



# AMERICAN PREPARATORY ACADEMY

Facebook: [www.facebook.com/americanprepSalem](http://www.facebook.com/americanprepSalem)

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APA Salem: (801) 465-4434 Elementary Ext: 142 Secondary Ext: 123

*\* The asterisk throughout the newsletter indicates information that is new.*

## School Calendar – Salem Campus

**October 6, 2017**

Wed., Oct. 11

**Noon Dismissal**, ALL grades (End-of-Term Grading)  
AM-Kindergarten attends, NO Lunches served

### *Looking ahead.....*

Mon., Oct. 16 – Fri., Oct. 20

**NO SCHOOL – Fall Break**

Tues., Oct. 24

\*Café Zupas School Night 5-9 pm

Fri., Oct. 27

**NO SCHOOL – Parent/Teacher Conferences**

Mon., Oct. 30

\***Noon Dismissal**, ALL grades (Professional Development)  
PM-Kindergarten attends, NO Lunches served

You will find all events, updates, and extracurricular activity schedules on our campus calendar at [www.salem.americanprep.org](http://www.salem.americanprep.org).

## **\*October Builders Theme: I Am a Builder When I Am Perfectly Honest**

There is a Yiddish proverb that says: “A half-truth is a whole lie.” This week we shared that proverb in our assembly and then described what the word “perfectly” means. Perfectly means all the time, all the way, no matter what. Learning this definition is important because in our world, there is often a message sent that there is such a thing as “pretty honest” or “honest enough.” We are trying to help our students understand the delineation between “honest” and “dishonest.”

Being perfectly honest also means that we accept responsibility for our own actions and we do not place blame elsewhere. If we think about it, we have this opportunity each day of our lives. For example, sometimes we may not get our assignment done and we make an excuse about not finding our book or our pencil instead of admitting that we did not use our time wisely. This is tricky, because we want to believe the best of ourselves and we may think that excuses will make things easier or make us feel better about ourselves. In reality, excuses make us weaker; they take our power away and give it to someone or something else. Taking responsibility for our own actions is much more noble and makes us stronger. We challenge everyone to be perfectly honest and to tell the whole truth all the time, all the way, no matter what!

## **\*Builders of the Month**

Congratulations to our Builders of the Month for September. Thank you for your great examples of being enthusiastic!



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## **\*Elementary Grading System**

Elementary parents, we will be holding an Alma training with Mrs. Barton and Mr. O'Brien after our "Show What You Know" assembly this coming Wednesday, October 11<sup>th</sup> at 8:30 am. If you have any questions about our grading system for the elementary students, please come see us at this time.

## **\*Homework Corner**

Most students have been sitting five hours in a normal school day. Then they need to come home and work on their homework and they do not want to SIT down and do it. Here are some tips:

- Yoga balls are great. They allow students to move and rock while they are working. The key here is to set boundaries on how the yoga ball is used. Let your student know that it is only used when doing homework and studying. Have students put the ball away when the work is completed.
- Have your student stand at the counter to work while dinner is being prepared. Again, encourage students to rock and move, stand on one leg, and then switch legs.
- A favorite tool is a Belgau Balance Board. It is a little cumbersome at first to learn to use. However, with some practice, it can be a real tool for many students.
- If you see your student getting frustrated (blowing air, grabbing their hair, putting their head in their hands) encourage fresh air in the sunlight. Tell them they have time for a 10-minute walk and then have them come back to re-engage in the work before them. This gives them time to re-set and calm their mind.

Remember every student is different. Some may choose to sit and work at the kitchen table, while others may want to switch it up. They need positive encouragement. Remember they have been working hard all day and we are asking them to stretch their mind muscle just a little more. Be realistic – some days are going to be better than others, so celebrate the good days and dust your boots off on the bad days.

## **\*School Lunch**

Parents, we are already coming up on fall break. Wow! Please take a few minutes and make sure you have lunches ordered for your students. We are now offering two choices a day and the vendor has changed their menu. Please log-on and verify what your student will be having for lunch. We do not want you or them to be surprised if it is different than what you feel you had ordered. You must still order the same way and only choose one choice for each student. Each meal is complete with a milk.

Oct. 9	Oct. 10	Oct. 11	Oct. 12	Oct. 13
Chicken Tenders or Hummus Platter	Pesto Pasta Salad or Ham Stacker	No Lunch 12 pm Dismissal	Chef's Salad or Turkey Stacker	Ham Sandwich or Muffin/Yogurt Pack

This institution is an equal opportunity provider. \*\*\*Meals are subject to change.

## **Drama Club**

The after-school drama program is looking for parent volunteers for their spring productions, both on the elementary side and the Jr. High side. Please contact Amy McKay at 801-360-0040 if you are interested.



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## **\*Ambassador**

### **Upcoming Events**

7th – 8th Grade Barn Event – Thursday, October 12<sup>th</sup>, 2017. This event is one that our students really look forward to. We have a blacksmith who will be visiting us. We will be doing the Cowboy Cha-Cha and learning the power of words. We look forward to having parent volunteers who would like to spend some time at this event. This is an early morning event beginning at 8:15 am and finishing at 11:45 am.

College Week – October 23<sup>rd</sup> through October 27<sup>th</sup>. Our college visits will be on Monday, October 23<sup>rd</sup>, 2017. 7<sup>th</sup> and 8<sup>th</sup> grades will be going to UVU and 9<sup>th</sup> grade to BYU. We will need 8 parent volunteers to go to UVU with us. If you are interested in this opportunity, please contact Mrs. Denning at [ldenning@apasalem.org](mailto:ldenning@apasalem.org).

### **Service Opportunities**

One of the focuses for the Ambassador program is community service. Our campus is known in the community for their generosity in caring for others. This year as a campus, we have chosen two areas to focus on: the needs of the homeless and our deployed servicemen and women.

For the homeless, we will be collecting plastic shopping bags, like the ones you get from Wal-Mart and other stores. We will be making “plarn” (plastic yarn) and crocheting mats for the homeless to lie on. We will be sending out an e-mail with a video showing how to make these mats.

For our soldiers, pocket flags and notes will be sent to them from home. We will be purchasing the flags from Colonial Flag. Students will learn to fold a flag properly and the meaning of the folds; and then write a note to a member of the military. We will then package these items with a couple pieces of hard candy and send them overseas.

In addition to our service opportunities listed above, our annual Christmas drive this year will begin the week prior to Thanksgiving. We will be collecting hats, scarves, gloves, and blankets.

We appreciate the opportunity to work with you and your students. If you have a question regarding the Ambassador program or any of the events listed above, please e-mail Mrs. Denning at [ldenning@apasalem.org](mailto:ldenning@apasalem.org).

## **\*Sports**

### **Girls' Volleyball**

The girls had such a great season and we must give a big shout out to them and their hard work, along with the wonderful assistance of Mrs. Barnett! The girls had so much fun and we wish the season could last longer. Thanks for all of the support and we look forward to a great year with our athletic department. Just a reminder to the girls and parents that jerseys must be returned by Monday, October 9<sup>th</sup>, otherwise there will be a fine!

### **Basketball**

We will be having open gym on Monday and Tuesday. Tryouts will be held on Thursday, October 12<sup>th</sup>. Team rosters will be posted on Friday, October 13<sup>th</sup>.



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## **FSO**

### **Gift Card Sales**

It is time to stock-up on gift cards for your fall break. The way our school makes the MOST money is when families sign up at [www.shopwithscrip.com](http://www.shopwithscrip.com) and use PrestoPay for Reloadable and ScripNow (ecards). They can be downloaded to your phone using MyScripWallet and they can be used immediately!

Our on-hand store will be open on Wednesday, October 11<sup>th</sup> from 8:30-9:00 am, following the assembly. We will have the following cards on hand for immediate purchase (please use exact cash or check):

\*These cards can be reloaded on ShopWithScrip using Presto Pay

Amazon \$25	*Papa John's \$10
*Bath & Body Works \$10	Papa Murphy's \$10
Cabela's \$25	Payless \$20
Cinemark \$25	Red Robin \$25
Cinemark Single Admit Ticket \$9.50	Ross \$25
Cold Stone \$10	Ruth's Chris Steakhouse \$50
*Exxon \$50	*Starbucks \$10
Home Depot \$100	*Subway \$10
Home Depot \$25	*Target \$25
iTunes \$15	TJ Maxx/Marshalls/HomeGoods \$25
*Jiffy Lube \$30	*Toys R Us \$25
Little Caesars \$20	Visa \$100 (can be used at Costco!)
*Old Navy \$25	Walmart \$100
Olive Garden/Red Lobster \$25	Walmart \$25
Outback Steakhouse \$25	Wendy's \$10