



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 10-14 - Mon, Tues & Friday - 8:15 – 3:25/3:50 2nd Dismissal
Wed & Thurs – 8:15 – 2:25/2:50 2nd Dismissal

Friday, Sept 7	Lights On! "Around the World in 180 Days"- 3:30-5:30 pm NO SISTEMA OR COLLEGIUM HALL
Friday, Sept 7	2 nd Grade Parent Meeting: 8:15 am or 6:30 pm
Wednesday, Sept 12	Ambassador Event - 8 th Grade - WORK Party - 8:00 am - 12:00 pm
Friday, Sept 14	WV1 Land Trust Meeting - 12:00-1:00 pm
Tuesday, Sept 18	DIBELS DAY - 8:15 am - 3:25 pm
Wednesday, Sept 19	Sistema Parent Club - 5:00 - 6:30 pm
Wednesday, Sept 26	Ambassador Event - 8 th 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.

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, especially by keeping the mind and body strong and healthy.

Get Enough Sleep - There's a prevalent notion in our "go-go-go" culture that sleep is for wimps. "You can sleep when you're dead," goes a popular saying. In fact, chronic sleep loss not only drains energy and enthusiasm, but can contribute to serious health problems. Learning and memory, metabolism and weight, cardiovascular health, and immune function all suffer when you don't get enough sleep, and so does mood. Getting enough sleep can be so hard, but making it a priority makes everything in life go so much better.

Feed Yourself Well - The typical American diet is not just terrible for the heart, bones, and belly; big spikes and drops in blood sugar levels also wreak havoc with the way the brain uses energy. When your body doesn't get the nutrients it needs, it affects brain chemistry, which impacts mood, memory, and cognitive function.

Move Your Body - Our bodies are made for movement. Exercise is not just essential to keep obesity at bay and keep our muscles, hearts and bones healthy; research has shown that it's a powerful mood booster. In his book, *Spark: The Revolutionary New Science of Exercise and the Brain*, Dr. John Sarno shares study after study that demonstrate the power of exercise to improve thought processes, attention, and creativity, and even eliminate depression more effectively than prescription drugs.

When you're feeling unenthusiastic, you may want to head for the couch, but instead of lying around in the dumps, go do something that will make you sweat. Take a walk, swim, dance, go throw a football around with a friend. Anything that gets your body doing what it was made for (MOVING!) will make it easier for you to find your enthusiasm again.

MELISSA DINWIDDIE



LIGHTS ON! “Around the World in 180 Days”

“Lights On” is APA’s not-to-be-missed family and community kick-off event of the year. It will be held on Friday, September 7 from 3:30-5:30. At “Lights On” we highlight the afterschool programs, clubs and sports opportunities available to our students and community resources available to our families. It is a fantastic family party—with activities, fun and food for every age!

This year, as we enter into our 10th year as American Preparatory Academy—West Valley 1, The School for New Americans, we have chosen the theme “Around the World in 180 Days” (180 days being the length of our school year.) Throughout the year we will be celebrating the wonderful diversity here at our campus and learning about the different cultures represented at our school.

In keeping with this theme, we invite our students and staff, parents and guests to come in traditional clothes representing a country of their choice. And we invite each family to bring a favorite food dish to share—we will enjoy a giant “potluck” of food from around the world! Watch your e-mails for reminders of this fun event! If you have a great idea for an activity from a country special to you—please contact our afterschool directors: Connie McCullough (cmccullough@apamail.org) and Jennifer Collier (jcollier@apamail.org)

PARENT-STUDENT HANDBOOK HIGHLIGHTS

The Parent-Student Handbooks were distributed at the Parent Back-to-School Nights. They are a wealth of information about the important policies, procedures and programs at APA. Please become familiar with them. If you did not receive your copy of the elementary or secondary handbook, you may pick it up from the front office. Digital copies of the handbooks are also available in English and Spanish on the website. <https://www.americanprep.org/parent-student-handbooks/>

We will highlight some of these items in our newsletter each week. If you missed a newsletter, these can be accessed from our campus website: <https://westvalley1.americanprep.org/newsletter/>

This Week’s Handbook Highlight: Academic Communication P.32 Elementary PSHB

(For info on the Junior High grading program—Aspire—see the Junior High section of the newsletter.)

Academic Communication Elementary:

- A learning plan will be provided to each student each week. Students will bring the learning plan home in their docket each day. Information regarding schoolwork, activities and homework will be communicated to American Prep families from the teacher to parents each day via the learning plan. Learning plans are a daily communication tool that parents and teachers can use to communicate regarding academic progress. Please be sure you sign the learning plan each day to indicate that you have reviewed it and your student is prepared with his work for the school day. If homework was not completed, please circle that subject and initial it, indicating that you know it is incomplete but it will be finished promptly.
- ALMA is the online Elementary grading system (<https://apawv1.getalma.com/>). Logins/passwords are available from the Elementary Academic Coordinators—Mrs. Ferlo (mferlo@apamail.org) and Ms. Butterfield (lbutterfield@apamail.org). Teachers will begin inputting grades this week. Please take a few minutes to be sure you are able to get onto the program and to see your student’s current grades. If not, please ask. We can help!
- Parents are encouraged to check their student’s grades at least weekly on ALMA and to regularly check for any missing work their student needs to turn in.
- Elementary report cards will be issued the last day of each term.



Did You Miss A Highlight?

Reading University (Parent-Student Handbook P.33): Details about our independent reading program—why it's so important and how it is graded. (Full Document in the August 30, 2018 newsletter on WV1's website: <https://westvalley1.americanprep.org/newsletter/>)

Carpool 101—The Basics: ...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. (Full document in August 23, 2018 newsletter on WV1 Website <https://westvalley1.americanprep.org/newsletter/>)

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
\$80 per day

Associates Degree
\$85 per day

Bachelor's Degree
\$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. This is a reminder to order meals for September. We hope you and your students are enjoying our school lunch program. If you have not already ordered meals, please 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.

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 10 - 12:00pm -1:00 pm - Computer Basics: Getting Started (learn how to turn the computer on and off, how to open programs and files, how to create, save, and print.)

Monday September 17 - 12:00pm - 1:00 pm - Computer Basics: Using the Mouse

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



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. Our WV1 campus will receive \$64,067.00 from Land Trust this school year.

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

Laura Orwin – Newly Elected

Antonia Oviedo

Gina Tua’one

Julia Soledad

2 Open Positions – Please contact Kim Dudley 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 2nd 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
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 first FSO meeting was a success. 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.



Fun Volunteer Opportunity—DIBELS DAY!

DIBELS is the K-6 reading assessment we do three times a year—and our first all-day assessment is coming up on Tuesday, August 18. This is a GREAT day to come volunteer! Part of our elementary staff will be doing assessments all day—the other half managing the classrooms. We could use up to 20 parents on this day to help us set up, put together some energy snacks for our teachers and instructors, and help out in the classroom—taking students to recess, supervising lunches, taking students to their P.E. and Art classes, and giving students encouragement and high fives when it's their turn to test. This is such a great way to help out and have fun with our super APA students!

If you are available for all or part of the day—we would SO appreciate your help. Please e-mail or call Mrs. Leavitt @ lleavitt@apamail.org if you are able to come and volunteer on this day. THANK YOU!

Ambassador Program

8th Grade WORK Event

On Wednesday, September 12th all 8th 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 at APA we not only 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 4th period teachers. They will be passed out next week.

** This is a required event and will be included in students 4th 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.

JUNIOR HIGH NEWS

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

This week's sports results: (APA Score first)

Boy's Soccer - APA vs Hawthorn - 2-0

Girl's Volleyball - APA vs North Star Academy - (best of 3 games)

Team A - 21 - 25, 11 - 25

Team B - 17 - 25, 17 - 25



AMERICAN PREPARATORY

A C A D E M Y

Cross Country - (Grades 6, 7, 8 & 9)

Tues, Sept 11	4:30 pm	@Early Light - 11709 Vadania Dr., So. Jordan
Thurs. Sept. 13	4:30 pm	@HOME (APA WV1 Campus)
Tues. Sept 18	4:30 pm	@Lakeview - 527 W 400 N, Saratoga Springs
Thurs, Sept 20	4:30 pm	@North Star - 2920 W 14010 S., Bluffdale
Thurs. Sept 27	TBD	Region Race - TBD
Mon. Oct 1	TBD	State Format - TBD

Girls' Volleyball - Grades 6, 7, 8, & 9)

Wed, Sept 10	4:00 pm	Home vs. North Davis
Wed. Sept 12	4:00 pm	Home vs. Ascent Farmington
Mon. Sept 17	4:00 pm	Home vs. Legacy
Wed. Sept 19	4:00 pm	@Intermountain Christian
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 10	4:00 pm	Home vs. Legacy Prep
Wed. Sept 12	4:00 pm	@Ogden Prep - 1415 Lincoln Ave., Ogden
Mon. Sep 17	4:00 pm	@Ascent Farmington - 22 S 650 W., Farmington
Wed. Sept 19	4:00 pm	@Hawthorn - 9062 S 2700 W., W. Jordan
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

Afterschool Program Director - Our new WV1 Afterschool Program Director is Ms. Jennifer Collier. She is a former teacher, recently returned to Utah after several years in California, and she speaks Spanish.

The Afterschool Program is now starting up various clubs. Clubs are a wonderful way to be more involved with other students and feel part of your community here at APA. If you have an idea for a club, please contact Ms. Collier at jcollier@apamail.org as soon as possible for a form and more information.

Sistema MAKE A NOTE!

We have had an amazing start to Sistema this year. The kids are working hard and have been learning so many new things. We are so grateful for your patience waiting until your student's music class is over before checking them out. Teachers are able to get the students in a state of "Flow" where their ability and skill level are pushed to a point where learning is optimized. If we interrupt a class, it causes the whole class to drop out of this optimum learning level. To learn more about "Flow," check out this TED Talk by Mihaly Csikszentmihalyi on Youtube: https://youtu.be/I_u-Eh3h7Mo



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.

Calendar:

- Sept. 7: (Friday)
 - Lights On 3:30 – 5:30 (NO SISTEMA or COLLEGIUM HALL)
 - Wear an outfit from around the world.
 - Bring a dish to share that represents your culture.
 - All students, families, teachers, and neighbors invited.
- 2nd Grade Parent Meeting: 8:15 am or 6:30 pm
 - 2nd grade parents must attend either the 8:15 am or 6:30 pm meeting.
 - We will talk about the 2nd grade violin and music and movement class.
- Sept. 8 (Saturday)
 - Utah Philharmonic Workshop for Sistema students who have played a year.
 - Check-in Time: 10:30 am
 - Location: Juan Diego High School
 - Must sign up early to participate.
 - Visit the Sistema Desk for all the information and learn how to register your student today.
- 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.
- Sept. 18, Sistema Teacher Showcase 6:00-6:30
 - Come enjoy an evening with your students as the Sistema teachers showcase their talents and abilities. Our next showcase, Oct. 9, will showcase what the students have been learning.
- Sept. 19 Parent Club:
 - “Learning to Speak Your Child’s Love Language”
 - Presented by Mrs. McCullough
 - As discovered in Gary Chapman’s book "The Five Love Languages," each child has a special love language that fills up their reservoir the quickest. We will discover how to find the love language for yourself and for your children so that you can find greater connection and have the ability to nurture kids/teens with love.