

PRINCIPAL'S NEWSLETTER SEPTEMBER 9, 2024



EVENTS 9/9-9/22 (SCHOOL EVENTS, PTA EVENTS, HOLIDAYS)

9/9-9/15 (A-WEEK)

9/16-9/22 (B-WEEK)

<p>Term 1 Essential Guiding Question: What Does It Mean To Be An Oak Canyon Eagle? Homeroom: We Are Prepared, Responsible, & Dependable 9 Ballroom 2:25-3:30 10 Sucide Prevention Day 10 School Spirit Day @ Swig in Lindon 10 ASD Board Meeting 6:00 @ District Office 11 Ballroom 1:25-2:40 11 Cross Country Meet 5:00 @ Oak Canyon 15 First Day of Hispanic Heritage Month</p>	<p>Term 1 Essential Guiding Question: What Does It Mean To Be An Oak Canyon Eagle? Homeroom: I Can Learn from My Mistakes and Use a Growth Mindset 16 Ballroom 2:25-3:30 16 PG Cares Screen Health Event at PGHS 5:30-8:30 17 School Community Council Mtg. 2:30 in the TLC 18 PTSA Eagle of the Month 9:00 in the TLC 18 PTSA Meeting 9:30-10:30 in the TLC 18 Ballroom 1:25-2:40 18 Cross Country Meet 5:00 @ Viewpoint</p>
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PRINCIPAL'S MESSAGE



When students are in elementary school, it seems there are many ways for parents and community members to be involved. Room parents, PTA, Book Fairs, fundraisers, reading dates, dance festivals, parent nights, Christmas Sings, to name just a few opportunities for parents to visit their neighborhood schools. Sometimes it is difficult for parents and community members to know how to participate when their student goes to junior high. While there aren't class parties and reading dates, there are still many opportunities for you to be involved in Oak Canyon. One of the most important ways is by reading through this newsletter each week. It is a simple way to stay on top of what is going on at our school. We also have an active and effective PTSA. In fact, our meeting for September is coming up next week! You can just show up! There are opportunities to be as involved as you want to be. You could sign up for a committee or simply come in on a Friday to sell suckers to students during lunch. In addition, we invite interested parents to consider joining our School Community Council. The SCC oversees the Land Trust budget that is used to support school goals, priorities, and initiatives. More information about SCC is found below. Ultimately, we want you to know that you are welcome at OCJH. Thank you for your continued support of our school. It's going to be a great week!

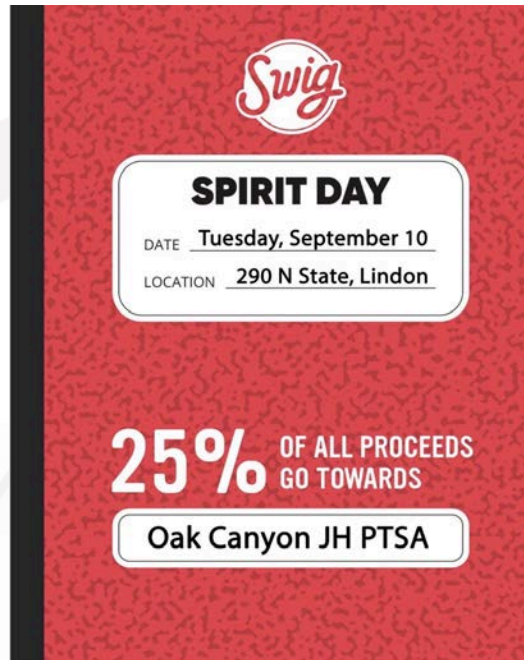
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Mrs. Ross

NEW INFORMATION

SCHOOL SPIRIT DAY AT SWIG--TUESDAY, SEPTEMBER 10

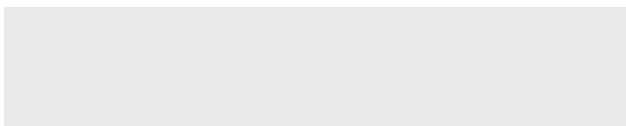


SCHOOL COMMUNITY COUNCIL ELECTIONS--LAST CALL

Our first SCC meeting of the year with our new SCC will be September 17th at 2:30 pm in the TLC. The School Community Council (SCC) is a group of parents and school staff that meets monthly to discuss the issues facing our school. The SCC creates a school improvement plan and allocates Trustland Funds to help meet our goals outlined in that plan. SCC meetings are open to anyone interested and we are in need of parents to join our council. If you have some time on the third Tuesday of each month at 2:30 and would like to be a part of our SCC, please click on this [link](#) to submit your name.. A term on the SCC is two years. If there are more interested than parent positions available, we will have an election.

FROM THE OAK CANYON PTSA

Our PTSA does so much to support our school and students--selling suckers on Fridays, sponsoring the Eagle of the Month student recognitions, organizing Spirit Nights, making generous donations for school improvements, recognizing our honor roll students, and more! We encourage all to join the PTSA--the membership dues go a long way for our school. In addition, Eagle Cards are a great value for all of the discounted goods and services they provide. To join the PTSA, purchase Eagle Cards, and/or donate for Teacher Birthday/Appreciation gifts, please visit the Oak Canyon PTSA store link:





Also, PTSA meetings will be held every third Wednesday from 9:30-10:30 in the TLC. All are welcome to attend.

INTRODUCING DR. MICHELLE JENSEN, OCJH ILC

We are fortunate to have an Innovative Learning Coach at Oak Canyon. An ILC's primary responsibility is to provide support to teachers and students on district and school supported technology solutions. Our ILC this year is Dr. Michelle Jensen. The following is a message from her:

*"Every year I get calls from parents that go something like this: "How can I lock down my child's chromebooks to keep them away from all the bad stuff." I respond by showing them the monitoring tools available but also follow up with a plea to work together with their child to create healthy, lifelong habits related to their use of digital tools. I've recently come across a book that hits the ball out of the park on this topic. "Digital for Good" by Richard Culatta. **We have 3 copies in the school library available for parent check out.***

Culatta is a graduate of BYU's Instructional Psychology and Technology program and former Director of the U.S. Department of Education's Office of Educational Technology. He offers a fresh approach, showing parents how to turn technology into a tool for positive growth rather than a threat. Instead of focusing on screen time limits or online dangers, Culatta provides practical strategies to help teens become responsible, kind, and creative digital citizens. As a digital education expert, he offers valuable insights on building healthy habits, engaging in positive online communities, and using technology to drive social change.

"Digital for Good" is your essential guide to raising tech-savvy teens who use technology to connect, learn, and make a difference. Read it to transform how your family interacts with the digital world.

Note: This book review includes some information generated by ChatGPT, an AI language model by OpenAI. <<See what I did there? That's good digital citizenship!

OCJH BALLROOM TEAM

Oak Canyon & Canyonview Ballroom Team

- Register online: OakCanyonBallroom.com
- 7th – 9th grade - Oak Canyon & Canyonview Students
- Monday & Wednesdays – After School @ Oak Canyon Jr High.
 - Mon – 2:25 - 3:30pm
 - Wed – 1:25 - 2:40pm
- Ladies! You can register by yourself or if you recruit a man to join Ballroom, you will guarantee yourself a spot on team. Man will dance with all ladies on team.



Info, FAQ, Register, Photos, etc:



Questions: Michelle Haymond: mhaymond@alpinedistrict.org

Join Ballroom!

AFTER SCHOOL

MONDAYS & WEDNESDAYS

SIGN UP AT:

OakCanyonBallroom.com



BOYS BASKETBALL OPEN GYM

Boys Basketball Open Gym: Tuesdays and Thursdays from 2:25-4:00 pm. Starting September 3rd

START SPREADING THE GOOD NEWS!

Parents, we would like to spotlight Oak Canyon students that are up to great things outside of school. The challenge is that we are not always aware of these student accomplishments/events to be celebrated. Please click on this link if you'd like your student to be spotlighted in a future edition of the Principal's Newsletter!

<https://forms.gle/KvYAYNKbDtwrMbpA6>

RISE NOMINATIONS

Do you know a teacher, school employee, or bus driver who is Remarkable, Inspiring, Selfless, and/or Encouraging? Nominations are now open for the [2024-2025 ASD RISE Award](#). Nominees will be recognized at their school, highlighted on our website, and a few each month will be selected for Board Recognition during a Board meeting at the District Office.

COMMUNITY ANNOUNCEMENTS

TIMPANOGOS HIGH SCHOOL AND LINDON CARES

present

TABLE TALKS

FREE LUNCH & GIVEAWAYS

FOR PARENTS & CAREGIVERS

WEDNESDAY OCTOBER 9TH
KIM WILSON, NTP

WEDNESDAY NOVEMBER 13TH
JILLIAN SEDERBERG, CTRS

12:15PM MEDIA CENTER



Please RSVP using the QR code for food count




ANXIETY & OUR BODIES

JOIN US FOR AN INFORMATIVE SESSION WHERE YOU WILL DISCOVER HOW THE FOODS YOU EAT CAN IMPACT GUT HEALTH, BLOOD SUGAR, AND MENTAL WELL-BEING FOR BOTH KIDS AND ADULTS. YOU WILL WALK AWAY WITH PRACTICAL TIPS TO SUPPORT YOUR FAMILY'S HEALTH FROM THE INSIDE OUT!

EVERYDAY STRONG

LEARN HOW TO HELP YOUR TEEN TALK TO YOU WITHOUT CAUSING THEM TO SHUT DOWN. HEAR SIMPLE IDEAS TO SUPPORT MOTIVATION AND EMOTIONAL HEALTH.



COMMUNITY CONNECTION EVENT

MONDAY SEPT. 16TH, 2024

SCREEN-HEALTHY WORKSHOP

Classes Available

- Discussion Panel- Cell Phone Policy
- Healthy Cell Phone Boundaries
- Introducing Tech Safety to Kids
- Behind the Why
- Social Harms in Social Media

5:30pm - 8:30pm


PG High School

First 200 Dinner

Childcare 12 and under

Resource booths

COMMUNITY PARTNERS:



Strengthen Your Relationships
FREE WORKSHOP
 for parents of kids aged 9-14



**GUIDING
GOOD CHOICES**

Guiding Good Choices gives families information and tools that work to protect preteens and teens from the inevitable risks they encounter as they become more independent. Families will learn ways to build or maintain lasting relationships, because teenagers who are more closely connected to their families have better health and educational outcomes.

MONDAYS 6PM-8PM
LINDON COMMUNITY CENTER
 25 N Main St Lindon



Sign up now!



Practicing Your Growth Mindset Class

Thursdays 5-6pm

*Sign up for each monthly session
 Taught by a Master in Therapeutic Recreation MTRS

Adolescence can be a time of self-discovery and rapid growth, physically and mentally. This class will be an opportunity for adolescents aged 12-17 to practice growth mindset through recreational therapy (RT). Growth mindset is a term used in positive psychology which reframes that challenges are opportunities for growth. This class will provide therapeutic activities with peers in self-expression, healthy thinking, gratitude, learning from failure, resilience, and adaptability.

**SCAN
HERE!**



Brought FREE to you by



Questions? Contact Jamie 801-769-8625
 jensen@lindon.gov



TIMPANOGOS GIRLS BASKETBALL

Come Join the

Wolfpack

Bantam basketball
 utahwolfpackgbb.com

Tryouts September 16th, 19th, & 23rd
Everyone makes a team!

\$30 Tryout fee

**More info &
Register Here**





Any questions email
 utahwolfpackbasketball@gmail.com

**Pleasant Grove HS Girls Lacrosse
Fall Ball**

September 3rd through October 24th
 Practice is Tuesday, Wednesday and Thursday from 4:30 to 6:30
 Valley View Elementary - 941 Orchard Dr.



Join us for a fun Fall lacrosse season.
 This is for new and returning players grades 9 through 12
 in Pleasant Grove High School Boundaries.

We have equipment to use for any girls wishing to try for the first time.
 Cost is 150.00 payable to PGHS
 Contact Coach Ryan with any questions
rvansulz@alpinedistrict.org or 801.830.1923

Fall

CHARITY EVENT

Saturday, October 12th

\$30,000 in Outlet store Gift Cards will be given away!

- Win Gift Cards
- Get Exclusive Store Discounts
- Play Family Fun Carnival Games
- Take Home a Goodie Bag and So Much More!

Purchase Your Ticket Today



Event Proceeds benefit participating ALPINE SCHOOL DISTRICT SCHOOLS



BIG JACK

Gives Back

Outlets at TRAVERSE MOUNTAIN

OutletsAtTraverseMountain.com

Caer

EVENTO BENÉFICO

Sábado 12 de octubre

Se regalarán \$30,000 en tarjetas de regalo de tiendas Outlet!

- Gana tarjetas de regalo
- Obtenga descuentos exclusivos en tiendas
- Juega juegos de carnaval divertidos para toda la familia
- Llévate a casa una bolsa de regalos ¡Y mucho más!

Compra tu Entradas hoy!



A beneficio de la ALPINE SCHOOL DISTRICT SCHOOLS



BIG JACK

Gives Back

Outlets at TRAVERSE MOUNTAIN

OutletsAtTraverseMountain.com



CLUB V SOUTH VOLLEYBALL

308 S 1250 W, Lindon, UT 84042

FREE VOLLEYBALL SKILLS TRAINING

BEGINNERS **TRY VOLLEYBALL FOR FREE** **WELCOME!**

Club V South is hosting a **FREE** volleyball training for **BEGINNERS!!!**

Where:

Club V South- **LINDON**
308 S 1250 W, Lindon, UT 84042

Club V South- **HIGHLAND**
5342 W Pkwy E Dr, Highland, UT 84003

Sept. 14 LINDON 9:00 AM - 11:00 AM 1st - 5th Grade	Sept. 14 LINDON 4:00 PM - 6:00 PM 6th - 8th Grade	Sept. 18 HIGHLAND 2:00 PM - 3:30 PM 1st - 5th Grade
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Scan QR code for more details and to register



LINDON REGISTRATION



HIGHLAND REGISTRATION

Or check out our website to register
clubvsports.com/south-region-volleyball

Contact: Keatani Kukahiko, Volleyball Youth Director
Ph: 404-855-2523 Email: keatani@clubvsports.com

LADYVIKINGSBANTAM@GMAIL.COM



PARENT MEETING @
BEGINNING OF TRYOUTS 6:00

PG GIRLS BANTAM TRYOUTS

SEPT 30TH, A GYM 6-7:30PM
OCT 1ST, VALHALLA 6-7:30 PM

Girls 4th - 8th grade



OAK CANYON OFFICIAL ONLINE SHOP

BACK-TO-SCHOOL SALE

30% OFF SITEWIDE!
FREE SHIPPING & LOGO OVER \$75

AUGUST 20TH - SEPTEMBER 24TH
ORDER AT: 1STPLACE.SALE/96042

REMINDERS:

EXCUSING STUDENT ABSENCES


Attendance reminder: You can excuse absences (past, present, or future) in Skyward. Make sure you're logged in to your parent account and go to the Attendance Tab. If you have questions, please contact Mrs. Decker in the front office.

SCHOOL FEES

Fees are now available to pay on myschoolfees.com. If your student will be making changes to their schedule we suggest you wait to pay for fees until their schedule has been finalized. Fee waiver applications are available on our website, at the district's website, or at the finance window. Fee Waiver applications, along with supporting documentation, are due by Sept 30, 2024. Please reach out to the finance office via email at jhoyal@alpinedistrict.org or by phone 801-610-8141 with any questions. Thank you!

24-25 BELL SCHEDULE--WEDNESDAY EARLY OUT CHANGES

There is one major change to our bell schedule this year: lunch on early out Wednesdays will come at the end of the day, and there will only be one lunch on Wednesdays. Class will adjourn at 12:45 and lunch will go from 12:45-1:15. Buses will depart from the school at 1:15. If students do not want to stay for lunch on campus, they can be picked up or walk home after 12:45. Please note the updated bell schedule and teacher lunch assignments for the year.

 BELL SCHEDULE MONDAY, TUESDAY, THURSDAY, FRIDAY	
A1/B5	7:45-9:01
HOMEROOM	9:08-9:35
A2/B6	9:42-10:58
1ST LUNCH	
LUNCH	10:58-11:29
A3/B7	11:36-12:52
2ND LUNCH	
A3/B7	11:05-12:21
LUNCH	12:21-12:52
A4/B8	12:59-2:15
BELL SCHEDULE WEDNESDAY EARLY OUT DAY	
A1/B5	7:45-8:54
A2/B6	9:01-10:10
A3/B7	10:17-11:26
A4/B8	11:33-12:45
LUNCH	12:45-1:15

A-DAY LUNCH SCHEDULE			
FIRST LUNCH		SECOND LUNCH	
Adamson	Miller	Allphin	Roberts
Allan	Monson	Baller	Robinson
Andrus	Moorehead	Bench	Sanders
Bethel	Otterson	De La Cruz	Seminary
Blake	Prestes	Ecalono	Smith
Braswell	Rawson	Escobedo	Sparks
Graham	Redford	Fuller	Stone
Hall	Robison	Jorgensen	Torrence
Hardy	Seastrand	Kunkel	Van Komen
A. Holmes	Shumway	Lamoreaux	White
Lister	Taylor	Meinzer	
Marshall	Thomas		
Mather			
B-DAY LUNCH SCHEDULE			
FIRST LUNCH		SECOND LUNCH	
Adamson	Mather	Allphin	Kunkel
Andrus	Miller	Baller	Meinzer
Bethel	Monson	Bench	Moulton
Blake	Moorehead	Cheney	Roberts
Braswell	Nguyen	De La Cruz	Seminary
Cook	Prestes	Ecalono	Smith
Flood	Rawson	Escobedo	Sparks
Graham	Redford	Fuller	Torrence
Hall	Robison	Garlick	Van Komen
A. Holmes	Seastrand	Goold	White
T. Holmes	Taylor	Hermansen	
Lake	Thomas	Jorgensen	
Marshall			

***** LUNCHES BASED ON A3 OR B7 TEACHERS*****