

# PRINCIPAL'S NEWSLETTER OCTOBER 7, 2024



## EVENTS 10/7-10/21 (SCHOOL EVENTS, PTA EVENTS, HOLIDAYS)

10/7-10/13 (B-WEEK)

10/14-10/21 (A-WEEK)

Term 1 Essential Guiding Question: What Does It Mean To Be An Oak Canyon Eagle?  
Homeroom: We Are People of Character and Integrity

- 7 Ballroom 2:25-3:30
- 8 Red Ribbon Week
- 8 ASD Board Meeting 6:00 @ District Office
- 8 OCJH Band Bash 6:00
- 9 Ballroom 1:25-2:40
- 9 Choir Concert 6:00-8:00 in the Auditorium

Term 1 Essential Guiding Question: What Does It Mean To Be An Oak Canyon Eagle?  
Homeroom: Safety Reminders

- 14 Indigenous Peoples Day/Columbus Day
- 14 Ballroom 2:25-3:30
- 15 School Community Council Meeting 2:30 in the TLC
- 16 End of Term 1
- 15 Spirit Night at Chubby's in Vineyard 2:00-9:00
- 16 PTSA Eagle of the Month 9:00 in the TLC
- 16 PTSA Meeting 9:30 in the TLC
- 16 Ballroom 1:25-2:40
- 17-18 Fall Break
- 21 Teacher Professional Development--No Students

## PRINCIPAL'S MESSAGE



Watching our fantastic Eagles in action is always a highlight for our administrative team. Over the past month, we've had the opportunity to watch our Cross Country team make incredible progress each week as they have consistently set personal best times leading up to the Cross Country Championships last week. We are pleased to report that our Cross Country Eagles had an impressive showing! Colby Hill came in 9th place overall for all 7th grade boys in the district. Chelsea Pence took 2nd place and Miriam Ross took 6th place for all of the 9th grade girls in the entire district! And...Ella

Bennion, Lyla Hart, JJ Wilkinson, Alayna Godfrey, and Brooke Shaw saw that the 9th grade girls won first overall for teams! We'd also like to give special shout outs to the amazing personal records of the night: Calvin Hoyt, Luke Brown, Audrey Sharp, Ollie Shurtleff, Audrey Hawks, Avery McEvoy (over a minute and a half!!!!),



Chelsea Pence, Miriam Ross, Lyla Hart, and Brooke Shaw! Congratulations to our coaches, Mr. Adamson and Ms.

Robison for their incredible work helping our Eagles soar. In the coming days and weeks our students have the opportunity to showcase their talents in band, choir, and musical theater. I am so proud of our students for putting forth their best efforts and showcasing their talents. Our guiding question for the entire first term has been, "What does it mean to be an Oak Canyon Eagle?" Recently, as a school, we came up with this definition: Oak Canyon Eagles enjoy learning new things, helping each other to succeed, and innovating ways to make our school better together. Watching our students enjoy learning new things and developing their talents is what Oak Canyon is all about. I would encourage you to ask your students what they are enjoying learning and attend any school events to cheer our Eagles on! It's going to be a GREAT week!



Mrs. Ross



## NEW INFORMATION

### STUDENT SPOTLIGHT

**Student Spotlight:** Ruby Warner

Ruby discovered mountain biking in 2023 and this year joined the Pleasant Grove High School Vikings Mountain Biking team in the junior devos division. She has raced 3 times this year, the first two races placing 4th and the last race in Beaver moving up on the podium to 2nd place!

Ruby says "mountain biking always has room for growth and that makes you a winner when you grow. Biking lets you see pretty things up on the mountain. Biking is for everyone!"

When Ruby isn't mountain biking you can find



her at the library or reading. She loves Oak Canyon and has the best teachers and classes! Her favorite class is creative writing with Mrs. Allen. Also shout out to Mr. Nguyen who is a great teacher! Ruby is a great friend and very creative. Go Ruby!

**Students of the Week:** Dawson Davis, Ladd Nelson, Grafton Steele, and Kyson Seale! Way to go!


## 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>

## 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](#).** Take a look at the great values on the Eagle Card this year!



**OAK CANYON JUNIOR HIGH**  
HOME OF THE EAGLES

**EXPIRES AUG 31, 2025**

**OCJH PTSA Discount Card**

<b>Amy Erikson Flowers</b> Text 801-473-3715 \$5 Off a corsage/boutonniere set for School Dance	1 2 3
<b>Baskin Robbins</b> 210 North State Street, Orem Buy one scoop get second scoop free	Unlimited
<b>Busy Biddy</b> 609 W 1600 N, Orem 20% Off any item	1 2 3
<b>Chubby's</b> Orem, PG, Vineyard Locations Order any combo meal, get a scone free (Kids meals don't apply, not valid w/ any other offer)	1 2 3 4
<b>Costa Vida</b> Utah County Locations 20% Off Order	1 2 3

<b>Crossfit XD</b> 346 E State Rd, PG Buy one month teens class get 1 month free (New customer)	1
<b>Crossfit XD</b> 347 E State Rd, PG Buy two months unlimited get 1 month free Adults (New customer)	1
<b>Culvers</b> Orem Location BOGO Free medium concrete (equal or lesser value)	1
<b>Fat Cats</b> 2-4-1 Games (before 6:00 pm)	Unlimited
<b>Fidjiti Print Shop</b> fidjiti.com or text 801-380-5553 - Open late! 25 Free One-Sided Black & White Printed Business Cards or \$5 Off (New Cust.)	1
<b>Fiiz</b> 163 North State Street, Lindon BOGO 50% off Drinks (Lindon location only)	1 2 3 4 5
<b>Firebird Pizza</b> 340 S Main St. PG Buy 1 personal pizza & 2 drinks, get 1 personal pizza free	Unlimited
<b>Friends Gas Station</b> 95 W Center St, PG & 171 N Main St., Springville Buy 10+ gals of gas, get a free 32 oz fountain drink	Unlimited
<b>F45</b> 259 N 290 W, Lindon 50% off first month	1

<b>Iceberg</b> 1757 W State, PG Free French Fry w/ Shake Purchase (PG location)	1 2
<b>Iceberg</b> 1758 W State, PG \$2 off any Meal (Only one per visit) (PG location)	1 2
<b>Jack &amp; Jill</b> 105 S 700 E, AF 2 for 1, for one player (M-F before 5 pm, no holidays)	1 2 3 4 5 6 7 8 9 10
<b>JCW</b> All Locations BOGO Burger (Of equal or lesser value)	1 2 3
<b>Minuteman Press</b> 934 N State St, Orem 20% off In House printing service	Unlimited
<b>Oil Rig Automotive</b> Orem, Provo, & Salem Locations \$15 off Full Service Oil Change	1 2 3
<b>Pizza Pie Café</b> 573 W 1600 N, Orem (Orem Location Only) BOGO Buffet w/purchase of 2 Med Drinks (cannot be combined w/ other offers)	Unlimited

<b>Pizza Pie Café</b> All Locations Student deal is \$10 for Buffet w/ Drink	Unlimited
<b>Rad Tag</b> 2415 W 700 S Suites L & M, PG Buy a laser tag session, get 25 free arcade tokens.	1
<b>SnoCoa</b> 315 N State St, Lindon BOGO 1 Free Small Shave Ice or Hot Cocoa. (Max. \$3 Off/Per Visit)	1 2
<b>Stretch Zone</b> University Mall, Orem or Draper One Free Range of Motion Assessment and 30 minute practitioner assisted stretch session	1
<b>Taco Amigo</b> Orem & PG Locations Only Buy a Bean Burrito & Drink, get a second Bean Burrito free	Unlimited
<b>Tagg &amp; Go Car Wash</b> Lindon Location \$5 off a Platinum Wash	1 2
<b>Wok the Line</b> 1865 W PG Blvd, PG Free Egg Rolls w/ any purchase over \$10	Unlimited



## PTA REFLECTIONS

It's PTA Reflections time again! The theme this year is Accepting Imperfections, and **all entries are due by Wednesday, October 23**. Students may submit entries in the following areas: dance/choreography, film production, literature, music composition, photography, and 2D/3D visual arts. Oak Canyon students have done an excellent job representing our school and sharing their talents. We look forward to seeing what they come up with this year!

## BIG JACK GIVES BACK

Each year the Outlets at Traverse Mountain pick a non-profit

organization to give back to, and this year, they have picked Alpine School District! Which means if our PTSA sells at least 100 tickets, they will get 75% of those ticket sales right back to the OCJH PTSA! Every ticket sold will be entered into a grand prize drawing and will get a goodie bag. There is also a VIP ticket that can be purchased that will give you 5 tickets for the grand prize and access to an exclusive dessert bar. Click on the link below to purchase tickets! We hope to see you all there!

[Tickets to Big Jack Gives Back](#)



## RED RIBBON WEEK 10/8-10/11

There will be Red Ribbon Week activities sponsored by the PTSA Tuesday-Friday of this week. In addition, our Homeroom activities are aligned with Red Ribbon Week as well as our topic for the week "We Are People of Character and Integrity."

**Tuesday: Hawaiian Day**--Wear a Hawaiian shirt to kick off Red Ribbon Week. Sign the Drug Free pledge chain at lunch and get a red wristband for prizes all week!

**Wednesday: Crazy Sock Day**--Wear crazy socks and walk away from drugs and toward a bright future with a positive mindset!

**Thursday: Wear a Band Shirt**--Wear your favorite band shirt and let's "Band Together Against Drugs"!

**Friday: Sports Day**--Wear gear from your favorite team. Be a TEAM player and help others make good choices!

SAVE THE DATE--SCHOOL SPIRIT NIGHT AT CHUBBY'S IN VINEYARD 10/15



Join us for a  
**SPIRIT NIGHT**

TO BENEFIT

**OAK CANYON PTSA**

WHEN

**TUESDAY, OCTOBER 15**  
2 PM - 9 PM

WHERE

**VINEYARD CHUBBY'S**  
576 N Mill Rd, Vineyard

*20% of all sales goes to Oak Canyon!*

*Thank you for your support!*

## GIRLS' BASKETBALL COACH VACANCY

We now have an opening for the Girls' Head Basketball Coach position. You do not have to be a school employee to Coach. **If you are interested, please reach out to Mr. Abrams at [babrams@alpinedistrict.org](mailto:babrams@alpinedistrict.org).**

## END OF TERM 1 DATES OF IMPORTANCE

October 16: End of Term 1

October 16 at 3 PM: Canvas Student Closing Date/Time

October 24: Term 1 Report Cards Posted in Skyward



## 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

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

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





Sign up now!



**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**.




**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  
jjensen@lindon.gov

**TIMPANOGOS HIGH SCHOOL AND LINDON CARES**

present

# TABLE TALKS

**FREE LUNCH & GIVEAWAYS**

**WEDNESDAY  
OCTOBER 9TH**

**KIM WILSON, NTP**



**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!





**FOR PARENTS & CAREGIVERS**

**WEDNESDAY  
NOVEMBER 13TH**

**JILLIAN SEDERBERG, CTRS**



**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.



**12:15PM  
MEDIA CENTER**



Please RSVP using the QR code for food count

## REMINDERS: