



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

Week of April 11th, 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:** Congratulations to Alta's **First Robotics Team** who competed at the Idaho Regionals in Napa, ID over Spring Break. They received the prestigious "Chairman's Award" which honors the team that best represents a model for other teams to emulate and which also embodies the mission of First Robotics; they will participate in Nationals in two weeks. We also congratulate our **band and choir** groups on a highly successful showing at the World Strides Music Festival in Anaheim, CA. The Madrigals and the String Orchestra took first place in their respective categories. Concert Choir and Women's Choir each took silvers. Our Wind Ensemble and Jazz Band both earned silvers, and our Percussion Ensemble took a gold as well. Our Orchestra won for the "Best Overall Orchestra", which was awesome! Thanks to the many chaperones and staff members who made this event possible for our students.

√ **Student Government Class Officers:** Any current freshmen, sophomores, or juniors interested in running for student government class officers, there is an informational meeting on **Monday, April 11th in room 2121 at 2:30 p.m.** Applications must be submitted by April 13th at 7:00 am. Apply at <https://schoolelections.canyonsdistrict.org/#/Elections> For questions, please contact Shaley Louder. Email: shaley.louder@canyonsdistrict.org

√ **Modified Schedule for Aspire Plus Testing on April 20th and 21st:** Our 9th and 10th grade students will be taking the Aspire Test, the Utah State Assessment for learning, during the third week of April. Like the ACT schedule for juniors, we invite only 9th and 10th graders to arrive at school at 7:30 a.m. to prepare for their tests on each day. We invite **ALL** students to arrive after the testing by 10:30 a.m. for a shortened schedule of B day classes (on April 20th) and at 10:50 for A day classes (on April 21st). The makeup test will be held on Friday, April 22nd, a remote learning day. AP review sessions will be available for 11th and 12th graders from 7:45-10:15 a.m. More information on AP reviews is forthcoming. **See the schedule for both testing days below in the 'FLYERS' section.**

√ **School WIFI Change for April Testing:** To ensure students bring their district Chromebooks for end-of-year testing, the decision has been made to turn off the Canyonair and CSD-Guest networks starting **Tuesday, April 12th**. The new Wifi network will be CSD-Auth. Student's district Chromebooks will automatically connect to CSD-Auth without needing credentials. Student's personal devices are not allowed on either of those networks; however, students; district Chromebooks will automatically connect to CSD-Auth without needing credentials.

√ **Our Graduation Letter** with updated info for parents/guardians of seniors is posted in the 'FLYERS' section below. **Graduation will be on May 25th at the University of Utah at 10:00 a.m.!**

√ **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. Struiksmas & Ms. Lund's classrooms.

√ **Canyoneering Academy Presents:** What are some practical ways parents can keep their kids safe online? How can families most effectively use Skyward and Canvas to monitor their student's progress at school? What mental wellness resources and 504 supports are available at school? These topics, and more, are the focus of a free Parent Information Night that Canyons School District is sponsoring as part of an ongoing Canyoneering Academy lecture series. The event will be held on **Tuesday, April 26, 6-8:30 p.m. at the District Office, 9361 S. 300 East in Sandy**. The evening kicks off with a 50-minute keynote address by Utah author Jason Hewlett, a professional speaker known for his "family-friendly" comedic style and inspiring messages about leadership and reaching one's potential. Afterward, attendees will have their choice of participating in two of four breakout sessions on the topics listed above. Spanish translators will be on hand at the

event. If you are in need of additional translation services, please email Charisse Hilton. Her email address is: Charisse.Hilton@canyonsdistrict.org. See canyonsdistrict.org for more information.

√ **Canyons District Art Show:** Our art students have pieces from all of our art classes displayed in South Towne Mall on the lower level near Home Goods. It will run thru **April 14th**. Great job artists!

√ **PTSA Info:** The PTA Student Scholarship application is open. Visit this link for more information at: <https://www.utahpta.org/student-scholarship>

√ **A reminder to read the Hawkeye**, our student-sponsored school news publication online. Check out this week's edition on our website: <https://altahawkeye.org/>

√ **Math Workouts:** 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, April 11th

Girls' Varsity Softball
Providence Hall @ Alta 3:30 p.m.

Mountain Biking Team Kickoff Meeting
6:00 p.m. in Alta Commons

Tuesday, April 12th

Alta Drill Team Tryouts (April 12th & 13th)
@ 3:00 p.m. in the gym

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

Boys' Varsity Soccer
Alta @ Lehi 7:00 p.m.

Boys' Varsity Tennis
Alta @ Timpview 3:30 p.m.

Girls' Varsity Lacrosse
East @ Alta 7:30 p.m.

Wednesday, April 13th

Regional Large Choir Festival
@ Timpview High School

Boys' Varsity Baseball
Alta @ Carbon 3:00 p.m.

Alta Track Meet
Lehi @ Alta 3:30 p.m.

Thursday, April 14th

Boys' Varsity Tennis
Alta @ Lehi 3:30 p.m.

Girls' Varsity Softball

Timpanogos @ Alta 3:30 p.m.

Boys' Varsity Lacrosse

Alta @ Timpanogos 7:00 p.m.

Girls' Varsity Lacrosse

Timpanogos @ Alta 7:30 p.m.

Friday, April 15th

Boys' Varsity Soccer

Mountain View @ Alta 3:30 p.m.

Boys' Varsity Baseball

Alta @ Uintah 5:30 p.m.

Winter Guard/Drumline

Senior Night in the Gym 4:00 p.m.

Debate Awards Banquet

in the Alta Library 5:00-7:00 p.m.

Saturday, April 16th

Alta Track: Grizzly Invite

Track meet @ Logan High School

Winter Drumline Championships

@ Mountain Ridge High School

Girls' Preference Dance

in the Alta Commons 7:00-9:00 p.m.

Upcoming Events for April 18th-23rd

April 18th

School Community Council 3:30-5:30 p.m. in the Hawk Gallery

Swim Banquet in the Alta Commons 5:30- 7:30 p.m.

April 19th

Boys' Varsity Soccer: Alta @ Orem 3:30 p.m.

Boys' Varsity Tennis: Alta @ Timpanogos 3:30 p.m.

Boys' Varsity Baseball: Lehi @ Alta 3:30 p.m.

Girls' Varsity Softball: Alta @ Mountain View 3:30 p.m.

Girls' Varsity Lacrosse: Alta @ Mountain View 5:00 p.m.

Boys' Varsity Lacrosse: Mountain View @ Alta 6:30 p.m.

April 20th

Aspire Plus Testing 9th & 10th Graders (modified schedule for all classes)

Athletic Scholarship Breakfast: Hawk Gallery 7:00-8:00 a.m.

Boys' Varsity Baseball: Alta @ Lehi 3:30 p.m.

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

April 21st

Aspire Plus Testing 9th & 10th Graders (modified schedule for all classes)

Region Orchestra Competition @ Alta

Theatre State Festival: TBA (April 21st-23rd)

Boys' Varsity Tennis: Alta @ Mountain View 3:30 p.m.

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

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

April 22nd

Remote Learning Day

Aspire Plus Testing Make-up Day

Ballroom Concert in the PAC 7:00 p.m.

Boys' Varsity Soccer: Timpview @ Alta 3:30 p.m.

Boys' Varsity Baseball: Lehi @ Alta 3:30 p.m.

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

First Robotics Nationals Competition in Houston, TX (April 22nd -23rd)

April 23rd

Alta Track Deseret Peak Invite @ Stansbury High School

Ballroom Concert in the PAC 7:00 p.m.



SEMANA DEL 11 ABRIL, 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.

✓ **Intervenciones y celebraciones de comportamiento positivo:** felicitaciones al primer **equipo de robótica** de Alta que compitió en las regionales de Idaho en Napa, ID durante las vacaciones de primavera. Recibieron el prestigioso "Premio del presidente" que honra al equipo que mejor representa un modelo para que otros equipos lo emulen y que también encarna la misión de First Robotics. También felicitamos a nuestros **grupos de banda y coro** por su gran éxito en el Festival de Música World Strides en Anaheim, CA. Los Madrigales y la Orquesta de Cuerdas obtuvieron el primer lugar en sus respectivas categorías. El Coro de Concierto y el Coro de Mujeres se llevaron plata cada uno. Nuestro Conjunto de Viento y la Banda de Jazz obtuvieron medallas de plata, y nuestro Conjunto de Percusión también se llevó un oro. Nuestra Orquesta ganó el premio a la "Mejor Orquesta General", ¡lo cual fue increíble! Gracias a los muchos chaperones y miembros del personal que hicieron posible este evento para nuestros estudiantes.

✓ **Oficiales de Clase de Gobierno Estudiantil:** Cualquier estudiante actual de primer, segundo o tercer año interesado en postularse para oficiales de clase de gobierno estudiantil, hay una reunión informativa el lunes 11 de abril en el salón 2121 a las 2:30 p.m. Las solicitudes deben presentarse antes del **13 de abril a las 7:00 am**. Solicite en <https://schoolelections.canyonsdistrict.org/#/Elections>. Si tiene preguntas, comuníquese con Shaley Louder. Correo electrónico: shaley.louder@canyonsdistrict.org

✓ **Horario modificado para la prueba Aspire Plus el 20 y 21 de abril:** Nuestros estudiantes de 9.º y 10.º grado tomarán la prueba Aspire, la evaluación del estado de Utah para el aprendizaje, durante la tercera semana de abril. Al igual que el

horario de ACT para juniors, invitamos solo a los estudiantes de 9.º y 10.º grado a que lleguen a la escuela a las 7:30 a. m. para prepararse para sus exámenes de cada día. Invitamos a TODOS los estudiantes a llegar después de la prueba a las 10:30 a. m. para un horario reducido de clases del día B (el 20 de abril) y a las 10:50 para las clases del día A (el 21 de abril). La prueba de recuperación se llevará a cabo el viernes 22 de abril, un día de aprendizaje remoto. Las sesiones de revisión de AP estarán disponibles para los grados 11 y 12 de 7:45 a 10:15 a. m. Próximamente habrá más información sobre las revisiones de AP. **Consulte el cronograma de ambos días de prueba a continuación en la sección "FOLLETOS".**

√ **Cambio de WIFI escolar para las pruebas de abril:** para garantizar que los estudiantes traigan sus Chromebooks del distrito para las pruebas de fin de año, se tomó la decisión de apagar las redes Canyonair y CSD-Guest a partir del martes **12 de abril**. La nueva red Wifi será CSD-Auth. Los Chromebooks del distrito del estudiante se conectarán automáticamente a CSD-Auth sin necesidad de credenciales. Los dispositivos personales de los estudiantes no están permitidos en ninguna de esas redes; sin embargo, estudiantes; Los Chromebooks del distrito se conectarán automáticamente a CSD-Auth sin necesidad de credenciales.

√ **Nuestra carta de graduación** con información actualizada para padres/tutores de personas mayores se publica en la sección "FOLLETOS" a continuación. **¡La graduación será el 25 de mayo en la Universidad de Utah a las 10:00 a. m.!**

√ **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 registro para los tiempos de audición fuera de las aulas del Sr. Shabestari, la Sra. Struiksmá y la Sra. Iund.

√ **Canyoneering Academy presenta:** ¿Cuáles son algunas formas prácticas en que los padres pueden mantener a sus hijos seguros en línea? ¿Cómo pueden las familias usar Skyward y Canvas de manera más efectiva para monitorear el progreso de sus estudiantes en la escuela? ¿Qué recursos de bienestar mental y apoyos 504 están disponibles en la escuela? Estos temas, y más, son el enfoque de una Noche de Información para Padres gratuita que el Distrito Escolar de Canyons está patrocinando como parte de una serie de conferencias en curso de la Academia Canyoneering. El evento se llevará a cabo **el martes 26 de abril de 6 a 8:30 p.m. en la Oficina del Distrito, 9361 S. 300 East** en Sandy. La velada comienza con un discurso de apertura de 50 minutos a cargo del autor de Utah Jason Hewlett, un orador profesional conocido por su estilo cómico "familiar" y sus mensajes inspiradores sobre el liderazgo y el desarrollo del potencial personal. Posteriormente, los asistentes tendrán la opción de participar en dos de las cuatro sesiones de grupo sobre los temas enumerados anteriormente. Traductores de español estarán disponibles en el evento. Si necesita servicios de traducción adicionales, envíe un correo electrónico a Charisse Hilton. Su dirección de correo electrónico es: Charisse.Hilton@canyonsdistrict.org. Visite canyonsdistrict.org para obtener más información.

√ **Exhibición de Arte del Distrito de Canyons:** Nuestros estudiantes de arte tienen piezas de todas nuestras clases de arte exhibidas en South Towne Mall en el nivel inferior cerca de Home Goods. Se desarrollará del **25 de marzo al 14 de abril**. ¡Gran trabajo artistas!

√ **Información de la PTSA:** La solicitud de becas para estudiantes de la PTA está abierta. Visite este enlace para obtener más información en: <https://www.utahpta.org/student-scholarship>.

√ **Un recordatorio para leer Hawkeye,** nuestra publicación de noticias escolares patrocinada por estudiantes en línea. Consulte la edición de esta semana en nuestro sitio web: <https://altahawkeye.org/>

√ **Entrenamientos de matemáticas:** 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 del 18 de febrero en el salón 2103. Consulte a los maestros de matemáticas para conocer las ubicaciones específicas. La tutoría de matemáticas también está disponible todos los días durante el asesoramiento en el salón 1118.

SEE FLYERS BELOW FOR ADDITIONAL INFORMATION!

Alta High School 2022 Utah ASPIRE Plus Testing Schedule

Wednesday, April 20, 2022

**ASPIRE TESTING (9TH & 10TH GRADERS)
ROOM ASSIGNMENT TBA (by abc order)**

Student Check in 7:45 A.M.
English Section 8 - 8:55 A.M. 45 minute test
Math Section 9:05 - 10:35 75 minute test

Study Hall in library (11th and 12th Graders)
AP Reviews (11th & 12th Graders) 8:00 A.M. – 10:20 A.M.
Schedule TBA by AP TEACHERS

CLASS SCHEDULE (ALL STUDENTS)

9th & 10th Student Check in	7:45	
English Aspire	8:00 - 8:55	45 min test + 10
Math Aspire	9:05 - 10:35	75 min test + 15
Return materials to secure		
Lunch	10:35 - 11:15	40 mins
1st Period	11:20 - 12:02	42 mins
2nd Period	12:07 - 12:49	42 mins
3rd Period	12:54 - 1:36	42 mins
4th Period	1:41 - 2:23	42 mins

Thursday, April 21, 2022

**ASPIRE TESTING (9TH & 10TH GRADERS)
ROOM ASSIGNMENT TBA**

Student Check in 7:45 A.M.
Reading Section 8 - 9:25 A.M. 75 minute test
Science Section 9:35 - 10:50 A.M. 60 minute test

Study Hall in library (11th and 12th Graders)
AP Reviews (11th & 12th Graders) 8:00 A.M. – 10:30 A.M.
Schedule TBA by AP Teachers

CLASS SCHEDULE (ALL STUDENTS)

9th & 10th Student Check in	7:45	
Reading Aspire	8 - 9:25	75 min test + 10
Science Aspire	9:20 - 10:50	60 min test + 15
Return materials to secure		
Lunch	10:50 - 11:30	40 mins
5th Period	11:35 - 12:13	38 mins
6th Period	12:18 - 12:56	38 mins
7th Period	1:01 - 1:39	38 mins
8th Period	1:44 - 2:22	38 mins



Alta High School

11055 South 1000 East • Sandy, Utah 84094-5433 • 801/826-5600 • FAX 801/826-5609

Dear Graduate and Parents:

The administration and faculty of Alta High School are proud to present to the community the **Class of 2022**. This letter is to inform you of a few details concerning our commencement procedures. We ask that both the **student** and **parent** sit down for a few minutes together to review and plan for this important event.

It is very important that each student has his/her credits in order so that there are no last minute problems. If you have any questions concerning your student's credits or graduation status, please call your counselor between 7:00 a.m. and 3:00 p.m. at 801-826-5620.

1. Date, Time, and Location:

Graduation will be held in the **Jon M. Huntsman Center at the University of Utah** campus on **Wednesday, May 25th, 2022 at 10:00 a.m.** **ARRIVE EARLY!**

2. Seating:

All guests must be seated by 9:45 a.m. to allow the graduates to march into the arena promptly at 10:00 a.m. Once seated, guests should remain seated until the program is concluded. All seating is in chairs with back supports and every seat has a good view of the stage area. The building is handicap accessible. Bringing infants and small children is discouraged.

3. Tickets:

Due to ample seating, tickets will not be required.

4. Rehearsal:

All seniors planning to participate in the graduation ceremony **must** be in attendance at the **rehearsal** scheduled for **Tuesday, May 24th, 8:30 a.m.**, at **Alta High School in the auditorium**. This is the only scheduled rehearsal and attendance is **mandatory**.

5. Caps and Gowns:

Jostens will be handing out caps and gowns during both lunches on **Tuesday, April 26th**. **Caps and gowns will be held by the administration if a student has any outstanding fines or if they are credit-deficient.** Caps and gowns not picked up on this date may be picked up from the Main Office **if** the cap and gown was ordered and **if** full payment has been made and fines are cleared and **if** credits are not deficient. If a cap and gown has not been ordered, students need to contact *Jostens.com* immediately or call *1-800-Jostens* to make necessary arrangements. Each graduate's gown must be returned at the Huntsman Center **before** his/her diploma is issued.

6. Appropriate Dress:

All graduation gowns are black. Wearing these gowns represents a symbol of unity for the graduating Class of 2022. Please make sure the gown is pressed. Graduates are to wear appropriate attire under their graduation gowns. **Individual variations of this, i.e., flowers, leis, corsages, and other ornamentation are not acceptable during the ceremony, and will not be permitted within the building.**

7. Hawk Medallion:

The purpose of the Hawk Medallion is to encourage and challenge students to be involved in a wide variety of activities while attending Alta High School. The hope is to have students who are well rounded and participate in several activities. The focus is to reward engagement and not necessarily achievement. It is the student's responsibility to pick up an application for the Hawk Medallion from the Counseling Center and to return the completed application to their counselor **by Friday, April 1st**. Students will be recognized at graduation and at an awards event at the end of the year.

CANYONS DISTRICT ART SHOW



March 25-April 14

Located at the Shops at South Towne on the lower level near Home Goods. 1045 S State Street, Sandy

CANYONS SCHOOL DISTRICT
OFFICE OF SPECIAL EDUCATION &
RELATED SERVICES

“CLIMBING TO THE TOP”

PRE-EMPLOYMENT SERVICES FAIR

This event is an opportunity for both parents and students to learn more about the pre-employment transition services and options that are available to students after high school.

Presenters will include pre-employment transition service providers, local colleges and technical schools, as well as representatives from various certification programs.

WEDNESDAY APRIL 20, 2022

5-7 P.M.

JORDAN HIGH SCHOOL COMMONS

95 BEETDIGGER BLVD SANDY, UT

Translators available



CANYONS
SCHOOL DISTRICT



ALTA

HIGH SCHOOL

MOUNTAIN BIKE TEAM

PRE SEASON TEAM MEETING
APRIL 11 @ 7 PM in the ALTA COMMONS
ONLINE REGISTRATION OPENS THAT NIGHT

- Make new friends
- Challenge yourself
- Set and achieve goals
- HAVE FUN!
- Improve your fitness
- Be a part of a cool team

altamt.com



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



Canyons Family Center It's Where Families Matter



Class Schedule



CANYONS
SCHOOL DISTRICT

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 REGÍSTRASE 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.**

