



Upcoming Events

- Tuesday, November 15 Parent Empowerment Night: Internet Safety & Bullying 7pm
- Thursday, November 17 Canned Food Drive Begins
- Friday, November 18 Mid Term Deadline
- Friday, November 18 Spirit Wear Day
- Friday, November 18 Jeans Day (for those who earned it)
- Tuesday, November 22 Kindergarten Pilgrim Play
 - Jorgensen AM: 10:00 Casperson AM: 10:30
 - Bergman: 12:30pm Openshaw: 1:00pm
 - Casperson PM: 2:45pm
- Wed-Fri, Nov. 23-25 Thanksgiving Break - No School

Looking Ahead.....

- Friday, December 2 **Spirit Wear Day**
- Friday, December 2 5th Grade Celebrate/Event (Character Development/Ambassadors)
 - 12:50 pm-3pm
- Friday, December 9 Jeans Day (for those who earned it)
- Friday, December 9 Spirit Wear Day
- Friday, December 9 6th Grade Celebrate Event (Character Development/Ambassadors)
 - 12:50 pm-3pm
- Monday, December 12 6th Grade Band/Orchestra concert 6pm
- Tuesday, December 13 5th Grade Choir Concert 6pm
- Friday, December 16 Canned Food Drive Ends
- Monday, December 19 Crazy Sock & Tie Day for meeting Food Drive Goal (3,000 cans)
- Monday, December 19 Spelling Bee words sent home
- Tuesday, December 20 Term 2 Ends
- Wed. Dec. 21 - Tue., Jan 3 Winter Break - No School
- Wednesday, January 4 School Resumes 8:05am

Hello American Prep Families,

Our Builder Theme for the month of November is “I Am A Builder When I Express Gratitude in word and deed.”

Do you know that grateful people are healthier, happier, and more optimistic? Studies show that individuals who adopt an “attitude of gratitude” get more exercise, eat a healthier diet, have less depression, cope better with stress,

and have less physical ailments.

Gratitude is a valuable virtue to teach and practice in our homes. We can begin by engaging our brains in grateful thoughts. If we think about it, our brains and hearts can really only focus on one thing at a time. It is almost impossible to be truly unhappy and grateful, or selfish and grateful, or even angry and grateful. Besides, once we start feeling grateful, our brains look for more things to be grateful for! Here are some gratitude steps to include in our daily routine:

Be Mindful of What We Have

- It's not how much you have, but how you feel about what you have that makes the difference.

Record Grateful Moments

- Writing in a journal or taking a moment with family or friends to talk about things we are grateful for increases our optimism and feelings of empathy toward others.

Reframe Situations as Positive

- Challenging situations don't have to get us down just because they are challenging. We can perceive seemingly adverse situations as a learning experience, or an opportunity to change, or even a "Wow, I can see that wasn't meant to be!" outcome.

Let's begin today to show gratitude in word and deed and commit to making it a permanent state of mind!

Veterans Day Reception and Commemoration

On Friday November 11, our school had the privilege to honor Veterans during two assemblies combined with the Draper 3 campus. Over 75 Veterans and their guests attended these special assemblies where our students sang patriotic songs, recited poetry, and read their winning essays. Our Veterans had the chance to stand and be recognized, and were each given a hand written thank you note from one of our students as well as a commemorative pin. While our gestures of gratitude cannot compare to their great sacrifices, we loved the privilege of being able to express our love and appreciation for the Veterans and their families. Without their attendance, our students could not learn so well the lessons of gratitude and patriotism that were found there that day. Thank you to all of our nation's Veterans. Please know that your sacrifices are not forgotten by our APA community.

Army Truck Fun!

On Thursday November 10, the Draper 2 students had the opportunity to explore an Army Truck and listen to two active military members speak about their great love of America and the opportunities we have living here. This made our Veterans Day assembly on Friday even more special.

HUGE THANK YOU to Camp Williams and our amazing volunteers **Master Sergeant Tina Semanoff** (mom to two of our awesome students) and **Sergeant Major Danny Fellingham**.

Upcoming Service Drive

We CAN Care! There's a frosty nip in the air, and that means that APA's multi-campus annual donation drive is just around the corner. Every campus, every grade, and every classroom will be working together to fight hunger!

This year we'll be gathering food items to benefit the **Utah Food Bank**. The food bank provides **68.1 million meals** a year to help feed those in need right here in our own state! Let's show we care by making sure no one goes hungry this holiday season!

The donation drive kicks off December 1st and continues through December 16th. Students should bring donations to their classrooms to be counted. We accept CANS, boxes, or plastic-packaged food items. **Please no glass, expired food, or perishable items.**

Virtual Parent Empowerment Night - Internet Safety

Join us on Tuesday, November 15th at 7pm for a night of social media and internet information. We will examine our own internet use and habits and learn how to help the teens in our lives navigate the world wide web with purpose. This is appropriate to watch with your students. If you are able to watch, your student(s) will earn an extra spirit wear day! Join us via zoom on Tuesday at 7pm. <https://uetn-org.zoom.us/j/82564943259> Meeting ID: 825 6494 3259

Uniform Reminders

As we welcome the colder weather, black boots with low heels are an option for K-6 grade girls in the months of October thru April 1st. If snow boots are needed for recess, walking to school, etc. please send uniform shoes for your student to wear during the school day for classes. A reminder that tights and/or pants worn under a skirt or jumper may be solid in color and black, white, or navy. Undershirts may be long or short sleeve and must be plain white (no lace or pattern) however undershirts may be navy in color if worn under a navy polo. Sweatshirts such as crew neck sweatshirts, hooded pull-over sweatshirts, and hooded zip-up sweatshirts may be worn on Fridays indoors if they are plain navy or APA logo only, hoods only worn outside.

Upcoming Service Drive - Kick Off November 18th

Be aware that after Thanksgiving, we'll kick off our annual service drive. This year is "We CAN Care", where we collect non perishable food items for the Utah Food Bank. We won't start collecting until AFTER Thanksgiving, but if stores have case sales, etc. before Thanksgiving, you may want to grab an extra item or two to donate if you can after that holiday.

SAVE THE DATES 5th and 6th Grade Events

5th Grade "Celebrate Event" is on DECEMBER 2nd and we LOVE parent volunteers. Sign up here:

<https://www.signupgenius.com/go/10C0444AFAE29ABFC1-celebrate4>

6th Grade "Celebrate Event" is on DECEMBER 9th and again, parents may sign up here to volunteer:

<https://www.signupgenius.com/go/10C0444AFAE29ABFC1-celebrate5>

THANK YOU in advance

D3 Musical Production of Freaky Friday - Tickets Available Now!

Do you ever wonder what your life would be like if you switched places with someone else?!? Worst of all...with an ADULT?! Well, come check out for yourself this D3 Freaky Friday musical experience on November 16, 17 and 18 @7pm and November 19 @ 3pm. Buy tickets [here!](#)

Community News

4th-6th Grade Ski Utah Passport

Ski Utah is now offering 4th, 5th and 6th grade students a special ski pass at a discounted price! Click on the link for additional information. <https://www.skiutah.com/passes/passports>