

Skyhawk Happenings



SHHS

August 24, 2017

Can you believe it's been 10 years? Salem Hills High School opened its doors for the first time in 2008. Anniversaries such as this one give us a chance to reflect on the great things that we have experienced together and all that makes us love our school. It has been a decade of Spirit-Heart-Honor-Success!

ONE OF US

We are excited to introduce our theme for this commemorative year. As we considered what makes being a Skyhawk meaningful to each of us, we noticed that a large part of the fun is the feeling of belonging. We are at home here together and we take care of each other. Each student and faculty member will receive a T-shirt this year with this message and we hope that this will inspire each of us to be there for each other every day. For further understanding of this theme listen to the song, "One of Us" by New Politics. Here is the link to the video: <https://youtu.be/d0Y2cNdQykl> Pay attention to the lyrics!

When you are in the school, you will hear this song playing and our hope is that it will remind you that you have a place of importance here and you belong. "Everybody needs a place to call their home" and "we'll celebrate the things we've done, the years to come, and we will laugh about it all. You're one of us!"

We've kicked off our "positive in the present" campaign by watching Shawn Achor's "The Happy secret to better Work" Ted Talk and we will continue the positive focus of the previous 10 years as we look forward to making more great memories together.

Happenings



FCCLA-

Over 7,500 youth met in Nashville, TN for FCCLA Nationals July 1-7. FCCLA stands for Family, Career, and Community Leaders of America- one of the biggest student organizations available to high schools.

Four students represented Salem Hills High School extremely well! These students first competed in a variety of projects starting at the region level, then advancing to state competitions, where they then qualified for nationals.

All four students earned Gold Medals in their competitive events.

Students involved:

- Kate Maddock (Chapter in Review Display) Gold
- Abigail Loch (Chapter in Review Display) Gold
- Amanda Moulton (Interpersonal Communication) Gold
- Jenna Moulton (Interpersonal Communication) Gold



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Hello Parents and Students:

My name is AJ Griffin and I am the new school psychologist at Salem Hills High School. Recently, in a graduate level Psychology class I attended, a professor asked students about their break from classes. Students chimed in on the fun activities they did over vacation. One student exclaimed, "My friends and I went to Moab!", another said, "We vacationed at the beach!", in contrast, another student excitedly shared, "I watched Netflix every day for hours. I didn't go anywhere!". The class busted up in laughter, but the professor stopped everyone and interrupted, "Hey I like that! These are all great examples of self-care. If you like to be outside or at the beach or if Netflix binging is your thing, do it! It's OK to take a break and just do something you really enjoy doing. It's OK to do nothing."

Often when life gets busy, we may busy ourselves so much that we don't do things we enjoy doing. Part of being mentally healthy is to engage daily in psychological self-care, or in other words, do something you love. So, find something you love doing, and do it every day. This school year is bound to be stressful at times, but that doesn't mean we can't be happy. Let's make the 2017 Skyhawk school year the best yet.

If you have any questions, or you or a friend need help regarding mental health, feel free to email or stop by my office Monday, Wednesday, or in the afternoons on Fridays.

Mr. Griffin

D104, aj.griffin@nebo.edu

Happenings

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SHHS FCCLA is looking for student leaders for this year's officer team!

Do you like planning activities and service projects? Do you want to be involved with planning Mr. Skyhawk? Are you a self-motivated student? Do you want to meet people from all over the state? This is your chance to reach for the STARS!

Pick up the FCCLA applications form from Ms. Turnbow or Mrs. Hansen before August 28th.

- Applications available August 21st – August 29th
- Applications are due August 29th by 3:00 p.m.

Interviews will be held after school August 31th in the Sewing room.

Dress is professional.

**BELIEVE
YOU CAN
& YOU'RE
HALFWAY
THERE.**

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SHHS Calendar

August 25 - Friday

Senior Sunrise at the track, 7:00 a.m.

Football w/ Desert Hills, 7:00 p.m.

Cross Country is at the Payson Night Hunt

August 25+26

Girls Tennis @ St. George Tournament

August 28 - September 1

PTA Respect Week

August 28 - Monday

School Pictures

PTSA Divine Comedy show, 6:30 p.m.

August 29 - Tuesday

School Pictures

Pool party @ SF pool 8:30 p.m.

Boys Golf @ Spanish Oaks, 8:30 a.m.

Girls Tennis @ Mt. View, 3:30 p.m.

Volleyball @ Bingham

SHHS Calendar

August 31 - Thursday

JV & Sophomore football @ Juab, 3:30 p.m.

Girls Soccer @ Payson, 4:00 p.m.

Girls Tennis @ Lehi, 3:30 p.m.

Volleyball w/ Lehi

September 1 - Friday

Football w/ Juab, 7:00 p.m.

Volleyball Cascade Classic @ Mt. View

September 1+2

Cross Country USU invitational @ Logan

September 2

Volleyball Cascade Classic @ Orem

SHHS Information:

* For more school information, please visit our school website at: <http://shhs.nebo.edu>

Address: **150 N. Skyhawk Blvd. Salem, UT 84653**

Phone: **801-423-3200** Fax: 801-423-3206

Attendance: **801-423-7020**

Finance: **801-423-7010**

Counseling: **801-423-7011** Fax: 801-423-7012