

## Tips for a safe summer

- **Getting involved with the community**
- **Become familiar with the social networks your child is using**
  - Check privacy settings on social networks
  - “Think before you post” conversations
- **Monitor what your child is watching on TV and social media**
  - have conversations about what they are watching
  - many shows play on the turbulent emotions and stress teens face every day, this may have an impact on your child
- **Set summer ground rules, expectations, and schedules**
- **Know their friends**
- **Have open lines of communication/Routine family conversations**
  - not only listening to what your child is saying but how they are acting
  - Limit free unstructured time

## Contact Us

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Visit us on the Web:  
[www.summitacademyschools.org](http://www.summitacademyschools.org)  
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## Help prepare your child for the next grade

Help your child learn and maintain these important executive functioning skills over the summer

- Organization
- Time management
- Task management
- Focusing
- Problem solving
- Management of feelings and emotions

\*\*For tips and ideas go to the [Summit Academy Draper Counseling Webpage](#)\*\*

2019-2020 Summit Academy Calendar

AUGUST							SEPTEMBER							OCTOBER							NOVEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18			
11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							
18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7	8	9	10	11	12			
25	26	27	28	29	30	31																					

DECEMBER							JANUARY							FEBRUARY							MARCH						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25			
8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				
15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			1	2	3	4	5	6			
22	23	24	25	26	27	28	29	30	31										8	9	10	11	12	13			
29	30	31																	15	16	17	18	19	20			

APRIL							MAY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
5	6	7	8	9	10	11	12	13	14	15	16	17	
12	13	14	15	16	17	18	19	20	21	22	23		
19	20	21	22	23	24	25	26	27	28	29	30		
26	27	28	29	30									

<b>First Day Of School &amp; Last Day of School</b>
<b>Early Out</b> Teacher Professional Learning Communities (See School Bell Schedule)
<b>No School</b>
<b>PTC</b> Parent Teacher Conferences
<b>EOQ</b> End of Quarter
<b>-</b> Make-up (Snow Days)
<b>NTD</b> New Teacher Orientation (New to Summit Academy)
<b>Teacher Training</b> All Teacher Training (New and Returning Teachers)
<b>PDD</b> Teacher Professional Development Day
<b>COMP</b> Teacher Conference Compensation (No School)

## SUMMIT ACADEMY JR. HIGH

1225 EAST 13200 SOUTH  
 DRAPER, UTAH 84020

# Summit Academy

## Draper Jr. High

Counseling Department  
 Community Report



## Upcoming and Important Dates

Jr. High Registration – August 7, 2019- 11:00 until 2:00

1<sup>st</sup> Day of School – August 19, 2019

Back to School Nights– TBD August 2019

Labor Day- No School- September 2, 2019

Parent Teacher Conferences at the Jr. High – September 25-26, 2019

8<sup>th</sup> grade- Plans for College and Career Readiness & High School Registration information- January 2020

6<sup>th</sup> grade- Plans for College and Career Readiness & Class Registration- February 2018

7<sup>th</sup> grade- Plans for College and Career Readiness & Class registration- March 2018

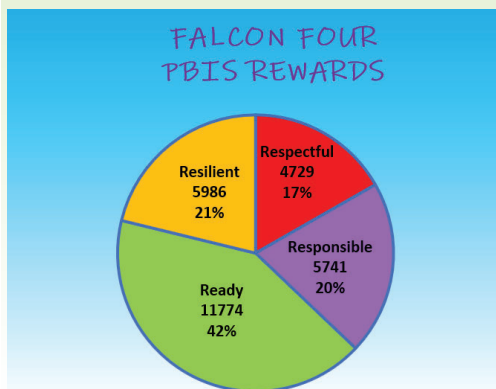
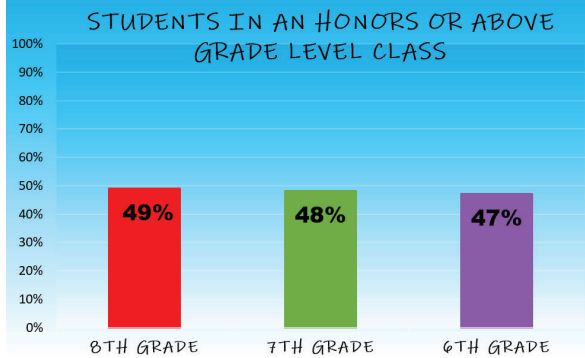
More information online at: [www.summitacademyschools.org](http://www.summitacademyschools.org)

## What have we been up to during the 2018-2019 school year

- Career Development Applications
  - Introduction to High School Pathways
- Introduction to College Applications
- Meet with Summit Governing Board
- March Madness College Week
  - Mascot Trivia
  - Trade Focus-MTEC Field Trip
  - 1, 2, 4 or more
- Follow up on Needs Assessment
- Response to Interventions
- Transition days 5<sup>th</sup>, 6<sup>th</sup>, and 8<sup>th</sup> grade
- Student Schedules and Jr. High State requirements
- College and Career Readiness Plans
- Community Resources
- Teaching mindfulness skills/coping strategies
- Reach Out lift Up Youth Protection Seminar
  - Dr. Christy Kane
- Working to meet the needs of each student

## What to expect for the 2019-2020 school year

- Working on alignment of counseling standards to provide each student a college and career going culture K-12
- Individualized student interventions
- Targeted executive functioning skills
- Working to meet the needs of each student
- Social- emotional supports school wide as well as individual
- Many of the same great things from this year!!



School Wide Positive Behavior Interventions and Support System

## Student Statistics for the 2018-2019 school year

6<sup>TH</sup> Grade - 92

7<sup>TH</sup> Grade -123

8<sup>TH</sup> Grade-104

TOTAL - 319 Jr. High Students

### Average Core class size

(Math, Science, English, History)

20

### Average Summit Academy class size

18

### Elective Class Options

34

### After school activities to look forward to!

- Soccer (boys & girls)
- Basketball (boys & girls)
- Volleyball (boys & girls)
- Cross Country
- Multiple Theater Performance opportunities
- Ultimate Frisbee
- Dance Company
- National Jr. Honors Society
- Debate

## Mindful Moments

Every student practiced these throughout the school year

### 15 things mindful people do differently

1. They don't believe their thoughts- and they don't take them all that seriously.
2. They don't try to avoid or deny emotions
3. They understand that all things come and go
4. They do one thing at a time
5. They turn everyday tasks into mindful moments
6. They practice being curious
7. They get outdoors and embrace the beauty of nature
8. They enjoy every bite when they eat
9. They slow down when reading and truly take the information in
10. They are fully present when listening without trying to control or judge
11. They take mini-breaks every hour or so when working or studying
12. They laugh at themselves
13. They focus on what they're doing
14. They challenge existing beliefs
15. They nourish their bodies.

Being mindful takes practice and effort but look for ways to take the time to enhance your life and find those mindful moments.

## MAPS Data Winter 2017-Winter 2018

