



¡Para ver los anuncios importantes en español en la tercera página de este boletín!

Week of August 24<sup>th</sup>, 2020

## Alta High School

### Soar to a New ALTitude

We are an inclusive learning community with a tradition of inspiring, supporting, and collaborating with students as they prepare to be engaged citizens in their pursuit of continuous success.

- ✓ **Back to School Checklist** – School starts today! We are looking forward to serving our students again, and we have plans in place to help keep everyone safe. To aid us in this, please support your student in following these expectations on each school day:
  - ☐ Complete a symptom check before leaving the house; stay home if you are sick.
  - ☐ Bring and wear a face mask, following the [CDC Guidelines](#) for correctly wearing masks.
  - ☐ Today is a B-day. Students will report to their 5<sup>th</sup> period class.
  - ☐ Arrive to school at the first bell and go directly to class. Or, go to the cafeteria (east gym) or a classroom if you must come to school early.
  - ☐ Bring a fully-charged device to utilize in classes (Chromebook, laptop, tablet, iPad, etc.).
  - ☐ Follow directional arrows in the hallways and all safety procedures in each classroom.
  - ☐ Assist teachers in sanitizing your learning space at the start of each class.
  - ☐ Vacate the school grounds immediately after school or report directly to a school-sponsored after school event.
  - ☐ View the COVID-19 updates for the Alta High Community on page 4 of this newsletter each week.
  - ☐ Review the Canyons [COVID-19 Manual](#) and submit the Acknowledgement Form to your student's advisory teacher.
- ✓ **Chromebook Distribution** – Thank you to everyone who came to get a Chromebook at our drive up distribution last week! If your student needs to check out a school Chromebook but did not have the chance to do so yet, they will be directed to do so in the first week of school.
- ✓ **Alta Class Schedule Changes** – We will only be making essential schedule changes in the first week of school in order to avoid long lines and congregation in and around the Counseling Center. These include missing classes in a student's schedule, graduation needs for 12th grade students, and level changes. Please email your student's counselor if one of these essential schedule changes can be adjusted in this manner.
- ✓ **Makeup Picture Days** – Makeup pictures will take place on two days. Students with last names A-K will complete makeup pictures on September 8<sup>th</sup>, and students with last names L-Z will do so on September 9<sup>th</sup>.
- ✓ **Lunchtime Procedures** – We will host three lunches this school year to help lower our lunch numbers and allow students to better physically distance while they eat. Students can still leave campus for lunch. If they choose to remain on campus, they will be directed to numerous locations where they can sit six or more feet apart while they eat. The Alta Kitchen staff have been working hard to put a plan in place to safely feed all students who want school lunch and breakfast. Details about this plan and a copy of the new bell schedule can be found below.
- ✓ **New Alta High Bell Schedule** – We have added a third lunch to Alta's traditional bell schedule so it will be easier for all students to find space in our cafeteria, courtyard and other areas to physically distance from others while they eat. Classes that have second lunch will hold the first half of their class, break for lunch, then return to their 3<sup>rd</sup>/7<sup>th</sup> period for the second half of class. See the additional page for a copy of this new schedule.
- ✓ **Emergency Substitutes Wanted!** – We anticipate a possible increase in need for substitutes. Please consider signing up to help us with this. Emergency substitute candidates will need to apply by going to the [Emergency Substitute website](#). Then, you will need to go into the Canyons Human Resources Department to do paperwork before substituting at Alta.
- ✓ **Physical Education Classes** – The Alta Physical Education (PE) classes would like you to have information about the policy regarding the wearing of masks and how this affects their PE classes. Please see the additional page for a copy of a letter from our teachers, detailing this information.
- ✓ **Hope Squad** – If you are interested in being considered for this year's Hope Squad Advisory class, where your approachability, leadership and positivity will be put to great use, please complete the [online application](#) by Friday, September 4. Once applications are reviewed, selected students will be moved from their current Advisory class into the Hope Squad Advisory. We look forward to filling this unique school year with lots of hope and we'd love your help!

## UPCOMING Events

*\*\*To help prevent the spread of COVID-19, spectators will be limited at all competition and performance events.  
Any person who has not obtained admission beforehand  
(either online or from one of the student participants) will not be admitted into the event.*

Monday, August 24<sup>th</sup>

### **First Day of School, B-Day**

First bell rings at 7:40am

Report to 5<sup>th</sup> Period

### **Boys Golf Tournament**

12:00pm, Hobble Creek Golf Course

Tuesday, August 25<sup>th</sup>

### **Late Start Bell Schedule, A-Day**

First bell rings at 8:55am

Report to 1<sup>st</sup> Period

### **Girls Tennis Match vs Lehi**

3:30pm, Alta Tennis Courts

### **Volleyball Game**

6:00pm, Corner Canyon High School

### **Girls Soccer Game**

7:00pm, Lehi High School.

Wednesday, August 26<sup>th</sup>

### **Freshman Soccer Game vs Spanish Fork**

5:30pm, Alta Soccer Field

Thursday, August 27<sup>th</sup>

### **Girls Soccer Game vs Mountain View**

3:30pm, Alta Soccer Field

### **Sophomore Football Game vs Tooele**

3:30pm, Alta Stadium

### **JV Football Game**

3:30pm, Tooele High School

### **Volleyball Game**

6:00pm, Pleasant Grove High School

Friday, August 28<sup>th</sup>

### **Football Game vs Tooele**

7:00pm, Alta Stadium

Saturday, August 29<sup>th</sup>

### **Cross Country Meet**

8:00am, Cottonwood Complex



SEMANA DEL 24 DE AGOSTO, 2020

## Escuela Secundaria Alta

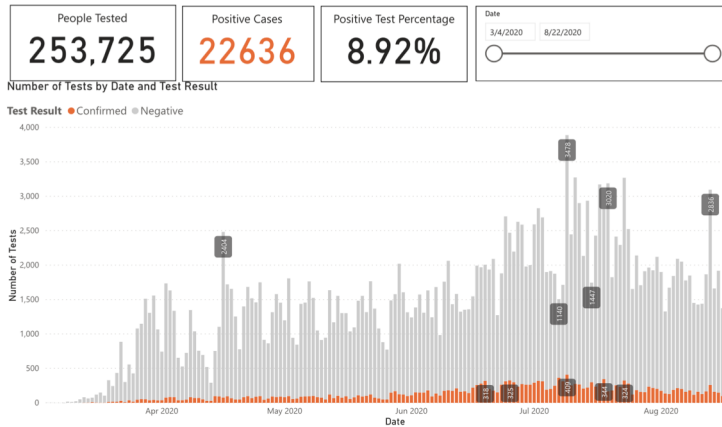
### Vuela a una nueva ALTitude

Nosotros somos una comunidad con un ambiente inclusivo de aprendizaje que tiene como tradición inspirar, apoyar, y colaborar con los estudiantes en su preparación para convertirse en residentes dedicados a la búsqueda continua del éxito.

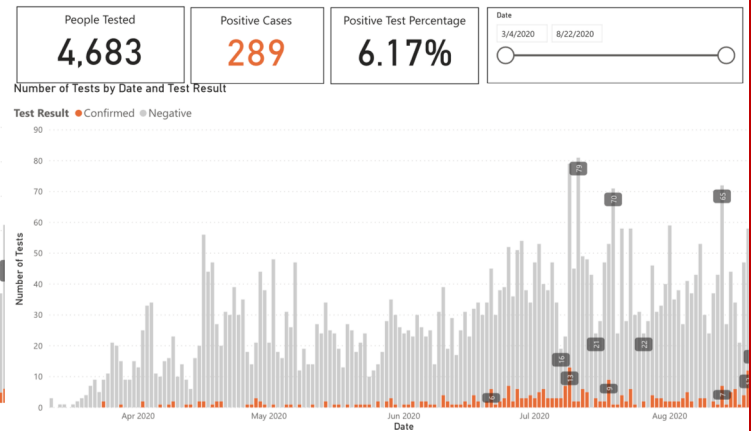
- ✓ **Lista de verificación para el regreso a la escuela:** ¡la escuela comienza hoy! Esperamos poder servir a nuestros estudiantes nuevamente y tenemos planes para ayudar a mantener a todos a salvo. Para ayudarnos en esto, por favor apoye a su estudiante en seguir estas expectativas cada día escolar:
  - ☐ Complete una verificación de síntomas antes de salir de la casa; Quédate en casa si estás enfermo.
  - ☐ Lleve y use una mascarilla, siguiendo las [Directrices de los CDC](#) para llevar correctamente las máscaras.
  - ☐ Hoy es un día de cumpleaños. Los estudiantes se reportarán a su clase del quinto período.
  - ☐ Llegue a la escuela al primer timbre y vaya directamente a clase. O vaya a la cafetería o al salón de clases si debe llegar temprano a la escuela.
  - ☐ Lleve un dispositivo completamente cargado para utilizarlo en las clases (Chromebook, computadora portátil, tableta, etc.).
  - ☐ Siga las flechas de dirección en los pasillos y todos los procedimientos de seguridad en cada salón de clases.
  - ☐ Ayude a los profesores a desinfectar su espacio de aprendizaje al comienzo de cada clase.
  - ☐ Vacíe los terrenos de la escuela inmediatamente después de la escuela o preséntese directamente en un evento después de la escuela patrocinado por la escuela.
  - ☐ Vea las actualizaciones de COVID-19 para Alta High Community en la página 4 de este boletín cada semana.
  - ☐ Revisar los cañones [Manual de COVID-19](#) y envíe el formulario de reconocimiento al maestro asesor de su estudiante.
- ✓ **Distribución de Chromebook:** ¡Gracias a todos los que vinieron a comprar una Chromebook en nuestra distribución de drive up la semana pasada! Si su estudiante necesita sacar un Chromebook de la escuela pero aún no tuvo la oportunidad de hacerlo, se le indicará que lo haga en la primera semana de clases.
- ✓ **Cambios en el horario de clases de Alta:** solo haremos cambios esenciales en el horario durante la primera semana de clases para evitar largas filas y congregación en el Centro de Consejería y sus alrededores. Estos incluyen clases faltantes en el horario de un estudiante, necesidades de graduación para los estudiantes del grado 12 y cambios de nivel. Envíe un correo electrónico al consejero de su estudiante si uno de estos cambios esenciales en el horario se puede ajustar de esta manera.
- ✓ **Días de fotografía de maquillaje:** las fotografías de maquillaje se realizarán en dos días. Los estudiantes con apellidos AK completarán fotografías de maquillaje el 8 de septiembre, y los estudiantes con apellido LZ lo harán el 9 de septiembre.
- ✓ **Procedimientos para la hora del almuerzo:** organizaremos tres almuerzos este año escolar para ayudar a reducir el número de almuerzos y permitir que los estudiantes se alejen físicamente mientras comen. Los estudiantes aún pueden salir del campus para almorzar. Si eligen permanecer en el campus, serán dirigidos a numerosos lugares donde pueden sentarse a seis pies o más de distancia mientras comen. El personal de Alta Kitchen ha estado trabajando arduamente para implementar un plan para alimentar de manera segura a todos los estudiantes que desean almuerzo y desayuno escolar. Los detalles sobre este plan y una copia del nuevo horario de timbre se pueden encontrar a continuación.
- ✓ **Nuevo horario de campana de Alta High** - Hemos agregado un tercer almuerzo al horario de campana tradicional de Alta para que sea más fácil para todos los estudiantes encontrar espacio en nuestra cafetería, patio y otras áreas para distanciarse físicamente de otros mientras comen. Las clases que tienen un segundo almuerzo tendrán la primera mitad de su clase, tomarán un descanso para el almuerzo y luego regresarán a su tercer / séptimo período para la segunda mitad de la clase. Consulte la página adicional para obtener una copia de este nuevo horario.
- ✓ **¡Se buscan sustitutos de emergencia!** - Anticipamos un posible aumento de la necesidad de sustitutos. Considere registrarse para ayudarnos con esto. Los candidatos sustitutos de emergencia deberán postularse yendo a la [Sitio web de sustitutos de emergencia](#). Luego, deberá ir al Departamento de Recursos Humanos de Canyons para hacer el papeleo antes de sustituir en Alta.
- ✓ **Clases de Educación Física** - Las clases de Educación Física (PE) de Alta desean que usted tenga información sobre la política con respecto al uso de máscaras y cómo esto afecta sus clases de Educación Física. Consulte la página adicional para obtener una copia de una carta de nuestros maestros, detallando esta información.
- ✓ **Hope Squad:** si está interesado en ser considerado para la clase Asesora de Hope Squad de este año, donde su accesibilidad, liderazgo y positividad serán muy útiles, complete la [aplicaciones en línea](#) para el viernes 4 de septiembre. Una vez que se revisen las solicitudes, los estudiantes seleccionados serán trasladados de su clase de asesoría actual a la Asesoría de Hope Squad. ¡Esperamos llenar este año escolar único con mucha esperanza y nos encantaría su ayuda!

# COVID-19 Updates for the Alta High Community

## Salt Lake County



## Alta High Community



For more data and information, visit the Salt Lake County Health Department's [COVID-19 Data Dashboard](#).



## Reopening Plan

Under the guidance of the Utah Board of Education and Canyons School District, Alta High School has created a comprehensive reopening plan to keep our students and staff members safe throughout the school day and during extracurricular activities. Please visit the [Alta High School website](#) to read the details of these plans.

## How do we keep each other safe at school?



Wear a face covering over your nose and mouth when on the school campus.



Maintain as much physical distance as possible. Do not congregate in the hallways.



Wash and sanitize your hands frequently.



Follow directional arrows in the hallways and all safety procedures for each classroom.



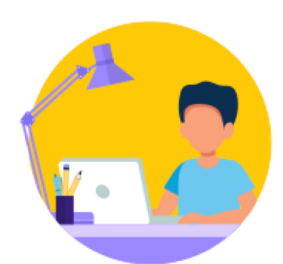
Work together to sanitize learning spaces at the start of each class.



Complete daily checks for symptoms of COVID-19 before arriving to school.



Stay home from school if you are sick. Sick days will not count toward a No Grade (NG).



Bring a device each day and engage in classes online if you must stay home from school.

# ALTA HIGH SCHOOL BELL SCHEDULES

REGULAR BELL SCHEDULE	
Period	Time
Engagement Time	7:10-7:40
Period 1 & 5	7:45-9:05
Advisory	9:10-9:40
Period 2 & 6	9:45-11:05
Period 3 & 7	11:05-1:00 (includes a 30 min lunch)  1 <sup>st</sup> Lunch 11:05-11:35 2 <sup>nd</sup> Lunch 11:50-12:20 3 <sup>rd</sup> Lunch 12:30-1:00 pm
Period 4 & 8	1:05-2:25

TUESDAY BELL SCHEDULE	
Period	Time
Collaboration Time	7:10-8:55
Period 1 & 5	9:00-10:10
Period 2 & 6	10:15-11:25
Period 3 & 7	11:25-1:10 (includes a 30 min lunch)  1 <sup>st</sup> Lunch 11:25-11:55 2 <sup>nd</sup> Lunch 12:05-12:35 3 <sup>rd</sup> Lunch 12:40-1:10 pm
Period 4 & 8	1:15-2:25

1 <sup>st</sup> Lunch		2 <sup>nd</sup> Lunch		3 <sup>rd</sup> Lunch	
Alta Online	Maack, J (3 <sup>rd</sup> Per)	Ball, A	Ochoa, R	Allen, S	Iund, A
Anderson, K	Mahoney, S	Barlow, K	Packer, K	Barker, J	Kanistanaux, M
Barnes, R	Marty, Z	Campbell, C (7 <sup>th</sup> Per)	Pugmire, C	Beach, K	Long, L
Brown, S	Paystrup, M	Deveny, P	Rees, B	Bennion, R	Merrill, C
Campbell, C (3 <sup>rd</sup> Per)	Peng, J	Farnworth, A	Robinson, R	Bentall, S	Miller, W
Campbell, K	Price, A	Ferguson, D	Schilling, M	Connelly, D	Newman, J
Clarkson, C	Rodriguez, H	Graff, C	Schoepf, S	Coria-Zapata, C	Raymond, T
Clyde, K	Schino, J	Harrington, B	Siler, A	DeFriez, R	Ruiz, B
Coleman, M	Seminary	Heffner, H	Spears, J	Farmer, R	Shabestari, C
Conner, S	Sheldon, B	Jex, E	Triptow, N	Gansauge, M	Smith, D
Crane, D	Shurtleff, J	Maack, J (7 <sup>th</sup> Per)	Webb, S	Gonzalez, E	Starley, H
Hatch, A	Stanford, M	Murphy, R	Wilkinson, K	Gustafson, E	Struiksma, L
Jensen, L	Strohm, R	Nesbit, C	Witherspoon, A	Hawkins, M	Te'o, A
Keller, R	Taylor, H			Hunt, D	Thomas, B
Kennedy, J	Waters, B			Hyer, M	
Kimble, K	Willis, Z				



### **Nutrition Services procedures for school meals**

Nutrition Services will offer school meals for students enrolled in the different learning options at Canyons School District for school year 2020-21.

Nutrition Services will charge students according to their eligibility (free, reduced or paid) for breakfast and lunch.

Nutrition Services will follow Health Department regulations and district procedures for serving school meals.

#### **Meals for online and parent-guided instruction students**

- Parents will have the option to pick up school meals at the school where at least one of their students attend.
  - o Breakfast and lunch will be available for pick up at the same time.
- To avoid excessive waste and to be fiscally responsible, parents need to pre-order meals via email to their school lunch manager by 9 a.m. the day of service.
- In their email parents must include the following information:
  - o Name of student(s).
  - o School where student(s) attend. Many of our managers are responsible for more than one school. Including the school name will help us have meals ready at the desired location.
  - o Student ID.
  - o Specify if student(s) want breakfast, lunch or both options.
- For parents who have students going to multiple schools, they can pick up meals at one location. Parents must email the manager from the school where they are picking up meals. The email must include the information for students listed above. The clerk at the school where parents are picking up meals will contact the other school clerk(s) to charge the students accordingly.
- For parents who have students enrolled in programs requiring them to attend a school different from their neighborhood school (SALTA, Dual immersion, etc.), they can pick up meals at a school closer to their home. Parents must email the manager at the desired pick up location and include the information for students listed above.
- To avoid students wanting to stay in the cafeteria to eat their meals and interact with other students, pick up meals should happen somewhere near the front office (principals can determine what is the best location). In order to accommodate offer vs. serve we would set up a table with meals in clamshells, fruits to choose from and a choice of milk. We will have a kitchen worker hand meals out meeting USDA requirements, and charging students accordingly.
- We suggest that the pick-up window is 30 minutes (From 11:30 am -12:00 pm). This will allow our kitchen worker distributing meals to go back to the cafeteria quickly. Many schools are staggering lunch periods. We want to make sure Nutrition Services workers are in the cafeteria helping as much as possible.
- Nutrition Services will post the grab-and-go choices on Nutri-slice menus and identify these options with an asterisk.
- Nutrition Services will provide breakfast with lunch at schools that currently have a breakfast program. Schools not offering a breakfast program do not qualify for this service under USDA regulations.

### **Meals for in-person students**

- Students will come down to the cafeteria to get meals wearing a mask.
- Nutrition Services staff will wear masks at all times.
- Students will not be able to enter their number at the point of sale for meal transaction
  - o For elementary school, our lunch clerk will take down names from a class list printed daily. To speed up the serving line, we encourage principals to send students by class through the serving line. This will help our clerks identify students quickly and accurately.
  - o For secondary school, have students show their student ID number to the cashiers so they can enter the number at the point of sale.
- During the school year, IT will be rolling over to skyward for our point of sale transactions. The new software allow us to use scanners. Students will not be touching the point of sale for meal transactions once IT implements the new software.
- Nutrition Services publishes menus on Nutri-slice, which is available through our website or the app.

Dear Parent/Guardian:

We at Alta High School wanted to be proactive and let you know about the changes in policy pertaining to wearing of masks in Utah with our Physical Education classes. We have received a lot of information regarding the wearing of masks with our Physical Education classes being an inside and outside curriculum. Below is the most recent letter we have received from the Utah State Office of Education regarding information most relevant to our Physical Education courses.

Hello!

I have been getting a lot of calls and emails about masks in PE and during recess. Here is the latest information for masks: <https://coronavirus.utah.gov/education/>

In this document you will find:

25. Who is allowed to not wear a face mask?

The public health order requires all students, teachers, employees, volunteers, or visitors wear a face mask while on school property or on a school bus, even if they are able to physical distance (stay 6 feet away from other people).

The public health order allows for some exemptions, meaning a mask is not required for certain people or situations. The order does not apply to:

- An individual who is outdoors AND physical distancing (meaning they can stay at least 6 feet from another individual).
- An individual who is eating or drinking AND physical distancing (meaning they can stay at least 6 feet from another individual).
- Children younger than 3 years of age.
- An individual with a medical condition, mental health condition, or disability that prevents him or her from wearing a face covering.
- An individual who is unconscious, incapacitated, or otherwise unable to remove a face covering without help.
- Anyone who is engaged in an activity where seeing a person's mouth is essential for communication, such as for communicating with individuals who are deaf or hard of hearing or when students and teachers are participating in speech therapy.
- An individual who has an Individualized Education Program (IEP) or Section 504 accommodation that would exempt him or her from wearing a face mask.
- When a face mask must be temporarily removed to provide or receive a service involving the person's nose or face, such as speech therapy.
- During outdoor recess for elementary school students.
- During a school-sponsored activity if an individual cannot reasonably participate while wearing a mask. In this case, each individual participating in the activity must complete a symptom assessment, verbally confirm they are free of COVID-19 symptoms before participating in each event, and attest to the fact they have not been in close contact (within 6 feet for 15 minutes or more) with a person who has tested positive for COVID in the last 14 days, and where possible, confirm participant temperature is below 100.4 degrees Fahrenheit.
- During a physical education class if an individual cannot reasonably participate while wearing a mask. In this case, each individual participating in the physical education class must complete a symptom assessment, verbally confirm they are free of COVID-19 symptoms before participating in each event, and attest to the fact they have not been in close contact (within 6 feet for 15 minutes or more) with a person who has tested positive for COVID in the last 14 days, and where possible, confirm participant temperature is below 100.4 degrees Fahrenheit.

As always, please make sure you are following guidance of your local school and health department. Practice good hygiene, distance when possible, and use your best judgement for the safety of you students and yourself. I hope this was helpful.

Jodi Parker  
Health and Physical Education Specialist  
Title IVA Coordinator



Please utilize the published documents from the Utah State Office of Education and Governor Herbert's Office to further understand the protocols of when wearing a mask during our Physical Education classes are expected or exempt. The URLs are below again for your convenience. We will adhere to the social distancing protocols during our class time. If you have a medical condition in relation to wearing a mask, speak to your PE teacher in a timely fashion.

<https://coronavirus.utah.gov/utah-leads-together/>

<https://coronavirus.utah.gov/education/>

Please let us know if you have any other questions or concerns about the implementation of these changes to our curriculum.

Sincerely, Alta High School PE Teachers

August 2020