

# OCJH PRINCIPAL'S NEWSLETTER

By PRINCIPAL KATE ROSS

FEBRUARY 13, 2023



## EVENTS 2/13-2/26 (SCHOOL EVENTS, PTA EVENTS, HOLIDAYS)

### 2/13-2/19 (B-WEEK)

### 2/20-2/26 (B-WEEK)

- 13 Valentine's Day Dance 2:15-3:15 in the Gym
- 13 Girls' Basketball Tournament @ Lehi Jr. 3:00-4:30
- 13 Boys' Basketball Tournament @ Timberline 3:00-4:00
- 14 Valentine's Day
- 14 WIDA Testing
- 14 District Jazz Festival Hosted by Oak Canyon
- 14 Student Appreciation Suckers from PTSA @ Lunch
- 15 National School Resource Officer Day
- 15 Roberts Band Tour to Elementary Schools
- 17 Teacher Work Day--No Students

- 20 Presidents' Day--No School
- 21 SCC Meeting 2:30-3:30 in the Conference Room
- 22 Orchestra Festival 8:15-1:45 @Lakeridge
- 22 OCJH's Got Talent Practice 12:30-3:30 in the Auditorium
- 22 PG Cares Event 6:00-9:00 @ PGHS
- 23 Student Leadership Coalition in Auditorium Lunches & B7
- 23 Orchestra Tour to Elementary Schools 9:15-1:15
- 23 OCJH's Got Talent Practice 2:30-4:30 in the Auditorium
- 23 Parent Teacher Conferences (by Appointment) 3:00-7:00
- 24 Advanced Orchestra Festival 8:15-1:45 @ Lakeridge

## MESSAGE FROM MRS. ROSS



*It has been an interesting week at Oak Canyon. So many wonderful things to celebrate and some difficult things as well. But first, the CELEBRATIONS!*

- *We would like to congratulate our own Mr. Theron Murphy on his new assignment for the coming school year as the Principal of Timpanogos High School. He will be missed, but what a gift to have him just up the street welcoming many OCJH Eagles to high school!*
- *We would like to congratulate Mr. Ted Hansen, Mrs. Janine Mashburn, and Mr. Lynn Allan on their retirements at the end of the current school year. All 3 have made positive contributions to Alpine School District/Oak Canyon over a combined 103 years of experience. They will be missed!*
- *Last week our Math Club competed in two different math competitions. This week our Boys' and Girls' Basketball Teams will represent us in the ASD tournament. In addition, our Band and Orchestras will be participating in District Festivals and tours to local elementary schools. So proud to have these students represent Oak Canyon! Our 8th Grade ALL US History Students took 2nd place overall last week in the state We The People competition which is a mock hearing about the Constitution and principles of government. Way to go, Eagles!*
- *Last week we were able to recognize Eagles of the month that embody the value of COMMITMENT. Those students are: Ethan Ransom, Kristen Ehat, Alexander Wright, Jaxon Fink, Sara Montoya, April Zimmerman, and Ashlyn Rowley. Thank you to our PTSA for helping us to celebrate these amazing students!*
- *Last week we celebrated National School Counselors' Week! Mr. Bearden, Mr. Johnson, Mrs. Platt, and Mrs. Rhees are the best of the best, and we are so fortunate to work with them! This week we celebrate our School Resource Officer, Officer Curtis Campbell for his stellar service to OCJH!*

*It's important to keep these celebrations and recognitions in the forefront, especially as we contend with some concurrent challenges. Recently we've had a few manifestations of students being unkind to one another--incidents that have taken on a life of their own, and though swiftly and thoroughly handled, spread as rumors throughout the school and the community. We apologize for any upset or anxiety that you or your student might have experienced based on some of the rumors that were circulating. Please note the following protocol in use anytime there is an issue regarding student safety at OCJH:*

- *OCJH proceeds under the guidance of Alpine School District and the Lindon City Police Department in the event of any school safety issue--whether that issue is substantiated or benign.*
- *All threats to student safety are fully investigated as if they are substantiated.*
- *OCJH documents, communicates, and follows district safety policies and protocols for any student safety incident. If consequences are merited, they most certainly will be enforced. That said, student privacy is important for any involved parties; however, please know, just because privacy laws are being observed, that does not mean that safety issues are not being addressed.*
- *Please encourage your student if they see or hear anything of concern to alert a trusted adult immediately.*

*We do not take your trust lightly, and we are committed to being your partners in keeping Oak Canyon a safe environment for students to learn and to grow. While threats to student safety have been unsubstantiated, it is general meanness in word and deed that are most concerning at this time. Students are targeting others with unkind words and plots to make their classmates feel less than, unappreciated, unworthy, and ultimately unsafe. This is not acceptable behavior. Parents, we encourage you to remind your students of the importance of spreading kindness and looking for the best in others. We don't all have to agree, we don't all have to be friends, but we all deserve to be treated with dignity and respect. We appreciate your help and support in this matter as we seek to bring out the best in all members of our school community.*

*Let's make this week a great and KIND one! Go Eagles!*

## **NEW INFORMATION:**

### **FROM THE OCJH PTSA**

#### **Oak Canyon Has Talent Application--LAST CHANCE**

Our PTSA annual favorite "Oak Canyon Has Talent" night will be on Friday, March 17! Applications and audition videos are due online by MONDAY night (2/13). 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!

#### **Valentine Treats**

The PTSA is handing out a treat to each student on Tuesday, Feb. 14 during lunchtime! Stop by the PTSA table to get yours. We love our Oak Canyon students!

### **BOYS AND GIRLS BASKETBALL TOURNAMENT INFORMATION**

We are THRILLED to report that both our Boys' and our Girls' Basketball teams will be participating in the post-season basketball tournament with games on Monday, February 13! The girls' team will play Lehi Jr. @ Lehi Jr. and the boys' team will play Timberline @ Timberline at 3:00 respectively. Send your good thoughts and well wishes along to our players and coaches! Go Eagles!

# VALENTINE'S DAY WEEK FESTIVITIES

This week we will be celebrating Valentine's Day with a dance and spirit days. Here is the rundown:

Monday, February 13: Show Your Love for Comfort Day (Pajamas/Sweats/Comfy Clothing)

Monday, February 13: School Dance 2:15-3:15 in the Auditorium

Tuesday, February 14: Wear Pink/Red/Hearts

Wednesday, February 15: Dress to Impress

Thursday, February 16: Dress Like Your Best Friend

**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 please remind your students that Valentine's gifts should be given outside of school.**

# OCJH PARENT/TEACHER CONFERENCES 2/23

Just a quick reminder that we have our winter Parent Teacher Conferences coming up on Thursday, February 23 from 3:00-7:00 PM. The format for this evening will be by appointment only scheduled by parents between 3:00-7:00 PM. We will be using the **scheduling feature in Skyward** for parents to schedule appointments. between Tuesday, February 14 and Tuesday, February 21. Please click on the following link for a tutorial on scheduling appointments in Skyward. Please note that this feature will not be available until Tuesday, 2/14.

# UPCOMING COMMUNITY EVENTS FOR PARENTS

**PG CARES COMMUNITY CONNECTION EVENT**

## UNTANGLING TEENS & TECH

WITH **ANDREA DAVIS**, Author of *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  
300 E. 200 S. PLEASANT GROVE

**6:00pm** doors open—visit resource booths & enjoy refreshments  
**8:00pm** presentation starts  
**9:00pm** resource booths close

First 100 people to arrive get a family package of PG-famous Care's Cookies

**RESOURCE BOOTHS**

- Provo Canyon Behavioral Health
- Utah County Health Department (SafeKids.org)
- Digital Response Ability (Prep4U.com)
- Peak Psychology
- Ho Educ
- Summit Counseling Solutions
- Center for Change
- American Fork Communities that Care
- Agape
- The Sharing Place
- 481U Comprehensive Clinic
- Addict to Abide
- Christofamilies
- Family Haven
- and more!

THANK YOU TO OUR SPONSORS: PEAK PSYCHOLOGY, FOCUS, PERSEY, TOYOTA, BIG-D, PG CARES, SAGE DEER

## TEEN/ADOLESCENT COPING SKILLS

A CLASS FOR TEENS TO LEARN TO DEAL, 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 LINDEN RECREATION WEBSITE: [LINDENRECREATION.ORG/REGISTRATION](http://LINDENRECREATION.ORG/REGISTRATION)

\$50 FEE INCLUDES ALL TO CLASSES

THANK YOU TO OUR SPONSORS: PEAK PSYCHOLOGY, FOCUS, PERSEY, TOYOTA, BIG-D, PG CARES, SAGE DEER

**Mental Health CRISIS:**

There are specific mental events taught so that we all have healthy outlets to manage stress. The community center recognizes the urgent need for teens to find solutions to regulate emotional needs. With this in mind, we've created a new class which offers practical and effective coping strategies.

**Behavioral THERAPY:**

A Certified Recreational Therapist Specialist (CRTS) will teach this class. Using evidence based practice, participants will learn to implement coping skills to use daily when feeling overwhelmed. Find connection and trust in relationships, and explore meaningful ways to spend time.

**JILLIAN SEIDERBERG**

Just finished CRTS for over 12 years working in various mental health positions in psychiatric hospitals, and currently working for a sleep therapist program to help teens identify harmful sleep patterns and create new healthy emotional habits.

## 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**

Take part in a **FREE 8-week Family Life Education Course** with the **UJV 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:
Tuesday Night: Orem Jr. High 6:30-8:00 pm <b>*Whole Family</b>	• Healthy Patterns of Communication
Tuesday Night: UJUV Campus SFP House 6:30-8:00 pm <b>*Parent Only Spanish</b>	• Family Interpersonal Skills
Thursday Night: Early Learning Essentials 6:30-8:00 pm <b>*Whole Family, only for families enrolled with ELE</b>	• 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](http://www.uvu.edu/sfp)  
[www.facebook.com/UJUVStrongerFamiliesProject](https://www.facebook.com/UJUVStrongerFamiliesProject)

# REMINDER--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\\_eb4C4AiQmEDnT80](https://alpineschools.az1.qualtrics.com/jfe/form/SV_eb4C4AiQmEDnT80)

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

## REMINDERS:

### STAKEHOLDERS' REPORT 22-23

Please take a moment to review the 22-23 OCJH Stakeholders Report by clicking on this [link](#).

### 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

Hannah Sanders

Curtis Nguyen

Trevor Kunkel

Mike Redford

### 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](#)