AMERICAN PREPARATORY ACADEMY

Facebook: www.facebook.com/americanprepSalem

APA Salem: (801) 465-4434 Elementary Ext: 1 Secondary Ext: 2

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

## School Calendar – Salem Campus November 13, 2020

***Looking Ahead***

| | |
|---|---|
| Wed., Nov. 25 – Fri., Nov. 27 | **NO SCHOOL**, Thanksgiving Break |
| Wed., Dec. 2 | *6th and 8th Grade Science Fair |

**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

Showing gratitude is important, not just to let someone know we are thankful for them, but also to help us find more peace and happiness in our own lives. A man named John Kralik wrote a book called *A Simple Act of Gratitude,* wherein he found his life at a frightening low: his business was failing; he had disconnected from his children; he was living in a tiny, uncomfortable apartment; and he was overweight. Overall, his dearest hopes and dreams felt beyond his reach.

As he contemplated his life during a walk on New Year's Day, he imagined what it would be like if he were to find some way to be grateful for what he had instead of focusing on what he did not have. Inspired by a beautiful, simple note he received himself, he set a goal to write 365 thank you notes in the coming year.

One by one, day after day, he began to handwrite thank you notes for gifts or acts of kindness he had received from loved ones and coworkers, past business associates, and even enemies. He thanked college friends, doctors, store clerks, handymen, neighbors, or anyone else who had served him, no matter how large or small. Immediately after he sent his very first notes, significant and surprising results came his way—financial gain, true friendship, weight loss, and inner peace. People were more willing to help him, his workplace became more positive, and he became more aware of the great things he had in his life.

The same thing can happen to us when we show gratitude through word and deed. We challenge you to set a goal to find a way to demonstrate gratitude toward everyone around you more and see what happens with your attitude!

## Lunch Volunteer Opportunity

We have an urgent need for a few volunteers to help serve lunch. We are looking for volunteers who are available Monday through Friday to help from 10:00 am until 1:00 pm. Our goal is to use these volunteers daily until they are sufficiently trained. Then, in the case of an emergency, they can cover lunch at our campus. Due to COVID-19, there is a high possibility that our lunch staff from around the district will not be able to cover this. Please email hreategui@apamail.org if you are interested in volunteering.

## *Reading University

Congratulations to our Reading University award winners for October! The following students are amazing readers:

| | | | | |
|---|---|---|---|---|
| Maya Anderson | Adam Bauman | Adrian Bautista | Jackson Eldredge-Curley | Nessia Fausett |
| Hailey Gallegos | Mason Gallegos | Teegan John | Jocelyn Lozano | Drake Maile |
| Megan Perry | Joseph Reategui | Addyson Symond | Arek Vazquez | |

## *Ambassadors

On November 19th, we have our Explosive Extravaganza activity for 7th and 8th grade students. This is a great opportunity to see how students will learn to manage stress and explosive emotions. They will learn calming techniques to help manage stressors in our lives. We appreciate all who were willing to help with this event. Due to COVID-19 concerns, we feel it is best to limit outside exposure for both students and volunteers. We are so grateful for your willingness. We have several events coming up which will need parent support if the situations allow.

**Put a Smile on Their Faces**

Our service campaign is starting in full swing next week. We will have a video next Wednesday that you can watch. Our service project this year will be providing hygiene kits for the Utah County Food and Care Coalition. This is the first time we have done this. We are excited to see how our campus does. We are collecting the following items:

Adult/Teen Kits: All items need to be 8 ounces or less.

- Shampoo
- Conditioner
- Body wash
- Dental floss
- Reusable toothbrush
- Toothpaste (Expiration date should be later than December 2021.)

Baby/Toddler Kits:

- Baby wipes
- Shampoo
- Baby wash
- Lotion

Special Needs this Year:

- Pull-Up Briefs- These should be without tabs (like diapers). We need sizes M, L, and XL for both children and adults.
- Band-aids

If you have questions concerning this drive or the Ambassador program, please contact Mrs. Denning at ldenning@apamail.org