



ACADEMY OF THE CANYONS

Weekly Bulletin

September 9 - 13, 2019



CHARACTER COUNTS: *"Your present circumstances don't determine where you can go; they merely determine where you start." – Nido Qubein*

This Friday is a **TUESDAY** schedule.

Mindfulness Wednesdays

Are you feeling overwhelmed, anxious, or stressed? If you answered YES then Mindfulness Wednesdays is for you! Join Jacquie at the Wellness Center on Wednesday morning at 7:15 for a mindful meditation exercise to help combat feelings of stress and anxiousness. If you are interested, please sign up at the front desk. We hope to see you there!

Student of the Week

AOC's ninth grade team would like to congratulate Amelia Tisdale for being nominated as this week's Student of the Week! Amelia has already become an invaluable contributor and member of our school while consistently exhibiting impressive levels of dedication, attention to detail, personal organization, and an infectious enthusiasm for learning. Thanks for setting such a positive example in the beginning of the year and please keep up your amazing efforts!

SOAR

Have you ever wondered what it would be like to cross the finish line of a marathon? Do you want to challenge yourself to get fit and conquer 26.2 miles? If so, attend the Students off and Running or SOAR meeting on Thursday, September 19th at 3:15pm in room 101.

Attention AOC!

Please be reminded that we do not take any form of credit or debit cards for **any** purchases made at AOC (movie tickets, yearbooks, spirit wear, student store, etc.). Cash or checks made payable to Academy of the Canyons only! Additionally, our front office and Student Store are not equipped to break large bills on a daily basis. PLEASE try to bring smaller bills for your purchases at school. Thank you

Student Task Force

Do you have an interest in human rights? If so, come to room 106 this Friday at lunch for Student Task Force's first meeting of the year! Come in and learn all about conventions on the rights of a child and what we can all do to help! Follow us on Instagram at aocstf for more information.

Project Linus

If you want to learn to crochet or how to make a blanket for our September 28th Make a Blanket day, come join us on Tuesdays at lunch in 103. Also, the Make a Blanket Day sign-up sheet is now online so go to www.scvprojectlinus.org and sign up for our awesome event on Saturday, September 28th from 10 am to 4 pm at COC's East Gym! You can earn up to 6 hours for dropping off 6 blankets or stay and earn hours for making blankets. Bring fleece! See you there!

American Medical Student Association (A.M.S.A.)

Interested in Biomedical Engineering? Join COC and AOC AMSA and Advantage Biomedical Services on September 21st, from 10am to 1pm in COC Valencia's UCEN, to expose yourself to the various branches of biomedical engineering. Students have access to work shops, presentations, and internship opportunities! Look for the flyers in the hall or at aoc_amsa on Instagram for the registration link/QR code.

NHS members

Please visit the NHS website for the google classroom password located on the homepage. NHS elections are approaching. If you are an active member in good standing you are eligible to run for a position. The positions are Vice President, Secretary, and Treasurer. We also need a junior and sophomore to represent their class as the liaison. Letter of intent are due to Mrs. Rubay September 13 by 3:00pm. Late letters will not be considered. The election will be held September 27th at lunch in room 101. Induction Ceremony for new members will be October 4th (By invitation only) at lunch in UCEN 258.

It Bears Repeating

Lunches Available

Student lunches can be ordered by signing up at the front counter of the office. "Day of" orders must be placed no later than 8:15 AM; however due to late start Fridays, you must order Friday lunch on or before Thursday. To learn how to set up an account, you may come see Mrs. Walusko at the front office, or go to **MySchoolBuck.com**. The menu for each month can be found on the Hart District website and at the front office counter. If you have any questions, please see Mrs. Walusko.

Pre-Order Yearbooks

Don't forget to pre-order your yearbook to assure that one is reserved for you **AND** before the price goes up in the fall. Please see Mrs. Perkins in the front office and bring \$60 cash or check payable to AOC.

Wellness Room

The AOC Wellness room is a place to study, relax and decompress. Please keep the following rules in mind while in the wellness room; noise levels must be kept to a whisper, behavior should be mature and respectful, keep the room clean and organized and no outside food or beverage. Remember there is a **maximum occupancy of 14 students at a time** in the wellness room. Place your **current AOC ID** card on the provided location before entering the wellness room and don't forget to pick up your AOC ID card when leaving. It is important your ID is displayed in case of an emergency for an accurate count of students. We appreciate your understanding and support with these very important rules.

Computer Lab Hours

Students please remember that printing is five cents per sheet. Please bring money with you for printing. The AOC Computer Lab in room 110 is open 7:30 AM – 3:00 PM, Monday through Friday, for study time and computer work. Each student **MUST** sign **in** when you arrive and sign **out** when you leave. Desktops are available with internet access. You must have your AOC student ID to check out textbooks at the staff desk. Textbooks must be returned by the end of each period.

Movie Tickets

Feel like taking in a movie this weekend? Stop by the front office to purchase movie tickets for \$9.25 each. Please see Mrs. Perkins.

CLUB NEWS

Want to start a club?

Club application materials are on the AOC website under the ASB tab. We will be updating these shortly, but for now, all completed club applications and club constitutions should be submitted to Mrs. Perkins in the front office. In the near future, we will have a meeting for club representatives to learn procedures regarding club meeting minutes, attendance, etc.

Anime Club

Anime Club will be meeting at lunch on Friday in room 104.

Bible Club

Hey AOC! Bible Club will be meeting on Friday in room 102 at lunch to engage in discussions about the Bible as well as hang out with friends and enjoy some food. Bring your friends, all are welcome. We hope to see you there!

Debate Club

Come to Speech and Debate Club at lunch on Tuesday in room 107! No public speaking experience necessary. Come just to have a great time with old friends and make new ones! Hope to see you there!

GSA (Gay Straight Alliance)

Come to GSA in room 107 at lunch of Friday. All people are welcome and we will have snacks and activities!

Imagining the Future

The Imagining the Future in STEM club aims to create an environment where students thinking a STEM career can show their ideas to others and make the world a better place. Come join us on Friday in room 105 at lunch!

Strategic Games Club

Strategic Games Club will be meeting on Wednesday at lunch in Room 104. We hope to see you there!