



Check the website calendar for all practices, rehearsals and clubs @ <http://westvalley1.americanprep.org/>

April 22-26 - Monday, Tuesday, & Friday- 8:15am - 3:25/3:50 pm
Wednesday & Thursday - 8:15am - 2:25/2:50 pm

Monday, April 15	Beginning Term 5-Elementary, Term 4-Secondary
April 15-19	WHITE RIBBON WEEK - "I've got the Power"
Thursday, April 18	APA Parent Meeting - "Internet Technology Safety" - 8:45 am-9:15 am & 5:00 -5:30 pm
Thursday, April 18	APA's Got Talent Semi-final Auditions - 5:30 pm
Friday, April 19	District ART SHOW @ WV2 Campus - 3:30 - 8:00 pm (Winners announced at 6:30 pm) 3636 West 3100 South, WVC
Saturday, April 20	District ART SHOW @ WV2 Campus - 9:00 am - 12:00 pm
Monday, April 22	4-6 Field Trips
Tuesday, April 23	Yearbook Purchase and Submission Deadline!
April 22-May 3	Elementary - SAT & RISE Testing-K-3- 4/22-4/26, 4 th -6 th - 4/29-5/3, 5 th - 4/25
Tuesday, April 23	Sistema Student Showcase and Opera "For Rizzle, Ms Drizzle?" Opera - 6:00 pm @ WV1
Wednesday, April 24	9 th grade "Make a Difference Day" - 12:10 - 2:15 pm
Thursday, April 25	Geography Fair @WV2 - 9 th Grade - 2:15-4:15 pm
Thursday, April 25	Parent Dance Lesson - 5:00 - 6:00 pm

UPCOMING EVENTS

Friday, May 3	7 th grade Masquerade Ball - 11:30-2:30 pm OR 3:30-6:30 pm (Students are assigned a time) No Sistema or Collegium Hall
Friday, May 3	8 th grade Masquerade Dinner and Ball - 5:00-10:00 pm
May 6-17	Secondary - RISE Testing - 7 th & 8 th Grades, Aspire Plus - 9 th Grade
May 6-17	Elementary - Core Knowledge Testing
Thursday, May 16	9 th grade Formal Dinner and Ball at La Caille - 4:30-10:00 pm
Friday, May 17	Lights Off! - 3:30-5:30 "Around the World 180 Days"

**April's Builder's Theme: "I am a Builder when I am facing Obstacles
With Determination & Positivity"**

Optimism takes effort. Stay grateful, force your mind into positive thoughts, reflect on your surrounding and be in a company of enthusiastic people. That's how you'll be able to overcome the obstacles to optimism. Here are some suggestions to help strive to have positivity with obstacles that are faced daily:

***Spend your day mindfully** - Morning has a big impact on how the rest of your day will proceed. Mindful mornings allow you to design the first moments of your time and ensure that your day starts off nicely. Make sure your alarm sound is a song you love. Leave enough time to commute peacefully. Eat something you like for breakfast. Enjoy the hot water while you shower. Stop to notice things you do and what surrounds you. Take your mind off of worrying about the past or future. Tony Robbins, a famous coach says "Stay in your head, you're dead." Stop thinking about a different time or moment. What matters is now. Enjoy the sun, enjoy being you, enjoy your life.

***Complete Incompletions** - When you are going through a rough period, it's easy to develop a negative way of approaching tasks. It's easy to base a conclusion on previous experiences of failure, thinking because you failed once, you'll probably fail again. When this occurs, take another direction. Choose a task and complete it. Do something you always wanted to do. Cross off a project from your to-do list. It will remind you that you actually can do things right, and it will give you a feeling of accomplishment.

***Be Grateful** - This is the key to optimism. There is something so powerful about being grateful. It immediately nourishes the soul. Before you go to sleep, stop thinking about what you have to do tomorrow, or stop replaying situations in which you made a mistake. Instead, when you lay in bed, think about specific nice things that happened that day. After you list them, feel truly thankful for them. Say thank you for having people that love you, for having a job, for being healthy, for anything you have.



March Reading University Winners

K - Isaac Quintano Diaz
Ibad Rahman

1st - Cole Dalton
Elisa Tavares Morales

2nd - Eleia Sleiman
Alisha Yengich

3rd - Mikhail Federov
Natalia Manzanares

4th - Emily Mellor
Alondra Rubio

5th - Kelly Dirzo Portugal
Avery Johnson

6th - Camilla Aguillar
Kevin Diaz

White Ribbon Week "I've got the power" - April 15-19

This week we have a week of helping our students make positive choices in media and technology. Each day we focused on power statements with lunch time and recess activities. This is what our week looked like:

Monday: I have the power to not view embarrassing pictures or share hurtful words.

Tuesday: I have the power to turn it off.

Wednesday: I have the power to tell a trusted adult if something doesn't feel right.

Thursday: I have the power to ask before I download.

Friday: I have the power to make my friends make safe choices online.

We also had a special parents meeting to learn more ways to help your students make positive choices in media and technology.

APA's Got Talent

Come one, come all to the greatest show on earth! APA's Got Talent is coming to WV1! This is an opportunity for students K-9 to show off their talents, whatever they may be. Auditions were held on Wednesday, April 17th, with the Semi-finals on April 18th. The Finals will be on April 23rd at 6:30 at the West Valley 2 Campus. Please come and support your friends as well! If you want to vote at the Semi-finals, the cost is \$1.00 per ticket. Concessions will be sold as well. See you there!

District Art Show

Our District Art Show will be held on Friday & Saturday, April 19th & 20th. On the 19th from 3:30 - 8:00 pm and on the 20th from 9:00 am - Noon. The show will take place at our West Valley 2 campus - 3636 W 3100 S. The awards will be announced on Friday evening at 6:30 pm.

4th - 6th Grade Field Trips

4th - Museum on the Move Natural History - 8:30am - 11:00am (on campus)

Bean Life Science Museum at BYU- 12:30pm-3:00pm

Regular APA Uniform and shoes

5th - Camp Floyd - 8:30am - 2:45 pm

Regular APA Uniform/ tennis shoes

6th - Liberty Park's Tracy Aviary & The Aquarium - 8:30am-3:00 pm

Regular APA Uniform/tennis shoes



END OF YEAR TESTING

Our end of year testing is about to begin and the kids are getting ready to begin. The testing consists of the RISE test - the state mandated testing that will replace the SAGE test for 3rd - 8th grade. SAT for K-2nd grades, and Aspire+ for 9th grade.

Elementary also will do the Core Knowledge test. The testing schedule is as follows:

April 22nd - 26th - K - 2nd - SAT, 3rd - RISE

April 29th - May 3rd - 4th - 6th - RISE

May 6th - 17th - Jr. High - RISE & Aspire+

May 6th - 17th - Elementary - Core Knowledge

Here are some great tips to help your students continue to do their best:

- ✓ Please assist them in getting a good night's sleep. Elementary students do best with 9-11 hours of sleep, while Junior High students need 8-9 hours of sleep. TV and computer screens just before bedtime can make it hard to fall asleep, so please limit these. Dimmer lights during this time can also help.
- ✓ Make sure they eat a wholesome breakfast high in proteins, whole grains, vitamins, and healthy Omega 3 fats that can be had from nuts, seeds, fish, and eggs.
- ✓ Testing will start first thing in the morning when your students' brains are at their best, so please make sure they get to school on time or even a few minutes early.
- ✓ Please, do not check your students out of school, unless it is an emergency. Dental appointments, for example, are not emergencies. Being absent during this time means they will be doing makeup testing while their friends are participating in fun end of the year culminating activities.
- ✓ And finally, encourage your students, but please do not add to their stress level by YOUR stress level.

Snack Donations! To keep our students on their best game, we will be giving students healthy and easy to eat pre-test snacks. Examples of these are: whole grain and granola bars, fruits, such as grapes, apples or bananas, or cheese sticks. We're asking parents to donate a package of healthy snacks, if possible, to their students' classrooms. Please remember, these are not substitutes for a great breakfast.

Parent Advisory Committee Elections

We are in the process of creating our Parent Advisory Committee (PAC) for the 2019-20 school year. PAC participates with the administration in developing the Annual School Plan, in deciding how the Land Trust monies will be spent and other matters important to our students at American Preparatory Academy. We have 2 parent PAC positions to fill at APA-West Valley 1. Parents of students who are employed 6 or more hours per week at the school are disqualified from participating as an elected parent.

The PAC generally meets 3-4 times per year. Members of the PAC will be expected to participate in all of these meetings so that a quorum may be present to conduct business. There are no term limits, so long as an elected parent has students enrolled in the school, is actively participating, and wishes to continue to do so.

These are the anticipated meeting dates, times, and places for the 2019-20 school year. **It is vital that you attend all three meetings if you are a member of the PAC. We must have a quorum in order to hold a meeting.** Failure to do so may result in the loss of your seat on the Committee.

1st Meeting at West Valley 1 will be on Friday September 20th at 10:00 AM.

2nd Meeting at West Valley 1 will be on Friday, March 20th at 10:00 AM.

3rd Meeting (Annual School Planning Meeting) This meeting will most likely be held in August after we get State Testing results back.



AMERICAN PREPARATORY ACADEMY

If you are interested, please contact Katie Fuller, landtrust@apamail.org, no later than Friday, May 10th, 2019, at 4pm. Please include your name, the campus you are running for, a little campaign blurb, your students name and grade, your phone number and email address.

• **We are holding elections at more than one campus, so it will be very important that you note in your email which campus' PAC you are running.** The ballot will go home in the last page of the May 16th newsletter. Each family may vote for two candidates, as we have two positions open. Ballots must be returned to the school before 4pm on May 24th. The candidates who receive the most votes will be posted in the May 30th newsletter.

Curriculum Deadlines

- May 3- Last day to check out library books
- May 15- All library books due
- May 22- Secondary periods 1-3 books due
- May 23- Secondary periods 5-8 books due
Kindergarten group books due
- May 24- 1-6 grade group books due

APA-Spirit Wear Days - May 3

Go to our Online APA Apparel: <http://www.americanprep.org/store/>. You will receive an email when your online order is ready for pick-up. You will be able to pick your order up at the main office of your campus during school hours. Please allow a minimum of two weeks for processing online orders, and only come to the office when you have been informed that your order is ready!

Year Book - Purchase your 2019 yearbook now - Deadline ~~April 18th~~ Extended to April 23rd!

Capture this year's memories with a yearbook, but don't delay! The deadline is almost here!

You may get an order form from the front office to pay cash or check. They are \$20.00 each. You may also order online with credit/debit card by visiting

1. www.schoolannual.com.
2. Click "Buy My Student's Yearbook".
3. Under school or group name, type "American Preparatory"
4. and select "American Preparatory Academy Campus 1"
5. from the drop-down menu. Click "2019 Yearbook" to purchase.

Also, please include a reminder to send vacation pictures from around the world to leddards@apamail.org.



REMINDER - ORDER SCHOOL LUNCH FOR APRIL

It is time to order lunches for the rest of the school year! the link for online ordering can be found here: Go to <https://apalunch.h1.hotlunchonline.net/> and login.

Please contact lunch@apamail.org with questions or concerns.

Job Openings in WV1 Campus - More information at americanprep.org/careers/

Afterschool Collegium Hall Mentor \$12/hr. Go to <https://www.americanprep.org/careers/>

FSO - FAMILY SCHOOL ORGANIZATION

APA Parent Club

*APA Parent Empowerment Meeting - "Internet Technology Safety" - Thursday, April 18 - 5:00 pm - Come learn about internet safety and how to teach it to your students! Childcare provided.



9th Grade Make a Difference Day

On Wednesday, April 24th our 9th grade students will participate in Make a Difference Day. They will be visiting Headstart schools to volunteer and serve at-risk students who come from families below the poverty level. Our 9th grade curriculum is geared towards peer mentorship, so our 9th grade get to be mentors to the students, as they do crafts with them, read to them and play games.

Parent volunteers are needed! Contact Hailey Stevens at hstevens@apamail.org or call 801.839.3613 ext.0033.

5th and 6th Western Round Up

YEE-HAW! Our 5th and 6th grade students will participate in the Western Round Up on Thursday, April 18th from 1:00-3:45pm. At this event the students will learn a fun line dance, learn the difference between the host and hostess and their responsibilities, how to stop bullying and how to be a hard worker. We love our elementary Ambassador events and how fun they are! If you are interested in volunteering for this event, please contact Hailey Stevens at hstevens@apamail.org.

CULMINATING BALL SEASON FOR ALL SECONDARY! It's definitely Ball season! On May 3rd, our 7th and 8th grade students have their Culminating Balls. Watch the mail box because their assigned times and dates are coming in the mail soon! Then, our 9th grade students finish out Ball season with a fancy dinner at La Caille on Tuesday May 15th. **Remember ALL of these Culminating Events are MANDATORY for students' 4th period grades.**

IMPORTANT: MANDATORY attire checks required for all students grades 7-9th for end of year balls. Students may email a picture of clothing for approval to hstevens@apamail.org, or stop by the ambassador office with clothing. Checking off of attire will count on the 4th period grade. Dress checks for 7th and 8th grade are the week after spring break, April 15th - 19th. Dress checks for 9th grade are due April 22 – 26th.

Parent Dance Social

On **Thursday, April 25th** parents are invited to learn a few simple dances to prepare themselves for the parent honor dance held for **7th-9th grade students** the night of the assigned ball. Come to the Multipurpose Room from **5:00-6:00pm**. and learn from the best, Brandon Perry, our ballroom instructor. You can dance with your student, spouse or date. Students are not required to attend. It will be a fun night!

JUNIOR HIGH NEWS **SPORTS**

Students staying after school

It is the APA policy that students be supervised at all times when on campus. This keeps our students safe and our facilities well cared for. We have previously allowed students to attend sporting events, with parent's permission. However, the school cannot provide personnel to supervise these students. From this point forward, students will not be allowed to attend sporting events after school unless they have a parent providing supervision. As always, students are welcome to stay after school in Collegium Hall or at a club until their parents come to check them out. Thank you for your support in keeping our students and school safe.

Girls Soccer Schedule- (6th - 9th)

Soccer practice will be held Tuesday and Thursday

Thurs, Apr 18	4:30 pm	@Ogden Prep (1435 Lincoln Ave, Ogden)
Wed, Apr 24	4:00 pm	@Ascent West Jordan (5662 W 8200 S, West Jordan)
May 6-10	TBD	State Tournament

Boys Volleyball Schedule - (6th - 9th)

Volleyball practice will be Wednesday and Friday

Thurs, Apr 18	5:00 pm	@Ogden Prep (1435 Lincoln Ave., Ogden)
Mon, Apr 22	4:00 pm	@Ascent Farmington (22 S 650 W, Farmington)
Thurs, Apr 25	4:00 pm	HOME vs. Hawthorn
May 6-10	TBD	State Tournament



AFTER-SCHOOL PROGRAMS

Sistema & Collegium Hall

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

Afterschool Phone: (801)839-3613 Ex 0044

Collegium Hall

Collegium Hall students have continued to work diligently and have been amazing in completing their homework, with the following grand totals for last term:

7th--558

8th--992

9th--1004

Way to go 9th grade! With over 1000 assignments completed, they have earned top honors and will be celebrated (with pizza!) this Friday, Apr 19! Congratulations to 8th grade for making the biggest increase (almost 400 more assignments!) from last term, and to 7th grade for continuing to increase their homework numbers every term. They will also be rewarded for these accomplishments.

Join all your favorite mentors--Mr. C, Mrs. C, Ms. Haslam, Mrs. Gallardo, Ms. Gallardo and Mr. Langford--for all your homework needs and more! Remember, students must be on time to get a delicious snack.

We are in the process of hiring afterschool mentors: Afterschool Collegium Hall Mentor \$12/hr. Go to <https://www.americanprep.org/careers/> for more information.

CLUBS - If you have any interest in creating a club for this term, please get an application from Ms. Collier.

- **Board Games & Magic the Gathering** - Tuesday, 3:50-5:30pm - 6th-9th Grades - Room 138 - Mr. Christiansen
- **PE** - Last Wed of each month - 2:30-3:30pm - 6th-9th - Gym - Mrs. Western - March 27, April 24, May 22.
- **Robotics** - (Club full) - Thursday, 2:50-4:00pm - 4th-8th - Room 101 - Mrs. Deplace
- **Stage Productions** - Tues/Fri - 4:00-5:00pm - 4th-9th - Room 102 - Ms. Denison
- **Yearbook** (Photographers needed) - Every other Tuesday (Starting 11/27) - 4:00-5:00 pm - Rm 144 Mrs. Eddards (Average grade of C or above)
- **NEW - 3-D Printing Club**- Starting Wednesdays - March 13 - 2:30-4:30 - Room 138 Mr. Law (Jr. High only)



We are so excited about the many opportunities our Sistema students have coming up! Some of our students are getting ready to perform an opera they wrote themselves! We can't wait to share our final concert with you so you can see how much the students have learned this year! On the last days of Sistema, we will be having WV1's very first Sistema Festival, in which each student gets an opportunity to perform a solo! With all these, and even more exciting opportunities fast approaching, each student needs to attend their instrument class at least 4 times a week, so they can be successful and enjoy these awesome performance opportunities!

Sistema Calendar:

- April 23 - **Sistema Student Showcase and Opera "For Rizzle, Ms Drizzle?" Opera** - 6:00 pm
- May 6th - 8th - Sistema Dress Rehearsals
- May 9 - **Sistema Final Concert - 5:30**
- May 10 - **Sistema Fun Day**
- May 17 - **Lights Off - 3:30-5:30** "Around the World 180 Days" -- **NO SISTEMA**
- May 29 - **Last Day of Sistema**