

# Bengal Bulletin

## Week of November 7

### 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

Tues, Nov 7	Boys/Girls basketball tryouts (gyms)	3:00 PM
Thurs, Nov 9	Girls basketball parent meeting	6:00 PM
Fri, Nov 10	Swimming: Bountiful @ Brighton	3:30 PM

#### ***Arena Scheduling is around the corner***

Arena Scheduling will open for all students on Monday, 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>.

#### ***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

***Driving Safety around Brighton High School. (please watch)***

[https://urldefense.com/v3/https://drive.google.com/file/d/1JBDMqjduCvNzuxqtV3IO1lck29pNTxa/view?usp=drive\\_web;!!NWzHOX5-CqFceg!VsO-I1BTV09gQi-8JvBSiTexZAV\\_sM\\_U\\_4\\_JVvjzT5FuJE1jDGgllUDW5tbSxfaYXTYLG2mfHbERfbe\\_4iiET4fvVlaYg\\$](https://urldefense.com/v3/https://drive.google.com/file/d/1JBDMqjduCvNzuxqtV3IO1lck29pNTxa/view?usp=drive_web;!!NWzHOX5-CqFceg!VsO-I1BTV09gQi-8JvBSiTexZAV_sM_U_4_JVvjzT5FuJE1jDGgllUDW5tbSxfaYXTYLG2mfHbERfbe_4iiET4fvVlaYg$)

***FCCLA holding a diaper drive***

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)

$$\frac{-2 \pm \sqrt{4 + 8}}{3}$$

$$\int (x \pm a^2) \quad e = 2.79$$

$$\sin$$
$$\cos$$
$$\ln(x)$$

$$\frac{3a}{x}$$

$$2x^2 +$$

$$\sqrt{h}$$

$$\frac{\Delta x}{\Delta t}$$

$$x + b$$
$$\sin a - b$$

$$S_3 = \begin{bmatrix} 1 & 0 & 1 \\ 1 & 0 & 1 \\ 0 & 0 & 1 \end{bmatrix}$$

$$y$$
$$2ax +$$
$$1/2 = \frac{b}{}$$



## 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

# 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](#).

