

# PRINCIPAL'S NEWSLETTER OCTOBER 21, 2024



## EVENTS 10/21-11/3 (SCHOOL EVENTS, PTA EVENTS, HOLIDAYS)

10/21-10/27 (B-WEEK)

10/28-11/3 (B-WEEK)

### Term 2 Essential Guiding Question: What Makes a Lifelong Learner?

Homeroom: We Are Our Best Selves and Do Our Best Work

21 Teacher Professional Development Day

22 First Day of 8th Grade CCRs

22 ASD Board Meeting 6:00 at District Office

23 PTA Reflections Entries Due

23 Student Voice to Community Ctr. 11:00-12:45

23 Ballroom 1:25-2:40

25 Orchestra Visits to Elementary Schools

### Term 2 Essential Guiding Question: What Makes a Lifelong Learner?

Homeroom: We Communicate in Respectful and Intentional Ways; We Treat All With Kindness and Respect; We Share and Recognize Others' Perspectives with Civility and Respect

28 Ballroom 2:25-3:30

29 Young Masters Zoo Field Trip 9:15-4:00

30 Ballroom 1:25-2:40

31 Halloween

1 First Day of American Indian Heritage Month

1 PTSA Fun Friday Lunch Activities

2 Ballroom Team Match @ Salem Hills 12:00-3:00

3 Daylight Savings Time Ends

## PRINCIPAL'S MESSAGE



There have been some fantastic things to report about the beginning of the school year; however, this week, I'd like to address some issues that we are seeing with increasing frequency at Oak Canyon. We have been spending a lot of time in Homeroom talking about what it means to be an Oak Canyon Eagle and helping our students to develop skills and dispositions that will help them to be successful in life (the 6 Cs). The goal is to see transference between what we are talking about in Homeroom and the people our students become both inside and outside of Homeroom. Sadly, over the past few weeks, the incidents of bullying have been ramping up. Students have been targeted for their dress, appearance, preferences, size, skin color, religion, etc. The number of unkind

text messages and electronic communication are going up as well. We want our students to treat all with kindness--we all deserve that. I worry that students are not seeing the connection between the skills we are trying to help them develop and the way they treat each other in general. I think this is a symptom of the world we live in as much as anything, which is why it is that much more important that we try to counter what our students are seeing in the world with how we behave at Oak Canyon. Please take a moment to talk with your student about what they are doing to make Oak Canyon a better place for all students. We appreciate your partnership and support. Let's do a better job taking care of each other!

# NEW INFORMATION

## STUDENT SPOTLIGHT

### **Student Spotlight:** Oak Canyon Eagle Squad

Our Eagle Squad is the name of our student leadership coalition. It is made up of students from Student Council, Hope Squad, and Yearbook. These students come together to provide support for Oak Canyon students in various ways. This week, they will be coming around to Homerooms to give a short introduction of their role at the school and to introduce the theme for the year (Eagles Soar Above). They will pass out stickers with this theme and decorate the inside of classroom doors. Our Eagle Squad is instrumental in welcoming our 7th graders on 7th grade day and helping them to settle into their new school. They do much to build the culture of Oak Canyon and we are lucky to have them! Our Eagle Squad is led by three exceptional educators--Alyssa Meinzer (Student Council), Mike Redford (Yearbook), and Larissa Taylor (Hope Squad).



**Students of the Week:** Sophia Meyers, Greta Adams, Dalton Cheney and Kalani Tukuafu. 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>

## BARK FOR SCHOOLS--PLEASE READ

Digital safety is critically important to us at Oak Canyon which is why we are now using Bark for Schools to help us protect our students both online and in real life.

### Bark monitors for signs of potential issues like:

- Cyberbullying
- Suicidal ideation
- Sexual predators
- Threats of violence
- And more

### Alerts at the first signs of danger:

When possible dangers arise on school-issued accounts, Bark for Schools sends us alerts so we can address the situation in a timely manner. These alerts also give us insights that help us promote the wellness of the entire student body.

### Sign up to get alerts with Parent Portal:

Kids use their school-issued accounts both at school and at home, and families are often in a better position to respond to urgent alerts after hours, on weekends, and during breaks. In the coming week, you will receive an invitation to create your free account for the Bark for Schools Parent Portal. As soon as you opt-in, you'll be able to receive alerts if Bark detects potentially time-sensitive issues. Some alerts may be triggered by the system, but you will find there is no legitimate concern. Just because an alert is triggered does not mean a student has done anything wrong. Bark is an early warning system to allow you and the school to determine if there are legitimate concerns.

### Check out these parenting resources

- [Visit](#) the Bark Blog to stay informed on all things kids and tech.
- [Download](#) this guide for helpful tips on talking to your child about common issues.
- [Join](#) the Parenting in a Tech World Facebook group and connect with other parents raising kids in the digital age.

Learn more about [Bark for Schools](#) — including their commitment to [student privacy](#). If you have additional questions, please contact us by replying to this email. Thank you for your support as we strive to help keep our students safe online.

## TERM 2 NO-TARDY CHALLENGE

Starting on Wednesday, October 23, is our Term 2 No-Tardy Challenge. Students have ample time with our 7 minute passing periods to get from class to class on time. That said, many still are not. There are consequences for students with excessive tardies, but we're still not seeing the kind of urgency we'd like to see from students to be on time. There are incentives for students to be on time at the pod, class, and individual levels. The pod with the highest average percentage of students on time will receive a Pod Party. The homeroom class from each pod that has the highest average of on-time students to all of their classes will earn a Homeroom class incentive both at



mid-term and at the end of the term. Finally, students who have no tardies in a week will earn individual points they can accumulate to redeem for prizes through Ken Garff Success in Education. These prizes range from gift cards to ski passes when students have earned enough points. Ultimately, we want your students to be on time and in class everyday. We appreciate your support and encouragement in this endeavor!

## HOMEROOM NO CELL PHONE POLICY

We have learned a lot from our neighbors at PGHS as they have launched their no cell phone policy this year. At PG, students are expected to place their cell phones on airplane mode and in a cell caddy when they enter the classroom and leave their phone in the caddy until class is over. Students can access their phones during class breaks and at lunch. Timpanogos is also considering adopting this policy next year. So, we thought it would be a good idea to give this no cell policy a try during Homeroom. We haven't really policed it, and some teachers have been more consistent than others in their expectations. That said, before we adopt a similar policy, we'd like for students to really see for themselves what their participation is like when they are not distracted by their cell phones. Research shows that their phones are away from students, the greater the impact in the classroom. So, as of Tuesday, October 22nd, students will be expected to place their phones on airplane mode and in the phone caddy during the duration of homeroom. They will receive some Ken Garff Success in Education points for doing this each day that can be redeemed for prizes. More information about that is forthcoming. Please note that the expectation for student phones is that they are out of sight during all other classes, but they do not have to be in the cell caddy. That said, students are always welcome to place their phones there if they would prefer in all of their classes. We are anxious to do some action research of our own to inform our school cell policy moving forward.

## WEDNESDAY STUDENT EXPECTATIONS

Just a quick reminder that on early-out Wednesdays all students go to lunch at 12:45 and buses leave at 1:15. Students are permitted to go home during lunch if they don't ride a bus. That said, we have quite a few students who are staying well beyond 1:15. Wednesday afternoons are when our teachers collaborate with each other and with other teachers from across the district. They are not available to students at this time. We appreciate your help and support in making sure your students have rides home and that they clear out of the school in a timely manner.

## DRESS CODE REMINDERS

Alpine School District policy requires all students to conform to dress and grooming standards that avoid extremes and exemplify personal cleanliness. In order to maintain an atmosphere of academic and personal excellence, the dress code of Oak Canyon includes the following requirements:

- Clothing should be appropriate for school and allows for activity associated with it.
- Clothing (articles of clothing, accessories, hats) with words or images depicting drugs, alcohol, weapons, violence, sexual innuendo, and/or vulgarity are not permitted at school.

- Hats are permitted, but if they are being used to conceal a student's face or conceal prohibited items, they must be removed.
- Sleeveless tops with wide straps are allowed; strapless/backless tops, tops that expose a bare midriff when seated, or tops with thin/spaghetti straps are not permitted.
- Shorts and skirts should be at least mid-thigh in length.
- Clothing that does not appropriately cover an individual's person (undergarments and/or any area covered by undergarments) is not permitted.
- Appropriate undergarments and suitable footwear should be worn at all times.
- No display of undergarments.
- No gang related clothing or displays such as baggy pants, hanging chains, gang color displays, slogans, symbols, gestures, etc.
- Face paint is not permitted except for special occasions such as Halloween.

The way we dress at school affects our learning environment. The school administration will make the final determination on clothing, styles, and accessories that may not be appropriate for school.

## HALLOWEEN COSTUME EXPECTATIONS

Students are allowed to dress up for Halloween as per usual. That said, please communicate with your students the following expectations for dressing up:

1. Costumes should be in alignment with the [OCJH Dress Code](#)
2. No weapons (real or fake) are permitted.
3. Masks are not permitted.
4. Face paint is allowed, but should be appropriate for school.
5. Costumes should not prohibit students from participating in regular classroom activities.

## BOYS AND GIRLS BASKETBALL TEAM TRYOUTS

Boys and Girls Basketball Tryouts will be held November 13th, 14th, and 15th. The Girls will be from 1:30-3:45 on Wednesday and 2:20-4:10 on Thursday/Friday. The Boys will be from 3:45-6:00 on Wednesday and 4:10-6:00. There are posters around the school with a QR code that can be used to sign up. Please reach out to Coach Baller or Coach Holmes with any questions. **IN ADDITION, WE ARE STILL LOOKING FOR A HEAD COACH FOR THE GIRLS' TEAM. IF YOU OR ANYONE YOU KNOW IS INTERESTED, PLEASE CONTACT Benjamin Abrams .**

## 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](#).

## LAST CALL FOR REFLECTIONS ENTRIES!

### WHY ENTER?

Express your creativity!  
Winners from our school receive CASH prizes, and go on to higher levels to compete!

You don't have to win to receive prizes! Just for entering, you will get coupons from these sponsors:

- Chick Fil A
- Color Me Mine
- Culvers
- Fiiz
- Swig
- Hale Center Theater
- Menchies
- Taco Amigo
- Texas Roadhouse
- A Free Sucker
- And more!

### REFLECTIONS® 2024-25 CALL FOR ENTRIES!

**ACCEPTING IMPERFECTION**

Dance Choreography
Film Production
Literature
Music Composition
Photography
2D and 3D Visual Arts

All entries win coupons and prizes

Learn more and enter online:  
[utahpta.org/ref](http://utahpta.org/ref)

Oak Canyon Deadline: Wednesday, October 23

### HOW DO I ENTER?

Visit [utahpta.org/ref](http://utahpta.org/ref)  
(or use the QR Code Below) to see rules/ information for each category and to submit your entry.

**ENTRY DEADLINE:**

**October 23**

## COMMUNITY ANNOUNCEMENTS

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

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

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](mailto:jjensen@lindon.gov)

TIMPANOGOS HIGH SCHOOL AND LINDON CARES

present

## TABLE TALKS

FREE LUNCH & GIVEAWAYS

FOR PARENTS & CAREGIVERS

**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!

**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:

