



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

Week of October 19th, 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.

- ✓ **Split Schedule** – We are welcoming all Alta students back to school today! We are still on a 4-day, in person school week with a short review activity for students to complete at home on Fridays. Therefore, we will not have a late-start day on Tuesdays. Due to a need to distance with all students in the building again, we will also need to return to the 3-lunch bell schedule. You can view a copy of the adjusted bell schedule on page 5.
- ✓ **Online Learning** – Even though all students are returning to school, we know that some will still need to learn from home from time to time due to sickness or quarantine. When learning from home, students can keep up with their classes on Canvas following the guidelines sent out last week. They can expect 40-90 minutes of work per class in one of the following formats: flipped, blended or synchronous.
- ✓ **Math Tutoring** – Please view the schedule on page 6 for math tutoring opportunities. Both in person and virtual opportunities are available.
- ✓ **The Utah Promise Scholarship Program** fills the gap to cover tuition for any student who receives the Pell Grant but still owes tuition.
 - University of Utah For Utah Scholarship <https://admissions.utah.edu/forutah/>
 - UVU Green Light Scholarship <https://www.uvu.edu/financialaid/scholarships/greenlight.html>
 - Weber State Dream Weber Scholarship <https://www.weber.edu/dreamweber/default.html>
 - SUU Access Utah promise Scholarship <https://www.suu.edu/finaid/accessutahpromise.html>
 - SLCC promise <https://www.slcc.edu/promise/>
 - Utah State Needs based Scholarship <https://www.usu.edu/admissions/costs-and-aid/>
 - Snow College Utah Promise Scholarship <https://www.snow.edu/offices/scholarships/downloads/Utah-Promise-Application.pdf>
- ✓ **Picture Day** – The final make up picture day will be held on Tuesday, October 20th. Pictures will start at 7am and continue until all pictures are completed. Approximate completion time will be around noon. If you are an online student and need your picture taken, you may come at any time.
- ✓ **AP Students and Parents** – The window is now open to register and pay for the 2021 AP exams. This is a TWO STEP process and both steps must be completed prior to November 1st to avoid paying additional exam fees. All the information you need, including a registration tutorial, is available on our Counseling website: <https://altahscounseling.weebly.com/ap.html>. Please contact Alta's AP Coordinator, Shannon Kershaw (shannon.kershaw@canyonsdistrict.org) for additional assistance.
- ✓ **Free Meals to Fuel Friday Learning** – Fridays will be a day for at-home learning for students, and CSD's Nutrition Services Professionals will make sure they are properly fueled for a full day of study. On Thursdays, our lunchroom will double the number of meals we normally prepare, adding an extra sack meal for students to take home and enjoy on Friday. The sack meals will be made available free of charge for as long as federal grant funding remains in place. Efforts will be made to distribute the meals at the end of the school day so they can be quickly refrigerated. This is important, as the sack meals will contain perishable items. Nutrition information for the meals can be found at [CSD's online lunch menu](#).
- ✓ **Hawk Stash** – The Hawk Stash is up and running! Students can visit it every Thursday after school or see their counselor for a private visitation. You can also help us keep the Hawk Stash stocked with your donations. See page 7 for more details.
- ✓ **Hawk Talk** – Alta's new social worker, Crystal Gregory, is starting an emotional health group called Hawk Talk! For more information about her and the group, please view the information on page 8.
- ✓ **Ordering Transcripts** – Transcripts can be ordered online by going to the Alta website or clicking on this link: <https://www.parchment.com/u/registration/24401/account>. See instructions on the flyer on pages 9 and 10.
- ✓ **Girls Basketball** – Girls interested in participating on the Basketball team for the upcoming season must attend a meeting on Tues, Oct 20 or Wed, Oct 21 after school in the gym. Information will be given during that time for tryouts, registermyathlete.com and grades from 1st quarter.

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, October 19th

A-Day

7:45am, 1st Period Starts

School Community Council Meeting

3:00pm, Hawk House Gallery

Choir Performance

7:00pm, Performing Arts Center

Tuesday, October 20th

B-Day

7:45am, 5th Period Starts

Picture Day

7:00am-12:00pm, Alta Library

Volleyball Game vs Mountain View

6:00pm, Alta Gymnasium

Wednesday, October 21st

A-Day

7:45am, 1st Period Starts

Thursday, October 22nd

B-Day

7:45am, 5th Period Starts

Cross Country State Meet

1:30pm, Soldier Hollow in Midway

Volleyball Game

6:00pm, Taylorsville High School

Friday, October 23rd

End of 1st Quarter

Teacher Prep/Online Learning Day

Students will complete a short review activity per class at home.

Westlake Thunderdome Debate Tournament

3:00pm, Virtual Competition

Football Game, 1st Round of Playoffs vs Farmington

4:00pm, Alta Stadium

Saturday, October 24th

Marching Band @ Davis Cup

11:00am, Davis High School

Westlake Thunderdome Debate Tournament

7:30am, Virtual Competition



Semana del 19 de octubre de 2020

Escuela Secundaria Alta

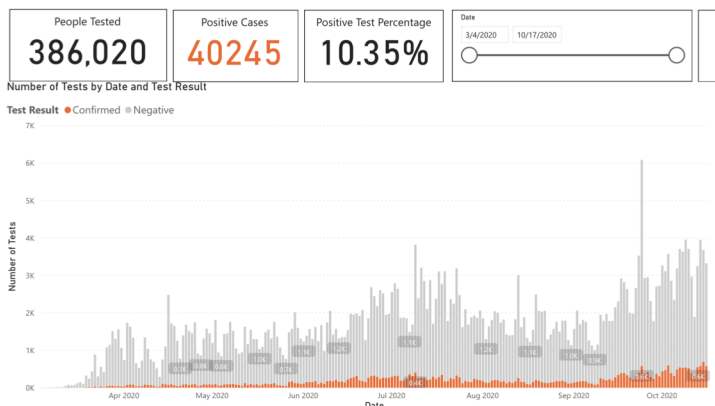
Vuela a una nueva ALTitude

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.

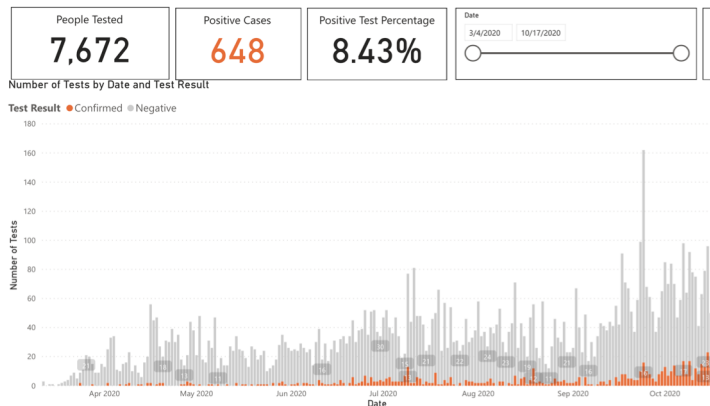
- ✓ **Horario dividido** - ¡Hoy damos la bienvenida a todos los estudiantes de Alta a la escuela! Todavía estamos en una semana escolar en persona de 4 días con una breve actividad de repaso para que los estudiantes la completen en casa los viernes. Por lo tanto, no tendremos un día de inicio tardío los martes. Debido a la necesidad de distanciarnos nuevamente con todos los estudiantes en el edificio, también tendremos que regresar al horario de las 3 campanadas de almuerzo. Puede ver una copia del horario de timbre ajustado en la página 5.
- ✓ **Aprendizaje en línea:** aunque todos los estudiantes están regresando a la escuela, sabemos que algunos todavía necesitarán aprender en casa de vez en cuando debido a enfermedades o cuarentena. Al aprender desde casa, los estudiantes pueden mantenerse al día con sus clases en Canvas siguiendo las pautas enviadas la semana pasada. Pueden esperar entre 40 y 90 minutos de trabajo por clase en uno de los siguientes formatos: volteado, combinado o sincrónico.
- ✓ **Tutoría de matemáticas:** consulte el programa en la página 6 para conocer las oportunidades de tutoría de matemáticas. Hay oportunidades tanto presenciales como virtuales.
- ✓ **El Programa de Becas Utah Promise** llena el vacío para cubrir la matrícula de cualquier estudiante que reciba la Beca Pell pero que aún deba matrícula.
 - Universidad de Utah para beca de Utah <https://admissions.utah.edu/forutah/>
 - Beca UVU Green Light <https://www.uvu.edu/financialaid/scholarships/greenlight.html>
 - Beca Weber State Dream Weber <https://www.weber.edu/dreamweber/default.html>
 - Beca de promesa de SUU Access Utah <https://www.suu.edu/finaid/accessutahpromise.html>
 - Promesa SLCC <https://www.slcc.edu/promise/>
 - Beca basada en las necesidades del estado de Utah <https://www.usu.edu/admissions/costs-and-aid/>
 - Beca Promise de Snow College Utah <https://www.snow.edu/offices/scholarships/downloads/Utah-Promise-Application.pdf>
- ✓ **Día de la fotografía:** el día de la fotografía final se llevará a cabo el martes 20 de octubre. Las imágenes comenzarán a las 7 am y continuarán hasta que se completen todas. El tiempo aproximado de finalización será alrededor del mediodía. Si eres un estudiante en línea y necesitas que te tomen una foto, puedes venir en cualquier momento.
- ✓ **Alumnos AP y padres:** la ventana ahora está abierta para registrarse y pagar los exámenes AP 2021. Este es un proceso de DOS PASOS y ambos pasos deben completarse antes del 1 de noviembre para evitar pagar tarifas de examen adicionales. Toda la información que necesita, incluido un tutorial de registro, está disponible en nuestro sitio web de Consejería: <https://altahscounseling.weebly.com/ap.html>. Comuníquese con la coordinadora AP de Alta, Shannon Kershaw (shannon.kershaw@canyonsdistrict.org) para obtener ayuda adicional.
- ✓ **Comidas gratuitas para impulsar el aprendizaje de los viernes:** los viernes serán un día de aprendizaje en casa para los estudiantes, y los profesionales de servicios de nutrición de CSD se asegurarán de que estén debidamente alimentados para un día completo de estudio. Los jueves, nuestro comedor duplicará la cantidad de comidas que normalmente preparamos, agregando una bolsa de comida adicional para que los estudiantes se la lleven a casa y disfruten el viernes. Las bolsas de comida estarán disponibles sin cargo mientras se mantengan los fondos de la subvención federal. Se harán esfuerzos para distribuir las comidas al final del día escolar para que puedan refrigerarse rápidamente. Esto es importante, ya que las comidas en bolsas contendrán artículos perecederos. La información nutricional de las comidas se puede encontrar en [Menú de almuerzo en línea de CSD](#).
- ✓ **Hawk Stash** - ¡El Hawk Stash está listo y funcionando! Los estudiantes pueden visitarlo todos los jueves después de la escuela o ver a su consejero para una visita privada. También puede ayudarnos a mantener el Hawk Stash abastecido con sus donaciones. Consulte la página 7 para obtener más detalles.
- ✓ **Hawk Talk** - ¡La nueva trabajadora social de Alta, Crystal Gregory, está iniciando un grupo de salud emocional llamado Hawk Talk! Para obtener más información sobre ella y el grupo, consulte la información en la página 8.
- ✓ **Solicitud de transcripciones:** las transcripciones se pueden solicitar en línea yendo al sitio web de Alta o haciendo clic en este enlace: <https://www.parchment.com/u/registration/24401/account>. Vea las instrucciones en el volante en las páginas 9 y 10.
- ✓ **Baloncesto para niñas:** las niñas interesadas en participar en el equipo de baloncesto para la próxima temporada deben asistir a una reunión el martes 20 de octubre o el miércoles 21 de octubre después de la escuela en el gimnasio. Se proporcionará información durante ese tiempo para las pruebas, registermyathlete.com y las calificaciones del primer trimestre.

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](#).

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

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



COVID-19 Case Counts

2020-21

Last Update: 10/14/2020 @ 3:36pm

This data is scheduled to be updated twice a week. The major updates will be Monday and Thursday afternoon using information provided by the Salt Lake County Health Department and Canyons Department of Responsive Services. Some case count data may be updated on a more frequent basis and changes noted in blue.

NOTE: It is 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 physical distancing is NOT possible.

Symptoms of COVID-19

Children who are sick at all should not go to school. Parents should check students for symptoms of COVID-19 every day before school. If students, teachers, or employees have any of the 6 symptoms of COVID-19, which make them eligible for testing, they should call a healthcare provider and get tested for COVID-19, even if the symptom is mild. Testing locations can be found at

<https://coronavirus.utah.gov/testing-locations>.



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

ALTA HIGH SCHOOL BELL SCHEDULE

MONDAY-THURSDAY 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 st Lunch 11:05-11:35 2 nd Lunch 11:50-12:20 3 rd Lunch 12:30-1:00 pm
Period 4 & 8	1:05-2:25
FRIDAY – AT HOME LEARNING	
Students are expected to log in to each Canvas course, where they will find approximately 20 minutes of work focused on reviewing the week's learning.	
Student Engagement Opportunities by Department	
8:00-9:00am	Social Studies and Healthy Lifestyles Teachers
9:00-10:00am	English, Visual Arts, and Performing Arts Teachers
10:00-11:00am	Math, Career and Technical Ed, and World Languages Teachers
11:00am-12:00pm	Science and Special Education Teachers

Lunch Schedule by Teacher

1 st Lunch		2 nd Lunch		3 rd Lunch	
Alta Online	Maack, J (3 rd 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	Binford, T	Pugmire, C	Beach, K	Long, L
Brown, S	Paystrup, M	Campbell, C (7 th Per)	Rees, B	Bennion, R	Merrill, C
Campbell, C (3 rd Per)	Peng, J	Deveny, P	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 th 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				

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

NOW OPEN

ALTA HIGH HAWK STASH

Alta's very own food pantry for students and their families



OPEN THURSDAYS AFTER SCHOOL
2:25-3:00

-OR- talk to your counselor to check out the stash at a different time

ROOM 1110

Anyone is welcome to come fill up a bag of food. The Stash also has personal hygiene items and some school supplies.

Help keep the Hawk Stash stocked! You can drop off non-perishable food items (no expired products, please) or make a cash donation in the attendance office anytime!

Hello Alta Students,

My name is Crystal Gregory, I am a social worker and a member of the Mental Wellness Team at Alta High School. I want to inform you of an opportunity to join a virtual emotional support group for Alta students called Hawk Talk.

It is important for teens to be with friends and to make new friends, but this became challenging with the pandemic and many students feel isolated and alone. Hawk Talk will provide an opportunity for you to connect with other students, make new friends, discuss mental health and wellness during the pandemic, increase self-esteem and confidence, and much more.

If this group sounds like something that you would like to join or if you have questions, please email me at Crystal.gregory@canyonsdistrict.org.

I look forward to meeting you!

Crystal Gregory, L.C.S.W.
Alta High School



What is Parchment?

Applying for college just got easier. Canyons School District is now partnering with Parchment, an online system for ordering high school transcripts. Starting this spring, CSD high school students can order electronic copies of their official transcripts with a push of the button.

Request & Send Transcripts

Step 1: Log in or Register



1. Go to ahs.canyonsdistrict.org and click on 
For learners, parents & third parties
2. Sign in as an existing user or create an account.

Step 2: Add Destinations



1. Select Destinations such as colleges, Common Application, or yourself
2. Review Destinations

Step 3: Provide Consent



1. Complete the waiver form.
2. Complete the Transcript Authorization form by eSigning

Step 4: Payment



1. Provide debit/credit card payment if there are any fees

Step 5: Track Order



1. The status of your request will be emailed and updated in your Parchment.com Account

Need Help?

▪ Visit **parchment.com/studentkit** today! ▪

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- Weighted GPA
- SAT Scores
- SAT II Scores
- ACT Scores
- AP Classes and Grades
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- Add colleges to your list
- Indicate your stage in the application process

TRACK APPLICATIONS:

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- Predictions are based on statistical models from the results of students who have voluntarily added their admissions data in the past
- Scatterplots and analytics on each college page give data about how you compare to past applicants
- Predictions are probabilities. If you are given a 10% change and you applied to a college 100 times, you should be accepted 10 of those times.

If you want to attend a college, you should always apply.

Predictions are only meant to be a guide. The only way to guarantee you will not get into a college is to not apply.