



Bengal Bulletin

Week of November 27

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

Date	Event	Time
Mon, Nov 27	Boys freshman basketball @ Bingham	6:00 PM
Tues, Nov 28	Boys sophomore basketball vs Riverton	3:30 PM
	Boys freshman basketball vs Riverton	5:15 PM
	Boys JV basketball vs. Riverton	5:15 PM
	Boys varsity basketball vs Riverton	7:00 PM
Wed, Nov 29	Girls soph basketball vs Layton	3:30 PM
	Girls JV wrestling @ Riverton	5:00 PM
	Boys JV wrestling @ Riverton	5:00 PM
	Girls JV basketball vs Layton	5:15 PM
	Girls varsity basketball vs Layton	7:00 PM
	Girls varsity wrestling @ Riverton	7:00 PM
	Boys varsity wrestling @ Riverton	7:00 PM
Thurs, Nov 30	Girls soph basketball vs Tooele	3:30 PM
	Girls JV basketball vs Tooele	5:15 PM
	Boys JV wrestling @ East	5:30 PM
	Girls varsity wrestling @ East	6:30 PM
	Boys varsity wrestling @ East	6:30 PM
	Girls varsity basketball vs Tooele	7:00 PM
	Musical "White Christmas"	7:00 PM
Fri, Dec 1	Boys sophomore basketball vs Mtn. Ridge	3:30 PM
	Boys freshman basketball vs Mtn Ridge	5:15 PM
	Boys JV basketball vs. Mtn Ridge	5:15 PM
	Boys varsity basketball vs Mtn Ridge	7:00 PM
	Musical "White Christmas"	7:00 PM
Sat, Dec 2	Musical "White Christmas"	2:00 PM
	Musical "White Christmas"	7:00 PM

University of Utah is coming to BHS

The University of Utah Office of Admissions will be visiting Brighton High School on Tuesday, November 28 during APP Period in the Twin Peaks room. This will be an opportunity to answer any final questions seniors have about the application process.

Food Drive by Brighton Music

Join us for a little bit of holiday fun and give back to the community by attending to our pre-concert social hour and food drive next Thursday! There will be live music, hot chocolate and cookies served. The BHS Instrumental Music Concert will immediately follow at 6pm.

We will be collecting food for our food drive at the event, so please bring non-perishable items to drop off. In the event that you cannot attend, please send the items with a music student or drop at the band hall by December 8th.



BRIGHTON MUSIC

**FOOD DRIVE &
PRE-CONCERT SOCIAL
HOUR**

December 7 , 2023 | 5PM

2220 E. Bengal Blvd.
Cottonwood Heights, UT 84121

Join us for a little bit of holiday fun and give back to the community by attending to our pre-concert social hour and food drive. There will be live music, hot chocolate and cookies served. The BHS Instrumental Music Concert will immediately follow at 6pm.

We will be collecting food for our food drive at the event, so please bring non-perishable items to drop off. In the event that you cannot attend, please send the items with a music student or drop at the BHS front office by December 7th.

Brighton Big Fundraiser Events this month

Grant Lilly's Wish! This year, Brighton High School is fundraising for the Make-A-Wish foundation and a little girl named Lilly who has been diagnosed with leukemia. Our school goal is 40,000 and we are hoping with the help of the community we can raise money for kids like Lilly. Attend our events or donate online!

successfund.com/bhs23

December 4-8 Wish Week

Monday - Cafe Rio Day! (Fort Union) Mention Brighton High School at checkout!

Tuesday - Students vs Teachers Basketball Game and Silent Auction at 7! In the gym! Look for the link for the silent auction next week!

Wednesday - Swig Day! (Fort Union) Mention Brighton High School when ordering!

Thursday - Raising Cane's Day! Mention Brighton High School at checkout!

White Christmas musical tickets on sale now!

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

Show dates are:

November 30 at 7pm

December 1 at 7pm

December 2 at 2pm and 7pm

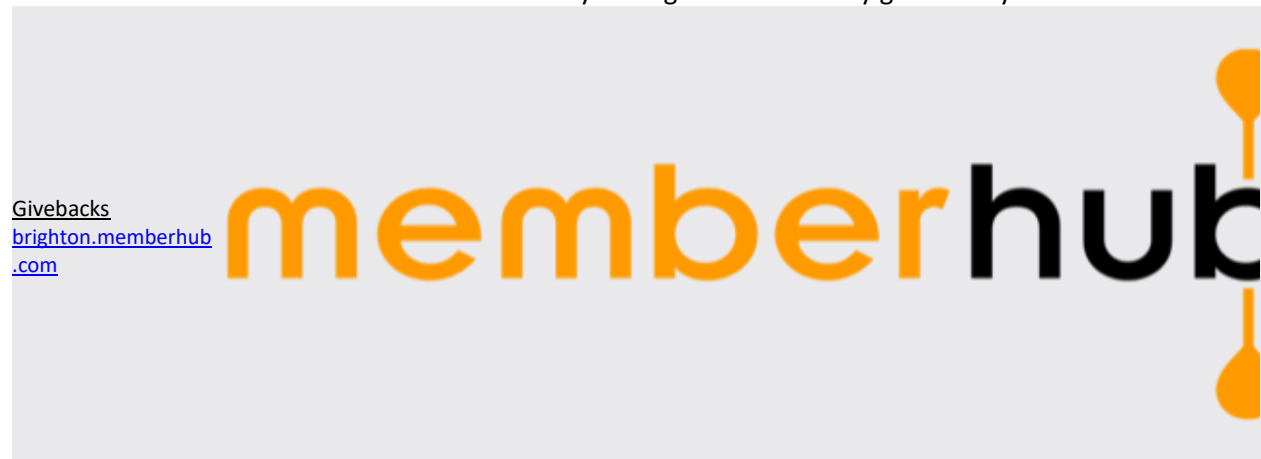
Here is the link. Once you get to this page, scroll down to select the night that you want to attend:

<https://gofan.co/app/school/UT7029>



PTSA selling beanies and hats

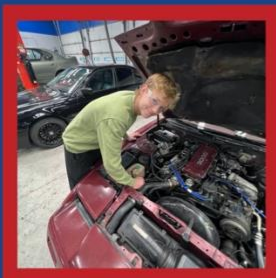
And we have hats and beanies for sale! Great styles to grab for a holiday gift or for yourself.



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:

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



CTEC

CANYONS TECHNICAL EDUCATION CENTER

OPEN HOUSE JANUARY 4, 2024 4:00 PM- 8:00 PM

825 East 9085 South
Sandy, UT 84094

Applications for the 24-25 school
year open January 5, 2024 at 7 AM
on our website!

COME VISIT OUR PROGRAMS:

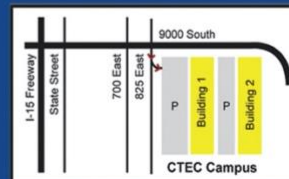
*Business Leadership, Computer Programming,
Construction Management, Cosmetology/Barbering, Criminal Justice,
Cybersecurity, Digital Media, Emergency Medical Technician (EMT),
Heavy Duty Mechanics/Diesel, Medical Assisting, Medical Forensics,
Nurse Assistant (CNA), Pharmacy Technician,
Physical Therapy, Welding*



@ctecnow



ctec.canyonsdistrict.org



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 appreciation 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.

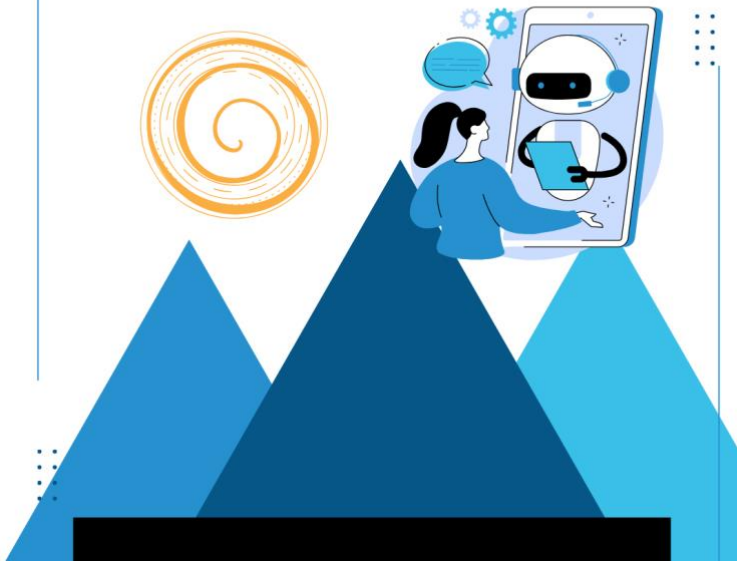
- Plan what to do for self-care.
- Identify the people you trust that you can call whenever you need to talk.
- Identify family members, coaches, teachers, or mental health professionals that you can call when you feel overwhelmed, anxious, or sad.

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

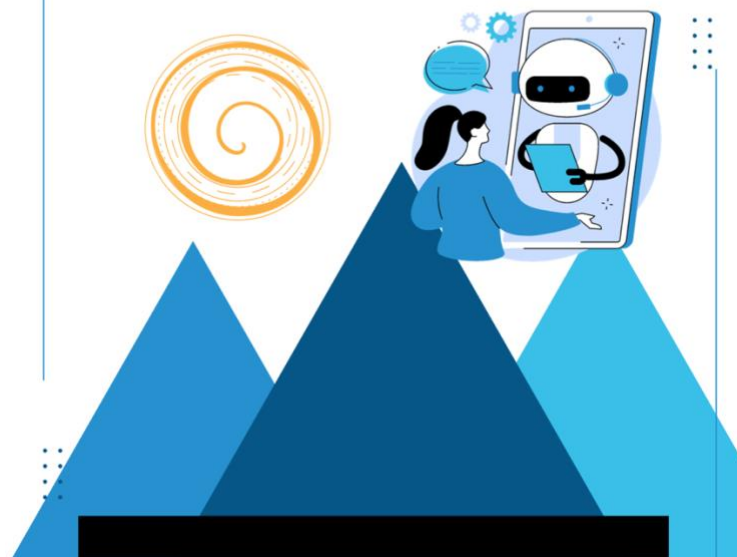
Connections website to access the [AI guide \(Links to an external site.\)](#) and other [technology resources for families \(Links to an external site.\)](#).

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

VISTA de la AI en Canyons

Una guía diseñada para educadores, estudiantes y familias



otros [recursos tecnológicos para las familias \(Links to an external site.\)](#).