



# Bengal Bulletin

**Week of November 13**

**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**

Fri, Nov 17	Girls sophomore basketball: Northridge @ Brighton	3:30 PM
	Girls JV basketball: Northridge @ Brighton	5:15 PM
	Girls varsity basketball: Northridge @ Brighton	7:00 PM
	Swimming: Thanksgiving Invite @ South Davis Rec	
Sat, Nov 18	Swimming: Thanksgiving Invite @ South Davis Rec	

## ***Arena Scheduling starts today***

Arena Scheduling will open for all students on Today, Nov. 13<sup>th</sup> at 3:00pm and close for all students on Thursday, Nov. 16<sup>th</sup> at 3:00 pm. Arena Scheduling is available for students to adjust their schedules to fit their own needs and to add or drop a class. Please make sure your student has all the correct A halves and B halves and that they do not drop a required class. If your student is wanting a Home Release, a parent must fill out this form <https://releases.canyonsdistrict.org/releases/index.cfm#/release/lookup>.

In person schedule changes will be next week on Monday afternoon and Tuesday morning if students are having problems with arena scheduling.

Concurrent enrollment classes are locked. If your student needs help with these classes, please contact your counselor.

## ***World Kindness Day***

The Counseling Center is promoting World Kindness Day. To encourage students to participate we are offering a self-directed activity. Students can pick up the form below from the Main Office or the Counseling Center starting Monday November 13<sup>th</sup>. Completed forms can be returned to the Counseling Center by Thursday November 16<sup>th</sup> for a ROAR Card and a chance to win a \$10 gift card.

Name: \_\_\_\_\_

# KINDNESS CHALLENGE

**WORLD KINDNESS DAY IS NOVEMBER 13TH**

Complete each of the following and bring your form to the Counseling Center for a Roar Card and a chance to win a \$10 gift card. Due by Nov 16

Compliment a classmate

Give one of your teacher's a thank you note

Send a motivational quote to a friend

Pick up trash around the school

As you walk down the hall smile at other students

Listen to your friend talk about their day without giving input

Tell us about your experience:

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Be  Kind.

### ***Utah State information***

Utah State University representative will be holding an informational meeting in the Career Center on Wednesday, Nov. 15<sup>th</sup> during APP. This is open to all grades and for any student who is looking for more information about Utah State University.



### **Canyons School District All-State Award Winners**

#### ***Congratulations to our Academic All State Award winners***

*Lia Timoney – Girls Cross Country*

*Artemesia Evans – Girls Cross Country*

*Avery Parry – Girls Cross Country*

*Daisey Dastrup – Girls Cross Country*

*Poppy Chamberlain – Girls Cross Country*

*Talmage Howe – Boys Cross Country*

*Kimball Shill – Football*

*Drew Morgan – Football*

*Lilla Anderson – Girls Soccer*

#### ***White Christmas musical tickets going on sale***

The musical Irving Berlin's White Christmas tickets go on sale November 16th. Tickets are \$8 per adult and \$6 for seniors and veterans.

Show dates are:

Nov 30 at 7pm

Dec 1 at 7pm

Dec 2 at 2pm and 7pm



## ***Congratulations to Brighton High School's 2024 Sterling Scholars!***

Skills and Technical Education	Myah Ingebritson
Social Studies	Ailian Timoney
Dance	Sara Bryner
FACS	Ansley Phillips
English	Lilla Anderson
World Languages	Giovanna Grant
Math	Talmage Howe
Science	Jeremy Baker
Computer Technology	Ayden Webb
Debate/Drama	Melody Otterstrom
Visual Arts	Hallie Schneider
Business and Marketing	Jaci Elzinga
Instrumental Music	Avery Perry
Vocal Music	Hannah Rowley

### ***Diaper Drive***

Good Morning Friends!

FCCLA is hosting a diaper drive for the Utah Diaper Bank until November 17. We would love to have your support! Please encourage your students to donate. If you want to donate but don't want to make the trek to the Family Consumer Science department, just send a student down with your diapers to room 1301, 2110, 2108 or 2102. Thanks so much!

## **FCCLA DIAPER DRIVE** **November 1-17**



**Drop Off:**  
**Brighton High**  
**Main Office**

**Or Any FCS Teacher**

**Goal:**  
**12,000**  
**Diapers**

### ***Want to take a CTE class?***

USBE survey for CTE in Utah. The Utah State Board of Education is seeking input from parents about Career and Technical Education (CTE) programs in Utah. Parents and Guardians are encouraged to complete the survey at the following link.

[https://usbe.az1.qualtrics.com/jfe/form/SV\\_4PcycoVGcOYiay2](https://usbe.az1.qualtrics.com/jfe/form/SV_4PcycoVGcOYiay2)

CTEC Announcement: Juniors and Seniors, do you have extra room in your schedule for 2<sup>nd</sup> and 3<sup>rd</sup> trimester? Want to learn a new skill? CTEC has openings for the Spring Semester in the following programs:

Business Leadership

Criminal Justice

Emergency Medical Technician (EMT) Seniors Only

Medical Forensics

Physical Therapy

Apply online at [ctec.canyonsdistrict.org](http://ctec.canyonsdistrict.org). If you have any questions, please see Mrs. Prudden (CTE Coordinator) or your counselor

### ***PTSA activity at lunch tomorrow by the main hall. Give thanks and get a treat!***

And we have hats and beanies for sale! Great styles to grab for a holiday gift or for yourself.



Online Orders can be picked up at the Brighton Attendance office twice a week.

You can also purchase hats in person at the following school events before the school break:

Girls Basketball game Friday 11/17 sales from 5-7pm

Boys Basketball game Friday 11/20 sales from 5-7pm

Brighton Musical- each night- from 6:15-7pm

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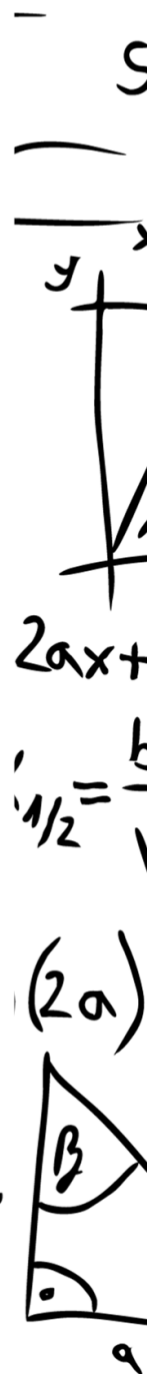
**BRIGHTON HIGH**  
**AFTER SCHOOL MATH TUTORING**

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

- NOVEMBER SCHEDULE**
- THURSDAY, NOVEMBER 2**  
CLARKE  
2410
- TUESDAY, NOVEMBER 7**  
TRUMAN  
2511
- THURSDAY, NOVEMBER 9**  
BROWN  
2503
- TUESDAY, NOVEMBER 14**  
O'REILLY  
2414
- THURSDAY, NOVEMBER 16**  
CLARKE  
2410

2:30pm - 3:30pm

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 $\beta$   
 $a$



# WELLNESS TODAY

for parents



HOPE4UTAH



## HOW TO FEEL GRATITUDE EVEN DURING CHALLENGES

Consciously and consistently practicing gratitude can reduce stress and anxiety, increase happiness, and decrease depression. Despite the goodness that comes from gratitude, practicing gratitude can seem nearly impossible during hard times. Here are some tips for helping your children practice gratitude, even during challenges.

- **Talk about challenges.** Pick a time of day when you can sit down with your children and encourage them to share their "highs" and "lows" of the day or week. Talk about yours as well. This shows your children that life has ups and downs, and that while your family acknowledges the "lows," you can choose to give more focus toward the "highs" by practicing gratitude.
- **Notice what you do have.** Oftentimes it can be hard to show gratitude because certain aspects of life have been taken for granted. Invite your children to take a few minutes a day to notice what they do have, either by writing it down in a gratitude journal or saying it out loud to themselves. They can also spread gratitude by giving sincere appreciate to others who have done something for them.
- **Serve others.** Help your children get involved in service. Through service, they may see situations that are worse than theirs (which helps them feel grateful for what they do have) and they may also forget their own troubles for a time as they focus on others.
- **Treat gratitude as an action.** Don't wait for the feeling of gratitude to come to you; take action! Encourage your children to keep saying words of gratitude and recognizing things to be grateful for until it becomes second nature. The more they practice, the easier they may find it to practice gratitude, even during challenges.

## HOW TO CREATE YOUR OWN SELF-CARE PLAN

Self-care is how we protect our overall wellbeing. Among other reasons, we need self-care so we are able to build resilience to stressors in life, reduce anxiety and depression, and avoid burnout. There are five different types of self-care:

- Physical: Sleep, nutrition, exercise, etc.
- Social: Quality time with friends and family
- Mental: Activities to keep the mind sharp
- Spiritual: Fulfilling spiritual practices
- Emotional: Healthy ways to process emotions

A self-care plan is an effective way to find out what you personally need to feel fulfilled in the above five areas. Go through the following tips with your children to create a self-care plan that is right for them.

- Plan what to do for self-care.
- Identify the people you trust that you can call whenever you need to talk.
- Identify family members, coaches, teachers, or mental health professionals that you can call when you feel overwhelmed, anxious, or sad.

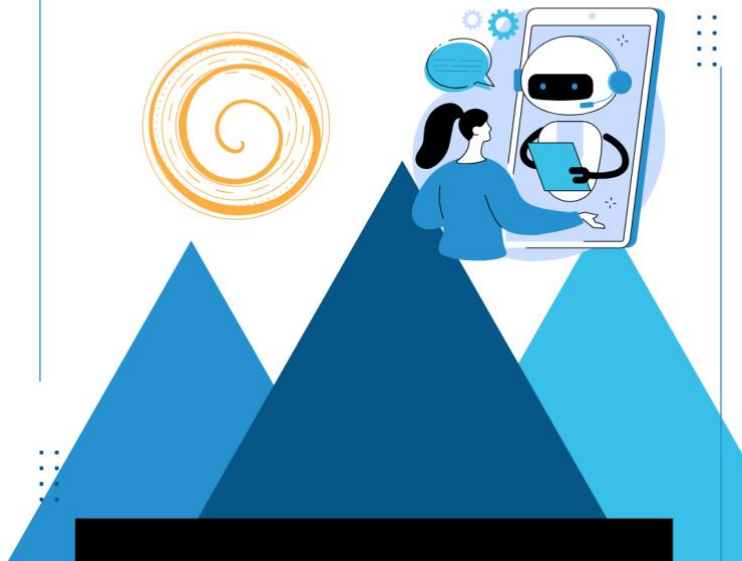
For more in-depth details about how you can help your children create self-care plans (and how you can create one for you), visit [Verywell Mind](#).





## VIEW of AI in Canyons

*A Guidebook Designed for Educators, Students, & Families*



Artificial Intelligence, or AI, has had a surge of interest with the introduction of Chat GPT and the ability for AI to generate content for people. This technology has exciting possibilities, however there are potential complications as we learn to use AI.

Helping to be responsible with AI use will become more important to raising our children as responsible digital citizens. Canyons School District has developed an AI guide to help understand this new technology and what families (and others) can do to help students use it responsibly. Visit Canyons Family

Connections website to access the [AI guide \(Links to an external site.\)](#) and other [technology resources for families \(Links to an external site.\)](#).

La Inteligencia Artificial, o AI, ha aumentado su interés con la presentación de Chat GPT y la habilidad de AI de generar contenido para las personas. Esta tecnología tiene emocionantes posibilidades, sin embargo, hay potenciales complicaciones conforme aprendemos a usarla.

Ayudando a ser responsables con el uso de AI será más importante que criar a nuestros hijos como ciudadanos digitales responsables. El Distrito Escolar Canyons ha desarrollado una guía para ayudar a comprender esta nueva tecnología y lo que las familias (y otros) pueden hacer para ayudar a los estudiantes a usarla de manera responsable. Visite la página de Internet de Canyons Family Connections para acceder a la [guía AI \(Links to an external site.\)](#) y otros [recursos tecnológicos para las familias \(Links to an external site.\)](#).

## VISTA de la AI en Canyons

*Una guía diseñada para educadores, estudiantes y familias*

