



## School Calendar – WV1 Campus

May 25, 2017

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

School Hours – May 29-June 2: Mon- No School, Tues & Fri-8:15 am -3:25/3:50 pm  
Wed & Thurs-8:15- 2:25/2:50 pm

May 22 – June 2	1 <sup>st</sup> – 6 <sup>th</sup> Grade Core Knowledge Testing
Fri, May 26	Field Trip – 1 <sup>st</sup> – 3 <sup>rd</sup> - <b><u>No School Lunch-Bring home lunch</u></b>
Mon, May 29	Memorial Day – NO SCHOOL
Wed, May 31	Sistema Final Concert – 5:30 pm
May 30-June 7	Grade Level “Show-What-You-Know” Programs – Check below for Times.

**Other dates:**

Thurs, June 1	Volunteer Appreciation Assembly & New Elementary Students Welcome– 12:30 pm
Fri, June 2	Last day of Kindergarten
Fri, June 2	Last day of Collegium Hall/Sistema
Tues, June 6	Jr. High Music Concert – 6:00 pm
Wed, June 7	Jr. High Field Day – 12:15 Dismissal
Thurs, June 8	Elementary Field Day – 12:15 Dismissal
Fri, June 9	Last day of School – 12:15 Dismissal & Flag Ceremony

**Elementary End of Year “Show-What-You-Knows”**

Kindergarten – Friday, June 2 – 9:00 am  
1<sup>st</sup> Grade – Thursday, June 1 – 6:00 pm  
2<sup>nd</sup> Grade – Friday, June 2 – 6:00 pm  
3<sup>rd</sup> Grade – Tuesday, May 30 – 7:00 pm  
4<sup>th</sup> Grade – Tuesday, May 30 – 6:00 pm  
5<sup>th</sup> Grade – Wednesday, June 7 – 6:00 pm  
6<sup>th</sup> Grade – Monday, June 5 – 6:00 pm

**Curriculum Corner – Books Due Back**

Tues, May 30 – Kindergarten textbooks due  
May 31 – June 1 – JH textbooks due  
Fri, June 2 – All Elementary books due  
Wed, June 7 (Jr High Field Day) & June 8 (Elementary Field Day) & free dress day for students with no missing books. \*\*Please note: all students who have turned in all of their books and paid any fines assessed to them will be able to participate in Free Dress Day.

\*\*\*Yearbooks will be held back for students who have unpaid curriculum fines.

Please be diligent in helping your student get ALL of their library and textbooks back on time. If any of their books have been lost, please take care of the replacement fine at the main office.



## May Builder's Theme – "I am a Builder when I am Respecting my body and mind"

"Respect yourself enough to walk away from anything that no longer serves you, grows you, or makes you happy." *Robert Tew*"

By now, we all recognize the direct connection between mental and physical wellbeing. One impacts the other, for better and for worse. The question is how to achieve — and maintain — balance between our mind and body in today's fast-paced world, where stress is a top global health concern.

Approximately 1 in 75 people may experience panic disorder at some point throughout their lives, according to the National Institute of Mental Health. Mental health is such a top concern around the world today. According to the World Health Organization (WHO), the economic consequence of disregarding mental health, i.e., not treating depression and anxiety disorders, costs the world \$1 trillion a year. They state that for every \$1 that is spent on treatments for mental health, governments could receive a return on investment of \$4. In other words, prioritizing mental health is a vital part of promoting and achieving overall health. You don't have to be a global expert to invest in your own mental health. Simply recognizing the intimate relationship between the human body and mind goes a long way in successful treatment and preventative health care. For instance, scientific research shows that a positive, self-empowering mindset not only greatly impacts how we feel, but also the way we move and how we live our daily lives. In turn, negative, self-limiting thoughts can be both mentally and physically crippling.

Exercise has been proven to nurture and strengthen both our mental and physical health. Scientific studies have shown that for those suffering from depression, exercise is an effective long-term alternative to medicine. Even if you aren't suffering from depression, exercise releases endorphins, which elevate our mood. The better you feel, the more likely you are to keep physically active. The more exercise and physical activities you do on a regular basis, the better physical and mental shape you will be in.

The bottom line: a healthy mind leads to a healthy body and vice versa. So be good to your mind and body; think about what you feed both of them. Be selective about what you expose them to on a daily basis, adding value to your mind and body.

### April's Reading University Winners

K- Dylan Campbell, Alton Lin

1<sup>st</sup> – Alysén Quinonez, Lorena Vilas-Boas

2<sup>nd</sup> – Natalie Conseco, Camila Meza

3<sup>rd</sup> – Celeste Carmona, Vincent Dao

4<sup>th</sup> – Filimone Fangupo, Rubi Hernandez

5<sup>th</sup> – Julie Estrella, Lesley Ramirez

6<sup>th</sup> – Jason Bravo, Sebastian Corona

### School Lunch Update – Check the menu, there have been a few changes

We now have the menu up for the rest of the year. Please order as soon as possible from now until June! (Go to the "today" tab on the right top corner and press ">" to get to the new month.) We need to give our new vendor the lunch order **2 school days** in advance – that means if you want lunch on Monday, you will need to order by Thursday noon, if you want to lunch for Tuesday, please order by Friday noon. If you do not order by the deadline - please send a home lunch! We only receive the lunches that were ordered online. (No extra lunches available).

Remember to go to the new APA link to order. <http://apalunch.hi.hotlunchonline.net>.

Your email and password are the same! If you need to change them, DO NOT OPEN A NEW ACCOUNT. To change email or password contact, Kristine Stevens [kstevens@apamail.org](mailto:kstevens@apamail.org), 805.839.3613 ext 142.

### Immunization Notice for all WVI 6<sup>th</sup> Grade Parents:

It's time for immunizations! All incoming 7<sup>th</sup> graders must receive a Tdap booster before starting school in August. There are several other immunizations that are suggested, but not required. We are encouraging all students to get the required immunizations and submit an updated record before the end of school.



### **Lights Off Family Event**

Thanks to all who came to our Lights Off event! It was huge success!! With over 750 people in attendance, we raised \$810 from the class quilts - a great start towards getting the marquee for our school. We also earned \$189 from our jail and chance drawing, which will go towards afterschool programs next year! Students and families had a great time mingling with staff, having dinner and cotton candy, bouncing in the bounce houses, interacting with West Valley City Police and Fire, learning about summer programs, riding the train, listening to music, and so many other fun activities. It was a wonderful celebration of the school year! See you at Lights On in August!

### **Memorial Day Assembly**

On Thursday, May 25<sup>th</sup>, the students participated in our annual Memorial Day Assembly, where they learned to appreciate and respect those that have given their all for the freedoms of this country. This is a great opportunity for the students to learn about the many that have sacrificed so much that we all may feel and enjoy the blessings of this great country. Thanks to you parents who were able to join us for this special event.

### **Memorial Day "Buddy Poppy"**

As part of our Memorial Day Celebration, each of our students is given a "Buddy Poppy" to wear for the day and to take home. These artificial poppies have been a symbol of fallen and wounded veterans since World War II. They are traditionally sold on street corners by veterans, and donations received in return for these artificial poppies have, over the years, helped countless veterans, widows, widowers and orphans of fallen soldiers. The poppy itself continues to serve as a perpetual tribute to those who have given their lives for our nation's freedom.

We encourage each of our students to find a way to contribute to this fund this year. An envelope was sent home with the student's learning plan to be returned with any donations you would like to make. Our school will be accepting donations for our veterans until June 6. Please use the envelope stapled to your student's learning plan, or extras are available in the office. The envelopes can be turned in to your student's teacher or the main office. Your donation will be greatly appreciated.

### **Field Trips – No School lunches, Bring home lunch!**

1<sup>st</sup> Grade – Friday, May 26 – Aquarium & Scheels – 10:00-3:15 – Friday Attire

2<sup>nd</sup> Grade – Friday, May 26 – Krishna Temple in Spanish Fork & Park – 8:20-3:15 – Friday Attire

3<sup>rd</sup> Grade – Friday, May 26 – Landfill & Water Treatment Plant – 9:00-3:00 – Friday Attire

**LOST & FOUND** – Come in and check the lost and found box before the last day of school. All items left on June 9<sup>th</sup> will be sent to charity. Don't miss the opportunity to get your child's items back!

### **VOLUNTEERS: Are You Still Working On Your Hours?**

Are you still working on getting your 20 hours of volunteer time? Or, do you just need some extra fun before the end of the school year? Here are some volunteer opportunities coming up that we would love to have your help with. We will continue to update the list through the end of the school year. Please be sure to record your volunteer hours on your brown communication envelope.

- **NEW URGENT NEED!** We have an extreme shortage of available subs right now—and an unusually great need for them during these final weeks of school. We would like to invite parents who still need to complete volunteer hours to come and help us with classroom support and lunch and recess supervision. This would be a HUGE help as we have staff members ready to have babies any day! Please contact Melanie Ferlo ([mferlo@apamail.org](mailto:mferlo@apamail.org)) in the academic office if you can help!
- **Donating healthy snacks** for our students during testing (All month.) You can earn volunteer hours by making these kind of donations. Put the name of the class—or “use where needed”—on the donation and turn it in to the front office. Record your donation and its hours equivalent on the communication envelope.
- **Kindergarten Field Day** (Check with kindergarten teachers for date and info on this!)



# AMERICAN PREPARATORY

A C A D E M Y

- Attend the Volunteer Appreciation Assembly! (Thursday, June 1 @ 12:30 pm.) Really! Earn double hours for coming to this event! You don't have to do a thing but sit back and enjoy while the elementary students share their "Best of 2016-17" Show-What-You-Knows and share their appreciation of you! Meet in the gym! Assembly will be followed by desserts in the multipurpose room.
- Elementary "Clean-the-classroom" Day (Wednesday, June 7, 8:15-12:15) Parent help supervising the students as they clean their classrooms is SO helpful. Check with your teacher if you can help with this.
- Elementary Field Day (Thursday, June 8) Many volunteers are needed to make this fun day happen! If you can be part of this team, text or e-mail our FSO president, Viviana Montaña and she will get you on the list! (801-707-8908 / vemamapollita@hotmail.com)
- Ongoing, anytime volunteer jobs: Helping with lunches, volunteering in the classroom, grading, office help, cleaning jobs, weekend work on the school grounds—anyway you can think of volunteering!

**SPIRIT DAYS & SPIRIT WEAR** – Check the calendar for our upcoming scheduled Spirit Days – celebrating our wonderful accomplishments and the West Valley I "Spirit of Learning."

Spirit Wear Days: Friday, June 9<sup>th</sup>

**HOW TO ORDER SPIRIT WEAR** – Go to our Online APA Apparel: <http://www.americanprep.org/store/>

You will receive an email when your online order is ready for pick-up. You will be able to pick your order up at the main office of your campus during school hours. Please allow a minimum of two weeks for processing online orders, and only come to the office when you have been informed that your order is ready!

**Place your order as soon as you can so you can join in the celebrations!**

**Box Tops – KEEP THEM COMING!** Only a few more weeks left for this year. We really need everyone's help in reaching our goal for the year. Plus, a great chance to face off against our staff in Dodgeball!

## **Parent Advisory Committee Elections**

It is time to vote for the parents you would like to represent you on our Parent Advisory Committee. The PAC meets 3-4 times per year and participates with the administration in developing the Annual School Plan, in deciding how the Land Trust monies will be spent, and other matters important to our students at American Preparatory Academy. We need to fill all 2 vacancies on the Parent Advisory Committee this year. Each family may vote for up to two parents. (You may not cast more than one vote for the same name.) The ballot is included as a separate page and can be found in your Communication Envelope along with the newsletter. **Make your 2 selections and return it to the school in the Family Communication Envelope or bring it in to the office by Wednesday, May 31<sup>st</sup> at noon.** Please staple or tape your ballot. Ballots will be placed in a secure location at the school when they are received. The four parents with the most votes will be posted in the June 8th newsletter and will represent West Valley I parents on the PAC

## **Guidelines for carpool**

- The parking spaces at the north end of the building are going to be designated "staff only" parking. This will minimize traffic in this area during peak carpool times. We ask parents and visitors to park *inside* the lot if they are coming inside the building.
- There will be no student drop-off on Crystal Avenue in the morning. Please follow the normal morning carpool procedure—one line, pulling forward as directed, students exiting the car only after you have pulled past the front doors. This is quick and efficient and only takes a few minutes. Please do not drop your students off in the parking lot unless you are walking into the school with them.
- For afternoon carpool, the gates in the back will be open for 2<sup>nd</sup> dismissal cars to wait until 5 minutes before that carpool begins. If you are coming inside the building, please park *inside* the parking lot.
- If your students have walking passes, but you intend to pick them up on a given day, please follow the normal carpool procedure OR allow them to walk off campus and meet you on one of the side streets. Please do not park along Crystal Avenue as this creates unsafe and unnecessary congestion during this busy traffic time.

Thank you for your cooperation with this. If you feel you have exceptional circumstances, please schedule a time to meet with the school administration to discuss this.



## After-School Programs (Sistema & Collegium Hall)

### Collegium Hall

We're heading into our last term with great momentum! Completing over 3000 assignments last term, students have been working hard to track and complete their homework and missing work. They have currently completed 1237 assignments. Parents, please remember that you are always welcome to attend Collegium Hall with your student!

### Last day of Collegium Hall will be June 2.

#### Elementary:

- Knights of the Game Table: Mondays - 3:50-4:50 pm
- Sistema: M/T/F - 3:50-6:30 pm, W/Th - 2:50-5:30 pm
- 6th Grade Art Club: Mondays - 3:30 - 5:00 pm

#### Secondary:

- Latin Club: Monday and Thursday - during 2<sup>nd</sup> dismissal
- S.T.E.A.M Club: Every other Wednesday (Some Thursdays) 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
- Gardening Club - Th - 6<sup>th</sup> - 9<sup>th</sup> - 3:00-4:15 pm

### Sistema MAKE A NOTE!

May 29<sup>th</sup> - No Sistema (Memorial Day)

May 31<sup>st</sup> - 5:30 p.m. Sistema Spring Concert

June 2<sup>nd</sup> Last Day of Sistema

June 5-9 - No Sistema the last week of school

#### Sistema Registration

Registration is now open for the 2017-18 school year. All current Sistema students will need to re-register for next year. Attached is the QR codes for the English and Spanish.

English: <http://goo.gl/forms/OrxgdQyrebFYm6Mv2>



#### Every Monday Matters:

This year we have added to our musical training a unit called Every Monday Matters. The purpose is to help the students see their importance in the world. We have a different theme of the month and special lessons each week. The theme for the month of May is Monday Gets Healthy. Week 4 - Be Safe

**Wanted: Sistema Concert Volunteers** - We need parent volunteers for the Sistema concert in May 31. We need to provide dinner for the students so that they can perform at their best. We need parent volunteers to help plan and serve the dinner. We also need a few parents to sit with students during the practice and performance.

**Donations** - the kindergarten students are in need of 150 clean cardboard egg cartons. They must be the one dozen size and must made out of cardboard and not styrofoam. We will be using these egg cartons as part of their summer violin practice kits. They will be using them as violins. The upside down egg carton is perfect for teaching kids to have a straight bow as they open and close their bow arm. Thank you for your donations.



**West Valley 1 PAC: You may vote for 2 candidates – Fold over and tape or staple closed.**  
**Return your ballot to the school no later than Wednesday, May 31<sup>st</sup>, at Noon.**

**Taylor Beaman**

I would love the opportunity to serve on the Parent Advisory Committee to help increase the academic success of our children here at APA. As a licensed educator and parent, I understand the importance of parental input and involvement within the school. I want the best education for our children and promise to keep their best interests at heart.

**Ulysses Carrillo**

Our Kids are Amazing. They deserve an Amazing World. Together We Will.

**Tania Envoy**

**Mindy Francis**

**Monique Kendall**

**Beth Howard**

"I have two boys who attend school at the West Valley 1 campus. I'm interested in making a difference and making a great school even better. Thank you for your vote."

**Bill Howard**

"I have two boys who attend school at the West Valley 1 campus. I am highly organized and look forward to volunteering my time. Thank you for your vote."

**Cristina Rivera**

I work for Salt Lake Community College in the early childhood education field. I also worked ten years with the head start program, a non-profit organization which runs on grants each year, so I know the importance of grants for children education. I'm also bilingual. I speak Spanish. I would gladly donate my services to this wonderful school. My child has accelerated in her academic learning in this school being on a IEP she has overcome many obstacles...I'm grateful for all the teacher's dedication and commitment, thank you all.

**Wendi Ruiz**

**Justin Saxton**

My name is Justin Saxton with a student at APA for the last 5 years. I'm interested in being a part of the Parent Advisory Committee in order to be more involved and to make a positive impact with the school.

**Catherine Scherer**

I have been a parent at APA WV1 for eight years and I love APA. Next year we will have all 10 of our kids at APA and I would love this opportunity to be active in supporting the school we love so much!

**Gina Tua'one**

My name is Gina Tua'one, I attended the ground breaking at WV1 and have been there with 7 kids ever since. I have a personal investment not only with my own children, but all the children at APA. I have been supportive of Administration and Staff through the years and want to be a part of something that can help improve funding to support the APA model. I worked for the both Salt Lake and Granite School District as a social worker for a combined 8 years. I currently work for Salt Lake County in the Parks and Recreation Department for the past 6 years. I can bring a diverse set of ideas and some fresh eyes. I will listen to what is needed and wanted and advocate according.

Fold and Staple or Tape Closed

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