



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 15-19 - FALL BREAK - NO SCHOOL  
Oct 21-26 - Mon, Tues & Friday - 8:15 – 3:25/3:50 2<sup>nd</sup> Dismissal  
Wed & Thurs – 8:15 – 2:25/2:50 2<sup>nd</sup> Dismissal

Friday, Oct 12	End of Term 1
Saturday, Oct 13	Saturday Tardy School at WV2 - 7:45 am - 11:00 am
October 15-19	Fall Break - <b>NO SCHOOL</b>
Oct 22-26	COLLEGE WEEK
Tuesday, Oct 23	College Visits - 9 <sup>th</sup> Grade - BYU, 8 <sup>th</sup> Grade - UVU, 7 <sup>th</sup> grade - U of U
Tuesday, Oct 23	STEM Field Trip - 3:30 pm - 6:30 pm
Wednesday, Oct 24	APA Parent Club Class - 5:00 - 6:30 pm
Thursday, Oct 25	Elementary Parent-Teacher Conferences - 3:30 - 8:30 pm - No Sistema, Yes Collegium Hall
Friday, Oct 26	Elementary Parent-Teacher Conferences - 8:00 am- 12:00 pm <b>Elementary NO SCHOOL</b> - No Sistema, Yes Collegium Hall
Tuesday, Oct 30	Guest Artist "Sidewalk Poets" Concert 6:00-6:30 pm
Wednesday, Oct 31	<b>EARLY DISMISSAL</b> – Staff Professional Training - 12:15 pm - <u>No Sistema or Collegium Hall</u>

**Upcoming Events**

Friday, Nov 2	4 <sup>th</sup> - 6 <sup>th</sup> Grade Field Trips
Friday, Nov 2	No Afterschool Programs - Sistema or Collegium Hall
Monday, Nov 12	Veterans Day Assembly - 9:45 am
Thursday, Nov 15	Secondary Parent Teacher Conference - 4:00-7:00 pm - No Collegium Hall
Friday, Nov 16	Secondary Parent Teacher Conference - No School Secondary - 8:15 - 1:00 No Collegium Hall

**October Builder's Theme: "I am a Builder when I Demonstrate Integrity"**

Integrity is one of the fundamental values that employers seek in the employees that they hire. It is the hallmark of a person who demonstrates sound moral and ethical principles at work. Integrity is the foundation on which coworkers build relationships, trust, and effective interpersonal relationships. Any definition of integrity will emphasize these factors.

A person who has integrity lives his or her values in relationships with coworkers, customers, and stakeholders. Honesty and trust are central to integrity. Acting with honor and truthfulness are also basic tenets in a person with integrity.

People who demonstrate integrity draw others to them because they are trustworthy and dependable. They are principled and you can count on them to behave in honorable ways even when no one is watching or even knows about their performance.

*Susan M. Heathfield*



### September Reading University Winners

K - Stockton Butler	4 <sup>th</sup> - Ashley Campbell
K - Azmatkhan Vongsensey	4 <sup>th</sup> - Samantha Martinez Morales
1 <sup>st</sup> - Jaxson Eddards	5 <sup>th</sup> - Diego Bahena Fernandez
1 <sup>st</sup> - Jeter Lang	5 <sup>th</sup> - Carmen Muro-Pardo
2 <sup>nd</sup> - Alex Ashcraft	6 <sup>th</sup> - Andrew Corona
2 <sup>nd</sup> - Samantha Bahena Fernandez	6 <sup>th</sup> - Diego Molina
3 <sup>rd</sup> - Sila Maumau	
3 <sup>rd</sup> - Gianna Taylor	

### Elementary Parent Teacher Conference - October 25 & 26

Elementary parents! Your teachers are so looking forward to meeting with you to discuss the progress of your students. Please go onto the signup link for your teacher(s) and sign up for a 15-minute conference. This is a required conference, so get the most convenient time by signing up as soon as possible. Times are available from 2:30-8:30 pm on Thursday, and 8am-12pm on Friday.

### Signup Genius

Novak - <https://www.signupgenius.com/go/5080848afa82ba5fa7-elementary3>

Trejo - <https://www.signupgenius.com/go/70a0d4eacaa2ea1f58-elementary>

Judd - <https://www.signupgenius.com/go/5080d49a9aa2aaafb6-elementary4>

Nath - <https://www.signupgenius.com/go/20f0848abab29abfd0-elementary3>

Peterson - <https://www.signupgenius.com/go/20f0445adab23aafb6-elementary3>

Spencer - <https://www.signupgenius.com/go/409084badaf28a1fb6-elementary4>

Deplace - <https://www.signupgenius.com/go/30e0b4aa5aa2aa5f85-elementary3>

Twitchell - <https://www.signupgenius.com/go/20f0445adad29a1fc1-elementary3>

Denison - <https://www.signupgenius.com/go/4090f4eada72ba4fb6-elementary3>

Stolworthy - <https://www.signupgenius.com/go/70a0d4eacaa2ea6fc1-elementary>

Boynton - <https://www.signupgenius.com/go/20f0445adac2ea0fa7-elementary2>

Furniss - <https://www.signupgenius.com/go/70a0e45acab2fa7fc1-elementary>

Lloyd - <https://www.signupgenius.com/go/20f094fada729a5fd0-elementary>

Young - <https://www.signupgenius.com/go/5080848afa82baafd0-elementary2>

### Adult English Class

We will be starting our Adult English Class the week after the fall break.

Monday, October 22, will be the first class for the Advanced class. We will start at 8:15 and go until 9:15.

Wednesday, October 24, will be the first class for Beginners and those who speak some English. This class will start at 8:20 and go until 9:15.

You are welcome to come to one or both classes. If you need to bring small children, I will have coloring books, crayons and reading books for them to use during class. Please invite your friends and family. Everyone is Welcome!

I look forward to meeting you and having fun while helping you with your English!, If you have any questions, please contact Mrs. Meyerson [bmeyerson@apamail.org](mailto:bmeyerson@apamail.org)



## Take a "N.O.T.E."

"N.O.T.E."—Not One Thing Ever! Our new expectation is that we are each aware of what we have in our hands and that we never drop or leave anything on the ground—Not One Thing Ever! Our students, our staff, our parents—all of us deserve to be in an environment that is clean and orderly and well cared for. Learning happens better in a place like that! Our goal is to make each person aware and responsible—so that our halls, play areas, restrooms, classrooms, and school grounds are always clean and looking sharp. It's a powerful idea—and one you can incorporate with your families outside of school as well! Not One Thing Ever! Feels right, looks tight!

## Carpool Help

An APA parent is looking for a morning carpool for one Jr. High child. Willing to help pay for gas or willing to drive in the afternoon. Lives 5 minutes away from School on 1800 West and Redwood Rd. If you can help—please contact Ms. Gamez @ 801-839-3613 ext 0021.

## YEARBOOK

This year Mrs. Eddards has taken on, with excitement, the Yearbook, and she needs your help. With our theme this year being "Around the World in 180 Days" she would love to have pictures sent to her from your many trips around the world. If you travel and would like to share what your family is doing, take a few shots and send them to her. Her email address is [leddards@apamail.org](mailto:leddards@apamail.org). Make sure to include names and places. Looking forward to an amazing year of fun, all captured in our yearbook.

## 2019-2020 School Year Update

**Parents are asking great questions about next year's change to being a K-6 elementary campus:**



Q. I have friends who have been trying to get into APA for years. Will they be able to get in next year?

A. *West Valley 1 will be adding another class of each K-6 grade and so we will have more available seats than we've had for the last 9 years. Tell your friends and family members to be sure to apply online in time for the first lottery selection. The online application will be available around Thanksgiving weekend and the first lottery will be in December. Exact dates will be announced soon.*

Q. My friends with Junior High students think they will just wait until next year to get into APA. How will the transfer of Junior High to WV2 affect this?

A. *With all our secondary students moving to WV2, it will be more difficult for new secondary students to get in. But if they enroll in APA this year, they are guaranteed to be part of that transfer. We have a few junior high seats still available, so if they are serious about being part of APA, now is a great time to have them come check out the school.*

Q. Are there still seats available in elementary?

A. *Not right now. If students leave during the school year, we will fill those empty seats. But right now our elementary classes are full. You might suggest this to your friends and family who have some location flexibility: Enroll for this year at a Draper campus. The Draper campuses still have room for this year. Once enrolled, students can apply for a transfer for the 2019-2020 school year. If they attend Draper this year, they have a very good chance of transferring to West Valley 1 next year if they still want to.*

Q. When my 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> or 9<sup>th</sup> grade student moves to WV2, can I transfer the rest of my children there as well?

A. *Each year there are a few spaces that become available for elementary transfers to WV2. There will be an online link available before the end of Term 2 to get on the waitlist for a transfer. Sometimes it takes a couple years for a transfer to happen. The good news for our families driving between both campuses—the start times are staggered by 15 minutes to allow adequate travel time between WV2 and WV1. Fortunately, the campuses are only 3.5 miles from each other.*



## **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](mailto:jruiz@apamail.org)) and Charity Lavatai ([clavatai@apamail.org](mailto: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](mailto: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 - Red Raspberries & Fennel/Anise**

Raspberries were first introduced into cultivation in Europe nearly 450 years ago. By the early nineteenth century, more than 20 cultivars of red raspberry were grown in both England and the USA. Raspberries are a composite fruit traditionally available in mid-summer, but with new harvesting innovations they can be enjoyed all year long. Berries are mature when they have completely developed their characteristic color, and are easily detached from the plant. Almost all of the crops are processed. Only 10% of the crop is sold fresh. Red raspberries are delicate, sweet and slightly tart, containing lower sugar content compared to other fruits.

Fennel is an herb that grows 3 feet to 10 feet tall. The plant contains thick, ribbed, hollow stems that grow from its rooted bulb, similar looking to a celery stalk. Green feather like branches grow off of the stems. Every part of the Fennel plant is edible, and surprisingly enough, this vegetable tastes like black licorice. The bulb of the plant is the most desired part, as it is juicy and succulent with heavy accents of the licorice flavor. Fennel is used in cooking recipes, but is best eaten raw on salads or in other fresh dishes. Another name for Fennel is Anise.



## **FSO - Family School Organization**

Julia Soledad - 801-574-5523 - [edyjuliasld@hotmail.com](mailto:edyjuliasld@hotmail.com)

Israel Claveria - 801-556-2853 - [israel\\_claveria@hotmail.com](mailto: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 [edyjuliasld@hotmail.com](mailto:edyjuliasld@hotmail.com), and please write your family's name and the place the picture was taken. You can also text it to us.

## **Boxtops**

The winner of our first Boxtop contest is Mr. Nath's class, bringing in 185 boxtops. They are able to receive a pizza party on Monday. All together during the 1<sup>st</sup> term we received 1075 boxtops. Our Jr. High brought in 175 as well.

**FSO Meeting** - Our next meeting will be Friday, November 9 at 8:15 am.

**New! Parent Club Meeting-October 24.** Our next Parent Club on Oct. 24, 5:00-6:30 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. Come be part of our Parent Club as we cover interesting and informative topics each month and get to know each other better.



**“180 Days Around the World” Passports** - For every hour you volunteer, you will receive one stamp. Students may bring your passport in to the front office to get it stamped. Every 20 hours volunteered and recorded in the communication folder, you will receive a golden ticket, and the office will put a raffle ticket for you in 180 Days Around the World’s bin for a grand prize that will be announced later. (We have several communication envelopes that have disappeared. Please check and return them ASAP. This is also where you record your volunteer hours!)

## **Ambassador Program**

### **Leaders for Life Opening Ceremonies**

On Wednesday October 10<sup>th</sup>, the 7<sup>th</sup> grade students participated in the Leaders for Life Opening Ceremonies Event. At the event, the students learned how to demonstrate positive character traits, strong leadership skills by thinking out of the box, and respectful behavior. In addition, students learned and reviewed proper “meet and greet” protocol, and were taught how professional body language is a key factor in making a good impression. Please review the following questions with your students regarding the information they learned at the event:

### **7th grade Event - Station Quiz Questions**

**Opener** – Leaders lead for Life

1. Who is a leader? (*Everyone*)
2. What is leadership? (*A skill*)

**Station One – The Torch of Character**

1. What is character? (*Your reputation; the sum of your individual traits; the moral standard that determines your conduct*)
2. What determines your character? (*Your choices*)
3. What is the difference between a blowtorch and the Olympic Torch? (*The blowtorch is a useful tool and the Olympic Torch is a symbol intended to inspire others.*)
4. How do your choices represent a torch for others? (*A torch inspires and leads. Good choices set an example to those around you and encourage others to make good choices too.*)

**Station Two – Higher, Stronger, Faster AWESOME**

1. What does it mean to think “Out of the box?” (*It means to brainstorm, consider all the possibilities and not give up!*)
2. Is following someone else’s strategy a form of cheating? (*No, it is putting into practice winning strategies. Copying an answer you do not know is cheating.*)
3. What is “in the box” thinking? (*Only considering the one obvious option and quitting if it doesn’t work.*)

**Station Three – Olympic Rings of Respect**

1. What does respect look like? (*Answers will vary.*)
2. What does respect sound like? (*Answers will vary.*)
3. What does respect feel like? (*Answers will vary.*)
4. Who is the first person you should respect? (*Yourself*)

**Station Four – Medal Award Ceremony for Champions**

1. What are the Gold, Silver and Bronze rules for accepting recognition? (*Gold – be gracious; Silver – be confident and mature; Bronze – be kind*)
2. What is your right hand called when eating and socializing? (*Eat, Meet and Greet hand*)
3. Where should your drink always be? (*In your left hand*)
4. What are your only two possible answers when someone offers you refreshments? (*“Yes, please.” Or “No, thank you.”*)

**Station Five – Meet n’ Greet Boot Camp**

1. What did the sergeant want you to know? (*How to sit, stand and speak to make a good impression.*)
2. What is the best “Meet and Greet” jingle to use when you don’t know what to say to someone you’ve never met? (*Hello, my name is \_\_ (first and last) \_\_ I don’t believe we’ve met.*)
3. If using good posture is a skill, what must you do to become better at it? (*Practice*)



## **College Week**

We will be having College Week October 22-26th! There will be activities and lessons about the local colleges during lunch and 4th period throughout the week. On Tuesday, October 23rd grades 7 - 9 will be taking college tours of the following locations:

7th Grade - University of Utah

8th Grade - Utah Valley University

9th Grade - Brigham Young University

Permission forms for the tours will be sent home next week. Please make sure these are signed and turned in as soon as possible.

## **JUNIOR HIGH NEWS**

### **Secondary Attendance School/Saturday School - At WV2 - 3636 W 3100 S, WVC**

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 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.

## **SPORTS**

The fall season has come to an end. For Cross Country, we had one boy and one girl represent us in the State Race. Aaron Patino finished 10th OVERALL of all the runners! Penelope finished strong, racing against some of the fastest runners in the state!

Volleyball fought very hard at the end to make it to the state tournament winning their last 3 games of the season, but finished in 5th place overall for our region.

Soccer made it to the state competition but was taken out in the first round by Early Light Academy, but they did not let Early Light win easily. All of our athletes should be incredibly proud of the improvements they've made this season, both on and off the field/court/track.

Boys basketball season has begun, with open gym and try-outs last week and this week. Their first basketball game will be Monday, Oct 29th. (We do not have a full basketball schedule just yet, coming soon). Girls Basketball will begin when we return from winter break.

### **AFTER-SCHOOL PROGRAMS (Sistema & Collegium Hall)**

Collegium Hall - Mon, Tues, & Fri - 3:25 - 6:30pm

Wed & Thurs - 2:25 - 5:30pm

### **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 - 225

Grade 8 - 452

Grade 9 - 368



**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.

1. **Board Games & Magic the Gathering** - Tuesday, 3:50-5:30pm - 6<sup>th</sup>-9<sup>th</sup> Grades - Room 138 - Mr. Christiansen
2. **Coding** - Friday, 3:30-4:40pm - 5<sup>th</sup> - 9<sup>th</sup> - Room 138 - Ms. Oveson
3. **PE** - Last Wed of each month - 2:30-3:30pm - 6<sup>th</sup>-9<sup>th</sup> - Gym - Mrs. Western
4. **Robotics** - (Club full) - Thursday, 2:50-4:00pm - 4<sup>th</sup>-8<sup>th</sup> - Room 101 - Mrs. Deplace
5. **Stage Productions** - Tues/Fri - 4:00-5:00pm - 4<sup>th</sup>-9<sup>th</sup> - Room 102 - Ms. Denison
6. **Yearbook** (Photographers needed) - Tues - 4:00-5:00 pm/Thurs - 3:00-4:00pm - 4<sup>th</sup>-9<sup>th</sup> - Room 144 - Mrs. Eddards (Average grade of C or above)

## **Sistema** **MAKE A NOTE!**

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

**Sistema Showcase:** The students did a wonderful job at our first student showcase this week. They worked hard to prepare to show off their amazing talent. Those students who did not perform will perform at the next showcase. Thanks for all the participation.

### **Sistema Calendar:**

- Oct. 13 Suzuki Association of Utah Violin Workshop  
**ISSI Fiddle Fest with Taylor Morris**
  - **For:** Violin students who have played for a year or more.
  - **Location:** American Preparatory **WV2** (3636 W. 3100 S.)
  - **Time:** 1:00 - 4:30
- Oct. 15-19 **No Sistema or Collegium Hall** - Fall Break
- Oct. 24 **APA Parent Club Class** (All parents are invited) 5:00-6:30
  - See more details on page 4
- 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** 1:45-11:00 pm. Sistema Strings Performance with Utah State Symphonic Orchestra at St Thomas Aquinas Catholic Church. We will also work with the Fry Street Quartet as part of our campus tour. Sistema Strings students will meet at WV2 by 1:45pm. We will return to WV2 around 11:00 pm.
- Oct. 30 **Guest Artist "Sidewalk Poets" Concert** 6:00-6:30. (Multipurpose room)
  - This is a wonderful event for our Sistema students, but all are invited.
- 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.