

celebrating



January 26-February 1 is National School Choice Week. Thanks for making APA your school of choice!  
 American Prep-West Valley 1: 801-839-3613 / Website @ <https://westvalley1.americanprep.org/>

## Calendar \*New dates added

- Every Wednesday 4th-6th Show-What-You-Know Assembly @ 8:15 am. Parents are always welcome!
- Every Thursday K-3rd Show-What-You-Know Assembly @ 8:15 am. Parents are always welcome!
- Mondays & Fridays Free Adult English Classes @ 2:30-3:15
  
- Friday, January 24 Early Dismissal 12:15/12:35 Staff Professional Development
- January 27-31 Celebrating “School Choice Week”
- Wednesday, January 29 1-3 Grade School Spelling Bee 1-2pm
- Thursday, January 30 4-6 Grade School Spelling Bee 8:30-9:30 / no K-3 assembly today
- Thursday, January 30 5<sup>th</sup> Grade Ambassador Event: Celebration! 12:25-2:50 – Volunteer opportunity
- **Friday, January 31\*** **Special School Choice Spirit Day –APA spirit shirts or shirts in school colors\***
- Thursday, February 6 6<sup>th</sup> Grade Ambassador Event: Celebration! 12:25-2:50 – Volunteer opportunity
- Friday, February 7 APA School Spirit Day – Wear your APA spirit shirts / sweatshirts
- Friday, February 7 Early Dismissal - 12:15/12:35 - Elementary Grading Day – No Sistema
- Friday, February 7 District Charter Science Fair @ SLCC-Miller Campus – Judges Needed!
- Friday, February 14 End of Term 3 – Report Cards come home
- Friday, February 14 RU Store
- February 17-21 Mid-Winter Break – No School
- Monday, February 24 Term 4 Begins (Feb 24-April 4)

### January Builder Theme:

## **I Am a Builder When I Think Positive Thoughts About Myself and Others**

When it comes to thoughts, you have a lot of mind and control! Your body listens and responds to your thoughts! Your mental self-talk can be: POSITIVE or NEGATIVE. Sports Psychology is a great example of the power of mind control. An athlete is taught to stay positive, to stay calm, be focused, be confident, to “see yourself as a winner,” and to “picture the ball going in the hole.” Many athletes find success with this positive thinking and imagery.

Another way of positive thinking and mind imagery is used in relaxation and relieving stress. You can imagine a scene, place, or event that you remember as peaceful, restful, beautiful, and happy. It acts as a retreat from places of stress and pressure; consequently, the body actually responds with a lower blood pressure and a lower pulse rate to calm down and relax.

Just as making positive statements to yourself help you to build confidence, improve performance, and improve your mental skills, negative thinking damages these things. Our sub-conscious mind can’t tell the difference between what is real and what is imagined! It takes any pictures, any thoughts that you send to it as reality. Once you direct an image or visualization to your sub-conscious brain, it will work 24 hours a day to make that image a reality, coming up with a plan to make those thoughts true for your life. So, choose your self-talk very carefully because your sub-conscious brain takes whatever you send it as real.

You can retrain and change your thinking by having positive self-talk. It’s not easy at first, but it can literally change your life! (From: <https://extension.purdue.edu/4-H/docs/coping-skills-positive-self-talk.pdf>)



## READING UNIVERSITY AWARDS

Kindergarten	Mrs. Fisher	Twalib Adi
Kindergarten	Mrs. Hendersen	Samuel Wootan
Kindergarten	Mrs. Montoya	Khadija Osman
1st Grade	Mrs. Brakey/Lukow	Jeronimo Paba
1st Grade	Mrs. Crandall	Carlos Leal Almarza
1st Grade	Ms. Cannon	Alani Castro
2nd Grade	Ms. Cooper	Itzayana Saldana
2nd Grade	Mrs. Douglas	Payton LeBaron
2nd Grade	Mrs. Williamson	Faith San
3rd Grade	Mr. Ferlo	Joseph Nguyen
3rd Grade	Mr. Henderson	Camila Manzanilla
3rd Grade	Ms. Stelly	Diego Alonzo
4th Grade	Mr. Beard	D'Angelo Duarte Cervantes
4th Grade	Mrs. McCarthy	Yusra Hassan
4th Grade	Ms. Morrison	Jessuy Kukembila
5th Grade	Mrs. Bonzo	Euinice Kuzo
5th Grade	Mrs. Furniss	Fredy Pineda
5th Grade	Mr. Hand	Fatma Yassin
6th Grade	Mrs. Beebe	Samuel Thang
6th Grade	Mrs. Fullmer	Ibad Ur Rahman
6th Grade	Ms. Marlowe	Alexander Ferguson

### Reading University Award Winners!

Congratulations to these K-6 students who were recognized in this week's assemblies for their accomplishments and enthusiasm in reading. Way to go, students!

### Free Adult English Classes

For anyone hoping to improve their English speaking skills, our adult English classes have begun! All are welcome to come join the class, taught by our wonderful ELL instructor, Mr. Gonzales. English classes are held on Mondays and Fridays from 2:30-3:15. No need to sign up...just come!

### Exciting Opportunity to Become a Substitute Teacher!

We're hiring substitutes at our West Valley 1 campus! If you're passionate about education and want to support our students, we'd love to have you join our team. Click [HERE](#) to apply and make a difference in our classroom community! Thank you for your support!



### Enrollment for 2025-2026 Year - Lotteries For New Students Have Started! (Week 3 of 3)

Our lotteries for next school year have started—and we are excited to welcome some wonderful new families to our APA community! If you have current students and have not completed your re-enrollment for next year, please check your email and complete the process ASAP! If you have friends or family members interested in attending APA, they begin the process on our website at [americanprep.org/applynow](http://americanprep.org/applynow). For questions, please reach out to our campus registrar, Mrs. Gamez, at [mgamez@apamail.org](mailto:mgamez@apamail.org)

### From APEF: APA Community Business Directory



SCAN ME

Happy New Year! We are excited to offer a new opportunity for our APA community this year! We are fortunate to be part of a vibrant community filled with successful, entrepreneurial, and creative individuals like you. In the spirit of supporting one



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another, we are excited to offer our APA Community's Business Directory. It's easy to join. Visit [APA Community Business Directory Form](#). Let's work together to build a thriving, interconnected community. We hope you'll join us in making this directory a success!

### The Next Session of Friday Clubs will be Starting at the end of February

Thank you to all the club mentors who made it possible for SO MANY students to participate in Friday Clubs during September-December. The next session of Friday Clubs will begin after mid-winter break. As before, signup information will be emailed out and club spots will be filled on a first come-first served basis. The club line-up is being prepared, so keep an eye on your email for the sign-up link. It should be coming in a few weeks.

## Reminder about Coats

This is no surprise for the adults, but guess what students! We live in UTAH and the winters are COLD here. Sometimes bitterly cold. We still have a significant number of students coming to school without coats. When asked if they have a coat, they almost always say yes—but they didn't bring it or they left it at home. PLEASE, PLEASE, PLEASE insist that your student brings their coat to school. If you need assistance, please contact Mrs. Gamez, our administrative director. [mgamez@apamail.org](mailto:mgamez@apamail.org)

## Valentines Day (Feb 14) – Can my student share valentines with their classmates?

This is a great question—and the short answer is “yes”. From the Parent-Student Handbook (page 30 under Holiday Celebrations) here are the guidelines:



*We encourage students to show they care by doing good deeds for others all during the month. If students wish to exchange valentine cards or treats (completely optional) they may within the following guidelines:*

- All classmates must be included in the giving.
- Treats must be wrapped as they will be placed in backpacks to be enjoyed at home



Want some more interesting reading? The Parent-Student Handbook can be accessed on our school website under Parent Resources. [Parent/Student Handbook 24-25](#)

## Volunteering at APA



*THANK YOU to all the Friday Club mentors who volunteer their time and talents to provide such a fun, Friday afternoon experience for our students!*

*THANK YOU to the parent who regularly sees Mr. Hendersen bringing out the end-of-day trash and jumps out of his vehicle to help load it into the dumpster. This kind assistance is appreciated more than you know!*

## Current/Upcoming Volunteer Opportunities:

**Friday, February 7 – At least TWO Science Fair Judges needed!** Our 6<sup>th</sup> grade science fair finalists will be presenting their projects at the upcoming Salt Lake Charter Science Fair. Each school is asked to help provide judges—so we have another fun opportunity for science fair judging! It is held at Salt Lake Community College-Miller Campus (9750 S 300 W, Sandy) and the time commitment for judges is 1:00-4:15pm. Lunch will be provided. To register and get more information, here is the link: <https://slcharterfair.weebly.com/judges---registration-open.html> Please email Mrs. Leavitt ([lleavitt@apamail.org](mailto:lleavitt@apamail.org)) if you are able to register and judge so she knows how hard she needs to recruit. ☺ Remember this is an early dismissal day for us and school is out at 12:15.

**Thursday, Jan 30 – 5<sup>th</sup> Grade Ambassador Event. 12:00-2:50.** Come see firsthand the amazing things our students learn at their Ambassador events. 2 parent volunteers requested. Please email our Character Development director, Ms. Jackson, if you can help. [jjackson@apamail.org](mailto:jjackson@apamail.org)

**Thursday, Feb 6 – 6<sup>th</sup> Grade Ambassador event. 12-2:50.** Come see firsthand the amazing things our students learn at their Ambassador events. 2 parent volunteers requested. Please email our Character Development director, Ms. Jackson, if you can help. [jjackson@apamail.org](mailto:jjackson@apamail.org)



## Reporting Your Volunteer Hours (Every week!)

Thank you for volunteering! This link and QR code to report hours will be at the end of every newsletter.

[Report Volunteer Hours](#)