



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

Week of November 23rd, 2020

Alta High School

Soar to a New ALTAtude

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** – Alta High will remain in online learning on Monday and Tuesday before Thanksgiving Break. For more information about the expectations for both teachers and students while our school is online, please review page 5. A copy of the bell schedule to help your student stay on their class schedule while at home can be found on page 6.
- ✓ **Alta's Counselors are Here for You** – The Alta Counselors are here for our students during this online period. We know how challenging it is for all of you during this time. If you are in need of some extra support and would like your counselor to reach out to you, please fill out [this form](#).
- ✓ **Math Tutoring** – In person math tutoring is suspended for the next two weeks, but virtual opportunities are still available. Please see the schedule on page 7, which also includes the information about how to connect via Google Meet.
- ✓ **NHS Tutoring** – Looking for a tutor? The Alta National Honor Society is offering free online tutoring sessions! Please complete [this form](#) to be matched with an NHS Peer Tutor. See the flyer on page 9 for more information.
- ✓ Please view the information about “Helping Students Through Quarantine and School Re-Entry” on page 9.
- ✓ **Hawkeye (school news online)** – Go to altahawkeye.org to read more about the newly elected Freshmen Officers, and numerous other new stories submitted by the Alta High newspaper and journalism classes.
- ✓ **Attention parents of Juniors!** If you have not signed up for your Plan for College and Career Readiness (PCCR) meeting with your student's counselor, please follow the link appropriate link below, based on your student's last name. Both in person and virtual appointments will be provided. If classes are still being taught online, all PCCR meetings will be held virtually. Please sign up by Tuesday, November 24th.
 - A-Ch - Jen <https://calendly.com/jennifer-scheffner/junior-pccr>
 - Ci-Gd - Christine <https://calendly.com/christine-astle/junior-pccr>
 - Ge-Kh - Sandy <https://calendly.com/sandy-white3/junior-pccr>
 - Ki-O - Cierra <https://calendly.com/cierra-bell/junior-pccr>
 - P-So - Callie <https://calendly.com/callie-bjerregaard/junior-pccr>
 - Sp-Z - Leslie <https://calendly.com/alta-counseling/leslie-stettler>
- ✓ **Blood Drive** – HOSA is hosting a Blood Drive with ARUP on Wednesday, December 2 from 8am-2pm. All students, parents and staff members who wish to donate must make sign up for an [appointment time online](#). The donations will take place in a donor bus in the Alta parking lot.
- ✓ **Yearbook Senior Ad** information was mailed home last week. Check your mail for information on how you can submit a tribute to your senior to be published in this year's yearbook. All ads will be done online again this year. Begin at jostensadservice.com.
- ✓ **Seniors** – Check your graduation requirements in Skyward. If any requirements are in **red**, this means you are credit deficient and your graduation is in jeopardy. Contact your counselor if you have questions on how to take care of your deficiencies.
- ✓ **Basketball Tryouts** – Tryouts for both boys and girls basketball will begin on Tuesday, November 24th. Interested students should see the schedule on page 2, complete their [Register My Athlete](#) profile, and bring a mask and water to tryouts.
- ✓ **Softball** – Girls interested in trying out for softball in the spring, please go to altahighsoftball.weebly.com to sign up to tryout, check the open field schedule, and more!

UPCOMING Events

Monday, November 23rd

A-Day, Students attend Virtually

7:45am, 1st Period Starts

School Community Council Meeting

3:00pm, Virtual Meeting

Tuesday, November 24th

B-Day, Students attend Virtually

7:45am, 5th Period Starts

Girls Basketball Tryouts

2:45-5:00pm, Alta Gymnasium

Boys Basketball Tryouts

9th & 10th Graders, 6:00-8:00pm, Alta Gymnasium

11th & 12th Graders, 8:00-10:00pm, Alta Gymnasium

Wednesday, November 25th

Thanksgiving Break

No School

Girls Basketball Tryouts

8:00-10:00am, Alta Gymnasium

Boys Basketball Tryouts

10:00am-2:00pm, Alta Gymnasium

Thursday, November 26th

Thanksgiving Break

No School

Friday, November 27th

Thanksgiving Break

No School

Boys' Basketball Tryouts

Tuesday, November 24

9th & 10th graders 6-8pm

11th & 12th graders 8-10pm

Girls' Basketball Tryouts

Tuesday, November 24, 2:45pm - 5:00pm

Wednesday, November 25, 8am - 10am



Semana del 23 de noviembre 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** - Alta High permanecerá en aprendizaje en línea el lunes y martes antes de las vacaciones de Acción de Gracias. Para obtener más información sobre las expectativas tanto para los maestros como para los estudiantes mientras nuestra escuela está en línea, consulte la página 5. En la página 6 se puede encontrar una copia del horario de la campana para ayudar a su estudiante a mantenerse en su horario de clases mientras está en casa.
- ✓ **Los consejeros de Alta están aquí para usted:** los consejeros de Alta están aquí para nuestros estudiantes durante este período en línea. Sabemos lo desafiante que es para todos ustedes durante este tiempo. Si necesita apoyo adicional y desea que su consejero se comunique con usted, complete [esta forma](#).
- ✓ **Tutoría de matemáticas:** la tutoría de matemáticas en persona está suspendida durante las próximas dos semanas, pero las oportunidades virtuales aún están disponibles. Consulte el programa en la página 7, que también incluye información sobre cómo conectarse a través de Google Meet.
- ✓ **Tutoría del NHS** - ¿Busca un tutor? ¡La Sociedad Nacional de Honor de Alta ofrece sesiones gratuitas de tutoría en línea! Por favor complete [esta forma](#) para ser emparejado con un Peer Tutor del NHS. Consulte el folleto en la página 9 para obtener más información.
- ✓ Consulte la información sobre “**Ayudar a los estudiantes durante la cuarentena y el reingreso a la escuela**” en la página 9.
- ✓ **Hawkeye (noticias escolares en línea)** - Ir a altahawkeye.org para leer más sobre los oficiales de primer año recién elegidos y muchas otras historias nuevas enviadas por el periódico y las clases de periodismo de Alta High.
- ✓ **¡Atención padres de Juniors!** Si no se ha inscrito en la reunión del Plan de preparación para la universidad y la carrera (PCCR) con el consejero de su estudiante, siga el enlace correspondiente a continuación, según el apellido de su estudiante. Se proporcionarán citas tanto presenciales como virtuales. Si las clases todavía se imparten en línea, todas las reuniones del PCCR se llevarán a cabo virtualmente. Regístrese antes del martes 24 de noviembre.
 - A-Ch: Jen <https://calendly.com/jennifer-scheffner/junior-pccr>
 - Ci-Gd - Christine <https://calendly.com/christine-astle/junior-pccr>
 - Ge-Kh - Sandy <https://calendly.com/sandy-white3/junior-pccr>
 - Ki-O - Cierra <https://calendly.com/cierra-bell/junior-pccr>
 - P-So - Callie <https://calendly.com/callie-bjerregaard/junior-pccr>
 - Sp-Z: Leslie <https://calendly.com/alta-counseling/leslie-stettler>
- ✓ **Blood Drive** - HOSA está organizando una donación de sangre con ARUP el miércoles 2 de diciembre de 8 am a 2 pm. Todos los estudiantes, padres y miembros del personal que deseen donar deben inscribirse en una [hora de la cita en línea](#). Las donaciones se realizarán en un autobús de donantes en el estacionamiento de Alta.
- ✓ La semana pasada se envió por correo a casa información sobre el **Yearbook Senior Ad**. Consulte su correo para obtener información sobre cómo enviar un tributo a su estudiante de último año para que se publique en el anuario de este año. Todos los anuncios se harán en línea nuevamente este año. Comenzar en jostensadservice.com.
- ✓ **Seniors:** verifique sus requisitos de graduación en Skyward. Si alguno de los requisitos está en rojo, significa que tiene deficiencia de créditos y su graduación está en peligro. Comuníquese con su consejero si tiene preguntas sobre cómo solucionar sus deficiencias.
- ✓ **Pruebas de baloncesto:** las pruebas para baloncesto de niños y niñas comenzarán el martes 24 de noviembre. Los estudiantes interesados deben ver el horario en la página 2, completar su [Registrar mi atleta](#) perfil, y traer una máscara y agua a las pruebas.
- ✓ **Softbol:** las niñas interesadas en probar el softbol en la primavera, por favor vayan a altahighsoftball.weebly.com para inscribirse en la prueba, consultar el horario de campo abierto y mucho más.

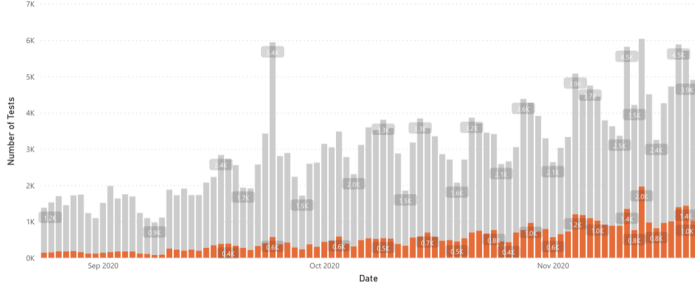
COVID-19 Updates for the Alta High Community

Salt Lake County

People Tested 264,715	Positive Cases 49,214	Positive Test Percentage 17.98%	Date 8/24/2020 11/22/2020
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Number of Tests by Date and Test Result

Test Result ● Confirmed ● Negative

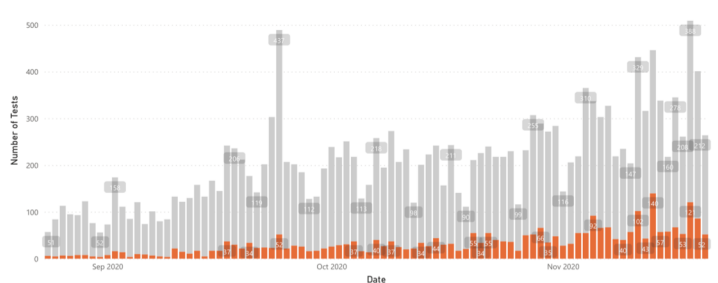


Alta High Community

People Tested 18,387	Positive Cases 3,020	Positive Test Percentage 16.17%	Date 8/24/2020 11/22/2020
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Number of Tests by Date and Test Result

Test Result ● Confirmed ● Negative

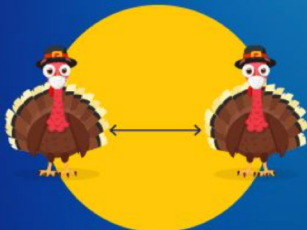


For more data and information, visit the Salt Lake County Health Department's [COVID-19 Data Dashboard](#).

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

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

Stay Safe Stay Thankful



Physical distance.
Please stay 6 feet apart.



Wear a mask.
Keep yourself and others safe.



Wash your hands often
for 20 seconds.



Stay home
if you feel sick.



CORONAVIRUS
UTAH.GOV

Schoolwide Virtual: Teacher Expectations

- Follow Canyons Canvas Expectations
- Post the week's schedule and access information for synchronous learning on Canvas Home Page
- Provide daily synchronous instruction aligned to learning intentions and success criteria: 60 minutes (elementary) **20-30 minutes** every class period (secondary)
- Record synchronous session or provide comparable asynchronous supports
- Provide a deliberate sequence of asynchronous learning activities in Canvas modules that include a combination of instructional videos, instructional presentations, reading material, practice, research, etc.
- Summarize the week's learning intentions and success criteria and instructional sequence in a document listed first in each week's module



CANYONS
SCHOOL DISTRICT
A Commitment to Excellence
18 YEARS

Schoolwide Virtual: Student Expectations

- Invite parent/guardian as an observer in Canvas
- Review synchronous schedule for each class (elementary) or class period (secondary)
- Review instructional summary in modules for each class (elementary) or class period (secondary)
- Attend all synchronous instruction sessions
- Submit all assigned work
- Contact teacher directly with questions about lessons or assignments
- Contact Canyons Online Office for all other questions



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SCHOOL DISTRICT
A Commitment to Excellence
18 YEARS

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

UPCOMING ACADEMIC SCHEDULE

Monday, November 16th

A-Day Online

Monday, November 23rd

A-Day Online

Tuesday, November 17th

B-Day Online

Tuesday, November 24th

B-Day Online

Wednesday, November 18th

A-Day Online

Wednesday, November 25th –

Sunday, November 29th

Thursday, November 19th

B-Day Online

Thanksgiving Recess

Friday, November 20th

Teacher Prep Day

Student Review Activities

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

LOOKING FOR A TUTOR?

**Alta National Honor Society
Offers Free Online Sessions!**

Simply fill out this short form to be
matched to a NHS Peer Tutor who will
contact you and set up a meeting:

<https://forms.gle/uXL9fsjVsChFmYJP9>

**Need immediate help on
homework?**

Salt Lake County Library has partnered with
Brainfuse to allow anyone with a library card
number to access live tutors from 1:00–11:00
PM every day.

Visit <https://rb.gy/4fcaif> to get help now!



Helping Students Through Quarantine and School Re-Entry

The 2020-21 school year started off with anticipation, excitement, uncertainty, and apprehension. Those feelings and more have continued throughout the first few months of school. Students have adjusted to the new “normal” of the school year. In addition, many students have experienced times of quarantine either for themselves or for the entire school. As we continue the school year with further prospects of possible quarantines, the following information can guide you in helping your student academically, socially, and emotionally in times of quarantine and re-entry to school.

Helping students on quarantine

Keep a structure and a routine

Students of all ages are more productive when they maintain a daily schedule. Help students design and follow a regular routine which may include waking up at a scheduled time each morning, getting dressed as if it were a regular school day, structuring academic time, building in physical breaks (getting outside if possible), and going to sleep at a regular time.

Organize physical and mental space

Delegate a space specifically for school work. Organize the space with necessary materials and limit distractions. Keep a calendar with daily and weekly tasks, assignments, and goals. Make a to-do list and cross items off as they are completed. Break work into manageable chunks. Only focus on what tasks need to be completed that day or week.

Continue to cultivate relationships

Maintaining relationships continues to be an important aspect of mental health even during quarantine. Take advantage of virtual meetings with classmates for academic and social interactions. Find time to talk with friends and family. Phone calls and face time are better than text. Find time to participate in fun activities with those who live in the home.

Show compassion to self and other

Nourish the body, mind, and soul. Keep healthy eating, sleeping, and exercise habits. Spend time outside. Keep humor in the home. Try to laugh every day. Schedule time for a mindfulness routine for the entire family. Five to ten minutes of mindfulness practice each day is shown to have significant effects on mental wellness.

Helping students prepare for re-entry to school

Discuss what to expect when returning to school

Prepare students as to expectations such as new rules and social expectations as they return to school. Discuss any changes to expect and how to approach such changes.

Listen, validate, and calm concerns and fears

Students will have a myriad of feelings regarding returning to school. Listen to understand those feelings and respond in a calming manner. Discuss concerns and how the school is implementing procedures to keep them safe and healthy.

Discuss social expectations

Help students understand what is appropriate in social situations. Outline mask wearing, distancing, and other procedures the student should expect. Talk with student about how they can safely continue to socially interact with friends.

Manage your own anxiety:

Students will look to parents for examples of how they should be feeling with returning to school as well as how they should behave. Stay calm, show empathy, and model appropriate actions that keep everyone safe such as mask wearing in public places.

References:

- Mazzella, R. (2020, August 11). GUIDE: Transitioning Back to School After Quarantine. Retrieved November 13, 2020, from <https://www.carolinaparent.com/guide-transitioning-back-to-school-after-quarantine/>
- Millner, U. C. (2020). Five Tips for Students During the Coronavirus Self-Quarantine. Retrieved November 13, 2020, from <https://lesley.edu/article/five-tips-for-students-during-the-coronavirus-self-quarantine>