

# Bengal Bulletin

## Week of October 2

### Success for Every Student

Brighton High School's mission is to foster success for all students by providing opportunities to learn at high levels through an inclusive and supportive educational environment.

#### This week's events

Tue., Oct 24	Cross Country State: Regional Athletic	11:00 AM
	Girls sophomore volleyball: Brighton @ East	3:30 PM
	Girls JV volleyball: Brighton @ East	5:00 PM
	Girls varsity volleyball: Brighton @ East	6:30 PM
	Band Bash concert (Main gym)	7:00 PM
Wed, Oct 25	Dance concert (auditorium)	7:00 PM
	PSAT (Aux gym)	7:00 AM
Thurs, Oct 26	Dance concert (auditorium)	
Fri, Oct 27	Football: Woods Cross @ Brighton	7:00 PM
Sat., Oct 28	MORP dance	8:00 PM
	Marching Band: Mt. Timponogos invite (AF HS)	1:00 PM
Tue., Oct 31	Girls volleyball: First round STATE	TBD

#### Bengal notes

- This just a reminder to drive safely around our school. This would include crosswalks and the round-a-bout.
- The playoff football game this Friday does require a ticket for all. This includes students as well

The Brighton counselors will be holding the Freshman PCCR (Plan for College and Career Readiness) meetings starting in November and through December.

Please sign up for an appointment on your Family Skyward Conferences tab to meet with your 9th grade student's counselor at a time that is convenient for you and your student. The meeting will last between 30-45 minutes. The Conference tab will be open for you to make your appointment from Oct. 9th at to Oct. 27th.

Login to your **Skyward Family Access**: <https://skyward.canyonsdistrict.org>

Select your **9th grade student at Brighton**

Click on the **CONFERENCE** tab

Click on **ALL CONFERENCES**

Click on **SELECT A TIME**

Click on **JOIN** on the far right of the date and time of your choice.

### ***Utah College Application Week will be October 30 – November 3.***

The goal of College Application Week is to spread college awareness throughout the school and reinforce a college-going culture for all students. During College Application Week, Brighton seniors will receive help navigating the college admissions process with the support of Brighton Counselors and College Admissions Representatives during APP. More information will be sent about the sessions available for seniors can attend during APP as it gets closer. Start the conversation now. Talk to your students about where they want to go to college, so they will be ready to apply when College Application Week begins.

To support the Worldwide Mental Health day tomorrow, October 10th, we are asking Brighton High School students, teachers, and staff to show their support by wearing green. If you download the safe UT app on your phone, come down to the counseling center and show a counselor for a prize. There will also be mental health green ribbons hidden around the school tomorrow. If you find one, bring it down to the counseling center as well for a special prize. Prizes will not be given during class time. They can only be redeemed between class periods. Let's all normalize mental health together!

### ***FCCLA holding a diaper driver***

Brighton FCCLA is hosting a Diaper Drive for the Utah Diaper

Bank <https://www.utahdiaperbank.org/> and we are so excited!! FCCLA has set a goal to collect 12,000 diapers and we would love to have your support with this amazing service project. Please drop off or send a pkg of diapers with your student and have them drop it off in the Family Consumer Science office room 2103 or any of our FCS classrooms (2102, 2108, 2110) on the second floor in the ART/CTE building.

We will be collecting any size and any brand of diapers from October 10 - November 17, 2023.

**\*\*Each Person who brings in a pkg of diapers (Community members, BHS students, or BHS faculty and staff) will be given a ticket to be put into a drawing for some fun prizes after the drive ends on November 17. \*\***

Here is a video that explains more about the diaper drive.

<https://youtu.be/Uu1WX51h6D4?si=3DCIkgPlx0f50vW6>

Contact:

[sierra.west@canyonsdistrict.org](mailto:sierra.west@canyonsdistrict.org) OR [camille.haskan@canyonsdistrict.org](mailto:camille.haskan@canyonsdistrict.org)

### ***Drivers Education during APP***

If you have a student interested in taking Driver Ed at Brighton this school year, please read the information below...

The Driver Ed class is offered 1<sup>st</sup> and 2<sup>nd</sup> periods all year as well as a summer course. Some students are unable to make this work in their schedule so we are offering the course during APP class for 2<sup>nd</sup> and 3<sup>rd</sup> trimesters. This is a great opportunity to complete the class if it doesn't fit into your student's traditional schedule.

- 2<sup>nd</sup> trimester APP Driver Ed class will run from 11/20/23-2/23/24 (55 days) and your student needs to be 16 BEFORE 4/15/24 to take this class.
- 3<sup>rd</sup> trimester APP Driver Ed class will run from 2/26/24-5/30/24 (61 days) for students turning 16 after 4/15/24.

Students who turn 16 after 8/1/24 cannot take the APP class, they will need to take Driver Ed during the summer or next school year.

**Space is limited so please fill out this form <https://bit.ly/3ZpXsyy> if you want to sign up for the APP Driver Ed class during 2<sup>nd</sup> or 3<sup>rd</sup> trimester.**

Students should have their learner permit BEFORE the first day of class. If you have questions, please visit the driver ed website at <https://bhs.canyonsdistrict.org/announcements/driver-education/> or email Jonnie Knoble [jonnie.knoble@canyonsdistrict.org](mailto:jonnie.knoble@canyonsdistrict.org)



BRIGHTON HIGH SCHOOL

# TAILGATE TRUNK OR TREAT

Thursday, October 26

6-7 pm

Back parking lot at BHS

Decorate your trunk and  
bring treats to hand out

Wear your costume and bring  
a friend - everyone welcome!

# WELLNESS TODAY

for parents and families



## TIPS FOR MANAGING ANXIETY

If you or your children are feeling anxious, regularly doing the following tips can help you effectively manage stress and anxiety.

- Exercise. Vary the type of exercise and try to make at least part of it outside.
- Practice deep muscle relaxation and regulated breathing techniques.
- Prioritize activities and avoid overbooking your schedule. Avoid or limit time-wasting activities such as watching TV or social media.
- Set boundaries.
- Make time for recreational activities. Have fun!
- Be socially active. Instead of avoiding activities that cause anxiety, ease into them to gain confidence and to feel more comfortable in those situations.
- Maintain a regular sleep pattern.
- Have good nutrition.
- Practice positive self-talk.
- Talk about any anxious feelings or write down those feelings in a journal.

Although anxiety disorders typically need professional help to go away, anyone feeling anxiety can benefit from the above health tips.

## THE DIFFERENCE BETWEEN NORMAL ANXIETY AND ANXIETY DISORDERS

Everyone has or will experience normal anxiety—uncomfortable feelings like nervousness or feeling on edge or worried. These feelings are triggered by a specific, realistic problem. For example, feeling nervous before a presentation. Anxiety is a natural response to stress. Most of the time, normal anxiety goes away by itself when the stressor is removed and doesn't last long or seriously impact a person's life.

On the other hand, an anxiety disorder is severe, occurs frequently or lasts a long time, and has a serious impact on someone's life, to the point of interfering with everyday life. The cause of the anxiety is not specific and does not often have a reason. For example, feeling constantly afraid of saying or doing the wrong thing. Signs your children have an anxiety disorder include:

- Avoiding specific people, situations, or activities
- Having trouble sleeping at night
- Complaining about headaches or stomach aches or other issues that don't seem to be from a medical condition
- Showing frequent distress or fear that interferes with everyday life
- Exhibiting changes in sleep, behavior, eating, or mood.

Anxiety disorders affect 31.9% of teens between the ages of 13 and 18. Common anxiety disorders found in children include:

- Generalized anxiety disorder: worrying every day about different things
- Separation anxiety disorder: worrying about being away from parents
- Specific phobias: an intense fear about something specific
- Panic disorder: when a worry comes on suddenly and intensely
- Social anxiety disorder: worrying about what others will think or say
- Selective mutism: being too worried to talk

Unfortunately, only a small percentage of those who suffer from an anxiety disorder actually seek help. If you think your children have an anxiety disorder, consider reaching out to your pediatrician or school guidance counselor for a referral to an expert.



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# BRIGHTON HIGH

## AFTER SCHOOL MATH TUTORING

Got a problem?  
We're here to help you solve it.

### OCTOBER SCHEDULE

- TUESDAY, OCTOBER 3  
O'REILLY  
2414
- THURSDAY, OCTOBER 5  
BROWN  
2503
- TUESDAY, OCTOBER 10  
TRUMAN  
2511
- THURSDAY, OCTOBER 12  
CLARKE  
2410
- TUESDAY, OCTOBER 17  
O'REILLY  
2414
- TUESDAY, OCTOBER 24  
TRUMAN  
2511
- THURSDAY, OCTOBER 26  
BROWN  
2503
- TUESDAY, OCTOBER 31  
O'REILLY  
2414

2:30pm - 3:30pm

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