



# AMERICAN PREPARATORY ACADEMY

## School Calendar – WV2 Campus

March 8, 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 9	Saturday School 8am-11am
Sunday, March 10	Daylight Savings begins
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Monday, March 11	Group Pictures for Fine Arts
Tuesday, March 12	ACT Day
Tuesday, March 12	SLCC Senior visit
Tuesday, March 12	HS Boys Soccer vs North Summit JV @4pm
Tuesday, March 12	State of Utah ACT Day
Tuesday, March 12	Land Trust Meeting 1:30pm
<b>Tuesday, March 12</b>	<b>Secondary Students dismissed at 1pm</b>
Tuesday, March 12	Parent University 5:30pm (details below)
Wednesday, March 13	National Latin Exam 12:30pm
Wednesday, March 13	HS Girls Soccer @East Hollywood
Wednesday, March 13	HS Boys Soccer vs APA Draper
Thursday, March 14	7 <sup>th</sup> Grade Capitol Trip 8am-2pm
Thursday, March 14	HS Girls Soccer @ICS 4pm
Friday, March 15	10 <sup>th</sup> Grade Red Carpet Gala 6pm-8pm
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 <sup>th</sup> Grade, Madrigals & Belle Coro

### Looking Ahead....

Thursday, March 21	Combined Band/Choir/Orchestra Concert 7pm
Saturday, March 23	Saturday School 8am-11am
Mon.-Fri., Mar. 25-29	Staff Appreciation Week
Saturday, March 30	Saturday School 8am-11am
Saturday, March 30	Cultural Festival 5:30pm-7pm
<b>Mon.-Fri., April 8-12</b>	<b>No School - Spring Break</b>



**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 recognize we have made a mistake, our first response is often FEAR and SHAME. Fear that others will find out, and that embarrassment will follow. Fear of others being angry or disappointed with us. Fear of consequences. Shame because we have acted beneath our understanding of how we should have acted. Or shame even if we acted innocently, but realize the mistake was still made.

This fear and shame sometimes leads us to think it would be best to HIDE our mistake, or cover it up. Covering or hiding leads to more problems and bad feelings.

It is best to quickly acknowledge our mistake and our feelings.

First, to ourselves. A reasoned response is best. Here are some examples:

- “I made a mistake. I am embarrassed! (acknowledge feelings and feel them).

Then: RR: It’s ok, everyone makes mistakes and when I make amends eventually I will feel better.”

- “I should not have said/done that. It was wrong. I am sad I did that! (acknowledge feelings and feel them). Then: RR: I made a mistake. I will admit it and make amends.”

- “I cannot believe I made that mistake! I am so embarrassed/feel so ashamed. (acknowledge feelings and feel them). Then: RR: I will quickly acknowledge it to him/her and make amends. That is best.”

Then, we need a plan to make amends to those we have harmed. Simply saying “I made a mistake” and “I’m sorry”, and then telling what the mistake was is often the very best approach.

After we acknowledge it to them, we can make amends. What does “amends” mean?

Amends includes an apology first, but it is more than that. Amends means thinking about the consequence of our mistake, and thinking of ways we can repair, or “mend” the damage those consequences may have caused.

- If we accidentally broke something that belongs to others, or lost a borrowed item, we could replace it.
- If we cheated on an assignment, we can accept the zero grade graciously and work to



build trust with our teacher.

- If we hurt someone's feelings, it is not so clear as to what we can do. In those cases, sometimes it works well to ask others what we can do to fix the situation. Sometimes neither they nor we know what to do, and it is best to admit that honestly and give it some time.

### 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 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





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## **Staff Appreciation Week Information from the Family School Organization**

Staff Appreciation Week is March 25<sup>th</sup>-29<sup>th</sup> 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 22<sup>nd</sup>. Meet at the school any time after 2<sup>nd</sup> 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](mailto:WV2FSO@apamail.org) or Meredith Patterson at [mpatterson@apamail.org](mailto:mpatterson@apamail.org) if you have donations or questions about this event. We would love to have you help with this event!

## **Choir Concert**

The concert is Saturday, March 16. Begins at 2:00 p.m. Libby Gardner Hall, 1375 Presidents' Circle, Salt Lake City, UT 84112. (University of Utah campus.)

Tickets in advance are \$10 for adults and \$5 for students. May be purchased at the elementary office. (\$15 at the door, day of concert.) Babies and children under 5 will not be admitted, the concert is being recorded.

5th-grade students must be to the school by 9:00 a.m. on Saturday. They will ride the bus to Libby Gardner Hall. Parents may pick up students after the concert to take them home, they do not need to ride the bus back to school.

Elementary questions contact: [cbrady@apamail.org](mailto:cbrady@apamail.org)

## **Blood Drive Success!**

On Wednesday, February 27<sup>th</sup>, we had 35 people present to donate blood! We had 16 successful donations, which saved up to 48 lives! Our record of donations is 38, so we were a bit shy of that. We'd love to have more people come out for donating at our next drive. The school will sponsor a drive in the Fall 2019. The Red Cross has a program called "Leaders Saves Lives" in which students ages 16 and up can organize their own drives and be an extra special superhero! If a student organizes their own drive within their critical time, which is May 1-June 15,



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that student leader will receive a \$200 gift certificate and a chance to win a scholarship from Red Cross! If your student is interested, please contact Mrs. Okelberry at [tokelberry@apamail.org](mailto:tokelberry@apamail.org) for more information.

## **Purchase a 7<sup>th</sup>-12<sup>th</sup> 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](http://www.bit.ly/APA-WV2) or the Junior High office to buy your yearbook TODAY!

## **Sistema Notes**

This was an incredibly short week, but we are happy that so much music learning has been happening afterschool. We are so excited to be preparing new music for our end of year concert. We will be having a "Broadway" theme and cannot wait to share our music with you then!

Secondary Sistema Strings played a MARVELOUS concert last Saturday evening with the Utah Philharmonic Orchestra. It was titled "Set Sail" and featured music from the seas - Pirates of the Caribbean, New World Symphony and many more. It was a multi-media concert featuring pictures, slideshows and a narrator! Each student played the ENTIRE concert with the Orchestra and did such a great job - well done students!!

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

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

- March 7th and 8th - Noon dismissal day for parent teacher conferences. NO SISTEMA EITHER DAY.
- March 11th - Gifted Music School Day at Sistema - our guests will be performing for us and staying to work with our students. It will be an amazing day of music!
- 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!

## **Parent University**

Parents, counseling is hosting our last parent university night on March 12th at 5:30 in the multipurpose room. We will be covering three important topics; graduation requirements, different levels of education and careers, and financial planning post high school. Please join us for an informative and fun night.

## **Cultural Festival**



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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 16<sup>th</sup>**

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!