



Para ver los anuncios importantes en español, en la tercera pagina de este boletín.

Week of March 7th, 2022

Alta High School

2021-22 Theme: The Future is Ours!

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.

√ **Positive Behavior Interventions & Celebrations:** We thank students and teachers for their participation in our Parent Teacher Conferences this past week. We realize that this new format for conferences has been a benefit for many patrons, but we also would like your feedback on how to improve the experience. Thank you, also, for your donations on behalf of our PTSA for the meal and donation of treats for Tuesday's dinner. We loved all the delicious items you baked and bought!

√ **Junior ACT: Tuesday, March 8th:** The Utah State ACT will be administered to all Alta juniors on **Tuesday, March 8, 2022**. No regular classes will be scheduled for this date. *Only* juniors should arrive at school at 7:15 a.m. this day; all other students are welcome to arrive and enjoy lunch at 11:50 a.m. and/or consult with their teachers from 12:50-2:25 p.m. as needed. No electronic devices, including phones or smartwatches are allowed in the classrooms. Students may not bring backpacks to classrooms either. Juniors should simply bring a number 2 pencil (no mechanical pencils) and a calculator to the test. Classroom assignments are posted in the Alta Commons. Snacks will be provided during the break. Good luck!

√ **PTSA Hawk Hero is Back!** We would like to find more ways to recognize the positive behavior of our students at Alta. One way to do so is via our monthly Hawk Hero program sponsored by our PTSA whose aim is to recognize two students from each class every month. Any member of the school, including teachers, staff members, and even students, may nominate a student. See the flyer below for additional information. We hope to gather nominations for winners in April!

√ **Rescheduled:** Any Juniors interested in running to be a **Student Body Officer for the 2022 – 2023 School Year**, there is an informational meeting on **Monday, March 7th in room 2121 at 2:30 p.m.** Elections will be held the last two weeks of March. All applications must be submitted by **March 16th**.

√ **Alta Choir Auditions:** For students who love to sing and are interested in traveling to places like New York City or Disneyland, Alta Choirs wants you! Auditions for all choirs are on **March 7th and 8th after school**. To get an application and an audition time, see Ms. Lund as soon as possible in room 1607!

√ **Alta's Dance Company Concert** will be held **March 16th, 17th, and 18th at 7:00 p.m.** in the PAC. Tickets can be purchased through tickets.shovation.com or at the door. Students \$7 and Adults \$10. We will have both concessions and flowers for patrons to purchase for the dancers. Hope to see you there!

√ **Graduation Speaker & Music Tryouts in April:** This year's theme for graduation is: "Sometimes you will never know the value of a moment until it becomes a memory" - Dr. Seuss. The following are opportunities for seniors to participate in the graduation ceremony for the class of 2022: Graduation Speaker tryouts will be held during the third week of April (date TBD) after school. For more information please see Mr. Ochoa in room 1309. Graduation Music / Performance tryouts will be held after school. After Spring Break, there will be sign-up sheets for audition times outside Mr. Shabestari's, Ms. Struikma's & Ms. Lund's classrooms.

√ **Yearbook Orders:** It's time to reserve your copy of the school yearbook if you haven't already done so. Book price increases **March 1, 2022** to \$60 and extra books will be \$60 on yearbook day. To order a yearbook, you may do one of the following. Bring in or mail a check for \$60 to the school's Main Office or purchase a book through Skyward. To purchase through Skyward: Go to fee management / make payment / optional fees. Click on yearbook. You also may go online to <https://jostensyearbooks.com/?REF=A08724530> to order your book. The first two options cost less because you don't have to pay a processing fee. Please note, we will order a few extra books for sale in May, but they go fast. **NOW is the time to order your yearbook.**

√ **Math Workouts & NHS Tutors:** Our National Honor Society students are available on **Monday, March 7th** to help with tutoring in core subjects. Should your student need additional help in math, science, social studies, or ELA, help is available. See NHS flyer below for more details. **Math Workouts are a new way to stay in math “shape” and will be held from 2:30-4:00 after school beginning February 18th in room 2103.** See math teachers for specific locations. Math tutoring is also available daily during Advisory in room 1118.



UPCOMING EVENTS



Monday, March 7th

Football Parent Meeting
@ 5:30 in the Commons

Tuesday, March 8th

ACT Testing for all Juniors
Classroom assignments posted in the Alta Commons

Boys' Varsity Baseball
@ Skyline at 3:30 p.m.

Girls' Varsity Softball
@ Cottonwood at 3:30 p.m.

Boys' Varsity Soccer
Corner Canyon @ Alta at 3:30 p.m.

Boys' Varsity Tennis
@ Skyline at 3:30 p.m.

GOP Caucus Groups 3:00-10:00 p.m. (school is unaffiliated)
Rooms and other info will be posted at the school that evening

Wednesday, March 9th

Region Vocal Festival
Location TBD

Girls' Varsity Softball
Judge @ Alta at 3:30 p.m.

Boys' and Girls' Track
@ Jordan High at 3:30 p.m.

Girls' Basketball Banquet
in the Library Media Center at 5:30 p.m.

Thursday, March 10th

Drama One Act Plays
@ Lehi High

Job Shadow Day Luncheon
in Hawk Gallery 11:00-1:00

Boys' Varsity Baseball
@ West Jordan at 3:00 p.m.

Boys' Varsity Tennis
@ Brighton at 3:30 p.m.

Friday, March 11th

Girls' Varsity Softball
Westlake @ Alta at 3:30 p.m.

Latinos in Action Recruitment Lunch
Alumni Room at 11:00 a.m.

Boys' Varsity Baseball
@ Bountiful 3:00 p.m.

Boys' Varsity Soccer
@ Pineview 4:00 p.m. (St. George)

Girls' Varsity Lacrosse
@ Lone Peak 5:00 p.m.

Boys' Varsity Lacrosse
Brighton @ Alta 7:30 p.m.

Saturday, March 12th

Winter Drumline
@ Farmington HS

Winter Color Guard
@ Lone Peak HS

Boys' Varsity Soccer
@ Snow Canyon at 10:00 a.m. (St. George)

Upcoming Events for March 14th-19th

March 14th

No schoolwide events scheduled

March 15th

Boys' Varsity Tennis Lehi @ Alta 3:30 p.m.
Boys' Varsity Baseball Hillcrest @ Alta 3:30 p.m.
Girls' Varsity Softball @ Timpanogos 3:30 p.m.
Boys' Varsity Soccer @ Mountain View 7:00 p.m.
Boys' Varsity Lacrosse @ Mountain View 7:00 p.m.
Girls' Varsity Lacrosse Mountain View @ Alta 7:30 p.m.

March 16th

Region Training Choir Festival @ Jordan High School
Dance Company Spring Concert in the PAC 7:00 p.m.

March 17th

Happy St. Patrick's Day!
Boys' Varsity Tennis Timpanogos @ Alta 3:30 p.m.
Boys' Varsity Baseball Cyprus @ Alta 3:30 p.m.
Girls' Varsity Softball @ Mountain View 3:30 p.m.
Dance Company Spring Concert in the PAC 7:00 p.m.
Boys' Varsity Lacrosse Cherokee Trail CO @ Alta 7:30 p.m.

March 18th

End of Quarter 3
Forensics State Tournament (March 18th-19th)
Boys' Varsity Soccer Orem @ Alta 3:30 p.m.

March 19th

Dance Company Spring Concert in the PAC 7:00 p.m.

Track: Herriman Invite

Junior Prom at Rice Eccles Stadium 8:30-11:00 p.m.



SEMANA DEL 7 MARZO, 2022 Escuela Secundaria Alta

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.

√ **Celebraciones e Intervenciones de Comportamiento Positivo:** Agradecemos a los estudiantes y maestros por su participación en nuestras Conferencias de Padres y Maestros la semana pasada. Somos conscientes de que este nuevo formato de conferencias ha sido un beneficio para muchos patrocinadores, pero también nos gustaría conocer sus comentarios sobre cómo mejorar la experiencia. Gracias, también, por sus donaciones en nombre de nuestra PTSA para la comida y la donación de golosinas para la cena del martes. ¡Nos encantaron todos los deliciosos artículos que horneaste y compraste!

√ **ACT Junior: Martes, 8 de marzo:** El ACT del Estado de Utah se administrará a todos los juniors de Alta el martes, 8 de marzo de 2022. No se programarán clases regulares para esta fecha. Solo los juniors deben llegar a la escuela a las 7:15 a.m. este día; todos los demás estudiantes pueden llegar y disfrutar del almuerzo a las 11:50 a. m. y/o consultar con sus maestros de 12:50 a 2:25 p. m. según sea necesario. No se permiten dispositivos electrónicos, incluidos teléfonos o relojes inteligentes, en las aulas. Los estudiantes tampoco pueden traer mochilas a las aulas. Los jóvenes simplemente deben traer un lápiz número 2 (no lápices mecánicos) y una calculadora para la prueba. Las asignaciones de clase se publican en Alta Commons. Se proporcionarán refrigerios durante el descanso. ¡Buena suerte!

√ **PTSA Hawk Hero está de vuelta!** Nos gustaría encontrar más formas de reconocer el comportamiento positivo de nuestros estudiantes en Alta. Una forma de hacerlo es a través de nuestro programa mensual Hawk Hero patrocinado por nuestra PTSA, cuyo objetivo es reconocer a dos estudiantes de cada clase cada mes. Cualquier miembro de la escuela, incluidos maestros, miembros del personal e incluso estudiantes, puede nominar a un estudiante. Consulte el folleto a continuación para obtener información adicional. ¡Esperamos reunir las nominaciones para los ganadores en abril!

√ **Reprogramado:** cualquier estudiante de tercer año interesado en postularse para ser oficial del cuerpo estudiantil para el año escolar 2022-2023, hay una reunión informativa **el lunes 7 de marzo** en el salón 2121 a las 2:30 p.m. Las elecciones se llevarán a cabo las dos últimas semanas de marzo. Todas las solicitudes deben presentarse antes del 16 de marzo.

√ **Audiciones de Alta Choir:** Para los estudiantes que aman cantar y están interesados en viajar a lugares como la ciudad de Nueva York o Disneyland, ¡Alta Choirs los quiere a ustedes! Las audiciones para todos los coros son **el 7 y 8 de marzo** después de la escuela. ¡Para obtener una solicitud y una hora para la audición, vea a la Sra. Lund lo antes posible en el salón 1607!

√ **Pedidos del anuario:** es hora de reservar su copia del anuario escolar si aún no lo ha hecho. El precio del libro aumenta **el 1 de marzo de 2022** a \$ 60 y los libros adicionales costarán \$ 60 el día del anuario. Para pedir un anuario, puede hacer uno de los siguientes. Traiga o envíe un cheque por \$60 a la oficina principal de la escuela o compre un libro a través de Skyward. Para comprar a través de Skyward: Ir a gestión de tarifas / realizar pago / tarifas opcionales. Haga clic en anuario. También puede ingresar en línea a <https://jostensyearbooks.com/?REF=A08724530> para ordenar su libro. Las dos primeras opciones cuestan menos porque no tiene que pagar una tarifa de procesamiento. Tenga en cuenta que ordenaremos algunos libros adicionales para la venta en mayo, pero se agotan rápido. AHORA es el momento de pedir su anuario.

√ **Pruebas de orador y música de graduación en abril:** el tema de graduación de este año es: "A veces nunca sabrás el valor de un momento hasta que se convierte en un recuerdo" - Dr. Seuss. Las siguientes son oportunidades para que los estudiantes de último año participen en la ceremonia de graduación de la clase de 2022: Las pruebas de oradores de graduación se llevarán a cabo durante la tercera semana de abril (fecha por determinar) después de la escuela. Para obtener más información, comuníquese con el Sr. Ochoa en el salón 1309. Las audiciones de música/actuación de graduación se llevarán a cabo después de la escuela. Después de las vacaciones de primavera, habrá hojas de inscripción para los tiempos de audición fuera de las aulas del Sr. Shabestari, la Sra. Struikisma y la Sra. Iund.

√ **El Concierto de la Compañía de Danza de Alta** se llevará a cabo **los días 16, 17 y 18 de marzo a las 19:00 horas** en el PAC. Los boletos se pueden comprar a través de tickets.shovation.com o en la puerta. Estudiantes \$7 y Adultos \$10. Tendremos concesiones y flores para que los patrocinadores compren para los bailarines. ¡Espero verte allí!

√ **Tutoría de matemáticas y tutores de NHS:** Nuestros estudiantes de la Sociedad Nacional de Honor están disponibles **el lunes 7 de marzo** para ayudar con la tutoría en materias básicas. Si su estudiante necesita ayuda adicional en matemáticas, ciencias, estudios sociales o ELA, hay ayuda disponible. Consulte el folleto del NHS a continuación para obtener más detalles. El laboratorio de matemáticas también continúa después de la escuela durante todo el mes de febrero de lunes a jueves. Consulte a los maestros de matemáticas para ubicaciones específicas. La tutoría de matemáticas también está disponible todos los días durante el asesoramiento en el salón 1118. Los entrenamientos de matemáticas son una nueva forma de mantenerse en "forma" matemática y se llevarán a cabo de 2:30 a 4:00 después de la escuela a partir en el salón 2103.

SEE FLYERS BELOW FOR ADDITIONAL INFORMATION!



First Name:
Middle Initial:
Last Name:
Student Code:
ACT High School Code: 450-402
Deadline: 2 days after completion of your test

Prior to the deadline above: Log in to MyACT and complete your non-test information to send your scores—free of charge—to four score recipients (colleges or scholarship agencies you choose). You can log out and return any time prior to the deadline noted above. **After the deadline above:** Changes may not be reflected on your score report or reported to your score recipients.

Take the following steps prior to completing your non-test information:

- **Verify your name:** If your name is not printed at the top right of this page, contact your school test coordinator to get your personalized form. *Note: Don't worry if your last name is shortened on this form. Only the first 16 characters of your last name are used on this form to match to your MyACT profile.*
- **Get the guide:** If you did not get a copy of *Taking the ACT - State Testing and District Testing*, contact the test coordinator to get one. The guide contains the *ACT Terms & Conditions* (act.org/content/dam/act/unsecured/documents/Terms-and-Conditions.pdf) and *Privacy Policy* (act.org/privacy). The non-test questions you will be asked (e.g., about your background and interests) are available at act.org/myactprofile. Review these resources prior to test day with your parent or legal guardian.
- **Use your transcript:** Have your high school grades and courses on hand to complete Step 3, below.
- **Review the resources:** Visit the Information for Examinees webpage at act.org/info-for-examinees for MyACT resources, including a user guide for MyACT.

Complete Your Non-Test Information

1. Log in to myact.org.
 - A. If you *have* a MyACT account: Enter your email address and password. Select **Sign In**. *If you already have an account, do not create a new account. If you create a new account, you may not be able to access your scores.*
 - Your last name on your account must match what is listed at the top right of this page. (To update your name on this page, contact your school test coordinator. For help with updating your MyACT account, contact ACT at act.org/content/act/en/contact-act.html.)
 - B. If you *do not have* a MyACT account: Select **Create MyACT account**, and then **I'm new! Let's get started**. Follow the on-screen instructions to create and log in to your account.
 - Once you have created your account, you will be sent a Verification Code by text or email. You have 24 hours to use it. (There will be a few more questions to answer before moving to Step 2.)
2. **Student Code:** Select the **Enter Student Code** button on the right of the screen. Carefully enter your student code, **shown at the top of this page**, checking for accuracy. Select **Submit Code**.
3. **Non-Test Information:** Follow the on-screen instructions to provide your: a) demographic information; b) high school resume; c) college plans; and d) score recipients. *Note: Non-test information questions are optional unless noted.*
4. **Agreement:** At the end of the non-test section, review and agree to the *ACT Terms and Conditions*. After submitting, return to the dashboard of your MyACT account.
5. **Confirmation:** You will get one of two pop-ups, depending on whether you entered college codes or not. To ensure that you will be able to access your scores, make note of your ACT ID (located under your name), your username and password, and **Log Out**.



Alta High School

Counseling Center

11055 South 1000 East • Sandy, Utah 84094-5433 • 801/826-5620 • FAX 801/826-5698

Dear Parents and Students,

On Tuesday, March 8th, 2022, all 11th grade students in Canyons School District have the opportunity to take the ACT for free as part of the district’s college readiness focus. The ACT is used by many colleges and universities as part of their admission requirements, scholarship opportunities and for NCAA eligibility. It is also a strong predictor of college success.

The test has very strict testing guidelines and will be run like the regular national ACT test. The test is scheduled for Tuesday, March 8th, 2022 at 7:40 a.m. Our 9th, 10th and 12th grade students will be on a late start schedule (see below). A regular bell schedule will not be held; however, students are encouraged to consult with teachers, as needed, beginning at 12:50 p.m.

The ACT opportunity is for *juniors only*. Check-in will start at 7:20 a.m. and testing will begin promptly at 7:40 a.m. ACT requires that all students taking the test have a **picture ID** with them. Prior to March 8th, juniors will be completing the online ACT pre-registration process using MyACT during Advisory on Thursday, February 24th or Friday, February 25th. Several make-up sessions will be provided the week of February 28 – March 4. Juniors will receive the booklet “*Taking the ACT*” during the pre-registration session which includes important ACT policies and procedures.

For the test itself, **students should bring #2 pencils and an appropriate calculator**. See actstudent.org for additional information. Other than an approved calculator, **no electronic devices** are allowed in the testing room. Please leave all cell phones, iPods, or other electronic devices at home. If you have any questions, please contact your student’s counselor at 801.826.5620.

March 8th 2022 – Modified Schedule:

Juniors may arrive for ACT:	7:00 a.m.
Juniors begin checking into assigned testing rooms:	7:20 a.m.
Testing begins:	7:40 a.m.
Testing concludes:	11:20 a.m. (for standard time rooms)
Lunch (only 1):	11:50 a.m. – 12:50 p.m.
Teacher Consultation Time:	12:50 p.m. – 2:25 p.m.

Sincerely,

Shelly Karren
Assistant Principal

Shannon Kershaw
ACT Coordinator

Christine Astle
Counseling Department Chair

Jennifer Scheffner A-CH Christine Astle CI-GD Sandy White GE-KH Cierra Bell KI-O Callie Bjerregaard P-SO Leslie Stettler SP-Z



THE JUNIOR ACT

• IMPORTANT DATES FOR ALTA JUNIORS •

BEFORE THE TEST

Every Wednesday During Advisory

ACT Prep will be offered through our junior Advisory classes to help prepare our students for the ACT!

Saturday

February 26:

Optional ACT Prep Class
9:00 am - 3:00 pm
in the Commons
(must pre-register/pre-pay at
www.PreportheFuture.com)

Thursday/Friday February 24/25:

ACT Pre-Registration during ADVISORY in the Commons

- Thursday: Last Name A - L
- Friday: Last Name M - Z

ACT Pre-Registration Make-Up Sessions:

- Advisory: February 28, March 2, March 3
 - After School: March 1, March 2, March 3
- Counseling Conference Room

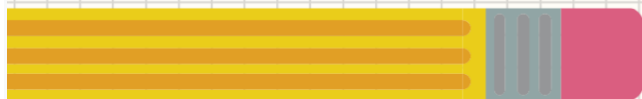
THE TEST

Tuesday, March 8:

Initial Test Day

Tuesday, March 22:

Make Up Test Day



Hawk Hero

PTSA is bringing back the HAWK HERO program and we need your help! Please watch for students who are MAKING A DIFFERENCE FOR GOOD at Alta and nominate them by using the QR code below. Monthly winners will be notified of this honor in their advisory class with prizes and celebration.

Look For the GOOD! Let's Go Hawks!

Hawk Hero Nomination Form





MATH WORKOUT

Come buff up your math muscles

When: Fridays from 2:30 to 4:00pm

Where: 2103 *(starts Feb 18th)*

Make math class easier!

Come work out by choosing a math weight appropriate for your current level. Everyone has their own current understanding of math, beyond just what class they are taking. Come level up by "lifting" mathematical "weights."

Perfect for ACT practice, and getting ready for Math 1050 (College Algebra) or if you know you missed some learning opportunities during remote learning, You might even be able to get extra credit in your current math class.

Computation Problems Only!

All grade levels are welcome!
Come as often as you need.

There will be a grand-opening session on Friday, Feb 11th from 1:00pm to 3:00pm





Join Latinos in Action 2022-2023!



**LATINOS
IN ACTION**

SERVICE!



FIELD TRIPS!



FUN!



**Join us for free pizza and information about the LIA program
on March 11th during lunch. Sign up on Canvas, with a
counselor, or in room 2309!**

Estimados Padres de Alta,
Queremos comunicarles que tenemos un grupo de WhatsApp en español. Los padres lo usan para hacer preguntas y recibir respuestas de padre-a-padre sobre una variedad de temas. Jessica Zepeda, representante en la asociación de padres, maestros, y estudiantes de la escuela (PTSA) es la administradora de este grupo. Nuestra psicóloga bilingüe, Alicia Hoerner, también participa. Si quisieran ser incluidos en el WhatsApp, por favor, contácten a Jessica al 801-214-4454. Nos gustaría que más padres de familia utilicen este recurso.

Es importante recordar que aunque el director de Alta High School aprobó el WhatsApp, los mensajes y demás comunicación no son generados por la escuela de Alta, ni tampoco expresan la opinión de los directores y otros administradores de Alta o del distrito escolar de Canyons. Es básicamente un medio de comunicación de padres para padres.

Atentamente,
Jessica Zepeda, representante de padres
Alicia Hoerner, psicóloga escolar



Grupo de Padres en Español
Contácten a Jessica Zepeda al 801-214-4454.

Dear Alta Parents,
We want to let you know that we have a parent-to-parent Spanish-speaking WhatsApp group. Parents use it to ask questions and receive answers on a variety of topics parent-to parent. Jessica Zepeda, representative of the school's parent, teacher, and student association (PTSA) is this group's administrator. Our bilingual school psychologist, Alicia Hoerner, also participates. If you would like to be included on WhatsApp, please contact Jessica at 801-214-4454. We would like more parents to use this resource.

It is important to remember that while the principal at Alta High School approved the WhatsApp group, the messages and other communication are not generated by Alta, nor do they express the opinion of the principals and other administrators at Alta or of the Canyons School district. It is basically a means of communication from parents to parents.

Kind regards,
Jessica Zepeda, Parent Representative
Alicia Hoerner, School Psychologist

Canyons Family Center It's Where Families Matter



Class Schedule



Tuesday Classes 6:30 to 8:30 PM

Grief Support (Secondary Only)

This grief support group offers a different quality of support and connection that comes from being with peers who have also recently experienced a loss. Grief support groups provide emotional support, validation, and education about grief. Support groups normalize the grief process. During periods of intense grief, people often think they're alone or unwell, but it's okay to feel a wide array of emotions. Going to a support group often normalizes the grief process and helps people feel that what they're experiencing is to be expected—hard, but expected.

Demystifying Decision Making (Secondary Only)

This course will teach the general skills of decision making. This course will go through the ADAPT (Advancing Decision Making and Problem Solving for Teens) curriculum with participants. This is a small-group intervention for middle and high school students who are at risk for substance use, aggression, truancy, poor school performance, and depressive moods.

Banana Splits - Divorce Class (Elementary 3rd-6th Grade Only)

This group will help children better understand and cope with the changes in their lives while going through, or following divorce. Through hands on activities, role-play, and supportive group discussions, they will develop and practice important skills they will need to be happy and successful.

I am a girl, what's your super power? Girls Self Esteem Class (Secondary Only)

Girls will learn about self-esteem and the factors that affect it. They will learn the symptoms and behaviors related to a low self-esteem and develop methods to re-build and maintain a good self-esteem.

Substance Abuse Prevention (Secondary Only)

The Substance Abuse Prevention class is designed for students (6th through 12th grade) who may have made poor decisions regarding drugs and alcohol, and may be at-risk for further substance-abuse related issues. The class includes specific lessons on problem-solving, decision-making, communication skills, mood management, the stages of adolescent drug/alcohol dependency, and basic drug/alcohol information. **A parent/guardian is required to attend the class with the student.**

Effective Parenting (Parents/Guardians Only)

This is a class for parents/guardians and caregivers only. The focus of the class is to provide parents with positive parenting strategies that have proven successful with children in the home environment. Parents will be given the opportunity to problem solve issues and struggles that they experience as parents. Parents will be asked to try the strategies at home and to report back to the group each week on how the strategies worked.

Anger Management Course (Secondary Only) [1 Week Course - ENROLL TO CLEAR DISCIPLINE RECORD INCIDENT & FINE]

This course is designed for adolescents and covers a variety of topics including, anger triggers, emotional self-management, peer pressure, communication skills, problem solving, coping, and relaxation techniques. **ONLY ENROLL TO CLEAR DISCIPLINE RECORD INCIDENT & FINE.** This course can be used to clear an incident on discipline records and clear discipline fines at your school if your Administration has agreed to clear an incident after completion of the course. **A parent/guardian is required to attend the class with the student.**

Centro Familiar de Canyons Es Donde las Familias Importan



Horario de Clases



Clases el Martes 6:30 a 8:30 PM

Ayuda para la Aflicción (Sólo para Secundaria)

Este grupo de apoyo para la aflicción ofrece una ayuda y conexión de diferente calidad que viene del estar con compañeros que también han sufrido recientemente una pérdida. Los grupos de apoyo de la aflicción proveen ayuda emocional, validación y educación acerca de la aflicción. Los grupos de ayuda, normalizan el proceso de aflicción. Durante períodos de intensa aflicción, la gente con frecuencia piensa que está sola o que no está bien, pero es normal sentir una amplia variedad de emociones. Ir a un grupo de ayuda frecuentemente normaliza el proceso de aflicción y ayuda a las personas a sentir que lo que están experimentando es de esperar—difícil, pero de esperarse.

Desmitificar la Toma de Decisiones (Sólo para Secundaria)

Este curso enseñará las habilidades generales para la toma de decisiones. Este curso repasará el currículo de ADAPT (Toma de Decisiones y Solución de Problemas para Adolescentes) con participantes. Esta es una intervención de grupo pequeño para estudiantes de secundaria intermedia y de secundaria que se encuentran en riesgo de abuso de sustancias, agresión, ausentismo, pobre rendimiento escolar y períodos de depresión.

Banana Splits - Clase de Divorcio (Solo para 3er-6to Grado de Primaria)

Este grupo ayudará a los niños a comprender mejor y manejar los cambios en sus vidas mientras pasan por o a continuación del divorcio. A través de actividades prácticas, actuaciones y conversaciones de grupos de apoyo, ellos desarrollarán y practicarán importantes destrezas necesarias en las s para ser felices y tener éxito.

Soy una niña, ¿cuál es tu superpoder? Clase de Autoestima para las Niñas (Sólo para Secundaria)

Las niñas aprenderán acerca de la autoestima y de los factores que la afectan. Ellas aprenderán los síntomas y comportamientos relacionados a una autoestima baja y desarrollarán métodos para reconstruir y mantener una buena autoestima.

Prevención de Abuso de Sustancias (Sólo para Secundaria)

La clase de Prevención de Abuso de Sustancias está diseñada para estudiantes (6to hasta 12do) que podrían haber tomado malas decisiones respecto a las drogas y el alcohol, y podrían encontrarse en riesgo de problemas adicionales relacionados con el abuso de sustancias. La clase incluye elecciones específicas acerca de solución de problemas, toma de decisiones, habilidades de comunicación, manejo del temperamento, las etapas de la dependencia al alcohol y las drogas en los adolescentes, así como información básica acerca del alcohol y las drogas. **Se requiere que un padre o tutor asista a las clases con el estudiante.**

Crianza Efectiva (Sólo para Padres y Tutores)

Esta es una clase para padres, tutores y curadores únicamente. El enfoque de la clase es proveer a los padres con estrategias positivas de crianza que han demostrado éxito con niños en el entorno del hogar. Los padres tendrán la oportunidad para resolver problemas y dificultades que experimentan como padres. Se pedirá a los padres que prueben estrategias en casa y que reporten al grupo cada semana como trabajaron las estrategias.

Curso de Control de la Vida (Sólo Secundaria) [Curso de 1 Semana - REGISTRESE PARA BORRAR SUS REGISTROS DE

INCIDENTES DE DISCIPLINA Y MULTAS] Este curso está diseñado para adolescentes y cubre una variedad de tópicos incluyendo precipitantes de la ira, autocontrol emocional, presión de los compañeros, habilidades de comunicación, solución de problemas, manejo y técnicas de relajación **SÓLO REGÍSTRESE PARA SUS REGISTROS DE INCIDENTES DE DISCIPLINA Y MULTAS.** Este curso puede ser usado para borrar un incidente en sus registros de disciplina y para borrar multas por disciplina de su escuela si su administración está de acuerdo en borrar un incidente después de haber completado el curso. **Se requiere que un padre o tutor asista a las clases con el estudiante.**

