



School Calendar – WV2 Campus

January 8, 2021

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. Jan. 11-15	Spirit Week
Wednesday, January 13	SGL Council Training 2:30pm-4:30pm
Thursday, January 14	Legislative Day
Friday, January 15	Spirit Bowl

Monday, January 18	No School – Martin Luther King Jr. Day
Tuesday, January 19	All School Early Dismissal 12PM/12:15PM
	Professional Development

Tuesday, January 26	Parent Grad Night 6:30pm
Tuesday, January 26	Charter Day on the Hill
Thursday, January 28	Spelling Bees

Hello American Prep Families,

Our Builder Theme for the month of January is “I Am A Builder when I think positive thoughts about myself and others.”

Our thoughts have great power to determine the course our lives will take. Our thoughts are something we have control over, and by controlling our thoughts, we have the ability to chart our life’s course! Have you ever thought about the fact that we actually get to choose our thoughts?

We are endeavoring this month to help our students understand the great power of their thoughts. In today’s world this is especially critical, as children have many, many inputs into their minds that they have to deal with. We know that students who develop a reasoned response (in their mind) to difficult situations are children who successfully navigate the many challenges of life.

For example, when an elementary student is asked to move a card, they are confronted with their own imperfection. The child who has a healthy, reasoned response in their mind such as “Well, this is embarrassing. I hate moving cards. But it’s ok, everyone moves cards sometimes” is a healthy child and one who is well on their way to developing the resilience required to make it through life’s many challenges. A teenager who sees something negative about themselves on social media and who has an automatic, reasoned response such as “Wow that person really must have a problem to be spending time trying to bring me down. Life’s too short to deal in this negativity” (and then hopefully takes a step to distance themselves from the situation) is a teen developing resilience.



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"If you don't like something, change it. If you can't change it, change the way you think about it." This phrase is a great way to remind ourselves that changing the way we think about something can have a big impact in our lives. Learning to analyze and improve our thinking and our self-talk will help us all to direct our lives in a positive path.

This month we will work on teaching the students how to change their thoughts, to choose their thoughts, and to pay attention to their "self-talk". Join us in this worthy endeavor of improving our thoughts, and developing reasoned responses!

Character Development Corner

Legislative Day

WV2's Legislative Day is on Thursday, January 14th! This is an all-day event for all of our 7th-12th grade students. Each grade will be learning about how laws are made, how to vote and other important details about the Legislative process. It's a fun day filled with games and interactive learning activities. **This is a very important day for your students to attend! If you want to volunteer, please contact Ms. Parke @ lpinke@apamail.org.**

Spirit Week 7th-12th Grade

We are so excited for Spirit Week! The theme this year is **Avatar**. Each grade is representing a different avatar. Spirit Week is Monday, January 11 through Friday, January 15. Our annual, giant, super exciting Spirit Bowl Assembly is on Friday, January 15. Make sure your 9th-12th grade students sign up to participate in our lunch games and Spirit Bowl activities! We also have special dress-up days during Spirit Week. Monday is Crazy Hair Day, Tuesday is Tourist Day, Wednesday is Wig/Make-up Day, Thursday is Avatar Day and Friday is Wear your class Avatar Color! Can't wait!

Sistema

Carpool Reminders

During carpool in the morning and after school please remember to pull as far forward along the curb as you can. This helps open up more of the curb for the cars behind you so more families can safely drop off or pick up their children. If everyone pulls all the way forward it makes the process more efficient and safer. Thank you for doing your part!

Lost and Found

We continue to have many items in the lost and found. Please take a moment to write your child's name on his/her sweaters, cardigans, coats and more. Items left in the lost and found at the end of the month are donated to local charities.



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Secondary Yearbook – see attached flyer

Hello parents and students to purchase yearbooks in the upcoming days you will need to visit <http://bit.ly/APA-WV2> to place your orders. The deadlines and prices are 12/31 for \$45 and 3/31 for \$55. Seniors submit baby and kid pictures through the HJ eShare App using the school code APAWV2.

7th-12th Grade Schedule

We will return to our modified block schedule for secondary on January 22nd through the end of the year. The modified block schedule includes all eight periods on Mondays, Tuesdays and Fridays and on Wednesday we hold periods one through four and on Thursdays we hold periods five through eight. The bell schedule with times and lunch assignments will be sent out via Skyward and will be available on our webpage by Monday of next week. We are excited to be returning to our modified block schedule that has been an integral part of our rigorous academic program and supports both the frequent repetitions needed in many subjects while providing a few longer periods each week for labs and discussions in our advanced classes.

Love and Logic – What it is?

Love and Logic is a philosophy of raising and teaching children which allows adults to be happier, empowered, and more skilled in the interactions with children. Love allows children to grow through their mistakes. Logic allows children to live with the consequences of their choices. Love and Logic is a way of working with children that puts parents and teachers back in control, teaches children to be responsible, and prepares young people to live in the real world, with its many choices and consequences.

American Prep staff uses Love and Logic every day! Look forward to seeing Love and Logic tips in upcoming newsletters or receive additional information at www.loveandlogic.com.