



BEAR Essentials

NORTH STAR ACADEMY NEWSLETTER

North Star Academy exists to ENGAGE and INSPIRE students to achieve their highest potential through a SAFE, CHALLENGING, and INDIVIDUALIZED learning environment.

NOVEMBER 1, 2017

DIRECTOR'S MESSAGE

Dear Parents,

If your middle school aged student hasn't downloaded the SAFE UT app yet, please do. We are encouraging all of our middle school students to download it to their personal devices. This program is funded by legislature and provided by the University of Utah Neuropsychiatric Institute (UNI) Crisis line call center. All texts, tips, or calls are handled by licensed clinicians who assist texters by providing supportive or crisis counseling, suicide prevention and referral services. If needed, tips are then reported to appropriate school personnel, families, or authorities if needed for safety. It was designed for youth in any type of crisis and provides them access to free, 24/7 crisis support. They are equipped to deal with:

- Depression, anxiety, or other mental health issue
- Suicide prevention
- Loss and grief
- Bullying and cyberbullying
- Drug and alcohol problems
- Self-harm
- Relationship difficulties
- Any life challenge

1 - Someone texts SAFEUT through the APP about a crisis they are involved in or with a tip about someone who is experiencing bullying which imed. comes into UNI CrisisLine Call Center.

2 - A licensed crisis counselor receives the text and responds within 15 minutes.

3 - The texter receives an immediate automated text that explains who SAFE UT is and what it is for.

4 - Within minutes, a live trained counselor will ask about their situation providing support and intervention and work with the texter to create a forward thinking safety plan.

5 - If the tip alert relates to bullying or threats of violence, then appropriate community agencies or school personnel are notified.

6 - The SAFEUT crisis line is confidential and texters can remain anonymous if that prefer. With that being said, it is important to know that if they feel they cannot keep the texter safe or there is immediate danger, then they will alert emergency personnel to provide a face to face evaluation for safety.

If you have further questions on this program, please contact our counselor Mrs. Hardy, lhardy@north-staracademy.com or go to <https://healthcare.utah.edu/uni/clinical-services/safe-ut/> for more information.

Sincerely,
Tana Archer, M. Ed.
Director, North Star Academy and
Mrs. Hardy
School Guidance Counselor, North Star Academy

EVENT CALENDAR

Oct. 30 - Nov. 3	Red Ribbon Week
Nov. 3	Early Out 1:10
Nov. 3	SBO Dance 7-9pm
Nov. 10	Veterans' Day Assembly
Nov. 10	Turkey Trot 3pm
Nov. 16- Nov. 17	Robin Hood Play @NSA 6:30 pm

~November Healthy Habits~

KEEP A PHYSICAL ACTIVITY CHART ON YOUR REFRIGERATOR.

Congratulations Aspen W. in 9th grade!



Her amazing art work was chosen as the winner for this year's Red Ribbon Week art contest. Her art is featured on a banner outside the school.

Thank you to all the students who submitted artwork. The following students received Honorable Mention for their art:

Nasen O. - Amelia B. - Savannah H. - Camryn V. - Bryn N. - Shelbie M. - Rachel E. - Rylan S. - Elise C.

Students Of The MONTH



Bailey B.
3rd Grade



Peter C.
6th Grade



Mary C.
9th Grade

NSA WILL PROMOTE THE SCHOOL-WIDE ENRICHMENT MODEL (SEM)
TURNING IDEAS INTO ACTION



2920 WEST 14000 SOUTH BLUFFDALE, UT 84065 801.302.9579

NSA JACKETS - ORDER TODAY!

Official Uniform Jackets can be worn in the classroom. Youth - Adult sizes available.

Order forms in the office. Personalize with your student's name at no extra charge.

\$35 for Middle School Jackets - \$28 for Elementary Jackets **ORDERS DUE BY THIS FRIDAY**

~ RED RIBBON WEEK ~

Wednesday Nov. 1 - Sock it to Drugs (wear crazy socks)

Thursday Nov. 2 - Team up against Drugs (represent your favorite team)

Friday Nov. 3 - Drugs make you crazy in the head (crazy hair day)



After School Club

Attention all students that love to write!

Creative Writing Club is starting November 9th after school!

Permission slips are available in the office! The cost for this

club is \$30, it will run for 8 weeks. Hope to see you all there!

Contact Mrs. Ryan with questions:

jryan@north-staracademy.com



SEM - 9th Grade Haunted House & Food Drive

The 9th grade class had the opportunity to plan and carry out a school wide haunted house food drive this year. These amazing students stayed after school preparing and designing a haunt that would be offered to the whole school. They worked so hard and were able to not only participate in, but also run a very successful haunted house. Because of their hard work, they were able to collect over 200 cans of food for the Utah Food Bank. This Type 3 activity allowed these amazing students to be able to see first hand how when they see a task through to the end. They are able to find success, and in this case, they were able to donate to a worthy cause.



INSPIRATIONS art contest

Inspirations Contest is coming soon!

The theme this year is:

“What Makes Me...Me.”

This art contest will focus on children recognizing and expressing their uniqueness. The divisions will be K-2nd, 3rd-5th grade, 6th-8th grade, 9th. Students may submit 1 entry in as many categories as they like. The following categories are Literary Composition, Musical Composition, Visual Art, 3D Art, Photography, Theater, Choreography/Dance, Film/Video and Digital Art. Due dates are not until Jan 26th, but get creative and brainstorm ideas. We want everyone to participate!

VOLUNTEERS WANTED

Interested in working with one of our clusters or have a career you would like to share and tell students about? Please contact Mrs. Ryan or Mrs. Edman
iryan@north-staracademy.com
medman@north-staracademy.com

We are always looking for "Lunching with a Pro" speakers and volunteers to help with clusters.

CALLING ALL ARTISTS FOR OUR VETERAN'S DAY ASSEMBLY!

Create an artwork to honor our veterans. The focus should be on the men and women that have served our country and our gratitude for them. We will be judging them on creativity, quality, and subject matter. Artwork must be able to sit on an easel.

**DUE: Tuesday, Nov. 6th
in the Music Room**



Please invite any Veteran's you may know so that we may honor them and their service during this assembly.

NSA ELEMENTARY SBO'S SUPPORTED BLUFFDALE CITY WITH THE CITYWIDE TRUNK OR TREAT MONDAY NIGHT!



Learn
SUPER SKILLS
that are REAL

Registration Cost \$25



REGISTER NOW

EMPOWERING YOUR TOMORROW

November 18, 2017

Boys grades 5th-12th

STEM
CONFERENCES

Smith's Inspiring Donations

Have you signed up?



Log in to

<http://www.smithsfoodanddrug.com/account/communityrewards/enroll>

enter QH601 in the search box then swipe your rewards card every time you shop! It's that easy!!!

As you start getting holiday shopping in order, don't forget to Shop AMAZON SMILE! Part of your purchase will come right back to us here at North Star Academy.

<http://smile.amazon.com/ch/13-4290294>



BOX TOPS

FREE DRESS DAY WILL BE NOVEMBER 3rd FOR THOSE GRADES THAT EARN IT! Box Tops need to be turned in by Nov. 1 to count toward Free Dress Day. *1st and 2nd grade have already reached the goal and have earned Free Dress for this FRIDAY!*



A few reminders...

We cannot accept expired box tops. The expiration date and code **MUST BE** on the box top to get credit. You can just throw them in a plastic bag, they don't need to be affixed to a paper. In order to receive credit for your grade, your name and teacher **MUST** be legible. Campbell's labels and coke lids **DO NOT** count toward free dress day.

Any questions, contact Karly Mellen karlymellen@gmail.com

Your Box Tops Coordinators - Karly Mellen and Shari Perry