

# OCJH PRINCIPAL'S NEWSLETTER

By PRINCIPAL KATE ROSS

JANUARY 30, 2023



## EVENTS 1/23-2/5 (SCHOOL EVENTS, PTA EVENTS, HOLIDAYS)

### 1/30-2/5 (B-WEEK)

### 2/6-2/12 (A-WEEK)

30 Int. and Advanced Orchestra to Space Center 9:15-10:45  
30 Boys' Basketball vs. Timberline 3:00-4:30  
30 Girls' Basketball @ Timberline 3:00-4:30  
31 Girls' Basketball Practice 2:20-4:10 in the Gym  
31 Boys' Basketball Practice 4:10-5:50 in the Gym  
1 **First Day of Black History Month**  
1 Boys' Basketball @ Lehi Jr. 3:00-4:30  
1 Girls' Basketball vs. Lehi Jr. 3:00-4:30  
2 Boys' Basketball vs. AF 3:00-4:30  
3 Girls' Basketball @ AF 3:00-4:30  
3 Boys' Basketball Practice 2:20-4:10 in the Gym  
3 Girls' Basketball Practice 4:10-5:50 in the Gym

6 Boys' Basketball @ Mountain Ridge 3:00-4:30  
6 Girls' Basketball vs. Mountain Ridge 3:00-4:30  
6 **School Spirit Night @ Culver's in Orem 5:00-8:00**  
7 **Eagle of the Month 9:00 in the TLC**  
7 **PTSA Meeting 9:30-10:00 in the TLC**  
7 **Final Spelling Bee 12:50-2:15 in the Library**  
7 Boys' Basketball Practice 2:20-4:10 in the Gym  
7 Girls' Basketball Practice 4:10-5:50 in the Gym  
7 ASD Board Meeting 6:00 @ District Office  
8 Boys' Basketball Practice 12:30-3:15 in the Gym  
8 Girls' Basketball Practice 3:15-5:50 in the Gym  
9 Boys' Basketball vs. Lake Mountain 3:00-4:30  
9 Girls' Basketball @ Lake Mountain 3:00-4:30  
10 We The People 8:00-2:00 @ UVU  
10 Boys' Basketball Practice 2:20-4:10 in the Gym  
10 Girls' Basketball Practice 4:10-5:50 in the Gym  
10 **Oak Canyon's Got Talent Applications Due Online**

## NEW INFORMATION:

### FROM THE OCJH PTSA

#### PTSA Eagle Discount Cards

Our PTSA Eagle Discount Cards are now on sale!! They are now B1G1 Free (2 for \$10) until they are sold out! Eagle Cards can be purchased at the finance office or at our PTSA sucker sales table.

#### Oak Canyon Has Talent Application

Our annual PTSA "Oak Canyon Has Talent" night will be on Friday, March 17! Applications and audition videos are due online by Friday, Feb. 10. More details are in the application, which is linked below and on the school website. There are cash prizes for the contest winners! We can't wait to see the amazing talents of our Oak Canyon students! [OCJH Has Talent](#)

#### Virtual PTA Day at the Capitol

Friday, January 27th, is Virtual PTA Day at the Capitol! This is a great opportunity to learn about bills coming up this session that could impact public education. Click here for more information: [Virtual PTA Day at the Capital](#)

## Save the Date: Culver's Feb. 6

Our next PTSA Spirit Night fundraiser will be on Monday, Feb. 6 at the Orem Culver's from 5- 8pm! Come get a treat or dinner for your family! Culver's will be donating 20% of all orders to our school!! We appreciate your support!

## PG CARES CONNECTION EVENT FEBRUARY 22--UNTANGLING TEENS AND TECH

Save the date for this awesome event on Wednesday, February 22 at 6 PM!

**PG CARES COMMUNITY CONNECTION EVENT**

# UNTANGLING TEENS & TECH

with **ANDREA DAVIS**  
 Andrea Davis is a former secondary ed teacher turned screenwriter. She is the author of *Better Screen Time* which offers advice on how to manage the risks of screen time in a way that empowers parents to connect more effectively with their teens.

At this free parent event, you'll learn how to support teens as they discover what a healthy relationship with tech looks like. Through connection and open conversations, you can give your teen a sense of self stronger than any screen.

**Wednesday, February 22**  
 PLEASANT GROVE HIGH SCHOOL AUDITORIUM  
 700 E. 200 S. PLEASANT GROVE

**6:00pm** doors open—visit resource booths & enjoy refreshments  
**6:45pm** presentation starts  
**8:00pm** q&a panel  
**8:30pm** prize drawings  
**9:00pm** resource booths close

first 100 people to arrive get a family package of PG-famous Cam's Cookies!

**RESOURCE BOOTHS**

- Provo Canyon Behavioral Health
- Utah County Health Department (PARKIDS.org)
- Digital Responsibility
- Project Shine (Miss PC-Savvy Allen)
- Peak Psychiatry
- in Focus
- HopeUtah
- Summit Counseling Solutions
- Center For Change
- American Fork, Communities that Care
- Saavro
- The Sharing Place
- GNU Comprehensive Clinic
- Address To Athlete
- Grandfamilies
- Family Haven
- ...and more!

**THANK YOU TO OUR SPONSORS:**

- PEAK
- FOCUS
- PERCY'S
- TORONTO
- BIG-D
- PGCares
- SONE FOR LIFE

## UVU STRONGER FAMILIES PROJECT OPPORTUNITY

Take part in a **FREE 8-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 in Utah County.

**Classes begin the week of January 30<sup>th</sup> and are held one evening per week through Mar. 30<sup>th</sup>**

Except for the Parent-Only, all other classes are for the entire family. Sessions fill up quickly and space in the program is limited.

Spring Sessions:	Covered Topics:
<p><b>Tuesday Night:</b> Orem Jr. High 6:30-8:00 pm <b>*Whole Family</b></p> <p><b>Tuesday Night:</b> UVU Campus SFP House 6:30-8:00 pm <b>*Parent Only Spanish</b> <small>Newborns to 5-year-olds may stay with parents and 16-year-olds may attend 6 free educational childcare sessions during this time.</small></p> <p><b>Thursday Night:</b> Early Learning Essentials 6:30-8:00 pm <b>*Whole Family, only for families enrolled with ELE</b></p>	<ul style="list-style-type: none"> <li>Healthy Patterns of Communication</li> <li>Family Interpersonal Skills</li> <li>Conflict Resolution</li> <li>Emotional &amp; Mental Health</li> <li>Positive Discipline</li> <li>Problem Solving</li> <li>Goal Setting and Achievement</li> <li>Anger Management</li> <li>Establishing Family Values</li> </ul>

**Apply at: <https://www.uvu.edu/sfp/apply/>**

strongerfamilies@uvu.edu • 801.863.7235 • [www.uvu.edu/sfp](http://www.uvu.edu/sfp)  
[www.facebook.com/UVUStrongerFamiliesProject/](https://www.facebook.com/UVUStrongerFamiliesProject/)

## REMINDERS:

### PG CARES--UPCOMING COMMUNITY EVENTS

PG Cares is thrilled to provide opportunities for the adults in our community to learn about different topics. See the flier below for upcoming monthly table talks dates and topics. Lunch will be provided. In addition, PG Cares will be hosting another large community event on Wednesday, February 22nd. More details are coming, but save the date!



### BATTLE OF THE BOOKS ANNOUNCEMENT

Do you like to read? Do you like competitions? Do you want to meet people and earn prizes? Join Oak Canyon's Battle of the Books. You can sign up in the library by yourself or with others by Jan. 18th. Lunchtime Book Club begins Tuesday Jan 17 during both lunches on Tuesdays and Thursdays. This month we will be reading The Unforgettable Logan Foster. All are invited to participate! See Ms. Bachelor for more information.

### ASD RISE NOMINATIONS

Do you know a teacher or school employee who is **Remarkable**, **Inspiring**, **Selfless**, and/or **Encouraging**? Please nominate them for the new ASD RISE Award. Nominees will be recognized at their school, and a few each month will be selected for Board Recognition during a Board meeting at the District Office. Click [here](#) to access the nomination form. So far, the following Faculty and Staff have received nominations:

Kate Ross

Travis Adamson

Jen Lamoreaux

Natalie Matthews

Alyssa Meinzer

Julio Escobedo

Lisa Lister (Received District Recognition)

Taralyn Holmes

Cali Templeman

Heather Hall

## **OCJH AFTER SCHOOL CONNECTION ACTIVITIES**

Oak Canyon offers a variety of after school connection activities. Click on the following link to see the complete list: [OCJH AFTER SCHOOL CONNECTION ACTIVITIES 22-23](#)