SALEM HILLS HIGH SCHOOL

Skyhawk Happenings

NOVEMBER 7, 2019

FOOTBALL STATE PLAYOFFS

Come support our football team, ranked number one seed in the state tournament, as they take on Wasatch this Friday, November 8 at 4 pm. Cost is $10 for adults. SHHS students with their student id card and children under five are free. Senior citizens and students from other schools or who don't have their id will be charged $5. UHSAA passes will be accepted.

LATINO FAFSA NIGHT (NOCHE DE COMPLETAR LA FAFSA)

(Para informacion en espanol, vea el volante a continuacion, al final de este carta electronica)

Nebo School District is offering a Latino FAFSA night to help students and parents complete the FAFSA for students entering college next year. This event will be held Friday, November 8 from 5-7 pm. Please see the attached flyers below for information about what to bring.

WINTER SPORT MEETING

All athletes participating in winter sports--including basketball, cheer, drill team, wrestling and swimming--are invited to attend a winter sport meeting on Tuesday, November 19 at 5:45 pm in the auditorium. Athletes, parents, and coaches will be visiting with Athletic Director Lee Gillie.

MAKE-A-WISH WEEK

Make-A-Wish this year will go from Monday, November 18th to Monday, November 25th. Our Make-A-Wish child this year is Jadie, a sweet and cheerful little girl with a nervous system disorder that makes it difficult for her to walk.

Here is a schedule for the week:

Monday 18th	Make-A-Wish Assembly, 9:55-10:45 am in the main gym
Tuesday 19th	Movie Night (Toy Story 4), 6:30 pm in the auxiliary gym
Thursday 21st	Manhawk, 7:00 pm in the auditorium
Monday 25th	Skyhawk Gorge, 5:00-7:00 pm in the gyms and halls

BOYS SOCCER

Soccer coaches will be holding four **open plays** at the Nebo Field House in Salem (the ALC building southeast of Salem Junior High) over the next three weeks. These are open to any player grades 9-12 interested in trying out for the SHHS soccer team. Wear soccer cleats for indoor turf.

7 Nov 8-9pm
12 Nov 8-9pm
14 Nov 8-9pm
19 Nov 8-9pm

Goalkeeper Training

Coach Alvaro Palomar will be running six open keeper trainings at the Nebo ALC Field House prior to Thanksgiving. All prospective keepers (grades 9-12) are invited to attend.

5 Nov 8-9pm
7 Nov 8-9pm
12 Nov 8-9pm
14 Nov 8-9pm
19 Nov 8-9pm
21 Nov 8-9pm

PTSA DONATIONS NEEDED

Parents, we are in need of donated food items for teachers for Munchy Mondays for both Salem Hills High School and the Advanced Learning Center here in Salem. You can sign up here for upcoming Mondays throughout the year-- https://www.signupgenius.com/go/8050945abab2ba0fc1-monday

ATTENDANCE OFFICE

The attendance office is now located in the main office.

SHHS DRIVERS ED

All of our Salem Hills Drivers Ed information can be found on our website. For instructions or to register, visit https://sites.google.com/nebo.edu/shhsdriversed/home.

SKYHAWK CHRISTMAS GIFTS!

Come shop for your Skyhawk this holiday season! We have all-new Skyhawk apparel for sale in our copy center here at SHHS. Drop by and check out all of the new styles!

SAT TEST

December 7 is the last SAT test until March 14, 2020. With most college applications due in early 2020, this is the last chance for seniors to take the SAT and stand out from the crowd. The deadline to register is November 8. Here is the link to register: https://collegereadiness.collegeboard.org/sat/register/december-2019?SFMC_cid=EM219817-&rid=156997596

Official SAT Practice on Khan Academy is available to help you get prepared for the test for FREE!

ACT TESTS

To register for upcoming ACT exams, go to http://www.act.org

EXAM DATE	REGISTRATION DEADLINE	LATE REGISTRATION DEADLINE
DEC 14	NOV 8	NOV 22
FEB 8	JAN 10	JAN 17
APRIL 4	FEB 28	MAR 13

SNOW BLAST

High school juniors and seniors interested in attending Snow College can participate in SnowBlast—an overnight visit to try out campus life. For only $30, the SnowBlast overnight visit includes a tour of campus, meals, overnight accommodations with a Snow College Ambassador, an information session, a t-shirt, and a Snow College event. See the flyer below for the online link.

UVU EXPLORING LEADERSHIP DAY

UVU will be hosting their annual Exploring Leadership Day on Saturday, November 2 from 12 - 4 p.m. At this event, students can come to talk with the Ambassador Program, UVUSA (Student Council), ENACTUS, PRSSA, Alumni Association, Mentor Program, ROTC, and other organizations. Students will enjoy a Chick-fila lunch, raffles, and games while exploring future leadership opportunities at UVU.

The cost is $5, and with the discount code **leadershipday** it is only $1. Students should RSVP at https://www.uvu.edu/admissions/preview/

2019-20 UTAH SENATE VISUAL ARTS SCHOLARSHIP COMPETITION

Student artists, there is still time to enter your original artwork in the Utah Senate Visual Arts Scholarship Competition. Categories include a range of two-dimensional artistic projects, from colored pencil drawings to watercolor--including photography, eligible for the first time this year. Awards range from $5,000 for first place on down to $500. To enter, submit an online application and a high resolution image of your art before November 8 at 5:00 pm. Go to https://artseducationprogram-utahartsmuseums.submittable.com/submit or visit the counseling office for more information.

SPIRIT OF AMERICA YOUTH CONFERENCE AT VALLEY FORGE

The Utah chapter of Freedoms Foundation at Valley Forge will be providing the opportunity for selected 11th grade students to attend the 2020 Spirit of America Youth Conference at Valley Forge, Pennsylvania. Those students selected may attend one of three sessions: **March 5-8, March 12-15**, or **April 16-19, 2020**. Students will be required to pay $400 of the total estimated cost of $1,200. The four-day conference will include tours of Valley Forge, Independence Hall, Constitution Center, and the Liberty Bell, as well as the chance to interact with students from across the country, college professors, and historical interpreters. The Utah Freedoms Foundation Scholarship Fund will cover the remaining costs of the conference. **Applications must be postmarked no later than Friday, November 22 and mailed to the address listed on the application.**

Please stop by the counseling office for more information or visit https://www.freedomsfoundation.org/. Then select the Students tab followed by the High School tab.

UNIVERSITY OF UTAH ENGINEERING DAY

Students interested in exploring a career in engineering and/or in designing creative solutions to new technologies are invited to attend Engineering Day at the University of Utah on Saturday, November 23 from 9 am to 1 pm. The event will be held at the Warnock Engineering Building, 72 S. Central Campus Drive in Salt Lake City. Registration is now open, and space is limited, so visit https://www.coe.utah.edu/k12/k-12-events/ for more detailed information. (See the flyer below)

SELECTIVE SERVICE REGISTRATION

Junior and senior BOYS—do you know that, by law, you are required to register with the Selective Service within 30 days of your eighteenth birthday? This is a legal requirement, a civic duty, and a key component to our national defense readiness. Failing to do so can result in a lifetime of headaches. Men who do not register will be unable to receive federally funded college loans and grants; are unable to get into federally funded training and certification programs; are barred from all federal employment; and are ineligible for many state and local government jobs.

Young men can preregister at 17 years and 3 months of age, and young women may also register. It only takes about forty-five seconds online at https://www.sss.gov/.

UPCOMING EVENTS FOR OCTOBER 31-NOVEMBER 14

Friday, Nov. 8

Veterans Day Assembly, 9:55 am
State Volleyball, Final Round at UVU, 10 am
Marching Band State Tournament at Dixie State University
State Football Quarter Finals, SHHS at 4 pm
Latino FAFSA night, 5-7 pm at Spanish Fork High School
Deadline to register for the SAT test
Deadline to register for the December ACT test

Saturday, Nov. 9

Swim meet at Wasatch
Basketball open gym—11 am-1 pm

Monday, Nov. 11

Veterans Day
Basketball tryouts for boys and girls basketball, 3 pm

Thursday, Nov. 14

State Football Semi-finals, 11 am at the U of U Rice Eccles Stadium
SHHS drama production, *Almost Maine* at 7 pm

Friday, Nov. 15

Swim--Nebo Invite
Debate—Skyhawk Smackdown, 3 pm
SHHS drama production, *Almost Maine* at 7 pm

Saturday, Nov. 16

Debate—Skyhawk Smackdown, all day
SHHS drama production, *Almost Maine* at 7 pm

Monday, Nov. 18

Make-A-Wish Assembly, 9:55-10:45 am in the main gym
Rulon Gardner Presentation, 6:30-8:30 pm in the main gym

Tuesday, Nov. 19

Winter Sport Meeting, 5:45 pm in the auditorium
Movie Night (Toy Story 4), 6:30 pm in the auxiliary gym
SHHS drama production, *Almost Maine* at 7 pm

Wednesday, Nov. 20

Band Concert, 7 pm in the auditorium

Thursday, Nov. 21

Manhawk, 7:00 pm in the auditorium
Girls Blue and White Basketball Alumni Event, TBA

Friday, Nov. 22

Swim--Thanksgiving Invite
State Football Finals, 6:30 at U of U Rice Eccles Stadium
Boys Basketball Blue and White Game, 7 pm

Saturday, Nov. 23

Hypno Hick (comedy hypnotist), 7:00 pm in the auditorium

Congratulations to our volleyball team! REGION CHAMPS! Way to go, Skyhawks!

Congratulations as well to Megan Mayo and Emilee Nicholls who took second place in tennis doubles for region and also won the state championship tournament. Good job, girls!

ATHLETE OF THE WEEK

Austin Hallows

Football

Lindsay Goold

Cross Country

FAN OF THE WEEK

Hayden Madson

NOVEMBER PERFORMER OF THE MONTH

Brandi Moss

STUDENTS OF THE MONTH

Sofi Porter

Benjamin Wheeler

Cassidy Haight

Uti Schwenke

Ashley Hansen

Rowdy DeHart

50 Min Assembly Schedule

1st	7:50-8:50
2nd	8:55- 9:50
Assembly	9:55-10:45
3rd	10:50- 11:45
Lunch	11:45-12:20
4th	12:25- 1:25
5th	1:30- 2:25

COME AS YOU ARE.

Campus Tours

Monday-Friday 10 AM & 3 PM
Wednesday 6 PM

Spanish Tours

El primer miércoles de cada mes a las 6 PM

Register at

goto.uvu.edu

1st Generation Conference

FRIDAY, OCTOBER 11 | 8 AM - 1:30 PM
Utah Valley University

Explore Leadership Day

SATURDAY, NOVEMBER 2 | 12-4 PM
Utah Valley University

Regional Open Houses

THURSDAY, NOVEMBER 7 | 6-8 PM
Davis High School, Kaysville

THURSDAY, NOVEMBER 21 | 5-8 PM
Utah Valley University, Grand Ballroom

WEDNESDAY, DECEMBER 4 | 6-8 PM
Pine View High School, St. George

UVU

Noche de Completar la FAFSA

Donde: Spanish Fork High School

Cuando: Viernes, 8 de Noviembre, 2019 de 5-7 pm

Que Tienen Que Traer:

Estudiantes:	Padres:
Una identificación de la FSA (FSA ID) – el nombre debe aparecer como esta escrito en su tarjeta de seguro social	Una identificación de la FSA (FSA ID) – los padres deben crear su propia identificación
Su número de seguro social o su número de registro de extranjero (si no es ciudadano estadounidense)	Su número de seguro social o su número de registro de extranjero (si no es ciudadano estadounidense). Si no tienen un numero de seguro social, esta bien.
Sus declaraciones de impuestos federales del año 2018 – W-2 y otros registros de dinero ganado (solo si trabajaba en 2018)	Sus declaraciones de impuestos federales del año 2018 – W-2 y otros registros de dinero ganado (compensación de trabajadores, ingreso militar, ingreso de clero o beneficios para veteranos)
Su número de licencia de conducir (opcional)	Información sobre efectivo; saldos de cuentas corrientes y de ahorro; inversiones, incluidas acciones y bonos y bienes inmuebles (sin incluir la casa en la que vive); y activos comerciales y agrícolas
Extractos bancarios y registros de inversiones (si corresponde)	Manutención de los hijos (pagado o recibido)

Latino FAFSA Night

Where: Spanish Fork High School

When: Friday, November 8th, 2019 from 5-7 pm

What to Bring:

Students:	Parents:
FSA ID – name used must match the name that appears on your social security card	FSA ID – Parents must create their own
Social Security Number, alien registration or permanent resident card	Social Security Number, alien registration or permanent resident card
2018 W-2 form, 2018 Federal Tax Income Returns and other records of income (only if you had a job)	2018 Federal Income Tax Returns, W-2 forms and other records of income (workers comp, military, clergy or veteran benefit amounts)
Driver's license (optional)	Value of investment farms and businesses (if applicable)
Current bank statements – this includes checking, savings and investments	Current bank statements – this includes checking, savings and investments
	Child support paid or received

The SHHS Drama Hawks Proudly Present
ALMOST, MAINE
a real romantic comedy
by John Cariani
NOV. 14 - 18, 2019
SHHS 7:00 PM
Don't wait in line!
RESERVE BEST SEATS @ SHOWTIX4U.COM
Premiere Seating $8 General Admission $6 SHHS students FREE on opening night
Produced with Permission from Dramatists Play Service, Inc.

SNOWBLAST

SNOW & MIRRORS

WHO: ANY JUNIOR OR SENIOR
WHAT: SNOWBLAST
(OVERNIGHT VISIT)
WHERE: SNOW COLLEGE
WHEN:NOV. 22ND - 23RD

JOIN US ON CAMPUS FOR A
MYSTERIOUS WEEKEND.

SIGN UP TODAY AT:

HTTPS://WWW.SNOW.EDU/ADMISSIONS/
SNOWBLAST.HTML

THE UNIVERSITY OF UTAH

ENGINEERING DAY 2019

Saturday, November 23, 2019
9:00 AM - 1:00 PM
Warnock Engineering Building
72 S. Central Campus Dr.

Discover Engineering in Action

PRESENTATIONS • DEMONSTRATIONS • TOURS • ACADEMIC ADVISING

Registration opens Oct. 28th
Register at: coe.utah.edu/eng_day

Questions: Morgan Boyack
morgan.boyack@utah.edu

THE UNIVERSITY OF UTAH
COLLEGE OF ENGINEERING

TotumLink.com

Hello@totumlink.com

HOW STRESS IS CHANGING THE TEENAGE BRAIN

December 2nd Salem Hills High 7pm

A COMMUNITY MAKING A DIFFERENCE

Strengthen Families and Kids

Christy Kane Ph.D., CMHC

In this presentation Kane talks about the difficulties teens face in today's complex social media world as they sort through the journey of progress versus perfection

PROGRESS VERSUS PERFECTION

Attendees learn key solutions to help teens navigate life in progress

- Anxiety is the number one issues facing teens
- Depression rates are higher now than ever before
- Teenage suicide is the 2nd leading cause of death
- This is the 20% face of mental health

Time mental health moves to the 80% part of our lives in the area of stabilization as we help kids create balance in their live as they move from perfection to progress.