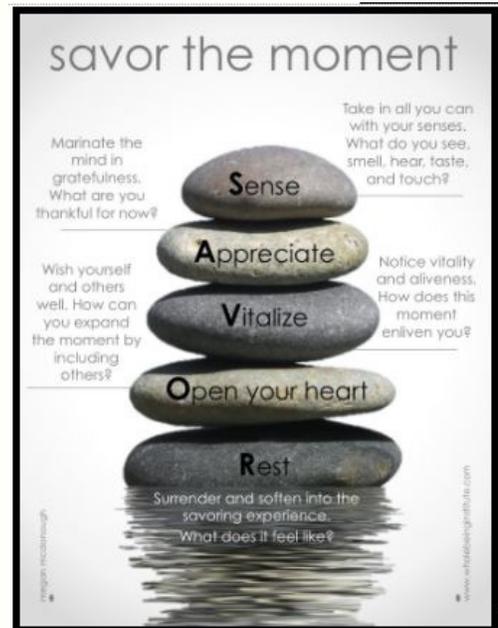




A CANYON GROVE ACADEMY NEWSLETTER SEPTEMBER 17th 2021

I am ready, mindful, and alert in this moment.

"Most of us don't undertake our thoughts as awareness. Rather, our thoughts control us... ordinary thoughts course through our minds like a deafening water fall. In order to feel more in control of our lives and our minds, to find the sense of balance that eludes us, we need to step out of this current, to pause, to stop doing and focus."
 Jon Kabat-Zinn Biomedical Scientist



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Goates Notes

BY KIM GOATES

What can we do to be ready, mindful, and alert now?

- Slow down. breathe. Focus on breathing in and breathing out.
- Attune your senses and thoughts to be in this moment. Look for the things, the people, the opportunities that you can savor. Find something to focus on and to appreciate.

When we savor and cherish, we feel connection and gratitude in this moment. Being mindful is not about trying to improve ourselves or getting somewhere else. It is simply a matter of savoring and opening ourselves to share in the moment. Nothing happens next. It's not a destination. This is it. We're already here.

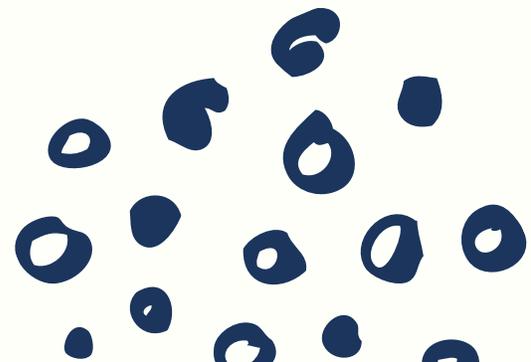
Living in the past can lead to depression. Living in the future can create anxiousness. Living in the present moment allows us to feel more authentic and connected, in the flow, more in control, most at ease, deeply engaged, and where more happiness can flourish.

We can cultivate the habit of always noticing and savoring new things in whatever situation we're in, appreciating them, expressing our joy and love.

So many of us are always striving to "multi-task", and we do it well. But the reality is we can only focus on one thing at a time...even though we may have dinner cooking in the crock-pot, while a load of laundry is washing-- listen as a child is practicing piano, and sit beside another child as he, or she, reads aloud--all happening simultaneously. The magic of presence can be in savoring and sharing one thing, one person, one precious family moment at a time.

At first, we can just remember to try it a couple times a day...and then, over time, perhaps sweet mindfulness will become part of our natures. It can be a legacy we provide for our children. Or, the legacy of readiness and presence they pass on to us!

**SEIZE THE DAY. LIVE MINDFULLY IN THE PRESENT
AND BE READY, MINDFUL, AND ALERT.
WE G.O.A.T. THIS...**



ADVENTURES AT-HOME

PART-TIME ON CAMPUS

DISCOVERY

Registration for Innovations 2 and Discovery 3 & 4 CLOSING THIS MONDAY, Sept. 27th. Check our website for dates posted as late registrations will not be accepted. Should your session be filled, a waiting list will be available by the registration deadline. Please sign up with your correct assigned location. A confirmation email pertaining the details will be sent to you. Signing up your student means that you are committing to the entire duration of the adventure. Unexcused absences and/or too many excused absences will affect your ability to participate in the future.

Follow this [link](#) for the orientation video to teach/remind you how to sign up now and in the future:

ADVENTURES AT-SCHOOL

FULL-TIME ON CAMPUS

PARENT TEACHER CONFERENCES

on September 29th and 30th. This is always a wonderful time to visit with your student's teacher and learn about the wonderful things your child is doing at school. School will release at 12:30 each of those days to allow time for teachers to meet with parents. Your child's teacher has sent out a sign up genius link through email so that you choose a time for your appointment.

Can't wait to see you all!

DISCOVERY

Grades K-3 will be Ice Skating at the Utah Olympic Oval, October 18- November 8. A signed Olympic Oval waiver is required for your students to participate. An email has been sent from your students teacher including the link to that waiver and form. Please fill out the form and sign the waiver by Monday, September 27th. Only fill out these two forms for students grades K-3. Adventures at School grades 4-6 will be going ice skating later in the school year.

ANNOUNCEMENTS

CGA **Scholastic Book Fair** is Coming!! Sept. 27th - Oct.1st

FAMILY EVENTS

Please follow this [link](#) for information regarding these events.

Battle of the Books
Cornbellies
Zoo
Hale Center Theatre
BYU Christmas Around the World





MIDDLE SCHOOL

WILLIAMSBURG CLASSES & ALLY

Exciting news!! You can now access your Williamsburg Canvas account through the Ally app! This means easy access for you.

By bookmarking and using Ally you can get to ALL of your classes! And the best part is that every time you access your Williamsburg classes through Ally, it will automatically mark your attendance for those classes in Ally. This was already true for your Google classes and Subscriptions.

So make sure you ALWAYS use Ally to login to your Google classes, Subscriptions, or Williamsburg classes. Such an easy way to get marked for attendance.

REMIND

We are always looking for ways to improve communication. With that in mind, please accept an invite that was sent to you to join REMIND for middle school. Many of you already use REMIND for your younger students. This is a great way to get connected and stay informed. If you need the invitation sent again email Sara Holt at sara.holt@canyongrove.com.

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