



# AMERICAN PREPARATORY ACADEMY

February 8, 2019

Draper 2



## UPCOMING EVENTS

Mon., Feb. 11th - Fri., Feb. 15th  
Monday, February 11

Wednesday, February 13th

Thursday, February 14th

Mon., Feb. 18th - Fri., Feb. 22nd

Tuesday, February 26th

Tuesday, February 26th

Sunday, March 3rd

Staff Appreciation Week

4th-6th Grade School Spelling Bee

1:00-2:00 pm - Gym

Parent Empowerment Night, Draper 3 choir room

Day of Caring and Sharing

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

Last day to order Yearbook at cheaper price

See below

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**

Have you ever thrown a rock or pebble into a pond or lake and noticed the little waves that ripple away from the center in circles? Encouraging words have that rippling effect on others that can result in good things. Mother Teresa said, "Kind words can be short and easy to speak, but their echoes are truly endless." Echoes are like ripples; they go on and on. Take the time to be courteous and encouraging this



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week by honoring someone's accomplishment, expressing gratitude for something they say or do; offering a hug or a smile; or taking time to listen. One of my favorite examples of courtesy is having students hold the door open for me at school. Remember, encouragement doesn't just enhance the lives of others, they create ripples in your life as well by strengthening your relationships, building trust, and spreading good cheer.

## **Valentines Day**

From our Parent/Student Handbook -

Valentine's Day (February) — We encourage students to show they care by doing good deeds for others all during the month. Often, the school participates in a school-wide service project during February.

*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. · Any treats must be non-food or wrapped as they will be placed in backpacks to be enjoyed at home.*

We have purchased white lunch sacks for each student to put their Valentine cards in. They will be distributed to each homeroom teacher and given to the students on Thursday, February 14th.

## **Snow Day Make-up Day**

Our snow make up day for this past Wednesday, February 6th will be on **Friday, March 8th**. That day was scheduled to be a full day off to accommodate Parent Teacher Conferences. We will dismiss school on Friday, March 8th at 12:15/12:30/12:45 pm and hold Parent Teacher Conferences Thursday, March 7th, 3:00-7:00 pm and Friday, March 8th, 12:00-4:00 pm.

## **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!

Along with staff appreciation, we will also have the Spelling Bee and at the beginning of March, we will have 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-spelling>

Mark your calendars for Tuesday, March 26th and join us anytime between 5-9 pm for a fundraiser night at Cafe Zupas, Draper location. Look for more information on this even after we get back from Winter break.

## **Don't miss the next Parent Empowerment Night!**

We are looking forward to talking about a highly requested topic at our next Parent Empowerment Night! Utah has been ranked 5th in the country for the highest Teen Suicide Rates. Draper 3 Counselors will be covering Mental Health, Suicide Prevention & Self-Harm. We will discuss warning signs, prevention, intervention and what parents can do to support these concerns. It's never too early to be educated on this matter. We look forward to seeing you there!

**WEDNESDAY, FEBRUARY 13TH AT 6PM IN THE DRAPER 3 CHOIR ROOM (3RD FLOOR)**



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## **\*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. Also, please have your student and their backpack, lunch and coats ready when pulling into the drop-off zone. Please stay in the car and let your student get out quickly to limit the delay for those cars waiting to drop-off behind you. Thank you for your cooperation and consideration.

## **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](mailto:mandy.brown@apamail.org)

**\*\*Thank you to our parent volunteers for our Celebrate events!**

\*sorry for the mistake in our newsletter in our 5th grade thank you list... we appreciate **NAOMI WOLFE** for helping us! (mistakenly printed the name 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!**

**\*\*Curious about our next Ambassador event?** Mark your calendars for our final events of the year: March 21st, 5th grade from 12:30 to 3:00 and March 28th, 6th grade from 12:30 to 3:00. More information will be coming out after our mid-winter break.

## **Carpool Corner**

Please display your carpool tags when coming to pick-up your students. These tags make it easier for staff to make sure you get in the correct pick-up zone. Please arrive at your designated pick up time and **not early**. Arriving early for your pick-up time clogs our pick up system and blocks the way for other parents trying to pick up their students. Thank you for your cooperation and consideration!

## **Love And Logic**

### **Empathy: What is it Anyway?**

Those familiar with Love and Logic know that empathy....sincere empathy....frames the approach. It's the hub around which the entire approach revolves. When we precede consequences with a sincere dose



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of compassion and concern, we increase the odds that the child will view their poor decision as the “bad guy” while continuing to perceive us as the “good guy.”

## **Examples:**

“I love you. This is so sad. When you guys argue and fight in the car it really drains my energy. One of the ways you can replace this energy is by working together to clean the bathrooms. Will you have that completed by bedtime or noon tomorrow?”

“I know that you love to play video games. The sad thing is that I don’t feel like I can trust you with the computer right now. What do you think you can do to rebuild this trust?”

When we can provide sincere empathy first, is it far more likely they’ll learn responsibility rather than resentment? Does this also affect our stress level, by enabling us to avoid toxic anger, lectures, threats, frustration, and anger? Does it allow us to parent....or provide discipline in our classroom.....without feeling guilty?

### **Sincere empathy opens the heart and mind to learning.**

**It enables us to lay our heads on our pillows each night without harboring regret over how we treated others.**

While empathy is powerful, many of us struggle applying it in consistent ways. Because I can relate to the from a personal perspective, I’ve spent the last two decades grappling with deep questions over why this is the case. Might some of those challenges have to do with forgetting what empathy truly is and is not?

**Empathy** is about a sincere *desire* to understand another’s feelings.

It is not a flippant, “I know how you feel” or “I’m so sorry.”

**Empathy** is an honest message of caring.

It’s not about manipulating or instilling guilt.

**Empathy** is about maintaining emotional boundaries while showing concern.

It’s not about making the other person’s problem our own.

**Empathy** is about modeling confidence and strength.

It’s not about demonstrating weakness.

**Empathy** is about forgiving others....and ourselves.

It’s not about trying to be perfect.

The first and primary rule of Love and Logic involves taking good care of ourselves so we can remain positive role models. As we pursue our desire to become ever more loving and effective parents or educators, does it make sense that doing so involves extending empathy to ourselves?

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/>

## **YEARBOOK 2018/2019!!**

**Come one, come all, get your Draper 2 Elementary yearbook!! Yearbooks are now on sale.**

**Pre-sale pricing changes soon. Order Now!**

<https://www.bellphotostore.com/Prepay/selectpackage>