



# AMERICAN PREPARATORY ACADEMY

Facebook: [www.facebook.com/americanprepSalem](http://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 11, 2022

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

Wed., Nov. 23- Fri., Nov. 25

**NO SCHOOL**, Thanksgiving Break

Wed., Dec. 7

\*No Extended Day

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

### **\*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. 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.

### **Snow Boots**

On snowy days, students are welcome to bring snow boots if they wish. They will have to change in and out of them at recess. Snow boots are not allowed in class. Normal uniform shoes will need to be worn in class.

### **Newsies Jr. Auditions**

EXTRA EXTRA! Auditions for Newsies Jr. will take place in December. Here are the important dates to know:

Dec. 2<sup>nd</sup> at 4 PM- Parent Meeting \*mandatory for a parent and student to be at this meeting or to reach out to Mrs. Short before auditions\*

December 5<sup>th</sup> and 8<sup>th</sup>- All Call Auditions <https://www.signupgenius.com/go/70a094daec2fa1fa7-auditions>

Saturday, December 10<sup>th</sup> from 8AM- 12PM- Call back auditions (by invitation)



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## **\*Ambassadors**

We had such a wonderful week. The Veterans Day assembly is one of the grand highlights of the year. We had two World War II veterans. One of the WWII veterans had lunch with our 9<sup>th</sup> grade students after the assembly. He shared some experiences about WWII and how it affected him. He shared about the importance of gratitude and blessings. One of the coolest things was his story of his first experience with Veterans Day (which was Armistice Day when he was growing up). He shook hands with a WWI veteran, and he also shook hands with a Civil War veteran. Each of the 9<sup>th</sup> grade students shook hands with him and now carry a unique legacy.

This coming week, we have our 5<sup>th</sup> and 6<sup>th</sup> grade Celebration event. It is all about being a guest at a party. There will be dancing, food, and conversation. We would love to have some parent volunteers. Please be looking for the email with the sign up information or email Mrs. Denning at [ldenning@apamail.org](mailto:ldenning@apamail.org) if you would like to help.

We will be kicking off our annual service drive – it is our food drive. Our goal is 2,500 cans AND 1,200 weekend student food kits. Next week, there will be more details. We look forward to serving with you to bring joy this season to those in need. Please contact Mrs. Denning with any questions you may have.

## **Upcoming Events**

- Nov 16 5<sup>th</sup>-6<sup>th</sup> Grade Celebration Event
- Dec 1 7<sup>th</sup>-8<sup>th</sup> Grade Explosive Extravaganza

Volunteers are always appreciated, and volunteering is a fun way to get your volunteer hours. Our events are filled with so much information, and they are high energy. The more volunteers we have, the more smoothly our events run. Please contact Mrs. Denning at [ldenning@apamail.org](mailto:ldenning@apamail.org) or (801)234-9436 if you have questions or are interested in participating in our events.