



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

Week of May 15th, 2023

Alta High School

2022-23 Theme: **We're Better Together**

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 News from the Nest:** Congratulations to our Madrigals who recently competed at State and received a perfect 1, which is a superior rating. Chamber Orchestra also received 1s at Regionals and is competing at State on May 20th. Good luck to our performers as they move on to their next competitions. We also want to congratulate Sebastian Funemayor who represented Alta at the Superintendent's Rising Above Award last week as well as Aurelius Mlynar who was one of three high school recipients for the Superintendent's Award of Excellence. We also wish our baseball, soccer, and lacrosse athletes the best as they begin their playoff runs this week.

✓ **Graduation is Coming!:** Dear parents of seniors and senior students, please carefully read the information below about graduation at the University of Utah. The formal ceremony will begin promptly at **10:00 a.m. on Thursday, May 25th**. Please plan to arrive early and follow the guidelines and expectations outlined below. Graduation at Alta High has traditionally been a classy affair, and we want to continue to be respectful guests of the University of Utah. We congratulate all of our senior students on this significant accomplishment!

✓ **Alta High Senior Dinner Dance 2023 "See You Again"** will be held on **Thursday, May 18th from 6:30-10:00 p.m.** at the Loveland Living Planet Aquarium. Pre-purchase ticket sales ended on April 28th. The ticket cost is \$50 per student and includes Aquarium entrance, dinner, and the dance. Food options include: steak, chicken cordon bleu, rice pilaf, roaster garlic potatoes, honey glazed carrots, pasta salad, Caesar salad, and dessert. Gluten-free options will be labeled. See you there!

✓ **End-of-Year Library Check-ins:** The 2022-2023 school year is coming to a close! All library books, class novels, textbooks, calculators, etc. are due in the library by **Friday, May 19th**. Students and parents will receive an email with a list of all checked out materials on Wednesday, May 10th. Textbooks will not be due until 5/16 and 5/17 when students return their textbooks during class. Students currently in grades 9-11 should plan on keeping their Chromebook over the summer. All seniors will be returning their Chromebooks during their English classes on May 18 & 19th. If you know you will not be returning to Alta or would not like to keep your Chromebook over the summer, please plan on returning it to the library by Friday, May 19th. Fines for unreturned library items will be uploaded to Skyward after school on Friday, May 19th. Please stop by the library if you have any questions!

✓ **Yearbook Day** will be **Wednesday, May 24**; students can still pre-purchase a yearbook before **Friday, May 19th** for \$65.00. Most yearbooks have been pre-sold; however, 200 extra books are available now until yearbook day. If there are any unsold books available, students can purchase those on yearbook day on a first come, first-served basis. Students have three options for purchasing a book. They can buy a yearbook in the Main Office, a parent can phone and have it added to their student's skyward account and they can pay online, or they can buy a book online through Jostens by going to www.jostensyearbooks.com. If you are wondering if you have purchased a book, check Skyward and see if you have paid the \$60 yearbook fee. If you don't see that there, you most likely have not pre-purchased a yearbook.

✓ **The Pepperwood Graduation Party** will be held on **Thursday, May 25th from 9:00 p.m.-2:00 a.m.** at the Pepperwood Park & Pavilion. Tickets will be sold online this year: \$25 in advance, \$15 for Alta Seniors and \$35 at the door. Alta Seniors (*not* students from other schools) can come to the Alta Commons during lunch on May 16th and 17th to get their discount code in order to get a discounted ticket. Please bring student ID.

Pepperwood Party Tickets will be sold online starting May 5th at pepperwoodgradparty.ticketleap.com

✓ **Mental Health Awareness Month:** May is mental health awareness month. As part of that we would like to provide parents some useful resources related to mental health each week. Another resource from the National Association of Mental Illness (NAMI) called a week of wellness for parents/caregivers and their children. Each day it gives you a suggestion on an activity or questions you can ask to help increase and support your child's mental wellness.

✓ **Lost & Found:** The last day to check the lost and found in the Attendance Office will be **Friday, May 26th**. After that date, all items will be packed up and donated.

✓ **Alta High School Summer School:** Registration is now open for summer school 2023. Sessions will begin in June and will be offered in the content areas listed on the flyer below. These sessions will be focused on credit recovery and will be facilitated by Alta High Teachers. Contact the Counseling Center for additional information.

✓ **Counseling Center News:** Seniors who qualify for the Honors or Advanced Diploma, should have received an e mail through your **CSD email account** indicating which diploma they qualify for. A list of qualifying seniors is also posted in the Counseling Center. The Diploma Options Chart is located at the following link: <https://altahscounseling.weebly.com/uploads/1/2/0/0/120083169/high-school-diploma-options-2022-english.pdf> If you believe you qualify for one of these diplomas, but your name is not on the list, or you did not receive an e mail indicating you qualify for the Honors or Advanced diploma, contact Karen Brown at karen.brown@canyonsdistrict.org

✓ **Update Student Parchment email address for seniors:** please note that your student school email address (CSDdocs) will no longer be valid after graduation. Be sure to update this information to be your personal email in Parchment before graduation. This is a video on [How to Add and Edit Learner Emails](#) . Also, verify that your name, date of birth and graduation date are accurate. Requesting Transcripts Post Graduation: Here is a video on how to request your transcript. [Here is a video](#) There will be no charge for your requests up until June 30th. After that your requests will cost \$4.15 for each destination.

✓ **Alta Gear Online** If you are interested in adding some Alta swag to your closet, feel free to visit this website to add to your collection: <http://sideline.bsnsports.com/schools/utah/sandy/alta-high-school>

SEE OUR UPCOMING EVENTS BELOW



UPCOMING EVENTS



Upcoming Events for May 15th-20th

Monday, May 15th

Alta Varsity Baseball 1st Round Playoffs
Color Guard Auditions in the Commons 3:30-6:00 p.m.
Madrigals Concert 6:00 p.m. PAC; Alta Sings Concert 7:00 p.m. PAC

Tuesday, May 16th

Chalk the Walk PAC Patio
Boys' Soccer 2nd Round vs. Brighton 4:00 p.m.
Girls' Lacrosse 1st Round Playoffs vs. Salem Hills 4:00 p.m.
Girls' Tennis Parent Meeting Media Center 5:00 p.m.
Boys' Volleyball Parent Meeting in the Hawk House 5:30 p.m.
Jazz/Percussion Concert 6:00 p.m. in the PAC

Wednesday, May 17th

Senior Recognition Breakfast during Advisory in the Commons
Link Crew Activity in 1906 11:30-2:00 p.m.
Band/Orchestra Concert 6:00 p.m. in the PAC
Girls' Lacrosse Banquet in the Commons 6:30 p.m.
Alta Baseball Super Regionals 3:30 (TBD)

Thursday, May 18th

State Track & Field Meet (time TBD) May 18th-20th
Boys Lacrosse State Playoffs 2nd Round 4:00 p.m.
Senior Dinner Dance at the Loveland Aquarium 6:30-10:30 p.m.

Friday, May 19th

Boys' Soccer State Playoff Quarterfinals 3:30 p.m.
Esports Banquet Commons 6:00-8:00 p.m.

Saturday, May 20th

State Orchestra Festival @ Highland High

Upcoming Events for May 22nd-26th (Final Week of School)

Monday, May 22nd

End of Year Assembly 9:00-10:00 a.m. in the PAC
Instrumental Music Banquet in the Commons 5:00 p.m.
Boys' Soccer State Playoffs continue

Tuesday, May 23rd

Alta Track Banquet in the Commons 6:00 p.m.
Boys' and Girls' Lacrosse Playoffs continue

Wednesday, May 24th

Graduation Rehearsal for Seniors 8:30 a.m.
Yearbook Day for all students in the gym

Thursday, May 25th

Graduation at the Huntsman Center, University of Utah 10:00 a.m.

Friday, May 26th

Last Day of School!
Boys' Soccer Banquet Commons 5:00 p.m.



SEMANA DEL 15 MAYO, 2023 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.

✓ **Noticias positivas del nido:** Felicidades a nuestros madrigales que recientemente compitieron en State y recibieron un 1 perfecto, que es una calificación superior. La Orquesta de Cámara también recibió 1s en las Regionales y está compitiendo en la Estatal el 20 de mayo. Buena suerte a nuestros artistas mientras pasan a sus próximas competencias. También queremos felicitar a Sebastian Funemayor, quien representó a Alta en el Premio Rising Above del Superintendente la semana pasada, así como a Aurelius Mlynar, quien fue uno de los tres ganadores de la escuela secundaria del Premio a la Excelencia del Superintendente. También les deseamos lo mejor a nuestros atletas de béisbol, fútbol y lacrosse al comenzar sus carreras de playoffs esta semana.

✓ **¡Se acerca la graduación!** Estimados padres de estudiantes del último año y del último año, lean detenidamente la siguiente información sobre la graduación en la Universidad de Utah. La ceremonia formal comenzará puntualmente a las **10:00 a. m. del jueves 25 de mayo**. Planee llegar temprano y siga las pautas y expectativas que se describen a continuación. La graduación en Alta High ha sido tradicionalmente un asunto elegante y queremos

seguir siendo invitados respetuosos de la Universidad de Utah. ¡Felicitamos a todos nuestros estudiantes de último año por este importante logro!

✓ **Cena Baile 2023 para estudiantes de último año de Alta High High “See You Again”** se llevará a cabo el **jueves 18 de mayo de 6:30 p. m. a 10:00 p. m.** en el Acuario Loveland Living Planet. La venta de boletos de precompra finaliza el 28 de abril. El costo del boleto es de \$50 por estudiante e incluye la entrada al Acuario, la cena y el baile. Las opciones de comida incluyen: bistec, pollo cordon bleu, arroz pilaf, papas asadas con ajo, zanahorias glaseadas con miel, ensalada de pasta, ensalada César y postre. Las opciones sin gluten estarán etiquetadas. ¡Te veo allí!

✓ **Registros de biblioteca de fin de año:** ¡El año escolar 2022-2023 está llegando a su fin! Todos los libros de la biblioteca, novelas de clase, libros de texto, calculadoras, etc. deben estar en la biblioteca antes **del viernes 19 de mayo**. Los estudiantes y los padres recibirán un correo electrónico con una lista de todos los materiales prestados el miércoles 10 de mayo. Los libros de texto no vencerán hasta el 16/5 y el 17/5 cuando los estudiantes devuelvan sus libros de texto durante la clase. Los estudiantes que actualmente están en los grados 9-11 deben planear mantener su Chromebook durante el verano. Todos los estudiantes de último año devolverán sus Chromebooks durante sus clases de inglés el 18 y 19 de mayo. Si sabe que no regresará a Alta o no desea conservar su Chromebook durante el verano, planea devolverlo a la biblioteca antes del viernes 19 de mayo. Las multas por artículos de la biblioteca no devueltos se cargarán en Skyward después de la escuela el viernes 19 de mayo. ¡Pase por la biblioteca si tiene alguna pregunta!

✓ **El Día del Anuario será el miércoles 24 de mayo:** los estudiantes aún pueden precomprar un anuario antes del viernes 19 de mayo por \$65.00. La mayoría de los anuarios se han vendido previamente; sin embargo, 200 libros adicionales están disponibles ahora hasta el día del anuario. Si hay libros disponibles sin vender, los estudiantes pueden comprarlos el día del anuario por orden de llegada. Los estudiantes tienen tres opciones para comprar un libro. Pueden comprar un anuario en la oficina principal, un padre puede llamar por teléfono y agregarlo a la cuenta skyward de su estudiante y pueden pagar en línea, o pueden comprar un libro en línea a través de Jostens visitando www.jostensyearbooks.com. Si se pregunta si ha comprado un libro, consulte Skyward y vea si ha pagado la tarifa del anuario de \$60. Si no ve eso allí, lo más probable es que no haya comprado previamente un anuario.

✓ **La fiesta de graduación de Pepperwood** se llevará a cabo **el jueves 25 de mayo de 9:00 p. m. a 2:00 a. m.** en el Pepperwood Park & Pavilion. Los boletos se venderán en línea este año: \$25 por adelantado, \$15 para Alta Seniors y \$35 en la puerta. Alta Seniors (no estudiantes de otras escuelas) pueden venir a Alta Commons durante el almuerzo el 16 y 17 de mayo para obtener su código de descuento para obtener un boleto con descuento. Favor de traer identificación de estudiante. Las entradas para la fiesta de Pepperwood se venderán en línea a partir del 5 de mayo at pepperwoodgradparty.ticketleap.com

✓ **Escuela de verano de Alta High School:** la inscripción ya está abierta para la escuela de verano de 2023. Las sesiones comenzarán en junio y se ofrecerán en las áreas de contenido enumeradas en el folleto a continuación. Estas sesiones se centrarán en la recuperación de créditos y serán facilitadas por los maestros de Alta High. Comuníquese con el Centro de Consejería para obtener información adicional.

✓ **Mes de concientización sobre la salud mental:** mayo es el mes de concientización sobre la salud mental. Como parte de eso, nos gustaría brindarles a los padres algunos recursos útiles relacionados con la salud mental cada semana. Esta semana compartimos una guía de control semanal que los padres y cuidadores pueden tener con sus hijos de la Alianza Nacional sobre Enfermedades Mentales (NAMI). Consulte el folleto a continuación para obtener información adicional sobre este útil recurso.

✓ **Lost & Found:** El último día para revisar los objetos perdidos y encontrados en la Oficina de Asistencia será el viernes 26 de mayo. Después de esa fecha, todos los artículos serán empacados y donados.

✓ **Noticias del Centro de Consejería:** Las personas mayores que califican para el Diploma de Honores o Avanzado, deberían haber recibido un correo electrónico a través de su cuenta de correo electrónico de CSD indicando para qué diploma califican. También se publica una lista de personas mayores que califican en el Centro de Consejería. La tabla de opciones de diploma se encuentra en el siguiente enlace:
<https://altahscounseling.weebly.com/uploads/1/2/0/0/120083169/high-school-diploma-options-2022-english.pdf>

Si cree que califica para uno de estos diplomas, pero su nombre no está en la lista, o no recibió un correo electrónico que indique que califica para el diploma de honores o avanzado, comuníquese con Karen Brown en karen.brown@canyonsdistrict.org por **Miércoles 19 de abril**.

✓ **Actualizar la dirección de correo electrónico de Student Parchment** para personas mayores: tenga en cuenta que la dirección de correo electrónico de la escuela de su estudiante (CSDdocs) ya no será válida después de la graduación. Asegúrese de actualizar esta información para que sea su correo electrónico personal en Pergamino antes de la graduación. Este es un video sobre cómo agregar y editar correos electrónicos de los alumnos. Además, verifique que su nombre, fecha de nacimiento y fecha de graduación sean correctos. Solicitud de transcripciones posteriores a la graduación: aquí hay un video sobre cómo solicitar su transcripción. Aquí hay un video No habrá ningún cargo por sus solicitudes hasta el 30 de junio. Después de eso, sus solicitudes costarán \$ 4.15 por cada destino.

✓ **Alta Gear Online** Si está interesado en agregar un botín de Alta a su armario, no dude en visitar este sitio web para agregarlo a su colección: <http://sideline.bsnsports.com/schools/utah/sandy/alta-high-school>

SEE FLYERS BELOW FOR ADDITIONAL INFO

ALTA GRADUATES - PLEASE READ CAREFULLY!

Graduation info and maps: www.ahs.canyonsdistrict.org

DIRECTIONS FOR ARRIVING, PICTURES, AND LINING UP

1. Graduates should arrive at University of Utah; Huntsman Center no later than **9:00AM**. Traffic is always worse than expected. Carpooling and Trax are recommended. See available parking lot sheet.
2. **Graduates MUST take pictures BEFORE the ceremony**; you will be turning in your gowns to receive your diploma so your gown will not be available for pictures after.
3. Graduates and guests should enter the building on the **upper level** through the Southwest doors of Huntsman Center. (**Grad Seating: Girls = South side, Sec Z A B C D; Boys = North side, Sec N M L K J**)
4. Tickets for spectators are **NOT** required. All are invited to come inside the Huntsman Center to watch graduation. Wearing a face mask is optional.
5. After taking pictures, graduates will head **WEST** towards 1845 East (West Arena Rd) and the tunnel to the Name Cards tables located immediately before entering. Faculty will give each graduate a **name card**, then graduates will proceed to enter the tunnel and stand in the appropriate line. **All graduates must be inside the tunnel no later than 9:40 AM.**
6. **Dress Code is Business Best:**
 - * Males: conservative slacks, collar shirt, tie, dress shoes and socks.
 - * Females: conservative dress or skirt or slacks w/ dress shoes.
 - * No flip flops or tennis shoes will be allowed. **DRESS SHOES ONLY.**
 - * Gently press graduate gowns.
 - * Come prepared with hair pins to secure caps, honor cords, and tassels.
- We will not have extras of any item -
 - * Caps should be on straight with tassels on the **RIGHT** side prior to graduation.

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.

WE RESERVE THE RIGHT TO REMOVE ANY GRADUATE OR PARENT THAT DISTURBS OR EXHIBITS ANY INAPPROPRIATE BEHAVIOR DURING THE CEREMONY.

DIRECTIONS FOR EXITING ARENA, TURNING IN GOWNS, AND GETTING DIPLOMAS

After the ceremony is completed, graduates **only** will exit up to the concourse, turn left and proceed to the first tables to return gowns, continue in concourse to the second set of tables to pick up diplomas according to last name initial posted on the wall – by counselor, then exit out the Northeast doors.

1. All graduates **must** turn in the gown.
2. Graduates may keep caps.
4. Graduates will then move to the tables labeled alphabetically by last name.
5. Graduates should not attempt to return to the arena or go back to visit with other graduates. No one will be allowed back into the arena after graduation.
6. **Graduates should arrange to meet parent outside after graduation.**

BE SAFE AND HAVE A GREAT LIFE!

PARENTS AND GUESTS: INSIDE THE ARENA

1. Seating areas are not reservable. Each spectator seat in the arena is first-come, first-serve. Spectators should be considerate of other attendees and not save unnecessary seats.
2. Spectators who require use of ADA accommodations may ask an usher for assistance.
3. **NO bags!** Bags are not allowed, this includes purses. Exceptions are medical and diaper bags (with child present) and they are subject to being searched when entering the Huntsman Center. Metal detectors will be utilized at each entrance.
4. Outside food and drink is prohibited.
5. Please do not bring air-horns, noisemakers, confetti cannons, silly string, balloons, or other objects of distraction to the ceremony. The Huntsman Center will issue a \$250 clean up fine (per offense) to individuals who set off a confetti cannon or use silly string ANYWHERE on the campus.
6. Be sure to obtain all items from your seat prior to exiting from the arena.
7. **After exiting the arena, no one will be allowed back inside.** Use restroom before leaving.
8. The concourse will be closed to parents/guests to access their graduates to allow a quicker gown return and diploma pick up. **PLEASE PLAN TO MEET YOUR GRADUATE OUTSIDE!!!**
9. **NO tailgating** will be allowed on UofU property. This includes: blankets, lawn chairs, shade tents, etc

After the ceremony, please exit quickly. Photos or gatherings inside the concourse will be ushered to move outside. Ushers will not allow any re-entry after exiting the building.

Alta High School, Canyons School District, and all accompanying spectators coming to graduation are guests of the University. All are expected to be respectful, comply with ushers and event personnel, and enjoy graduation in a dignified manner that is free of conflicts or involvement of law enforcement or campus security. As the only school in Utah with a partnership for the Step-2-the-U program, our reputation and actions should reflect the highest levels of conduct exemplary of our SOAR model and worthy of celebration- especially for our graduates!

Alta High



Session 1: June 5-8, 8am- noon

Session 2: June 12-15, 8am- noon

Session 3: June 19-22, 8am- noon

Courses Offered:

Sec. Math I	ELA 9
Sec. Math 2	ELA 10
Earth Science	ELA 11
US History	Biology
World History	Geography

Registration Opens April 24

To Register, go to ahsummer.canyonsdistrict.org
Log on with your student's skyward information.

Questions?

Call us at the Alta
High Counseling
Center

801-826-5620



Additional Information:

- There is no registration fee.
- Each session attended is worth one quarter of credit. Up to 2 classes may be taken each session.
- All 4 days of the session MUST be attended in order to receive credit. No absences or tardies allowed. NO EXCEPTIONS!
- These courses will be Pass/Fail and do NOT qualify for grade replacement or NCAA eligibility.

Alta High



Sesión 1: Junio 5-8, 8 am- mediodía

Sesión 2: Junio 12-15, 8 am- mediodía

Sesión 3: Junio 19-22, 8 am- mediodía

Clases Ofrecidas:

Sec. Math 1	ELA 9
Sec. Math 2	ELA 10
Earth Science	ELA 11
US History	Biology
World History	Geography

La Matrícula Empieza

Abril 24

Para registrarse, vaya a: ahsummer.canyonsdistrict.org

Ingrese la información de skyward de su estudiante.

Preguntas?

Llámenos al Alta
High Counseling
Center

801-826-5620



Información Adicional:

- La matrícula es gratuita.
- Cada sesión asistida equivale a un cuarto de crédito. Se pueden llevar hasta 2 classes en cada sesión.
- Se DEBEN asistir los 4 días de cada sesión para recibir crédito. No se permitirán ausencias o tardanzas. NO HABRA EXCEPCIONES!
- Estos cursos recibirán calificación Pass/Fail y NO califican para la elegibilidad NCAA.

A Week of Wellness for Parents/Caregivers and their children.

Use this wellness calendar daily to incorporate different activities into your everyday.
you can tailor these activities to fit the needs of your students

Monday	Tuesday	Wednesday	Thursday	Friday
Reflect with your child about someone who has impacted both of your lives for the better. It could be a friend, family member, teacher or coworker. Together with your child write that person a thank-you note. If they're not sure what to say, use the following prompts: What are some of the qualities that made them wonderful? Why are you grateful for them?	Sometimes we get distracted by other people's lives; social media and other methods of influence can lead us to spend a significant amount of time wishing for bigger and better. Ask your child the following questions to have a meaningful conversation. What do you crave/ feel distracted by the most about other people's lives? What about yourself do you love/ appreciate the most?	Gratitude is not just something you say. It can also be something you experience with each of your senses. Take a nature walk with your child and reflect on the day by answering the following prompts: Name someone you enjoyed talking to recently. Name something you touched that felt good. Name something you saw that was beautiful. Name something that you heard that inspired you. Name something that you ate that tasted amazing.	Use one of the NAMI mental health playlists to do activities like cooking, doing homework or taking a shower. Encourage your child to dance, move and take small actions to inspire and encourage them to care for their mental health.	Flashback Friday: share a moment in your life where you were experiencing increased anxiety, stress or sadness. Share advice / words of encouragement you would give your younger self with your child and invite them to share reflections from the week and advice they would give to their younger selves.



Una semana de bienestar para padres/cuidadores y sus hijos.

Usa este calendario de bienestar diariamente para incorporar diferentes actividades a tu vida diaria.

****puedes adaptar estas actividades para que se ajusten a las necesidades y a la edad de tus estudiantes.**

Lunes	Martes	Miércoles	Jueves	Viernes
Reflexiona con tu hijo sobre alguna persona que haya afectado las vidas de ambos de manera positiva. Podría ser un amigo, un familiar, un maestro o un compañero de trabajo. Junto con tu hijo, escríbele a esa persona una nota de agradecimiento. Si no están seguros de qué decir, usen los siguientes puntapiés iniciales: ¿Cuáles son algunas de las características que los hicieron maravillosos? ¿Por qué les estás agradecido?	A veces nos perdemos en las vidas de las demás personas, ya sea al verlas por las redes sociales u otros métodos de influencia, podemos pasar una buena cantidad de tiempo deseando tener vidas más importantes y mejores. Hazle a tu hijo las siguientes preguntas para tener una conversación significativa. ¿Qué es lo que deseas o qué te perturba más de las vidas de otras personas? ¿Qué amas o aprecias más sobre ti mismo?	La gratitud va más allá de algo que expresas. A veces puede ser algo que experimentes con cada uno de tus sentidos. Da un paseo por la naturaleza con tu hijo y reflexiona sobre el día pasado al abordar los siguientes puntapiés iniciales: Nombra a una persona con quien disfrutaste hablar hace poco. Nombra algo que hayas tocado y que te haya hecho sentir bien. Nombra algo que hayas visto que haya sido hermoso. Nombra algo que hayas escuchado que te haya inspirado. Nombra algo que hayas comido y que te haya sabido exquisito.	Usa una de las listas de reproducción de salud mental de NAMI cuando hagas actividades como cocinar, hacer las tareas o darte una ducha. Alienta a tu hijo a bailar, a moverse y a hacer acciones pequeñas para inspirarlos y alentarlos para que se ocupen de su salud mental.	Viernes de recuerdos: comparte algún momento de tu vida donde pasaste por más ansiedad, estrés o tristeza. Cuéntale a tu hijo los consejos o las palabras de aliento que le darías a tu versión más joven e invítalo a compartir reflexiones de la semana y consejos que le daría a sus versiones más jóvenes.





ParentSquare

Get Started in 3 Easy Steps!

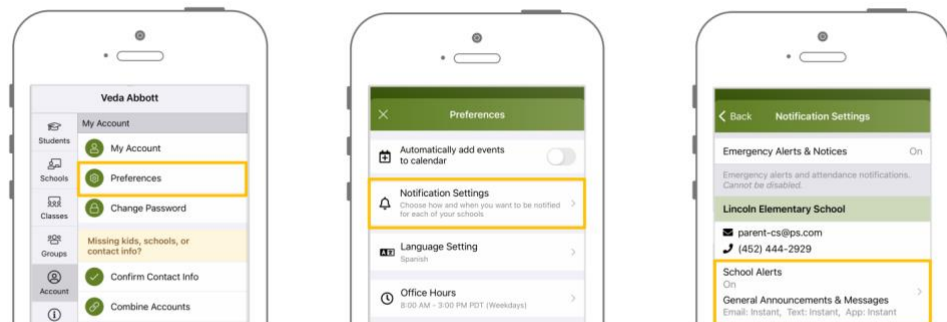
- 1.** Download the free iOS or Android mobile app.
- 2.** Log in with your email or phone registered with the school.
- 3.** Start receiving posts relevant to your student.

How to Make Sure You Stay Connected

- ☒ Activate your account & login.
- ☒ Make sure the school has your correct email AND mobile phone number.
- ☒ Set your notification preferences in ParentSquare.



Choose Your Notification Preferences



- 1.** Tap the 'Account' icon at the top left corner. Tap 'Account' and then 'Preferences'
- 2.** Tap 'Notification Settings'
- 3.** Select how you'd like to be notified





ParentSquare

¡Comience en 3 sencillos pasos!

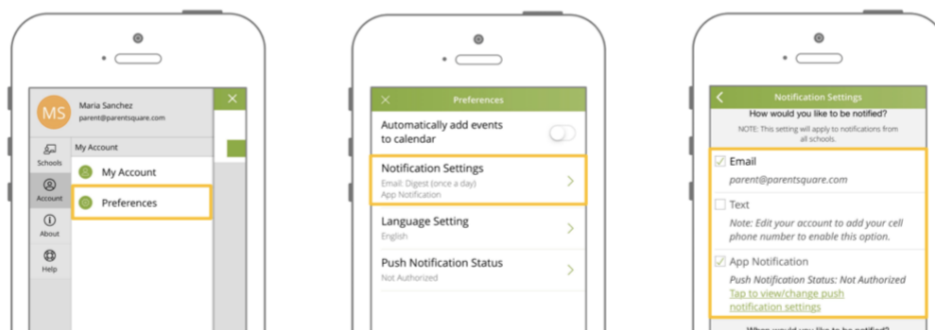


Cómo asegurarse de que te mantengas conectado

- ☒ Activa tu cuenta e ingresa.
- ☒ Asegúrese de que la escuela tiene su correcto correo electrónico y número de teléfono móvil.
- ☒ Establezca sus preferencias de notificación en ParentSquare.



Elija sus preferencias de notificación



1. Toque el icono '☰' en la esquina superior izquierda. Luego toque "Preferencias"
2. Toca "Configuración de notificaciones"
3. Selecciona cómo te gustaría ser notificado

