



AMERICAN PREPARATORY ACADEMY

School Calendar – WV2 Campus

March 15, 2019

Check the website calendar for all practices, rehearsals, and clubs @ <http://westvalley2.americanprep.org/>

Check the Facebook page for fun information @ <https://www.facebook.com/americanprepWV2>

Saturday, March 16	Parent Education Day 9am-12pm
Saturday, March 16	Saturday School 8am-11am
Saturday, March 16	Honor Choir Festival begins at 2pm @ U of U 5 th Grade, Madrigals & Belle Coro

Monday, March 18	HS Girls Soccer vs AISU 4pm
Tuesday, March 19	HS Girls Soccer vs East Hollywood 4pm
Wednesday, March 20	HS Boys Soccer @Rowland Hall 4pm
Wednesday, March 20	HS Girls Soccer vs LCA 4pm
Wednesday, March 20	7 th Grade Care Center Visits 1pm-3:45pm
Thursday, March 21	JH Boys Volleyball vs DIA 4pm
Thursday, March 21	Combined Band/Choir/Orchestra Concert 7pm
Saturday, March 23	Saturday School 8am-11am

Mon.-Fri., Mar. 25-29	Staff Appreciation Week
Monday, March 25	HS Boys Soccer @Waterford 4pm
Tuesday, March 26	Future Doctor Field Trip 3:10pm-6:30pm
Tuesday, March 26	JH Boys Volleyball @Athlos 4pm
Wednesday, March 27	7 th Grade Care Center Visits 1pm-3:45pm
Wednesday, March 27	HS Boys Soccer vs Telos 4pm
Wednesday, March 27	10 th Grade Servers – Culinary Training 2:15pm-4:30pm
Thursday, March 28	Elementary Speech Festival 12:45pm-2:10pm
Thursday, March 28	JH Boys Volleyball vs Spectrum Academy 4pm
Friday, March 29	Builder of the Year Assemblies
Friday, March 29	HS Girls Soccer @ Divinci Academy 4pm
Friday, March 29	HS Girls Soccer vs Spectrum Academy 4pm
Friday, March 29	HS Boys Soccer @Draper APA 4pm
Saturday, March 30	Saturday School 8am-11am
Saturday, March 30	Cultural Festival 5:30pm-7pm

Looking Ahead....

Mon.-Fri., April 8-12

No School - Spring Break



Hello American Prep Families,

Our Builder Theme for the month of March is “I am a builder when I quickly acknowledge my mistakes and humbly make amends.”

When we read, we all go back over the word we mispronounced and say it correctly. When students are learning new information in class, there is a lot of repetition. Why is that? We have learned that if we go back and correct what we did wrong our brain will remember the last action, which is now a corrected one. Acknowledging our mistakes and correcting our behavior requires less time and energy than ignoring or wallowing in them. Clinical psychology research suggests that how people view mistakes dictate how well and how often people learn and progress. The quicker you acknowledge your mistake, and humbly make amends, shows that learning from mistakes improves and becomes easier with practice and repetition. Everyone makes mistakes. That doesn't mean you have failed it means you have found ONE way that didn't work.

Mistakes are the usual bridge between inexperience and wisdom. - Phillis Theroux

Keeping kids safe online: Social media challenges

Our number one goal in working with and raising children is always safety. We teach them when it is safe to cross the street, to not play with dangerous things such as knives, and how to respond when it seems someone might harm them. In this day of technology, keeping our kids safe is a bit trickier and requires us as caregivers to use new skills to keep them safe. Every few months or so, a new kind of "challenge" comes across social media, such as the momo challenge, the blue whale challenge, or the tide pod challenge. These challenges allegedly encourage people to participate in seemingly innocent things and then increase to challenges that actually cause harm and maybe even death to the participant. Children and teens are especially vulnerable as they are just learning to think through and solve problems and these "challenges" quickly go viral. As adults, we have the great opportunity to teach our kids about how to recognize when something is helpful or hurtful and how to intervene. We hope that you will take the opportunity to review with your student how they are using social media, the apps they have on their phones, the messages they are giving, and the messages they are receiving. You may encounter some resistance to this. We hope you will be persistent and remind your kids that your job is to keep them safe and this is part of that. It is also an opportunity for the kids to show off how they are keeping themselves safe by showing you their positive communication and smart apps. Technology can be a tool for doing great things or it can be a tool for danger. Please join us as we help children and teens use technology in a way that makes our world better.

Builder Button – Warm-Hearted Campaign

Our new Elementary Builder Button theme is “**When it’s cold.....be warm-hearted.**” Our focus is to help students understand what it means to be a warm-hearted person. The characteristics of being warm hearted are kindness, softhearted, loving, caring, good-natured, affectionate, tender, and selfless. The students who are seen implementing these ideals, through word and deed, will earn their Builder button. It is our goal that all elementary students will receive their builder button. “Being a good human being, a warm-hearted affectionate person. That



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is my fundamental belief. Having a sense of caring, a feeling of compassion will bring happiness of peace of mind to oneself and automatically create a positive atmosphere.” Dalai Lama



Staff Appreciation Week Information from the Family School Organization

Staff Appreciation Week is March 25th-29th and we need many volunteers to make it a success! This is a fun event organized by parent volunteers to show the gratitude we have for our APA staff. The theme this year is a Wild Wild West theme, and we are so excited! We love our kids' teachers, and all of those around the school that take care of our children each day. This is a really special way to get in your volunteer hours and as parents, show appreciation we have for the APA staff! We will be providing meals to staff throughout the week and we need more parent volunteers like us to help with set up and serving of these meals. We will have sign ups for items and volunteer times next week.

We are excited to transform the school into the Wild West theme beginning with our teacher door decorating after school on Friday, March 22nd. Meet at the school any time after 2nd dismissal (3:35pm) to help with the transformation process! If you have signed up to decorate a door and are not able to come on Friday or Saturday to decorate, please drop off your completed door design to Ashlee Youngberg prior to Friday. Thanks!

If you own a business or know of someone who does, or would just like to donate something else, we are also taking monetary or gift card donations for this event. Please contact Ashlee Youngberg at WV2FSO@apamail.org or Meredith Patterson at mpatterson@apamail.org if you have donations or questions about this event. We would love to have you help with this event!

Purchase a 7th-12th Grade Yearbook

March is the LAST month that secondary yearbooks are on sale. You MUST purchase by March 31st to get a copy! Don't delay! It is \$55 for the yearbook. To purchase a yearbook with a name on the cover costs an additional \$5-8. Go to www.bit.ly/APA-WV2 or the Junior High office to buy your yearbook TODAY!

Sistema Notes

A friendly reminder - if your Sistema student will be absent for Sistema, please email Mrs. Christensen tchristensen@apamail.org so that she can mark your child's absence as excused. Thank you for your support of this!



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The following are upcoming events for Sistema for you to place on your family calendars.

- March 15th - Rocky Mountain Strings concert 7:30 p.m. at Butler Middle School - we have 150 free tickets to give away to this inspiring concert.
- March 15th - Special guests coming for a site visit. ***Please let your child stay for program this day.***

Thank you all for allowing us the wonderful opportunity to work with your children. They love to learn music and we love to teach them!

Cultural Festival

We are excited to announce our second annual cultural festival at APA. Please join us March 30th from 5:30 to 7pm in the large gym for food, entertainment and celebration.

Parent Education Night – March 16th

We invite all of our parents to our Parent Education day on March 16th from 9am-12pm where we will be offering three different topics every hour. Topics include; teen dating, internet/social media safety, financial aid/college prep, how to deal with a moody teen, meet the administration, meet the counselors, gear up info, and personal growth for parents. You will be able to choose which topics you would like to attend. This is a great way to have insight into your students' school life. There will be a light breakfast served. We look forward to seeing you!