



School Calendar – WVI Campus September 22, 2016

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

Thursday, Sept. 22	Cross country meet @ home – 4:30 pm (Last meet)
Monday, Sept. 26	Volleyball @ Legacy Prep – 5:15 & 6:00 pm
Wednesday, Sept. 28	Volleyball @ Legacy Prep – 5:15 & 6:00 pm 8 th Grade Barn Event – 12:30 – 4:30 pm
Friday, Sept. 30	Land Trust Meeting – 10:00 am

Other Dates

Friday, Oct. 7	No Collegium Hall or Sistema
Wednesday, Oct 12	Elementary Early Dismissal – No Sistema
Thursday, Oct 13	PICTURE DAY
Friday, Oct. 14	Sistema Logan Trip – No Sistema
Oct. 17-21	Fall Break – NO SCHOOL
October 27&28	Elementary Parent Teacher Conferences
Monday, Oct 31	Early Dismissal – Professional Teacher Development

September’s Builder Theme - I am a Builder when I am Building with Enthusiasm

Being an enthusiastic person take practice. Here are seven tips to use to practice being an enthusiastic person.

1. **Find out what you really like to do.** This is the easiest, but most important step. Know what you like to do and run with it.
2. **Go deeper, learn more.** If you don’t know a lot about a subject it’s hard to be enthusiastic about it. So go deeper, learn more, and build yourself up.
3. **See what’s positive in any situation.** Then build on that to get your enthusiasm going. It may be one or two things, but it’s a start.
4. **Get an enthusiastic vibe from other people.** Hang out with enthusiastic people. They’re contagious.
5. **Act yourself into an enthusiastic state.** If you don’t feel enthusiastic, FAKE IT ‘TIL YOU MAKE IT!
6. **Keep your energy up.** It takes energy to be enthusiastic. If you are having trouble feeling that emotion, then it might be because one or more basic energy problems are missing. Get plenty of sleep, eat well, work out and drink plenty of water.
7. **Be careful with your information intake.** Negative and apathetic voices can be a major downfall. Don’t drown in a sea of negative voices. Replace them with enthusiastic and positive sources.

New Online Grading Program for K-6

Our new elementary grading program, ALMA, is now up and accessible. We are asking parents to check their student’s grades at least once a week to be sure that all assignments are completed. You should have received an e-mail generated by the program that will give you the instructions for logging in and creating a password.

If you did not receive an e-mail from ALMA, it is possible that we do not have an e-mail address or current e-mail address in our school records. Please check your e-mail and see if you have received the information from the ALMA program. If not, please e-mail Mrs. Melanie Ferlo, Academic Coordinator, at mferlo@apamail.org and give her your updated e-mail address. 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!)



CARPOOL—It's A Team Thing! (Week 2 of 3)

Parents—so many of you are doing all you can to make carpool run as smoothly and safely as possible! THANK YOU! Our very best scenario is a carpool where EVERY parent picks up their child at the curb. This would be the safest and most efficient system for everyone. It may not be the most efficient for YOUR family...but when we look at the whole school and all of the families and what's best for EVERYONE, using the carpool system as designed is the very best way. We have wanted, for several years, to take some data on how long it takes to go through carpool, looking at arrival times, number of students you are picking up and even if your carpool number group makes a difference. We will be doing this “research” over the next couple weeks. Thanks in advance for your participation. As reminders:

- ⇒ -Please do not park on Crystal Avenue. This makes it dangerous for our walkers, is an annoyance to our neighbors, and complicates the traffic flow for parents trying to exit the parking lot. Please park in a regular parking spot.
- ⇒ -The north parking area nearest the exit will be blocked off by cones. Please avoid this area as it blocks the view of oncoming traffic for cars leaving the parking lot.
- ⇒ -If you *must* park at the north end of the building, consider backing into the parking spots. Backing out onto Crystal Avenue is hazardous during this heavy traffic time.
- ⇒ -Ask your children to be watching for you so that once you pull up to the curb they can load quickly (and you do not have to wait for staff to try and hunt them down!)

To all of you who are making this work—thank you so much! We are in this together—and your enthusiasm and support makes this part of being at a charter school so much better!

Parents! Please be careful when driving on Crystal Avenue. Police are monitoring the stop signs and have asked us to inform our parents to come to a complete stop at the signs. If there are any children waiting to cross, they will have the right of way. Please wait for them to safely cross before proceeding through the stop sign. APA parents are AWESOME! Help keep all of our children safe in the neighborhood!

Reading University in Elementary—What's It All About? (Week 4 of 4)

Reading University, often referred to as “RU”, is a program of *student independent reading*. The purpose of the program is to encourage students to read regularly, outside of school hours, and expose them to good literature. When students become enthusiastic readers, not only do they build their vocabulary and imaginations and understanding of the world, they most often see increased academic success in every subject. Time spent in independent reading has been shown to be a defining indicator in a student's academic success.

Reading University is a graded subject in elementary and will be part of your student's report card. The grade is based purely upon the number of books that your student reads each term. It is reported to the teacher by turning in the list of books (Title, Author and Parent Signature to say it was read) each term. We call this the RU Log. You should find this paper in your student's gray RU folder in their docket. If you cannot find it, please ask the teacher for another copy.



Each grade requires a different number of books to be completed for each term:

- Kindergarten—8 books per term
- 1st Grade—8 books per term
- 2nd Grade—6 books per term
- 3rd Grade—5 books per term
- 4th Grade—3 books per term
- 5th Grade—3 books per term
- 6th Grade—3 books per term

Books are selected from the Reading University book list. The RU book list is most easily accessed from the school website: www.americanprep.org. Click on our campus—West Valley I-- at the bottom of the page. Click on the “resources” tab at the top, then “Reading University”. The book lists can be viewed by grade, or books can be searched by title or author. If you need help with this, please ask your teacher or the Academic Office and we can help you.

Some other important points about Reading University:

- Students can read books that are at or above their grade level or one grade level below. (3rd graders, for example, can read books on the 2nd grade list and up)
- Students can have books read to them. This is true for not just our beginning readers in K and 1st, but students in all grades. For example, reading a book from the 6th grade list together as a family could count for each of your students.
- Books on tape are okay to use for Reading University. It is especially good to have a copy of the book as well so that the student may read along with the narrator.
- Books that are not on the RU list can also be enjoyed, but only one per term can count toward the RU reading requirements.
- Books can be checked out from the public library. Books from the RU list are also available to be checked out from the classroom library.
- At the end of each term, students will have the opportunity to earn small prizes at the “RU store” for completing or doubling their RU goal.

If you have suggestions for excellent books to be added to the RU list, we would love your input. If you are interested in being a parent who does volunteer time reading the books that have been recommended, we can use that help too! If you have any questions—please, please ask. Reading University is the subject that every student should be earning an A+ in, yet it is the subject that is most failed at our campus. Get your students off to a great start with their independent reading!

Parent Emails

Our teachers are using parent emails to keep families updated on student progress and upcoming projects and events. We ask that all parents ensure they have a current email address at American Prep so they can receive these important messages. Every week Mrs. Hernandez emails the Newsletter to each family. If you are not receiving this email electronically, please contact the front office to update your email or add an email address to your family information.

SPECIAL EDUCATION DEPARTMENT

If you believe your child may have a disability that is affecting them academically, and they would benefit from Special Education, please contact Monica Brown at monica.brown@apamail.org



School Compliance and Qualifications

"Our parent surveys consistently express confidence and overwhelming satisfaction with our teachers at American Prep. Parents are welcome at any time to request information regarding the professional qualifications of the student's classroom teachers including: 1) whether the teacher has met State qualification and licensing criteria for the grade levels and subject areas in which the teacher provides instruction or whether the teacher is teaching under emergency or other provisional status through which State qualification or licensing criteria have been waived; 2) the baccalaureate degree major of the teacher and any other graduate certification or degree held by the teacher, and the field of discipline of the certification or degree; and 3) whether the child is provided services by paraprofessionals and, if so, their qualifications."

School Lunch - Please be sure your student has lunch on Monday! They can bring a home lunch or can order a school lunch online @ utahsmartlunches.com. Orders must be placed by midnight of the day before. If you have questions, please e-mail Mrs. Kristine Stevens—kstevens@apamail.org. APA is looking to train a district-wide sub for the School Lunch Program. When subbing, the time frame each day would be 8:00 - 12:30. All four campuses in the Salt Lake County have the lunch program. If you are interested in being trained for this part-time position, please contact Debra Davies ddavies@apamail.org.

Fresh Fruits and Vegetables – HONEYCRISP APPLES, BABY KIWI & CAPE GOOSEBERRIES

Honeycrisp apples were first developed in the 1960's at the University of Minnesota where they were bred with the intent of creating an apple that could tolerate Minnesota's cold weather. 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.

Baby kiwi is very similar to its parent fruit the Kiwi. There are a few differences. The most obvious is the size (hence the name baby). Baby kiwi is grown in many different regions throughout the world, some of which are now grown in our own country right in California. Another major difference with baby kiwi is that it is virtually hairless. There is no peeling required before eating. The fruit is eaten just as you see it (Whole). The taste is very similar to the normal kiwi and might have a tad more of a tang to it. Baby kiwi is also known as a 'kiwi berry'. It is grown on vines. It is best to eat when it begins to soften.

Cape gooseberries are available most of the year. Supplies are imported from Colombia, South America where they grow wild and are gathered. Resembling a Chinese lantern, the gooseberry is wrapped in a thin, papery, inflated skin. These very tart, piquant fruits turn from a pale green to an amber or gold color as they ripen and offer a flavor similar to a gooseberry or a tart green grape. Cape gooseberries are a good source of vitamin C and provide dietary fiber

Box Top Contest – “Class Against Class” – Which class has the most Love for American Preparatory Academy? Show your school spirit and send in your Box Tops. Help your students win a fun prize. **Your Box Tops do make a difference!** Make sure your name and grade are on the box tops so we know where the credit counts. If your name is not on it, the front office and administration get the credit. This contest ends October 14, 2016.

Lagoon FUNdraiser!

Please participate in the 2016 Lagoon Education Foundation Fundraiser. The more tickets sold using the promo code (APAI6), the more money donated to American Preparatory Academy. Attached is a coupon that can be used



at a Lagoon ticket window. The promo code can be used to purchase up to 8 tickets per transaction online, at the link provided below. Please feel free to distribute this promo code to family and friends.

<https://www.lagoonpark.com/buy-tickets/>

American Prep promo code: APA16

The discount/fundraiser is only valid September 16- October 30, 2016.

Jr. High News

Our final cross country meet is this Thursday, September 22nd, at 4:30 pm at our campus. Our team this year has done a great job and has placed well in all of their meets. Come and support their final meet. Volunteers are greatly appreciated.

Volleyball is moving forward as well. They have 4 games left, 2 on September 26th and 2 on September 28th in Woods Cross at Legacy Preparatory Academy. The games will be at 5:15 and 6:00 pm both days. It would be great to have support in the stands for our kids.

Ambassadors

8th Grade Barn Dance and BBQ

On Wednesday, September 28th, all 8th Grade students will participate in the 8th Grade Barn Dance and BBQ where they will learn essential skills such as listening during conversation, the importance of teamwork, how to seat a lady, and how having a positive attitude makes a big difference when the going gets rough!

Students should meet in their 4th period classes for attendance. Groups will then be escorted out to load the busses at 12pm. Busses will depart at 12:15pm. Students carpool.

Parents! We are looking for volunteers who would be available to chaperone at this event. If you are available to help for any amount of time, please contact Hailey Stevens at hstevens@apamail.org.

* Note: Signed permission slips are required and must be turned in to 4th period teachers by Monday, September 26th for full points.

** This is a required event and will be included in students 4th period Ambassador Hour grade.

On Wednesday, September 21st, the 7th & 8th 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 they were taught how professional body language is a key factor in making a good impression.

Last week our 8th Graders participated in the W.O.R.K. Party Ambassador Event where they had Wonderful Opportunities to Render Kindness. Our students worked on several neighborhood beautification projects located at The Stable Place. They picked up trash, wood, and debris to make the grounds clear for the animals. Our students did a great job working hard to make a difference!



AMERICAN PREPARATORY ACADEMY

At APA, we are citizens who take pride in our community. In the Ambassador program we talk a lot about being good representatives. Each of our students were wonderful representatives of our school. I know that whenever those city employees drive past our building, they will smile and think, "That's where those amazing APA kids go to school!" Thank you for all of your hard work students! Many thanks to our parents for supporting this event! We couldn't have kept so many students organized without your help!

Parents of 6th - 11th Graders—USU Parent Summit

Our GEAR UP grant partner, Utah State University, is providing WV1 & WV2 parents and guardians of 6th-11th grade students a WONDERFUL opportunity for an overnight campus visit! The event occurs on November 18th-19th on the USU campus in Logan, Utah. Workshops will address many areas about your student's future college process, including: admissions, financial aid, ACT information, and a USU Physics demo show! You will stay for FREE at the University Inn. You will also be provided complementary meals and famous Aggie Ice Cream! You only need to provide your own transportation to Logan or form a carpool with other parents.

If interested, please send an email to Amberley Motz at amotz@apamail.org. Include: 1) your name, 2) student names and grades, and 3) the campus your student(s) attend. Once we know of your interest, we will share information with you on how to register. *This event is for adults only.*

Parents of 6th - 12th Grade Boys

Empowering Your Tomorrow is a Saturday math, science, and technology-focused career conference for 6th - 12th grade boys. Conference participants may choose from 20+ exciting, hands-on, interactive workshops. They receive a cool T-shirt, delicious catered deli lunch, hear from an exciting keynote speaker, and have an amazing day of fun touring the Utah Valley University campus. Your son may choose three workshops that interest them most (e.g., engineering, graphic arts, forensic science, etc.) Come explore educational and career opportunities in nontraditional, high-earning STEM careers, and speak with industry experts!

The event takes place on **Saturday, November 12, 2016 8:30 AM - 3:30 PM**. Students will receive sign-up packet this week in their 4th period class. Each student must have two permission forms signed by parents. The event total is \$25, but APA will cover \$15—meaning you only need to pay **\$10 to join us!** Submit payment to the front office and give the secretaries the necessary paperwork—we accept credit cards. The bus will leave from the WV2 campus at 8:30 AM, sharp. Please return at 3:30 PM at WV2 to retrieve you students. Any questions email: Amberley Motz at amotz @apamail.org. Parent volunteers are needed! **Registration closes on Friday, October 14, 2016.**

After-school programs (Sistema & Collegium Hall)

Elementary:

Knights of the Game Table: Mondays - 3:50-4:50 pm

Robotics Club: Thursdays - 2:50-4:00 pm

Sistema: MTF - 3:50-6:30 pm, WTh - 2:50-5:30 pm

Secondary:

Latin Club: Monday and Thursday - during 2nd dismissal

7th Grade Art Club: Mondays - 3:30 - 5:00 pm

S.T.E.A.M Club: Every other Wednesday - 2:30 - 4:00 pm

Math Club: Tuesday - 4:00-5:00 pm, Wednesday - 3:00-4:00 pm

Collegium Hall: M-T-F - 3:30-6:30 pm, W-Th - 2:30-5:30 pm



AMERICAN PREPARATORY ACADEMY

For safety reasons, please come into the building to pick up your student during afterschool hours. If you have any questions, please contact our Afterschool Director, Amberley Motz, at amotz@apamail.org.

**Please remember: Sistema students are invited to participate in one club at a time. If your child has expressed interest in multiple clubs, they will be directed to choose one as a focus.

Sistema ♪♪♪♪♪ *MAKE A NOTE!* ♪♪♪♪♪

- **Sept. 30 Bach Buck Store** (Sistema reward program)
- **Oct. 8 Suzuki Association of Utah Violin Region Event “Twinkle Twinkle Little Star Wars”**: By invitation only for select Sistema violin student.
- **Oct. 14 Sistema Strings Logan Trip**—Invitations have been sent for this event. The form must be signed and returned asap. Invited students must not have missing work, attend Sistema Strings regularly, and must be a star student in order to be able to represent our school at this great even.

Students need to bring a reading book to Sistema every day. We do have a very small library of books in Sistema. We are looking for donations of books on the Reading University list. If you would like to donate a books, please turn them into the Sistema desk. Thanks for your contributions!

NO SISTEMA October Date: No Sistema on any Friday in October.

- **Oct. 7 No Sistema**—Professional Development for Afterschool Staff
- **Oct. 12 No Sistema**—Elementary Early Dismissal
- **Oct. 14 No Sistema**—Sistema Logan Trip (by invitation only)
- **Oct. 17-21 No Sistema**—Fall Break
- **Oct. 27-28 No Sistema**—Elementary Parent Teacher Conferences
- **Oct. 31 No Sistema**—Early Out for Teacher Professional Development

Community Corner

English Class

We are excited to announce that English classes have begun on Mondays and Wednesday at 8:20 – 9:20 am. Bring your friends and come have fun learning English. The classes are free and are open to everyone who would like to improve their English skills. The classes are taught by Bonnie Meyerson.