



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

Sept 24-28 - Mon, Tues & Friday - 8:15 – 3:25/3:50 2nd Dismissal
Wed & Thurs – 8:15 – 2:25/2:50 2nd Dismissal

Friday, Sept 21 Secondary Intervention Parent/Teacher Conference - by Invite - 8:00 - 3:00 pm
NO SCHOOL Jr. High - No Collegium Hall
Wednesday, Sept 26 Ambassador Event - 8th Grade - Barn Event - 1:00 - 4:15 pm
Thursday, Sept 27 "S.W.Y.K." Builder's Assembly - 8:15 - 8:45 am
Thursday, Sept 27 FSO (Family-School Organization) Meeting - 8:45-9:15 am

Upcoming Events

Thursday, Oct 4 Picture Day!
Friday, Oct 12 1st - 3rd Field Trips
Wednesday, Oct 10 Hearing Screening - K, 1st, 3rd & New Students
October 15-19 Fall Break - **NO SCHOOL**

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*

Below are some more tips that will help to stay enthusiastic in life and in building a healthy mind.

Practice self-compassion - Self-compassion is the practice of noticing what you're feeling, remembering that you are human and therefore fallible, and treating yourself with the same kindness you'd give to a beloved friend. Unfortunately, few of us have been trained to respond to ourselves in this way. Much more often our response is to beat ourselves up when we stumble, but research has shown that self-flagellation is counterproductive. If you practice responding to yourself with self-compassion rather than aggression, you'll discover it's a much more pleasant way to live, and when life is better, it's so much easier to stay enthusiastic.

Meditate - Meditation (or any kind of mindfulness training) affects the brain in powerfully positive ways. In fact, studies have shown that mindfulness training actually increases grey matter in brain regions involved in learning and memory, emotion regulation, sense of self, and perspective taking - all important for keeping your enthusiasm up! Just 10 minutes a day can spur these kinds of positive changes, because meditation is the practice of continually redirecting your attention, being the perfect way to strengthen your self-compassion muscles.

Flex your "what's going well" muscle - Human beings seem to be wired to focus on what's not going well. It's important to notice this, so we can make adjustments, but it's equally important to notice what's going well. The more attention you put on what's going well in your life right now, the better life goes, and the easier it is to stay enthusiastic. Instead of focusing on all the things you wish were different, write down everything you can think of that you're grateful for, and make a practice every day of noticing what's going well.

MELISSA DINWIDDIE



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.

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!

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!

School Lunch Program

We hope you and your students are enjoying our school lunch program. If you have not had a chance to complete the Free/Reduced lunch application, we invite ALL families to do so! It helps as our school seeks funding for the many programs that we provide here at APA. You can find the link here: <https://www.americanprep.org/school-lunch-program/>. You can also request a paper application from a lunch worker at the school.

Online ordering for October will be available September 20th. Follow this link and place your order: <https://apalunch.h1.hotlunchonline.net/>. All orders must be placed 48 hours in advance (example: lunches for Tuesday must be ordered by Sunday). 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 - Red Crimson Pears & Mini Sweet Peppers

There are two main varieties of red pears that are most common on the market today. One variety carries the characteristics of a green Danjou and is therefore called a red Danjou. The other carries more of the characteristics of the green Bartlett and is known as either a red Bartlett or a red crimson pear. They are mostly known as a summer pear because they are the first variety of pears to be harvested every August. Crimson pears are a more shiny looking pear and have a very attractive red color. They produce a very nice aroma and have a very sweet taste.

Sweet mini peppers are developed through selective plant breeding. They look very much like a colored jalapeno. The small, "thumb-sized" bell peppers are very sweet, mild flavored and virtually seedless. They are sold in a trio of red, yellow and orange colors. They can be eaten raw or cooked and even hold their texture well after being cooked. Sweet mini peppers contain no amounts of fat, sodium, or cholesterol.



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.

Monday September 24 - 12:00pm -1:00 pm - Computer Basics: Keyboard and Typing Skills

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 – edyjuliasld@hotmail.com

Israel Claveria – 801-556-2853 - 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, and please write your family’s name and the place the picture was taken. You can also text it to us.

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 12th. 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.

Our next FSO meeting will be Thursday, September 27 at 8:45am, after the “Show What You Know” assembly. 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 next month at our next meeting.

Ambassador Program

8th Grade Barn Event

On Wednesday, September 26th 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 class. Groups will then be escorted out to load the busses at 1:00 pm. Buses should arrive back at the school at 4:15pm.

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 or call the Jr. High Office.

* Note: Signed permission slips are required and must be turned in to 4th period teachers by Monday, Sept. 24th for full points.

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



JUNIOR HIGH NEWS

Secondary Parent-Teacher Conferences - We will have Parent-Teacher Conferences on Friday, September 21st, from 8:00am-3:00pm. These are "intervention" conferences, meaning, if your student is struggling, you will be able to meet with teachers. You may receive an invitation to a conference with the teachers of your students. If you do not receive an invitation and would like to meet with the teacher that day, please contact them by email to make arrangements. We welcome parent involvement!

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 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

Tough week on the sports front. Volleyball lost to Ascent and Legacy, but made Legacy work very hard for their win. Soccer met their match against Ogden Prep and walked away with a loss putting them at 2 wins and 2 losses. XC hosted their home meet last Thursday that went off without a hitch and a good experience for all! Our two boy runners, Aaron Patino and Jose Maro-Prado, finished 1st & 2nd overall. They both had great race times, Personal Records, for the season. Our girls team went out and secured 2nd place. Overall, it was a great HOME meet and our athletes really showed up and raced their best on their home course.

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. Sept 24	4:00 pm	Home vs. Ogden Prep
Wed. Sept 26	4:00 pm	@North Davis - 1765 W Hill Field Rd., Layton
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. Sept 24	4:00 pm	@North Davis - 1765 W Hill Field Rd., Layton
Wed. Sept 26	4:00 pm	@Legacy Prep - 2214 S 1250 W., Woods Cross
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

CLUB	DAY(S)	TIMES	ROOM	GRADES
Board Games & Magic the Gathering Mr. Christiansen	Tues	3:50-5:30pm	138	6-9
Coding <u>No Coding this week - P/T Conferences)</u> Ms. Oveson	Fri	3:30-4:40pm	138	5-9
PE Mrs. Western	Wed	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

Feel free to inquire with the appropriate teacher for more info.

Sistema 🎵🎵🎵 MAKE A NOTE!

Thank you to all the parents and students who attended the Sistema Teacher Showcase this past Tuesday evening. It was wonderful to hear from our talented teachers. Sistema Honor Choir joined in for the final number with a Vocal Trio from Mrs. Smith, Ms. Hess, and Mr. Sharette.

Sistema Strings did a beautiful job performing the national Anthem at the University of Utah women's volleyball game last Friday. They represented our school well at that event. Great Job 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



AMERICAN PREPARATORY ACADEMY

- 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.

Afterschool Phone: (801)839-3613 Ex 0044 – To be used during after-school hours.