

## I am a builder when I think positive thoughts about myself and others

**“See the positive side, the potential, and make an effort.” ~Dalai Lama**

Even though I’m a yoga teacher, I still find it’s easy to fall prey to negative thinking. Having negative thoughts play out like a movie can only bring you pain, something that I’ve experienced many times throughout my life.

**Negative thoughts drain you of energy and keep you from being in the present moment. The more you give in to your negative thoughts, the stronger they become.** I like the imagery of a small ball rolling along the ground, and as it rolls, it becomes bigger and faster.

That’s what one small negative thought can turn into: a huge, speeding ball of ugliness. On the contrary, a small positive thought can have the same effect blossoming into a beautiful outcome.

When we start to have negative thoughts, it’s hard to stop them. And it’s much easier said than done to shift your focus to positive thoughts. But it’s the only way, especially if you want to avoid going down a path that is painful and unnecessary.

Credit - Michelle Uy

### Upcoming Events

January 15 - Jeans Day for those students who earned it

January 18 - No school: Martin Luther King, Jr. Day

January 19 - Early Dismissal 12:15/12:30/12:45 (**PM Kindergarten attends**)

January 19 - Jan. 22 - Classroom Spelling Bees

January 22 - 6th Grade Ambassador Event

### **Jeans Day - January 15**

Watch for a sticker coming home on Thursday so you know if your student qualifies to wear jeans! Here are the guidelines - <https://draper2.americanprep.org/jeans-day/>

### **Early Dismissal - Professional Development - January 19**

### **Spelling Bees**

It’s that time of year - to get ready for the annual spelling bees! Off-campus students who want to participate will need to come on-campus to compete in both Class Bees and the School Bee. Please contact the on-campus teacher assigned to your student so they can notify you of the specific day and time for their Bee. Teacher name and email is available in Skyward on the SCHEDULE tab.

- Class Bees: January 19th - January 22nd (Teachers will each have one winner to participate in the School Bee)
- School Bees:
  - 1-3 grades February 2nd, 1:30 - 3:00 pm
  - 4-6 grades February 12th, 1:00 - 3:00 p.m.
- Regional Bee: March 20th
- [Click here for list](#)

## ***Ambassador Event - January 22***

We are so excited for our upcoming 6th Grade Ambassador Event, our "Western Round Up". This is taking place during school hours on Friday, January 22nd. Believe it or not, this is already our final event, so if you haven't had a chance to volunteer in the past, this would be a GREAT time to come and see how awesome our Character Development activities are!

STUDENTS MAY BRING "WESTERN GEAR" to wear at the party if desired. This is NOT required! They CANNOT wear the gear to school, but may change at lunch time right before our activity (hats, bandanas, Western style flannel shirts, "cowboy boots" are all okay).

We'd LOVE to have your help if you can make it! Sign up here:

<https://www.signupgenius.com/go/10C0444AFAE29ABFC1-6thgrade>

## ***Sibling Enrollment - Incoming Kindergarteners***

Here is the link: <https://www.americanprep.org/enrollment/utah-application/>

Code: Sibling2021

This is separate from re-enrollment (*when you indicate whether current students will return*). That will happen in February or March.

## ***COVID Update***

Governor Herbert has announced that students exposed to COVID-19 at school while wearing masks do not need to quarantine. This will be so helpful for our students and teachers to avoid disruptions in learning! Watch for more updates as we return to school in January.

We remind you to keep students home if they have ANY symptoms of COVID-19.

## ***School Lunch***

**Because of COVID, our menu is subject to change.** Whenever possible we try to serve the specific lunch as listed on the menu, but there are occasions when your student will be presented with an alternative lunch that meets the nutritional requirements and your child's specific dietary restrictions. If your student cannot eat the lunch presented, they should go to the lunch staff who will provide an adequate meal. We will continue to serve Regular (with meat) or Vegetarian (without meat), Gluten Free, or Dairy Free. We CANNOT guarantee the specific item will match the menu.

- Jan 2020 Menu - <https://www.americanprep.org/school-lunch-program/menu/>
- Click here to ORDER. <https://apalunch.h1.hotlunchonline.net/>

## ***Drop Off Reminder***

When you are dropping students off, pull all the way forward, allowing the maximum number of cars to use the curb at once. We encourage students to have learning plans signed, coats on, masks on, and goodbye's said BEFORE you arrive at the curb. Thank you!