, projects quilts etc. that you have sewn and e-mail them to me at rgonzalez@alpinedistrict.org. I would love to receive as many pictures as possible to display.

How lucky I am to teach and work in a community as ours. Thank you all in advance.

Rachel Gonzalez
Family & Consumer Science Teacher

7th Grade Job Shadow Information and Due Dates

The Career Technology Education Department is excited to announce that our Job Shadow experience for 7th graders will be held on Friday, December 6th. This experience allows students to better understand the world of work, and give them an opportunity to explore an occupation they may want to pursue in the future.

We are requesting that parents help make the arrangements for this experience. Please help your student start identifying possible work locations NOW. All of the students should bring home a Job Shadow "Contract" before the Thanksgiving break. Please make sure you review this with your student and make sure they return it before the Thanksgiving break by Tuesday, November 26, 2013. Be watching for the contract!

Please note there will be a worksheet and a grade for this day. Therefore it is imperative that an effort be made to complete this activity.

CTE Intro-Teachers

Brad Schmidt Rachel Gonzalez
Tom Meeks Pam Rock
Judy Scheurman

Love & Logic Classes

Love & Logic is continuing at Orem Elementary! Make plans to attend one or both classes this fall:

“Early Childhood/Toddler Parenting”

“Becoming a Love & Logic Parent”

These are outstanding parenting classes adopted by Alpine School District and are being used by many parents and teachers. Mrs. Verlene West will be the teacher.

What is it? Love & Logic is a way of raising kids that teaches them to think for themselves, to become responsible, and to be prepared.

Are you: *Tired of worrying about your kids? Find out how to get them to start worrying about you.

*Tired of nagging and yelling at your kids? Find out how to calm down and start having fun with them again.

Classes will be held Tuesday nights –

Toddler/Early Childhood Parenting Class days are September 10, 17, 24, Oct. 1 & 8, 2013, for five weeks

Becoming a Love and Logic Parent class days are Oct. 15, 22, 29, Nov. 5 & 12, 2013, for five weeks, from 7-9pm, in the Library.

We'll have ** Fun ** Prizes ** Ahh Hahhs ** Information **

The class is \$35 including the manual and handouts.

Some parent manual scholarships are available, please inquire.

*Please call Patsy or Linda at Orem Elementary (801-610-8116) to reserve your place in the class!