



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

Week of September 28th, 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.

- ✓ **Online Learning** – Due to a rapid rise in COVID-19 cases, resulting in a large amount of our students needing to quarantine, Canyons District leadership decided to move Alta to online learning until October 7th. During online learning, it is highly recommended that students maintain their regular school schedule. Teachers will be virtually available for the first 30 minutes of each period to deliver live instruction or answer student questions. Students can find information about how to connect with their teachers on Canvas or the Alta High website. Parents can follow the directions on page 6 and 7 to create their own Canvas account to observe their student's progress. During online learning, the only approved on campus events are team practices and competitions.
- ✓ **COVID-19 Updates** – Please view the COVID-19 updates for the Alta High Community on page 4 of this newsletter each week. This week, this page includes details about the new CSD COVID-19 Response protocols.
- ✓ **Supporting the Needs of Both our Students and our Teachers** – In these uncertain times, we know that many of our students are needing additional support due to their individual circumstances. Our teachers are masters at meeting the individual needs of our students; however, please show patience and understanding in your communications with them. Now more than ever, our teachers have been asked to fulfill many roles, all of which are difficult to accomplish within their contract hours. Teachers are working longer and harder than ever, so please utilize the parent resources available to you to find answers to your questions and be patient when waiting for responses to emails sent and phone calls made to teachers. Please also feel free to email or call your students' Assistant Principal or Counselor, as needed.
- ✓ **Picture Day** – Due to our transition to online learning, the makeup picture day scheduled for September 28th has been cancelled. The next makeup picture day is scheduled for October 20th.
- ✓ **Math Tutoring** – Does your student need some extra help with their math homework? Math tutoring will continue via Google Meet during online learning. The schedule can be viewed on page 5. Students will simply need to open a Google Meet and type the code AltaMathHelp to join.
- ✓ **Alta Counseling's Plan for College and Career Readiness Course is Live!** – Many students may have been wondering what this course is and why it's suddenly showing up on your Canvas home page. This course will be used as a communication and information platform for your Alta High Counselors to connect with you. We will be using Canvas for posting important information, announcements, presentations, and anything else we feel Alta students should have to feel college and career ready!
- ✓ **Register for the PSAT!** – 10th and 11th graders interested in taking the PSAT will need to register before Oct. 9th at a cost of \$20. This is a practice SAT exam and a qualifier for the National Merit Scholarship Program. Please see page 8 for more information about the PSAT and how to register.
- ✓ **Class of 2021** – Submit your [Senior Quote here](#) before October 1st! These will be displayed next to your portrait in this year's Alta Yearbook.
- ✓ **Softball Open Field Practices** – Girls interested in playing softball this spring should come to an open field practice from 3:30pm to 5:30pm on Wednesday, September 30th. For a full list of open field workouts, follow Alta Softball on Instagram [@altahighsoftball](#).
- ✓ **Work-Based Learning Opportunities** – Students interested in exploring various STEAM career options should [register for the "I Heart Tech"](#) event before October 7th! This will include workshops, a competition and an awards ceremony. Don't forget to also sign up to participate in the regular seminars sponsored by the U of U Future Doctors and the Utah Center for Legal Inclusion. See page 9 for more about these opportunities.
- ✓ **Utah Food Bank** – The Utah Food Bank is available for families in need at The Adventure Church (352 W 12300 S Draper, UT 84020). They serve drive-thru style on Thursdays. Call 801-688-7251 to make an appointment.

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, September 28th

School Community Council Meeting

3:00pm, Virtual via Google Meet

Tuesday, September 29th

Boys Golf Dual vs Mountain Ridge

1:30pm, River Oaks Golf Course

Girls Soccer Game vs Orem

3:30pm, Alta Soccer Field

Wednesday, September 30th

Boys JV Golf Tournament

1:30pm, Pebblebrook Golf Course

Softball Open Field

3:30pm, Alta Softball Field

Freshman Football Game

4:00pm, Pleasant Grove High School

Thursday, October 1st

Girls Tennis State Tournament

7:00am, Liberty Park

Cross Country Region 7 Championships

3:30pm, Orem Community Park

JV Football Game vs Lehi

3:30pm, Alta Stadium

Sophomore Football Game vs Lehi

6:00pm, Alta Stadium

Friday, September 25th

Girls Soccer Game

5:00pm, Timpanogos High School

Football Game

7:00pm, Lehi High School

Saturday, September 26th

Girls Tennis State Tournament

7:00am, Liberty Park

Marching Band @ Bridgerland Invitational

11:45am, Mountain Crest High School



Semana del 28 de septiembre de 2020

Escuela Secundaria Alta

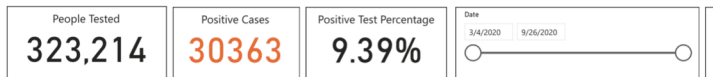
Vuela a una nueva ALTitude

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.

- ✓ **Aprendizaje en línea:** debido a un rápido aumento en los casos de COVID-19, lo que resultó en que una gran cantidad de nuestros estudiantes necesitaran ser puestos en cuarentena, el liderazgo del Distrito de Canyons decidió trasladar a Alta al aprendizaje en línea hasta el 7 de octubre. Durante el aprendizaje en línea, es muy recomendable que los estudiantes mantengan su horario escolar regular. Los maestros estarán disponibles virtualmente durante los primeros 30 minutos de cada período para impartir instrucción en vivo o responder preguntas de los estudiantes. Los estudiantes pueden encontrar información sobre cómo conectarse con sus maestros en Canvas o en el sitio web de Alta High. Los padres pueden seguir las instrucciones en las páginas 6 y 7 para crear su propia cuenta de Canvas para observar el progreso de su estudiante. Durante el aprendizaje en línea, los únicos eventos aprobados en el campus son las prácticas y las competiciones en equipo.
- ✓ **Actualizaciones de COVID-19:** vea las actualizaciones de COVID-19 para la comunidad de Alta High en la página 4 de este boletín cada semana. Esta semana, esta página incluye detalles sobre los nuevos protocolos de respuesta CSD COVID-19.
- ✓ **Apoyar las necesidades tanto de nuestros estudiantes como de nuestros maestros:** en estos tiempos de incertidumbre, sabemos que muchos de nuestros estudiantes necesitan apoyo adicional debido a sus circunstancias individuales. Nuestros maestros son expertos en satisfacer las necesidades individuales de nuestros estudiantes; sin embargo, muestre paciencia y comprensión al comunicarse con ellos. Ahora más que nunca, se les ha pedido a nuestros maestros que cumplan con muchos roles, todos los cuales son difíciles de lograr dentro de las horas de su contrato. Los maestros están trabajando más y más arduamente que nunca, así que utilice los recursos para padres disponibles para encontrar respuestas a sus preguntas y tenga paciencia cuando espere las respuestas a los correos electrónicos enviados y las llamadas telefónicas realizadas a los maestros. También no dude en enviar un correo electrónico o llamar al asistente del director o al consejero de sus estudiantes, según sea necesario.
- ✓ **Día de la foto:** debido a nuestra transición al aprendizaje en línea, se canceló el día de la foto de maquillaje programado para el 28 de septiembre. El próximo día de fotos de maquillaje está programado para el 20 de octubre.
- ✓ **Tutoría de matemáticas:** ¿su estudiante necesita ayuda adicional con su tarea de matemáticas? La tutoría de matemáticas continuará a través de Google Meet durante el aprendizaje en línea. El programa se puede ver en la página 5. Los estudiantes simplemente deberán abrir una reunión de Google y escribir el código AltaMathHelp para unirse.
- ✓ **¡El Plan de Alta Consejería para el Curso de Preparación Universitaria y Profesional está en vivo!** - Es posible que muchos estudiantes se hayan estado preguntando qué es este curso y por qué aparece de repente en su página de inicio de Canvas. Este curso se utilizará como una plataforma de comunicación e información para que sus Consejeros de Alta Alta se conecten con usted. Usaremos Canvas para publicar información importante, anuncios, presentaciones y cualquier otra cosa que consideremos que los estudiantes de Alta deben tener para sentirse preparados para la universidad y la carrera.
- ✓ **¡Regístrese para el PSAT!** - Los estudiantes de 10º y 11º grado interesados en tomar el PSAT deberán registrarse antes del 9 de octubre a un costo de \$ 20. Este es un examen SAT de práctica y califica para el Programa Nacional de Becas al Mérito. Consulte la página 8 para obtener más información sobre el PSAT y cómo registrarse.
- ✓ **Clase de 2021** - Envíe su [Cotización Senior aquí](#) antes del 1 de octubre! Estos se mostrarán junto a su retrato en el Anuario de Alta de este año.
- ✓ **Prácticas de campo abierto de softbol:** las niñas interesadas en jugar softbol esta primavera deben venir a una práctica de campo abierto de 3:30 pm a 5:30 pm el miércoles 30 de septiembre. Para obtener una lista completa de los entrenamientos de campo abierto, siga a Alta Softball en Instagram [@altahighsoftball](#).
- ✓ **Oportunidades de aprendizaje basadas en el trabajo:** los estudiantes interesados en explorar varias opciones de carrera STEAM deben [registrarse para el "I Heart Tech"](#) evento antes del 7 de octubre! Esto incluirá talleres, un concurso y una ceremonia de premiación. No olvide inscribirse también para participar en los seminarios regulares patrocinados por la U of U Future Doctors y el Utah Center for Legal Inclusion. Consulte la página 9 para obtener más información sobre estas oportunidades.
- ✓ **Utah Food Bank:** el Utah Food Bank está disponible para familias necesitadas en The Adventure Church (352 W 12300 S Draper, UT 84020). Sirven estilo drive-thru los jueves. Llame al 801-688-7251 para hacer una cita.

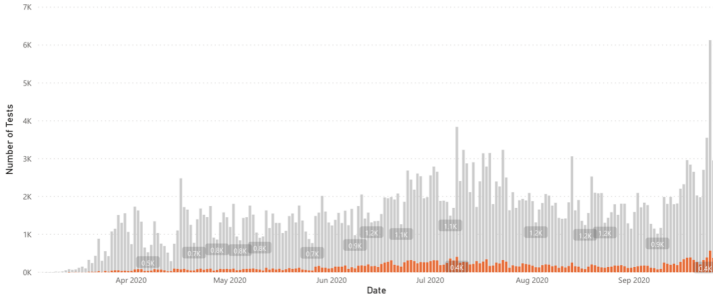
COVID-19 Updates for the Alta High Community

Salt Lake County

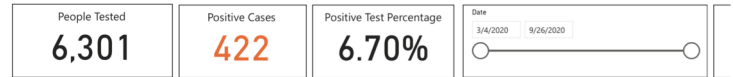


Number of Tests by Date and Test Result

Test Result ● Confirmed ● Negative

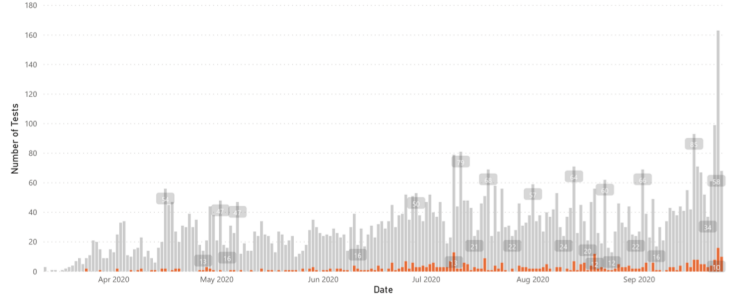


Alta High Community



Number of Tests by Date and Test Result

Test Result ● Confirmed ● Negative



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

NOTE: School-specific data is now available on page 10 of this dashboard.

Canyons District has launched its own [COVID-19 Dashboard](#)! View it for updated school-specific data.



CANYONS
SCHOOL DISTRICT

COVID19 Case Counts

2020-21

This data is scheduled to be updated twice weekly using information provided by the Salt Lake County Health Department and Canyons Department of Responsive Services.

NOTE: Contact tracing data show that as of Sept. 15, the vast majority of positive cases appear to be community spread (social and family interactions). Very few COVID-19 cases can be attributed to exposure at a school where prevention controls are strictly enforced. It's important that students, families and employees continue to adhere to Salt Lake County Health Orders to avoid large group gatherings, physically distance, and wear face coverings when distancing is NOT possible.

New CSD COVID-19 Response Guidelines

Tier 1	0-5* Cases in a School	No Action Necessary
Tier 2	6-14 Cases in a School	A "vigilance letter" will be sent to the families of the students
Tier 3	15+ Cases in a School	Coordination with the SLC Health Dept, possible schedule changes
1%	22 Cases at Alta High	Coordination with the SLC Health Dept, possible schedule changes
2%	44 Cases at Alta High	Online learning and whole-school quarantine for 14 days

*COVID-19 Response is based on cases within a 14-day period.

Symptoms of COVID-19



Fever

(temperature of 100.4°F or 38°C or higher or feeling feverish)



Cough



Shortness of breath



Decrease in sense of smell or taste



Sore throat



Muscle aches and pains

MATH LAB & COMPUTER LAB 2:30 – 4:00 pm



Also available through Google Meet.

Code: AltaMathHelp. For Google Meet help, please check in before 3pm.

SEPTEMBER

*CHROMEBOOKS WILL BE AVAILABLE FOR HOMEWORK USE

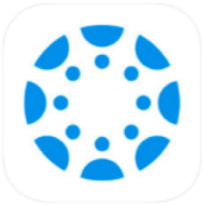
	1 SCHINO (2203)	2 MAHONEY (2405)	3 SHELDON (2113)	4 NONE
7 NO SCHOOL	8 SCHINO (2203)	9 MAHONEY (2405)	10 SHELDON (2113)	11 NONE
14 THOMAS (2213)	15 SCHINO (2203)	16 MAHONEY (2405)	17 SHELDON (2113)	18 NONE
21 NONE	22 SCHINO (2203) 2:30-3:30	23 MAHONEY (2405)	24 SHELDON (2113)	25 NO SCHOOL
28 THOMAS (2213)	29 SCHINO (2203)	30 MAHONEY (2405)		

OCTOBER

			1 SHELDON (2113)	2 NONE
5 THOMAS (2213)	6 SCHINO (2203)	7 MAHONEY (2405)	8 SHELDON (2113)	9 NONE
12 THOMAS (2213)	13 SCHINO (2203)	14 MAHONEY (2405)	15 NO SCHOOL	16 NO SCHOOL
19 THOMAS (2213)	20 SCHINO (2203)	21 MAHONEY (2405)	22 SHELDON (2113)	23 NONE
26 THOMAS (2213)	27 SCHINO (2203)	28 MAHONEY (2405)	29 SHELDON (2113)	30 NONE

NOVEMBER

2 THOMAS (2213)	3 SCHINO (2203)	4 MAHONEY (2405)	5 SHELDON (2113)	6 NONE
9 THOMAS (2213)	10 SCHINO (2203)	11 MAHONEY (2405)	12 SHELDON (2113)	13 NONE
16 THOMAS (2213)	17 SCHINO (2203)	18 MAHONEY (2405)	19 SHELDON (2113)	20 NONE
23 THOMAS (2213)	24 SCHINO (2203)	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL



Observing Your Student in Canvas

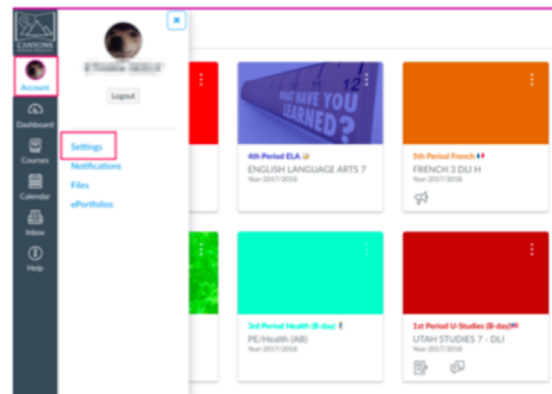
Canvas provides an easy way for you to know what your student is doing on Canvas. You can observe your student's Canvas activity online using any internet browser or through the Canvas Parent app that can be downloaded to an iOS or Android device. The directions below describe how to connect to your student's Canvas account using a pairing code.

Accessing the pairing code in your student's Canvas account.

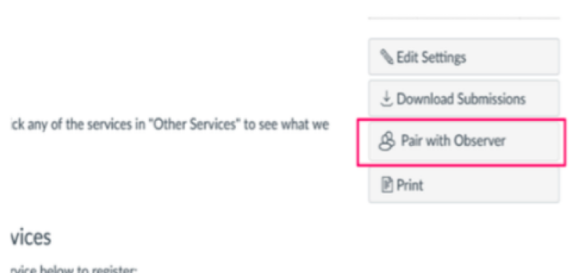
1. Have your student log in to their Canvas account using their CSD login credentials.



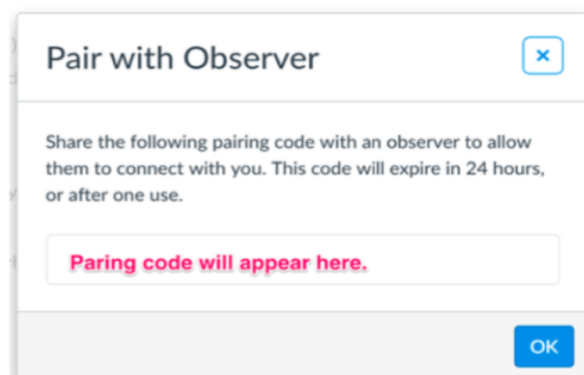
2. Click **Account** and select **Settings**.



3. Once in the account settings, click on **Pair with Observer**. (Located on the right-hand side of the screen.)

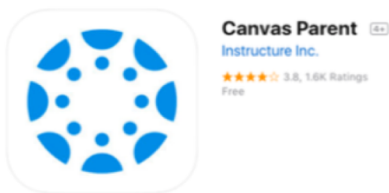


4. A pop up window will appear that has the pairing code for the student. This is the code parents use to connect to their student's account in Canvas.



Connecting to Your Student's Canvas Account Using through the Canvas Parent App

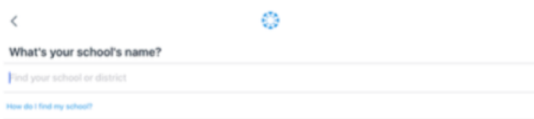
1. Download the [Canvas Parent App](#)



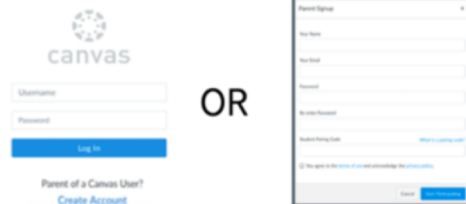
2. Open the app and select "Find My School"



3. Under "What's your school's name?" type [Canyons School District](#)



4. Sign in to Canvas. (If you don't have a Canvas account, click on Create Account. You will need the student pairing code when creating a new account.)

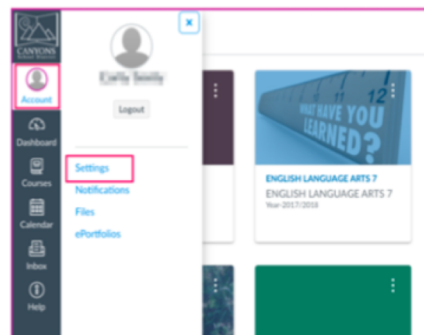


Connecting to Your Student's Canvas Account Online.

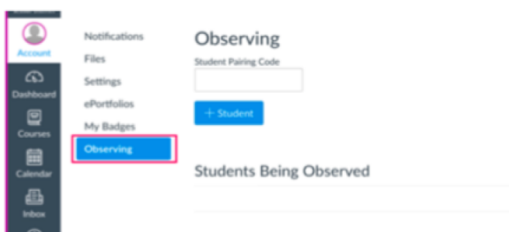
1. Go to <https://canyons.instructure.com> and log in to your Canvas account. If you don't have an account with Canvas click "Click here for an account"



2. Click [Account](#) and select [Settings](#).



3. Once in the account settings, click on [Observing](#). Type the student pairing code in the space provided, and click [+Student](#).



2020 PSAT Information

The Preliminary SAT/National Merit Scholarship Qualifying Test is a great tool for students considering college. The PSAT/NMSQT measures critical reading skills, math problem-solving skills and writing skills. Alta High School recommends that students take the PSAT/NMSQT in order to receive feedback about strengths and weaknesses, enter the competition for National Merit Scholar scholarships (11th graders) and to help prepare for the SAT.

The 2020 PSAT will be administered on Wednesday, October 14 in the Hawk House. Students participating in this exam will be excused from their morning classes.

For the 2020 PSAT/NMSQT, students at Alta High School will be registering online at a cost of \$20. This registration will take a few minutes and can be completed from any computer with internet access.

Online Exam registration will begin on Mon, Sep 14, 2020 at 7:30 AM and end on Fri, Oct 9, 2020 at 3:00 PM. In order to register, students should click on the link provided on the school website or visit www.TotalRegistration.net/PSAT/450402 to register. To complete registration, students must answer all of the required questions. Registration is not complete until students have printed the pdf of the confirmation page that is provided at the end.

There are a limited number of tests available, so register before they sell out!

Alta High School is excited to offer families the convenience of paying exam fees online at the time of registration. Please be sure to have a **debit or credit card available before beginning registration**. Paying online is a great way to make sure that payment has been made while avoiding mailing payment.

Here are the important dates for the registration process:

- Mon, Sep 14, 2020 at 7:30 AM - Registration Begins
- Wed, Oct 7, 2020 at 11:59 PM - Registrations and payments after this date will incur a \$5 late fee .
- Fri, Oct 9, 2020 at 3:00 PM - Registration Ends
- Mon, Oct 12, 2020 - Registrations that have not been paid for will be canceled and exams will not be ordered.
- Wed, October 14, 2020 – PSAT Test in the Hawk House, 8:00 am

Please contact Shannon Kershaw, shannon.kershaw@canyonsdistrict.org, if you have questions.

School Breakfast/Lunch Program

School breakfast and lunch are now available at no charge to all Canyons District students under a temporary waiver from the USDA! Students attending Alta in person will continue to get their meals through the cafeteria during their usual times. All meals are free, and the cafeteria will not be offering any extras to purchase at this time.

Students choosing to learn from home can also obtain a free “Grab and Go” breakfast and lunch! This service is available to all Alta students and their siblings. If you would like to pick up your meals, please email Alta’s Nutrition Manager at rebecca.davies@canyonsdistrict.org by 9am each day. Pick up will be just inside the doors of the east entrance between 10:30 and 11:00am.

Grab and Go meal choices:

- Monday: Mini corn dogs
- Tuesday: Peanut Butter & Jelly
- Wednesday: Cheeseburger
- Thursday: Pizza
- Friday: Deli Sandwich

What's your

DREAM STEAM JOB?



Envision a future in science, technology, engineering, art, or math with I Heart Tech! Learn about tech careers, then grab your friends to create a video or web page imagining how your dream job will use technology. Adobe is sponsoring prizes for the best videos and Spark pages. This event is free and open to 9th - 12th graders across Utah - sign up through your school.

- Learn Adobe Rush or Adobe Spark with online workshops
- Create a video or web page about tech and your dream job (due by October 26)
- Join the online awards ceremony on October 29

Scan to Register



SCHOOL OF MEDICINE
UNIVERSITY OF UTAH

FUTURE DOCTORS

2020-2021 Program will be held virtually through Canvas and Zoom

MONTHLY ACTIVITIES & EVENTS

REGISTRATION REQUIRED EACH MONTH

[HTTPS://MEDICINE.UTAH.EDU/OHEDI/HIGH-SCHOOL-PROGRAMS/FUTURE-DOCTORS.PHP](https://medicine.utah.edu/ohedi/high-school-programs/future-doctors.php)

THE UTAH CENTER FOR LEGAL INCLUSION PRESENTS

WEDNESDAY WEBINARS

A weekly series exploring the law and legal careers

EVERY WEDNESDAY AT 4:00 PM

SEPTEMBER 2: PREMIERE EPISODE
 SEPTEMBER 9: RESOURCES FOR HIGH SCHOOL STUDENTS
 SEPTEMBER 16: RESOURCES FOR UNDERGRADS
 SEPTEMBER 23: WHAT I WISH I'D KNOWN IN LAW SCHOOL
 SEPTEMBER 30: RESOURCE ROUNDTABLE
 (BOOK: AN AFRICAN AMERICAN AND LATINX HISTORY OF THE UNITED STATES)

[CLICK HERE TO JOIN US!](#)