



Diamond Ridge High School

Raptor Report

825 East 9085 South | Sandy, UT 84094 | 801.826.9900
Volume 4 | Issue 3 | November 2021

The mission of Diamond Ridge High School is to provide a safe, stigma-free environment, supporting the individual academic needs of students.

WOW - It's hard to believe we are already in the second quarter of the school year! I am noticing that throughout Diamond Ridge, Utah, and the rest of the country, many students and families are struggling with school, attendance, grades and other issues that are making life difficult.

We want to give our students every chance to be successful, so please don't hesitate to reach out to our Diamond Ridge School Counseling staff with any questions or information you might have that would help us better support your student with grades and attendance and any other issues they might be facing. Our counselors can be reached at:

Last Name A-L	Suzy Santos	suzanne.santos@canyonsdistrict.org	801-826-9922
Last Name M-R	Ingrid Pinto	ingrid.pinto@canyonsdistrict.org	801-826-9941
Last Name S-Z	Naomy Sanchez	naomy.sanchez@canyonsdistrict.org	801-826-9939

There also are student and family supports available at the Canyons Family Center, which is located at Mt. Jordan Middle School - just a mile away from Diamond Ridge.

Canyons Family Center
9251 South Mountaineer Lane (220 East)
801-826-8190
Link: [Canyons Family Center Link](#)

Tuesday Evening Courses ([click here to book](#)):

- Anger Management (1 week course - DISCIPLINE ONLY - Secondary)
- *Grief Support (6 week course - Secondary)
- Demystifying Decision Making (6 week course - High School)
- Girl's Self Esteem (6 week course - Secondary)
- Substance Abuse Prevention (4 week course - NOT discipline - Secondary)
- *Effective Parenting (4 week course - Parent/Guardians)

Wednesday Evening Courses ([click here to book](#)):

- Substance Abuse Prevention (1 week course - DISCIPLINE ONLY - Secondary)
- Parenting Students With Anxiety (6 week course - Parents/Guardians)
- Managing Anxiety (6 week course - Elementary)
- Managing Anxiety (6 week course - Secondary)
- Parenting Students with ADHD (6 week course - Parents/Guardians)
- Anger Management (3 week course - NOT discipline - Elementary)
- Anger Management (3 week course - NOT discipline - Secondary)

Thank you so much for trusting us with your student's education.

Go Raptors!
Amy Boettger, Principal



Thanksgiving Supports!

Fully-Cooked Meals from Teachers for Hope OR Thanksgiving Heroes provides an Uncooked Meal!

Request forms are in this newsletter OR contact Lacey Le Prey at 801.520.3428

Congratulations!

Canyons Education Foundation awarded Louis Sherman a \$9,998 Innovation Grant! Mr. Sherman will use this grant money to bring video, photography and editing technology into his classrooms. The new technology will also be used to develop new elective programs to enhance the Diamond Ridge High School community. Well done, Mr. Sherman!



EARTH SCIENCE TEACHER OF THE YEAR



ALASTAIR WRIGHT

My name is Alastair Wright and I teach Earth Science at Diamond Ridge High School. One of the first things my students notice is that I'm not exactly a Utah local. I was born and raised in England. Growing up, my two favorite things were science and skiing. I got my bachelors degree at the University of Sheffield. I taught in a variety of schools in different areas. Each had its own strengths and its own challenges. While teaching can be hard work and frustrating, it is also enjoyable, interesting, rewarding. I have met and taught some fantastic young people and am excited to find out what the future holds for all of us at Diamond Ridge.



In The Loop

DIAMOND RIDGE HIGH SCHOOL
COUNSELING PROGRAM

NOVEMBER 2021



GRATITUDE

Studies show that being grateful and expressing gratitude have significant health benefits, including:

- Higher self-esteem
- Better sleep
- Increased mental strength
- Enhanced empathy and reduced aggression
- Improved psychological health
- Improved physical health
- Healthier relationships

Developing an attitude of gratitude is one of the easiest ways to improve satisfaction with life.

Let's
**GIVE
THANKS**

Suzy Santos - Consejera Escolar
 Naomy Sanchez - Consejera Escolar
 Ingrid Pinto - Pasante de Consejería Escolar
 Sifa Tafisi - Trabajador Social Escolar
 Lacey Le Prey - Defensor del Estudiante
 Suzanne Hales - Registradora



PORTFOLIOS ON CANVAS!

Students now have access to their DRHS Portfolio on Canvas. All portfolio assignments can be uploaded through Canvas, which makes it easy for students and counselors to monitor and prioritize portfolio tasks. Please contact your counselor if you have any questions.

LIFELINES SUICIDE PREVENTION

This month we will be offering suicide prevention information to students, parents, and staff. Students will participate in Lifelines training in school on November 17th, and the online parent sessions will be held the evening of the 17th. Teachers have a separate training at the end of the month.

SERVICE PROJECT REQUIREMENT

November is the perfect time to show your gratitude by serving someone around you. If you're looking for something to do to complete the portfolio service project requirement, here are some ideas to consider:

- Volunteer at a local pet shelter
- Keep your favorite park clean
- Send packages or cards to deployed troops
- Help a neighbor with yard work
- Become a mentor or a tutor
- Deliver food for those who are homebound
- Visit elder-care facilities to chat with residents



24/7 Chat - Crisisline

Call 1.800.273.8255



In The Loop

DIAMOND RIDGE HIGH SCHOOL
PROGRAMA DE CONSEJERÍA

NOVIEMBRE 2021



GRATITUD

Los estudios muestran que estar agradecido y expresar gratitud tiene importantes beneficios para la salud, que incluyen:

- Mayor autoestima
- Mejor dormir
- Mayor fuerza mental empatía mejorada y agresión reducida
- Mejora de la salud psicológica salud física
- Mejorada relaciones más saludables

Desarrollar una actitud de gratitud es una de las formas más fáciles de mejorar la satisfacción con la vida.

Let's
**GIVE
THANKS**

Suzy Santos - School Counselor
 Naomy Sanchez - School Counselor
 Ingrid Pinto - School Counseling Intern
 Sifa Tafisi - School Social Worker
 Lacey Le Prey - Student Advocate
 Suzanne Hales - Registrar



PORTAFOLIOS SOBRE CANVAS!

Los estudiantes ahora tienen acceso a su carpeta DRHS en Canvas. Todas las asignaciones del portafolio se pueden cargar a través de Canvas, lo que facilita a los estudiantes y consejeros monitorear y priorizar las tareas del portafolio. Comuníquese con su consejero si tiene alguna pregunta.

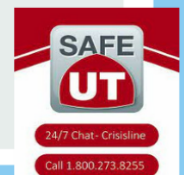
LIFELINES PREVENCIÓN DEL SUICIDIO

Este mes ofreceremos información sobre la prevención del suicidio a estudiantes, padres y personal. Los estudiantes participarán en la capacitación de Lifelines en la escuela el 17 de noviembre, y las sesiones para padres en línea se llevarán a cabo la noche del 17. Los maestros tienen una capacitación separada al final del mes.

REQUISITO DEL PROYECTO DE SERVICIO

Noviembre es el momento perfecto para mostrar tu gratitud sirviendo a alguien que te rodea. Si está buscando algo que hacer para completar el requisito del proyecto de servicio de cartera, aquí hay algunas ideas para considerar:

- Sea voluntario en un refugio de mascotas local
- Mantén limpio tu parque favorito
- Envía paquetes o tarjetas a las tropas desplegadas.
- Ayudar a un vecino con el trabajo del jardín
- Conviértete en mentor o tutor
- Entrega de comida a los que están confinados en casa
- Visite las instalaciones de cuidado de ancianos para conversar con los residentes.



Diamond Ridge High School

Lifelines Suicide Prevention Night

**Wednesday,
November 17, 2021
6:30 PM
via ZOOM**

LINK:

<https://canyonsdistrict-org.zoom.us/j/81733191015?pwd=bTRrejJ0N1ZySXd4ODE1UThWUFU0dz09>

THERE WILL BE A BUTTON ON DIAMOND RIDGE'S WEBSITE WITH AN EASY LINK!



**Suicide Prevention Presentation
Torilyn Gillett, M.Ed.
School Counseling Program Specialist**

Tori Gillett has been working with Canyons School District Responsive Services Department for the past six years. She works as the School Counseling Specialist and Suicide Prevention Team Lead. She has implemented programs that help students, families, and school personnel build a foundation to support students mental wellness. She is passionate about her work with suicide prevention and looks forward to continued learning and growth.



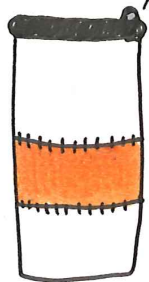
JOIN US FOR

Coffee & Conversation

With the PRINCIPAL

When: December 9th

* 8-9 AM *



Stop by and get your morning coffee, hot chocolate & donut..

See you there! ☺

TEACHERS for HOPE

Delivery of a COOKED Thanksgiving Meal
on Thursday, November 25, 2021

Dear Families,

Teachers for Hope is an organization that plans to provide full, cooked Thanksgiving meals to be delivered on Thanksgiving Day. If you would like a meal provided to each member of your household, please indicate below and return the form to your child's school by **Friday, November 12th. Deliveries will be taking place anytime on THURSDAY. NOVEMBER 25th. Please print legibly and only complete one per household.**

Student Name(s):

School(s):

Parent/Guardian Name:

Number of individuals living in the home: # meals needed _____

Delivery Address (include city and zip code):

Telephone Number: _____ ***

Language (please check one): English _____ Spanish _____ Other: _____

Parent/Guardian's Signature: _____

*By signing here, you authorize the school district to give the information above to Teachers for Hope in order to contact you and supply you with a cooked Thanksgiving meal.

TEACHERS for HOPE
Maestros para la Esperanza

Entrega de una comida completa del Día de Acción de Gracias
el Jueves, 25 de Noviembre, 2021.

Queridas Familias,

Maestros para la Esperanza es una organización que provee comidas completas del Día de Acción de Gracias al día mismo. Si a usted le gustaría recibir esta comida, por favor indique y devuelva este formulario a la escuela de su hijo/a antes del **viernes 12 de noviembre. Se le llevarán la comida a su hogar en cualquier hora del día jueves 25 de noviembre (horario variable)**. Por favor escriba legiblemente y llene solamente **una aplicación por hogar**.

Nombre(s) de los estudiantes:

Escuela(s):

Nombre de padres/guardianas:

Número de personas que viven en el hogar (# de comidas necesarias): _____

Dirección (incluya la ciudad y código postal):

Teléfono: _____

Idioma (seleccione un idioma): Inglés _____ Español _____ Otro: _____

Firma de padres/guardianas: _____

*Al firmar aquí, usted autoriza que el distrito escolar provea su información al programa Teachers for Hope para que ellos se comuniquen con usted y coordinen el horario de entrega de la comida para la cena del Día Acción de Gracias.



Dear Canyons School District Families,

Canyons School District & Canyons Education Foundation are facilitating Thanksgiving Heroes efforts to provide full Thanksgiving meals, a turkey, potatoes, etc. for families to prepare during Thanksgiving week. **If you would like a meal provided to you, please indicate below and return the form by Friday, November 12th.** Deliveries will be on Saturday, November 20th.

Yes, I would like a meal **& I would like it delivered to the address below on Saturday, November 20th.**

Student's Names and Schools:

Parent or Guardian's Name:

Family Size:

Address:

Telephone number:

Language Spoken (please check one): English_____ Spanish_____ Other_____

Parent or Guardian's Signature_____

(By signing here, you authorize Canyons School District to give the Information above to Thanksgiving Heroes in order to contact you and supply you a Thanksgiving meal)



Queridas Familias,

Su distrito escolar esta facilitando el programa "Thanksgiving Heroes" para proveer comida para las familias en preparación para la semana de Día de Acción de Gracias que consiste de un pavo, papas, etc. Si a usted le gustaría recibir esta comida, por favor indique y regrese este formulario a la escuela antes del **viernes, 12 de noviembre**. Las entregas de la comida será todo el día el Sábado, 20 de Noviembre (horario variable). Por favor escriba legiblemente y solamente una aplicación por hogar.

Nombre(s) de los Estudiantes:

Escuela(s):

Nombre del Padre/Guardián:

Numero de personas viviendo en el hogar:

Dirección (incluir ciudad y código postal):

Teléfono:

Idioma (seleccione un idioma): Inglés _____ Español _____ Otro: _____

Firma del Padre/Guardián: _____

(Al firmar aquí, usted autoriza que el distrito escolar provee su información al programa "Thanksgiving Heroes" para que ellos lo contacte y coordinen el horario de entrega de la comida para la cena de Acción de Gracias)

FAMILY RESOURCES

Food

- **FeedUtah.org**, Current food pantry options available in our community.
- **School Mobile Food Pantry** at your Title I Elementary Schools, provided monthly.
- **UCA Copperview Food & Resource Center**, 8446 S Harrison Cir, Midvale, 801-255-3516, <https://www.utahca.org/food-resource-centers/>.

Mental Health and Counseling

- **Canyons Family Center**, 9351 S Mountaineer Lane, Sandy, 801-826-8190, www.canyonsdistrict.org/depts/responsive-services/canyons-family-center/. Free individual and family-based counseling, student support groups and parent education classes.
- **Family Support Center**, 801-955-9110, www.familysupportcenter.org. Counseling, classes, emergency childcare, and transitional housing services.
- **Hopeful Beginnings**, 801-979-1351, www.hopefulbeginnings.net. School-based therapy and other mental health supports.
- **Multicultural Counseling Center**, 801-915-0359, www.mccounseling.com/. Counseling services and immigration supports.

Crisis Support

- **SAFE UT** 833-372-3388, safeut.com or download the app. Crisis Chat and Tip Line for students.
- **Domestic Violence and Sexual Assault Hotline** 800-467-7273
- **Mobile Crisis Outreach Team (MCOT)** 801-587-3000
- **National Suicide Prevention Lifeline** 800-273-8255

Utah 211

Contact **Utah 211** via phone, online chat, text, or on the app for resources 24 hours per day in over 200 languages.

Health

- **Canyons School District Medicaid Outreach Services**, 801-826-7272. Assistance accessing CHIP, Medicaid, SSI, Health Insurance Marketplace.
- **Community Building Community Clinic**, 49 W Center St, Midvale 801-574-6172, www.midvalecommunityclinic.com/. Medical and dental services.
- **Hope Clinic**, 65 Twin Peaks St, Midvale, 801-568-6700, www.utahhopeclinic.org.
- **Maliheh Free Clinic**, 94 E 3300 S, Millcreek, 801-266-3700, malihehfreeclinic.org/.
- **Mid-Valley Health Clinic/ Utah Partners for Health**, 801-417-0131, www.upfh.org. Medical, mental health, dental, vision services.

Housing Supports

- **Utah Community Action Program**, 801-359-2444, www.utahca.org. Case management for housing, utility assistance, weatherization services.
- **The Road Home**, 529 9th Ave, Midvale, 801-569-1201, www.theroadhome.org. Emergency shelter, supportive services, housing assistance.

Other Community Resources

- **Boys & Girls Club**, 7631 Chapel St, Midvale, 801-256-9008, www.gslclubs.org/find_a_club/midvale-club.html. After-school childcare.
- **Holy Cross Ministries**, 801-261-3440, www.hcmutah.org/. Education, counseling, immigration assistance, healthcare outreach and case management.
- **InternetEssentials.com**, or call 855-846-8376. Low-cost internet.
- **Jewish Family Services**, 495 East 4500 South, Ste 100, Salt Lake City, 801-746-4334, www.jfsutah.org/. Counseling, emergency assistance, thrift store vouchers, food pantry, senior supports, more.
- **Ruth Vine Tyler Library**, 8041 S Wood St, 801-944-4636, www.slcolibrary.org/. Free library card, Kids' Cafe 3:30-4:30, Brainfuse online tutoring.

Please note: This list is only a small portion of the resources available in our community, and is in no way an endorsement by CSD of services, activities, or products.

RECURSOS FAMILIARES

Comida

- **FeedUtah.org**, Información sobre los lugares disponibles que ofrecen alimentos en nuestra comunidad.
- **Despensa de Alimentos Móvil** en las escuelas primarias de Título 1, proveído mensualmente.
- **UCA Centro de Comida y Recursos Copperview**, 8446 S Harrison Cir, Midvale, 801-255-3516, <https://www.utahca.org/food-resource-centers/>.

Asesoramiento y Salud Mental

- **Centro Familiar Canyons**, 9351 S Mountaineer Lane, Sandy, 801-826-8190, www.canyonsdistrict.org/depts/responsive-services/canyons-family-center/. Asesoramiento gratuito individual y familiar, grupos de apoyo estudiantil y clases de educación para padres.
- **Centro de Apoyo Familiar**, 801-955-9110, www.familysupportcenter.org. Servicios de consejería, clases educativas, cuidado infantil de emergencia y servicios de vivienda de transición.
- **Hopeful Beginnings**, 801-979-1351, www.hopefulbeginnings.net. Terapia en la escuela, así como una variedad de otros apoyos para la salud mental.
- **Multicultural Counseling Center**, 801-915-0359, www.mccounseling.com/. Servicios de asesoramiento y apoyo de inmigración.

Apoyo en Caso de Crisis

- **SAFE UT** 833-372-3388, safeut.com or descargue la aplicación. Crisis Chat o Tip Line para estudiantes.
- **Línea directa de violencia doméstica y agresión sexual** 800-467-7273
- **Equipo Móvil de Alcance en Crisis (MCOT)** 801-587-3000
- **Línea Nacional de Prevención del Suicidio** 800-273-8255

Utah 211

Comuníquese con **Utah 211** por teléfono, chat en línea, mensaje de texto o en la aplicación para obtener recursos las 24 horas del día en más de 200 idiomas.

Salud

- **Canyons School District Medicaid Outreach Services**, 801-826-7272. Asistencia para acceder a CHIP, Medicaid, SSI, Mercado de seguros médicos.
- **Community Building Community Clinic**, 49 W Center St, Midvale 801-574-6172, www.midvalecommunityclinic.com/. Servicios médicos y dentales.
- **Hope Clinic**, 65 Twin Peaks St, Midvale, 801-568-6700, www.utahhopeclinic.org.
- **Maliheh Free Clinic**, 94 E 3300 S, Millcreek, 801-266-3700, malihehfreeclinic.org/.
- **Mid-Valley Health Clinic/ Utah Partners for Health**, 801-417-0131, www.upfh.org. Servicios de salud, salud mental, dentales y de la vista.

Apoyos de vivienda

- **Utah Community Action Program (Programa de Acción Comunitaria de Utah)**, 801-359-2444, www.utahca.org. Administración de casos para vivienda, asistencia con servicios públicos y servicios de climatización.
- **The Road Home**, 529 9th Ave, Midvale, 801-569-1201, www.theroadhome.org. Refugio de emergencia, servicios de apoyo y asistencia para la vivienda.

Otros Recursos Comunitarios

- **Boys & Girls Club (Club de Niños y Niñas)**, 7631 Chapel St, Midvale, 801-256-9008, www.gsclubs.org/find_a_club/midvale-club.html.
- **Holy Cross Ministries (Ministerios de la Santa Cruz)**, 801-261-3440, www.hcmutah.org/. Proporciona educación asesoramiento, asistencia de inmigración, alcance de atención médica y administración de casos.
- **InternetEssentials.com**, o llame al 855-846-8376. Internet de bajo costo.
- **Jewish Family Services (Servicios para Familias Judías)**, 495 East 4500 South, Ste 100, Salt Lake City, 801-746-4334, www.jfsutah.org/. Asesoramiento, asistencia de emergencia, vales para tiendas de segunda mano, despensa de alimentos, apoyo para personas mayores y más.
- **Ruth Vine Tyler Library (Biblioteca Ruth Vine Tyler)**, 8041 S Wood St, 801-944-4636, www.slcolibrary.org/. Tarjeta de biblioteca gratuita, Kids' Cafe 3:30-4:30pm, tutoría en línea Brainfuse.

Please note: Esta lista es solo una pequeña porción de los recursos disponibles en nuestra comunidad, y CSD no está promoviendo ningún servicios, actividades o productos.

