



Utah Military Academy – Camp Williams Campus

Parent Newsletter 20 November 2020

Happy Thanksgiving Break!

Thanks to the parents who joined us on our Google Meet this week. It was great to hear from you and get some insight into your experiences with UMA and your input on the school! If you didn't make it to this one, we will try to do these regularly throughout the year.

Unless there is further guidance from the Governor's office, WE WILL RETURN TO SCHOOL NOV 30.

Notes for this week:

1. We need the following supplies in order to construct clothing racks for the cadet service dress uniforms.

- 8' long 2x4 lumber planks (48)
- 2x4 fence brackets (20)
- 10' long 1" conduit (17)

If you have or can donate any of these materials, please contact SMSgt Reeve at mreeve@utahmilitaryacademy.org.

2. The AFROTC Scholarships and Admissions Advisor for Utah will hold several additional online college prep events. Please see the flyer attached for more information. Unfortunately the links will not work in google docs but if you want the pdf version please email me and I can send it to you.

In addition the BYU/UVU Air Force ROTC rep will be holding a Zoom event for all interested cadets Dec 9 at 0925.

Join Zoom Meeting <https://byu.zoom.us/j/96301875342>

Meeting ID: 963 0187 5342

3. Cadets are invited to participate in the Wreaths Across America event Dec 19. Cadets will assist in putting wreaths on graves at the Utah State Veterans Memorial Cemetery at Camp

Williams. To volunteer or to get more information, please contact Angi Snyder at asnyder@utahmilitaryacademy.org.

4. **ATHLETICS:** If you have questions about sport programs, schedules, fees, physicals... please reach out to the athletic director at jtyler@utahmilitaryacademy.org

Current schedules are uploaded at <https://marauderathletics.com/> but are subject to change pending state mandates and opponent team cancellations

5. **Credit Recovery is virtual Saturday, Nov 21st** due to the Governors restrictions. Seniors should have received a ZOOM link via email. Please join from home. Do not come to the school on Saturday. We will all meet with Limitless staff online through the link sent to you. If you did not get the email please contact Limitless at limitless.school@gmail.com or contact your counselor, A-L Mrs. Whitmer ewhitmer@utahmilitaryacademy.org, or M-Z Mrs. Swanson lswanson@utahmilitaryacademy.org.

6. **Scholarship and Financial Aid Opportunities:**

-The 'I Am First' needs-based scholarship specifically aims to help first generation college students stay on track to graduate. This is a renewable scholarship, so students who receive the scholarship and complete all requirements may apply again the following academic year. If you have any questions, please contact Marcy Glassford at marcyg@uvu.edu.

-**The Sterling Scholarship deadline is November 20th.** All seniors and early graduating juniors have received an application by email. If you did not receive one please contact Ms. Whitmer at ewhitmer@utahmilitaryacademy.org

-If you have not yet completed your FAFSA and need help please contact your counselor.

7. **Today is the deadline to register for the 12 December ACT. Go to Act.org to register.**

8. **30 day Gratitude Challenge for all cadets!** 2020 has challenged all of us so we want to challenge all our cadets to find the blessings! It is true that what we focus on will grow. Stay focused on the things you are grateful for with the UMA-CW 30 Day Gratitude Challenge, sponsored by our cadet **Hope Squad**. Complete a challenge and post it on Instagram @umalehi or tag UMA @UMACampWilliams on Facebook. Very cool prizes for those who share on social media. Let's get grateful!

...and speaking of grateful – we are so grateful for all of you – HAPPY THANKSGIVING!

Your Utah Military Academy Staff

Attch: College Prep Night Flyer
Gratitude Challenge

MEET THE ADVISORS



Megan Jorgensen

B.A. International Relations



Natasha Herbenson

B.S. Microbiology

We just recently graduated from college! We're now working as Air Force ROTC scholarship advisors and we're excited to work with our communities!

Join us virtually on Zoom on these Weeknights!!

5:00-6:30 pm PDT

6:00-7:30 pm MDT

Topics That We'll Cover:

- College Applications
- SAT/ACT Preparation
- Essay Writing Tips
- Interview Skills
- FAFSA & Funding College

What in the World Weeknights

Presented by Air Force Gold Bar Advisors that cover the states of UT, WY, OR, ID, & MT

What are you supposed to be doing to prepare for college?

What do colleges look for in students?

How can I get help paying for college?

When should I start working on my college applications?

CLICK ON A DATE TO RSVP

[Dec 1](#)

[Dec 2](#)

[Dec 8](#)

[Dec 14](#)

Register to receive a Zoom link!

Hello from your counselors!

2020 has challenged all of us so we want to challenge all of you to find the blessings! It is true that what we focus on will grow. Stay focused on the things you are grateful for with the UMA-CW 30 day Gratitude Challenge. Complete a challenge and post it on Instagram umalehi. Prizes for those who post! Let's get GRATEFUL!

Your counselors are grateful for you. Please reach out to us and let us know how you are doing!

Mrs. Whitmer A-L ewhitmer@utahmilitaryacademy.org

Mrs. Swanson L-Z lswanson@utahmilitaryacademy.org



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| DAY 1 Write down three things that you are thankful for. | DAY 2 Express gratitude to at least one important person in your life. | DAY 3 Go one full day without complaining. | DAY 4 Meditate for ten minutes. | DAY 5 Make an effort to smile more throughout the day. |
| DAY 6 Engage in a random act of kindness. | DAY 7 Spend thirty minutes practicing self care. | DAY 8 Send flowers, or something nice, to someone you care about. | DAY 9 Write thank you notes (or any note) to five people in your life. | DAY 10 Go outside and appreciate the beauty of nature. |
| DAY 11 Do something nice for a Fellow Cadet. | DAY 12 Recognize today as a gift. | DAY 13 List three things you like about UMA-CW. | DAY 14 Spend the day being an optimist. | DAY 15 Write down five things that you like about yourself. |
| DAY 16 Recognize three things that you usually take for granted. | DAY 17 Write about your favorite part of the school day. | DAY 18 Think of what you're grateful for before going to bed. | DAY 19 Sign up to volunteer for a day in your community. | DAY 20 Catch a friend doing a good job and thank them. |
| DAY 21 Think of a way that someone helped you today. | DAY 22 Write down 3 things you appreciate about your teachers. | DAY 23 Make a list of your positive traits and tape it to your mirror. | DAY 24 Spend time with loved ones. | DAY 25 Think of something great that has happened to you in the last year. |
| DAY 26 Write a thank you note to someone and send it. | DAY 27 Refrain from gossip or speaking negatively about others. | DAY 28 Compliment a stranger. | DAY 29 Express your thankfulness for life's hardships. | DAY 30 Start a gratitude journal. |