



## SALEM HILLS HIGH SCHOOL

### "Skyhawk Happenings"

Jan. 12th, 2021

## SOURCES OF INFORMATION

(Website) [shhs.nebo.edu](http://shhs.nebo.edu)

(Instagram) [salem\\_hills](https://www.instagram.com/salem_hills)

(Facebook) [salem hills high school](https://www.facebook.com/salemhillshighschool)

## MASK UP

Please wear the mask over the nose and mouth, whenever in the building or around others! We want to keep our students, faculty, and staff safe here at SHHS. We need EVERYONE to follow the guidelines when it comes to masks and social distancing. Let's all work together, so we can keep our school open and those around us safe.

## SHHS DRIVERS ED

All of our Salem Hills Drivers Ed information is now available on our website. For instructions or to register, visit <https://sites.google.com/nebo.edu/shhsdriversed/home>. If you have additional questions email [eric.mcdonald@nebo.edu](mailto:eric.mcdonald@nebo.edu)

# ACT IMPORTANT INFO

If you are planning on taking the ACT on Feb. 6th, the registration deadline is Jan.15th.

## END OF TERM

Thursday Jan.14th is the last day of Term 2. Don't forget to get everything turned in and taken care of before this day. There will be **NO SCHOOL** for **STUDENTS** Friday Jan.15th.

## COVID TESTING

Rapid Covid testing will continue with our athletes, participants, managers, coaches, and advisors. The testing location will be in the team/spirit room, with Amy Bartholomew in charge. (See attached flyer with the complete schedule). Dates and times are subject to change.

## CTE IMPORTANT REMINDER (See attached flyer below)

Concurrent Enrollment Registration is Open for a few more weeks!

### **UVU Deadlines**

Admissions- January 20th

Registration- January 25th

Pay Tuition- February 3rd

All you need to know is found on this website

[Salem-hills-high-school/concurrent-enrollment](https://www.salemhills-high-school.com/concurrent-enrollment)

See Ms Turnbow with any questions in C-100

## WEEKLY WELLNESS ACTIVITIES: (Everyone Invited)

# SHHS WEEKLY WELLNESS 1/11 - 1/14 EVERYONE IS WELCOME!

1/11 MEDITATION & MANAGING ANXIETY MONDAY

MEET IN ROOM D103 @ 2:00PM



1/12 TOGETHER TUESDAY



SOCIAL CONNECTIONS

MEET IN THE LIBRARY @ 2:00PM

1/13 WORKOUT WEDNESDAY



WEIGHT LIFTING @ 1:45PM (WEIGHT ROOM)

YOGA @ 2:00PM (DANCE ROOM)



1/14 THRIVE THURSDAY

DEALING WITH GRIEF & DEPRESSION

MEET IN ROOM D103 @ 2:00PM



Meet in Room D103  
(Across from the Library)  
@ 2:00pm for a 15  
minute meditation  
followed by a discussion  
on managing our anxiety  
with Corom

MEDITATION & MANAGING  
ANXIETY MONDAY

# *TOGETHER TUESDAY*

○ — ○  
**Meet in the  
Library @2:00 for  
our Social  
Connections  
Group with the  
Counseling Team**  
○ — ○

WEIGHT LIFTING  
@ 1:45 PM IN THE  
WEIGHT ROOM

*S'W'S*

*Workout*

*Wednesday*

YOGA @ 2:00 PM  
IN THE DANCE ROOM



# THRIVE THURSDAY

COPING WITH DEPRESSION & GRIEF

MEET IN ROOM D103 @2:00PM



# Scheduled events on the calendar

## **Monday, Jan.11th**

\*Meditation Monday RM C212 1:45-2:00 PM

\*Managing Anxiety RM D103 @ 2:00 PM

## **Tuesday, Jan.12th**

\*Boys Basketball @ Park City

\*Girls Basketball vs Park City

\*Together Tuesday Social Connections in the library @ 2:00 PM

## **Wednesday, Jan, 13th**

\*Dance Showcase @ 7:00 PM (See attached flyer for details)

\*Wrestling @ South Summit

\*Workout Wednesday Weight lifting @ 1:45, Yoga @ 2:00 PM (Dance Room)

## **Thursday, Jan, 14th**

\*Last day of 2nd Term

\*Swim vs Springville

\*Wrestling @ Wasatch

\*Thrive Thursday RM D103 @ 2:00 PM

## **Friday, Jan15th**

\*Teacher development day. **NO SCHOOL FOR STUDENTS!**

\*Boys Basketball vs SF

\*Girls Basketball @ SF

## **Saturday, Jan.16th**

\*Wrestling @ North Sevier Tournament



**Monday, Jan.18th**

\*MLK day, **NO SCHOOL!**

**Tuesday, Jan.19th**

\*Boys Basketball @ Springville

\*Girls Basketball vs Springville

\*Together tuesday social connections in the Library @ 2:00 PM

**Wednesday, Jan.20th**

\*Wednesday workout weight lifting @1:45 (Weight room)

Yoga @ 2:00 in the (Dance room)

**Thursday, Jan 21st**

\* Thrive Thursday dealing with Grief and Depression @ 2:00 (Room D103)

\*Wrestling vs Maple Mountain Varsity @ 7:00PM

**Friday, Jan.22nd**

\*Boys Basketball vs Maple Mountain

\*Girls Basketball @ Maple Mountain

\*Wrestling @ Mt.View-5A Duals, Varsity only

# ATHLETES OF THE WEEK

**Dustin Wallentine-Swim**



**Madelynn Quist-Drill**



SALEM HILLS DANCE PRESENTS

SHHS DANCE SHOWCASE

# RESTLESS BLISS

WEDNESDAY, JANUARY 13TH  
7:00 PM IN SHHS AUDITORIUM

\$5 PER TICKET / [HTTPS://SHSKYHAWKSATHLETICS.COM/EVENT-TICKETS](https://shskyhawksathletics.com/event-tickets)  
FOR QUESTIONS SALEMHILLSDANCE@GMAIL.COM/

Due to social distancing requirements we will be requiring tickets to be purchased online. All tickets must be purchased in groups of 2, so we can allow for proper distancing with assigned seating.





## SHHS Concurrent Enrollment Planner

### Spring 2021 Course Offerings

UVU Registration is open! If you are signed up for a spring course at SHHS that offers Concurrent Enrollment credit please get registered.

- **What is Concurrent Enrollment (CE)?** An opportunity for high school students to take college-credit courses taught by college-approved high school teachers.
- **Why you should be interested!** This is a perfect opportunity for you to save time and money while earning college credit. Each class is \$5.00 per credit hour.
- **How do you sign-up?** Follow these step by step instructions.

Students must have a 3.0 Cumulative GPA for Academic Courses - 2.0 Cumulative GPA for CTE Courses. If you have any questions please contact Aubrey Turnbow @ [aubrey.turnbow@nebo.edu](mailto:aubrey.turnbow@nebo.edu) or extension 1288.

#### Deadlines to pay attention to:

January 20- Last day to complete UVU admissions and pay \$35 fee.

January 21- Last day to submit prerequisites to the CE office.

January 25- Last day to complete course signup with CRN#.

February 3- Tuition Due.

February 26-Last day to DROP WITHOUT a W.

March 16- Last day with WITHDRAW with a W.

UVU Concurrent Enrollment Courses offered and potential college tuition savings.					
SHHS Concurrent Enrollment Course	Instructor	University Course that is Satisfied	FALL CRN Numbers	University Credits	Tuition Savings
<b>Business &amp; Marketing</b>					
Business Management CE	Alex Robinson	MGMT 1010		3	\$746.00
Business Office Specialist CE	Robinson Stillhart	IM 2010	Robinson-21720 Stillhart- 34374	3	\$746.00
Digital Business Apps CE	Angela Nederhand	IM2800	33112	3	\$746.00
Video 2	Angela Nederhand	DGM1520	31624	3	
Financial Literacy CE	Alex Robinson	FIN 1060 Personal Finance	31584	3	\$746.00
<b>English Composition</b>					
ENGL 2010:	Lesue Muir	ENGL 2010 Intermediate Writing	Lesue-29908 Muir- 29929	3	\$746.00
<b>Fine Arts</b>					
Music Appreciation CE	Ryan Adair	American Popular Music MUSC 1030	24285	3	\$746.00
Art 1020 CE	Sarah Shuler	Basic Drawing for non majors	33081	3	\$746.00
Art History	Sarah Shuler	Intro to Visual Arts	29240	3	\$746.00
<b>Political Science</b>					
Government and Politics 1100 CE	Nathaniel Morrell	American National Government POLS 1100	28033	3	\$746.00
<b>Quantitative Literacy/Math</b>					
MATH 1040 CE	Temprance Coffey	STAT1040	28654	3	\$746.00
MATH 1050 CE		College Algebra	Garrett- 33126 Tolbert- 26908 Coffey- 34396	4	\$846.00

Go to [transferUtah.org](http://transferUtah.org) for more information on how course credits earned at one college may transfer to other Utah institutions.

#### Snow College

MATH 1210	Porter Nielsen	Calculus 1210	2197	5	\$999.00
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# REGISTERING FOR A UVU CONCURRENT ENROLLMENT CLASS

Go to UVU's CE website: [www.uvu.edu/concurrent](http://www.uvu.edu/concurrent)



Students should have already completed Step 1, Admissions, before using this tutorial to register for classes.

*Students are responsible for completing this registration process with the assistance of parents or teachers as needed. Due to FERPA laws, UVU will NOT work with parents calling on behalf of their students.*

## Step 1:



Click on the menu on the top left and choose myUVU

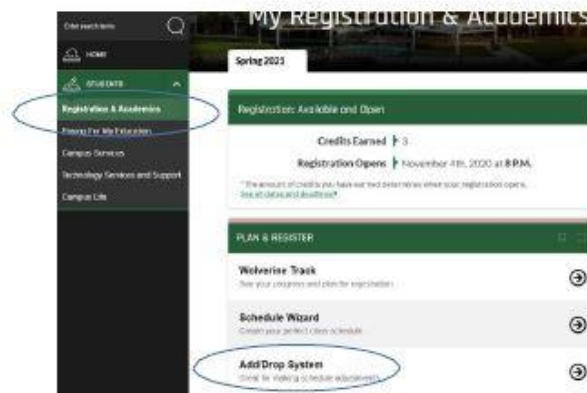


## Step 2:

Log in with your UVID number; this number was sent to you in an email. Your password is your birthday the first time you log in: mmddyyyy

## Step 3:

Select Registration & Academics Add/Drop System



## Step 4:

Select Add/Drop/Waitlist Classes



## Step 5:

Choose 2021 Spring



(You may have to answer some additional demographic/financial aid/FERPA questions before getting to the following screen.) Click on Enter CRNs.

## Step6

**Register for Classes**

Find Classes Enter CRNs Plans Schedule and Options

Enter Course Reference Numbers (CRNs) to Register  
Term: 2020 SPRING

CRN

CRN

+ Add Another CRN Add to Summary

**Register for Classes**

Find Classes Enter CRNs Plans Schedule and Options

Enter Course Reference Numbers (CRNs) to Register  
Term: 2020 SPRING

CRN 28787 College Algebra 2L MATH 1050 J64

CRN 23888 FINAID HLTH 1288 J64

CRN

+ Add Another CRN Add to Summary

## Step7

Type the CRN numbers for your CE classes. You can enter several CRNs at a time by selecting Add Another CRN. CRNs are available from your teacher, in the Counseling Office, or from Mrs. Dunn in C100. After typing in the CRNs, click **Add to Summary**. The panels at the bottom of the screen will pop up to look like the picture below. At the bottom right-hand side of the screen, click on **Submit** to complete the registration process. Your status will change from "Pending" to "Registered" and it will show up in green.

Summary							Actions and Tools
Title	Details	Hours	CRN	Schedule Type	Status	Action - Click Submit to Save	
Advanced Algebra Placement	POLS 1190 J64	3	19397	Face to Face	Pending	Register	
Introduction to Academic Writing	ENGL 1910 J64	3	20631	Face to Face	Pending	Register	
Total Hours: Registered: 0   Pending: 0   On Hold: 0   Max: 0   Mar 20							Conditional Add and Drop Submit

Status:

Errors Preventing Regist...

Sometimes, students will receive a registration error. This usually means you need to submit a prerequisite test score, either from ACT or the Accuplacer/ALEKS test. You can request a copy of your transcript with ACT score in the Counseling Office. The Accuplacer and ALEKS tests are only available at UVU.

## Step 8: Check to be sure the status says Registered.

Summary							Actions - Click Submit to Save
Title	Details	Hours	CRN	Schedule Type	Status	Action - Click Submit to Save	
Introduction to Academic Writing	ENGL 1910 J64	3	20631	Face to Face	Registered	None	
Intermediate Algebra	MAT 1010 J64	4	27880	Face to Face	Registered	None	

## Step9

Your tuition balance might be different! It depends on how many classes you're taking.

**Paying For My Education**

Spring 2021

ACCOUNT INFORMATION

Balance Due: \$15.00  
The payment deadline begins 05/29/2021.

Pay Now

NEW STUDENT ACCOUNT

Make a Payment

## PAY TUITION:

After you have registered for all of your classes, you will need to pay tuition. Go back to the Student tab of myUVU and select "Paying for my Education" and then Pay Now or Make a Payment. Follow prompts to pay for your tuition. Tuition is \$5 per credit hour.

For assistance with holds or other registration problems, students can call UVU's Concurrent Enrollment office at 801-863-8376. Most holds are tuition holds as a result of not paying tuition from a previous semester. These can be resolved under the "Paying for My Education" tab on your UVU account.

## **COVID TESTING SCHEDULE**

\*\*\***Dates and times are subject to change**

### **January 11: A-day**

2:00 - Track & Field  
2:30 - Boys Tennis  
2:45 - Girls Golf

### **January 12: B-day**

2:00 - Baseball  
2:30 - Boys Soccer  
3:00 - Softball

### **January 19: A-day** (157)

2:00 - Boys Basketball (37)  
2:30 - Girls Basketball (27)  
3:00 - Cheer Team (31)  
3:15 - Debate (62 ?)

### **January 20: B-day** (123)

2:00 - Wrestling Team (42)  
2:20 - Drill Team (16)  
2:25 - Swim Team (56)  
2:45 - Colorguard (9)

### **January 25: A-day**

2:00 - Track & Field  
2:30 - Boys Tennis  
2:45 - Girls Golf

### **January 26: B-day**

2:00 - Baseball  
2:30 - Boys Soccer  
3:00 - Softball

### **February 1: A-day**

2:00 - Boys Basketball  
2:30 - Girls Basketball  
3:00 - Cheer Team  
3:15 - Debate

### **February 2: B-day**

2:00 - Wrestling Team  
2:20 - Drill Team  
2:25 - Swim Team  
2:45 - Drama  
3:00 - color guard

### **February 8: B-day**

2:00 - Baseball  
2:30 - Boys Soccer  
3:00 - Softball

### **February 9: A-day**

2:00 - Wrestling Team  
2:30 - Track & Field  
3:00 - Boys Tennis  
3:15 - Girls Golf

### **February 16: B-day**

2:00 - Boys Basketball  
2:30 - Girls Basketball  
3:00 - Cheer Team  
3:15 - Debate

### **February 17: A-day**

2:00 - Drill Team  
2:05 - Swim Team  
2:30 - color Guard

### **February 22: B-day**

2:00 - Baseball  
2:30 - Boys Soccer  
3:00 - Softball  
3:30 - Drama  
4:00 - Choir & Orchestra (80)

### **February 23: A-day**

2:00 - Track & Field  
2:30 - Boys Tennis

2:45 - Girls Golf

3:00 - Choir & Orchestra (80)

### **March 8: B-day**

2:00 - Drama  
2:30 - Choir  
3:00 - Orchestra

### **March 22: A-day**

2:00 - Choir