



AMERICAN PREPARATORY ACADEMY

January 11, 2019

Draper 2



UPCOMING EVENTS

Monday, January 14th
Tuesday, January 15th
Thursday, January 17th

Friday, January 18th

Sunday, January 20th
Monday, January 21st
Thursday, January 24th

Wednesday, January 30th

Friday, February 1st
Mon., Feb. 11th - Fri., Feb. 15th
Mon., Feb. 18th - Fri., Feb. 22nd

For updates, additional event information, and athletic events, please visit our campus website at:

<https://draper2.americanprep.org/>

K-3 DIBELS Day - *Volunteers needed, see below*

4-6 DIBELS Day - *Volunteers needed, see below*

5th grade Celebration Event, **12:30-3:00 pm**

All 5th grade students are required to attend

EARLY DISMISSAL 12:15/12:30/12:45 PM

PROFESSIONAL DEVELOPMENT DAY

Lunar Eclipse, 8:33-10:50 pm

NO SCHOOL - Martin Luther King Day

6th grade Celebration Event, **1:00-3:30 pm**

All 6th grade students are required to attend

5th grade Maturation Program

6:00 pm Boys 7:00 pm Girls

Volunteer Breakfast, 7:45 - 8:45 am

Staff Appreciation Week

Mid-Winter Break - NO SCHOOL



AMERICAN PREPARATORY ACADEMY

From the Directors' Desks

by Cathie Adamson and Kevin McVicar

January Builder Theme: 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

Transfer Link!!

It is time for families to request transfers. If you would like to go to another campus, please go to this link to make your request. Transfers will be filled on a first-come, first-served basis.

<https://goo.gl/forms/RCInQf8hc7u2HIXx1>

Vision Screenings

We will be conducting vision screenings for all students on February 7, 2019 at the D2 Campus. The students will be given a distance vision test to see if they can see at a 20/30 level. If a student fails, you will receive a referral letter with more instructions.

Vision screening is not a substitute for an eye examination by an eye-care specialist, and it is important that your child see an eye-care specialist once a year to evaluate eye health.

If you do not wish your child to participate in the screening program, please pick up an exemption form at the Elementary Office.

We need LOTS of parent volunteers to assist with vision screenings. A short 5-minute training is provided, and this is a great way to get in your volunteer hours! This is not a volunteer opportunity that will work to bring small children.

Please contact Karen Thelin at kthelin@apamail.org or 801-494-7446 with questions or if you are available to volunteer, or sign up on the sign up genius link here-

<https://www.signupgenius.com/go/70A054DA9AA2BA2FD0-d2vision>



AMERICAN PREPARATORY ACADEMY

***Family Support Organization - Volunteer Opportunities**

By: Nicole Harman

Staff Appreciation is quickly coming up! There are 132 staff members at Draper 2 and we want to give them a week full of yummy food and thank you's. Thank you to everyone who has helped so far by purchasing items for staff appreciation. New items have been added to the signup so please take a look at it again. All items are due by January 28th and can be dropped off at the front office.

Please label them FSO/Staff Appreciation.

<https://www.signupgenius.com/go/70a0d4ea8ab2fa4fe3-staff1>

If you own a restaurant or food service, and are willing to donate or if you have any questions, please send us an email. nharman@apamail.org

We are also in need of help putting the daily thank you's together, decorating our great school and helping with the staff luncheon on February 14th. All of the supplies for the daily thank you's will need to be picked up on Friday, February 1st either between 8:00-9:00 am or 1:30-3:00 pm in the lobby at Draper 2 and returned to the school no later than February 7th.

<https://www.signupgenius.com/go/70a0d4ea8ab2fa4fe3-volunteers>

An opportunity to be creative and get volunteer hours... sounds great to me! If that sounds good to you, then please sign up to recognize our staff by helping to decorate the school. If you need ideas, try googling "around the world" teacher appreciation ideas.

<https://www.signupgenius.com/go/70a0d4ea8ab2fa4fe3-door>

Volunteer Breakfast

Have you contributed 20 hours to the school already? If so, please come to our Volunteer Breakfast, Friday, Feb. 1st from 7:45-8:45 am to enjoy some breakfast provided by our administrative and FSO staff and get a volunteer lanyard. These volunteer lanyards are a way for us to know and recognize the many parent volunteers that make our school so great! Even if you have not recorded your hours, please come so we can help get your hours recorded and also get your Volunteer Lanyard. We are excited to share these new lanyards with our many parent volunteers.

Have you not yet contributed your volunteer hours and want to know how to get involved with our school? Then please come to our Volunteer Breakfast. There will be breakfast provided by our Administrative and FSO staff and tables where you can find out more about the different volunteer opportunities in the school. Come join us for breakfast, meet other parents and find out ways to become involved!

***How Do I Record My Volunteer Hours?**

****When you volunteer, please report your hours to the following email address - volunteerdraper2@apamail.org.

****If you already have volunteer hours that you have written on the front of your communication envelopes, please take a picture and send the picture to the volunteer email as well,



AMERICAN PREPARATORY ACADEMY

volunteerdraper2@apamail.org. You will receive an email back letting you know that your hours have been recorded.

***Communication Envelope**

If you haven't seen your Communication Envelope for awhile, please look around your home, in the car, under couches and chairs to see if you can find it and bring it back to school. We feel it is very important to make sure you are getting ALL of our communications. That is why we are sending it out both in printed and electronic form.

Please help our wonderful newsletter volunteer, Mr. Davis, complete the paper newsletter delivery so much more quickly and easily. Right now he is writing 118 "Oops, you forgot your Communication Envelope" pink forms.

Thank you so much for your time and consideration in this matter.

Character Development

by Mandy Brown

TIME CHANGE FOR OUR EVENTS!!!

Fifth Grade

NEXT THURSDAY, Jan 17th "Celebrate"

****12:30 to 3:00 p.m. **new pick up time!!!!**

Sixth Grade

THURSDAY Jan 24th "Celebrate"

****1:00 to 3:30 p.m. **new pick up time!!!**

If you haven't had a chance to help with our Character Development events yet, please consider coming to help out and see the incredible things your students are learning.

Sign up to help at our FIFTH GRADE EVENT, January 17th:

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

Sign up to help at our SIXTH GRADE EVENT, January 24th:

<https://www.signupgenius.com/go/10C0444AFAE29ABFC1-celebrate1>

***Carpool Corner**

As we start the 2019 calendar year, please continue to observe these important recommendations:

- Please turn right into and out of our driveway during our peak carpool times: 7:30-8:00 am and 3:00-4:00 pm (M, Tu, Fri)/2:00-3:00 pm (Wed, Thurs). When turning right out of our property, you are allowed to use the far right lane to merge onto Lone Peak Parkway and then merge into south-bound traffic after the light.
- Please always loop around the soccer field during peak carpool times; avoid the temptation to use any shortcuts. These create dangerous situations.
- After picking up your students from the curb, please form two exit lines in our parking lot and then zipper merge once when pulling into our driveway and then again right before exiting.
- Please do not arrive until your pick-up time starts, otherwise you will be in the way of parents from the earlier pick up time trying to get their students.



AMERICAN PREPARATORY ACADEMY

- Please do not use your cell phones when driving through our carpool system.

***After School Activities**

These are our currently scheduled after-school activities and the start dates. Information about each of these programs can be found in the flyers on our web-site and the attached links:

Mondays:

Chess Club, **Starts on Jan. 14th**

K-6 3:30-4:30 pm

We are still in need of parent volunteers. Please contact Mr. McVicar <mailto:kmcvicar@apamail.org>

Tuesdays:

Play Well Lego STEM Classes, **Starts on Jan. 23**

K-1 Intro. 3:30-5:00 pm

<https://play-well-registration.com/registration/new/73910>

2-5 Challenge 3:30-5:00 pm

<https://play-well-registration.com/registration/new/73911>

Wednesdays:

Learning through Robotics, **Starts on Jan. 9th**

1-2 2:30-3:30 pm

<http://www.roboticstem.com/sign-up/>

Art Haven, **Starts Jan. 23rd**

K-6 2:30-4:00 pm

<https://campscui.active.com/orgs/ArtHaven#/selectSessions/2520008/filter/session=40495808>

Thursdays:

Super Science Club, **Starts on Jan. 9th**

2-6 2:30-3:30 pm

simplysuperscience@gmail.com

Learning Through Robotics, **Starts on Jan. 9th**

3-6 2:30-3:30 pm

<http://www.roboticstem.com/sign-up>

***Super Science**

Looking for a spectacular after-school activity for your kids to explore and enjoy science? Look no further! SUPER SCIENCE is here! We will do fabulous physics experiments that unlock your child's inner scientist! An introductory session will be held Thursday, Jan. 10, 2019. Meet your happy scientist and get a taste for what we will be doing!

Winter Session begins January 17, 2019

- Grades **2-5**
- 8 weeks; 1 hour each week
- The cost is \$95
- 20 students per session



AMERICAN PREPARATORY ACADEMY

- Classes begin Thursday, Jan. 17th and end March 14th; 2:30-3:30 pm
- No classes February 21 (school break)

Email Tori for more information or to sign up: simplysuperscience@gmail.com

Lunar Eclipse-Sunday, January 20th

We are less than 2 weeks away from a total lunar eclipse! And it isn't in the wee hours of the morning, but it is a little late!!! Unlike a solar eclipse, you don't need anything special to view a lunar eclipse . . . just clear skies and your eyeballs!! You may want to bundle up, depending on where you are. :)

The eclipse starts at 8:33 pm MST with barely anything noticeable as the moon begins its journey into Earth's shadow. The total phase starts at 9:41 pm and ends at 10:43 pm MST. During the total phase is when people can often see an orange or reddish tinge to the moon, which some refer to as a "blood moon." The coloring has to do with the light from the sun being refracted through the atmosphere. Only the red wavelengths make it, which gives the moon the reddish coloring. The entire duration of the eclipse will be visible!!

The LUNAR ECLIPSE January 20, 2019

Starts: 8:33 pm MST

Totality: 9:41 pm MST

Totality Ends: 10:43 pm MST

Partial Eclipse Ends: 11:50 pm

(these times are for everyone located in the entire time zone)

Cross your fingers for clear skies!!!

***Girls on the Run-Coach Needed!!**

We still need one more Coach to hold the girls on the Run program at Draper 2. If you are interested, please contact Molly Jorgensen mollyjorgy@marykay.com or 801-793-8179. We are looking for either a staff member or a parent to help with this amazing program.

***Carpool Volunteer link (if you'd like to help it run as smooth as silk!)**

<https://www.signupgenius.com/go/20F0A45AEA828AAFC1-carpool1>

Love And Logic -

Why Gaining Respect Requires Limits

Many parents and educators struggle with feeling disrespected by their kids or students. Does this resonate with you? Do you ever find yourself thinking, "Why does this kid think it's okay to treat me like this?" or "I go out of my way to treat these kids well. Why do they act like I'm stupid?"

Disrespectful behavior (eye-rolling, arguing, defiance, lying, etc.) is often a form of limit testing, which is a young person's way of asking this important question: "Do you love me enough to provide the caring boundaries required to keep me safe from myself?" When limits over respect are inconsistent or weak, disrespectful behavior increases. The child's self-concept suffers, and they lack the modeling required to learn how to set limits with their peers.

The ability to say "no" to peers starts with experiencing "no" from one's parents.



AMERICAN PREPARATORY ACADEMY

Those familiar with Love and Logic know limits are most effectively provided when we describe what we are willing to do or allow, rather than trying to tell others how they should behave. Describing our own actions provides an enforceable limit. Dictating the actions of another does not.

“Treat me with respect!” is unenforceable.

“I’m happy to do extra things for you when I feel respected” is enforceable.

Is it okay for a parent or educator to calmly and consistently provide perks only when they feel respected? Absolutely! In fact, it’s essential. While our children certainly won’t thank us in the short term, we can be assured that doing so provides the type of limits and security they need.

A Love and Logic Mom recently described how she began the process of gaining her thirteen-year-old son’s respect:

Son: “It’s time for you to take me to practice. Why are you just sitting there?”

Mom: “Oh, this is so sad. It’s just really hard for me to want to do the extra things for you when I keep hearing how dumb you think I am.”

Son: “I was just kidding! Why do you make such a big deal out of everything? It’s time to go.”

Mom: “Maybe by next week at this time, I’ll feel better about taking you. I sure hope so.”

She held firm and experienced the predictable onslaught of arguing, pouting, and guilt-trips.

“Over the past few months,” she reflected, “I see him becoming a lot calmer and more respectful. I think he’s realizing that I care enough about myself to expect respect. It’s really improved our relationship!”

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/>

YEARBOOK 2018/2019!!

Come one, come all, get your Draper 2 Elementary yearbook!! Yearbooks are now on sale.

Cost: Pre-sale pricing now through March 3, 2019: March 4, 2019 through April 12, 2019:

\$15.00 - soft cover

\$20.00 - soft cover

\$20.00 - hard cover

\$25.00 - hard cover

ONLINE ORDERS ONLY!!!

PAYMENT FOR YEARBOOKS WILL NOT BE ACCEPTED AT THE SCHOOL.

1 - Go to bellphoto.com

3 - Enter school code: apadraper2yb2018

2 - Click on Prepay

4 - Click on Start and the gallery will open.