



AMERICAN PREPARATORY ACADEMY

May 17, 2019

Draper 2



UPCOMING EVENTS

Friday, May 17th

Friday, May 17th

Monday, May 20th

Monday, May 20th

Wednesday, May 22nd

Wednesday, May 22nd

Wednesday, May 22nd

Thursday, May 23rd

Thursday, May 23rd

Thursday, May 23rd

Friday, May 24th

Friday, May 24th

pm

Monday, May 27th

Tuesday, May 28th

Tuesday, May 28th

Wednesday, May 29th

Thursday, May 30th

Thursday, May 30th

Friday, May 31st

PAC Ballots due to the office by 4:00pm (info below)

Fun Run - Andy Ballard Arena, 6:00-8:00 pm

Reading University Deadline

Parent Empowerment Night

Draper 3 Choir room, 6:00 pm

Late Work Deadline

K-3rd grade Talent Show, 12:30-2:00 pm, Gym

Orchestra Concert, 6:00-8:30 pm-Multipurpose room

Kindergarten groups books due

4th-6th grade Talent Show, 12:30-2:00 pm, Gym

Band Concert 6:00 pm Gym

1st-6th grade groups book due

Kindergarten Last Day of Attendance

K-End of Year Show What You Know 1:00-2:00

No School - Memorial Day

Volunteer Assembly, 8:00 - 9:00 am-Multipurpose room

UCA Governing Board Meeting-APS Offices 7-9 pm

Early Release dismissals at 12:15/12:30/12:45 pm

Field Day - Watch for more information to come

Early Release dismissals at 12:15/12:30/12:45 pm

Last day of school-12:15/12:30/12:45 pm



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For updates, additional event information, and athletic events, please visit our campus website below.

Do you have volunteer hours to report? Go to volunteerdraper2@apamail.org and report them. Thank you for ALL of your help.

From the Directors' Desks

by Cathie Adamson and Kevin McVicar

May Builder Theme: I am a Builder When I When I Respect My Body and Mind

“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.”

~Daniel Ravner

***Memorial Day "Buddy Poppy"**

As part of our Memorial Day Celebration, each of our students will be 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 helped over the years 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.

Our school will be accepting donations for our veterans until the end of the school year. An envelope was provided last week for your donations, \$1.00 is the recommended donation. If you would like to donate more to this very worthy cause, please feel free to. Send your envelope to school and give it to your student's teacher or the main office. Your donation will be greatly appreciated. **ALL of these donations will go straight to the Veterans of Foreign Wars, (VFW).**

Buddy Poppy Donations

As a symbol of all the donation envelopes that have been turned into our front office, we will be putting red flags with poppies printed on them at the front entrance to our property. These flags represent your generous donations and are a way for our school to show the importance of Memorial Day.

***Parent Empowerment Night - Understanding Signs of Child Abuse**

Parents, there are some critical areas that APA seeks to empower parents. Understanding the signs of child abuse and what to do about it if it's suspected, is one of those areas. We invite all those who can, to



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come to a presentation on Monday, May 20th at 6:00 p.m. in the choir room at our Draper 3 campus (the high school).

The presentation will last about 45 minutes and will detail valuable information. Questions? Please contact Jill Blanchard, jblanchard@apamail.org

Family School Organization - FSO

by Nicole Harman

The FSO is currently looking for a parent to chair the Fall Festival which will be held on Friday, September 13th. Some of the planning for the festival has already been done. Currently we have booked a bounce house company as well as few food trucks and a bake sale hosted by D3 Student Government.

We are also looking for a few parents to be on the committee for the fall festival. This will require some work over the summer as well as the first few weeks of school leading up to the festival.

The Fall Festival is a fun school community event as well as a fundraiser for the FSO. This year we used the money raised to buy t-shirts for each student to wear on Field Day. Next year we would like to also help purchase refillable water stations for the school. Money from the fall festival is also put aside for a Marquee for our school.

If you would like to be more involved with the FSO next year, please stop by our table and say, "Hello" or email Nicole at nharman@apamail.org

Field Day

Field Day is fast approaching! We are still in need of help especially with our sixth grade classes. We need both people who can create activities/provide supplies and/or run the games on May 30th from 8:00-12:00 PM. If the spots for your teacher/grade are full, please feel free to sign up with any teacher or grade where there are openings. We greatly appreciate all of those who have already signed up. This day is not possible without the help of others!

1st Grade

<https://www.signupgenius.com/go/20F0B4BAFAE2DA5FC1-1stgrade>

2nd Grade

<https://www.signupgenius.com/go/20f0b4bafae2da5fc1-2ndgrade>

3rd Grade

<https://www.signupgenius.com/go/20F0B4BAFAE2DA5FC1-3rdgrade>

4th Grade

<https://www.signupgenius.com/go/20f0b4bafae2da5fc1-4thgrade>

5th Grade

<https://www.signupgenius.com/go/20F0B4BAFAE2DA5FC1-5thgrade>

6th Grade

<https://www.signupgenius.com/go/20F0B4BAFAE2DA5FC1-6thgrade>

Save the Date! Our annual Fall Festival will be on Friday, September 13th. Planning for next year's Fall Festival has begun and we would love your help! If this is something you would like to be involved in, please send me an email at nharman@apamail.org



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2nd ANNUAL SUPERHERO FUN RUN: TONIGHT!! Friday, May 17th, Andy Ballard Arena, 6-8pm

Update:

WHAT A BIG SUCCESS! Thank you, APA! Between our 4 Draper Campuses, we collectively raised \$25,000! And to top it off, our Draper 2 campus exceeded our goal of \$10,000 and raised \$16,000! This year we additionally had the highest amount of registrants with over 900+ runners who either raced in our 1K or 5K. Next week we will share the top 3 winners in each racing event. We would additionally like to thank all of the many students, parents and sponsors who supported our event and who helped us fundraise for security fencing at D1 and D2, final furnishings at D3, and financial support to our American Prep in Zambia, Africa.

Again thank you, Western Obstetrical and Gynecological Clinic, Autism Solutions, York Howell & Guymon, Coding Young and Lance Paulson at American Family Insurance, for your amazing support!

Requesting Teachers for 2019/2020

We generally do not allow parents to request teachers for the upcoming school year, but if you have really strong feelings about requesting a certain teacher for next year, please email your student's current teacher. At the end of the year, all of our teams get together to divide the students into classes for the following year. They know what students are not a good fit together. They also will know what teacher may be a good fit for your student to have the best learning experience. By emailing the teacher, the team will have the most up-to-date information. We will not guarantee that your student will be placed in your requested class but we will try. Friend requests will NOT be accepted. Please know that we truly love and care about your student and will do our very best to ensure their upcoming year is enriching and exciting.

***West Valley 1 Enrollment**

American Preparatory Academy has 6 different campuses in Utah. We are excited to share the opportunity to enroll in our West Valley 1 Campus for the 2019-2020 school year. If any of your friends or family are interested in enrolling in our schools, there still are some seats available at this campus at 1255 W. Crystal Ave., West Valley City, UT 84119. Please contact our Enrollment Director, Lindsey Rees lrees@apamail.org

***Spelling Bee Finals!!**

If you are able, please plan on watching our very own Surya Kapu as he participates in the Scripps National Spelling Bee in National Harbor, Maryland.

The National Spelling Bee will be televised on **ESPN 3**, on Tuesday, May 28th. Surya will be onstage between 1:00 - 2:35 pm MST in Group 5. Surya's number is 552.

Watch and cheer Surya on!!

***Donations Needed for Our Zambia APA**

Dear American Prep Families-



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In June, a group of teachers will be going to Zambia to support our sister school there - Chiyembekezo Academy/African Prep. We need help gathering items to take with us - will you help us gather what we need?

1. Post-it notes (all sizes)
2. Children's size scissors
3. Black/Blue/Red Pens
4. Reading Glasses (1.5, 1.75, 2.0, 2.5, etc.)
5. What Your ___ Needs to Know books - all ages. Used books are welcome!
6. Pocket size dictionaries/small dictionaries (new/used items in good condition)
7. Books for the school library - all ages - story books, novels, readers (new/used items in good condition)
8. Lotions, jewelry, perfume, ties, socks for teacher gifts (new/used items in good condition)
9. Clothes for the children - Girl sizes 3 -16 (new/used items in good condition, washed please)
10. Clothes for the children - Boy sizes 2 -16 (new/used items in good condition, washed please)
11. Backpacks - new/used in good condition
12. EmergenC packets
13. Adult and Children's multi-vitamins
14. Vitamin C tablets
15. Ibuprofen/Tylenol pills/capsules
16. Neosporin
17. Bandaids
18. Beef Jerky

Each campus will have donation boxes where you can place your items. Thank you for your donations!!!

****School Lunch - Last Week of School**

Monday, May 27 - No School (Memorial Day)

Tuesday, May 28 - No Kindergarten, Lunch Served (grades 1-6)

Wednesday, May 29 - No Kindergarten, Early Dismissal, No Lunch Served

Thursday, May 30 - No Kindergarten, Early Dismissal, No Lunch Served

Friday, May 31 - Last Day of School, Early Dismissal, No Lunch Served

All lunches ordered for Wednesday, May 29 and Thursday, May 30 have been canceled and credited to your account.

We have also adjusted the menu - the last week of school we will serve field trip lunches. These will contain a fruit or juice box, vegetable, granola bar or chips, cheese stick, and milk.

Drop Off and Pick Up

Please keep off your cell phones during drop off and pick up. Two hands on the wheel are always better than one. Thanks for your cooperation!

Character Development What's in a Year?

What a wonderful year we have had!

THANK YOU to our many parent volunteers who have helped to make our events so successful.



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What have we done this year? Let's review:

- *Lunch time videos (about our builder themes)
- *Classroom visits from the Character Development team throughout the year
- *Our first every College Fair during College Week
- *5th and 6th grade events (three of them for each grade!)
- *Our service drive in December for the Road Home (Rock the Socks)
- *White Ribbon Week (media and technology safety)
- *Historical and Reading University character videos all year
- *Lots of smiles, high fives, and wonderful interactions with our BUILDER students!

And our final event coming up is our CULMINATING ASSEMBLY! This will be held at 9:00 for our upper grades and 10:15 for our lower grades on WEDNESDAY, MAY 29th. Parents are welcome to come join in the fun!

Extra Curricular Events!!

ALL APA Families!

ERA Brokers, has extended a great benefit to our families at APA, which is up to a 10% rebate on their agent's closing fees (up to \$10,000.) Previously this benefit was available only for our staff, but now ALL at APA who are thinking of buying or selling may participate. Please see the flyer attached to the electronic newsletter for the text code to ask any questions.

James and the Giant Peach Theatre Summer Camp

Join us for a fun-filled adventure of James and the Giant Peach. Directed by APA Draper 3 Drama teacher, Dana Sanders. \$335.00 for two weeks, July 22nd - August 2nd. Camp times 9:30 am - 12:30 pm. We will perform our play on August 1st and 2nd at 7:00 pm. Please see the attached flyer for more information or email Mrs. Sanders at dsanders@apamail.org.

Sing! Utah Vocal Competition

Do you have a passion for singing? Have fun, while putting your vocal skills to the test, at the 2019 "Sing! Utah" State Vocal Competition. There are 3 age divisions: ages 4-8, ages 9-13, and 14 and up. The final round will be a concert where the top singers will have the opportunity to sing with a live band, in front of an audience. The purpose of this competition is to teach students about the professional performing arts industries, as well as how to be supportive and encouraging of others in a competitive environment. Video auditions are due on Saturday, June 20th, 2019. [Click here for additional information.](#)

COED Youth Skills Basketball Camp!

Our High School Lady Eagles Basketball coach (Coach Dan Baldwin) is holding a basketball camp for all APA boys and girls grades 1st through 8th. Coach Dan won Region Coach of the Year this last year so come and join in! Please go to the link below -

<https://draper2.americanprep.org/wp-content/uploads/sites/3/2019/05/Revised-Basketball-Camp-Poster.jpg>

AMES Robotics Summer Camp



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We're excited to share that registration for Academy for Math, Engineering & Science (AMES) Robotics Summer Camp is NOW OPEN! Please use this link to access the flyer for this program - <https://draper2.americanprep.org/wp-content/uploads/sites/3/2019/05/AMES-Summer-Camp-1.pdf> Students will develop their building and programming skills using robotics platforms Lego Mindstorms EV3, interact with collaborative robots from Fiero Automation and Sarcos, and showcase their robots at a celebration at the end of camp.

This year we are offering a special early bird discount available to those who register before May 20th, so don't delay! Spots are limited. Proceeds support FIRST Robotics Team 3243.

Click the link below for more information.

<https://www.ames-slc.org/robotics>

If you have any questions, please don't hesitate to be in touch with us at ames.amperes@gmail.com You can always give a call to the office as well if you have any questions that come up during the application process.

We look forward to seeing your students at camp on June 10th!

Best,

Cameo Lutz

AMES Mathematics Teacher, FIRST Robotics Coach 801-278-9460

Love & Logic

"Picky Eaters"

One of the most common problems involves kids who eat like birds. I'm not talking about ravenous birds of prey or voracious vultures. I'm talking about little "chickadees," pecking at "seeds" on their plates and scattering most of them to the floor.

Remember that you're running a home.....not a restaurant.

Don't say, "Do you think this is Burger King? In this house you don't get it your way." Saying this is definitely not loving and logical.

I'm simply suggesting that you provide the same meal for everyone, don't try too hard to make everyone happy all of the time, and reply to complaining with an empathetic, "I know. This is what's for dinner."

Remember that it's your job to provide food, but it's not your job to make them eat it.

Have you ever tried to force a child to eat? This is definitely a no-win proposition.

Love and Logic parents inform the kids, "Guys....lunch is served until 12:30. Just get what you need to keep you going."

Remember that the only essential nutrient at a family meal is love.

When the kids complain, "We don't like this. We're not eating it," reply sweetly, "That's okay. You don't have to. The only real reason for meal times is for us to love on each other. The food is extra stuff....optional...you don't really need it."

Remember that tummies are the best teachers.

Hope and pray they don't eat. The road to wisdom is paved with mistakes.

Have a spot in the refrigerator for "Emergency Food."



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Every family Frigidaire, GE, LG, Amana, etcetera, should have an *emergency food* shelf, containing fruits, vegetables....and perhaps Spam. When the kids complain, "I'm starving," answer with empathy, "Oh...that's really sad. Fortunately, there's plenty of free emergency food in the fridge."

If they sneak non-emergency food, they can repay you for the cost.

My hope is that you enjoy meals and spend time focusing on love....not on fighting with your kids over what goes into their stomachs.

Thanks for reading! Our goal is to help 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/>