

Spartan News

August 29th, 2023

Labor Day

There is no school on Monday September 4th in honor of Labor Day.

Annual Youth Art Competition

This exhibition is open to K-10 students living in Utah Valley. This year's Youth Art Competition will be displayed in conjunction with both the 37th Annual Spiritual and Religious Art of Utah and The Most Noble Subject. As such, the prompt for this year's exhibition explores the concept of inspiration. See attachment for more details.

Career Family Night

Bring your family and come learn about CTE pathways and future careers. FREE ice cream and hands-on activities throughout the night! The event takes place Monday, Sept 25th 5-8 pm at the new Provo High School.

School Dance

Our first dance of the year is on Friday, September 8! It will be right after school from 3-5pm. The theme is PJ Palooza so wear your PJ's and get ready to have fun! The entry fee is 3 dollars cash at the door. Make sure to keep your citizenship grades up because you need an S in all your classes and only students at SaJHS can attend the dance.

Art Lessons

If you like doing art or would like to learn how, consider taking digital art lessons. Students learn how to create the vision they have in their mind using their own unique style. The exercises are diverse and help you think outside of the box. Lessons are in-person in Springville or online. The class is taught by an artist who currently works for Lucasfilm Animation/Disney as an assistant technical director on Star Wars tv shows including The Bad Batch. All skill levels are welcome. All you need is an iPad and a stylus (like an Apple Pencil). Check out sharpenedstylus.com or call Nathan Allen, the instructor, at 747-231-1178 for more details and to sign up.

Math Lab

Math Lab is now open for tutoring services! The hours of operation are Tuesday-Friday from 2:45-3:45. The lab will be held in Mrs. Miller's room (#105) on Tuesdays and Fridays, and in Mrs. Barker's room (#107) on Wednesdays and Thursdays.

Cross Country

Hello all Athletes!!

Come and Join Boys and Girls Cross Country!! They started this week, but you can still come and join. Make sure to fill out the information on registermyathlete.com and you will also need a physical before you can practice. If you have any questions, please talk to Mr. Boyer, Coach Corom Hughes or Coach Krista Mosbacker. We also have Girls tennis. It has been going for about a week and a half, but if you are still interested, please talk to Mr. Boyer. Find new Strengths and Join Athletics!!

¡¡Hola a todos los Atletas!!

¡¡Ven y únete a niños y niñas a campo traviesa!! Comenzaron esta semana, pero aún puedes venir y unirte. Asegúrate de completar la información en **Registermyathlete.com** y también necesitarás un examen físico antes de poder practicar. Si tiene alguna pregunta, hable con el Sr. Boyer, el entrenador Corom Hughes o la entrenadora Krista Mosbacker. También contamos con tenis femenino. Llevamos aproximadamente una semana y media practicando tenis, pero si todavía está interesado, hable con el Sr. Boyer. ¡Encuentra nuevas fortalezas y únete al atletismo!

Sources of Strength

Sources of Strength is an upstream suicide prevention program (Focusing each individual student's strengths). Sources of Strength is a student-driven program with students acting as peer leaders for their school community and serving to strengthen Salem Junior High by helping students identify their "Sources of Strength." Peer leaders and adult advisors will develop schoolwide strength-based monthly activities to help promote a positive school environment. Students will also be learning about how to identify and develop their strengths. We will be focusing on one "Strength" from the Strength Wheel each month during advisory! Please review the designated strengths to the right.

DEFINITION OF STRENGTHS

FAMILY SUPPORT	Whether related to us by blood, or by choice, these are the people who support, nurture and care for us.
POSITIVE FRIENDS	Positive friends lift us up, make us laugh, are honest with us, and are there for us when we need them.
MENTORS	A mentor is an experienced person who shares their insight to help guide us, and help us draw on our own strengths to be the best version of ourselves.
HEALTHY ACTIVITIES	When we feel stressed, healthy activities-- whether they are physical, social, or emotional-- help us unwind, lift our mood, and gain clarity.
GENEROSITY	Generosity can look a lot of different ways, from donating money or time to being intentionally kind to other people. These acts of kindness towards others, big or small, can actually make an impact on how we feel about ourselves.
SPIRITUALITY	Spirituality is practiced in many ways, but at its core we consider what gives a sense of purpose and connection in our spirit. Thankfulness is a profound way to practice spirituality together, no matter what our cultural heritage and/or spiritual tradition.
PHYSICAL HEALTH	When we are injured, we don't have to stay in pain. We can get better, with access to the medical care we need and deserve. Physical and social/emotional pain are often integrated and it's important to take care of our bodies, hearts, and minds.
MENTAL HEALTH	Mental Health is all about getting the support we need and deserve to help us when we are struggling. Our mental health is a very important part of living a healthy life, and oftentimes, getting together with a trusted person, a counselor, or a doctor, can help empower us to overcome internal struggles we might be facing.

Basketball open gym

Basketball open gym will begin on Thursday August 31st at 3:00 pm in the Main Gym for anyone in 9th-12th grade who is interested. This will be held each Thursday through September and October.

Chromebooks and Chromebook Insurance

We will finish handing out chromebooks tomorrow. Please remind your student to bring their chromebook to class every day fully charged. The last day to purchase chromebook insurance is Sept 6th. Chromebook insurance is 30\$ and the cost to replace a Chromebook is 275\$. You can pay chromebook insurance at myschoolfees.com or at the finance office.

National Junior Honors Society

This is a program for 6-9th graders. To be considered for membership, applicants must reach the five standards which include leadership, citizenship, character, service, and scholarship. This gives students the possibility of a scholarship and is a great resume booster. Applications for the National Junior Honor Society are available in the counseling office and will be due by September 10.

UPCOMING EVENTS:

September 4 - Labor Day No School

September 6 - Last day to purchase chromebook insurance

September 8 - Opening dance

September 11 - National Junior Honors Society application due