

OCJH PRINCIPAL'S NEWSLETTER

By PRINCIPAL KATE ROSS

FEBRUARY 6, 2023



EVENTS 2/6-2/20 (SCHOOL EVENTS, PTA EVENTS, HOLIDAYS)

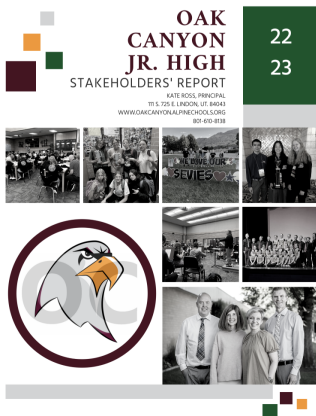
2/6-2/12 (A-WEEK)

- 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 Math Club Competition 2:45-7:00 @ Willowcreek
- 7 Boys' Basketball Practice 2:20-4:10 in the Gym
- 7 Girls' Basketball Practice 4:10-5:50 in the Gym
- 8 School Perception/Climate Survey During Rad Time
- 8 SHARP Survey Concluded in US History Classes
- 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

2/13-2/20 (B-WEEK)

- 13 Valentine's Day Dance 2:15-3:15 in the Gym
- 14 Valentine's Day
- 14 District Jazz Festival Hosted by Oak Canyon
- 14 Student Appreciation Suckers from PTSA @ Lunch
- 14 WIDA Testing
- 15 Mr. Roberts Band Tour to Elementary Schools
- 17 Teacher Work Day--No Students
- 17 [Utah PTA Founders Day \(Click for More Information\)](#)
- 20 Presidents' Day--No School

MESSAGE FROM MRS. ROSS



Each year, schools around the state have the opportunity to celebrate their successes, accomplishments, improvements, and uniqueness in their Stakeholders' Report. The Stakeholders' Report is the main way a school communicates the work of a School Community Council: who they are and how the funds they manage were spent to further school initiatives. We are thrilled to share the [OCJH 2022-2023 Stakeholders' Report](#) with you! Please click on the link to see what we've been up to including the following:

- OCJH Mission, Vision, and Values
- Fun Facts about OCJH
- Academic Progress and Accomplishments 21-22
- SCC Members and Trust Lands' Spending
- The 6 C's in Action at Oak Canyon

In addition to our staff and students, we'd also like to acknowledge our parents and our community at large for helping Oak Canyon to shine! We couldn't do it without you! Enjoy!

NEW INFORMATION:

FROM THE OCJH PTSA

Save the Date: Culver's Feb. 6

Our PTSA Spirit Night fundraiser is TONIGHT, 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!

Oak Canyon Has Talent Application

Our PTSA annual favorite "Oak Canyon Has Talent" night will be on Friday, March 17! Applications and audition videos are due online this weekend! More details are in the [application, which is linked here](#) 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!

UPCOMING COMMUNITY EVENTS FOR PARENTS

PG CARES COMMUNITY CONNECTION EVENT

UNTANGLING TEENS & TECH

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 a&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

with **ANDREA DAVIS**

Andrea Davis is a former teacher and mother of two children. She is the founder of **Better Time Screen Time**, which offers parents from the local area free classes from the PG-Cares event series. She has a passion to help parents learn more about their kids and connect more than ever.

Better Time
bettertimeonline.com

RESOURCE BOOTHS

- Provo Canyon Behavioral Health
- Utah County Health Department (dalkid.org)
- Digital Respite Ability
- Project Shine (Miss PG-Sorry Alien)
- Peak Psychiatry
- In Focus
- Hope4Utah
- Summit Counseling Solutions
- Center For Change
- American Fork Communities that Care
- Sapra
- The Sharing Place
- BYU Comprehensive Clinic
- Addict To Athlete
- Grandfamilies
- Family Haven
- ...and more!

THANK YOU TO OUR SPONSORS:

PEAK PREVENTIVE **FOCUS**

FFRDWORK **TOYOTA** **VALDES**

BIG-D **PGCares** **HOME FOR YOU**

TEEN/ADOLESCENT COPING SKILLS

A CLASS FOR TEENS TO LEARN TO COPE, CONNECT, AND COMMUNICATE.

Now offering a 5 WEEK COURSE

CLASSES ON TUESDAY & THURSDAY STARTING ON FEBRUARY 14

12-14 YEARS — 6:00-6:00 PM
15-18 YEARS — 6:15-7:15 PM

SIGN UP ON LINDON RECREATION WEBSITE: LINDONRECREATION.ORG/RECREATION

\$50 FEE INCLUDES ALL 10 CLASSES

Free mental health assessment

taught by **JILLIAN SEDERBERG**

Mental Health CRISIS:

There's no question recent events taught us that we all need healthy outlets to manage stress. The community center recognizes the urgent need for teens to find solutions to regulate emotional needs. While this is a need we've created a new class which offers practical and effective coping strategies.

Behavioral THERAPY:

A Certified Behavioral Therapist Specialist (CBT) will teach this class. Using evidence based practices, participants will learn to implement coping skills to use daily when feeling overwhelmed. Find connection and build relationships, and explore meaningful ways to spend time.

This has been a CTRR for over 15 years working in various mental health positions in psychiatric hospitals and community settings. She utilizes behavioral programming to help teens identify harmful coping patterns and create new healthy emotional outlets.

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 30th and are held one evening per week through Mar. 30th

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>Tuesday Night: Orem Jr. High 6:30-8:00 pm *Whole Family</p> <p>Tuesday Night: UVU Campus SFP House 6:30-8:00 pm *Parent Only Spanish <small>Spanish is a language you use with parents and friends and helps you to communicate better with your child. We will have an interactive session during this time.</small></p> <p>Thursday Night: Early Learning Essentials 6:30-8:00 pm *Whole Family, only for families enrolled with ELE</p>	<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

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

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

PG Cares Table Talks

LEARNING OVER LUNCH

Join us for a presentation and discussion over lunch!

Most months on the 3rd Wednesday
12:15-1:30pm @PG High

January 18

Suicide Prevention

March 15

Digital Safety

April 19

Supporting kids in big life changes

Click here to reserve your free lunch

SCHOOL PERCEPTION SURVEY FOR PARENTS

Each year, Oak Canyon Jr. High sends out perception surveys to our staff, students, and parents. This survey provides us with important information and feedback to help us continue to improve in meeting the needs of our stakeholders. The parent version of this survey is available by clicking on this link:

https://alpineschools.az1.qualtrics.com/jfe/form/SV_eb4C4AiQmEDnT8O

Please take a moment to complete this survey by Tuesday, February 20.

VALENTINES REQUEST--NO DELIVERIES, PLEASE

On Monday, February 13, Oak Canyon will be officially celebrating the Valentine's Day holiday with an after school dance from 2:15-3:15 in the Gym. Please note, the office will not be facilitating Valentine's Day deliveries from parents to students or from students that day. There are many reasons for this, but ultimately we appreciate your support in celebrating the holiday with your students outside of school.

REMINDERS:

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](#)