



School Calendar – WV1 Campus

March 14, 2019

Check the website calendar for all practices, rehearsals and clubs @ <http://westvalley1.americanprep.org/>

March 18-22 - Monday, Tuesday, & Friday- 8:15am - 3:25/3:50 pm
Wednesday & Thursday - 8:15am - 2:25/2:50 pm

Friday, Mar 15	Builder of the Year Assembly - 1:30 pm
Friday, Mar 15	Re-enrollment Online due date
Saturday, Mar 16	Saturday School- @ WV2 Campus - 7:45 am - 11:00 am
Saturday, Mar 16	Parent Education Day @ WV2 Campus - For Parents - 9:00am-12:00pm
Monday, Mar 18	Sistema Sponsored - Bill White, Guitar - Live performance - 6:00 pm
Tuesday, Mar 19	APA-WV1 Spring Music Concert, Elementary-6:00/ Secondary-7:00 pm
Wednesday, Mar 20	7 th & 8 th Grade Ambassador Event - 70's Flashback - 1:10 - 3:45 PM
Thursday, Mar 21	"Show What You Know" RU Assembly - 8:15 - 8:45 am
Thursday, Mar 21	New Families Meeting - 8:15 am
Tuesday, Mar 26	APA Parent Empowerment - "Mental Health and Suicide Prevention"- 6:00 pm

UPCOMING EVENTS

April 1 st	Jr. High End of Term Late work deadline
April 2 nd	APA Parent Empowerment - "Child Abuse Workshop" - 6:00 pm
April 5 th	APA Parents Club: "Meditation & Yoga" - 5:30 pm
Jan 3-April 5	Secondary 3 rd TERM
Feb 25-April 5	Elementary 4 th TERM
April 8-April 12	Spring Break- No School

March's Builder's Theme: "I am a builder when I quickly acknowledge mistakes and humbly make amends"

How to Apologize Appropriately

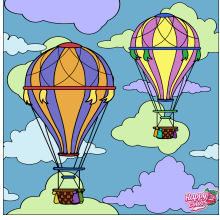
In an article in the Journal of Psycholinguistic Research, psychologists Steven Scher and John Darley presented a four-step framework that can be used when you make an apology.

Step 1 - Express Remorse - Every apology needs to start with two magic words: "I'm sorry," or "I apologize." This is essential because these words express remorse over your actions. For example, you could say: "I'm sorry that I snapped at you yesterday. I feel embarrassed and ashamed by the way I acted." Your words need to be sincere and authentic. Be honest with yourself and with the other person about why you want to apologize. Never make an apology when you have ulterior motives, or it you see it as a means to an end. Timeliness is also important here. Apologize as soon as you realize that you've wronged someone else.

Step 2 - Admit Responsibility - Admit responsibility for your actions or behavior, and acknowledge what you did. You need to empathize with the person you wronged, and demonstrate that you understand how you made them feel. Don't make assumptions - instead, simply try to put yourself in that person's shoes and imagine how they felt.

Step 3 - Make Amends - When you make amends, you take action to make the situation right. Think carefully about this step. Token gestures or empty promises will do more harm than good. Because you feel guilty, you might also be tempted to give more than what's appropriate - so be proportionate in what you offer.

Step 4 - Promise That It Won't Happen Again - This last step is to explain that you won't repeat the action or behavior. This step is important because you reassure the other person that you're going to change your behavior. This helps you rebuild trust and repair the relationship. Make sure that you honor this commitment in the days or weeks to come. If you promise to change your behavior, but don't follow through, others will question your reputation and your trustworthiness.



Staff Appreciation Week

Thanks to all the FSO and parent volunteers for a great week of decorations, food & treats. We have loved the decorated doors, the trips around the world with all your decorations, and the meals we've been treated to. It's been great to not have to worry about fixing our own meals, because we have been fed every morning and lunch with a variety of foods - (especially loved the tamales)!

And the fun activities throughout the week, going on tour, where in the world is... and especially our staff luncheon! We so love our FSO parents for all they give to our school, and especially to our staff. We at WV1 feel "AMAZINGLY APPRECIATED!"

Keeping kids safe online: Social media challenges

Our number one goal in working with and raising children is always safety. We teach them when it is safe to cross the street, to not play with dangerous things such as knives, and how to respond when it seems someone might harm them. In this day of technology, keeping our kids safe is a bit trickier and requires us as caregivers to use new skills to keep them safe. Every few months or so, a new kind of "challenge" comes across social media, such as the momo challenge, the blue whale challenge, or the tide pod challenge. These challenges allegedly encourage people to participate in seemingly innocent things and then increase to challenges that actually cause harm and maybe even death to the participant. Children and teens are especially vulnerable as they are just learning to think through and solve problems and these "challenges" quickly go viral. As adults, we have the great opportunity to teach our kids about how to recognize when something is helpful or hurtful and how to intervene. We hope that you will take the opportunity to review with your student how they are using social media, the apps they have on their phones, the messages they are giving, and the messages they are receiving. You may encounter some resistance to this. We hope you will be persistent and remind your kids that your job is to keep them safe and this is part of that. It is also an opportunity for the kids to show off how they are keeping themselves safe by showing you their positive communication and smart apps. Technology can be a tool for doing great things or it can be a tool for danger. Please join us as we help children and teens use technology in a way that makes our world better.

APA-Spirit Wear Days - April 5 & May 3

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!

Year Book - Purchase your 2019 yearbook now - Deadline April 18th!

Capture this year's memories with a yearbook, but don't delay! The deadline is almost here!

You may get an order form from the front office to pay cash or check. They are \$20.00 each. You may also order online with credit/debit card by visiting

1. www.schoolannual.com.
2. Click "Buy My Student's Yearbook".
3. Under school or group name, type "American Preparatory"
4. and select "American Preparatory Academy Campus 1"
5. from the drop-down menu. Click "2019 Yearbook" to purchase.

Also, please include a reminder to send vacation pictures from around the world to leddards@apamail.org.



REMINDER TO ORDER LUNCH

It is time to order lunches for the rest of the school year! the link for online ordering can be found here: <https://www.americanprep.org/school-lunch-program/>



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ACADEMY
FSO - FAMILY SCHOOL ORGANIZATION

APA Parent Club

We have some great events coming up for our amazing parents. Secondary students can receive tardy credit by parents attending - 2 tardies per student per event. (For all events excluding the Yoga class.)

- *Parent Education Day @ WV2 Campus - For Parents - Saturday, March 16 - 9:00 am - 12:00 pm
Teen dating, moody teen, personal growth for parents, financial aid, social media safety, gear up, meet the counselors, meet the principals
- *Parent Empowerment Meeting - "Mental Health and Suicide Prevention" - Tuesday, March 26 - 6:00.
Childcare provided
- *Parent Empowerment Meeting - "Child Safety" - Tuesday, April 2 - 6:00 - Childcare provided
- *APA Parents Club - "Meditation & Yoga" - Friday, April 5 - 5:30 pm



7th and 8th Grade 70's Flashback Event

On Wednesday, March 20th we will be having our 70's flashback event for all 7th and 8th grade students from 1:10 to 3:45pm. It will be a groovy party where students will have the chance to practice going through a reception line, jive to some awesome disco music, learn how to manage stress with yoga techniques and much, much more!

Parents! Volunteers are needed and welcome at this event from 12:30pm to 3:45pm. We will need help leading groups to different stations, setting up games, and assistance with set-up and clean up. If you are available to help for any amount of time, please contact Hailey Stevens at hstevens@apamail.org or call the Ambassador Office at 801-839-3613 ext. 0033.

JUNIOR HIGH NEWS

Attendance School

The next Attendance/Tardy school for Jr. High students is March 16th. Students who have over 3 tardy marks in a single period will be required to attend. Grades in classes will appear as "NG" (No Grade) until tardies are paid for and students have attended tardy school. Each tardy over 3 will cost \$5 and 1/2 hour in tardy school. Please pay to the front office at WV2 Campus. If you have questions, please address them to Mrs. Okelberry.

SPORTS

Girls & Boys Assistant Coach needed

Assistant coaches needed: Parents, If you are interested in assisting our coaches, please contact Mrs. Western at awestern@apamail.org.

Girls Soccer Schedule- (6th - 9th)

Soccer practice will be held Tuesday and Thursday

Mon, Mar 18	4:30 pm	HOME vs. Ogden Prep
Wed, Mar 20	4:00 pm	@Lincoln Academy (10361 N 4800 W, Highland)
Thurs, Mar 21	4:00 pm	HOME vs. Ascent West Jordan
Mon, Mar 25	4:00 pm	HOME vs. Lakeview
Wed, Mar 27	4:00 pm	HOME vs. Legacy Prep
Thurs, Mar 28	4:00 pm	@Ascent Farmington (22 S 650 W, Farmington)
Wed, Apr 17	4:00 pm	@Legacy Prep (2214 S 1250 W, Woods Cross)
Thurs, Apr 18	4:30 pm	@Ogden Prep (1435 Lincoln Ave, Ogden)
Mon, Apr 22	4:00 pm	HOME vs. Ascent Farmington
Wed, Apr 24	4:00 pm	@Ascent West Jordan (562 W 8200 S, West Jordan)
May 6-10	TBD	State Tournament



AMERICAN PREPARATORY

A C A D E M Y

Boys Volleyball Schedule - (6th - 9th)

Volleyball practice will be Wednesday and Friday

Tue, Mar 19	4:30 pm	@Ogden Prep (1435 Lincoln Ave, Ogden)
Thurs, Mar 21	4:00 pm	HOME vs. Lincoln Academy
Tue, Mar 26	4:00 pm	@Legacy Prep (2214 S 1250 W, Woods Cross)
Thurs, Mar 28	4:00 pm	HOME vs. Ascent Farmington
Tue, Apr 2	4:00 pm	@Hawthorn (9062 S 2200 W, West Jordan)
Tue, Apr 16	4:00 pm	HOME vs Legacy Prep
Thurs, Apr 18	4:30 pm	HOME vs. Ogden Prep
Mon, Apr 22	4:00 pm	@Ascent Lehi, (2199 W 900 N, Lehi)
Wed, Apr 24	4:00 pm	@Ascent Farmington (22 S 650 W, Farmington)
Thurs, Apr 25	4:00 pm	HOME vs. Hawthorn
May 6-10	TBD	State Tournament

AFTER-SCHOOL PROGRAMS

Sistema & Collegium Hall

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

Afterschool Phone: (801)839-3613 Ex 0044

Collegium Hall

We are in the process of hiring afterschool mentors: Afterschool Collegium Hall Mentor \$12/hr. Go to <https://www.americanprep.org/careers/> for more information.

Collegium Hall students are in close competition to beat out the other grades for the highest homework totals for Term 3:

7th---368

8th---644

9th---662

Join all your favorite mentors--Mr. C, Ms. Bennett, Ms. Davis, Ms. Moreno, Ms. Haslam, and Mr. Taylor--for all your homework needs and more! Students must be on time to get a snack.

CLUBS - If you have any interest in creating a club for this term, please get an application from Ms. Collier.

- **Board Games & Magic the Gathering** - Tuesday, 3:50-5:30pm - 6th-9th Grades - Room 138 - Mr. Christiansen
- **PE** - Last Wed of each month - 2:30-3:30pm - 6th-9th - Gym - Mrs. Western - March 27, April 24, May 22.
- **Robotics** - (Club full) - Thursday, 2:50-4:00pm - 4th-8th - Room 101 - Mrs. Deplace
- **Stage Productions** - Tues/Fri - 4:00-5:00pm - 4th-9th - 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)
- **NEW - 3-D Printing Club**- Starting Wednesdays - March 13 - 2:30-4:30 - Room 138 Mr. Law (Jr. High only)
- **NEW - Spanish Club** - Starting March 12 - Tuesdays 3:45-4:45 & Thursdays 2:45-3:45; Room 152 (Jr. High only - Must have an A-C grade to join.)



MAKE A NOTE!

- March 18 - Bill White, Guitar - Live performance - 6:00 pm
- April 16 - "For Rizzle, Ms Drizzle?" Opera - 6:30 @ Rose Wagner Theater - Performed by Theater Production Club and Sistema.
- April 23 - Sistema Student Showcase and Opera "For Rizzle, Ms Drizzle?" Opera - 6:00 pm
- May 9 - Sistema Final Concert - 5:30 pm
- May 17 - Lights Off!
- May 20 - Last Day of Sistema