



AMERICAN PREPARATORY ACADEMY

School Calendar – WV2 Campus

November 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>

Mon.-Fri., Nov. 11-15	Secondary Yearbooks on Sale (details below)
Monday, November 11	Veterans Day Reception 11:45am
Monday, November 11	Veterans Day Assembly 1pm
Monday, November 11	JH Boys Basketball vs Providence Hall 4:30/5:30pm
Monday, November 11	HS Boys & Girls Basketball Tryouts
Wednesday, November 13	Red Cross Blood Drive
Wednesday, November 13	7 th Grade Care Center Visits
Wednesday, November 13	JH Boys Basketball @Summit 4:40/5:30pm
Thursday, November 14	5 th Grade Beach Bash 12:40pm-3:30pm
Thursday, November 14	Secondary Parent Teacher Conferences 3pm-7pm
Friday, November 15	Secondary Parent Teacher Conferences 12pm-4pm
Friday, November 15	Secondary Early Dismissal 12pm

Mon. & Tues., Nov. 18 & 19	Mini Cheer Clinic (details below)
Monday, November 18	JH Boys Basketball vs Athlos 4:30/5:30pm
Tuesday, November 19	HS Girls Basketball @Freedom Academy 4:30/6pm
Wednesday, November 20	4 th Grade Medieval Festival
Wednesday, November 20	Career Fair
Wednesday, November 20	11 th Grade Interim Trip 12:30pm-4pm
Wednesday, November 20	JH Boys Basketball vs American Heritage 4:30/5:30pm
Thursday, November 21	6 th Grade Beach Bash 12:45pm-3:30pm
Thursday, November 21	HS Girls Basketball vs Dugway 5/6:30pm
Thursday, November 21	Opening Night Play 7pm
Friday, November 22	Elementary Midterm Missing Work Deadline
Friday, November 22	HS Boys Basketball @American Heritage 4:30/6pm
Friday, November 22	Play Performance 7pm
Saturday, November 23	Play Performance 7pm
Saturday, November 23	SUU Day of Dance 9am-5pm

Looking Ahead.....

Wed.-Fri., Nov. 27-Nov. 29	No School Thanksgiving Break
Wednesday, December 4	Food Drive Begins



Hello American Prep Families,

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

Do you know that grateful people are healthier, happier, and more optimistic? Studies show that individuals who adopt an “attitude of gratitude” get more exercise, eat a healthier diet, have less depression, cope better with stress, and have fewer physical ailments.

Gratitude is a valuable virtue to teach and practice in our homes. We can begin by engaging our brains in grateful thoughts. If we think about it, our brains and hearts can really only focus on one thing at a time. It is almost impossible to be truly unhappy and grateful, or selfish and grateful, or even angry and grateful. Besides, once we start feeling grateful, our brains look for more things to be grateful for! Here are some gratitude steps to include in our daily routine:

Be Mindful of What We Have

- It’s not how much you have, but how you feel about what you have that makes the difference.

Record Grateful Moments

- Writing in a journal or taking a moment with family or friends to talk about things we are grateful for increases our optimism and feelings of empathy toward others.

Reframe Situations as Positive

- Challenging situations don’t have to get us down just because they are challenging. We can perceive seemingly adverse situations as a learning experience, or an opportunity to change, or even a “Wow, I can see that wasn’t meant to be!” outcome.

Let’s begin today to show gratitude in word and deed and commit to it making gratitude a permanent state of mind.

Adult English Classes

We are excited to be able to offer adult English classes at the West Valley 2 campus. They will be held in the elementary conference room/Sistema office every Tuesday and Thursday 8:30 a.m. to 9:30 a.m. We would love to have you join us!

Veterans Assembly Monday, November 11th

This year marks our 11th 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!



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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.

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 11th, 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, November 11, there will be no student check outs allowed for those participating in the program. ALL 1st-12th grade 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 12:00PM. We are excited to provide an opportunity for all of our students to honor those who have served our country!

October Builders of the Month – "I am a builder when I am perfectly honest."

Congratulations to the following students who were recognized in the assemblies for demonstrating honesty.

Kindergarten	1st Grade	2nd Grade	3rd Grade	4th Grade	5th Grade	6th Grade
Naomi Roberts	Digna Aguilar	Bryce Peterson	Valentina Ramirez	Savanah Garcia	Francisco Gonzalez	Ethan Segura
Ciaran Harmon	Hudson MacAvoy	Andrew Kopp	Victoria Lado	Kaleb Jakomino	Ariadna Ventura	Daniel Ramos
Nathaly Arroyo	Ahmed Shawky	Alex Acosta	Natalie Christenson	Alessandra Ramirez	Sulyman Amiri	Zachary Thomas
				Jude Lee	Yasmine Aweyso	Brandon Finch



<u>7th Grade</u>	<u>8th Grade</u>	<u>9th Grade</u>	<u>10th Grade</u>	<u>11th Grade</u>	<u>12th Grade</u>
Zach Powell	Abraham Ramos Alfaro	Dylan Bolman	Juan Vargas	Sam Cabrera	Scott Martin
Billah Soumain	Lexi Callister	Leute Lagaaia	Daniella Belman	Kenidee Miller	Genesis Robles

Character Corner

Attention 5th grade students! Get ready for some fun in the sun at the Beach Bash next Thursday, November 14th! During this event students will experience five stations where there will be dancing at the beach, food at the Hawaiian Hut Grill, games, and more! This event will go from 12:45 – 3:30p.m. so mark your calendar, because you don't want to miss this! If any parents are interested in volunteering, please contact Ms. Jackson at jjackson@apamail.org.

Cheer Clinic

Come cheer with the APA Cheerleaders AGAIN!

NEW improvements:

- We will have THREE groups: 1st-2nd, 3rd-4th, & 4th-6th
- Each group will learn a NEW cheer & dance!
- A SNACK will be provided each day

When: November 18 & 19 3:35-5:30 p.m.

Where: WV2 Multipurpose Room

RETURNING mini cheerleaders: \$15 (must bring your poms)

NEW mini cheerleaders: \$20 (includes new poms you get to keep!)

How Do I Sign Up? Please fill out the front & back of the form, then turn it in with the payment to the office to secure your spot!

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



Carpool/Dropoff & PickUp Notes

We appreciate all families who are following the APA carpool rules. Just a few reminders to help drop off and pick up run smoothly:

Drop off Tips

Pull all the way forward

Students be prepared to exit the vehicle with instruments, backpacks, etc.

Drivers and parents stay inside vehicle

Students exit on the curb side

Everyone is in a hurry...please be patient and be aware of your surroundings to keep children safe

Pick Up Tips

Please do not park or pick up your student at the Green Fiber location across the street. This is not part of the pick up location and **highly dangerous** as large trucks are constantly coming and going out of this parking lot. We have had several students walk in front of and behind these trucks and our neighbors at Green Fiber are extremely concerned about APA students and their safety. Keep your student safe and pick him/her up in the designate carpool line or have them walk to a home address.

Substitutes Needed

We are looking for APA parents to become substitute teachers for our schools! We have found that our amazing parents make the very best substitute teachers! They know the “APA way” and love our students, which are the two most important traits of a successful substitute teacher! We provide all training, and the pay is \$80-90 per day! This is a great time of year to become a substitute teacher - save up for those holiday plans in advance! We provide in-depth, paid training so you will feel comfortable in your duties. **APA is a FUN place to work! We’d love to have you on our team!** Maybe you can only commit to one day per week - that would be fine with us! Or work every day - whatever suits your schedule! We need substitute teachers every day and we would really appreciate your help. Also, please tell your family members and friends about this opportunity!

SGL's Fall Dance

Come on, It's time to Slam, Welcome to the Space Jam! Alright- On Saturday, November 9th, 2019 something very exciting is happening. As the brisk air creeps in, the leaves change color and begin to fall from the trees. Not only do we wait for the leaves to drop, we also wait for the beat to drop. That's right, the SGLs are planning the American Prep Academy's Fall casual dance. It will take place on the Saturday from 7-9pm. More details are coming, but for now just plan on “leaf”ing that night open on your calendar to dance the night away. Tickets go on Sale, Monday, October 28th. Get ready to jam, because this dance is going to be outta this world!

Spirit Shirts for Sales

You get a shirt, you get a shirt, and you get a shirt! You can all get a spirit shirt while supplies last! These limited-edition spirit shirts will not be restocked once they are sold out. They cost a meager \$10 flat and add to your



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wonderful American Prep Academy wear with new style and pizzazz. These shirts are available to 7th through 12th graders looking for some more flare in their spirit wear. These shirts fund the Student Government officers as they put on dances and events for the whole student body. In summary, if you buy a shirt, it's like you helping yourself to help yourself help yourself. You can do this by stopping by your friendly neighborhood ambassador office, room 234.

Secondary Yearbook Sale

We will be selling secondary yearbooks at lunch during the week of Nov. 11-15. Don't forget to bring your money so you can reserve your copy! **They are \$45.** If you would like to add an engraved name it's \$50, and a name plate it's \$53. **Prices go up after Winter Break, so buy now!** You can also purchase them online at <https://westvalley2.americanprep.org/yearbook/>. The school code is 21137.

7th Grade Care Center Visits

Our upcoming 7th grade Ambassador event is on Wednesday, November 13th for the Care Center Visits. This event is split between two different dates to accommodate all of our 7th grade students. If your student is in Christensen, Coleman, Robison, Hess and R. Jones 4th Period class then they will be attending the Care Center Visits on November 13. The other classes will be participating in writing letters to their grandparents or elderly neighbors. For the Care Center event students will need to be picked up at school at 3:45pm. They are expected to be in full uniform and need to turn in permission forms to attend. If parents are interested in volunteering at the Care Centers, please contact Leigh Herrera at lherrera@apamail.org

Collegium Hall

Collegium Hall Classrooms

7th Grade - Room 183 8th Grade - Room 187

9th Grade - Room 266 (Monday, Wednesday, Thursday) 9th Grade - Room 270 (Tuesday, Friday)

10-12th Grade - Room 277

American Preparatory Education Foundation

Michelle Goudge, Executive Director

e: mgoudge@americanprepfoundation.org | p: 801.661.1928



Looking for an Accountant

APEF is in search of an accountant. If you are a CPA with experience working with non-profits please email me. Feel free to pass this information on to your friends and family members as well.

APEF Board of Directors

The APEF Board is looking for energetic leaders to fill vacancies on the Board. More details to come soon. If you have an interest in applying for one of these positions, please contact me.



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Shop with SCRIP

Turn your everyday shopping into earnings for Builders Club and contribute to our teacher and staff bonuses. At Shop with Scrip you buy gift cards at face value (e-gift cards to use right away or physical gift cards to be delivered to APA and then distributed to you) and APEF earns rebates up to 20% of the value of the gift cards. With more than 750 companies participating (Target, WalMart, Chipotle, Wendy's, Starbucks, etc.), the rebates can add up quickly with your participation. Go to www.shopwithscrip and use enrollment code 3BC6A91D65L66. Thank you for your support of our teachers and staff!

4TH Annual Holiday Boutique

APA's 4th Annual Holiday Boutique is just 2 weeks away! We still have space for vendors and student vendors. Details, as well as the vendor and student applications, can be found at <https://www.facebook.com/groups/apaboutiquevendors/>. The cost for a student booth is \$10.

Can you help us? Please go to <https://www.signupgenius.com/go/8050548A5AB2EA7F49-4thannual> to sign up to volunteer to help with the boutique.

APA Business Directory

We are creating an APA business directory that will be available to all APA families. Thank you to those of you who have submitted your information. If you'd like to have your business included, please email me at mgoudge@americanprepfoundation.org, and I will send you the form. This is free advertising for your business and a great way for APA parents and staff to support other APA families.

Amazon Smile

By going to <https://smile.amazon.com/ch/45-4568023> you can choose American Preparatory Education Foundation to be your preferred charitable foundation and Amazon will give us a percentage of your purchases. When you shop on <https://smile.amazon.com>, the prices remain the same. The only thing that changes is that your purchases help us. Be sure to always go to the Amazon Smile link when making your purchases.