

# Skyhawk Happenings



## Lunch Fun at SHHS!

### WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

### WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

#### SYMPTOMS REPORTED BY ATHLETE:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

#### SIGNS OBSERVED BY PARENTS/ GUARDIANS:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes

Concussion Fact sheet continued on page 4



## SKYHAWK HAPPENINGS

Remember the Newsletter will be published to the school web page and Facebook each week. The first week of each month it will be emailed home to all parents. We hope to keep you informed and aware through this resource.

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### Special points of interest

#### STERLING SCHOLARS

Sterling Scholar applications are due **Oct. 25** to Mrs. Rawle. The application and instructions can be found on the school's website (student tab), or picked up in the library.

Save the Date: SHHS Drama presents—November 9,10,11, and 13th.

# The Diary of Anne Frank!

Rehearsals are underway!



## Service Project

Roadside Clean up

Don't forget!

Oct. 14th (9 to 11a.m.)

Meet at the IFA store in Spanish Fork.

Wear gloves and shoes that can walk through tall weeds.



# Key Club

## Writing for Charity



Saturday, November 4, 2017

9am-5pm at Utah Valley University

Registration includes all breakout sessions, lunch, and a one page critique by a published author. \*AFTER YOU HAVE REGISTERED, you will need to send an email to [admin@writingforcharity.org](mailto:admin@writingforcharity.org) and specify whether you want a critique for a picture book, middle grade book, or a young adult book manuscript.

Attending agents will be Tara Gonzalez from Erin Murphy Literary Agency, and agent Amy Jameson.

REGISTER NOW AT... <http://writingforcharity.org/>

## Girls Basketball Tryouts November 6th.

You need to have a physical and register on [registernmyathlete.com](http://registernmyathlete.com)

If you have any questions, contact Coach Francom at 801-423-3200 Ext. 1696.

2017-2018 SEASON SALEM HILLS HIGH SCHOOL PRESENTS

## tribute A FALL CHORAL SHOWCASE



WEDNESDAY, OCTOBER 25 | 7:30PM  
SHHS AUDITORIUM | FREE ADMISSION

Get help paying for College! Submit a free Application for Federal Student Aid (FAFSA).

### FAFSA Information:

Seniors can now apply for FAFSA—application enrollment started on October 1st.

#### What you may not know:

Some colleges require students interested in scholarships to have already filled out a FAFSA in order to apply for scholarships.

There is no age limit when it comes to receiving federal student aid.

Most students are eligible to receive financial aid from the federal government to help pay for college or career school.

Your age, race, or field of study won't affect your eligibility for federal student aid.

While your income is taken into consideration, it does not automatically prevent you from getting federal student aid.

Start filling out the FAFSA at [www.fafsa.gov](http://www.fafsa.gov).

# SALEM WITCHES 5K RUN AND CHILDREN'S MILE

**Why:** Fundraiser for Salem Hills High School Cross-country and Track teams

**When:** October 28, 2017

Time: Registration begins at 7:00 am

5K begins at 8:00 am

Children's mile begins at 8:45 am

**Where:** Salem Hills High School  
150 N. Skyhawk Blvd.  
Salem, UT 84653

**Who:** Open to all comers  
any age, ability or experience level

**Prizes:** -\$50 gift certificate to race winners -  
Medals for age group places -  
Prize drawing for all runners -  
Prizes for BEST HALLOWEEN COSTUMES

**Cost:** Includes race shirt  
5K Run: \$15.00—Pre-entry  
\$20.00—Day of Race  
Children's Mile: \$10.00—Pre-entry  
\$15.00—Day of Race  
Nebo Wellness Participants  
\$12.00 (with shirt)  
\$7.00 (without shirt)

**Registration:** <http://www.runnercard.com/roadrace/public/raceGroup/976174>

**Contact:** Bart Thompson, Meet Director  
[bart.thompson@nebo.edu](mailto:bart.thompson@nebo.edu)  
(801)423-3200 ext. 1545

## COUNTRY SWING & LINEDANCING

*October 27th*

**WORKSHOP 7:00-7:30PM**

*Dance*

*7:30-10:00pm*



SHHS Cafeteria



## Concussion information (continued)

### DANGER SIGNS

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if s/he has:

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

### WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. **SEEK MEDICAL ATTENTION RIGHT AWAY**  
A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.
2. **KEEP YOUR CHILD OUT OF PLAY.**  
Concussions take time to heal. Don't let your child return to play the day of the injury and until a health care professional says it's OK. Children who return to play too soon - while the brain is still healing - risk a greater chance of having a second concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. **TELL YOUR CHILD'S COACH ABOUT ANY PREVIOUS CONCUSSION.**  
Coaches should know if your child had a previous concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

### HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION OR OTHER SERIOUS BRAIN INJURY?

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
  - However, helmets are not designed to prevent concussions. There is no "concussion-proof" helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

### HOW CAN I HELP MY CHILD RETURN TO SCHOOL SAFELY AFTER A CONCUSSION?

Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Receive help with schoolwork
- Reduce time spent reading, writing, or on the computer

Talk with your child's teachers, school nurse, coach, speech-language pathologist, or counselor about your child's concussion and symptoms. As your child's symptoms decrease, the extra help or support can be removed gradually.

## ACT Prep Program

An awesome ACT prep program is available to SHHS students through Method Test Prep, an online program you can use at school and/or home. For Juniors that took the ACT practice test on Sept. 18, your account is already set up and you can access the program simply by signing in at [methodtestprep.com](http://methodtestprep.com). For Sophomores or Seniors that would like access to the program see Mr. Lundell in the Counseling Center or Mrs. Rawle in the Library.

## UCAW is coming up!

Utah College Application Week is coming during the week of Oct. 30 - Nov. 3rd.

Seniors will be filling out college applications in their English classes on Nov. 2nd and 3rd with counselors and college reps to help.

It's time for students to be thinking about which colleges they would like to attend.

### **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

## **SCHOLARSHIPS**

**Attention Seniors!** It's never too early to start applying for scholarships! We are updating our scholarship website each week with new scholarships having varying deadlines. Check it out by clicking here <http://shhscounseling.weebly.com/scholarshipsfinancial-aid.html> and then click on current scholarships. Also, you can check out our college/scholarship board located across from the finance office for information. If you have questions please stop by the counseling office!

### **FAFSA Completion Night**

November 1st from 3p.m. to 8p.m.

Counselors and College Reps will be available to assist students in completing their FAFSAs.

**Every senior** needs to fill out the FAFSA. Students are eligible for two scholarships if they complete their FAFSA at the school during our FAFSA Night.

## **Calendar:**

### **October 14**

Key Club Service Activity -9 to 11 –Roadside clean up meeting at the IFA store in Spanish Fork.

### **October 16**

Mini Parent Teacher Conferences 1:00-3:00 p.m.

### **October 17**

Volleyball @ Orem 6:00 p.m.

### **October 18**

State Cross country Championships @ Sugarhouse Park

Football @ Uinta 7:00 p.m.

### **October 19**

Fall Break (no school)

Volleyball Playoff matches (if needed)

### **October 20**

Fall Break (no school)

### **October 23-24**

FCCLA Spook Alley 7-9 p.m.

### **October 24**

Orchestra Halloween Concert 7:30p.m.

### **October 25**

Fall Choir Showcase 7:30 p.m.

FCCLA Meal of the month during lunch

### **October 25-26**

Volleyball 4A State Tournament @ UVU

### **October 27**

Country Swing dance 7:00 p.m. in cafeteria

### **October 28**

Salem Witches 5K Run and Children's Mile

### **October 30-November 3**

Utah College Application Week (UCAW)

### **November 1**

FAFSA Completion Night 3 — 8 p.m.

HOSA sponsored Blood Drive

### **November 9-11,13**

Fall Play—The diary of Anne Frank 7:00 p.m.

### **November 14**

Family Movie

### **November 15**

Combined Band Concert

### **November 16**

Man Hawk

### **November 18**

Sadie Hawkins

### **November 20**

Skyhawk Gorge 6-8 p.m.

