

PRINCIPAL'S NEWSLETTER MARCH 10, 2025



EVENTS 3/10-3/23 (SCHOOL EVENTS, PTA EVENTS, HOLIDAYS)

3/10-3/16 (B-WEEK)

3/17-3/23 (A-WEEK)

<p>Term 4 Essential Guiding Question: How Can I Make a Difference?</p> <p>Homeroom: Regulating Emotions</p> <p>10 Teacher PD Day--No Students</p> <p>11-12 State Orchestra Festival</p> <p>11 TSA eSports to U of U 7:45-2:15</p> <p>11 Student Voice to Lifting Hands Int. 9:00-1:00</p> <p>11 Incoming 7th Grade Registration Night 3:00-6:00</p> <p>11 ASD Board Meeting 6:00 @ District Office</p> <p>12 A/B Day (See Bell Schedule Below)</p> <p>12 Ballroom 1:25-2:40</p> <p>12 Whole School Collaboration 1:30-3:30</p> <p>13 Student Council Election Parent Mtg. 2:15-3:15</p> <p>14 Orchestra Spring Conference 6:00 in the Aud.</p> <p>15 Utah PAS Day of Percussion</p>	<p>Term 3 Essential Guiding Question: How Can I Make a Difference?</p> <p>Homeroom: We Engage, Connect, and Contribute to the World</p> <p>17 St. Patrick's Day</p> <p>17 TSA to State Competition 7:45-12:45 @ UVU</p> <p>17 Advanced Orchestra Festival 9:15-2:00 @ OJH</p> <p>17 Timpanogos Freshman Expo 6:00-8:00 @ THS</p> <p>18 Intermediate Orchestra Festival 9:15-2:00 @ OJH</p> <p>19 Eagle of the Month 9:00 in the TLC</p> <p>19 PTSA Meeting 9:30-10:30 in the TLC</p> <p>19 Ballroom 1:25-2:40</p> <p>19 Oak Canyon's Got Talent 7:00-9:00</p> <p>20 Choir Concert for Encore 9:00-2:00</p> <p>20 PG High Registration Assembly 9:30-10:30</p> <p>21 District Orchestra Festival</p> <p>21 Student Council Applications Due</p>
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PRINCIPAL'S MESSAGE

After spending 11 years as the principal of Lindon Elementary as the sole administrator, it has been a gift to work



with an administrative team. We each have different experiences in education that when combined make for a K-12 perspective as well as an impressive resume of skills and strengths. This week's newsletter message comes from Mr. Abrams. Mr. Abrams spent a good portion of his career in an alternative education setting. He worked as a teacher and an administrator at Summit, and then spent 8 years as an assistant principal at Lehi High School. He's the most competitive person you'll meet, loves a good prank, enjoys the great outdoors and family time.

"As spring has arrived, bringing with it warmer days and blooming flowers, it's the perfect time to remember to take care of yourself during this busy season. With state tests approaching, make sure to get plenty of sleep and stay focused, but also take moments to relax and enjoy the little things. The

end of the year is in sight, so don't forget to have fun, celebrate your hard work, and enjoy the journey. Balance your efforts with moments of joy, and finish strong—there's so much to look forward to!"

Mr. Abrams

NEW INFORMATION

EAGLE SPOTLIGHTS

Student Spotlights:

Students of the Week 3/3: Morgan Harris, Eliza Allen, Arleth Esponda Casas, Zoe Carrizo and Michael Done

Students of the Week 3/10: Maximo Perez Caballero, Will Allred, Lexi Belliston and Caleb Hulsey

Little Miss Lindon 2025:

The Little Miss Lindon Pageant was held at Oak Canyon on Saturday, February 22nd. We had many Oak Canyon students participate, and they represented us well. Congratulations to the following:

Ruby Westover: Little Miss Lindon 2025

Ava Jensen: Little Miss Lindon Attendant

Audrey Sharp: Little Miss Lindon Attendant

Tasia Knapp: Little Miss Lindon Attendant

Hazel Draper: Interview Award Winner

Tatum York: Colleen McMillan Award of Excellence Winner



OCJH Ballroom Team:

On February 22, the Ballroom State championships were held at Cedar Valley High school. Couples from school programs throughout Utah could dance in different events and styles.

- Skyler Haymond and Sophie Smith danced in several categories. They not only danced in their own age group for junior high but were also able to "dance up" in the high school age group.
- They took first place and became State Champions in the following categories:
 - Junior High Syllabus American Foxtrot - 1st (1st from all judges!)
 - Junior High Syllabus Latin Samba / Rumba - 1st

Junior High Syllabus American Cha Cha - 1st

- They placed 3rd in the following events:
High School Syllabus Latin Samba / Rumba - 3rd
High School Syllabus American Cha Cha - 3rd (out of 101 couples)
High School Syllabus American Foxtrot - 3rd
- This last weekend - Level 1 Ballroom danced in Jr High Level 1 Team Match at UVU Ballroom Competition and placed in Silver! We are proud of them!
- Next week - our Level 2 team goes to the Nationals Championships at BYU on Wed. Mar 12th to compete in Junior High Level 2 Team Match and Newcomer Triple Swing!

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>

END OF TERM 3 TARDY INFORMATION

3rd Term report cards will be posted in Skyward on Friday, March 14.

NO TARDY TERM 3 WINNER--WATER POD

Weekly Stats:

Pod	Term 3	Standing
Water	98.88%	1 st
Earth	98.48%	4 th
Air	98.83%	2 nd
Fire	98.55%	3 rd
Grand Total %	98.69%	

INCOMING 7TH GRADER REGISTRATION NIGHT--3/11/25

On Tuesday, March 11th, from 3:00-6:00, incoming 7th graders are invited to come to the school to turn in their registration packets. Counselors will be on hand to answer registration questions. Mr. Roberts will also be available just outside of the Cafeteria with instruments your student can try if they are interested in trying out a band class next year!

BELL SCHEDULE FOR A/B DAY ON 3/12

On Wednesday, March 12, there will be no testing. Just an 8 period day with 33 minute class periods, 5 minute passing periods, and one common lunch at the end of the day at 12:45. UPDATED 3/3/25

A1	7:45-8:18	B5	10:16-10:49
A2	8:23-8:56	B6	10:54-11:27
A3	9:01-9:34	B7	11:32-12:05
A4	9:39-10:11	B8	12:10-12:45

Common Lunch from 12:45-1:15

STUDENT COUNCIL ELECTION DATES FOR 2025-2026 SCHOOL YEAR

March 13th-Parent Meeting 2:15 in the Library

March 21st-Student Applications Due

March 24th-Start Putting Posters Up in the Hallway

March 26th-Teacher Evaluations Due

March 27th-Primary Voting in Homeroom/Finalists Announced/8th Grade Rep Winners

April 7th-Videos Due/Hang up Posters on A-frame Boards in Foyer

April 8th-Videos Shown and Voting in Homeroom

April 9th-Interviews

April 11th-Winners Announced

SAFETY MESSAGE FROM ALPINE SCHOOL DISTRICT

Dear Parents and Students,

Thank you for choosing Alpine School District for your children's education. Our top priority is to provide a safe and engaging learning environment for every student and employee. The safety of everyone is a shared responsibility between District and School staff and families. We play a critical role in ensuring the safety of everyone and thus providing a learning environment whereby students can thrive academically, socially, and emotionally. We invite you to partner with us in these efforts by sharing the responsibilities outlined in this safety compact.

We want to share additional information on [Utah Code 53G-8-205](#) - Grounds for suspension or expulsion from a Public School. Schools across the nation are experiencing an increase in incidents where students have brought firearms, airsoft guns, look-alike or toy guns, knives, engaged in acts of violent behavior, and posted threats on social media with the intent to intimidate or harm others. Although many students who have created the potential of unsafe situations claim that they were joking – it is not a joke. We take every threat or the possibility of an unsafe situation very seriously. Alpine District has implemented the CSTAG ([Comprehensive School Threat Assessment Guidelines](#)) threat assessment protocol in all of our schools. This is a structured process used to identify, evaluate, and respond to potential threats of violence, aiming to prevent incidents by taking proactive measures to address concerning behaviors before they escalate into actual violence. This involves gathering information, analyzing the threat level, and implementing appropriate interventions based on the assessment findings. If a student makes a threat involving a weapon, disciplinary action will be taken, which may include suspension or expulsion. We encourage you to discuss the seriousness of these matters with your student.

Invitation

Parents/Guardians

- Dialogue with your student(s) that every student has a right to a safe learning environment.
- Practice with your students how to report to a trusted adult at the school when they hear something that threatens the safety of others.
- Monitor your children's social media posts. If you see something that can threaten your child's or others' safety, please report it to your school's administrator or local authorities.
- Review this school safety invitation with your students.
- Lock up and protect your weapons from student access.
- Talk to your student(s) about the seriousness of making threats involving weapons.

Students

- Report to your parents/guardian or your school's administration if you hear that something is unsafe or that another student is going to harm someone. Students can also make an anonymous report to [SafeUT](#).
- Understand that every threat or the potential of an unsafe situation is taken very seriously, and serious consequences will be applied, including suspension and expulsion when appropriate.
- Social media posts can leave a digital footprint. Post wisely.

Thank you for partnering with us as we work together to keep all of our students safe.

WORLD LANGUAGE WOWS

Our fantastic World Language department has put together a fantastic way to share with faculty and families the amazing things our World Language students and teachers are up to this year. Just click [here](#) to access WOWS!

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](#).**

COMMUNITY ANNOUNCEMENTS

TIMPANOGOS HIGH SCHOOL AND LINDON CARES

present

TABLE TALKS

FOR PARENTS & CAREGIVERS

FREE LUNCH & GIVEAWAYS

WEDNESDAY
MARCH 19TH
12:15PM
MEDIA CENTER

WE WANT YOUR FEEDBACK

THS TECHNOLOGY PLAN PARENT FOCUS GROUP

THS has put together a team to ensure best practices of technology use in the classroom. Come hear from the staff and administration, give feedback, and learn how we can work together for increased student success and connection.

Please RSVP using the QR code or click [HERE](#) for food count

Timpanogos High School PTSA everychild.speaks

LINDON CARES communities that care coalition

TIMPANOGOS

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 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.

GUIDING GOOD CHOICES

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 LINDON CARES communities that care coalition

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

FOOTBALL SUMMER CAMP

MAY 28TH & MAY 29TH
2-4 PM

Timpanogos Youth Football 2-Day Summer Camp! Join us for expert coaching, fun drills, and scrimmages with current high school coaches and players!

Timpanogos High School Football Field
Don't miss the action—level up your game!

REGISTER NOW AT
TIMPANGOGOSYOUTHFOOTBALL.COM

Orem Tiger Youth Football Camp 2025

WHEN: June 1st & 2nd, 10am-12pm
WHO: Ages 8-14
WHERE: Orem High School Football Field
COST: \$70 (early), \$85 the week of camp
WHAT: Agility Drills - Speed Contest - Relay Races - Push Up Contest - Popsicles - Orem FB T-Shirt

SCAN THIS TO REGISTER

QR code for registration

Images: Orem High School Football Field, Orem High School Football Team, Orem High School Football Player, Orem High School Football Tiger

ALPINE SCHOOL DISTRICT **MARCH MENTAL HEALTH SERIES**
EDUCATE • INFORM • EMPOWER

PARENT GUIDANCE ORG. MENTAL HEALTH RESOURCES

Virtual Events! Our focus this month is **ABCs of Substance Use & Vaping**
 Each session is open to everyone. **Tuesday, March 11th**
5:00 pm & 7:00 pm MT

Join any session this month!
Start Times: 5:00 pm & 7:00 pm MT

To Register for ANY topic - scan or go to:
<https://parentguidance.org/mhsindex>

MON	TUE	WED	THU
3 Emotional Regulation: Interrupting Negative Emotions	4 Your Child's Anxiety	5 Body Image - Loving the Skin You're In	6 Understanding Video Game Addiction
10 Why Our Children Self-Harm	11 <i>Watch With Us!</i> 5:00 pm MT 7:00 pm MT ABCs of Substance Use & Vaping	12 Parenting through Anxiety & Depression	13 De-escalating Cycles of Conflict
17 Compassionate Parenting & Self-Compassion	18 Grief: The Healing Process After Loss	19 Everyday Happiness	20 What Parents Need to Know About Suicide Prevention
24 Bullying - Stop the Cycle	25 Building Your Child's Confidence	26 Emotional Regulation: Recognizing What's Wrong	27 How to Motivate Your Child
31 Navigating Divorce When Children are Involved	Or register at https://parentguidance.org/mhsindex For registration support, contact: info@cookcenter.org		Ask A Therapist LIVE Wednesday, March 12th 6:00 PM MT https://cookcenter.info/ATLMar12

Ask A THERAPIST Live
 How to Support your Kids' Mental Health

Live Webinar
CLICK HERE
 to sign up

Wednesday
March 12

8 pm Eastern
 7 pm Central
 6 pm Mountain
 5 pm Pacific


Ask a therapist questions about youth mental health or parenting

Participation is anonymous

Register for the live event to get access to the replay

Answers from Dr. Kevin Skinner
 Clinical Director and Co-Founder of Noble Health and ParentGuidance.org. Dr. Skinner is the author of several books on family relationships.
 His methods are based on his own research stemming from more than 250,000 assessments and over 28 years experience. He is the father of eight children.

Parent Guidance.org



REMINDERS:

2024-2025 STAKEHOLDERS' REPORT

Each year we have the opportunity to share with our community how we are doing as a school. This comes in the form of our Stakeholders' Report. It is a way for us to communicate how our students are doing academically as well as school initiatives and priorities. In this report we are also able to share how we are using our Land Trust monies to forward these initiatives and priorities. Please click [here](#) to see this year's Stakeholders' Report!