



NOVEMBER BUILDER THEME: "I Am A Builder When I Express Gratitude in Word and Deed."

CALENDAR

- Tuesday, November 05 Election Day!
- Tuesday, November 05 Veterans Day Assembly 10am/12:30pm
 - Monday - Thursday Dress
- Thursday, November 07 Parent Teacher Conferences 4pm to 7 pm (**VOLUNTEERS NEEDED**)
 - Food Donation for PTC Meals Link → [Food Sign Up for PTC Meals](#)
 - Set Up/Clean Up for PTC Meals Link → [Set Up/Clean Up for PTC Meals](#)
- *Friday, November 08* **NO SCHOOL** Parent Teacher Conferences (8am to 1pm)
- Tuesday, November 12 Virtual Parent Empowerment Night 7pm "Mental Wellness"
- Mon.-Fri., Nov. 11-15 White Ribbon Week
- *Wed.-Fri., Nov. 27-29* **NO SCHOOL** Thanksgiving Break

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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!

VETERANS DAY ASSEMBLY

Our school's annual Veterans Day assembly is being held on TUESDAY November 5th.

Livestream Links:

10:00 assembly <https://vimeo.com/event/4672975>

12:30 assembly <https://vimeo.com/event/4673021>

PARENT TEACHER CONFERENCES

Parent Teacher Conferences will be on November 7th from 4 to 7pm and November 8th from 8am to 1pm.

You should have received an email from the homeroom teacher to get signed up. If you are having trouble logging in or navigating Skyward, please reach out to Lisa Stark lstark@apamail.org.

BAKE SALE

THANK YOU APA families for your donations and support of the bake sale. We are still awaiting the final amount raised, but based on preliminary numbers, it was a HUGE success.

VIRTUAL PARENT EMPOWERMENT: Mental Wellness

Among the many lessons learned during the last few years has been just how important it is to pay attention to our mental health and wellness as well as our physical health. In reality, our physical and mental health are intertwined. Many symptoms of mental illness emerge in the teenage-young adult years. Join us in our Virtual Parent Empowerment on Tuesday, November 12th at 7 pm as we explore what is mental health, how to identify symptoms of mental illness and how to get help, and the protective factors to help avoid serious issues. Your school may provide an incentive for participation. This topic is appropriate for students and parents so invite your students to participate with you. See you on zoom!
<https://uetn-org.zoom.us/j/83669338709>

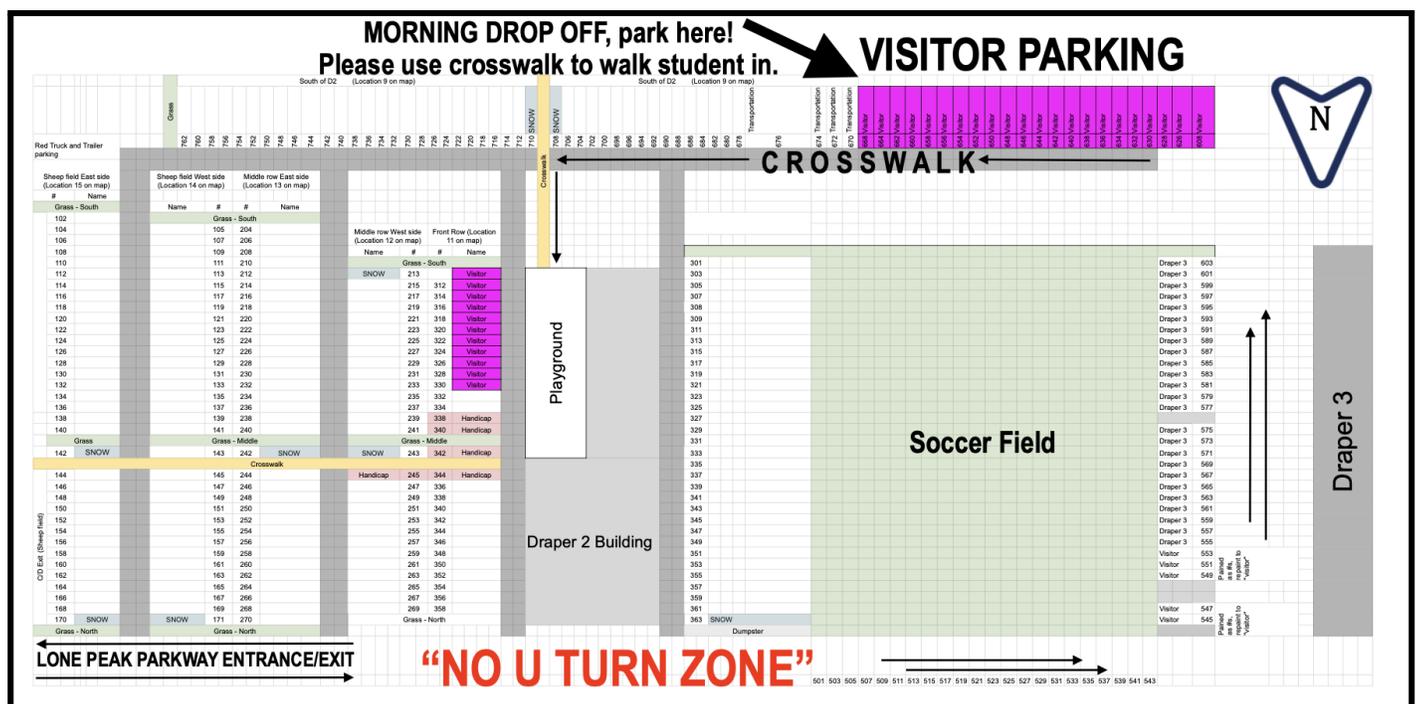
VISITOR PARKING/WALKING STUDENTS IN

Many of our students are still being walked into school in the mornings. We need all students to be dropped off on the curb and walk in independently. The only exception to this would be our students who have been asked to have a parent with them in the morning or students with disabilities who need assistance entering the school.

If you feel your student is unable to enter the school independently and you would like to walk you must park in the VISITOR parking located to the south of the soccer field and walk up to the crosswalk at the C/D Curb. In order to access these visitor spots, you must be in the D3 Line so you do not cross lines of traffic to park. Please plan accordingly or you will need to loop around the school again.

Handicap Parking is still located East of Draper 2 and may only be used by vehicles with handicapped license plates or tags clearly displayed.

Please see the map so you are aware of where you must park if you would like to walk your student into the school.



VOLUNTEER OPPORTUNITIES

- **Parent Teacher Conference Volunteer Needs**

We are in need of parent volunteers to help with both set up/clean up and meals for parent teacher conferences coming up on November 7th and 8th.

Food Donation for PTC Meals Link → [Food Sign Up for PTC Meals](#)

Set Up/Clean Up for PTC Meals Link → [Set Up/Clean Up for PTC Meals](#)

- **Napkins Needed**

Each day, our teachers make napkins available during lunch to any student who needs one. If you are able to donate a package of BASIC white napkins (the cheap kind at Walmart called "everyday napkins" or "family napkins"... whichever is cheaper) works GREAT. Please just send them to the front office. THANK YOU in advance for your donations!

- **Family School Organization (FSO) Volunteer Needs**

The Family School Organization Committee helps coordinate all volunteer efforts at our campus. We love our parent volunteers and so appreciate working together to create an amazing experience for students, staff and families. If being a part of the committee sounds like something you would be interested in, please reach out to our FSO Leader, Azita Wilson awilson@apamail.org.

If you are only interested in volunteering for specific activities, please use the following link.→ [FSO Volunteer](#)