AP MUSIC VISITS UTAH SYMPHONY

The CCHS AP Music Theory class had a neat opportunity to tour Abravanel Hall and to meet with members of the Utah Symphony. Students were able to tour the Utah Symphony music library and to learn from current librarians Clovis Lark and Claudia Restrepo about the duty of orchestra librarians. Students then had a sit in meeting with Caitlyn Valovick-Moore, one of three flute players with Utah Symphony, where they were able to interview and learn from her experience. To finish it off, the students were able to observe a live rehearsal of the Utah Symphony.

DEBATE TEAM TAKES ON THE NATION

The CCHS Debate Team just returned from a National Invitational Tournament at ASU. Many of the Chargers were able to “break” or make it to the finals rounds. CCHS was the only public school to have anyone “break.” Super impressive team. Keep it up!

GIRLS WRESTLING SENIOR NIGHT
# WEEK AT A GLANCE

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Information</th>
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<tr>
<td>Monday, January 15th</td>
<td>Martin Luther King Jr. Day - No School</td>
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| Tuesday, January 16th, B day | Swimming v. Alta 3:30pm  
Girls Basketball @ Herriman 7:00pm  
Boys Basketball v. Herriman 7:00pm |
| Wednesday, January 17th, A day | Drama Club Field PTC Field Trip  
Drill Regionals @ Mtn. Ridge 6:00pm  
Wrestling @ Bingham 7:00pm |
| Thursday, January 18th, B day | Girls Basketball v. Copper Hills 7:00, Main Gym |
| Friday, January 19th, A day | Boys Wrestling @ Idaho Falls  
Girls Wrestling @ Mtn. View 7:00 pm  
Boys Basketball @ Copper Hills 7:00pm |
| Saturday, January 20th | Boys Wrestling @ Idaho Falls  
Dance Company Camp 7:00am |

Based on the School Needs Assessment completed by families, the Counseling Department has implemented an Aptitude Assessment to help students discover career pathways, learn about their natural strengths, and provide resources to direct their education and career plans. The YouScience Aptitude Assessment is comprised of 9 brain-based assessments and an interest inventory. The assessment is completed during 10th grade and used during 10th and 11th grade CCR meetings.

The YouScience Aptitude Assessment is currently covered by the State of Utah and is free for all Utah students. Some of the additional benefits of the program are helping students learn more about their natural aptitudes which can align them to personal and relevant courses of study during high school and a focused direction after graduation. The assessment also provides students a best-match career report based on their aptitude and interests with careers they may not have considered.

Upcoming College Visits and General Scholarship Information (click link for updated information)

Job Shadow Opportunities February 7, 2024

Job Shadow Opportunities are limited and will be filled on a first come, first served basis.

For questions, reach out to Mrs. Thorell in the Counseling Center or follow the QR Code.

PREMED PATHWAY

Seniors who are looking to graduate in Pre-med Pathway need to attend an informational meeting on Tuesday, January 30th. The meeting will be held in Mrs. Bakker’s room (S-114) right after school. Any questions, see Mrs. Bakker.

WEEK OF JANUARY 15TH, 2024
Mrs. Katelyn Grinder's Foods Class had their semester Iron Chef Challenge where students were told to create a recipe with a secret ingredient. This semester’s secret ingredient was sour cream. Mrs. Grinder recruited some happy teachers to judge the recipes, and the winner was the Peppermint Bark Whoopie Pies! All of the students did such a fantastic job!

Students quite literally had a jam session in all Biology classes this week by extracting DNA from a strawberry! DNA is the molecule that controls everything that happens in the cell. This activity demonstrated how DNA can be isolated from a strawberry just by using common household items.
Attention All Boy Soccer Players!
The Annual CCHS Boys Soccer Winter Camp begins Tuesday, January 16th. All students interested in playing soccer and trying out for the Boys Soccer Team in the spring are encouraged to attend. There will be open play soccer games and conditioning to prepare for tryouts.

ALL participants must register first at the following link: REGISTER HERE

Please see Coach Van Wagenen in the South Hall - Room S-232 - or email him at andrew.vanwagenen@canyonsdistrict.org

Softball Conditioning Camp
The CCHS Girls Softball Open Gym/Conditioning Camp is a 6-week training program for athletes 6th - 12th grade wanting to learn softball and for upcoming Corner Canyon girls softball players. The training will be run by the CCHS softball coaching staff and will focus on the fundamentals of softball: throwing, catching, hitting, speed, agility, and game situations. The camp is designed to prepare players for tryouts and the upcoming 2024 girls high school softball season. Players will be separated by playing ability and age groups. Follow this LINK for more information, times, and dates.

Track and Field
ORDER YOUR UNIFORMS/GEAR NOW!
Any athletes planning on participating in Track and Field will need to talk to coach Moody this week to be sure to get uniforms ordered before the season begins!

For more information about participating on the Track and Field Team, preseason workouts, or any additional information please reach out to Coach Moody.

Basketball
Region 2 Basketball has begun. Many of both the girls and boy's games will be live streamed on www.chargertv.net. Boys' basketball season will be live streamed on Charger TV with the exception of January 26th. The remaining girls' basketball games played on Thursdays are all going to be live streamed on Charger TV as well with the exception of the January 25th game.

We invite our Charger community to tune in and support both teams this season!
A whopping 59% of preteens and teens surveyed by Common Sense reported using their phones between midnight and 5 a.m. on school nights. Common Sense Media has practical tips to help kids establish a healthy balance between phones and sleep.