

A newsletter from your  
counselors

January 2012  
Newsletter #5

Even if you're on the right track, you'll get run over  
if you just sit there. -Will Rogers



# Falcons

Falcons Against  
Bullying Hotline  
385-226-8186



## FROM YOUR LIBRARY

The library has just received its annual shipment of new books. We have just over 900 new books available for you to read. All of the new novels are displayed on top of the low book shelves in the fiction part of the library so you can tell which books are new. Research indicates that students who read independently become better readers, score higher on achievement tests in all subject areas, and have greater content knowledge than those who do not. **Come check it out!**



School Food Drive for Utah  
Food Bank:

**4,800 cans collected**

**Winning pod:** 8th grade South Williams, Jolley, Nelson, Robertson, Richmond with 732 cans

**2nd place pod:** 8th grade North: Edgley, Blain, Cooke, Grimes, Tohara: 695 cans

**3rd place pod:** 7th grade North: Ericksen, Lambdin, McKnight, Hendricks

**Winning class:** Mrs. Williams with 357 cans

Thanks to all who helped!

Congratulations to the recipients of  
the **9th Grade FLY AWARDS:**

Kiera Stewart, Thomas World, Savana Childs, Brayden Davis, Conner Sanders, Nayeli Perez, Sierra Telck, Jiahao Li, Daniel Robles & Austin Thomas.

## WAY TO GO!!!

**Dance tryouts** for Advance Dance will be sometime in February or March. Further announcement regarding the auditions will be posted by the end of January in the Dance room. We'll also include additional information in February Newsletter.

## January Calendar



Tues. Jan 3 WELCOME BACK!!

Wed. Jan 4 Evening 8th Grade SEOPs

Thurs. Jan 5 Evening 8th Grade SEOPs

Thurs. Jan 5 9th Grade FLY Awards

Tues. Jan 10 CHHS Performing Arts Assembly  
For 9th graders (8:45 am)

Tues. Jan 10 MESA Activity 3-4 pm

Thurs. Jan 12 Math Counts @ Elk Ridge MS

Mon. Jan 16 Martin Luther King Day,  
NO SCHOOL

Tues. Jan 17 Class Change Forms in Couns. Ctr

Wed. Jan 18 State Competency Exams for all  
9th grade CTE classes

Wed. Jan 18 AP Human Geography  
Parent Meeting, 6:00 pm

Thurs. Jan 19 CLASS CHANGE FORMS DUE

Thurs. Jan 19 PTSA Reflections Award Night

Thurs. Jan 19 END OF 2nd QTR

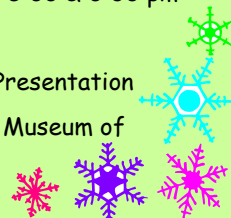
Fri. Jan 20 No SCHOOL

Tues. Jan 24 9th Grade SEOP's, 5:00 & 6:30 pm

Thurs. Jan 26 JATC Open House

Fri. Jan 27 Hillcrest High IB Presentation

Tues. Jan 31 NJHS fieldtrip to Museum of  
Natural History



## EXPANDING YOUR HORIZONS

An exciting and interactive day for 6th-12th grade  
Girls to explore educational and career opportunities  
in math, science and technology!

SATURDAY, MARCH 3, 2012 7:00 am—1:30 pm

Utah Valley University Sorenson Student Ctr

900 West University Parkway Orem, UT

For questions call (801) 863-8498





### SCHOLARSHIPS

Now through Sunday, Jan. 29, Olive Garden is asking writers in first through 12th-grade in the U.S. and Canada to submit an essay of 50 to 250 words answering the question: "If you were given \$5,000 to support education in your local community, how would you use it and why?" The grand prize winner of Olive Garden's 16th-Annual Pasta Tales essay writing contest will receive a three-day trip to New York City that includes dinner at the Olive Garden in Times Square and a \$2,500 savings bond. In addition, Olive Garden will provide a \$5,000 grant to support education in the winner's local community, which will bring his/her essay to life. The winners in each grade category will be awarded a \$500 savings bond and a family dinner at their local Olive Garden restaurant. All entries must include the writer's first and last name, complete address, phone number with area code, grade, date of birth including year and a statement that the work is his or her own. Entries must be submitted either online or postmarked by January 29, 2012 and sent to Pasta Tales, PMB 2000, 6278 N. Federal Highway, Fort Lauderdale, FL 33308-1916. Submissions will be judged based on creativity, adherence to theme, organization, grammar, punctuation and spelling by the Quill and Scroll Society of the College of Journalism and Communications at the University of Iowa. For more information about Olive Garden's Pasta Tales, go to <http://www.olivegarden.com/About-Us/Community/Pasta-Tales/>.

We are currently running **stress relief groups** where we learn muscles relaxation, guided imagery and breathing techniques to help manage day to day stress and anxiety. We are about to begin another **friendship group**; come sign up in the counseling center if you're interesting in participating.

Adolescence is a period of rapid changes. Between the ages of 12 and 17, for example, a **parent ages as much as 20 years.** ~Author Unknown

**Falcon Creamery** will be Tuesday January 17th and Wednesday January 18th during 4th, 6th and 7th periods. All faculty and staff are invited to come down. If teachers would like to send down a student as a reward—they need to contact Mrs. K. Johnson.



### ZIONS PAYS FOR A'S CONTEST

#### WINTER SCHOLARSHIP SAVINGS ACCOUNT DRAWING

January 20, 2012: Last day for students to show most recent report cards and enter drawing at their local Zions Bank branch.

January 30-February 3: Winners from 50 different communities selected and announced.

For more information, visit:

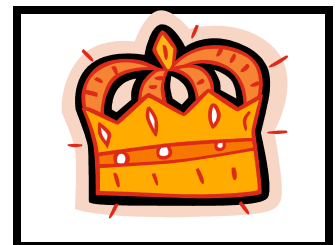
[https://www.zionsbank.com/pays4as\\_rules.jsp](https://www.zionsbank.com/pays4as_rules.jsp)

#### Three Kings Day

January 6th, also known as THREE KINGS DAY, is a primary day for receiving gifts in many countries including Spain, the Netherlands, Argentina etc. It's tradition in many Spanish speaking homes to bake a "king's cake" that has a hidden porcelain king and a lima bean. The person who gets the king gets "good luck" and the person who gets the lima bean has to make the cake the following year. **Este es sólo uno de la diversión actividades que hacemos en clases de español.**

"The happiness of your life depends on the quality of your thoughts."

Author Unknown



#### 9TH GRADE SEOPs

On January 24th the counselors will be hosting 9th Grade SEOPs at 5:00 pm and 6:30 pm. This is for **9TH GRADERS AND THEIR PARENTS.** We will go over graduation requirements, scholarships, 10th grade registration, JATC, Concurrent Enrollment, AP classes etc. **DON'T MISS IT!!!**

