



AMERICAN PREPARATORY ACADEMY

February 1, 2019

Draper 2



UPCOMING EVENTS

Monday, February 4th
Wednesday, February 6th
Thursday, February 7th
Mon., Feb. 11th - Fri., Feb. 15th
Monday, February 11

Mon., Feb. 18th - Fri., Feb. 22nd
Tuesday, February 26th

Tuesday, February 26th

Reading University Deadline
Missing Work Deadline
Vision Screening - More volunteers needed!!
Staff Appreciation Week
4th-6th Grade School Spelling Bee
1:00-2:00 pm - Gym
Mid-Winter Break - NO SCHOOL
District Spelling Bee - West Valley 1 campus
1255 W. Crystal Ave., WVC, UT 84120, 12:00-2:30pm
1st-3rd Grade School Spelling Bee
1:00-2:00 pm - Gym

For updates, additional event information, and athletic events, please visit our campus website at:

<https://draper2.americanprep.org/>

From the Directors' Desks

by Cathie Adamson and Kevin McVicar

February Builder Theme: Using my words to encourage others

Maya Angelou, an American poet, memoirist, and civil rights activist introduces our new builder theme this month with this quote, "People will forget what you said, people will forget what you did, but people will never forget how you made them feel."

One of the ways we are able to influence others for good is through our words. Words are some of the most important tools we have as builders. Think about how you feel when someone gives you a



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compliment. You feel happy and more confident. And if you're feeling bad, a few words of encouragement lift you up and help you to overcome your sadness or frustration. With words, a bad day can be turned into a good day. That's how much power they have.

Each one of us has that power! And you know what they say: With great power comes great responsibility. So now, my powerful friends, here is a challenge for you. Everyday this week, compliment and encourage others, especially those who might be having a bad day. Look at the change in their face, the smile that spreads across it and know that you helped them feel good.

Here are a few ideas...

- When you introduce people, also say something nice about them. "This is Abbie. She's an amazing soccer player and she is always helping me get better!"
- When someone has a great suggestion, let them know. "That's a great idea, Jack. I'm going to try it today!"
- When you are with your friends or family, remember to be positive to everyone.
- Be kind when someone is feeling sad. Say something nice and encourage them.
- Say thanks whenever you can. You've no idea how it can boost someone's spirits. This includes your teacher, a waitress, the person holding the door, the bus driver... and everyone else.

When we do this, our actions inspire others to do the same. How rewarding is that! Go ahead. Make a difference in the world!

Family Support Organization - VOLUNTEER OPPORTUNITIES!!!

By: Nicole Harman

We would like to thank everyone who has helped the FSO in the past few months. The help has been greatly appreciated! Staff Appreciation Week is going to be great!

February is a very busy month at our school and we are in the need of some more help. In regards to Staff Appreciation, there are still doors that need to be decorated. Please help us recognize every staff member. Along with staff appreciation we will also have the Spelling Bee and a dinner for Parent Teacher Conference. Any help you can give would be greatly appreciated.

<https://www.signupgenius.com/go/70A0D4EA8AB2FA4FE3-ptcdinner>

<https://www.signupgenius.com/go/70A0D4EA8AB2FA4FE3-door>

<https://www.signupgenius.com/go/70A0D4EA8AB2FA4FE3-spelling>

Keyboarding Passwords

The login for the keyboarding program has recently changed for all 3rd-6th grades and students now log in to the Keyboarding for Kids program through their school Google account. This means the previous login and password information no longer works. If there is trouble logging in at home, please remind your student about this change. Any questions concerning the logins may be directed to the homeroom teachers.

Morning Drop-off

Please do not drop off your students until 7:30 am. There is not anyone here at school to watch your student before 7:30 am. The outside doors will be locked until that 7:30 am time. Thank you.



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****Vision Screenings - VOLUNTEER OPPORTUNITY!!!**

We need LOTS of parent volunteers to assist with vision screenings. A short 5-minute training is provided, and this is a great way to get in your volunteer hours! This is not a volunteer opportunity that will work to bring small children.

11 more volunteers are needed for the morning shift and 14 more are needed in the afternoon.

PLEASE sign up below.

Please contact Karen Thelin at kthelin@apamail.org or 801-494-7446 with questions or if you are available to volunteer, or sign up on the signugnugenius link here-

<https://www.signupgenius.com/go/70A054DA9AA2BA2FD0-d2vision>

Character Development

by Mandy Brown

Do you have a student who serves? We are always looking to feature our amazing students on our Builders Bulletin Board. Please send pictures/stories to Mandy Brown if you want to share your students' generous hearts with our school. mandy.brown@apamail.org

Thank you to our parent volunteers for our Celebrate events!

5th grade parent volunteers: Tori Anderson, Joseph Arulanandam, Shayna Cerny, Angela Cloyd, Todd Friedli, Neha Gupta, Shana Hawes, Trinette Krebs, Kathy Larrabee, Candice Lee, Athulya Manoj, Jeanette Meisenbacher, Kristen Mukhar, Stacie Petersen and Annie Wolfe.

6th grade parent volunteers: Brittney Baugh, Tanya Davis, Alicia Doyle, Kerri Enniss, Todd Friedli, Katie Harmon, Tana Headlee, Brenda Kearl, Jessica Lockwood, Sarika Mole, Hailey Slaugh and Bilinda Wong.

*****Please know if I missed a name, I deeply apologize and GREATLY appreciate you!!!*****

Our parent volunteers are the BEST!

New Lunch Menu

Parents - it's time to order lunch for February. In fact, you can order until the end of the year! Our new menu includes kid-pleasing favorites like PIZZA, MINI TACOS, CHICKEN NUGGETS, and CORN DOGS.

These foods are served COLD, not hot. We still serve green salads, pasta salads, muffin/yogurt packs, and hoagies. Follow this link to order: <https://apalunch.h1.hotlunchonline.net>

Please email lunch@apamail.org if you need assistance.

Carpool Corner

When our carpool system gets full and the lines to get out of our property become long, please form **two** lines, both in the parking lots east of the school and then also in our driveway along the sheep field.

Forming two lines is the most efficient way to handle our traffic volume. Please be nice, don't call each other names and alternate (like a zipper) when you get to the end of our driveway and please use the additional exit lane when merging on Lone Peak Parkway. You can merge back into one after the light at 11950 South.



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Love And Logic -

Is the Road to Communication Really Open?

Is it true that some people are easier to talk to than others? When I was a teenager....perhaps centuries ago...we had a clever way of responding to obvious questions like this: "Duh!"

Certain people have a way about them that leaves us feeling we can share our deepest thoughts and concerns. We feel safe, knowing they will never reject us or freak out in any way.

How important is it that we remain this type of person to our kids? Does this increase the likelihood they'll make good decisions about drugs, alcohol, dating, driving, their education, and the variety of nursing home they eventually select for us?

Our kids observe us with keen eyes and ears, subconsciously evaluating whether we are someone with whom they can share their lives. The more tests we pass, the more likely they'll come to us when they are hurting or facing temptation. Discussed below are three common tests.

Test: Are you going to freak out?

A dad described how his son started early: "At age seven, he nonchalantly approached me and said, "I don't think telling the truth is so important. Lying isn't a big deal."

This father continued, "I was so thankful for Love and Logic because it taught me to avoid losing it in these situations. I just replied, 'Thanks for sharing your opinion,' and I walked away. Over the years, I've noticed that this is his way of seeing if I'll get upset."

Test: Do you really care?

It can also be harmful to remain silent over important values. As parents, we have an obligation to guide our kids. One strategy for doing so involves listening to their opinion and then asking questions about possible consequences. For example, "I appreciate you sharing that with me. Do you think that _____ might happen if a person did that?"

Test: Do you really believe in me?

Lectures poison relationships. They do so because they communicate a lack of belief in others.

Some of the messages they send are, "I don't believe you are capable of evaluating the potential consequences of the choices you face. I'm not sure you are bright enough to learn from the mistakes you make. I don't trust that you can learn without being told multiple times."

When we use fewer words, and more thoughtful questions, we send a far more empowering message:

"If any kid could figure out how to make healthy decisions about this, you'd be that kid!"

Test anxiety can be debilitating. That's why it's best to remember that you don't have to always and perfectly pass each of these tests to raise great kids. The key is demonstrating the desire and the drive to improve each and every day.

Thanks for reading! Our goal is to reach as many families as possible.

Dr. Charles Fay

To receive the Love and Logic newsletter and tips, go to their website:

<https://www.loveandlogic.com/>