



AMERICAN PREPARATORY ACADEMY

School Calendar – WV2 Campus

November 2, 2018

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>

Friday, November 2	Musical – <i>Fiddler on the Roof</i> 7pm
Saturday, November 3	Musical – <i>Fiddler on the Roof</i> 2pm & 7pm
Monday, November 5	HS Boys & Girls Basketball Tryouts
Monday, November 5	JH Boys Basketball @Entheos 5pm/6pm
Mon.-Fri., Nov 5-9	College Application Week
Wednesday, November 7	JH Boys Basketball vs. Spectrum 5pm/6pm
Wednesday, November 7	Parent University 6pm-7:30pm
Saturday, November 10	Student Government Leader Fall Dance 10 th -12 th grade

Monday, November 12	Veterans Day Reception 12PM
Monday, November 12	Veterans Day Assembly 1PM
Monday, November 12	JH Boys Basketball vs. Monticello 5pm/6pm
Tuesday, November 13	Parent Graduation Night 6:30pm-7:30pm
Wednesday, November 14	11 th Grade Interim Committee Capitol Trip 8am-1pm
Wednesday, November 14	Picture Re-take Day 11am-2pm
Wednesday, November 14	Senior College Application Party 12:30pm-2pm
Wednesday, November 14	10 th Grade Donation Prep 12:45pm-2:10pm
Wednesday, November 14	JH Boys Basketball @Excelsior 5pm/6pm
Wednesday, November 14	Secondary Parent Teacher Conferences 3pm-7pm
Thursday, November 15	5 th Grade Celebration Event 12:40pm-3:10pm
Thursday, November 15	Secondary Parent Teacher Conferences 3pm-7pm
<i>Friday, November 16</i>	<i>Secondary Students – NO SCHOOL</i>

Monday, November 19	JH Boys Basketball @Dual Immersion 5pm/6pm
Tuesday, November 20	HS Boys Basketball @American Leadership 4:30pm/6pm
Tuesday, November 20	HS Girls Basketball vs. Freedom Academy 4:30pm/6pm
Tuesday, November 20	Secondary Mid-Term Late Work Deadline
<i>Wed.-Fri., November 21-23</i>	<i>No School – Thanksgiving Recess</i>

Monday, November 26	JH Boys Basketball vs. Entheos 5pm/6pm
Tuesday, November 27	HS Girls Basketball @Westridge 7pm
Wednesday, November 28	HS Boys Basketball vs. UMA 5:30pm/7pm



Wednesday, November 28	JH Boys Basketball @Spectrum 5pm/6pm
Thursday, November 29	4 th Grade Medieval Festival 1pm-2pm
Thursday, November 29	HS Girls Basketball vs. UMA 5:30pm/7pm
Friday, November 30	HS Boys Basketball vs. ICS 4:30pm/6pm

Hello American Prep Families,

Our Builder Theme for the month of November is “I Am A Builder When I Express Gratitude in Word and Deed”.

This month we find ourselves reflecting on what we are grateful for--and what we are going to eat for Thanksgiving dinner. As an introduction to our builders theme this month, I would like to offer this challenge: Can you think of 100 things you are thankful for? Try this exercise with your family. Close your eyes and focus on a blessing in your life. It's easy to begin by visualizing your family members and friends. Envision an image of each one in your mind. Offer a silent “thank you” to the person or object of your appreciation. How many things are on your list so far? 20? 35? 50?

Next start to think about things that you may take for granted like the sunshine, a warm bed, food in your home, your teacher's help on that assignment. Good is everywhere! Relax into the feelings of gratitude...take a deep breath...feel more gratitude as you recognize your 100 blessings.

William Faulkner said, “Gratitude is a quality similar to electricity: it must be produced and discharged and used up in order to exist at all.” The latest brain research shows that feeling gratitude for 30 seconds six times a day (a mere three minutes!) will enable our neurons to fire and wire together around gratitude and we will more easily and frequently access more gratitude.

Gratitude has a positive impact in our lives by improving physical and emotional health as well as boosting self-esteem. Simply put, doing good *feels good*.

Hey! I'm grateful for that; I'll put that first on my list!

Musical – Fiddler on the Roof – Purchase your Tickets NOW!

Opening night of Fiddler on the Roof was amazing! It was wonderful to see the incredible hard work and talent of our students and staff as they told the story and transformed our gymnasium to a fantastic venue for *Fiddler on the Roof*. Tickets are selling fast! You will not want to miss this family event.

Parents, neighbors, students, staff and friends have just three additional opportunities to come and support our Drama students at this fantastic special occasion. All seating is reserved. Go online to purchase your tickets today at wv2musical.yapsody.com. You may also purchase tickets in the high school office or if we have any tickets remaining they will be available for purchase before the show.



AMERICAN PREPARATORY ACADEMY

Fiddler on the Roof Show Dates & Times

Friday, November 1st at 7 pm

Saturday, November 2nd at 2pm & 7pm

Friday, November 3rd at 7pm

Fiddler on the Roof is a musical the whole family will enjoy! Log on to purchase tickets at wv2musical.yapsody.com, stop by the concession booth for snacks, and have a wonderful night of entertainment with the family! It will be a night to remember!

Ticket Prices

\$9 Reserved Seating

\$7 APA student reserved seating

\$6 per ticket when you purchase 10 or more

Veterans Assembly November 12th

This year marks our 10th anniversary holding Veterans Day assemblies! There is a lot of preparation that goes into these events, and we thought we'd share some of that with you so you can talk with your student about this important event!

Our students have been busy writing thank you letters to veterans. These letters are in the shape of stars, written on white paper and glued to a blue or red construction paper star. We then affix a special-made pin to each letter, and this is the gift we give each Veteran that attends our assembly. This year our pin looks like this:



Our students are also busy learning songs and poems that they will perform at the assembly. Each elementary grade level performs a song or a poem, and the messages of love and respect to our Veterans can be felt by everyone in attendance!

We would love all our parents to be able to attend these events, but there is not enough room in our gymnasiums for that to be possible. Parents who bring a Veteran to be honored will have a seat. Most campuses have 50-80 Veterans guests, so our space fills up and we don't have room for additional guests. Because we really want all of our parents to see this great assembly, we have arranged to have the event "live-streamed" on KSL. **You can watch on your computer at live.ksl.com** and we hope parents who can will tune in! Our assembly will be Monday, November 12th, 1PM. The program will be about an hour long - depending upon how many veterans attend the assembly.



At American Prep, patriotism means having gratitude and showing respect for those who have sacrificed so that we can experience the freedoms that we enjoy. Regardless of our individual and diverse views about the politics and specifics of particular international conflicts, at American Prep we unite together in gratitude and respect for those who have been willing to give so much so that we can enjoy our lives in freedom. We are grateful for the opportunity to say “thank you” in person to our veterans! This is one way that we express patriotism at APA.

No Check-Outs during Veterans Day Assembly

During our very special assembly on Monday, there will be no student check outs allowed for those participating in the program. ALL students will participate in the program. The program begins at 1PM and will last approximately 1 ½ hours. If you need to check out your student for an appointment, please do so prior to 12:30PM. We are excited to provide an opportunity for all of our students to honor those who have served our country!

ROCK THE SOCKS: APA’s Annual Community Donation Drive

ROCK THE SOCKS! Get ready for APA’s annual community donation drive. This year we’ll be gathering socks to benefit the Road Home. The Road Home is a place where families can find temporary shelter, food, clothing, and assistance in finding permanent homes. Let’s show them we care by warming their feet and hearts this season. The donation drive begins Nov. 30th and goes through Dec. 14th.

Volunteer Corner

We have been so grateful for ALL our amazing volunteers! See the opportunities below or contact your child’s teacher or one of our offices to discover even more ways to help!

Specific volunteer opportunities are as follows:

- Veterans Day Assembly & Reception – We would love for 7-8 parents to be able to assist in helping sign in veterans attending the assembly as well as parents to help set up the multipurpose room for the reception and organize food. Contact Ashlee Youngberg at ash.youngberg@me.com if you are willing to volunteer to participate in making our special guests feel welcome on this extraordinary day!
- Secondary Parent Teacher Conference Dinner Thursday, November 14th. Contact Ashlee Youngberg if you are able to help at ash.youngberg@me.com.

Order Lunch for November

Online ordering is open for the month of November! If you have been trying to log in and receive an error message, please email lunch@apamail.org or visit the lunchroom for assistance. The link for online ordering can be found here: <https://www.americanprep.org/school-lunch-program/>



Flu Season Reminder

Just a reminder about expectations regarding sick students. If your student has a fever or is vomiting, they are not to attend school. The CDC recommends that children be free of fever for at least 24 hours before returning to school. Flu season is especially bad this year. Keeping sick children home from school helps slow the spread of disease. Some symptoms of the flu may be fever, cough, sore throat, runny or stuffy nose, body aches, headaches, chills, fatigue, and sometimes diarrhea and vomiting. Hand hygiene is the number one way of preventing the transmission of disease. Please do your part to keep all our students healthy.

Elementary News

Coats and More

Winter is coming and days are getting cold! Please make sure your child has warm clothing. Elementary students spend time outside at recess every day. Any outerwear worn for recess does not need to comply with the school colors but must be removed when entering the classroom. Please send your child with warm clothing for recess. T

Fresh Fruits & Veggies – Pin Pearl Apples

Can I start off by saying how much I enjoy coming across new items that I have never seen before? Well, that is the case with these apples. Did you imagine you would ever try an apple that was not all white on the inside? That is exactly what these apples are. Pink pearl apples have actually been around since the 1940s when a man named Albert Etter had a great desire to cross pollinate apple varieties to create an apple with a different colored interior rather than white. Through different attempts he finally accomplished his desire. Pink Pearl apples look just like a Granny Smith on the outside. They are green with a very light red blush. The interior is all shades of pink from very light to dark. These apples do have a tart but sweet flavor.

Sistema Notes

News for Secondary Students & Families

10th-12th Grade Fall Semi-Formal

The SGLs are excited to announce that the Fall Semi-Formal is coming up on Saturday November 10th for all 10th-12th grade students! Students won't want to miss it! 11th and 12th grade students can invite an outside guest from a different high school. Tickets are \$5 per person, \$10 per couple and \$15 if students are bringing an outside guest. Tickets can be purchased in the JH/HS office, NOW! Space is limited, so if your student wants to attend, BUY TICKETS NOW! See you there!

Winterim Registration

All registration will take place during 4th periods. Students will need to have all of their fees paid before they can register for Winterim. All additional Winterim fees must be paid by the deadline, or students will be removed from classes requiring fees.



AMERICAN PREPARATORY ACADEMY

12th Grade Winterim Registration- begins Friday, November 2nd
11th grade Winterim Registration- begins Monday, November 5th
11th and 12th Grade Winterim fees due by 12pm- Thursday, November 8th
10th Grade Winterim Registration- begins Friday, November 9th
10th Grade Winterim fees due by 12pm- Wednesday, November 14th
9th Grade Winterim Registration- begins Monday, November 19th
9th Grade Winterim fees due by 12 pm- Wednesday, November 28th
8th Grade Winterim Registration- begins Wednesday, November 28th
8th Grade Winterim fees due by 12 pm- Wednesday, December 5th
7th Grade Winterim Registration- begins Friday, December 7th
7th Grade Winterim fees due by 12 pm- Thursday, December 13th
Deadline to change any Winterim classes- Friday, December 14th
Winterim Run-Through- Tuesday, December 18th

First Term Grades

Secondary students had final grades posted during fall break. We invite parents to log on to Aspire to see the final grade marks. Parents of students in 9th-12th grade should also verify that their student passed each class. An F or NG mark indicates they did not pass and did not receive credit in that course. Thank you for your support. Please contact Mr. Winegar (jwinegar@apamail.org) or Mr. Peterson (cpeterson@apamail.org) if you have any issues logging in to Aspire.