

PRINCIPAL'S NEWSLETTER

OCTOBER 19, 2026



EVENTS 10/19-11/2 (SCHOOL EVENTS, PTA EVENTS, HOLIDAYS)

10/19-10/25 (A-WEEK)

- 19 Teacher Work Day--NO STUDENTS
- 20 School Community Council 2:30 in the TLC
- 21 PTSA Eagle of the Month 10:00 in the TLC
- 21 PTSA Meeting 10:30 in the TLC
- 21 PTA Reflections Entries Due!
- 21 Social Studies Movie in Auditorium 1:00-3:00
- 21 Boys' Open Gym 1:20-3:30
- 21 Ballroom 1:25-2:40
- 21 TSD Board Meeting 6:00 @ SPED Building
- 23 Homeroom Assembly--FIRE POD

10/26-11/2 (A-WEEK)

- 26 Ballroom 2:25-3:30
- 28 Boys' Open Gym 1:20-3:30
- 28 Ballroom 1:25-2:40
- 29 Orchestra Elementary Tour
- 29 Hall's Class to Hogle Zoo 9:15
- 30 Homeroom Assembly--EARTH POD
- 30 PTSA Fun Friday During Lunches
- 31 Halloween
- 1 Daylight Savings Time Ends
- 2 Teacher PD Day--No Students

PRINCIPAL'S MESSAGE

Greetings, Eagles!

As we navigate the busy rhythms of the school year, one fundamental question worth reflecting on together is: How can we take care of ourselves and find balance? It just so happens that we are discussing this very question in Homeroom for the month for October. Self-care is not an extra luxury—it is taking intentional time to protect both our physical and mental health. Prioritizing daily wellness helps us manage stress, lower health risks, and sustain energy for our families.

Here are a few practical ways to foster balance in everyday life:

Build Small Daily Habits: Small, consistent actions—like focusing on 1% daily improvements or simple two-minute routines—create long-term balance without feeling overwhelming.

Make Time to Unwind: Dedicate brief moments each day to restorative activities, such as reading, listening to calming music, or spending time outdoors.

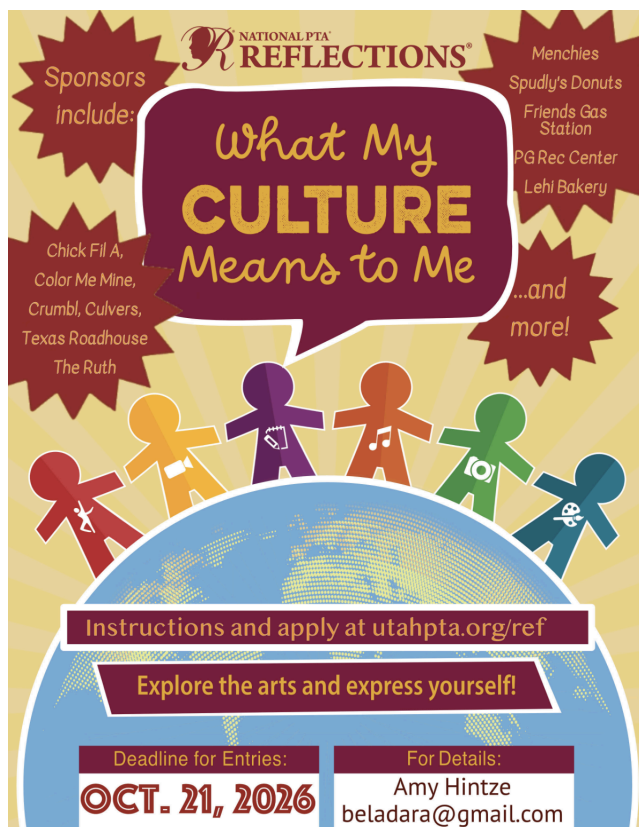
Use Simple Calming Resets: When stress mounts, quick grounding practices—like taking slow, deep breaths or brief mindfulness pauses—can restore calm.

Protect the Essentials: Prioritizing consistent sleep and healthy nutrition provides the foundation for emotional regulation and resilience.

When adults practice self-care, we set a powerful example of health and balance for our students. We encourage you to take a brief pause this week to do something restorative for yourself.

Warm regards,

Mrs. Ross



PTA REFLECTIONS DUE 10/21

There are only two days left to turn in your Reflections entries! Check out this list of sponsors—you **get prizes from them, just for entering!** Plus, there are **cash prizes** for the winners!

Chick Fil A
 Color Me Mine
 Culvers
 Crumbl
 The Ruth
 Texas Roadhouse
 Menchies
 Spudly's Donuts
 Friends Gas Station
 PG Rec Center
 PTSA Suckers

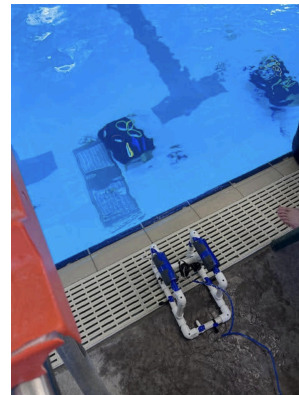


FROM THE OAK CANYON PTSA

Our PTSA does so much to support our school and students--selling suckers on Fridays, sponsoring the Eagle of the Month student recognitions, organizing Spirit Nights, making generous donations for school improvements, recognizing our honor roll students, and more! We encourage all to join the PTSA--the membership dues go a long way for our school. **In addition, Eagle Cards are a great value for all of the discounted goods and services they provide.** To join the PTSA, purchase Eagle Cards, and/or donate for Teacher Birthday/Appreciation gifts, please visit the Oak Canyon PTSA store link: ocjhlindon.givebacks.com

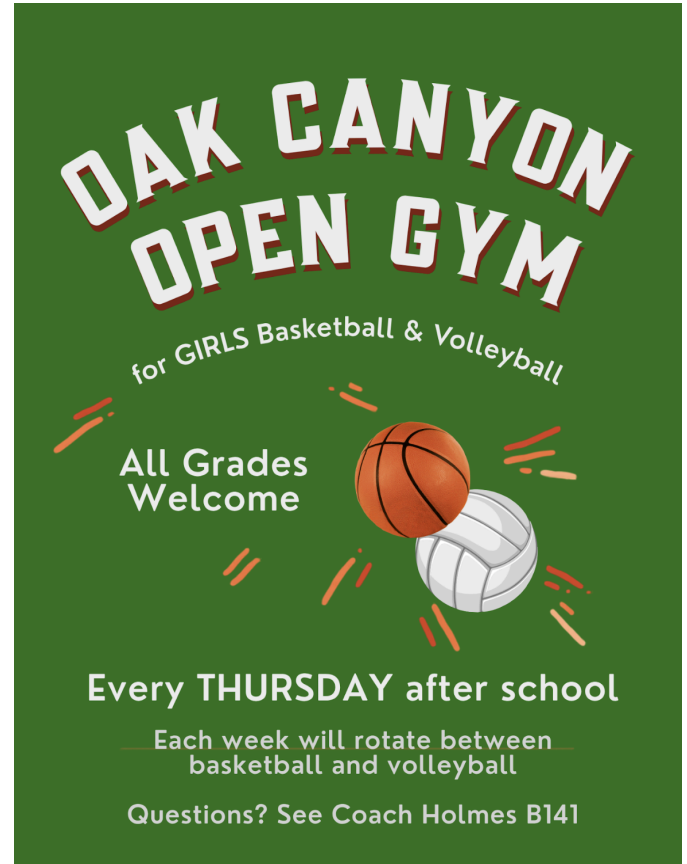
UNDERWATER ROBOTICS TEAM OPPORTUNITY

Interested in joining the OCJH Underwater Robotics team? Come to Mr. Escobedo's Room Tuesday (10/20) and/or Thursday (10/22) during Flex to find out more information. This is a great Science and Engineering opportunity for students at any skill level, come and have some fun on our team!



BASKETBALL TRYOUTS

Eagle basketball is right around the corner! This year, our boys will be coached by Coach Tyler Marshall and our girls will be coached by Coach Amy Godfrey. Boys' Open Gym will be held on 10/21, 10/28, and 11/4 (Wednesdays) from 1:20-3:30. Girls' Open Gym will be held on 10/22, 10/29, and 11/5 (Thursdays) from 2:30-3:30.



RISE AWARD NOMINATIONS

In Alpine School District, we appreciate our teachers and staff members who make a difference for students, parents, colleagues, and others. Use this form to nominate a school employee for the Alpine District RISE (Remarkable, Inspiring, Selfless, Encouraging) Award. *Please use specific examples about why this employee deserves the RISE award.* This award is intended for employees who work directly with students. *Please note: Your nomination and name will be used to notify the employee with a copy of the nomination and may be used in promotional materials such as the district newsletter or social media.*

WE'RE HIRING!

Custodian - Sweeper

Non - Contract, no benefits.

Hours a day: 6

Hourly rate: \$13.64 - \$16.74 Depending on qualifications and experience.

Contact Information:

- Name: Kevin Bushman
- Phone: 385-579-5530
- Email: kevinbushman@alpinedistrict.org

The job of Custodian - Sweeper is done for the purpose/s of providing limited custodial services at assigned site; ensuring an attractive, sanitary and safe environment for students, staff and visitors; performing a variety of limited cleaning operations; and assisting in preparing facilities for classroom activities and campus events.

Essential Functions

- Assists with site snow removal for the purpose of ensuring access and safety to students, staff and visitors.
- Cleans assigned facilities and/or grounds (e.g. classrooms, offices, gym, restrooms, multipurpose rooms, grounds, etc.) for the purpose of maintaining a sanitary, safe and attractive environment.
- Prepares site for daily operations (e.g. opening gates, raising flags, sweeping walkway, etc.) for the purpose of ensuring facilities are operational and hazard free.
- Replenishes classroom and rest room supplies (e.g. paper towels, soap, etc.) for the purpose of ensuring adequate quantities for daily use.
- Secures facilities and grounds (e.g. doors, gates, alarms, lights, etc.) for the purpose of minimizing property damage, equipment loss and/or potential liability.
- Supports other site maintenance staff (e.g. grounds, trades, etc.) for the purpose of completing site custodial activities.
- Performs other related duties as assigned for the purpose of ensuring the efficient and effective functioning of the work unit.

Requirements:

- age 14+

COUNSELOR CORNER

385-579-5531 | oakcanyon.alpineschools.org

OCTOBER



Check Canvas!
Check Skyward Q!
Make sure all your assignments are turned in and you finish the quarter strong!
Let's start Term 2 just as strong, keep up with your homework and turn things in on time for greatest success and least stress!

WHAT IS A CCR?

College & Career Readiness Meeting



A CCR meeting is a one-on-one conversation between you, your school counselor, and your parent/guardian to plan for your future.

During your CCR, we will:

- Review your academic progress and credits.
- Explore your college, career, and life goals.
- Create a plan to help you reach your goals.
- Connect you with resources and opportunities.

Your future. Your plan. Our support.
CCR meetings help you stay on track, make informed decisions, and prepare for life after high school.
You've got goals. We've got you.

Schedule your CCR meeting today and take the next step toward your future!
www.utschoolcounselor.org



OCJH EAGLES

COPING SKILL OF THE MONTH

Set healthy boundaries

- Protects your energy
- Reduces stress

Start small, be clear, define what you have time for and what drains you

8TH GRADE CCR'S

CCR's are starting for 8th graders!

Please use this link to schedule a CCR appointment with your counselor. Password is "eagles"

COMMUNITY ANNOUNCEMENTS:

family
VALUES WORKSHOP
MONDAY SEPTEMBER 14TH

Parents are the most important protective factor in their children's lives.

MONDAY NOVEMBER 23RD
6:00 PM-8:00 PM

DINNER 6-6:30 PM
WORKSHOP 6:30-8:00 PM
CHILD CARE FOR 5 AND UNDER

Bring the whole family for a fun and educational workshop to help define your family values, improve communication skills and strengthen family bonds.

LINDON COMMUNITY CENTER

SCAN THE QR CODE OR CLICK [HERE](#) TO REGISTER

FOR MORE INFORMATION: EMAIL: 13fncfm@lindon.gov

Strengthen Your Relationships
FREE WORKSHOP
for parents of kids aged 9-14

GUIDING GOOD CHOICES

MONDAYS 6PM-8PM
LINDON COMMUNITY CENTER
25 N Main St Lindon

Sept. 28 Oct. 5 Oct. 12
Oct. 26 Nov. 2

Sign up now!

Questions?
Contact Jamie
801-769-8825
jjensen@lindon.gov

Dinner for the whole family

+ \$50 gift basket

*Must be able to attend all 5 sessions

Childcare for ages 8 and under

Activities for ages 9 and up

Guiding Good Choices gives families information and tools that work to protect preteens and teens from the inevitable risks they encounter as they become more independent. Families will learn ways to build or maintain lasting relationships, because teenagers who are more closely connected to their families have better health and educational outcomes.

THIS NO-COST WORKSHOP IS SPONSORED BY:
LINDON CARES
communities that care coalition

TIMPANOGOS HIGH SCHOOL AND LINDON CARES
PRESENT

Table Talks

OCTOBER 21ST
Wednesday
12:15 PM
T.H.S.
Health Center

FOR PARENTS AND CAREGIVERS FREE LUNCH AND GIVEAWAYS

NAVIGATING CHANGE TOGETHER: DISCUSS THE 7 PCE'S AND THE TSD COMMUNITY

LEARN ABOUT 7 POSITIVE CHILDHOOD EXPERIENCES (PCEs) THAT HAVE BEEN DETERMINED TO HELP SET OUR CHILDREN UP FOR SUCCESS DESPITE CHALLENGES, ESPECIALLY DURING CHANGE. DISCUSSION WILL BE LED BY MALLORY MILLER, ASSISTANT FACILITATOR FOR LINDON CARES

PROVIDED FREE BY LINDON CARES - PLEASE REGISTER [HERE](#)

Come Connect, Create, and Cope together!

FAMILY COPING SKILLS
STRENGTHEN YOURSELF, AND EACH OTHER

Families will leave with practical tools to manage stress, improve communication, and grow stronger together.

Fun instruction and activities in 4 coping areas:

- Physical
- Mindfulness
- Art
- Connection

Friday
October 23rd
OR
Monday
December 14th

6-6:30 pm Dinner
6:30-8 pm Workshop

Lindon Community Center

Registration is required

Scan me!

LINDON CARES
communities that care coalition

Vikings Track & Field

PLEASANT GROVE VIKINGS TRACK & FIELD

FALL WORKOUTS

STARTING OCTOBER 20TH

EVERY TUESDAY AND THURSDAY AT 3:00 PM
AT THE OUTDOOR TRACK

These are optional workouts, but are very beneficial for a successful Spring Track Season.

Fall and Winter sport athletes that want to run track are welcome to attend when they can.

Jr. High Athletes WELCOME TO JOIN US

Questions?
COACH FONNESBECK
cfonnesbeck@alpinedistrict.org

REMINDERS:

26-27 BELL SCHEDULE

		
BELL SCHEDULE		
	M, T, TH, F	WEDNESDAY
A1/B5	7:45-9:05	7:45-8:55
HR/FLEX	9:12-9:42	--
A2/B6	9:49-11:03	9:02-10:12
1ST LUNCH	11:03-11:33	--
A3/B7	11:40-12:54	10:19-11:29
A3/B7	11:10-12:24	
2ND LUNCH	12:24-12:54	--
A4/B8	1:01-2:15	11:36-12:46
LUNCH	--	12:46-1:15

A-DAY TEACHER LUNCH SCHEDULE Determined by A3 Class			
FIRST LUNCH		SECOND LUNCH	
ANDRUS	MILLER	ALLPHIN	MORTENSEN
BAGULEY	MOOREHEAD	DE LA CRUZ	MOULTON
BLAKE	NGUYEN	ECALONO	OTTERSON
BRASWELL	OLSEN	ESCOBEDO	PAYNE
CASTILLO	PRESTES	HERMANSEN	PETERSON
COOK	PUCKETT	HALES	SANDERS
GRAHAM	RADEBAUGH	HOLMES	SEMINARY
HALL	ROBISON	JORGENSEN	SMITH
HARDY	REDFORD	KUNKEL	STONE
HULSEY	SHUMWAY	MEINZER	TORRENCE
JENSEN	TAYLOR		
LAMOREAUX	THOMAS		
MARSHALL			

B-DAY TEACHER LUNCH SCHEDULE Determined by B7 Class			
FIRST LUNCH		SECOND LUNCH	
ANDRUS	MARSHALL	ALLPHIN	MEINZER
BLAKE	MILLER	BAGULEY	MORTENSEN
BRASWELL	MONSON	CAMPBELL	MOULTON
CASTILLO	MOOREHEAD	CHENEY	OTTERSON
COOK	NGUYEN	DE LA CRUZ	PAYNE
FIETKAU	PRESTES	ECALONO	PETERSON
FLOOD	PUCKETT	ESCOBEDO	ROBINSON
GRAHAM	RADEBAUGH	HALES	SANDERS
HALL	REDFORD	HOLMES	SEMINARY
HULSEY	ROBISON	JORGENSEN	SMITH
JENSEN	TAYLOR	KUNKEL	
LAMOREAUX	THOMAS	MATHER	