



Check the website calendar for all practices, rehearsals and clubs @ <http://westvalley1.americanprep.org/>
West Valley One Facebook link: <https://www.facebook.com/americanprepWV1>

Oct 1-5 - Mon, Tues & Friday - 8:15 – 3:25/3:50 2nd Dismissal
Wed & Thurs – 8:15 – 2:25/2:50 2nd Dismissal

Thursday, Oct 4	School Picture Day!
Wednesday, Oct 10	7 th Grade - Leaders for Life - 8:45 am - 11:30 am
Wednesday, Oct 10	Hearing Screening - K, 1 st , 3 rd & New Students
Wednesday, Oct 10	PSAT Testing - 8 th & 9 th Grades
Friday, Oct 12	1 st - 3 rd Field Trips
October 15-19	Fall Break - NO SCHOOL

Upcoming Events

Oct 22-26	COLLEGE WEEK
Tuesday, Oct 23	STEM Field Trip - 3:30 pm - 6:30 pm
Tuesday, Oct 23	Jr. High College Visits
Tuesday, Oct 23	Parent Club Meeting - 5:00 - 6:00 pm
Thursday, Oct 25	Elementary Parent-Teacher Conferences - 3:30 - 7:00 pm - <u>No Sistema</u>
Friday, Oct 26	Elementary Parent-Teacher Conferences - 8:15 am- 2:00 pm - NO SCHOOL - <u>No Sistema</u>
Wednesday, Oct 31	Early Dismissal - Professional Training - 12:15 pm - <u>No Sistema or Collegium Hall</u>

September Builder’s Theme: “I am a Builder when I Build with Enthusiasm”

“Every man is enthusiastic at times. One man has enthusiasm for 30 minutes, another for 30 days, but it is the man who has it for 30 years that makes a success out of his life.” *Edward B. Butler*

A few more tips to help you stay enthusiastic in life.

Clear out clutter - It’s hard to be enthusiastic when you’re weighed down with stuff cluttering up your space. You can’t find things (where did that overdue cable bill go?), you’re ashamed to have people over, and it’s hard to even think! If clutter is a big problem for you, it may feel overwhelming and impossible to start. Just pick one small area, you’ll really notice a change, and you’ll be amazed at the fresh supply of energy and enthusiasm that will be your reward.

Spend time with enthusiastic people - Enthusiasm is contagious. Since your time and energy is limited, pay attention to how you feel after spending time with people in your life, and seek out those who fill you up, energize and inspire you.

Avoid energy drains - Negativity is also contagious. If you notice certain people or relationships causing you to feel drained, depressed, or badly about yourself, stay away from them!

Learn to say no - Notice where your time is going. Write down everything that takes up time in your life, and ask yourself who are you doing it for. Is it nourishing you, or are you acting out of a sense of false guilt or martyrdom? The happiest, most enthusiastic people are those who have learned to be ruthless with their time and energy, to say not thing things or people that suck them dry.

Practice spontaneous acts of kindness - Have you ever noticed how good it feels to say or do something kind of someone else? Performing random, spontaneous acts of kindness - even just a kind word or a genuine smile - has shown to boost self-image, lead us to perceive others more compassionately, promote a greater sense of connection with others, and feel grateful for our own good fortune. All of these things make us happier, and when we’re happier, it’s easy to be more enthusiastic.

Melissa Dinwiddie



2019-2020 School Year Update



Our Junior High is on the move! 10 years ago we built a school in West Valley/Chesterfield to help serve the families of students Kindergarten through 9th grade. It has been an amazing 10 years! We have loved watching our students grow from little ones who silently walked down the hallways with their finger on their mouth after doing "lock it-pocket", to energetic Jr. High students with dreams of AP classes and acing the ACT. We have realized that the needs of the families have changed in our area. We need to open up more space for elementary students at WV1 and we need to meet the needs of our growing Jr. High population with a greater variety of classes, as well as challenging AP classes that we can offer only at WV2.

At the close of the school year 2019, we will be ending the era of Jr. High at WV1. All our Jr. High students will be moving to the WV2 campus and WV1 will become a K-6 campus with 3 classes of each grade. Please be assured that all students who are currently in grades 7-9 at WV1 will be ensured a place at WV2. In addition, all students currently in 6th grade, who

will promote to 7th grade next year, will also have a place at WV2.

We love our families and want to do what is best for our kids. We are confident we will be able to provide an amazing education to all our students as we grow our program to meet the growing needs. If any of you have family and friends that you want to invite to APA for our expanding elementary next year, please pass along the information and have them come in and meet with us! We have a small waiting list, but we anticipate having open seats for many more new elementary students. If you have any questions, please feel free to speak with Mrs. Leavitt, Ms. Gamez, or Mrs. Okelberry.

Online Grading Program for K-6

This year, our elementary grades will continue with the online grading program called ALMA. This program will allow elementary parents to check their student's grades and assignments at any time. We will still send report cards at the end of each term. This information will be accessible to parents at any time. We are asking parents to check their student's grades at least once a week. The program went live on Friday, August 31. If you are new to American Preparatory Academy, you will receive an e-mail generated by the program that will give you instructions for logging in and creating a password. Your username is your first name dot last name (ex. james.smith).

If you do not receive an e-mail from ALMA, it is because we do not have an e-mail address or current e-mail address in our school records. If you do not receive an e-mail by Wednesday morning, please e-mail Mrs. Melanie Ferlo, Academic Coordinator, at mferlo@apamail.org and give her your updated e-mail address and all of your K-6 students. If you do not have an e-mail address, it will be necessary to get one. These are free and easily made. Your local public library can offer assistance with this. (As can most of your local, friendly teenagers!)

Because we keep very few grades during the first weeks of school as our students are waking up their brains and adjusting to the rigor of their new schedules, there may not be many assignments reported. This is expected. You will see an increase in the number of assignments as the week's progress. We are excited to offer this flexibility to our parents to view their child's grade each week. Thanks in advance for helping us work through the unexpected kinks and tweaks that always accompany this kind of endeavor.



Cold Weather Uniform Reminders

Colder weather is coming! Here are a few reminders about what students should be prepared with.

- **Jackets/Coats.** Recess still happens—even when it’s cold. Please be sure your student has a warm jacket or coat to wear outside. Hats and gloves are encouraged once the temperatures dip. Be sure your student’s name is written on all their outerwear so it can be quickly returned if it is misplaced.
- **Sweaters.** Students who get chilly during the school day may wear a long sleeve navy blue sweater or cardigan. Appropriate styles can be viewed in the current uniform guide. Also, sweaters with the APA logo are available from APA’s online store. Other sweatshirts, sweaters or jackets that are not part of the uniform may not be worn during class time.
- **Tights and leggings.** Girls may wear white or navy blue tights with their skirts. Leggings may also be worn under skirts. These should be navy blue or black for 9th grade; navy blue, black or white for K-8.
- **Boots.** If there is snow on the ground, students may wear ANY boots to and from school and out to recess. Students should bring their regular uniform shoes to change into for class time. K-6 girls have an option to wear dress boots with their uniform from October to the end of March. To be uniform appropriate, these must be dress boots with low heels, solid brown or black (K-3) or solid black (4-6) with no decoration. Plain, “not cute” boots are sometimes difficult to find—so please remember the simplest option: Wearing/bringing shoes for the school day and changing into boots (ANY boots) only when going outside.
- **After School Carpool.** Students MUST WAIT OUTSIDE FOR PARENTS! They will not be allowed in the building after school has ended, even in the cold, so please make sure they are prepared with warm dress, AND be here to pick them up promptly at the end of the day! Monday, Tuesday, and Friday ends at 3:23/3:50. Wednesday and Friday end at 2:25/2:50.

Hearing Screenings – K, 1st , 3rd Grades & new students - We will be conducting hearing screenings for all students in Kindergarten, 1st grade, 3rd grade, students new to the district and students that teachers have concerns about their hearing. The screening will be conducted on October 10th. A hearing screening is a brief test to check on hearing acuity at the frequencies of 500, 1k, 2k, 4k at 20dB. If there is any concern about your child’s hearing you will be notified and advised as to the need for more comprehensive evaluation. This note is to inform you of the hearing screening and advise you that if you **DO NOT** wish to have your child’s hearing screened please send us a written denial. Thanks and please let me know if you have any questions. -- **Jessica Edwards MS, CCC-SLP, Speech Language Pathologist**

Recruit the Best and Retain the Best! - 2/3

We all know that American Prep’s greatest assets are our teachers and staff! **Research shows that the most important factor affecting student learning is his or her teacher.** When students are placed with a high performing teacher three years in a row, gains in student achievement are significant and their chances of attending college are increased.

Friends of APA has created a unique way to say “thank you” by forming the Builders Club. The Builders Club is a program that provides bonuses and staff compensation for our teachers. **We invite all our parents to become members of the Builders Club by making monthly donations for each student that attends APA.** We want to reward our teachers so we can retain them and provide an excellent education for our students well into the future.

To join the Builders Club, go to <https://www.americanprepfoundation.org/apa-builders-club> and complete the form. If you prefer to donate in person each month, you can donate at the front office.



Substitute Teaching--This May Be the Part-Time Job You've Been Waiting For!

We are in need of more substitute teachers! Please consider becoming a substitute for us! If you have friends, relatives or neighbors who are looking for a WONDERFUL part-time job, this may just be it! Here is more information about our substitutes and their duties:

Elementary Substitutes: Our staffing model allows us to have our Instructors step in and substitute for the teachers when they are absent, so our substitutes are really an "assistant" in the classroom, helping out the Instructor as they teach the class. This is a really great opportunity for parents and others to be in the school and to make a BIG difference! Being an elementary substitute is FUN! Please email Laura Leavitt (lleavitt@apamail.org) or call (801-839-3613) and she will answer any questions you may have!

Secondary Substitutes: For grades 7-12, you will be in a classroom with students, following a substitute plan left by the classroom teacher. Our students are respectful and fun to be around! If you enjoy working with teenagers, you will love this! Please email Mrs. Okelberry, our Junior High Director, tokelberry@apamail.org, and she will answer all of your questions!

Our substitute teacher pay is very competitive!

HS Diploma/GED

Associates Degree

Bachelor's Degree

\$80 per day

\$85 per day

\$90 per day

Please email or call Mrs. Leavitt or Mrs. Okelberry if you are interested, or go directly to our website at <https://www.americanprep.org/careers/> and apply!

Free/Reduced Lunch Application Requested From ALL Families

We encourage all families to submit an application for free/reduced lunch—even if you don't think you will qualify or don't intend to participate in the school lunch program. This data helps as our school seeks funding for the many programs that we provide here at APA. If you ordered Free or Reduced price lunches in September and the ordering system is charging you full price, that may mean your application expired. We were able to offer you free/reduced price lunch for the first 30 days of school, but if you want to continue to order free/reduced price lunches you will need to complete a new application. We sent letters and paper applications home this week to everyone. Please complete the application as soon as possible and return it to the main office. You may also complete the application online.

<https://www.americanprep.org/school-lunch-program/free-and-reduced-price-meal-application/>

School Lunch Program

The menu for October, November, and December is now available! You can order online - the link for online ordering can be found here: <https://www.americanprep.org/school-lunch-program/> If you need help ordering lunch, our school lunch workers, Jenni Ruiz (jruiz@apamail.org) and Charity Lavatai (clavatai@apamail.org) are available from 8:00 am until 9:30 am, and then from 12:00 pm to 1:00 pm every day. You can also email lunch@apamail.org.

Are you available to help during Elementary lunch? We would love to have you volunteer! You can help by reading to the children, handing out lunches, opening cartons of milk, and more! We especially need help in the younger grades, but we can use your time and support in whatever classroom you prefer.

Fresh Fruits & Vegetables - Colored Cauliflower, Honeycrisp Apples & Tuscan Melons

Traditional 'white' cauliflower may soon be taking a back seat as scientists have developed amazing variants of this popular veggie, where white colors have been changed to orange, purple and green. Some even claim that the colored heads are healthier for you. The orange cauliflower is believed to have higher than normal levels of beta carotene, a form of vitamin A that encourages healthy skin. The purple color comes from anthocyanin, which may help prevent heart disease by slowing blood clotting. Others maintain the nutritional value to be equal and the only difference being the addition of vibrant colors to meals.



AMERICAN PREPARATORY ACADEMY

Honeycrisp apples have a yellow background covered with a red to pink blush. Their creamy white flesh is exceptionally crisp and aromatic. A balanced content of sugar and acid gives Honeycrisp apples a pleasant sweet-tart flavor that varies in strength depending upon the maturity of the apple. Medium to large in size, an average Honeycrisp apple contains about 80 calories. They are rich in dietary fiber, specifically pectin which has been shown to reduce cholesterol and slow glucose metabolism in diabetics. They also contain Vitamins A and C, most of which is found in the skin.

Tuscan melons are very similar to that of a cantaloupe melon. There are however some distinct characteristics. Tuscan melons have what is called tight netting around the exterior of the rind as well distinct dark lines that seem to define portions or sections of the melon. Tuscan melons are well known for their sweet 'musky' scent and are often referred to as musk melons. These Tuscan style melons are an excellent source of vitamin A and C and are also high in antioxidants.

Learn Computer Basics

The Main Library in downtown Salt Lake City (210 East 400 South, SLC) is hosting several computer classes. If you would like to take some computer classes, to learn the basics of computers, check out these free classes.

October's computer classes are:

Oct 1 - noon to 1 pm - Cut, Copy, Paste, and File Management

Oct 8 - noon to 1 pm - Internet Searching

Oct 15 - noon to 1 pm - Email

Oct 22 - noon to 1 pm - Internet and Email Safety

Please register ahead of time at <https://slcpl.libnet.info/slcpl/events> and click on the computer class you are interested in.



FSO - Family School Organization

Julia Soledad – 801-574-5523 – edyjulasld@hotmail.com
Israel Claveria – 801-556-2853 - israel_claveria@hotmail.com

Our theme for the year will be “Around the World in 180 days”, which is the number of days in the school year. We will be placing a world map in the hall and we would like for our APA families to send us pictures of your family in the places they have traveled to, or pictures of the country you are from. Send those to Julia Soledad at edyjulasld@hotmail.com, and please write your family's name and the place the picture was taken. You can also text it to us.

Boxtops

Keep sending those Boxtop coming in. The more we collect, the more money we earn for our school. For every Boxtop collected we receive 10 cents. It may not sound like much, but with everyone contributing it starts to add up. Oct 12th is quickly coming upon us, and your student would love to be in the running for our contest - a pizza party! Term 1 ends October 12th, so this contest will end October 11th. The pizza party will happen on Oct 12th. Keep clipping those box-tops and sending them in—be sure to label the class they are going to on the bag or envelope.

FSO Meeting - Our September FSO meeting was Thursday, September 27 at 8:45am, right after the “Show What You Know” assembly. These meetings will be held monthly—usually on the last Thursday of the month at 8:45 am. All interested parents are invited to come be a part of our FSO planning. If you have any questions about volunteering or want to get more involved with FSO, please give us a call. Our students come to an amazing school and our parent group is a big part of that! Thank you for all your support. See you on October 25th at our next meeting.

New! Parent Club Meeting-October 23. Come be part of our Parent Club as we cover interesting and informative topics each month and get to know each other better. Earlier this month, we learned from Connie McCullough about the 5 Love Languages of our children and how recognizing our children's primary love language can improve the way we support and nourish them. Our next Parent Club on Oct. 23, 5:00-6:00 pm, will focus on basic computer skills. We will also learn how to check your student's grades and missing assignments using a computer and with your own phone. We can show you how to set up an email address if you don't have one. Mr. Mejia speaks both English and Spanish. (All



parents are welcome to this event.) Computers will be provided to use during the class, or you are welcome to bring your own laptop.

Ambassador Program

Leaders for Life Opening Ceremonies

Attention parents and students! We are so excited to kick off this year with our 7th grade "Leaders for Life" Event! At the event, students will learn how to demonstrate positive character traits, strong leadership by thinking out of the box, and respectful behavior. In addition, students will learn and review proper "meet and greet" protocol, and will be taught how professional body language is a key factor in making a good impression. The event will be on **Wednesday October 10th from 8:45am - 11:30am**. Parents, if you would like to volunteer to help at this event, please email Hailey Stevens at hstevens@apamail.org or volunteer online by visiting apaambassadors.org and clicking on the "Volunteer Online" tab! We are excited to see you there!

JUNIOR HIGH NEWS

Secondary Parent-Teacher Conferences -

Thank you for those who came to Parent-Teacher conferences last Friday. We hope your conversations with the teachers will help your students be more successful in those classes. Just a reminder that we also have Collegium Hall that your students can attend every day after school to receive help. Please encourage your students to reach out to their teachers for help. The next conferences will be held November 15th from 4-7 and November 16th from 8:15-12:15. We all want to be a part of your student's success!

Secondary Attendance School/Saturday School

Daily attendance is key for your student's success. Because our students are learning from the moment they step into the classroom until the moment they leave, it is vital that students be on time for class. We understand that occasionally things happen due to human imperfections. We allow the students up to 3 tardies in each class period each term without penalty. However, after the 3rd tardy, your student will not be able to receive credit (NG) in that class until they correct the tardy through Attendance School, also known as Saturday School. For each tardy over 3, the students must spend 30 minutes in Saturday school. For each 30 minutes, they need to pay \$5.00 to cover the costs of holding attendance school. Therefore, if your student has 7 tardies in 1st period, they must make up 4 of those tardies which equals 2 hours in Saturday School and \$20.00. Once your student has made up their tardies, we will remove the NG and they will be able to receive credit for that class. Saturday school is held at our WV2 campus on September 29th, October 6th, and October 13th. Your student must be in FULL UNIFORM including their NAMETAG with their SCHOOL WORK by 8am. The doors open at 7:40 and will lock at 7:55. They will not be admitted after the doors lock. Your student should come to the Jr. High foyer to check in and pay. Your student can leave as soon as they have made up their time. Each Saturday the students may stay until 11am. If they did not make up all of their tardies on one Saturday, they must return the next Saturday. If you have questions, please contact the Jr. High Office.

Jr. High Grading Program - "ASPIRE"

Go to www.americanprep.org

Click on WV1 school

Hover over "Resources" and you'll see "ASPIRE" on the top of the list. Click on that.

When the login screen appears, click on "Request a username" in the middle box.

You need your student's id (they should have this) and their birthdate.

Once you log in, you will see your student's profile, including an overview of their classes and grades. You can click on any of the classes to see a complete summary of what your student has completed for this class, as well as their grades. Please take note of low scores, zeros, and missing work. These are things your child needs to correct. You will also see the name of the teacher of the class. You can click on this name and it will give you an opportunity to email the teacher



AMERICAN PREPARATORY ACADEMY

with any questions. We recommend that you review your students account at least weekly or more to help them stay on top of their grades. If you have questions, please contact Mrs. Okelberry, Jr. High director, at tokelberry@apamail.org

SPORTS

Cross Country - (Grades 6, 7, 8 & 9)

Thurs. Sept 27	TBD	Region Race - TBD 13850 South Rosecrest Rd. Herriman
Mon. Oct 1	5:30 pm	State Format - Big Cottonwood Regional Softball Complex

Girls' Volleyball - Grades 6, 7, 8, & 9)

Mon. Oct 1	4:00 pm	@APA Salem - 1195 S Elk Ridge Dr., Salem
Wed. Oct 3	4:00 pm	@Legacy Prep - 2214 S 1250 W, Woods Cross
Oct. 8 th - 11 th	TBD	Girls Volleyball State Tournament

Boys' Soccer - Grades 6, 7, 8, & 9)

Mon. Oct 1	4:00 pm	Home vs. Ogden Prep
Wed. Oct 3	4:00 pm	Home vs. Ascent Farmington
Oct 8 th - 11 th	TBD	Boys Soccer State Tournament

AFTER-SCHOOL PROGRAMS (Sistema & Collegium Hall)

Collegium Hall - Mon, Tues, & Fri - 3:25 - 6:30pm
Wed & Thurs - 2:25 - 5:30pm

Annual Utah STEM (Science Technology Engineering Math) Fest - October 23, Collegium Hall will be hosting their second optional field trip to the annual Utah STEM Fest at the Mountain American Expo Center in Sandy. Jr. High students will have the opportunity to have first-hand experiences with various hands-on activities. Permission forms are available through the Jr. High office and need to be turned in ASAP to Ms. Collier, as space is limited. Bus transportation will be provided at 3:30, and we will return to the school around 6:30. (Collegium Hall will still take place on this day, as well.)

Collegium Hall

In Collegium Hall we are excited to see how many homework assignments finished. We have a goal to get 1000 assignments completed per grade and we're excited to see which grade come in first with their 1000 assignments.

Homework Assignments so far this year:

Grade 7 - 160
Grade 8 331
Grade 9 236

CLUBS - If you are still interested in joining a club, there may be space for you! Check in with the club advisor soon to find out. PE Club is not in session yet, but will be starting in October! It will take place the **last** Wed of each month only. For October it will be 24th, not the 31st as we have early release that day. Other dates will be: Nov 28, Dec 19, January 30, February 27, March 27, April 24, May 22.

CLUB	DAY(S)	TIMES	ROOM	GRADES
Board Games & Magic the Gathering Mr. Christiansen	Tues	3:50-5:30pm	138	6-9
Coding Ms. Oveson	Fri	3:30-4:40pm	138	5-9



PE Mrs. Western	Last Wed. of each month!	2:30-3:30pm	Gym	6-9
Robotics - (Club full) Mrs. Deplace	Thur	2:50-4:00pm	101	4-8
Stage Productions Ms. Denison	Tues/Fri	4:00-5:00pm	102	4-9
Yearbook *Photographers needed Mrs. Eddards **Average grade of C or above	Tues/Thur	4:00-5:00pm/ 3:00-4:00pm	144	4-9

Sistema MAKE A NOTE!

Afterschool Phone: (801)839-3613 Ex 0044.

Sistema Strings - Our next big event for Sistema Strings is Oct. 26, where we will go to Utah State University in Logan for a full day field trip. We will tour Utah State School of Music and then a performance with the Utah State Symphonic Orchestra and Choir at the St. Thomas Aquinas Catholic Church.

Sistema Pep Band are busy learning the music so they can get out to perform very soon.

Sistema Calendar:

- Oct. 3: **Afterschool Evacuation Drill** to our secondary Safe Place
 - We will do this drill at 3:45-4:30. Students will not be able to check out of Sistema during this drill. We will walk to the Tongan United Methodist Church parking lot on 1553 W. 2590 S. This is a State mandated drill.
- Oct. 9: **Sistema Student Showcase** - 6:00-6:30
- Oct. 15-19: **No Sistema or Collegium Hall**
- Oct. 23: **Parent Club Meeting “Computer for Beginners” with Mr. Mejia** 5:00-6:00
 - We will be learning basic computer skills. We will also learn how to check your student grades and missing assignments using a computer and with your own phone. We can show you how to set up an email address if you don’t have one. Mr. Mejia speaks both English and Spanish. (All parents are welcome to this event.) Computers will be provided to use during the class. You are welcome to bring your own laptop.
- Oct. 25-26: **NO Sistema** due to Elementary Parent Teacher Conferences. (We will have Collegium Hall both Days)
- Oct. 26: **Sistema Strings Logan Field Trip** 3:00-11:00 pm. Performance with Utah State Symphonic Orchestra at St Thomas Aquinas Catholic Church.
- Oct. 30: **Guest Artist “Sidewalk Poets” Concert** 6:00-6:30. (Multipurpose room)
- Oct. 31: **No Sistema or Collegium Hall** due to 12:15 pm Dismissal for Professional Development.
- Nov. 2: **No Sistema or Collegium Hall** due to Professional Development for Afterschool Staff.

Student Class Time Schedule:

Monday, Tuesday and Friday:

3:25 - 3:50 - Academic Extended Day (AED)

3:50 - 4:40 - 1st period

4:42 - 5:22 - 2nd period

5:24 - 6:05 - 3rd period

6:05 - 6:30 - Parent Pickup / Homework time

Wednesday and Thursday:

2:25 - 2:50 - Academic Extended Day (AED)

2:50 - 3:40 - 1st period

3:42 - 4:22 - 2nd period

4:24 - 5:05 - 3rd period

5:05 - 5:30 - Parent Pickup / Homework time

*If you plan to check your student out of school either before Sistema or during 2nd dismissal, please send a note with your student to school. They will need to turn it into the front office.