



AMERICAN PREPARATORY
ACADEMY

D1 Newsletter



August: Builder of the month winners

Congratulations to the following Builder's for being great examples and showing us how to be a builder.

- 1st Grade Mrs. Coe *Mia Cox*
 Mrs. Toale *Gizele Walton*
 Ms. Oveson *Gemma Cutler*
- 2nd Grade Ms. Cripps *Kellen Lusty*
 Mrs. Dumont *Isabella Thornburg*
 Mr. Mazinni *Jivin Goyat*
- 3rd Grade Mrs. Jhaveri *Sara Macintosh*
 Mrs. Wanner *Samuel McSweeney*
 Mrs. Pineda *Madison Dwyer*
- 4th Grade Mrs. Thornock *Gavin Martinez*
 Mrs. Arabyan *Mason Harr*
 Mrs. Evans *Emanuele Costa Froes*
- 5th Grade Mrs. Anderson *Adalynn Cottam*
 Mrs. Williams *Evelyn Brennan*
 Mrs. Diamond *Adalyne Lee*
- 6th Grade Mrs. Peery *Moses Marneedi*
 Mrs. Curtis *Brighton Wilkerson*
 Ms. Morris *Aspen Barber*

Upcoming Events

- Thursday, Sept 14 ➤ **RU Assembly**
- Friday, Sept 15 ➤ **Midterm Missing Work Deadline**
- Friday, Sept 15 ➤ **Fall Festival at D2/D3**
5-8 pm
- Tuesday, Sept 19 ➤ **Constitution Reading**
More info with link later!
- Friday, Sept 22 ➤ **"Friendship" Amb Event**
5th Grade- 12:50-3:20
- Tuesday, Sept 26 ➤ **4-6 Field Trip**
- Friday, Sept 29 ➤ **"Friendship" Amb Event**
6th Grade- 12:50-3:20
- Tuesday, Oct 3 ➤ **APA Community Event**
Classic Skate Night
- Wednesday, Oct 4 ➤ **School Picture Day**
- Thursday, Oct 5 ➤ **I-3 Field Trip**
- Friday, Oct 3 ➤ **EARLY DISMISSAL**
12:15 1st // 12:30 2nd
*Term 1 Missing work
Deadline*

Spirit Wear
Every 1st and 3rd Friday



FSO Corner

AST (Academic Support Team)

Still looking for an AST or “room parent” for the following classrooms: Mrs. Oveson (1), Mr. Mazinni (2), Mrs. Wanner (3), and Mrs. Thornock (4). This is a **GREAT** way to get involved and help the school.

HELLO, from our FSO Leads

This year we will have a FSO team in charge of organizing the family and community events. This week we are introducing another part of this FSO team: Hina Yazdani

I have a son, Aahil, in 4th grade at APA, and this is our 3rd year here. Initially it was a difficult decision to transfer from our previous school to APA but I'm so glad we did! I have been the room parent/AST every year for my son's classes as well as have been involved in FSO since coming to APA. Last year we put together the first ever Multi-Cultural Festival and it was a big success! Coming from a diverse background myself, I appreciate our school's diversity. I also speak Urdu and Punjabi, and love to read, travel, cook, and spend time with my son.

Here's to a successful new school year here at APA!



ANNUAL FALL FESTIVAL

FRIDAY SEPT. 15 | 5-8pm



at D2 gym and D3 soccer field

The annual Fall Festival will be held on Friday, September 15 in the Draper 2 gym and on the soccer field between the Draper 2 and Draper 3 campuses from 5pm to 8pm. This is an all Draper campus event (ELC, D1, D2, D3).

MANY VOLUNTEERS ARE NEEDED AT THE EVENT AND NEXT WEEK.

Click Here to SIGN UP

Wristbands for students can be purchased in advance for \$7 or at the door for \$10. The wristband gets your student an all-access pass to bounce houses, obstacle courses, a mechanical bull, laser tag, photo booth, and carnival games. You can also purchase a family pass for \$30 for up to 6 students in your immediate family for advance purchase ONLY. Other activities include face painting, henna, karaoke, and a dunk tank. Clubs, teams, and organizations will be selling pizza, popcorn, bake sale items, soda, cotton candy, ice cream and snow cones. These other activities and items for sale are not included with a wristband purchase. We will also be selling meal tickets for \$7. Get your choice of a hamburger, cheeseburger, hot dog, cheese pizza, pepperoni pizza, or chicken meal with chips and a bottle of water or soda for just \$7. Meal tickets must be purchased, in advance, by Tuesday, September 12 at 8pm. Meals will be available in limited quantities at the event for \$9.

FSO will be at Draper 1 campus from 7:30am to 8:30am on Friday September 8, Monday, September 11, and Tuesday September 12 if you would prefer to use cash, checks, or Venmo to purchase wristbands and meal tickets.

AMERICAN PREP

recommends that families adopt a no screen time policy Monday through Thursday. Ample research has demonstrated that it is not beneficial for students to watch TV and play video games on a daily basis. For more information on APA's Minimize Tech, Maximize Happiness campaign, please [click here](#).

Six tips for parents about how to manage technology use in the home



- 1 Always set clear limits and boundaries around using devices

It is important to be clear with your child that they are not to have 'free rein' over their time spent on their devices. You could set agreed and reasonable time-limits on how much they can be online, both on a school day and on the weekend. A useful rule of thumb would be they have to do their daily commitments first, before online time – for example, doing homework and household chores, and that they cannot spend more time online than they spend on 'real world' activities and sports.

- 2 Make sure your child has a rich and active set of 'real world' activities

We know that many people of all ages go online because they do not have other regular activities to engage in – in other words, they are a bit bored and don't know how to manage their time. Going online to game, to browse or to watch videos is a very easy option in situations like this. From as early an age as possible, make sure your child engages in a range of face-to-face social activities that they can enjoy and participate in, such as team sports, learning a musical instrument or other regular hobbies. Research has shown that the earlier one engages in hobbies and activities, the more likely will there be a benefit to their future wellbeing and even to their physical health.

- 3 Ensure your child sticks to a healthy daily routine

It is very important that children of all ages have a regular, structured and healthy daily routine. This will involve ensuring they go to bed at a reasonable time, get enough quality sleep, eat regular and healthy meals and doing regular exercise ideally at least three times a week.

Experts recommend that all digital devices are switched off at least one hour before bedtime. Ideally, devices should be removed from the bedroom at night time. We also recommend that the child gets all their morning commitments done, before being permitted to use a device - getting dressed, having breakfast, tidying bedroom.

- 4 Take time to learn about the things your child does online

The online world that young people engage in can often be bewildering, confusing or even frightening to parents who did not grow up in the 'digital age'. Nonetheless, it can be useful to learn a bit about the different types of websites, games or online chatrooms that the young person goes on, and to show an active interest in what they do.

- 5 Be a good digital role model yourself

We know that people of all ages, even young infants, are very good at observing the world around them and learning behaviours from others. This is particularly true for children observing what their parents and families are doing. So, for children of all ages, ensure you are a good role model yourself around your own digital habits. Try not to take calls or go online when you are doing family activities, have 'no device' rules when having family meals, and give your children your full, positive and undistracted attention. Your children will really appreciate this. After all, if you are asking children to cut down their digital usage when you are always online yourself, they are much less likely to respect what you say.

- 6 Don't be afraid to seek help if you are very concerned

Many clinicians and researchers around the world now believe that problems like internet or video-game addiction are real mental health conditions. If you notice that the problem is getting worse over time, and that your efforts at home to control online time are not working, it may be appropriate to seek professional assistance. An increasing number of clinical psychologists and child psychiatrists are also assessing and treating cases of internet-addiction in young people.

Importantly, in some cases there may also be an underlying mental health condition in the student that will need treatment, such as anxiety, depression or attention deficit disorder

CHARACTER DEVELOPMENT

Upcoming Events

- FIFTH GRADE students have their first ambassador event on FRIDAY September 22nd during the school day. Sign up here if you'd like to volunteer!

CLICK HERE TO *Sign up!*

- SIXTH GRADE students have their first ambassador event on FRIDAY September 29th during the school day. (Sign up coming soon!)

MONDAY OCTOBER 23rd
is the date!

Watch for the sign up genius, but
save the date for now!

CALLING ALL PARENTS!
ANNOUNCING our first annual
College Fair!! This is only possible
with amazing parent volunteers.
Did you love your college experi-
ence? Do you have a career you
are passionate about? Then you
would be PERFECT to join us
this year!

Watch this two minute
video from a past college
fair!

Stumped on what presentation you could give? Here's one idea:
EXAMPLE: One of our Draper 2 dads is a computer programmer. He brought nut free butter, jam and a loaf of bread. Then he told the kids he *WAS* a computer that they had to program. The kids might raise their hand with one step such as "put the peanut butter on the bread." The dad put the jar on top of the bread. The kids would laugh and correct the mistake... "open the jar. get a knife. dip the knife in the jar to get a glob of peanut butter on it. Spread the peanut butter from the knife onto the bread." This demonstration was interactive, fun, and very memorable.

District Parent and Family Engagement Policy

American Prep recognizes that parent and family engagement is key to student achievement. We provide many opportunities for parents and family members to participate in, and stay informed of, their student's academic achievement. American Preparatory Academy trains staff annually during pre-service and teacher academy on how to communicate, build meaningful connections, and otherwise involve parents/families and the school. These topics are reinforced during professional development opportunities throughout the year as needed.

Additional details regarding Parent and Family Engagement are available in the annual Parent-Student Handbooks (PSHB) which are distributed annually, posted on the school websites, and available in Spanish at our West Valley campuses.

For the full District Parent and Family Engagement Policy, please refer to this [link](#) on the Policy page of the americanprep.org website.

Mandated Assessments and Opt-Outs

American Preparatory recognizes that Standardized Testing is an essential tool for measuring student learning and teacher success. The data obtained from these assessments may be utilized by teachers and administrators to review student academic progress, plan instruction, and share with students and parents. Summative assessments allow for data to be used in public reporting about school quality. Parent's may opt-out of most state standardized tests by submitting a Parental Exclusion form to the Academic Director. You can learn more about the state assessments administered at American Prep and find the testing schedules for your student's campus by following this link: <https://www.americanprep.org/state-assessments/>.

Professional Qualifications

Our parent surveys consistently express confidence and overwhelming satisfaction with our teachers at American Prep. In accordance with state regulation, all APA teachers are licensed through one of three licensing paths: Professional, Associates and LEA specific. Parents are welcome at any time to request information regarding the professional qualifications of the student's classroom teachers including: 1) whether the teacher has met State qualification and licensing criteria for the grade levels and subject areas in which the teacher provides instruction or whether the teacher is teaching under emergency or other provisional status through which State qualification or licensing criteria have been waived; 2) the baccalaureate degree major of the teacher and any other graduate certification or degree held by the teacher, and the field of discipline of the certification or degree; and 3) whether the child is provided services by paraprofessionals and, if so, their qualifications.

School Parent and Family Engagement Policies

School Parent Involvement Policies vary slightly by campus and are located within the Parent-Student Handbooks <https://www.americanprep.org/parent-student-handbooks/>. These Handbooks are distributed annually to parents and are now accessible on the APA website under the Parent Library drop-down tab.