



Upcoming Events

- Tuesday, January 31 4th-6th Grade Spelling Bee 1pm-3pm
- Wednesday, February 1 1st-3rd Grade Spelling Bee 1pm
- Friday, February 3 Spirit Wear Day!

Looking Ahead.....

- Friday, February 10 Early Dismissal (Elementary Grading Day)
 - 12:15pm/12:30pm/12:45pm
- Friday, February 10 PM Kindergarten ONLY
- Friday, February 10 Last Day for Missing Work 12:45pm
- Tuesday, February 14 Parent Empowerment Night - Managing Stress & Anxiety 7pm
- Friday, February 17 Term 3 ends & Jeans Day (for those who earned it)
- Friday, February 17 Spirit Wear Day!
- Monday, February 20 No School - President's Day
- Tues-Fri, Feb. 21-24 No School - Mid Winter Break
- Monday, February 27 Term 4 Begins
- Mon-Fri, Mar 20-24 Staff Appreciation Week

Hello American Prep Families,

Our Builder Theme for the month of January is "I Am A Builder When I Think Positive Thoughts about Myself and Others."

Our thoughts have great power to determine the course our lives will take. Our thoughts are something we have control over, and by controlling our thoughts, we have the ability to chart our life's course! Have you ever thought about the fact that we actually get to choose our thoughts?

We are endeavoring this month to help our students understand the great power of their thoughts. In today's world this is especially critical, as children have many, many inputs into their minds that they have to deal with. We know that students who develop a reasoned response (in their mind) to difficult situations are children who successfully navigate the many challenges of life.

For example, when an elementary student is asked to move a card, they are confronted with their own imperfection. The child who has a healthy, reasoned response in their mind such as "Well, this is embarrassing. I hate moving cards. But it's ok, everyone moves cards sometimes" is a healthy child and one who is well on their way to developing the resilience required to make it through life's many challenges. A teenager who sees something negative about themselves on social media and who has an automatic, reasoned response such as "Wow that person really must have a problem to be spending time trying to bring

me down. Life's too short to deal in this negativity" (and then hopefully takes a step to distance themselves from the situation) is a teen developing resilience.

"If you don't like something, change it. If you can't change it, change the way you think about it." This phrase is a great way to remind ourselves that changing the way we think about something can have a big impact in our lives. Learning to analyze and improve our thinking and our self-talk will help us all to direct our lives in a positive path.

We continue this month working on teaching the students how to change their thoughts, to choose their thoughts, and to pay attention to their "self-talk".

Spelling Bee Volunteers Needed

One more volunteer is needed each day to assist with the Spelling Bees coming up on January 31st and February 1st. Click the link if you are able to volunteer. Thank you!

<https://www.signupgenius.com/go/20F0D4CAFAB23A3FA7-spelling>

Lost and Found

We continue to have many items in the lost and found. Please take a moment to write your child's name on his/her sweaters, cardigans, coats and more. Items left in the lost and found at the end of the month are donated to local charities.

Celebration of Excellence Meetings - Looking Ahead

We look forward to meeting with all of you at this annual event! Mark your calendar today! This is an opportunity to give our stakeholders—you, our amazing APA parents—a report on the academic year, discuss pertinent school topics and to begin the re-enrollment process for the upcoming school year. Please make arrangements to have at least one parent in attendance. Doors will lock promptly at start time and there will be no late admittance. We will have the following opportunities to attend the mandatory meeting and are looking forward to seeing you and having this first re-enrollment step complete.

If your student is currently in 6th grade and planning to attend Draper 3 for the 2023-2024 school year, you will need to attend a meeting at the D3 campus.

Monday, March 6th @ 6:30PM

Monday March 13th @ 8:15AM OR 2PM

Thursday, March 16th @ 4PM OR 6PM

Friday, March 17th @ 8:15AM OR 9:15AM

We are excited for this opportunity to celebrate the excellence of American Prep and our Draper 2 campus.

Staff Appreciation Week Volunteers & Donations Needed

Staff Appreciation Week is March 20th-24th and we need many volunteers to make it a success! This is a fun event organized by parent volunteers to show the gratitude we have for our APA staff. We love our kids' teachers, and all of those around the school that take care of our children each day. This is a really special way to get in your volunteer hours and as parents, show appreciation we have for the APA staff! We will be providing meals to staff throughout the week and we need more parent volunteers like us to help with set up and serving these meals along with treats in mailboxes, decorating doors and more! Plan your calendar now to be able to volunteer your time for this annual event! More information and opportunities will be coming soon.

If you own a business or know of someone who does, or would just like to donate something else, we are also taking monetary donations for this event. Please contact Zoie Farmer or Sariah Crafts @ junk4zoie@gmail.com if you have donations or questions about this event.