



AMERICAN PREPARATORY ACADEMY

Facebook: www.facebook.com/americanprepSalem

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

November 30, 2018

Tues., Dec. 4

Winter Concert, 6 pm

Looking ahead.....

Wed., Dec. 12

No Extended Day

Fri., Dec. 21–Wed., Jan. 2

NO SCHOOL–Winter Break

You will find all events, updates, and extracurricular activity schedules on our campus calendar at www.salem.americanprep.org.

***November Builders Theme: 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. 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:

1. Be mindful of what we have. It is not how much you have, but how you feel about what you have that makes the difference.
2. 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.
3. Reframe situations as positive opportunities. Challenging situations do not 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 us begin today to show gratitude in word and deed. We can commit to making it a permanent state of mind.

***Reading University**

Thanks in part to our RU reviewers, we have added 165 books to the RU list so far this year. In total, we have added 1,700 books to the RU list in the last 4 years. We are grateful for this help and the great quality of books we are able to have our students read.

To see some of the recently added books, go to www.salem.americanprep.org, click on Resources, and then select Reading University. There you can find newly published books added to current RU series, new great books by list, and books highlighted by the blog. Check it out!



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***Uniform Update and Cold Weather Guidance**

As winter weather is coming on, we find a need to clarify our K-6 uniform policy, and we have also made some policy changes. Please see below for the changes.

1. Baby, it's cold outside!!!

COATS: Please remember to send your children with a coat for outside play, with gloves and hats when appropriate. If they don't have the proper clothing, they won't be allowed outside!

2. These boots were made for walkin'!!!

BOOTS: Every year we have questions about boots. Once the snow hits, students may want boots to wear on the playground. If they are snow boots, that is great; we will ask that students change into shoes when they come inside but snow boots can be really great on the playground (they are warm, skid-proof, etc.)! Unfortunately, the dress boots many girls wear have VERY slippery soles and don't do well in snow or ice. They really were made for walking in climate controlled hallways, but not so much for a slippery playground! Please consider that our playgrounds sometimes do have snow on them.

3. BRRR!

PANTS FOR GIRLS: Currently our K-6 girls can wear navy pants under their skirts, but we are expanding that option to allow K-6 girls to wear navy pants instead of their skirts if they wish. In an effort to help girls in K-6 to stay warm, they may wear navy pants instead of their skirts or under their skirts, whichever they choose. Please note that there are 2 styles of navy pants that are allowed.

We are excited to have a healthy and happy winter. Thank you for preparing your children for the upcoming season of snow and wet weather.

***Curriculum**

Unfortunately, sometimes our students' textbooks and library books get lost or damaged. We are diligent in collecting lost/damaged book fees so we can purchase replacements for our students to use. We are not able to accept replacement books provided by parents but there are different options to help with the reduction of and payment of fees. Please contact Mrs. Carter for help or questions.

***Box Tops**

Thank you to everyone who sent in Box Tops. The winning class will be announced next week.

Student Checkout Procedures

Parents, please bring your ID into the school when checking out your students. Our front office staff may be asking you for your ID when you come to check out your student. Having your ID with you will prevent you from going back to your car to get it and will help expedite the checkout process. Please understand that it might take a few extra minutes to get your students and we need you to plan accordingly. As always when checking out your student before carpool pick-up times, please arrive 15 minutes before the first pick-up (3:10 pm/2:10 pm) to ensure that the front office can get your student down to the office before carpool begins. Please do not expect the front office staff to check out your student between 2:55 pm-3:10 pm on Mondays, Tuesdays, and Fridays or between 1:55 pm-2:10 pm on Wednesdays and Thursdays. Thank you for your cooperation!



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***School Lunch**

The menus for December and January are posted. With the busy holidays approaching, please take a moment now to order lunches so that every student will have a lunch. The link to order lunches is:
<https://apalunch.h1.hotlunchonline.net>.

***Ambassador**

Service Opportunity

Did you know that frostbite happens within 30 minutes of being exposed to subzero temperatures? Feet are the hardest part of the body to keep warm. Our Rock the Socks campaign kicked off on Monday, November 19th, 2018. We are always so excited to see how generous our campus is to the community that is in need. Please e-mail Mrs. Denning with any questions you might have.

Upcoming Events

The 5th and 6th grade Celebration event will be held on December 5th, 2018. At this event, we will teach students how to be a respectful guest, how to use their voice, how to set a table, and polite ways to serve and dine with others. We are always in need for volunteers for our events. Look for the SignUpGenius link to come out on November 29th, 2018, or you may contact Mrs. Denning at ldenning@apamail.org.

The 7th and 8th grade Explosive Extravaganza will be held on December 6th, 2018. At this event, students will be learning many skills, such as the power of words and how to control their temper. We will also need volunteers for this event. Look for the SignUpGenius link to come out on November 30th, 2018, or you may contact Mrs. Denning at ldenning@apamail.org.

Please e-mail Mrs. Denning at ldenning@apamail.org with any questions about the Ambassador program, along with opportunities to serve.

Communication Folder

Please remember to sign your communication folder every week and remove all of the papers that are in the folder. Signing the folder lets us know that you received the newsletter and other important information.

Also, all volunteer hours should be recorded on the folder. You will record only the hours volunteered for the week and not a running total. Thank you for all that you do for the students and for the school!

Sports

Boys' Basketball Schedule Fall 2018				
Day	Date	Time	Host School	Location
Monday	12/3/18	4:30 PM	APA-Salem	1195 Elk Ridge Dr, Salem