



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

Dec 17-20 - Mon, Tues - 8:15 – 3:25/3:50 2<sup>nd</sup> Dismissal  
Wed - 8:15-2:25/2:50 (2<sup>nd</sup> Dismissal) Thurs - 12:15 **EARLY DISMISSAL**  
Fri - **NO SCHOOL - WINTER BREAK**

|                   |  |
|-------------------|--|
| Friday, Dec 14    | Elementary Homework Deadline                                     |
| Friday, Dec 14    | Big Smiles Dental Forms due                                      |
| Saturday, Dec 15  | Saturday School - WV2 - 7:45 am - 11:00 am - 3636 W. 3100 S, WVC |
| Saturday, Dec. 15 | Sistema Strings Performance at Grizzlies Game 5:30 - 9:30 pm     |
| Monday, Dec 17    | Secondary Homework Deadline                                      |
| Wednesday, Dec 19 | School Geography Bee - 1:00 pm                                   |
| Wednesday, Dec 19 | Sistema Winter Concert - 5:30 pm - 6:15 pm                       |
| Wednesday, Dec 19 | Last day of Sistema & Collegium Hall for Term 2                  |
| Thursday, Dec 20  | Early Dismissal 12:15 pm - No Sistema or Collegium Hall          |
| Thursday, Dec 20  | END OF TERM 2  |
| Dec 21-Jan 2      | <b>WINTER BREAK</b>  |

**Upcoming Events**

|                  |   |
|------------------|---|
| Thursday, Jan 3  | Beginning Term 3                                  |
| Friday, Jan 4    | APA Parents Meeting @ 8:15 am                     |
| Friday, Jan 11   | APA Parents Club- "Health and Wellness" @ 5:30 pm |
| Jan 3-17         | Winterim - Secondary                              |
| Thursday, Jan 31 | Big Smiles Dental Clinic                          |

**December Builder's Theme: "KIGATSUKU ... When I look for ways to Serve others."**

*Kigatsuku* means "an inner spirit to act without being told what to do"

Make random acts of kindness a habit in your family. Some ideas of ways to teach children are:

**Donating items to people in need** - It's nice to get kids involved in fundraising, but sometimes fundraisers are too abstract. It's better to get them directly involved in donating items. Planting a vegetable garden and donate the food to others. Gather gently used toys and donate them to an orphanage, homeless shelter or domestic violence shelter. Help your child identify clothes that they could donate to other children. Make a meal and take it to an elderly neighbor, relative or friend. Donate gently used books to the library or a charity.

**Write Thank You Notes** - Teach your child that there are always people they can thank. Drawing a picture or writing a card to someone special in their lives, someone that has done something for them, or just people that in some way assist them, such as a doctor, mail carrier, teacher, etc.

**Do Chores for Someone** - Help your child identify a need and then help them act upon it. Mowing the lawn, raking leaves, weeding a garden. Helping carry groceries out for someone. Looking around the house for a chore that they can do - anonymously is always a fun way. (Making a bed, cleaning up toys, putting away clothes).

**Care for Animals** - Children often love doing acts of kindness that involve animals. There are lots of ways caring for an animal can not only benefit the animal, but also the person giving the service. Taking a dog for a walk, combing a cat's fur, volunteering at a shelter, all great ways to do acts of kindness.

**Make a Gift for Someone - Give Compliments - Spread Some Cheer**

**Achieving Academic Success and Developing Good Character**



### November Builder Winners

K - Camila Guerrero  
K - Ethan Rios Franco  
1<sup>st</sup> - Lunna Escalona  
1<sup>st</sup> - April Meza Hernandez  
2<sup>nd</sup> - Liyazia Mohamed  
2<sup>nd</sup> - Marcos Valadez  
3<sup>rd</sup> - Miguel Alfaro  
3<sup>rd</sup> - Ariana Rodriguez

4<sup>th</sup> - Mark Monjaraz Herrera  
4<sup>th</sup> - Krystian Valencia  
5<sup>th</sup> - Alyssa San Elias  
5<sup>th</sup> - Mataali'I Seu  
6<sup>th</sup> - Kevin Diaz  
6<sup>th</sup> - Farhan Ibrahim

### November Reading University Winners

K - Kyler Aiono  
K - Rawan Ismael  
1<sup>st</sup> - Haley Howell  
1<sup>st</sup> - Khalid Osman  
2<sup>nd</sup> - Anyd Castillo  
2<sup>nd</sup> - Kan Soe  
3<sup>rd</sup> - Serenity Eugster  
3<sup>rd</sup> - Luis Villalobos

4<sup>th</sup> - Andrea Perez  
4<sup>th</sup> - Mason Teasdale  
5<sup>th</sup> - Gabriel Pardo  
5<sup>th</sup> - Mylie Young  
6<sup>th</sup> - Gael Cruz  
6<sup>th</sup> - Billah Soumain

### ROCK THE SOCKS: APA's Annual Community Donation Drive



**ROCKS THE SOCKS!** We are down to the last day of the donation drive and it has been so exciting to see how much we can accomplish as we all work together. Please support children and families in need in our community and help us reach our goal! Our donations will be delivered to the shelter next week!

We currently have a total of **1014 socks!** We have made our goal and are excited to be able to share our donations with the Road Home. Any further donations would be greatly accepted and enjoyed. On Monday, because we made our goal, we will have a crazy sock and tie day!

**Elementary - 652**

**Jr. High - 362**

**Total - 1014**

### Where In the World? Geography Bee Time!

It's Geography Bee time! Our 1<sup>st</sup>-3<sup>rd</sup> grades have participated in their classroom Geography Bees during this week. Study guides went home to help them prepare for the competition. The 4<sup>th</sup>-8<sup>th</sup> grade students have taken the qualifying written test and the finalists will participate in the school Geography Bee on Wednesday, December 19 from 1-2:15 pm. Good luck to all of our students as they show what they know about the world!

If you would like to volunteer to help with the Geography Bee, please e-mail Mrs. Leavitt at [lleavitt@apamail.org](mailto:lleavitt@apamail.org).



## **Mandatory Meeting for 6<sup>th</sup>-9<sup>th</sup> Graders Moving to WV2**

Happy December! We are winding down the second term and will be halfway through the school year before we know it. This means we are planning enrollment for next year for our current 6th-9th graders at WV2. We look forward to our move and joining the amazing staff and students of WV2. We have scheduled several "Celebration of Excellence" meetings in which you can secure your student's place for next year at WV2. **These meetings will be at WV2.** We will not hold any meetings at WV1 for the students moving over to WV2 --you must attend a meeting at WV2. Although these meetings are not until January, we know it can be difficult to arrange to attend these mandatory meetings, so we wanted to give you the dates and times as follows:

Tuesday, January 29th at 8:30am  
Tuesday, January 29th at 2pm  
Wednesday, January 30th at 8:30am  
Wednesday, January 30th at 6pm  
Saturday, February 2nd at 9am

All meetings will be held at WV2 in the multi-purpose room. Please enter in the southeast elementary doors. The address is 3636 W. 3100 S. Please arrive on time as latecomers may be asked to attend a different meeting. See you then!

### **APA Dress Code**

#### **Our dress code is based on our belief that uniforms:**

1. Decrease distractions in the learning environment
2. Increase respect for learning for students, parents, and staff
3. Increase respect for students by other students, staff, parents, and public
4. Simplify school readiness on a daily basis for parents and students
5. Prepare students for future success by teaching them professional dress

#### **Our dress code was developed with these guidelines in mind:**

1. Simplicity – as few pieces as necessary to achieve benefits listed above
2. Equity - Few optional pieces to avoid class distinctions
3. Affordability
4. Durability
5. Ease of implementation by students, parents and school staff

**Big Smiles Dental Clinic - (Optional Program)** Big Smiles will be coming to our school for a dental day on January 31, 2019. A state licensed dentist will check your child's mouth & teeth, as well as provide a cleaning, x-rays as necessary, fluoride treatment and apply sealants, as needed. Additional care, such as fillings, may also be provided. A dental report card will be sent home with your child. Medicaid, CHIP, and most private insurances are accepted so this generally will cost parents nothing. A self-pay option is also available. In addition, for those who are unable to pay, there are grants available. No student will be turned away due to inability to pay. Fill out a permission slip and return to your student's teacher. Online permission slips are also an option. Permission slips are due Friday, December 14.



## **Job Opportunities at [americanprep.org/careers/](http://americanprep.org/careers/)**

### **For West Valley 1 Campus:**

- **ELL Instructor** Qualified candidates will be able to help non-English speaking students achieve a functional mastery of the English language in one year or less, using the Direct Instruction Spoken English (DISE) program. **WORK SCHEDULE** Monday-Friday 12:00-4:00pm, 20 hours per week. **COMPENSATION** \$12.00 - \$14.00 per hour

**After School Homework Mentor** M, T, F - 3:15 pm-7:00 pm, W, Th- 2:15 pm-6:00 pm. This is a non-benefited position. Pay \$11-12/hr. DOE.

### **Adult English Class- Jr High breakout room**

Advanced Group - Mondays - 8:15 - 9:15 am

Beginners Group - Wednesdays - 8:20 - 9:15 am

If you have any questions, please contact Mrs. Meyerson [bmeyerson@apamail.org](mailto:bmeyerson@apamail.org)

**Free English classes** (from survival level to understanding your children's education reports), job readiness classes, and citizenship classes. The website is <https://www.eslcenter.org/programs>. The phone number is 801-328-608. Flyers are available at the front offices.

### **YEARBOOK**

Theme: "Around the World in 180 Days" - We Need More Pictures!!!

Please send your pictures of you and your family in your travels around the world today!" Send your pictures to Mrs. Eddards - [leddards@apamail.org](mailto:leddards@apamail.org). Make sure to include names and places. Looking forward to an amazing year of fun.

### **REMINDER TO ORDER LUNCH**

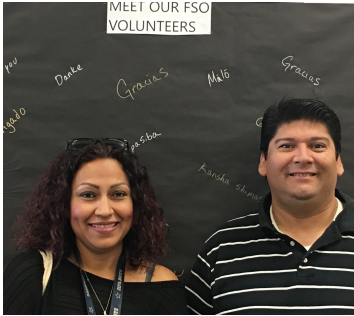
Order online - the link for online ordering can be found here: <https://www.americanprep.org/school-lunch-program/> If you need help ordering lunch, our school lunch worker, Jenni Ruiz ([jruiz@apamail.org](mailto:jruiz@apamail.org)) is available from 8:00 am until 9:30 am, and then from 12:00 pm to 1:00 pm every day. You can also email [lunch@apamail.org](mailto:lunch@apamail.org).

A CHANGE in the menu beginning in January is that we are offering the muffin and breadsticks EVERY WEEK! These are the 2 most popular items.

### **Fresh Fruits & Vegetables- Gala Apples & Pomegranates**

The Gala apple is a cross between a Golden Delicious and Kidd's Orange Red. Gala apples are currently one of the most extensively grown apples in the world. Gala apples are covered in a thin yellow to orange skin, highlighted with pink to red stripes that vary in hue dependent upon the apples maturity. Their dense flesh is creamy, yellow and crisp, offering a mild sweet flavor. Gala apples have fair amounts of vitamin A, B and C. They also contain a dietary fiber know as pectin, which has been shown to lower cholesterol levels and help prevent heart attacks.

Pomegranates are quickly becoming an ever increasing favorite fruit in American households. They are believed to have originated as far back as 4000 to 3000 BC. The first trees were believed to have been planted in Northern Iran or Turkey where pomegranates remain a favorite fruit in that region. Pomegranate 'arils' or seeds are wrapped securely in a thin but tough, leathery, reddish-purple skin. The seeds of the pomegranate are edible. Each seed is enclosed in a translucent, bright red pulp. Pomegranates are the size of an apple but only the seeds and juice are edible offering a sweet-tart taste. Providing some vitamin C and the B vitamins, plus a moderate amount of fiber, protein and carbohydrates, pomegranates are an excellent source of potassium. Very low in sodium, one fruit contains about 105 calories.



## 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 NEED YOUR PICTURES!** We have a map up and need pictures to fill it. Start snapping and sending. Go through photo albums and share the many places you have been and are from. We want this to excite everyone to get out and see the world. Bring your pictures into the front office or send them to Julia Soledad at [edyjuliasld@hotmail.com](mailto:edyjuliasld@hotmail.com).

**Box tops** - Our box top winner for this second term is Ms. Twitchell's class. They will be getting a piñata party. This will take place in January! But the fun doesn't stop there. Keep sending in your box tops for the term 3 contest.

**FSO Meeting** - Our next meeting will be in January 4, 2019 at 8:15 am

### **Parent Club - SAVE THE DATE!!!**

#### **"Health and Wellness"**

*Do you deal with high stress levels or experience anxiety daily? Come to learn techniques to manage both stress and anxiety. Wear comfortable clothes.*

**Date:** Friday, January 11, 2019, 5:30

**Bring:** Blanket and pillow and Healthy dish and recipe to share.

**Childcare provided**

#### **Family Yoga Night**

*Come enjoy a fun night of yoga and bring your whole family!*

Friday, February 1, 2018, 2019, 5:30

Bring: Yoga mat for each person (recommended, not required)

### **Volunteers Opportunity - We need you!**

- **Lunch Room:** 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.
- **Ambassador: Parents!** Volunteers are needed and welcome! We need volunteers to be team leaders to help students rotate between stations, and assist with setup and cleanup. You are going to love to be a part of all of the fun festivities we have planned! If you are available to help for any amount of time, please contact Hailey Stevens at [hstevens@apamail.org](mailto:hstevens@apamail.org) or call the Junior High Office.



## Ambassador Program

### 7th Grade Ambassador Event: Care Center Visits

Yesterday our 7th grade classes went on a service event and visited five elderly care centers in our community. At these care centers, our students visited with the residents and tried to get to know them while playing games, making crafts, painting nails and doing a sing-a-long. Our students did a fantastic job serving these residents and spending time with them.

## JUNIOR HIGH NEWS

### SPORTS

2019 Girls' Basketball (Grades 6-9) - Tryouts took place December 12-14<sup>th</sup> for our girls' basketball team. The games will start up in January. Practices next week will be Monday, 4:00-6:00, Tuesday, 4:00-6:00, Wednesday, 3:00-5:00. The first game will be Wednesday, January 9<sup>th</sup> at home.

### AFTER-SCHOOL PROGRAMS (Sistema & Collegium Hall)

Collegium Hall - Mon, Tues, & Fri - 3:25 - 6:30pm  
Wed & Thurs - 2:25 - 5:30pm

### Collegium Hall

Collegium Hall is going great! With the end of the term coming Dec. 20, the students are working hard on getting all missing assignments completed and turned in by Dec. 17, which is the LAST DAY for all late work for term 2. Our impressive homework totals are currently:

7<sup>th</sup>---392

8<sup>th</sup>---542

9<sup>th</sup>---737 WOW!

Anyone needing assistance getting their missing work completed, please join us in Collegium Hall!

Starting next term, we will have our Collegium Hall Winterim classes, Jan. 3-17. Classes are being created now, and registration for them will start shortly, taking place during Collegium Hall. If you have questions regarding Collegium Hall Winterim, please see Ms. Collier.

### CLUBS

**Board Games & Magic the Gathering** - Tuesday, 3:50-5:30pm - 6<sup>th</sup>-9<sup>th</sup> Grades - Room 138 - Mr. Christiansen

**Coding** - Friday, 3:30-4:40pm - 5<sup>th</sup> - 9<sup>th</sup> - Room 138 - Ms. Oveson

**PE** - Last Wed of each month - 2:30-3:30pm - 6<sup>th</sup>-9<sup>th</sup> - Gym - Mrs. Western - Nov 28, Dec 19, January 30, February 27, March 27, April 24, May 22.

**Robotics** - (Club full) - Thursday, 2:50-4:00pm - 4<sup>th</sup>-8<sup>th</sup> - Room 101 - Mrs. Deplace

**Stage Productions** - Tues/Fri - 4:00-5:00pm - 4<sup>th</sup>-9<sup>th</sup> - Room 102 - Ms. Denison

**Yearbook** (Photographers needed) - Every other Tuesday (Starting 11/27) - 4:00-5:00 pm - Rm 144  
Mrs. Eddards (Average grade of C or above)

## Winter Concert

As we are getting ready for our Winter Concert on Dec. 19, it is very important students stay for all their classes in Sistema. Mark your calendar that students must attend the full program for Dress Rehearsal on Dec. 18 3:30-6:00 and Dec. 19, 2:30-6:15 with our concert starting at 5:30. Plan your schedules accordingly.

**Sistema Winter Registration:** Sistema registration is open now for January on a case by case basis. We will only be accepting students who already play in the school band, orchestra, or 2nd grade violin cohort. Students must audition for Mrs. McCullough (strings) or Ms. Petersen (winds and percussion). If you are interested, please email Mrs. McCullough ([cmccullough@apamail.org](mailto:cmccullough@apamail.org))

If your student does not already play an instrument and you would like to get your student on the Sistema waiting list, please email Mrs. McCullough ([cmccullough@apamail.org](mailto:cmccullough@apamail.org)). All those interested need to have their name on the list by Dec. 19. You will be sent an invitation to join Sistema if there is room for a beginning class. Must be in 2nd grade and up.

## **Sistema Calendar:**

- Dec. 15 **Sistema Strings Performance at Grizzlies Game** 5:30 - 9:30
  - Repertoire: Star Spangled Banner, God Bless America, Star Wars and Holiday Songs. (Only those in our Sistema Strings and Pre-Sistema Strings will be performing.)
  - Tickets:
    - Call Craig Handy 801-988-8026 for \$10 tickets. Say you are with Sistema Utah.
    - All performers will be provided a ticket. Parents and others will need to purchase tickets to attend. If you wish to sit near your performer you will want to use the number above to order your tickets.
    - If you order through <http://www.utahgrizzlies.com/> or get them from the box office, the tickets will cost more \$\$.
- Dec. 18 **Sistema Dress Rehearsal**
  - All Sistema students must attend full program day. Pick between 6:00-6:30
- Dec. 19 - **Sistema Winter Concert** 5:30 - 6:15
  - **Sistema Dress Rehearsal** 3:00 - 5:30 (all Sistema students must attend full program)
- Dec. 20 - **No Sistema or Collegium Hall** (12:15 dismissal)
- Dec. 21- Jan. 2 Winter Break (No Sistema)
- Jan. 4 - Sistema Strings Performance at U of U Women's Basketball Game
- Jan. 18 **No Sistema or Collegium Hall** due to 12:15 Dismissal
- Jan. 25 **Sistema will end early at 5:30** due to the Suzuki Music Conference our teachers will be attending.
- Jan. 26 **Utah Suzuki Convention:** All Sistema Parents are welcome to join us.
  - Register at [www.suzukimusicutah.org](http://www.suzukimusicutah.org).
  - Fee \$20 - Register as a member and put "Sistema" as your teacher.
  - Breakfast and Lunch included with your registration fee.
  - Classes: There are amazing parenting classes at this convention. Here are a few:
    - Molly Gebrian Keynote: What Musicians Can Learn About Practicing from Current Brain Research
    - Molly Gebrian: The Best Practicing Method According to Science: Interleaved Practice
    - Molly Gebrian: Strategies for Performing from Memory
    - Amy Gold: Helping with Home Practice
    - And much more...