



A CANYON GROVE ACADEMY NEWSLETTER SEPTEMBER 3rd 2021

## I am **READY** to work, learn, and grow. What does it mean to be **READY**?

When sprinters step up to the starting blocks of a race, they get into the four-point position, with their most powerful leg set in front. It's important that their bodies and minds are warmed-up, yet relaxed. They may visualize success crossing the finish line, as they listen for the starter's "set", followed by the blast of his pistol.

We can't see all of the physical and mental training hours that have preceded this moment. We only see that when they come to the line, they are ready to run.



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# Goates Notes

BY KIM GOATES

## How do we teach our children every day, what *being ready* looks and feels like?

If we think of a typical day, it's jam-packed with "readiness" activities. Often we live by the clock, shifting from one task to the next. We get ready for meals, practices, school, extracurricular activities, shopping, running errands, special events, unexpected incidents, changes of season, etc. Being human means participating in an ongoing flow of transitions and getting ready. How do we do all of this "readiness" without inviting or creating unwanted anxiety and stress in ourselves and in our children?

Sometimes we're so immersed in the work of getting ready, that we neglect the most important practice of "being" ready-- Like world-class sprinters, we can set our mark and be ready for the race. Mindful readiness focuses on our deeper physical, mental, emotional, social, and spiritual needs. The practice of being ready may require slowing down for a moment and just being gentle with ourselves. It's the quiet space before the sprint, when we turn down the volume and let go of all the clutter and chatter inside our heads. Take a few deliberate deep breaths. Speak some thankful, assuring, or calming thoughts. Energize the body with movement. Stretch and relax areas of stress and tension. Become more balanced and centered. Our hearts and minds will be refreshed and made ready with more purposeful awareness. This kind of readiness practice allows us to be more calm and fully present.

We live in an ever-changing world. Being ready includes developing the abilities needed to navigate through all the messy and unpredictable aspects of life and learning. In order to thrive, our children need to be armed with skills. They need to know how to summon their own calm-courage, enthusiasm, resilience, self-confidence, receptivity, and positive energy.

When we are ready...  
We are fully-present and mindful  
We think and prepare ahead  
We begin with a positive attitude  
We cherish our opportunities  
We share our gifts with others  
We feel confident and comfortable in ourselves  
We practice a growth mindset  
We keep an open-mind  
We are willing to work, learn, contribute, and help  
We are flexible and resilient  
We show up  
We listen and respond with understanding and compassion  
We are clean and well-groomed  
We limit distractions  
We are receptive  
We know and understand what to do  
We understand the expectations for us  
We are not afraid  
We turn worry into wonder  
We reach out  
We are appreciative  
We hone our senses and really see, listen, savor, feel, and breathe



WHAT DO YOU DO TO HELP YOUR CHILDREN BE READY  
TO LIVE WELL AND LEAD?  
You G.O.A.T. THIS!

# Goates Notes

BY KIM GOATES

## What skills do our children need to be ready to work, learn, and grow?

### PRACTICE PLANNING AND PREPARING AHEAD

- We can help our children to plan and prepare ahead by involving them in the process.
- Communicate about upcoming events and expectations. Kids like to know when, where, what, how, and with whom they will be. A regular family planning meeting and calendar is helpful.
- Establish predictable routines and schedules. Practice time management together.
- Identify potential needs and concerns. Talk with children about their ideas, feelings, and personal responsibilities.
- Explore core values with discussions about potential real-life dilemmas
- Practice framing problems in different ways and seeing them from different perspectives.
- Employ effective skills and techniques to become more self-regulating. (particularly when dealing with difficult emotions and associated behaviors like fear, anxiety, worry, compulsion, anger, etc.)
- Select and provide essential resources and supplies.
- Each morning, or each night, think through what will be happening, and prepare what will be needed.
- Determine priorities and do the most important things first.
- Over time, facilitate independence and accountability for children in planning and prepping for themselves. (wake-up on time, manage strong feelings, choose what to wear, oversee assignment due-dates, etc.)



### PRACTICE BEING MINDFUL...

Being gentle, attentive, receptive, non-judgemental, and grateful in the present moment, is the foundation of mindful practice. When learning mindfulness, it's most valuable as a consistent part of the daily routine. Once the skills are well understood, it can be incorporated independently anytime mindfulness is needed.

Here are some mindful practices to try at home:

[51 Activities and Techniques for Teaching Mindfulness to Children.pdf](#)

Scholarly studies have noted some of the physical and mental health benefits of mindfulness. Mindfulness helps us to be ready to work, learn, and grow by:

- Strengthening connections in the brain that improve attention, concentration, focus, and awareness
- Helping us improve problem solving, decision making, impulse control, and social behavior... (developing the prefrontal cortex of the brain)
- Making us feel better attuned to our bodies, more comfortable with ourselves, and more satisfied emotionally and physically.
- Decreasing stress and calming anxiety (in the brain's amygdala, associated with negative emotions)
- Increasing our compassion, empathy, and kindness, thus creating stronger and healthier relationships

### PRACTICE "CARPE DIEM"- SEIZE THE DAY

We know that positive thoughts and actions can create positive feelings and attitudes, even amidst difficult circumstances. A healthy attitude is a readiness key for effective work, learning, and growth. Why not begin the day by expressing, in word and deed, gratitude, enthusiasm, and hope for its possibilities? This takes thoughtful effort, but the fruits are rejuvenating, and positively contagious! You've heard it said that Mom creates the tone in the home. Well, why not help our children to be ready to seize the day by having them see and feel the happiness of our example--acknowledging that the present day is full of opportunities for learning, wonder, happiness, and growth?

Each day is truly a great day to be alive!



# ADVENTURES AT-SCHOOL

FULL-TIME ON CAMPUS

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## COVID -19

What Parents can do every day before sending your child to school:

- Check for symptoms of illness before school. If your child has a temperature of 100.4° F (38° C) or higher, the child has a fever and should stay home from school.
- Keep your child home from school if they feel sick or have symptoms of COVID-19.
- Tell the school if your child has a health condition that puts them at higher risk for severe illness from COVID-19.
- Review and update personal and emergency contact information with the school.

<https://coronavirus.utah.gov/education>

## INNOVATIONS & DISCOVERY

Grades 4-6 had their last day paddleboarding this past Monday. Starting Sept. 13 they will start 4 weeks of Wellness for Life. All classes will be at Canyon Grove Academy, September 13 - October 8. Students will rotate through the following three classes on campus.

**Fitness Fun:** This class will offer a lot of different activities that build coordination skills through obstacle courses, relay races, games, dance and movement.

**Mindfulness:** This class will include nutrition and mindful eating practices, mental and emotional management skills, mixed with body movement like yoga and stretching.

**Financial Wellness:** This course is based on Dave Ramsey's Financial Freedom Jr. teaching students financial literacy, how to work hard, save money and stay out of debt.

Grades K-3 will continue to do Innovations Classes: Farm, Smart Lab, PE, and Space Center on Monday mornings until October 8th.

## UPCOMING EVENTS

Sept 30  
**Acadience Assessments**



Sep 16  
**Family Skate**  
[Sign up now to reserve your spot](#)

T-shirts & Sweatshirts are  
back in stock.

Remember to watch your inbox for the  
weekly newsletter from your teacher.



A CANYON GROVE ACADEMY NEWSLETTER SEPTEMBER 3rd, 2021

# ADVENTURES AT-HOME

PART-TIME ON CAMPUS

Curriculum Access, Tech Support, or Any Perplexing Thing If you have any speedbumps along the learning roadway, please reach out to your ES. They can answer questions, turn in a Customer Support ticket, and find out the answer for any of your questions.

## ZEARN

All CGA elementary students have access to Zearn this year. Here are a few things to know: 1) Remediate, or Accelerate? Zearn starts each student with a diagnostic mission. Zearn helps students both catch up and accelerate their math learning. Research shows that students who experience learning acceleration struggled less and learned more than students who started at the same level but experienced remediation instead. In Zearn, personalized Boosts address unfinished learning in the context of new learning, helping students make connections and accelerate. 2) Workbook or no workbook? That is the question... Your student can use a workbook for Exit Tickets and Notes. Both can also be just written on paper, if you don't want to order or print a workbook. Your choice! 3) Lessons vs. Missions: This curriculum map shows the missions and pacing guide for each grade level. It defines the math concepts for each mission, how many lessons are in a mission, and across the top are the weeks of school so you can pace your student's progress. Your ES can help you if you need additional missions assigned or have questions. 4) Daily Work: Students should do 4+ Digital Lessons per week. Here is what is in a daily lesson: \*Daily Fluency Game: This will have different names because there are many games. \*Math Chat: A person teaches math on screen. This is where they will be using the notes. \*Tower of Power will give practice examples. \*Exit Ticket: After the student does the Tower of Power practice, the Exit Ticket checks for understanding. Your student can stop there for the day, or choose to do a 2nd lesson. We really hope your student enjoys Zearn math! Please reach out to your ES if you have any questions.

## INNOVATIONS & DISCOVERY

If you need to excuse an absence for Innovations or Discovery please email [jana.stout@canyongrove.com](mailto:jana.stout@canyongrove.com). If you do not excuse the absence with Jana then it is considered an unexcused absence. Our second registration for the year opens Sept. 13. Please remember that registration is on a first come first serve basis and we do not accept late registrations. If the registration is full you must sign up on the waiting list before the registration deadline to be eligible for participating if something opens up. Parents must watch the required orientation video and sign the waiver for the year before students can participate. For those participating in Discovery 1 this next week will be our last week at the Lindon marina. We will start Discovery 2 on Sept. 13. Those already participating in Innovations 1 will continue with those classes until the first week in October. Please remember that all students need to be checked out with our staff before they leave with you.



## EMAIL NOTIFICATIONS

Remember that you can set your email preferences for your Google classroom.

1. Go to your student's Google classroom where you want to change notifications.
2. Click on the hamburger menu (3 horizontal lines) in the upper left corner.
3. Scroll down until you can click on settings (gear icon).
4. In the Notifications section, turn on or off according to your preference.

T-shirts & Sweatshirts are  
back in stock.



# MIDDLE SCHOOL

PART-TIME ON CAMPUS

A CANYON GROVE ACADEMY NEWSLETTER AUGUST 2021

## SUPPORT

Curriculum Access, Tech Support, or Any Perplexing Thing

If you have any speedbumps along the learning roadway, please reach out to your student's classroom teacher or Sara Holt, the Middle School Supervisor. They can answer questions, turn in a Customer Support ticket, and find out the answer for any of your questions.

Join the [Facebook](#) conversation:  
Pleasant Grove Innovative Learning Center

## UPCOMING EVENTS

Sept 8-15  
**NWEA Assessments**



Sep 16  
**Family Skate**

[Sign up now to reserve your spot](#)

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## ILC FIELDTRIP

September 14th. This will be held at Vivian Park in Provo from 10 am to 2 pm. The Fall ILC field trips will be a one day event with science based activities.

These activities will be outdoors, please dress accordingly. PLEASE SEND YOUR STUDENT WITH A SACK LUNCH. Activities: Hike, rock hounding, trilobite kits, rock identification. Contact [Jodi@Williamsburglearning.com](mailto:Jodi@Williamsburglearning.com) for questions or concerns.

We can't wait to see you on Wednesday Sept. 8th at 9 am for NWEA testing. [HERE](#) is a copy of the letter that was sent out. It includes all the details including what to bring.