



# AMERICAN PREPARATORY ACADEMY

## **School Calendar – WV2 Campus**

**November 22, 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>

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November 14-December 2	Senior Swag Available <a href="http://www.apaonlinestore.com">www.apaonlinestore.com</a>
Friday, November 22	HS Boys Basketball @American Heritage 4:30/6pm
Friday, November 22	Play Performance <i>Almost, Maine</i> 7pm
Saturday, November 23	Saturday School 8am
Saturday, November 23	Play Performance <i>Almost, Maine</i> 7pm
Saturday, November 23	SUU Day of Dance 9am-5pm

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Monday, November 25	Play Performance <i>Almost, Maine</i> 7pm
Tuesday, November 26	Kindergarten Pilgrims Play 1:30pm
Tuesday, November 26	HS Girls Basketball vs. Maeser 4/5:30/7pm
Tuesday, November 26	JH Boys Basketball @Matheson JH 4/5pm
Wed.-Fri., Nov. 27-Nov. 29	No School Thanksgiving Break

### **Looking Ahead.....**

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Monday, December 2	Food Drive Kick Off Assembly (Secondary)
Monday, December 2	JH Boys Basketball @ Summit 4:30/5:30pm
Tuesday, December 3	HS Girls Basketball @Dugway 5/6:30pm
Wednesday, December 4	Parent University 6 pm MP Room
December 4-18	Food Drive
Friday, December 6	Spirit Wear Day
Friday, December 6	Band & Orchestra Concert
Friday, December 6	HS Boys Basketball @West Wendover 12:30pm
Saturday, December 7	Saturday School 8am
Saturday, December 7	Secondary Science Fair 10am-2pm

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Monday, December 9	Elementary Science Fair
Tuesday, December 10	4 <sup>th</sup> -8 <sup>th</sup> Grade Geography Bee 2pm-3pm
Wednesday, December 11	8 <sup>th</sup> Grade La Fiesta 12:45pm-3:45pm
Thursday, December 12	Choir Concert
Saturday, December 14	Saturday School



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

### **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 at 4pm. We would love to have you join us!

### **8<sup>th</sup> Grade Science Fair**

Our 8<sup>th</sup> Grade Science Fair is coming up on Saturday December 7<sup>th</sup>. It will be held at WV2 in the small gym from 10am-2pm. We need volunteers to help with the judging of all our 8th grade science fair projects! Your student will receive extra credit in their science class OR the ability to remove 2 tardies! Please contact Tiara Sondgeroth at [tsondgeroth@apamail.com](mailto:tsondgeroth@apamail.com) for more information.

### **Join us for *Almost, Maine***

Tickets will be on sale at the door each night for the production of *Almost, Maine*. Join us in seeing the incredible hard work and talent of our students and staff as they tell this story with a universal theme of love. It's sure to be a wonderful night of entertainment the family will enjoy! Show your support for the cast by stopping by the Black Box Theatre and seeing the transformation of the space, the talent of the cast and make it a night to remember!



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Play: ***Almost, Maine*** by John Cariani

Performance Dates: November 21st, 22nd, 23rd, and 25th

Time: 7pm

Location: Black Box Theatre at WV2 (2nd Floor)

Tickets sold at the door. \$7 Students, \$9 General

## **Character Corner**

Yesterday our 6<sup>th</sup> grade students were able to visit the “beach” at our Beach Bash event! Students were able to master skills such as proper cutting techniques, finding ways to be positive, and the art of creating good conversation. Students also took a “Dive for Success” and learned how important it is to dress right, speak right, and act right in all situations throughout their lives. Thank you to **Dayna Kinzel, Ana Ceja and Maria Juarez**; our AMAZING parent volunteers that came to help! We could not run a successful program without you! For future volunteer opportunities, please contact Ms. Jackson at [jjackson@apamail.org](mailto:jjackson@apamail.org).

## **Saturday School Dates & More**

November 23<sup>rd</sup>

December 7<sup>th</sup>

December 14<sup>th</sup>

December 21<sup>st</sup>

An additional note for the 7th. If you have an 8th grade student that needs to remove tardies we have an alternative/additional way to remove tardies. If a parent volunteers to help with the Science fair they can work off 1 tardy for every 30 minutes assisting with the Science Fair. We need volunteers to help with setup, cleanup and especially help with judging science projects. If you are interested please contact Ms. Sondgeroth and/or Mr. Winegar. [tsondgeroth@apamail.org](mailto:tsondgeroth@apamail.org) [jwinegar@apamail.org](mailto:jwinegar@apamail.org)

## **Food Donation Day**

We have a new community partnership with the Food Bank in Kearns where we receive a food donation once a week on Tuesdays. The food is set out in the elementary main foyer by 4 p.m. with a limit of a few items per family. The food items differ each week so we will never know what we will receive. If you have a need for food please feel free to come on this day.

## **Food Bank**

For any families who would benefit from going to a local food bank, please visit the food bank on Fridays from 1-5 p.m. located at Hope Unlimited Community Church 4140 W. Sams Blvd. in Kearns. They have just been upgraded by the USDA and will be receiving additional food items which will allow them to serve additional families.

## **Sistema Notes**

Our Sistema Strings performing group will be performing the National Anthem for the University of Utah Women's Volleyball game versus Stanford University Friday, November 22nd at 7:00 p.m. Come join us! Tickets are \$3 and can be purchased at the U of U ticket office at the Huntsman Center.



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We have handed out music for our upcoming Sistema Winter Concert this past week. The halls are filled with such beautiful music and we want to make sure all of our students are ready for their performance. **Please allow your student to stay for their instrument class as well as their singing class so that they don't fall behind.** It would also be great to encourage your child to practice at home to help them be ready. Tuesday, December 17th we are having rehearsal from 4-5:30 p.m. and Thursday, December 19th at 5 p.m. is our Winter Concert with a rehearsal that afternoon from 3-4:30 p.m. We will need parent volunteers to help this concert be a success. If you can volunteer please go to the following link: <https://www.signupgenius.com/go/30E0B45AEA92DA0F49-sistema7>

Congratulations to our nine students who each won two tickets each to the Utah Symphony. We love our community partners who are dedicated to fueling our students' passion for music!

We have a few "No Sistema" dates coming up. November 27-29th are no school and no Sistema dates due to our Thanksgiving Break.

Thank you so much for your support. We love working with our Sistema students because they are AWESOME!!

## **Senior Swag & Family Hoodies Available Now!**

We are so excited to have hoodies and joggers available to purchase for a limited time for our Class of 2020! Go online to [www.apaonlinestore.com](http://www.apaonlinestore.com) to check out the senior hoodie (which may also be worn on any Friday), the joggers, as well as the Proud Family hoodie. **These items will only be available to purchase until December 2<sup>nd</sup>!** They will be delivered to the high school office for pick up beginning December 18<sup>th</sup>. Gift your senior with a personalized hoodie or purchase a family hoodie to show pride in your graduate today! All items will be available for purchase until December 2<sup>nd</sup> at [www.apaonlinestore.com](http://www.apaonlinestore.com).

## **Parent University**

Parent University will be held on December 4th at 6:00 PM at APA West Valley 2 in the multipurpose room. We will have free food catered and parents who attend may have two tardies removed from their record for their secondary students. We will have two guest speakers, Rebecca Peterson from ACT and our college access advisor, Beatriz Trejo. They both will discuss the steps to take to get into college and much more. Space is limited for the event so, please make sure to RSVP!

Here is the link to do so.

<https://tinyurl.com/RSVPParentUniversity>

## **Winterim News & Important Dates**

American Preparatory Academy is excited to bring back the Winterim program for the 2019-20 school year. This year students will have the opportunity to choose three courses from the online Winterim catalog. You can see the course catalog by going to the West Valley 2 website. Please help your student select their courses as some may have fees and some may have filled up.

<https://westvalley2.americanprep.org/wp-content/uploads/sites/8/2018/10/Winterim-Catalog-18-19.pdf>



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Please remember that Winterim is still a required school day. Your student will have a graded experience and earn a semester's worth of credit if they are in high school. Our early release days will remain on Wednesdays and Thursdays. If you have any questions please email our directors [Jwinegar@apamail.org](mailto:Jwinegar@apamail.org) or [mhymas@apamail.org](mailto:mhymas@apamail.org). We thank you for your support and enthusiasm for Winterim 2020!

8th grade registration: ~~Friday, November 22nd~~; Monday, November 25th and Tuesday, November 26th  
8th grade winterim fees due: Monday, December 2nd  
7th grade registration: Tuesday, December 3rd; Wednesday, December 4th and Friday, December 6th  
7th grade winterim fees due: Monday, December 9th  
Winterim Walk Through: Wednesday, December 18th

## **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.

## **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

## **Space Jam Dance**

We came in peace and Huston, there were no problems. The Student Government Leaders put on an awesome dance for the 10th – 12th graders on Saturday, November 9th. The dance was here at American Prep Academy, but once you walked through a door, it felt like you got sucked through a vortex and launched into deep space. Everywhere from home-made black lights to critter-looking snacks added to the orbit of the event. The awesome music and stellar dance moves had everyone over the moon!

## **7th Grade Care Center Visits**

On November 13, 2019 half the 7th grade class ventured onto buses and made their way to 9 different care centers across the Salt Lake Valley. They did this to serve, but we aren't just talking manual labor, they sang, they played games, and most importantly, they let the old folks' school them at B-I-N-G-O. It was a really fun time and the elderly at the care centers were quick to practice this month's builder theme as they expressed their gratitude for the visits.

## **"We CAN Care" Canned Food Drive**

The 10th Graders have a canned food drive beginning on Wednesday, December 4, 2019. The kick-off assembly



will be on Monday, December 2, 2019. Get ready and get excited for this great experience to serve the community.

### **We CAN Care: APA's Annual Donation Drive**

There's a frosty nip in the air and that means that APA's annual multi-campus donation drive is just around the corner! We are excited to announce that we will be partnering with the **Utah Food Bank** this year by collecting CANS, boxes, and plastic-packaged food items for children and families in need. Get ready to show We CAN Care on Wednesday, December 4th!

### **La Fiesta**

On Wednesday, December 11, 2019 the 7th graders are going to have a celebration. We like to call it La Fiesta. It's going to be a kind of celebration where the 8th graders will get to learn about having good manners and being better leaders. The exciting part of this event is that our 8th graders get to celebrate some fun cultures from around the world as they learn. We are so pumped for this event and know that they are going to have a party.

### **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 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.