

# PRINCIPAL'S NEWSLETTER

FEBRUARY 19, 2024



## EVENTS 2/19-3/3 (SCHOOL EVENTS, PTA EVENTS, HOLIDAYS)

2/19-2/25 (A-WEEK)

2/26-3/3 (A-WEEK)

Homeroom: Perfectionism vs. Excellence

19 Presidents' Day--No School

20 SCC Meeting 2:30-3:30 in the TLC

22 Parent/Teacher Conferences 3:00-7:00

23 State Jazz Festival

Homeroom: Celebrating Strengths of Self and Others

26 Spanish 3 to BYU Museum of Art 9:15-12:15

27 Choir Concert 5:00-8:00 in the Auditorium

29-1 District Symphonic Band Festival

29 Band Concert 6:00-7:30 in the Auditorium

1 First Day of Women's History Month

## PRINCIPAL'S MESSAGE



*This week we have MUCH to celebrate! So many Oak Canyon students demonstrating their character and doing incredible things. **First**, our February **Eagles of the Month** are Brinley Turnbow, Emmie Isom, Tillie Wallin, Bailey Williams, and Olivia Gaskin. These students were selected by their math teachers for demonstrating impeccable character.*



the

*Canyon Students competed in the district **STEM Fair** on February 15! They've all worked very hard on their projects over the past 5 months and did very well explaining them to judges. Davis Adair, Jenny Hicken, and Jacob Alton*



***Second**, five Oak Canyon Students competed in the district **STEM Fair** on February 15! They've all worked very hard on their projects over the past 5 months and did very well explaining them to judges. Davis Adair, Jenny Hicken, and Jacob Alton competed in the junior 7-8th grade division and Miles Larsen and Miles Belnap competed in the senior 9-12th grade division. Davis Adair, Jenny Hicken, and Jacob Alton all moved on in the junior division to compete at the Central Utah STEM Fair in March!*

***Next**, we have individual student achievements to celebrate!*

*Congratulations to **Ben Belliston** for recently completing a marathon! He is currently training for a 50 mile ultra marathon, which is very far, and will probably take an entire day. Go Ben! **Gus Higgins** was one of only four freshman to qualify from Mountain View High for the State Championship for wrestling! Gus*



participated in the state tournament this past weekend--well done, Gus!



And **finally**, we'd like to congratulate our **OCJH Boys and Girls Basketball teams, players, and coaches** for an outstanding season. Both teams made incredible progress to make it to the district semi-finals games. It has been fun to watch you play and to give your best effort



game after game. It has been a pleasure to cheer for you and watch you grow. We'd also like to acknowledge our awesome cheering section! We were able to bring over 60 students on the **Spirit Bus** to both games to cheer on our Eagles! Way to go, Oak Canyon! It is an honor to cheer all of you on!



## NEW INFORMATION

### FROM THE OAK CANYON PTSA

**OAK CANYON'S GOT TALENT--SAVE THE DATE:** Our annual Oak Canyon's Got Talent event is coming up on Friday, March 8 at 7:00 PM! We hope to see you there!

**EAGLE CARDS ON SALE NOW!** Eagle cards are on sale for the rest of the year. They will be \$7 now instead of \$10 and you can buy them at the finance office or at PTSA meetings. There are awesome deals to be had, so spread the word!

**OAK CANYON PTSA OPPORTUNITIES FOR 2024-2025:** We are looking to involve and recruit great parents and families who are joining OCJH! As a PTSA we are involved in a lot of purposeful, meaningful, and super fun things at the school and we are always looking for great help!

### PARENT TEACHER CONFERENCES, THURSDAY, FEBRUARY 22ND

**Parent Teacher Conferences are this Thursday from 3:00-7:00 PM.** We invite all to stop by and discuss the progress made by your students this year. Some teachers will observe an open house format, while others will be



meeting with parents who have signed up for appointments. If you are unsure if you need to schedule an appointment with certain teachers, please feel free to reach out to those teachers. We welcome this opportunity to come together in partnership to end the 23-24 school year strong!

## 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>

## LINDON CARES COMMUNITY EVENTS

### Teen Coping Skills Class

Come learn stress management, social skills, and communication in fun and engaging ways.

Jan 23- Feb 22  
Tuesdays/Thursdays  
Age 12 and up, 5-6pm

Class is FREE!  
Sign-up online at [lindonrecreation.org](http://lindonrecreation.org)  
Taught by a Recreational Therapist





**LINDON CARES**  
communities that care coalition

### TIMPANOGOS HIGH SCHOOL AND LINDON CARES

present

## TABLE TALKS

FOR PARENTS & CAREGIVERS

FREE LUNCH & GIVEAWAYS

WEDNESDAY FEB 28

WEDNESDAY MAR 20

Please RSVP using the QR code for food count



**saprea**

TEACHING YOUR CHILD CONSENT

Consent is about so much more than sex. Practicing and honoring consent is essential to navigating relationships and interactions throughout life. This discussion explores the powerful principles of consent and how they can help us empower children, foster healthy relationships in our families, and reduce the risk of sexual abuse.

Allan Paule has been a licensed clinical mental health counselor for over 15 years. He has extensive training in MI, DBT, TF-CBT and EMDR. He has a strong interest in working with teens and college age adults as these are challenging and unique transition phases.

**12:15PM MEDIA CENTER**



### Strengthen Your Relationships

## FREE WORKSHOP

for parents of kids aged 9-14



**GUIDING GOOD CHOICES**

- Dinner for the whole family
- \$50 gift basket
- \*Must be able to attend all 5 sessions
- Childcare for ages 8 and under
- Activities for ages 9 and up

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

Jan. 22 Jan. 29 Feb. 5  
Feb. 12 Feb. 26

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.

THIS NO-COST WORKSHOP IS SPONSORED BY **LINDON CARES**  
communities that care coalition

Questions? Contact Jamie 201.755.7286 [jjensen@lindoncity.org](mailto:jjensen@lindoncity.org)



## PG CARES COMMUNITY EVENTS

### PGCares

## Save the Date



**BEN KJAR**  
World Wrestling Champion & International Public Speaker

For Adults & Teens

### Community Connection Event

Pleasant Grove High School Auditorium

Wed. Feb. 21st at 7pm

RESOURCE Booths & REFRESHMENTS in the PGHS Common Area starting at 5:30pm

All attendees will be entered to win prizes from PG Cares!

### ¡FORTALEZCA TUS CONEXIONES!

## TALLER GRÁTIS

para padres de niños desde los 9 a los 14 años

Guiding Good Choices es un programa nacional con fundamentos científicos para padres que tienen hijos en el 4º al 9º grado. Durante cinco semanas, aprenderás como:

- fortalecer los vínculos familiares
- mejorar la comunicación
- manejar mejor el conflicto
- ayudar a tus hijos evitar la conducta riesgosa

**GUIDING GOOD CHOICES**

### EL TALLER GRÁTIS INCLUYE:

- ✓ Cena para toda la familia
- ✓ Cesta de regalo al valor de \$50\*
- ✓ Guardería para los niños menor de 8
- ✓ Actividades para los niños mayor de 9

\*Se requiere asistencia a todas las cinco clases

**LOS MARTES 6PM-8:30** en el PG Rec Center

20 FEB 27 FEB  
5 MAR 12 MAR  
19 MAR

## INSCRÍBETE AHORA

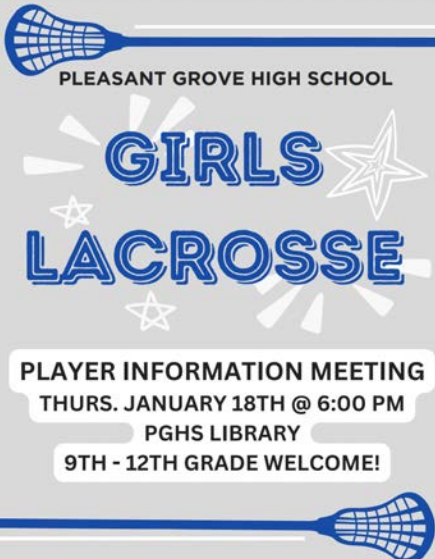


THIS NO-COST WORKSHOP IS SPONSORED BY **PGCares**

Questions? Contact Jamie 209-453-0367 [jjensen@lindoncity.org](mailto:jjensen@lindoncity.org)

**PGCares**

## OTHER FAMILY/STUDENT OPPORTUNITIES



PLEASANT GROVE HIGH SCHOOL

**GIRLS  
LACROSSE**

**PLAYER INFORMATION MEETING**  
THURS. JANUARY 18TH @ 6:00 PM  
PGHS LIBRARY  
9TH - 12TH GRADE WELCOME!



**TIMPANOGOS**  
TIMBERWOLVES

**SPRING  
WRESTLING**

March 1 - May 17

Programs for 1st  
through 8th grade

Beginning and advanced classes  
available. Class schedule, cost, and  
registration available at  
[www.timpanogoswrestling.com](http://www.timpanogoswrestling.com)

**Hablamos Español**



Take part in a FREE 8-week  
Family Life Education Course with the  
**UVU 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 locations in Utah County.  
**Classes begin the week of Jan. 29<sup>th</sup> and are held one evening per week through Mar. 28<sup>th</sup>**

Classes are for the entire family.  
Sessions fill up quickly and space in the program is limited.

Spring Sessions:	Covered Topics:
<b>Tuesday Night:</b> Orem Jr. High 650 W. Jaguar Ave., Orem 6:30-8:00 pm  <b>Thursday Night:</b> UVU Campus SFP Bldg. 1140 S. 400 W., Orem 6:30-8:00 pm	<ul style="list-style-type: none"> <li>• Healthy Patterns of Communication</li> <li>• Family Interpersonal Skills</li> <li>• Conflict Resolution</li> <li>• Emotional &amp; Mental Health</li> <li>• Positive Discipline</li> <li>• Problem Solving</li> <li>• Goal Setting and Achievement</li> <li>• Anger Management</li> <li>• Establishing Family Values</li> </ul>

Apply at: <https://www.uvu.edu/sfp/apply/>

[strongerfamilies@uvu.edu](mailto:strongerfamilies@uvu.edu) • 801.863.7235 • [www.uvu.edu/sfp](http://www.uvu.edu/sfp)  
[www.facebook.com/UVUStrongerFamiliesProject/](http://www.facebook.com/UVUStrongerFamiliesProject/)

### FREE ZOOM MENTAL HEALTH PARENT NIGHT (BULLYING - STOP THE CYCLE)

The ASD Student Support Services Department is partnering with the Cook Center for Human Connection to present a series of courses to support parents. These courses will be held virtually over Zoom, and the next course, "Bullying - Stop the Cycle," is scheduled for Thursday, February 20 from 6:30-7:30pm. Parents can pre-register for the [ENGLISH](#) and [SPANISH](#) courses. [CLICK HERE](#) for more information.

### TIMPANOGOS GIRLS SOCCER

Parent / Player Meeting

Monday March 4, 2024 @ 7 pm

THS Little Theater

Come meet the Coaching Staff & learn about Summer camps, Conditioning, and Fall Tryouts!

Questions? Contact Robyn Bretzing / [rbretzing@alpinedistrict.org](mailto:rbretzing@alpinedistrict.org)

### TIMPANOGOS HIGH SCHOOL FRESHMAN VOLLEYBALL TRYOUTS

Who: Boys grades 6th-9th

When: March 4th and 5th from 6:30-8:30pm

Where: Timpanogos High School Gym

Questions? Contact Aubrey Woahn 801-850-8110 or text @e28h3f46 to 81010



# REMINDERS

## PRE-SEASON TRACK OPPORTUNITY FOR STUDENTS

Pre-season track is underway! Join us Tuesdays and Thursdays 2:30-3:30 meeting in the weight room. Click on the following link for more information!

[https://docs.google.com/document/d/e/2PACX-1vSwyvetfFFLvsqgFrqfUTmw2nvvvVKD5hxOjP6iPz\\_pwtbseEuUil9IFB7Wzgz23mwJpH-2ktfTb9S1/pub](https://docs.google.com/document/d/e/2PACX-1vSwyvetfFFLvsqgFrqfUTmw2nvvvVKD5hxOjP6iPz_pwtbseEuUil9IFB7Wzgz23mwJpH-2ktfTb9S1/pub)

## STAKEHOLDERS' REPORT 2023-2024

Each year we are required to create a Stakeholders' Report to inform our school community and patrons about how we are doing as a school--our priorities, progress, and school community council information (goals, budget expenditures, membership, meetings). This will be sent to patrons electronically on Monday; however, you can access it by clicking [here](#).

## OAK CANYON TSA--FROM MR. REDFORD

Our school Technology Student Association (TSA) club is getting ready for our state competition. There are over 30 competitions for you to compete in. 9th graders who place 1st at the state competition will be invited to compete in the National Competition this summer in Orlando Florida. Come see Mr. Redford if you have any questions. We meet in room F115 on Thursdays from 2:30-3:30. Hope to see you there.

## ASD RISE NOMINATIONS

Do you know a teacher or school employee who is Remarkable, Inspiring, Selfless, and/or Encouraging? Nominations are now open for the [2023-2024 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.

## UTAH JAZZ/INSTRUCTURE NOMINATIONS

Nominations are now being accepted for the Utah Jazz MVE (Most Valuable Educator) Award. If there is an #ASD educator who has had an impact on your student, please nominate them [HERE](#). Each honored educator will be a guest of Instructure at a game and will receive a personalized Jazz jersey. In addition, they will receive a \$1,000 classroom grant and a surprise classroom visit or organized assembly involving the Jazz Bear mascot and personnel from the Utah Jazz and Instructure. We have AMAZING teachers!!