



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

Aug 27-31 - 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

Thursday, Aug 30	Elementary Show-What-You-Know Assembly 8:15-8:45
Thursday, Aug 30	Ambassador Event - 5 <sup>th</sup> /6 <sup>th</sup> Grade - Friendship - 1:10-3:45 pm
Friday, Aug 31	FSO (Family-School Organization) Meeting 8:15-8:45 am
Monday, Sept 3	Labor Day - <b>NO SCHOOL</b>
Thursday, Sept 6	Ambassador Event - 9 <sup>th</sup> Grade - Unity Walk - 8:00 am- 1:55 pm
Friday, Sept 7	Lights On! Family & Community Event- 3:30-5:30 pm
Wednesday, Sept 12	Ambassador Event - 8 <sup>th</sup> Grade - WORK Party - 8:00 am - 12:00 pm
Friday, Sept 14	WV1 Land Trust Meeting - 12:00-1:00 pm
Wednesday, Sept 26	Ambassador Event - 8 <sup>th</sup> Grade - Barn Event
Friday, Sept 28	FSO (Family-School Organization) Meeting - 8:15-8:45 am

Each Thursday parents are invited to the Elementary “Show-What-You-Know” assembly. 8:15-8:45 am.

### August Builder’s Theme: “BE A BUILDER”

We are so excited to be back to school—meeting our new families and seeing our returning families after the summer break. Each month we focus on a different Builder’s theme and for this short month it is learning what “Being a Builder” means. The Builder’s Poem is a big part of that—and our staff and students all memorize this special poem. Parents—here’s an August challenge for you too: Memorize the Builder’s Poem so you can join in also at our Builder’s assemblies.

#### Builder’s Poem

I saw them tearing a building down,  
A gang of men in a busy town.  
With a ‘yo-heave-ho’, and a lusty yell,  
They swung a beam and the sidewall fell.

I asked the foreman if these men were as skilled  
As those he would hire if he were to build.  
He laughed and said, “Oh, no indeed,  
Common labor is all I need.

For they can wreck in a day or two,  
What builders have taken years to do.”

So I asked myself, as I went my way,  
Which of these roles am I to play?

Am I the builder, who works with care,  
Measuring life by the rule and square;  
Or am I the wrecker who walks the town,  
Content in the role of tearing down?

I’ve made my decision; I’ll start today,  
I’LL BE A BUILDER IN EVERY WAY!

--Anonymous



## **CARPOOL 101—THE BASICS**

*Guidelines for the beginners, reminders for the veterans. Thanks for your patience as everyone learns to navigate carpool! Remember—the rules are in place for the safety of our students and to help the process be as efficient as possible for all our parents.*

### **MORNING DROPOFF:**

- Arrive early--starting at 7:50. Leave your students plenty of time to be in their classroom before 8:15.
- For everyone's safety, please do not drop your children off on Crystal Avenue. Please pull into the school parking lot and use the drop-off system at the curb.
- **There is only one carpool line in the morning.**
- **Students stay in the car until you go past the front doors and the crosswalk.** Pull forward to the farthest open spot.
- Have your students exit the car on the curb side.
- If your students aren't quite ready to get out of the car, please don't wait at the curb. Pull into a regular parking spot until they are ready. Then pull into the carpool line.
- **Students should always be dropped off at the curb unless you are walking in with them.** No students should be in the parking lot without an adult. **Please use the center crosswalk if you are walking them in.**
- Pull away from the curb carefully, checking first for other cars.
- Be sure you stop at the stop sign and check both ways carefully before pulling out onto Crystal Ave.

### **AFTERNOON PICK UP:**

- **Put your carpool number in your front window where it can be easily seen.** Keep your number posted throughout carpool. This identifies you as an APA parent and if your student isn't waiting for you, this will help us locate them. Be sure your children know their carpool number.
- **There are two lines of traffic in the afternoon.** Get in the correct lane for your number. Signs are posted. 100s and 200s to the left, 300s and 400s to the right.
- 100s and 200s will be directed to the north/Elementary end of the building. 300s and 400s park at the south/Jr. High end of the building. The main doors are the dividing point. Park along the curb until it is full. Pull up as far as you can.
- When the curb is full, wait in two lines at the end of the parking lot. As spots open up on the curb you will be motioned forward by the staff member directing traffic.
- All students will exit from the main doors and will wait on the curb where their carpool number is assigned.
- If you must come inside, please park in a regular parking spot and cross at the crosswalk near the main doors. **Do not leave your car if you are at the curb.**
- Do not park along Crystal Avenue, in our neighbors driveways, or in the private lane behind the school. Please park in the parking lot if you must park. We need to keep the street area clear of congestion.
- The gravel parking area at the north end of the building is for staff parking only. Please do not park there during carpool—even temporarily.
- If you are in 2<sup>nd</sup> dismissal and arrive before 3:45 (or 2:45 on early days) please park in a regular parking spot until 3:45 (or 2:45) to allow the 1<sup>st</sup> dismissal carpool to be completed.

### **WALKERS:**

- If you live within one mile of the school, your students may apply for a walking pass from the front office.
- Walkers will be given a tag to attach to their backpacks.
- Students will not be allowed to walk home without a visible walking pass.



**CARPOOL FAQ: Frequently Asked Questions (Well...truthfully... MFGR: Most Frequently Given Reminders)**

**Q.** I'm in a hurry. It is faster for me to park at the north end of the school and have my student meet me at my car. Why can't I do this?

**A.** Several reasons. This area has now been designated as staff parking only. We have had multiple near accidents with cars trying to back out onto Crystal Ave. It causes unnecessary congestion in that area. It is discourteous to our neighbors who are trying to have access to their homes (Yup—we actually had a parent plop themselves down in someone's driveway to wait for their students!) So while this may seem like a good solution for you individually, it is definitely not the best solution for the "team". Be a team player. Students are only dismissed to parents at the carpool curb. If you park anywhere besides the carpool curb, you must get out of your car to come and get your student. Honestly, that is kind of a hassle. The safest, most convenient way to pick up your student is to go through the regular carpool line.

**Q.** What? You aren't going to let my junior high student walk 20 feet across the parking lot to get in my parked car?

**A.** We really aren't. We love our big students just as much as we love our little ones. We wouldn't send your five-year-old out into the parking lot to navigate across carpool traffic—and we won't do it to your fifteen-year-old either. The safety rules are the same for everyone.

**Q.** I was crossing over with my children to get to my car and felt like I was going to get run over! Can't drivers pay more attention and be more careful?

**A.** The obvious answer is "yes"; all of us need to pay attention and drive cautiously. But you probably surprised them as well-- showing up unexpectedly in the middle of the driving lane like that. Please *always* cross at the marked crosswalk near the front doors. A staff member is stationed there to stop traffic and allow you to cross safely.

**Q.** Why do you have all these rules?

**A.** LOL. You already know the answer to this--to keep every student safe! Thank you for doing your part to make this happen!

## **2018-19 School Land Trust Program**

"The School LAND Trust program brings tens of millions of dollars annually to academic programs in public schools across Utah. The funds are generated from school trust lands. Each public school in Utah elects a school community council consisting of parents, teachers, and the principal. Charter Schools have Trust Lands Councils. Each council carefully reviews student assessments and progress to decide which academic areas they want to focus on. Plans are developed to improve student academic performance in the identified academic areas with the annual School LAND Trust funds. The plans are approved by the council, submitted on this website, and approved by the local school board or chartering entity." [www.schoollandtrust.org](http://www.schoollandtrust.org). Our WV1 campus will receive \$64,067.00 from Land Trust this school year.

Your **Land Trust Committee Members for the 2018-19 SY** are:

Claudia Orona

Laura Orwin – Newly Elected

Antonia Oviedo

Gina Tua'one

Julia Soledad

**Open Position** – Please contact Kim Dudley [kdudley@apamail.org](mailto:kdudley@apamail.org), if you are interested in participating.

Laura Leavitt – Elementary Director

Tammy Okleberry – Secondary Director

Our next WV 1 Land Trust Committee Member Meeting will be held at the school building at 1255 W. Crystal Avenue **September 14, 2018, at Noon**. Parents and the public are welcome to attend. Our 2<sup>nd</sup> Meeting will be held **March 8, 2018 at 10 am**. Our final Land Trust Committee/Stake holder meeting will be held over the summer, after State Testing results are received. See our website, <https://westvalley1.americanprep.org/> for reports and other information.



## 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)

We are so excited to begin this year. 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.

This year our FSO goal is to help all our APA parents get involved. We will be hosting our first FSO meeting on Friday, August 31<sup>st</sup> at 8:15am in the multipurpose room. All parents are invited to come. We hope to see you there.

### Boxtops

Our Boxtop collection is again underway. We collect Boxtops to earn money for the school. For every Boxtop collected we receive 10 cents. It may not sound like much, but with everyone contributing it starts to add up. To add to the fun, the class that collects the most boxtops during Term 1 will earn a pizza party! The contest starts now and will go until October 11th. The pizza party will happen on Oct 12<sup>th</sup>. Start clipping those box-tops and send them in—be sure to label the class they are going to on the bag or envelope. The race starts now.

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.

## Ambassador Program

### 5th and 6th Grade Ambassador Event: Friendship

Welcome Aboard the APA FriendSHIP 5<sup>th</sup> & 6<sup>th</sup> grade students! Next Thursday, August 30th we will have our first Ambassador Event of the year. During this event, students will travel from station to station learning important skills about being a true friend. Activities will include a challenging obstacle course, food, friends, and so much more! This event will go from 1:10 p.m. – 3:45 p.m. so mark your calendar because you don’t want to miss this! \*We are always looking for parent volunteers! If you are willing and available, please contact Mrs. Stevens at [hstevens@apamail.org](mailto:hstevens@apamail.org) or volunteer online by visiting [apaambassadors.org](http://apaambassadors.org) and clicking on the “Volunteer Online” tab!

### 8th Grade Barn Event

On Wednesday, September 12<sup>th</sup> all 8<sup>th</sup> Grade students will have the opportunity to provide community service at The Stable Place. The event will run from 8:15am to 12:00pm. The goal of these projects will be to allow students to do physical, not so glamorous work to help them realize that everyone has the responsibility to help out in their community. Hence the acronym W.O.R.K. which stands for **Wonderful Opportunities to Render Kindness**. Here APA not only do teach our students how to work hard, but also how to find opportunities to serve their community.

\* **Note:** Signed permission slips are required and must be turned in to 4<sup>th</sup> period teachers. They will be passed out next week.

\*\* This is a required event and will be included in students 4<sup>th</sup> period Ambassador Hour grade.

**Parents!** Volunteers are needed and welcome at this event! If you are available to help for any amount of time, please contact Mrs. Stevens at [hstevens@apamail.org](mailto:hstevens@apamail.org).



### 9th Grade Unity Hike

We are ready to celebrate being back at school with the 9th Grade Unity Hike on Thursday, September 6th. This is an all day activity that focuses on unifying our students and building teamwork skills. All students are required to attend and must be on time so they don't miss the bus! Please send your student with a water bottle. Supplemental water and snacks will be provided. They need to come with a positive attitude and dressed in their polo's, long jeans and comfortable walking shoes. It's sure to be a great time!

## JUNIOR HIGH NEWS

### AFTER-SCHOOL PROGRAMS (Sistema & Collegium Hall) begins Monday, August 27!

### Sistema MAKE A NOTE!

#### Calendar:

- Aug 27:
  - First day of Sistema and Collegium Hall
  - **Sistema Parent Meeting 6:00-6:30 – For all Sistema Parents**
- Aug. 28- 31
  - Sistema Strings Auditions
  - Sistema Pep Band Auditions
- Sept. 3: (Monday) NO SISTEMA or COLLEGIUM HALL
- Sept. 7: (Friday)
  - Lights On 3:30 – 5:30 (NO SISTEMA or COLLEGIUM HALL)
    - Bring your family for a fun event.
- 2<sup>nd</sup>Grade Violin Parent Cohort Meeting:
  - 2<sup>nd</sup>grade parents must attend either the 8:15 am or 6:30 pm meeting.
- Sept. 8 (Saturday)
  - Utah Philharmonic Workshop for Sistema students who have played a year.
    - Time: 8:00 am
    - Location: Juan Diego High School
    - Must sign up early to participate.
- Sept. 14 Sistema Strings Performance at the University of Utah Volleyball Game
  - Sistema Strings (SS) is our string performing group. Only those who have auditioned and have passed off music for this event will be allowed to perform.



# APA Junior High Cross Country Parent Information Letter

Head Coach: Mr. Frickelton

- Practice Times:** (Monday, Tuesday, Friday) 3:35pm – 4:50pm  
(Wednesday) 2:35pm – 3:50pm  
(Thursday) 4:00pm – 5:15pm

\* Due to a teacher staff meeting on Thursdays after school, students will need to attend Collegium Hall from 2:25pm – 4:00pm. Students can change in the last 10 minutes of Collegium Hall and report to the Choir Room at 4pm. However, most Thursdays will be days we have a meet so this schedule will only affect us in the beginning of the season.

- Rain or Shine; Held on and around APA WV1 school campus
  - Be dressed and ready to go at the start of practice
  - All bags stored in the Choir room (127) and will be locked during practice
  - Missing a practice, you must send email / phone call to Mr. Frickelton
- Philosophy**
    - Fun – Hard Work – Dedication – Fitness – Improvement – Love of Running
    - Do your best and appreciate the accomplishments
  - School Comes First...PERIOD!**
    - Students will sit out if they are not meeting expectations in the classroom
    - Follow the Co-Curricular Code
  - Eating Like a Champion**
    - Water, water, water! Stay hydrated, bring a water bottle to all practices and meets
    - Eating right (balanced diet) and get enough sleep (9-10 hours)
  - Race Time**
    - Pain is Good – Let your child recover after hard practices/races. They are resilient.
    - Athletes will learn their limits in time, but initial phases of running can be uncomfortable.
  - Race Uniform**
    - I will be in touch as to what our uniform will be this season. I will email you when I know more information.
  - Meets (Schedule attached in email)**
    - Be at least 10 minutes early so you don't miss your child's race
    - Transportation to meets: I will also send more information about this topic.
  - Questions**
    - I ask for your support and if you have any questions feel free to approach/contact me.

Coach Frickelton – Email [sfrickelton@apamail.org](mailto:sfrickelton@apamail.org) Phone: (801) 839-3613 x.0127

## I look forward to a great season!



## APA – WV1 Junior High 2018 Cross Country Schedule (Grades 6, 7, 8, & 9) First Practice: August, 21<sup>st</sup> 2018

<u>DATE</u>	<u>PLACE</u>	<u>TIME</u>
Tue, Sep 4	@ Hawthorn (APA, Ascent-WJ, Early Light)	4:30 PM
Thurs, Sep 6	@ North Star (APA, Mountainville)	4:30 PM
Tue, Sep 11	@ Early Light (APA, North Star, Hawthorn)	4:30 PM
Tue, Sep 13	<b>HOME (APA WV1 Campus – Redwood Nature Area)</b> (APA, North Davis, North Star, Ascent-WJ)	4:30 PM
Tue, Sep 18	@ Lakeview (APA, Mountainville)	4:30 PM
Thurs, Sep 20	@ North Star (APA, Ogden, Hawthorn)	4:30 PM
Thurs, Sep 27	Region Race (TBD) (all APA athletes run)	TBD
Mon, Oct 1	State Race (TBD)	TBD

**State Format:** Top 2 teams from each region race  
And top 4 runners from non-qualifying teams race

### Race Distances:

Boys: 2.0 Miles (Boy's race first starting at 4:30pm followed immediately by the girl's race)  
Girls: 2.0 Miles

**Scoring:** Based on runner's finishing placement in each race. The first-place runner in the race will earn one point for their school, second place will earn two points, third place will earn three points, and so forth. The top five runners from each school will be given points based on their finish place. The sixth and seventh place runners from each school count as displacers. A displacer doesn't earn points for their team but their finish place does count. All other runners don't count for points or as displacers. Therefore, only the top seven runners from each school affect the outcome of the race scoring. Tiebreakers will be decided by the higher overall sixth place runner.