



CANYON GROVE ACADEMY NEWSLETTER  
OCTOBER 8TH, 2021

**I am responsible for my  
choices.  
I do not blame others or give  
excuses.**



I don't know how this happened....  
I didn't do anything...

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# Goates Notes

BY KIM GOATES

How can we help our children to own their choices and their consequences?

- "It's not my fault!"
- "She always gets me in trouble!"
- "He made me late!"
- "I would have finished it, but..."
- "I'm tired, so it's okay if I..."
- "I can't help it. It's just the way I am."
- "He made me do it!"

Nobody likes being wrong, being judged, or getting called-out when we've made a poor choice. Nobody likes getting in trouble, needing to make amends, or experiencing negative consequences.

Depending on our choice, different internal and external consequences follow.

One choice to wait and honor grandma's request will lead to strengthening our self-regulating power, as well as our trust in ourselves and in our relationship with our grandma.

The other choice can potentially lead to excuse making, possibly blame, mis-trust, self-justification, and hidden guilt for the rogue cookie. It's just a cookie, but it's the beginning of learning to "own it".

Denying our actions or shifting blame to someone else is a self-defense mechanism that is part of human nature. On occasion, we all do it. These self-protective behaviors always seem to happen when we make a choice that betrays our core values, when we inflate our own needs, breach our integrity, or when we stifle a thought to do a generous act.



In childhood, we acquire an understanding of what's right and wrong and test and use our ability to choose for ourselves. Perhaps Grandma bakes some of our favorite cookies. Maybe she gives us just one and then asks us to wait until after lunch for a second. We can choose to wait and honor her request, or choose to sneak another cookie.

**OWN IT. LIVE MINDFULLY IN THE PROWNING IT IS THE BEGINNING OF  
CREATING CONFIDENT CHARACTER AND EXEMPLARY LEADERSHIP.**

**YOU G.O.A.T. THIS!**

# ADVENTURES AT-HOME

PART-TIME ON CAMPUS

NO EPIC OCT 11 - 15  
EPIC CALENDAR

There will be no Innovations or Discovery classes October 12-15, due to Fall Break. Innovations 2 and Discovery 3 will start the week of Oct. 19-22. Only those that are registered will be able to attend.

Please direct any communications for Innovations or Discovery directly to [jana.stout@canyongrove.com](mailto:jana.stout@canyongrove.com).

We are so excited that our Canyon Grove students are making such great academic progress. Thank you for all of your hard work on doing their school work. **Consistency is the key!**

## ALLY

On your Ally student dashboard you will see your access to Zearn (our award-winning Math). Our students are loving this program and our adults are loving the results. Also on your Ally student dashboard, you will notice that we have changed the names of the math and language arts courses so they are divided by location (ie- LA Draper, Math Eagle Mountain). Please reach out to your ES if you have questions.

FALL BREAK OCT 13 - 15

Remember even though there is no Epic we still need attendance for Oct 11 & 12.

# ADVENTURES AT-SCHOOL

FULL-TIME ON CAMPUS

FALL BREAK OCT 13 - 15

Thank you for your participation in Parent Teacher Conferences. It was wonderful to see all of you and to talk about the amazing things your child is doing at CGA! It has been two months packed full with learning experiences that have carried students from the classroom to discovery and innovations and from specialties to the farm. Beginning of year assessments are complete and we appreciate all your hard work and efforts from home.

## MIDDLE SCHOOL

PART-TIME ON CAMPUS

FALL BREAK OCT 13 - 15

If you have questions or need help with assignments in your Williamsburg Learning classes, please email your mentors through CANVAS. Click on the 'Inbox' icon on the left hand side. If you have questions or need help with assignments in Canyon Grove classes, please email your mentor through GOOGLE CLASSROOM. Click on the assignment and then click "add comment to courses CGA" on the upper right corner. You can always email Sara Holt, the Middle School supervisor, at [sara.holt@canyongrove.com](mailto:sara.holt@canyongrove.com) for help or questions!