

Diamondback Digest

September 30, 2019

ESPECIALLY FOR ATHLETES KICKOFF MEETING

This Wednesday, October 2nd at 6:00pm we will be holding our *Especially For Athletes* Kickoff Meeting at DFJHS. This is an amazing organization that teaches our students about the influence they have, and the power they have to make a positive impact on the world around them.

While the message is geared toward athletes (of any kind), it is just as applicable for all students, and all are invited. Parents are encouraged to attend as well!

Wednesday, October 2nd
6:00pm @ DFJHS Cafeteria

PTA REFLECTIONS CONTEST

It's that time of year again, time to get creative with the ARTS! The 2019 PTA Reflections Theme is LOOK WITHIN.

Why?

National PTA's Reflections program has helped students explore their own thoughts, feelings and ideas, develop artistic literacy, increase confidence and find a love for learning that will help them become more successful in school and in life.

What?

Each year, over 300,000 students in Pre-K through Grade 12 create original works of art in response to a student-selected theme. Students submit their completed works of art in one or all of the available arts categories: Dance Choreography, Film Production, Literature, Music Composition, Photography, Visual Arts. Each student may submit ONE entry PER category.

How?

Official rules and guidelines are found online at www.PTA.org/Reflections Watch for more information about submitting entries.

School Deadline OCTOBER 23rd.

Upcoming Events

ESPECIALLY 4 ATHLETES
Kickoff Night Assembly
Wednesday, Oct 2
6:00pm
DFJHS Cafeteria

GIRLS TENNIS
Thursday, Oct 3 @
Spanish Fork Sports Park
3:30 pm

Monday, Oct 7 @ SHS
JV DISTRICTS

Tuesday, Oct 8 @ SHS
VARSITY DISTRICTS

CROSS COUNTRY
Friday, Oct 4 @ PJHS
Girls: 3:30pm
Boys: 4:00pm

Friday, Oct 11 @ MNJHS
DISTRICT FINALS
Varsity Girls: 3:30pm
Varsity Boys: 3:45pm
JV Girls: 4:00pm
JV Boys: 4:15pm

PICTURE RE-TAKES/
MAKE-UP
Tues, Oct 8th

FALL BREAK
Thur-Sun, October 17-20

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SCHOOL WEBSITE

If you haven't been checking our school website regularly, **YOU ARE MISSING OUT!** We are doing our best to keep up on all the amazing things that are happening at DFJHS each day. We're posting pictures, stories, and events. On Fridays, we post our weekly news show "The Diamond Fork News." On Mondays, we link this newsletter! Throughout the week we try to catch students being amazing around the school! Check it out!

dfjhs.nebo.edu

And, of course, follow our Social Media accounts!

Instagram: [@Official_Diamond_Fork_Jr](https://www.instagram.com/Official_Diamond_Fork_Jr)

Facebook: [Official Diamond Fork Junior High School](https://www.facebook.com/OfficialDiamondForkJuniorHighSchool)

PARENT TEACHER STUDENT ASSOCIATION (PTSA)

First, DFJHS would like to thank last year's PTA for the wonderful work they did to support our school! They did so much--both in helping purchase school needs (wireless microphones and an ice machine) and in providing support, treats and recognition to our teachers. **THANK YOU!** Your efforts mean a great deal to our faculty/staff.

This year, they would love even more Parent (and student) support. If you are interested in helping in **ANY WAY**, or want to see what it is all about, or the different ways they support the mission of DFJHS, please visit their website at

sites.google.com/site/diamondforkpta/

HOPE4UTAH RESOURCES

At DFJHS, we are aware of the severe challenges facing students and families today. We want to be a resource to students who may be struggling with whatever challenges they face. In an attempt to share resources to families, feel free to check out the various topics and resources available through the Hope4Utah website. Topics range from Suicide prevention, to bullying/cyberbullying, to Social media.

<https://hope4utah.com/intervention-2/>