

# Skyline Eagle News

December 2006 & January 2007

Counseling Center: 646-5421

Attendance: 646-5433

Main Office: 646-5420

[www.graniteschools.org](http://www.graniteschools.org)

## Principal's Message:

Last week KUTV News ran a series on steroid use in high school athletics. One of the nights, the series focused on a former Skyline Football team member. The mother of this young man found steroids in his bedroom and transferred him to another school. Although this scenario could have occurred at any high school, it is very troublesome that this happened at Skyline. Our football coaches talk to team members often about the dangers of steroid use and every athlete at Skyline (as do all other Utah high school team members) signs a contract that they "cannot promote nor use illegal substances as defined in Utah Code and the Utah High School Activity Association alcohol, drug and tobacco policy."

Some of us at Skyline feel that a random drug testing policy would be beneficial and would deter some student athletes from making poor choices. This policy would have to come from the Granite School District and, at this time, there is no such policy. In an effort then, to be more proactive about steroid use, Skyline will mount an education effort in the preseason coach's meetings that all students and parents are required to attend for each sport they participate in. In all future preseason coach's meetings, a 15 minute DVD will be shown and discussed. Please see the boxed article on this page.

Continuing on with student health issues, thank you to Superior Water and Air for again putting new water filters on all the drinking fountains at Skyline. This is part of their ongoing program "Safe Water for Utah Kids." Thank you again, Superior Water, for your interest in Utah students.

Please join us for some December performances in our newly refurbished auditorium! May this holiday season be a good one for your family.

-- Kathy Clark

- **Winter Dance Company Concert**  
Thursday, December 14, 7:00 p.m.
- **Band & Percussion Holiday Concert** Tues., December 19, 7:00 p.m.
- **Orchestra & Choirs Holiday Concert** Thurs., December 21, 7:00

## **Parents – Do you know the acts and figures about steroid abuse?**

The most recent information indicates that up to 500,000 high school athletes are currently using some type of performance enhancing drug. That is 2.1% of all students who participate in high school sports. It means one out of every 50 high school athletes is using steroids regularly. We have over 400 student athletes at Skyline High School. Please talk to your sons and daughters about the danger of performance enhancing drugs. Some of the possible side effects of steroid abuse are impotence (boys), baldness (boys), increased risk of prostate cancer (boys), bad temper (roid-rage), short stature, tendon weakness/rupture, cardiovascular system weakness, heart attack, enlargement of heart's left ventricle, liver tumors and cancer, skin acne and cysts, oily scalp, infection (HIV/AIDS, hepatitis from sharing needles), psychiatric effects (homicidal rage, mania, delusions, addiction), premature closure of growth plates, accelerated puberty changes (secondary characteristics), water retention (puffy appearance), bad breath, mood swings and trembling.

Here are some clues that might indicate your teenager is abusing steroids:

- Large muscle gains in short period of time
- Increased time spent in the gym and preoccupation with weight training
- Dramatic changes in personality (moodiness, aggression, hostility)
- Breast development in males
- Stretch marks (chest area)
- Increased acne (back, face and chest)
- Facial puffiness due to increased water retention
- Needle marks on buttocks or thighs
- Increased blood pressure and heart rate
- References to steroids in conversation (slang: roids, juice, sauce)

At Skyline we cover the subject of steroid abuse in all health and weight training classes. In addition, all students and parents are required to attend a preseason meeting with the coaches of each sport they participate in. The parents and athletes are required to sign a tryout form indicating that they do not use any illegal drug, including steroids. In all future preseason meetings for all sports at Skyline, a 15-minute DVD about steroid abuse will be shown and discussed.

## **Window Permits**



- Required for new students, living outside Skyline's traditional boundaries, that want to attend Skyline next year.
- Accepted on first-come, first-served basis, beginning December 1, 2006.
- Approval based on available space.
- Submission deadline is February 16, 2006.
- Questions? Call 646-5420.

## **Note to all Skyline PTSA Members**

Dear Skyline PTSA Member,  
As a PTSA member, your e-mail has been automatically added to the Skyline Parent & Community e-mail list. If you do not want to receive e-mail alerts, please go to the PTSA website to remove yourself from the list or to change your email address.

## **Check out the Skyline PTSA Website!**

<http://www.myteacherpages.com/webpages/SkylinePTSA/>



- Check our calendar!
- Get the newest member-to-member legislative alert!
- Join a discussion on our message boards!
- Go to "forms" to fill out a volunteer form and join our e-mail lists!
- Take a poll!
- Suggest an addition to our website!
- Look at our resources!

## **PTSA President's Message:**

Happy holidays to all Skyline students, teachers, parents and patrons. Here is a quick update on some of the activities the PTSA has been involved with this fall.

- **Logo wear** sales were fast and furious, thanks to the support team headed by

Barbara Jo Barth. There may be a few items left for purchase, so contact Barbara at 272-9944.

- “Reflections” entries were collected and turned over to the region PTA to be judged by Diane Mangum.
- Teri Lane has been busy collecting 250 e-mail addresses of PTSA members so they can be informed about important events and activities. The Skyline PTSA website is: [www.myteacherpages.com/webpages/skylinePTSA/](http://www.myteacherpages.com/webpages/skylinePTSA/). It is updated on a regular basis.
- The PTSA hosted a Parent/Teen Forum with Sheri Wittwer of NAMI Utah and Dr. Doug Gray on November 15<sup>th</sup>. We thank them for this informative evening.
- Skyline High will initiate **The Hope for Tomorrow program** this winter with the help of NAMI Utah and Deena Lofgren. This program helps raise awareness of mental issues, erases the stigma of mental illness, and fosters hope among students and their families. The program was developed by the Utah PTA, the State Office of Education, and the Department of Pediatrics and Adolescent Psychiatry at the University of Utah. An evaluation of preliminary data shows an increase in students seeking help after participation in the program. For further information, contact NAMI Utah at 801-322-9900 or at [www.namiut.org](http://www.namiut.org).
- Anyone interested in helping to select the Skyline high **PTSA Board** for the 2007-2008 school year, please contact Sandra Lehman (581-0581) or Cynthia Bourne (277-0624).
- Enjoy this season with your students, families and friends!

Sandra Lehman & Barbara Chipman  
Co-Presidents PTSA

## Counseling Center

Our main focus for the next two months will be **Junior SEOP Conferences**. All juniors will have a Career Center experience with Mrs. Palmer and then will meet with their individual counselor and parents.

This is a very important conference because critical information will be presented regarding graduation requirements, setting educational career goals, college admission testing, etc. All parents should receive a postcard inviting them to attend with their students. If you do not, please contact Ms. Cannon in the Counseling Center at 646-5421 to make an appointment. We hope to have 100% of our parents attend!

Just a reminder for seniors **applying for college** – the deadline for in-state schools is February 1<sup>st</sup>. For students applying to out-of-state schools, it is imperative that they check college websites for admission deadlines. Also, please allow two weeks for letters of recommendation from counselors and teachers. Good luck seniors!

## @ SHS Media Center

New books are arriving... stop by the media center and “check out” some of the new titles that you can enjoy reading during the holiday break! Remember that your ID card is needed to check out books this year.



### Pioneer On-Line Library -- Visual Thesaurus

To access the K-12 Pioneer Library from home, go to:

<http://pioneer.uen.org>.

**Username: pioneer**  
**Password: cake**

The Visual Thesaurus is an interactive dictionary and thesaurus which creates word maps that blossom with meanings and branch to related words. Its innovative display encourages exploration and learning. You'll understand language in a powerful new way.

Say you have a meaning in mind, like “happy.” The VT helps you find related words, from “cheerful” to “euphoric.” The best part is the VT works like your brain, not a paper-bound book. You'll want to explore it just to see what might happen. You'll discover -- and learn -- naturally and intuitively. You'll find the right word, write more descriptively, free associate -- and gain a more precise understanding of the English language.

### December Trivia Contest:

Remember to enter the trivia contest for the month of December...the winner will receive a \$20.00 gift certificate to Best Buy. Simply check out a book or magazine, and then place your answer to the trivia question on the slip. You could be the lucky person awarded the gift certificate!

## Career Center

Remind your students to check the Career Center or the calendar on its web page at [http://www.graniteschools.org/hs/skyline/career\\_center/index.htm](http://www.graniteschools.org/hs/skyline/career_center/index.htm) for upcoming career seminars, medical specialty tours, and Lunches with Professionals.

**Lunch with a Professional** is an optional lunchtime activity for students to help them explore career options. Several times a month, local professionals from a variety of fields are scheduled to speak to students in the Career Center about their respective fields while



students eat their lunches. The program is designed to give students a broad overview of different careers, the “inside scoop” on what a job is really like, as well as advice on what to do if they want to pursue that career. Upcoming speakers include: **emergency room doctor** Pete Taillac, M.D. on December 7, and **architect** Mathias Mueller on December 14. Students may attend as many of these programs as they would like (we encourage them to bring brown bag lunches on those days); however, sometimes advance sign up is required. For more information or if you would like to offer your services as a lunchtime speaker, please e-mail Lori Kizer at [lori.kizer@granite.k12.ut.us](mailto:lori.kizer@granite.k12.ut.us).

## Keys to Success

The Ken Garff Automotive Group is once again sponsoring “Keys to Success.” **This is a program that will allow one student from each participating high school to be awarded a car.** To be eligible, a student must have perfect attendance during a designated two-week period of the school year. Each student with perfect attendance during this two-week period will be automatically entered in a drawing for a Key Card. There will be approximately 15 of these time periods from September through March.

At the end of each two-week time period, 40 names will be randomly drawn from the list of students with perfect attendance for that time period. Perfect attendance means no absences – even if they are excused (although absences for school events, “Rs”, are not counted). It also means no tardies. Your name may be drawn more than once during the year, in which case you will receive another Key Card, increasing your chance to win a car.

All students who receive a Key Card can go online to select an **instant prize** that may include tickets to university athletic events, the Utah Symphony, the Shakespearian Festival, ski passes, coupons to restaurants, or various other prizes. Fifty finalists will be randomly selected from those who have received Key Cards to participate in the car giveaway. One of these Skyline students will win a car during an assembly in April of this school year. Be sure to have release forms signed when your name is drawn and return the completed form to Mr. Clark in Room 135 to receive your Key Card!



## **ACT Test Review Classes**

*for the February 10<sup>th</sup> Test*



- Classes begin on Monday, January 29<sup>th</sup> and run for 10 school days.
- Both English and Math classes will be offered.
- Classes are \$25 per subject.
- Math will be taught at 6:30 a.m. in Room 105 (Mrs. Croft).
- English will be taught right after school in Room 124 (Mr. Brown).
- To register, see Mrs. Croft (R. 105) or Mr. Brown (R. 124).
- Make checks payable to Skyline High
- We must have ten students registered by the first day of class to carry the section.

*Review classes for the December 9<sup>th</sup> ACT Test have already begun, but it's not too late to sign up! Classes are \$25 each. See Mrs. Croft or Mr. Brown to register.*



## Skyline IB Info

As the first quarter ends, **registration for IB exams in May is complete.**

Students have submitted the classes they wish to take exams in and have paid the fees to take the tests. Moderators must now be found to complete the scoring on the exams. During May, student exams will be mailed to countries all over the world to be graded. In July, the results will be published and students world wide will receive their scores either via the internet or the mail.

For the May exam session we will have 17 diploma candidates, 9 certificate candidates, 18 anticipated (next year's diploma candidates who are taking an exam this year), and 2 retake candidates. There will be 70 exams given in 5 higher level subjects, 54 exams given in 12 standard level subjects, 17 extended essays written in 4 subject areas, and 17 students who will write TOK papers and make class presentations. We are pleased with the students and their dedication to the international educational experience they are exposed to through the IB program.

Each year we have an **information meeting** for the students and their parents who are currently enrolled in the pre-IB and IB programs. This meeting will be held on **December 5<sup>th</sup> (Tuesday) at 6:00 PM** in the library. A new handbook will be distributed to all in attendance. Hopefully many of your questions will be answered by the handbook. If not, you may always contact me at 646-5420 or e-mail me at [ruth.dallas@granite.k12.ut.us](mailto:ruth.dallas@granite.k12.ut.us). We will be discussing some details of the IB program, answering questions and talking to parents to get volunteers who will serve on committees to help with invigilation (proctoring) of exams, IB newsletter, teacher appreciation, end-of-year celebration, etc. We truly appreciate the wonderful parents who are so willing to help us with the IB program. Make sure you get your copy of the handbook. See Mrs. Dallas if you are unable to attend on December 5, 2006.

January through March for the IB program are months when we are sending internal assessments all over the world to be scored. Teachers will gather the labs, portfolios, workbooks, world literature papers, historical investigations, and projects from their class. These materials are then sent to be graded. The score from this work along with the score from the exam is what determines the final score awarded. IB scores range from 1-7. We have been pleased with the scores our students have received in the past, and hope for the same this year.

Extended Essay (EE) and TOK work for the seniors is now complete. **CAS hours and the reflective essays are due for all IB and pre-IB students on February 14<sup>th</sup> each year.** It is good to have these important parts of the IB program complete before all the reviews and exams begin the first week of May.

Our ceremony to present IB diplomas to the graduating class of 2006 will be held in December. Because diplomas and certificates do not arrive until the middle of September, we wait until the students come home for first semester break to have our ceremony. We look forward to this special occasion. We appreciate the administration and teachers here at Skyline High School who do so much to make sure the IB program functions at a high level of excellence for our students.

## Sterling Scholars




Congratulations to Skyline's 2007 Sterling Scholar Nominees! The first round of regional judging will take place on February 21<sup>st</sup> at Woods Cross High School

- English: **Wyatt McKean**
- Mathematics: **Kevin Ni**
- Science: **Junyang Wang**
- Social Science: **Sarah Dupont**
- Foreign Language: **Sally Steele**
- Computer Technology: **T.J. McLaughlin**
- Family/Cons. Science: **Rebecca Bekker**
- Business & Marketing: **Peter Tolman**
- Trade & Technical: **Adrienne Shaw**
- Visual Arts: **Alexandria Cook**
- Speech/Drama: **Siwei Zhou**
- Dance: **Sierra Eichers**
- Music: **Sara Ence**

## News from the Music Department

Thanks again to all those who came to our Fall Dinner Concert! It was a HUGE success!!! Things are going very well in the world of instrumental music right now! We are still preparing for our December Holiday Concerts.


Looking ahead, here are a few things to be aware of:

- **Concerto Night Auditions have been changed!** Due to the change of the school musical date, Concerto Night auditions have been postponed by one week. **Auditions will be held on Friday, Dec. 8<sup>th</sup> from 3:30 to 6:30 PM.** A sign-up sheet will be posted before the audition. Remember – it is an **absolute requirement** that you must be actively participating in the music department to be considered as a soloist!
- **Bands & Percussion Holiday Concert** – Tuesday, Dec. 19<sup>th</sup>, 7:00 PM, auditorium.
- **Orchestra and Choirs Holiday Concert** – Thursday, Dec. 21<sup>st</sup>, 7:00 PM, auditorium. 
- **BYU/Crescent Jazz Festival**, Feb. 15<sup>th</sup> – 17<sup>th</sup>, exact performance date and time TBA.
- Students! – Remember that this is a great time of year to get your **quarterly concert report** done! The holiday season brings many musical events all throughout the state!

## Art Department News

- In December, Gallery 127 will have the show **Recent Paintings**, highlighting work from Mrs. Darling's students. Students in Painting classes, AP Art, and IB Art will show their best paintings so far this year. This show will be open during lunch **December 11<sup>th</sup> – 19<sup>th</sup>.**
- **“Souper” Art Night** -- The Granite Education foundation will host the 4<sup>th</sup> Annual “Souper” Art Night **January 29<sup>th</sup> at Cottonwood High School.** Students from every high school in Granite District will create art live on site and also display 3-5 pieces of their own work. Mrs. Darling and other high school art teachers will also display recent work. Everyone is welcome to this family event and free soup and hot dogs are provided to all who attend. There will be music and nationally renowned judges who will present prizes at the end of the evening for the best work. Anyone who has attended this event before will tell you that it is an amazing experience for both the students and the public. **Cleo Ricks, Drew Carney, Brianna Jensen, Alexandria Cook, and Grayson Folcomer** will represent Skyline High School. They were chosen for their skill and for their diverse styles and techniques.
- **Art Club News** -- The Skyline Art Club is off to a great start this year. **Club president Junyang Wang** organized a painted pumpkin sale before Halloween to raise funds for the club. Club officers will be elected in November. During the next couple of months the students will be working on a large mural in the pottery room, designing and ordering club t-shirts and hoodies, and going to local galleries together. Meetings are every Wednesday in Gallery 127 (Room 127) during lunch. Anyone is welcome to join.

## Attendance Reporting 646-5433

- Call this number for all-day absences, students arriving more than 20 minutes late and street passes.
- Skyline does not accept written excuse notes from parents. You must call all absences in on the attendance phone line.
-  Please have the student number ready when you call.
- Your call will forward to voice mail if the Attendance Secretary is on another line.
- Calls must be made on the day the student is missing school.

## SHS Yearbook- Aquilian

Dear Parents,



Each year we have a number of students who are unable to purchase a yearbook due to different circumstances. We will be evaluating those students who are most in need, and through a newly implemented Adopt-a-Student program, make an effort to provide a yearbook for them. We are seeking sponsors to help us in our efforts to provide yearbooks to these students. If you are aware of any individual, business, or organization that would be interested in supporting this effort and participating in the Adopt-a-Student program, please have them contact the new yearbook advisor, Mr. Warren Hull, at [warren.hull@granite.k12.ut.us](mailto:warren.hull@granite.k12.ut.us).

Thank you sincerely,  
The 2006-2007 *Aquilian* Staff

## Community of Caring

- Congratulations to **Sara Ence** and **Elizabeth Farnsworth!** They were selected to represent Skyline as the 2007 **Prudential Spirit of Community Awards**.

- Community of Caring students and the Student Body Officers will be **gathering items for the Road Home Shelter** during the month of December. Items needed include



shampoo, conditioner, deodorant, toothbrushes, and toothpaste. Students can bring items and place them under the tree near the front office.

- **Service Scholar (seniors) Lunch Meeting** -- Tuesday, December 5, CoC Room 156
- **Food Bank** -- Wednesday, December 6, 2:15, CoC Room 156
- **500 Sandwiches/ Salvation Army** -- Tuesday, January 9, CoC Room 156
- **Hunger Banquet** -- Thursday, January 18, 2007. **Kalai will be performing!** Proceeds will go to the children at the Sunflower Orphanage in Peru. Tickets available in Community of Caring Room 156 on "A" days or in the office.
- **Food Bank** -- Tuesday, January 23, 2:15, CoC Room
- **SERVICE SCHOLAR PORTFOLIO COMPLETION** -- Wednesday, Jan. 24, 2007
- **Service Scholar Open House** -- Come see the amazing student portfolios! Thursday, February. 1, 2007
- **Head, Heart & Hands Assembly** -- Friday, February. 9, 2007. If you know of someone who is exemplary in using their head, heart and hands for others, please contact Mrs. Daily.

## Women's Softball



The girl's softball team will be hosting **open gyms** for any girls (from 9<sup>th</sup> to 12<sup>th</sup> grade) that are interested in trying out for the team in the spring.

**Open gyms will be every**

**Wednesday night from 6:00 pm until 8:00 pm in the main gym starting in January.** The open gyms will continue through February until tryouts. **Tryouts for the girls softball team will be held Monday and Tuesday, Feb. 26<sup>th</sup> and 27<sup>th</sup> at 3:00 pm in the auxiliary gym.** If you have any questions regarding open gym or tryouts, please contact Denice Long at [denice.long@granite.k12.ut.us](mailto:denice.long@granite.k12.ut.us) or call the main office. Go Eagles!!

## Men's Soccer

**Bryce Bunting has been appointed as the new head coach of the Skyline men's soccer program.** Coach Bunting takes over the coaching reins from Shawn Kennedy. Coach Kennedy has been the backbone of Skyline men's soccer, and everyone associated with soccer at Skyline is grateful for his years of committed coaching and leadership of the program.

Although new as the head coach, Coach Bunting is anything but new to Skyline soccer. He has coached the men's JV team for the last couple of years and brings a very impressive 47-6-9 won/loss/tie record to his new assignment as coach of the varsity program.

He played inter-collegiate soccer on scholarship at Mars Hill College in North Carolina and before that played his high school soccer right here at Skyline where he was team captain in 1999.

Coach Bunting, who is student teaching at Skyline this year, is an Eagle through and through and he is quick to share his aspirations for making Skyline the premiere men's soccer program in Utah. When asked to describe what he sees as the hallmarks of Skyline soccer under his coaching, Coach Bunting replied, "Skyline men's soccer will be a program that emphasizes character, integrity and a disciplined commitment to the concept of team. These important principles, combined with tenacious training and bold play, will make Skyline a perennial soccer power."

Coach Bunting has announced that **tryouts for men's soccer will be February 26<sup>th</sup> – 28<sup>th</sup>.** More information on tryouts and open-gym workouts leading up to the tryouts will be announced soon. If you'd like to meet Coach Bunting personally, or if you have a soccer question, stop in and see him, he loves to talk soccer!

**Further information is available from Bryce Bunting at Skyline or Dan Lofgren of the Skyline Men's Soccer Boosters at [dlofgren@cowboy.us](mailto:dlofgren@cowboy.us).**



## Arts & Humanities Council

Four years ago, the Skyline Arts & Humanities Council was formed by parents and teachers to "promote excellence in the arts activities of Skyline High School, including (but not limited to) music, dance, visual arts, speech, debate, the literary magazine and drama by pooling the resources of students, faculty, alumni, parents, and patrons of the school." Their vision was to "build a school community in which artistic excellence is valued, celebrated, supported, and available to all." With so much emphasis on academics, a high grade point average, and the requirements for college education, some students are forsaking classes in the arts.

We would like to remind parents and students how valuable an education in the arts is. Elliot W. Eisner, of Stanford, one of the nation's outstanding educators, argues that part of the value of an arts education is learning how to develop particular mental processes. He points out that "much of the content of elementary education in this country teaches students to conform to rules. Arithmetic operations, spelling, reading, and punctuation are all based on following specific rules to obtain the "right answer." While necessary to many subjects, the rules approach does not work for developing arguments or interpreting data, skills many business leaders work hard to develop in their employees."

**Some of the accomplishments of the Arts Council include contributing funds toward the replacement of the stage curtains, the creation of a printed program for performances at Skyline as a fundraiser for individual students and departmental needs, establishment of a student college scholarship fund, departmental grants for material and resource needs, and our on-going Capital Campaign and Lega-Seat campaign to raise funds for the arts programs in general.**

The Arts & Humanities Council would love to have more participation from parents and the community. If you are interested in becoming involved, making a contribution, or have skills or resources that we could tap, please call Susan Kaelin at 272-0595. "When the arts are abandoned, culture disappears and nations fall" (author unknown). We cannot let the arts in our schools fade away and die!

**You will find a donation form on the outside of this newsletter.**



Graduation  
May 31  
Huntsman Center  
7:00 p.m.