



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 6, 2020

Wed., Nov. 11

*Veterans Day

Looking Ahead

Fri., Nov. 20

*6th and 8th Grade Science Fair

Wed., Nov. 25 – Fri., Nov. 27

***NO SCHOOL**, Thanksgiving 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**

This month, we find ourselves reflecting on things for which we are grateful. As an introduction to our builders theme this month, we would like to offer the challenge to think of 100 things for which you are thankful. How many things are on your list? 20? 35? 50?

Try this exercise with your family: close your eyes and focus on things you are grateful for in your life. It is easy to begin by visualizing your family members and friends. Picture each one in your mind. Offer a silent “thank you” to the person or object of your appreciation. Next, start to think about things that you may take for granted, like the sunshine, a warm bed, food in your home, or your teacher’s help on an assignment. You can find good things everywhere! Take a deep breath and relax in those feelings of gratitude.

William Faulkner said, “Gratitude is a quality similar to electricity: it must be produced and discharged and used up in order to exist at all.” The latest brain research shows that feeling gratitude for 30 seconds, six times a day (a mere three minutes!), will enable our neurons to fire and wire together around gratitude, and we will be more grateful. Gratitude has a positive impact in our lives by improving physical and emotional health and boosting self-esteem.

***Builders of the Month**

Congratulations to our Builders of the Month for October. The following students were great examples of demonstrating integrity:

Adalynn Blackburn	Leila Bulow	Emma Casuga	Eben Clawson	Cael Cottle
Jordyn Cox	Brody Gunnell	Ivonne Gutierrez	Brandon Hayes	Jacob Huber
Oliver Jones	Liliana LaJeunesse	Makai Magoffin	Tannin Miller	Jacqueline Neilson
Miley Rubow	Kade Shillingburg	Maiya Smith	Jo Telford	Thayne Webster

Volunteer Hours

We are grateful for our wonderful parents and the time they spend volunteering for the school. If you have not recorded your volunteer hours, please fill out the volunteer form found at <https://forms.gle/LrJMoHUmomCVwejd9>. Remember that every \$10 spent in behalf of the school counts as a volunteer hour.



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***Ambassadors**

Our students have been busy. Our 9th grade students worked with our 6th grade students on presentation skills for the science fair. It has been a lot of fun to see the 9th grade students mentor and interact with the 6th grade students. We talked about first impressions, proper dress for professionalism, etiquette of inviting the audience in while they discuss their projects, and the words *present* and PREsent.

Our 4th – 9th grade students are working on stars for Veterans Day. Please help your student find a veteran they can honor. With this newsletter is a program for the event on KSL Live along with how to find the link and time it will be presented. Feel free to invite family and neighbors to participate in this with our APA family.

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. If you would like to volunteer for this event, please contact Mrs. Denning at ldenning@apamail.org

Looking Forward

We are focusing on service and gratitude for our second term. We will have a couple of events. Our service project this year will be providing hygiene kits for the Utah County Food and Care Coalition. This will be the first time we have done this. We are so excited to see how our campus does. We are preparing to collect 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 the Ambassador program, please contact Mrs. Denning at ldenning@apamail.org.



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***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.

COVID-19 Quarantine Policies

There has been some confusion regarding state policies for COVID-19 quarantining. To clear up that confusion, please read the following guidelines:

- If a student tests positive for COVID-19, they need to quarantine for at least 10 days from their positive test date and until they are symptom free.
- If a household member tests positive for COVID-19, the student needs to quarantine for 24 days from the household member's onset of symptoms.

Only for School Exposure

- If a student is exposed at school, they will need to quarantine. The student can then wait 7 days from exposure and choose to be tested. If their test result is negative, the student can come back to school. If the result is positive, the student will need to quarantine for at least 10 days from their positive test date and until they are symptom free.
- If a student is exposed at school and they choose not to be tested, they will need to quarantine for 14 days from possible exposure. If the student had no symptoms for those 14 days, they can then come back to school.