



BENGAL BULLETIN

Week of December 11

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

Mon, Dec 11	Fundraiser: Students vs Faculty basketball game	7:00 PM
Tues, Dec 12	Girls soph basketball vs Bingham	3:30 PM
	Girls JV basketball vs Bingham	5:15 PM
	Boys freshman basketball vs Orem	6:00 PM
	Girls varsity basketball vs Bingham	7:00 PM
Wed, Dec 13	Choir concert	7:00 PM
Thurs, Dec 14	Boys freshman basketball @ Spanish Fork	3:30 PM
	Boys JV wrestling vs Skyline	5:00 PM
	Girls varsity wrestling vs Skyline	6:30 PM
	Boys varsity wrestling vs Skyline	6:30 PM
Fri, Dec 15	Girls soph basketball @ Taylorsville	3:30 PM
	Boys sophomore basketball @ Juan Diego	4:00 PM
	Girls JV basketball @ Taylorsville	5:15 PM
	Boys freshman basketball @ Juan Diego	5:30 PM
	Boys JV basketball v@ Juan Diego	5:30 PM
	Girls varsity basketball @ Taylorsville	7:00 PM
	Boys varsity basketball @ Juan Diego	7:00 PM
Tues, Dec 19	Girls soph basketball vs Timpanogos	3:30 PM
	Boys JV basketball vs. Park City	3:30 PM
	Girls JV basketball vs Timpanogos	5:15 PM
	Boys varsity basketball vs Park City	5:15 PM
	Girls varsity basketball vs Timpanogos	7:00 PM
	Boys sophomore basketball vs Park City	7:00 PM

Taco truck for excellent attendance

This past Friday, Brighton sponsored a taco truck for students who had 90% attendance during first trimester. We will be doing this again for next two trimesters.



Track conditioning starts soon

Track preseason conditioning/weight training begins Tuesday 1/2/24 @ 2:45, meeting in Fitness Center in The Bengal building

Want to see the home sporting events?

Here is the link for all home sporting events:

<https://fan.hudl.com/United-States/UT/Salt-Lake-City/organization/29967/Brighton-High-School>

It can be accessed on www.brightonbengals.org as well

Brighton Band excels!

If you see any of the following students, please congratulate them on a job well done! They were selected out of almost 1000 applicants for the All-State Bands! These students have worked incredibly hard to achieve a spot in this prestigious ensemble! They will be performing at Abravanel Hall in January.



National Honors Society Induction

Here is the National Honors Society induction presented by the NHS officers.



 [Video.mov](#)

Yearbook Portraits for the 2023-2024 year

For your yearbook portrait, we will use your retake by default.



If you would rather use your first portrait for the Yearbook, send an email to Mr. Merrill at shaun.merrill@canyonsdistrict.org letting him know. This email must be sent this week by Wednesday, December 13th.

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

This week our students have been busy getting over 80 gift baskets assembled and ready to be auctioned off. There are some amazing things baskets that would make great Holiday presents and maybe a few for yourself too.

The auction is open and closes Monday at 8:30PM. The website contains pictures and descriptions of each basket, but if you want to see it yourself you can come to the basketball game Monday at 7. The baskets will be up on the indoor track while the faculty teaches the students a quick lesson on humility down on the court 😊

If you want to bid or even feel so inclined to share with other people you know...

Register via Browser

Go to <https://app.galabid.com/bhs2023>

Click on the 'Register' button

Follow the instructions to complete registration.

Have you ever wanted to “shadow” a business to get a first-hand look into a career?

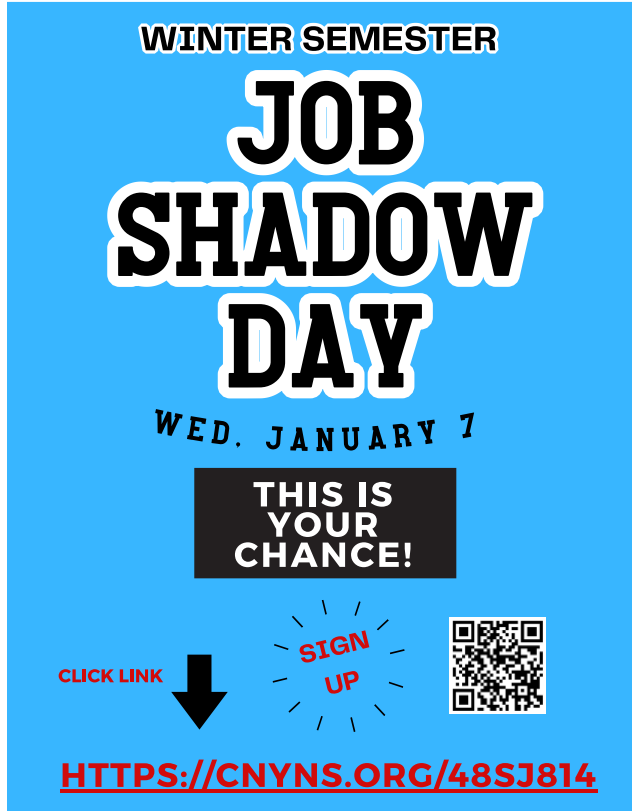
Sign up to participate in the Canyons Winter Semester Job Shadow Day!

Wednesday, February 7

Limited spots available on a first come basis

You must be able to provide your own transportation to the business site

Sign up Link: <https://cnyns.org/48sj814>



WINTER SEMESTER


JOB SHADOW DAY

WED. JANUARY 7

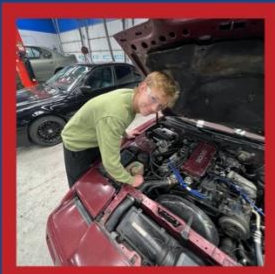
**THIS IS
YOUR
CHANCE!**

CLICK LINK ↓

**SIGN
UP**



[HTTPS://CNYNS.ORG/48SJ814](https://cnyns.org/48sj814)



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:

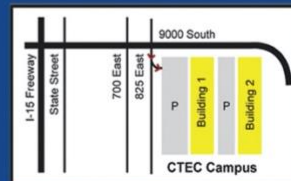
*Business Leadership, Computer Programming,
Construction Management, Cosmetology/Barbering, Criminal Justice,
Cybersecurity, Digital Media, Emergency Medical Technician (EMT),
Heavy Duty Mechanics/Diesel, Medical Assisting, Medical Forensics,
Nurse Assistant (CNA), Pharmacy Technician,
Physical Therapy,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



@ctecnow



ctec.canyonsdistrict.org



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$$\cos$$

$$\ln(x)$$

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

$$2x^2 +$$

$$\frac{1}{\sqrt{1-x^2}}$$

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

BRIGHTON HIGH
AFTER SCHOOL MATH TUTORING

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

DECEMBER SCHEDULE

TUESDAY, DECEMBER 5
 TRUMAN

2511

THURSDAY, DECEMBER 7

BROWN

2503

TUESDAY, DECEMBER 12

O'REILLY

2414

THURSDAY, DECEMBER 14

BERNARDY

2505

TUESDAY, DECEMBER 19

CLARK

2410

2:30pm - 3:30pm

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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](#).



