

PRINCIPAL'S NEWSLETTER SEPTEMBER 23, 2024



EVENTS 9/23-10/6 (SCHOOL EVENTS, PTA EVENTS, HOLIDAYS)

9/23-9/29 (A-WEEK)

9/30-10/6 (B-WEEK)

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

Homeroom: We Are People of Character and Integrity

23 Ballroom 2:25-3:30

23 Cross Country Meet at Oak Canyon 5:00-6:00

24 Hall's Class to Jack and Jill Bowling 11:30-1:30

24 ASD Board Meeting 6:00 @ District Office

25 Ballroom 1:25-2:40

25 Cross Country Meet 5:00 @ Mountain Ridge

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

27 PTSA Sponsored Fun Friday Lunch Activities

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

Homeroom: We Engage and Value Multiple

Perspectives as We Seek to Understand

30 Drama Field Trip to Lake Mountain 8:45-1:20

30 Ballroom 2:25-3:30

2 Ballroom 1:25-2:40

2 Cross Country Championships @ Art Dye 3-6 PM

4 **Teacher Work Day--NO STUDENTS**

PRINCIPAL'S MESSAGE



Last week, we had a safety scare at Oak Canyon. A threat of school violence was spreading on social media across the country, and it made its way to our school. We had students and parents reporting this threat to us en masse. I want to thank everyone that reported this to us--that is exactly what should have happened. Working in partnership with the Lindon Police Department, we were able to ascertain quickly that the threat of school violence on social media was not directed at Oak Canyon, nor did it originate in Utah. In fact, this particular threat had been making the rounds via social media for about two weeks. We are grateful to the Lindon PD for helping us get to the bottom of this situation, and also for their willingness to be available on-site to help students feel more safe and secure. We sent out a quick email to parents to

let them know what was going on, and we also made a quick announcement to the students that there was no credible threat in the building. Within 5 minutes of the announcement/email everything completely calmed down. It was a sobering reminder of the trust that families and students place in us to keep everyone safe. It is a huge job, especially in the day and age in which we live. We all have a role to play in school safety. This was a perfect example of how all members of our school community were able to do their part to address a safety concern in a timely manner. Well done, Eagles. Together we make Oak Canyon pretty awesome! Keep up the good work,

Mrs. Ross

NEW INFORMATION

STUDENT RECOGNITIONS AND SPOTLIGHT

Last week, we were able to recognize our September students of the month. The following students were selected by the Performing Arts Department for exhibiting excellent character: (from left to right) Naomi M., Spencer L., Emmett L., Laura R., Cannon W., and Mrs. Ross (not pictured Lydia M.).



Student Spotlight: Rudy Escobedo

Rudy recently participated in the Intermountain Hoop Dance Competition. He has been learning and practicing this Native American Dance since he was five. This was his first time performing it for a competition and he took third place. Excellent work, Rudy!

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>

PICTURE RETAKES--9/25

For any students that did not have pictures taken in August, retakes are coming up next Thursday, 9/25. Please plan to have your picture taken for the website and the yearbook!

PARENT TEACHER CONFERENCES 9/26

Just a quick reminder that we have our fall Parent Teacher Conferences coming up on Thursday, September 26 from 3:00-7:00 PM. The format for this evening will be Open House from 3:00-7:00 PM. If you need more time with


a teacher than for a brief check in, please reach out to the teacher directly to find a time to properly address your student's needs.

PARENT CHROMEBOOK SUPPORT PRESENTATIONS 9/26 DURING P/T CONF.

Our fabulous Innovative Learning Coach, Dr. Michelle Jensen, will be on hand in the Library during Parent/Teacher conferences on 9/26 to provide support for parents concerning student Chromebooks. If you have questions about these devices, or would like to better utilize safety tools like Blocks!, come to one of the 15-20 minute presentations in the library while you are here to visit teachers! Presentations will be at 3:30, 4:30, 5:30, and 6:30.

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

OCJH PTSA
Discount Card

EXPIRES AUG 31, 2025

Amy Erekson Flowers Text 801-473-3715 \$5 Off a corsage/boutonniere set for School Dance	1 2 3
Baskin Robbins 210 North State Street, Orem Buy one scoop get second scoop free	Unlimited
Busy Biddy 609 W 1600 N, Orem 20% Off any item	1 2 3
Chubby's 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
Costa Vida Utah County Locations 20% Off Order	1 2 3
Crossfit XD 346 E State Rd, PG Buy one month teens class get 1 month free (New customer)	1
Crossfit XD 347 E State Rd, PG Buy two months unlimited get 1 month free Adults (New customer)	1
Culvers Orem Location BOGO Free medium concrete (equal or lesser value)	1
Fat Cats 2-4-1 Games (before 6:00 pm)	Unlimited
Fidjiti Print Shop fidjiti.com or text 801-380-5553 - Open late! 25 Free One-Sided Black & White Printed Business Cards or \$5 Off (New Cust.)	1
Fiiz 163 North State Street, Lindon BOGO 50% off Drinks (Lindon location only)	1 2 3 4 5
Firebird Pizza 340 S Main St. PG Buy 1 personal pizza & 2 drinks, get 1 personal pizza free	Unlimited
Friends Gas Station 95 W Center St, PG & 171 N Main St., Springville Buy 10+ gals of gas, get a free 32 oz fountain drink	Unlimited
F45 259 N 290 W, Lindon 50% off first month	1
Iceberg 1757 W State, PG Free French Fry w/ Shake Purchase (PG location)	1 2
Iceberg 1758 W State, PG \$2 off any Meal (Only one per visit) (PG location)	1 2
Jack & Jill 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
JCW All Locations BOGO Burger (Of equal or lesser value)	1 2 3
Minuteman Press 934 N State St, Orem 20% off In House printing service	Unlimited
Oil Rig Automotive Orem, Provo, & Salem Locations \$15 off Full Service Oil Change	1 2 3
Pizza Pie Café 573 W 1600 N, Orem (Orem Location Only) BOGO Buffet w/purchase of 2 Med Drinks (cannot be combined w/ other offers)	Unlimited
Pizza Pie Café All Locations Student deal is \$10 for Buffet w/ Drink	Unlimited
Rad Tag 2415 W 700 S Suites L & M, PG Buy a laser tag session, get 25 free arcade tokens.	1
SnoCoa 315 N State St, Lindon BOGO 1 Free Small Shave Ice or Hot Cocoa. (Max. \$3 Off per Visit)	1 2
Stretch Zone University Mall, Orem or Draper One Free Range of Motion Assessment and 30 minute practitioner assisted stretch session	1
Taco Amigo Orem & PG Locations Only Buy a Bean Burrito & Drink, get a second Bean Burrito free	Unlimited
Tagg & Go Car Wash Lindon Location \$5 off a Platinum Wash	1 2
Wok the Line 1865 W PG Blvd, PG Free Egg Rolls w/ any purchase over \$10	Unlimited

-Also, PTSA meetings will be held every third Wednesday from 9:30-10:30 in the TLC. All are welcome to attend.

-Our PTSA is sponsoring a Fun Friday this week for students during both lunches! See more info below:

FUN FRIDAY

SEPT 27TH
DURING LUNCH!

Soda can and a large
airhead for \$1.00



Suckers for sale



Yard Games and Music

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](#)

NATIONAL PTA
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

Oak Canyon Deadline: Wednesday, October 23

Fall CHARITY EVENT
Saturday, October 12th
\$30,000 in Outlet store Gift Cards will be given away!

- Win Gift Cards
- Get Exclusive Store Discounts
- Play Family Fun Carnival Games
- Take Home a Goodie Bag and So Much More!

Purchase Your Ticket Today

Event Proceeds benefit participating ALPINE SCHOOL DISTRICT SCHOOLS

BIG JACK
Gives Back

Outlets
at TRAVERSE MOUNTAIN

OutletsAtTraverseMountain.com

WE ARE HIRING!!

If you, or someone you know is interested in working in our Life Skills classroom with Mrs. Hall, we are currently looking to fill a 29-hour a week paraeducator position. Please visit the Alpine School District website to view and apply for the available position, or inquire directly about the position by emailing [Kate Ross](mailto:Kate.Ross@alpine.k12.co.us).

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.**

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

LADYVIKINGSBANTAM@GMAIL.COM



PARENT MEETING @
BEGINNING OF TRYOUTS 6:00

**PG GIRLS
BANTAM
TRYOUTS**

SEPT 30TH, A GYM 6-7:30PM
OCT 1ST, VALHALLA 6-7:30 PM



OAK CANYON
OFFICIAL ONLINE SHOP



**BACK-TO-SCHOOL
SALE**



**30% OFF
SITEWIDE!**

FREE SHIPPING
ON ORDERS
OVER \$75

AUGUST 20TH - SEPTEMBER 24TH
ORDER AT: [1STPLACE.SALE/96042](https://1stplace.sale/96042)

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



**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**.

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



Sign up now!



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

FOR PARENTS & CAREGIVERS



**WEDNESDAY
OCTOBER 9TH**

KIM WILSON, NTP

**WEDNESDAY
NOVEMBER 13TH**

JILLIAN SEDERBERG, CTRS

**12:15PM
MEDIA CENTER**



**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!



Please RSVP using the QR code for food count



**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.



**Pleasant Grove HS Girls Lacrosse
Fall Ball**

September 3rd through October 24th
Practice is Tuesday, Wednesday and Thursday from 4:30 to 6:30
Valley View Elementary - 941 Orchard Dr.



Join us for a fun Fall lacrosse season. This is for new and returning players grades 9 through 12 in Pleasant Grove High School Boundaries.

We have equipment to use for any girls wishing to try for the first time. Cost is 150.00 payable to PGHS
Contact Coach Ryan with any questions
rvansulz@alpinedistrict.org or 801.830.1923



**CLUB V SOUTH
VOLLEYBALL**

308 S 1250 W, Lindon, UT 84042

FREE VOLLEYBALL SKILLS TRAINING



Club V South is hosting a **FREE** volleyball training for **BEGINNERS!!!**

Where:

Club V South- **LINDON**
308 S 1250 W, Lindon, UT 84042

Club V South- **HIGHLAND**
5342 W Pkwy E Dr, Highland, UT 84003

Sept. 14 LINDON	Sept. 14 LINDON	Sept. 18 HIGHLAND
9:00 AM - 11:00 AM	4:00 PM - 6:00 PM	2:00 PM - 3:30 PM
1st - 5th Grade	6th - 8th Grade	1st - 5th Grade

Scan QR code for more details and to register



LINDON REGISTRATION



HIGHLAND REGISTRATION

Or check out our website to register
clubvsports.com/south-region-volleyball

Contact: Kealani Kukahiko, Volleyball Youth Director
Ph: 404-805-2923 Email: kealani@clubvsports.com


REMINDERS:

SCHOOL FEES

Fees are now available to pay on myschoolfees.com. If your student will be making changes to their schedule we suggest you wait to pay for fees until their schedule has been finalized. Fee waiver applications are available on our website, at the district's website, or at the finance window. Fee Waiver applications, along with supporting documentation, are due by Sept 30, 2024. Please reach out to the finance office via email at jhoyal@alpinedistrict.org or by phone 801-610-8141 with any questions. Thank you!

24-25 BELL SCHEDULE--WEDNESDAY EARLY OUT CHANGES

There is one major change to our bell schedule this year: lunch on early out Wednesdays will come at the end of the day, and there will only be one lunch on Wednesdays. Class will adjourn at 12:45 and lunch will go from 12:45-1:15. Buses will depart from the school at 1:15. If students do not want to stay for lunch on campus, they can be picked up or walk home after 12:45. Please note the updated bell schedule and teacher lunch assignments for the year.

 BELL SCHEDULE MONDAY, TUESDAY, THURSDAY, FRIDAY	
A1/B5	7:45-9:01
HOMEROOM	9:08-9:35
A2/B6	9:42-10:58
1ST LUNCH	
LUNCH	10:58-11:29
A3/B7	11:36-12:52
2ND LUNCH	
A3/B7	11:05-12:21
LUNCH	12:21-12:52
A4/B8	12:59-2:15
BELL SCHEDULE WEDNESDAY EARLY OUT DAY	
A1/B5	7:45-8:54
A2/B6	9:01-10:10
A3/B7	10:17-11:26
A4/B8	11:33-12:45
LUNCH	12:45-1:15

A-DAY LUNCH SCHEDULE			
FIRST LUNCH		SECOND LUNCH	
Adamson	Miller	Allphin	Roberts
Allan	Monson	Baller	Robinson
Andrus	Moorehead	Bench	Sanders
Bethel	Otterson	De La Cruz	Seminary
Blake	Prestes	Ecalono	Smith
Braswell	Rawson	Escobedo	Sparks
Graham	Redford	Fuller	Stone
Hall	Robison	Jorgensen	Torrence
Hardy	Seastrand	Kunkel	Van Komen
A. Holmes	Shumway	Lamoreaux	White
Lister	Taylor	Meinzer	
Marshall	Thomas		
Mather			
B-DAY LUNCH SCHEDULE			
FIRST LUNCH		SECOND LUNCH	
Adamson	Mather	Allphin	Kunkel
Andrus	Miller	Baller	Meinzer
Bethel	Monson	Bench	Moulton
Blake	Moorehead	Cheney	Roberts
Braswell	Nguyen	De La Cruz	Seminary
Cook	Prestes	Ecalono	Smith
Flood	Rawson	Escobedo	Sparks
Graham	Redford	Fuller	Torrence
Hall	Robison	Garlick	Van Komen
A. Holmes	Seastrand	Goold	White
T. Holmes	Taylor	Hermansen	
Lake	Thomas	Jorgensen	
Marshall			

LUNCHES BASED ON A3 OR B7 TEACHERS