



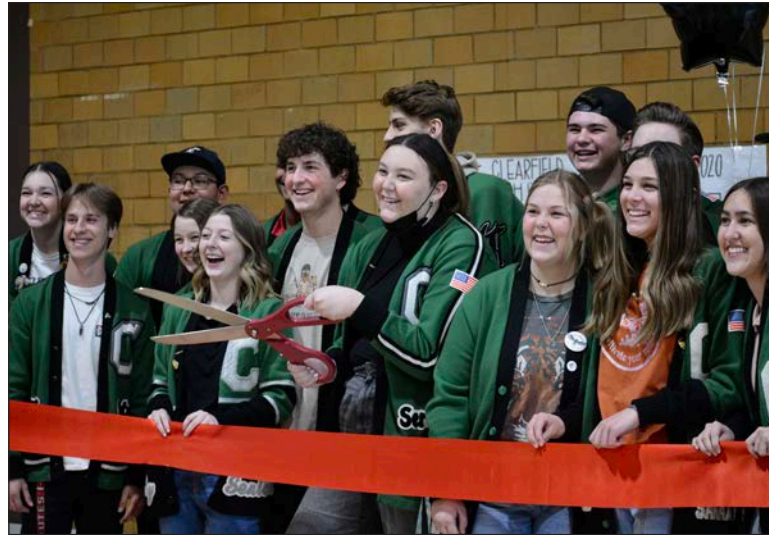
Students focus on mindfulness

Schools create mindful centers to help struggling students

Whether it be to deal with the stresses of an upcoming test or anxiety over a social interaction, students throughout Davis School District are finding respite in mindfulness centers.

In these centers, students and staff members can learn mindfulness strategies and participate in activities to help deal with those stresses.

One of the most recent centers to open was the Mindful Center at Clearfield High School. The center opened with a ribbon-cut-



Clearfield High students participate in a ribbon-cutting for the new Mindful Center.

ting and a little fanfare. Students played a major role in its establishment, raising nearly \$67,000 during the Falcons are Fabulous fundraiser in 2020. The center includes comfortable seating, activities, mindfulness books and calming scents diffused into the air.

“With the COVID pandemic and also with life’s struggles, we have noticed that there was a need for students to have a place where they can go and get the support or learn the skills that they need, so that they can be able to control those emotions, that anxiety, those panic attacks, that stress or sometimes that depression that causes them to have those

See MINDFUL, Pg. 2

Davis Catalyst Center students partner with Alex Boyé

International recording artist Alex Boyé turned to Davis Catalyst Center students to record his latest song.

“This is mind-blowing to me,” said Davis Catalyst Center student April, who is a fan of Boyé and dreams of producing music.

“I haven’t had that many opportunities in my life and I’ve never considered myself one of the cool kids. I wasn’t expecting this at all,” she said.

The magnet school in Kaysville is specially designed to partner Davis School District students with industry mentors and businesses.

“I heard we are doing this with Alex Boyé I was like, ‘great opportunity. I’ll take that. Put it under my belt,’” Davis Catalyst Center senior

Jonah said.

For two days, Boyé and music producer KC Knight relied on DCC audio production students for a cover of “We Don’t Talk About Bruno” from the movie, “Encanto.”

“I had this idea of bringing this very, very, extremely popular song that every kid on the planet knows right now and putting it through the Catalyst machine,” Boyé said. “It’s coming out really good. I’m really really excited.”

While Boyé wants the students



Catalyst Center students observe the work of music producer KC Knight.

to gain confidence, April admits she’s walking away with a lot more.

“It’s probably the best educational experience I’ve ever had,” April said.

Boyé also plans to use DCC students to create a music video for the song.

[View a video about the experience here.](#)

Tailoring learning experiences not easy adjustment

I wear a suit most days to work. Usually, I get my suits at a local men's clothing store when the suits are on sale, but I recently needed a suit and couldn't wait for the sale to come.

Seeking a quick and inexpensive solution, I jumped online and ordered a suit from Amazon. In the online pictures, it was a nice-looking, tailored suit with great reviews. When it arrived, I realized that it was indeed a pretty nice suit, but the pants hadn't been hemmed, and the suit was loose-fitting and looked kind of sloppy on me.

Hoping to have a slightly more polished look in a brand-new suit, I took the suit to a tailor who was able to take some measurements, hem and taper the pants, and fit the suit jacket to my body type. The tailoring took some time, and it cost a little in addition to what I had already paid for the suit. When I got the suit back, it was trim and it looked pretty good on me (though admittedly still not as good as the one on the professional model in the online picture). It was worth the extra investment.

As suits need tailoring to get that perfect fit, learning experiences need to be carefully designed and adjusted to meet the varied needs of students. Our teachers and administrators are working to create custom-fit learning for our students, but the required adjustments are not easy.

Finding effective ways of assessing student needs, designing curriculum, activities, projects, and other learning experiences, and effectively implementing digital tools and platforms all take time and energy, and we appreciate the tireless efforts of our educators. Likewise, learning in a personalized environment can require effort and adjustments from our students, too.

We appreciate their commitment to learning in powerful, relevant ways. It's true that it would be easier to implement a one-size-fits-all approach to our work in classrooms, but as with the difference between ill-fitting and well-tailored suits, our work to create personalized learning experiences for our students will be worth the extra investment.

- Assistant Superintendent Dr. Logan Toone

MINDFUL, From Pg. 1

dips in their lives," said Clearfield High Counselor Gloria Whitesides.

"We thought if we can bring them to that mindful center and teach them those skills, then they will be successful not only teenagers, but successful human beings in the future," she said.

Northridge High also has a mindfulness center where students can refocus for about 15 minutes. The area has chairs, couches, bean bags and pillows. Calming music plays subtly in the background while the lights are dimmed. Students have access to mindful activities, such as coloring, thinking putty and sand Zen gardens, in addition to snacks and water.

"I have lots of students tell me that this center has helped them get through the day," said Carrie Shaw, the wellness center teacher's assistant. "I see students that are struggling with home life and school. I also see students that are just having an anxiety attack and need to calm down. In the past, students would go to the secretaries in the office or the counseling center. There really wasn't a place for them to calm down and take a moment to regroup."

Several other schools in the district have created mindfulness rooms. Heritage Elementary converted a storage closet into a mindful space for adults in the school to destress.

"It is beautiful, and teachers are found there," said Heritage Elementary Administrative Intern Michelle Yoho. "It has massage chairs, calming lights, a sound machine and usually chocolate. Our teachers can go in at any time they need to run away, even if it is just for a minute."

Bountiful Elementary has a small area with a small couch, huge pillows and a variety of fidgets and mindfulness activities. Currently, the space is used for the school's behavior intervention aide to help talk students through mindful practices.

At Central Davis Junior High, a room has been converted into a mindfulness room, termed the Zen Den, where counselors hold mindfulness groups for teachers and

students. Crisis and empowerment groups also meet there.

"The Zen Den is a space where students and staff can step away from the distractions around them and enter a quiet, tranquil and comfortable space," said school counselor Shari Miller.

Throughout the district, during the week of March 7-11, schools will focus on SEL skills that can be used in any location. From yoga to an escape room where the secret is to use knowledge on solving conflicts, students will participate in a variety of activities.

Additionally, schools will focus on the needs of faculty and staff with self-care tips, guided brain breaks and sharing messages of gratitude.



Comfortable seating, lighting and calm music are part of the mindful center at Northridge High.

Employees, students honored for achievements



Hansen



Christensen

• In the month of February, the Davis School District Board of Education recognized **Kallie Hansen from Syracuse Junior High** and **Christine Christensen at Layton**

Elementary for dedication to students in the district.

• The **Farmington High Nixelles** placed first in the 6A division of the 2022 State Drill Competition. The **Davis High D'Ettes** brought home third place. In the 5A division, the **Viewmont High Vykelles** captured first place.

• Several students received honors at the Utah All-State High School Art Show — Jurors' Award of Merit: **Mylie Derrick, Woods Cross High; Natalie Harris, Northridge High; Lillian Wright, Farmington High;** First Congressional Award Winner — **Kelty-Lyn Dagley, Farmington High;** First Congressional Honorable Mention — **Anna Ferguson, Davis High; Zoma Marino, Clearfield High;** Second Congressional District Honorable Mention — **Kaylee Castleberry, Bountiful High; Emma Oberle, Viewmont High;** Utah State Board of Education Purchase Award — **Natalie Harris, Northridge High.**

• Students competed in the District Storytelling Festival and several were selected to participate in the Weber State University Davis Storytelling Festival — **Ariana Aldred, Canyon Creek Elementary; Eva Amin and Caleb Holmes, Kaysville Elementary; Lizzy Carter and Nolan Porter, Burton Elementary; Madison Child and Kimberly Roane, Columbia Elementary; Sam Dugdale and Leah Johnson, Davis Connect; Perry Dutson, Knowlton Elementary; Naomi Gadd and Sam Gadd, Windridge Elementary; Emerson Hamaker, Mia Mori, and Katie Joubert, Heritage Elementary; Alex Martinez, Woods Cross Elementary; and Brynn Stoker, Ellison Park Elementary.**

• Four seniors from Davis School District out of 71 students from Utah were selected as candidates in the U.S. Presidential Scholars Program — **Hyrum Bradshaw and Spencer Bringhurst, Farmington High; James Checketts, Viewmont High; Samantha Nichols, Davis High.**

• **Hill Field Elementary** received a \$7,000 donation from Rotary Clubs of Ogden, Layton and the Utah District Rotary to buy Sphero robots and iPads to code in their classrooms.

• The **Millcreek Junior High Girls Basketball Team, Legacy Junior High Boys Basketball Team and Centennial Junior High Volleyball Team** were all named district champions after undefeated seasons.

• Davis Association of Elementary School Principals Award Winners for the 2021-22 school year — Student Advocate Principal of the Year – **Jodi Rees, Sunset Elementary;** Instructional Leader of the Year – **Susan Andrews, Kay's Creek Elementary;** Rookie Principal of the Year – **Casey Pickett, Windridge Elementary;** Innovator of the Year – **Ryan Van Natter, Meadowbrook Elementary;** Community Leader of the Year – **Neesha Killpack, Valley View Elementary;** Principal Mentor of the Year – **Kurt Farnsworth, Lakeside Elementary;** National Distinguished Principal of the Year – **Daryl Fluckiger, Holt Elementary.**

• **Centennial Junior High's National Academic**



Centennial Junior High's team celebrates the district win.

League team took first place in the district competition followed by a win at the regional tournament. The **Central Davis Junior**

High NAL team came in second place for the district.

• Three schools from the district competed in the regional Science Olympiad Competition, winning first place in the following events: **Farmington High** — Disease Detectives, Dynamic Planet, Forensics and Gravity Vehicle events; **Centennial Junior High** — Road Scholar event; **Fairfield Junior High** — Anatomy & Physiology, Bio Process Lab, Code Busters, Crime Busters, Disease Detectives, Food Science, Green Generation, Mission Possible, Ornithology, Sounds of Music and Storm the Castle events.

• Several of the district's high schools participated in the 33rd Annual Academic Olympiad, competing against other high schools in northern Utah. In the Battle for Olympus competition, **Woods Cross High** received the Gold Award and **Viewmont High** received the Silver Award. In the team test portion of the competition, **Farmington High** received the Gold Award and **Davis High** received the Silver Award. [View a video of the event here.](#)

• Two **Northridge High** students had art pieces selected for display in the K12 National Ceramic Exhibition — **Socks Wassenaar** with her piece titled Blind Silence and **Leah Johnson** with her pieces titled My Self, Doe and Magdalen.

• The **Davis High girls and Syracuse High boys** swim teams received fifth place in the 6A division of the 2022 State Swim Competition.

Celebrate reading

From pajama day to crazy hair day, students throughout the district celebrated Reading Across America with a variety of activities on March 2.

At Wasatch Elementary, students chose from a full menu of books read aloud by volunteers. Students rotated through three stations — an appetizer, main entree and dessert.

School librarian Samantha Marino said the activity was a fun way to focus on reading and successful as students engaged with the volunteer readers.

“I think it helps as the students get exposed to different genres and readers,” Marino said, “And to see the different reading styles each volunteer had as well as the way they used their own interpretations of different character voices.”

United Way of Salt Lake provided the volunteers. Marino chose the menu of books from read aloud favorites in her library.

“We appreciated the United Way volunteers who shared their talents with us,” Principal Chris Bertoldi said. “It was great to see them engage with the students. We’ve missed having volunteers in our school.”



A volunteer reads a book to students in the library at Wasatch Elementary.



ABOVE: A United Way volunteer speaks with students about what may have happened after the end of the book.



RIGHT: Students at Lincoln Elementary wore pajamas and brought comfortable blankets to participate in time set aside for reading.



Students at Centerville Elementary find a flashlight adds a little mystery to their reading.



A student at Millcreek Junior High enjoys a book and a treat in the library.