



Bengal Bulletin

Week of December 4

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

Wed, Dec 6	Girls soph basketball vs Corner Canyon	3:30 PM
	Girls JV basketball vs Corner Canyon	5:15 PM
	Boys freshman basketball vs Mtn View	6:00 PM
	Girls Varsity basketball vs Corner Canyon	7:00 PM
Thurs, Dec 7	Boys varsity, JV, Soph basketball @ Skyridge tournament	TBD
	Boys JV wrestling vs Lone Peak	5:00 PM
	Boys varsity wrestling vs Lone Peak	6:30 PM
	Winter Band concert	7:00 PM
Fri, Dec 8	Boys varsity, JV, Soph basketball @ Skyridge tournament	TBD
	Swimming vs East	3:30 PM
	Girls soph basketball @ Bountiful	3:30 PM
	Girls JV basketball @ Bountiful	5:15 PM
	Girls varsity basketball @ Bountiful	7:00 PM
Sat, Dec 9	Boys varsity, JV, Soph basketball @ Skyridge tournament	TBD
	Drill team competition @ Murray HS	8:00 AM
	CTSO Dance	8:00 PM



HOSA BLOOD DRIVE



DECEMBER 8TH AT BRIGHTON HIGH SCHOOL FROM 9AM-1PM

FOR MORE INFORMATION AND SIGN UP EMAIL MISS WEST

MEAGAN.WEST@CANYONSDISTRICT.ORG

Blood Drive is coming to Brighton

Brighton High School is hosting a Blood Drive on December 8th in the Twin Peaks Room. This Blood Drive is open to all who are interested, not just current Brighton High Students.

To Donate blood you must meet the following requirements:

16 years or older

No NEW tattoos within the last 3 months.

Travel outside the United States during the last 3 months WILL be evaluated. Not currently sick

If you are a current student at Brighton High School, you will NEED to bring a signed parent permission form to the blood drive and sign up for a time slot by contacting Miss West in room 2706.

If you are not a student you can email Miss West at meagan.west@canyonsdistrict.org to get a time slot!

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.

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 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!

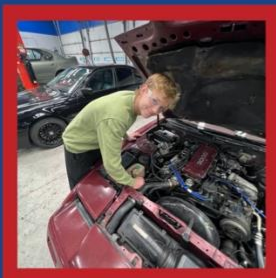
successfund.com/bhs23

December 4-8 Wish Week

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

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

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



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:

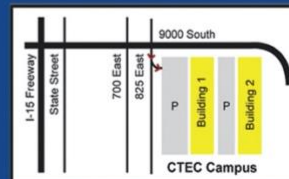
*Business Leadership, Computer Programming,
Construction Management, Cosmetology/Barbering, Criminal Justice,
Cybersecurity, Digital Media, Emergency Medical Technician (EMT),
Heavy Duty Mechanics/Diesel, Medical Assisting, Medical Forensics,
Nurse Assistant (CNA), Pharmacy Technician,
Physical Therapy,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



@ctecnow



ctec.canyonsdistrict.org



$$\frac{2}{3} Q'' \quad \int (x \pm a)^{-1} \quad e = 2,79$$

$$\sin$$

$$\cos$$

$$\ln|x|$$

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

$$2x^2 +$$

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

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

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



$$\sin \alpha = \frac{a}{b}$$

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



$$(2a)$$

$$2ax +$$

$$\frac{1}{2} = \frac{1}{1}$$

$$y$$

$$y$$



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](#).



