



AMERICAN HERITAGE SCHOOL

WELCOME GUIDE

2019-20



American Heritage School

Mission Statement

American Heritage School assists parents worldwide in developing the hearts, minds, and bodies of students to realize their divine potential by:

1. BEING USEFUL IN THE HANDS OF THE LORD IN BUILDING THE KINGDOM OF GOD ON EARTH;
2. INCREASING FAITH IN AND KNOWLEDGE OF THE PLAN OF SALVATION;
3. DEVELOPING A LOVE, UNDERSTANDING AND APPRECIATION FOR AMERICA AND THE FOUNDING FATHERS;
4. DEVELOPING THE ACADEMIC KNOWLEDGE AND SKILLS NECESSARY TO BE ABLE TO MAKE SELF-EDUCATION A LIFE-LONG PURSUIT;
5. LEARNING TO REASON AND DISCERN BETWEEN RIGHT AND WRONG, TRUTH AND ERROR;
6. DEVELOPING CHARACTER AND SELF-GOVERNMENT OF MIND AND BODY; AND
7. CONDUCTING THEMSELVES IN ALL ASPECTS OF LIFE AS CHRISTIANS.

All activities, teaching, governance, and administration are to be accomplished in light of the above objectives and in so far as possible in harmony with revealed principles of the restored gospel of Jesus Christ and laws of the land. All teachers, staff, administrators and trustees shall strive to be living examples of the values, principles, and skills taught at the school.





Dear Friends,

Welcome to American Heritage School! We are delighted that you are joining us this year.

Education is a sacred endeavor to diligently learn and teach by the light of Christ all things “both in heaven and in the earth” that are “expedient for us to understand” in order that we may “be prepared in all things” to magnify the calling and the mission to which the Lord calls us in life (D&C 88:78–80). We hope this Welcome Guide helps you prepare for a true “family education” experience at American Heritage that lays Christ and the restored gospel at the foundation of all teaching and learning.

Whether you are new or returning to AHS, we are confident that you will find this to be a year that you discover the light and the joy of a Principle Approach® educational experience. So, get ready to renew your heart and mind, keep your lamps burning bright, and thank you for joining the spirited march of the Patriots!

Sincerely,

A handwritten signature in blue ink that reads "Grant Beckwith".

Grant Beckwith
Principal



Character > Scholarship > Liberty

Seven Principles of Personal and Civil Liberty

DIVINE IDENTITY AND PURPOSE

God is our loving Heavenly Father. He has endowed each of His children with the gifts of life, the freedom to choose, and a divine identity and purpose. Civil liberty is founded on the truth that these are inalienable, God-given rights.

LIBERTY THROUGH CHRISTIAN SELF-GOVERNMENT

God has given us the freedom to choose liberty and eternal life through Jesus Christ, or captivity and death. As we seek to obey the teachings of the Lord Jesus Christ, and receive His grace, we will experience liberty. Civil liberty can exist only when there is widespread adherence to moral law by self-governed individuals.

CHRISTLIKE CHARACTER

Jesus Christ is the standard of character and the model of all virtues. Through His Atonement, we can become like Him. America's heritage provides examples of men and women who were liberated by obedience to the teachings of Jesus Christ, and who sought freedom to develop and express Christian character. America became the seedbed of civil liberty because of inspired reliance upon Christian principles.

CONSCIENCE, THE MOST SACRED OF ALL PROPERTY

God has granted each of us stewardship over our individual souls, labor, and possessions. The most sacred stewardship God has given us is our conscience. We experience liberty as we follow our conscience, which is the light of Christ within us. In the civil realm, liberty depends upon protection of the rights of property, including the property of conscience.

THE FAMILY, RELIGION, AND CIVIL GOVERNMENT

Personal and civil liberty depend upon the protection and vitality of three realms: the family, religion and its expression, and civil government. Internal restraints within civil government, such as representation, separation of powers, and federalism, are necessary to temper the exercise of governmental power. These internal restraints protect individual accountability, the rights and responsibilities of families, and religion and its expression.

CULTIVATING SELF-GOVERNMENT IN OTHERS

Individuals who experience liberty through Christ seek to bless others with liberty. Christ's followers are obligated to cultivate and protect the right of self-government for all mankind. Civil liberty is best protected when the decision-making authority of government resides at the level that is closest to those affected by its decisions.

FULLNESS OF LIBERTY THROUGH UNITY WITH GOD AND MAN

The ultimate purpose of God's plan of happiness is to enable us to experience a fullness of liberty. This is possible only through unity with God, our families, and our fellowmen as we experience the atoning power of Jesus Christ. Uniting as self-governed individuals enables and strengthens civil and personal liberty, and magnifies the potential of all.



Table of Contents

AHS Life

New Faculty
What's New
Orientation Day
School Maps
Parent Service Organization
Athletics
Performing Arts



AHS Standards

High School Graduation Requirements
Honor Code
Textbook Policy
Immunization Requirements
Uniform Policy
Uniform Supply List
School Supply List
Comfort Kit
Foundations Training
Calendar of Events

NEW FACULTY AND STAFF

In a local and national education environment that has a massive shortage of qualified teachers, these incoming educators and coaches are not only highly qualified in the areas of their technical discipline, but they are also men and women of faith, character, and lots of enthusiasm!



Teresa Carr
School Counselor



Jacob Clark
MS Science Teacher



Autumn Cook
Middle School Aide



Jake Dastrup
Head Basketball
Coach



Kimi Davies
4-8 Grade Music



Brigham Dye
10th Grade Teacher/
Administration



Nicole Fulmer
Lyceum Philharmonic
Coordinator



Luci Hardy
11th Grade Aide
AP English/Sr. Thesis



Aimee Holmes
MS Girls Soccer
Coach



Stephanie LaPray
Spanish Teacher



Blake Jansen
Head Baseball
Coach



Kristen Jansen
Asst. Admissions
Manager



Lakyn Lee
8th Grade Spanish/
Kindergarten Aide



Megan Metcalf
Assistant Girls
Volleyball Coach



Marilyn Oliphant
7th Grade Aide



Mike Schneider
Assistant Baseball
Coach



Cheryl Treu
Ballroom Instructor



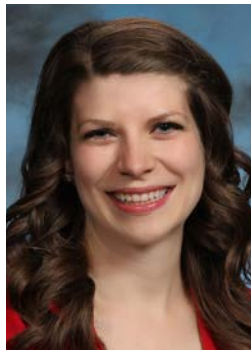
Katelyn Whiting
1st Grade Aide

CURRENT FACULTY AND STAFF

New Assignments



Jennilyn Burr
7th Grade Teacher



Rachel Beus
1st Grade Teacher



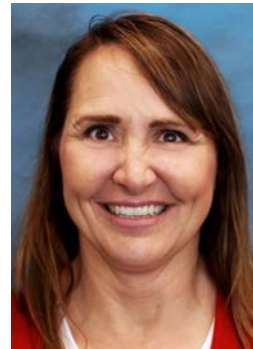
Lynette Carver
4th Grade Aide/
Front Office Support



Kerry Nielsen
K-6 Director of
Curriculum Instruction/
Intervention Specialist



Sariah Reed
3rd Grade Teacher



Laurea Stirling
7th Grade Teacher



Kristi Wulfenstein
Kindergarten Aide

ELECTIVES & EXTRACURRICULAR



AHS students have an exciting and inspiring array of electives and extracurricular activities to choose from! The following curricular electives, primarily for high school students (grades 9–12), satisfy high school graduation requirements, including fine arts, foreign language, science, math, and physical education.

We anticipate offering several new courses this year—those courses are highlighted in bold. The actual offering of classes listed here is subject to interest, enrollment, and budget considerations. If at any point we decide not to offer an anticipated course, we will immediately notify the school community and any students and families who have made that election.

Extracurricular activities italicized

- A Cappella Choir
- ACT Exam Preparation
- *American Heritage Youth Chorus*
- American Sign Language (I, II, **III**)
- AP Biology
- AP Calculus AB
- AP Chemistry (alternating with Genetics every other year)
- **AP Computer Science Principles**
- AP English Language and Composition
- AP European History
- AP Music Theory and Aural Skills (on alternate years)
- AP Physics I
- **AP Seminar**
- AP Statistics
- AP US Government
- Art (I, II, III-Portfolio, Explorations)
- Athletic Conditioning
- Ballroom Dance (Intermediate, Competition, Performance)
- **Baseball (Boys' Varsity)**
- *Basketball (Boys' Junior Varsity, Varsity USSA, Varsity UHSAA and Girls' Junior Varsity, Varsity)*
- Basketball Fundamentals
- Chamber Choir
- Chess
- Constitutional Studies
- Creative Writing
- *Cross Country (Boys Junior Varsity, Varsity and Girls' Junior Varsity, Varsity)*
- Debate/Speech (including Debate Tournament and Speech Competitions)
- Drama (I, II)
- **Economics**
- Educational and Computer Technology
- Entrepreneurship
- Financial Literacy
- Food and Nutrition
- French (I, II, III)
- Genetics (alternating with AP Chemistry every other year)
- Health
- **International Student Support**
- Introduction to French, Spanish and ASL (8th Grade Only—no high school credit)
- Introduction to Computer Science
- Introduction to Engineering



TRICULAR ACTIVITIES



- Introduction to Statistics
- Intramural Sports (Patriot Athletic League) (no credit)
- Journalism
- Keyboarding (7th Grade Only)
- Medical Anatomy and Physiology (alternating with Sports Medicine every other year)
- Medical Terminology
- Men's Choir (7th and 8th Grade only)
- **Middle Earth Studies: The Works of J.R.R. Tolkien**
- Mixed Choir
- Music Explorations (8th Grade only)
- *Musical*
- *National Honor Society*
- *Orchestra*
- *Patriot Athletic League*
- Photography
- Physical Education
- Play Production (separate from Drama and Stagecraft)
- Principles of Leadership
- Public Speaking & Presentation (7th Grade Only)
- Robotics (7th and 8th Grade only)
- Seminary (9-12)
- *Service Association*

- Shakespeare Play Production (8th Grade Only)
- *Soccer (Boys' Jr. Varsity, Varsity; Girls' Jr. Varsity, Varsity)*
- Social Dance
- Social Media Literacy
- Spanish (I, II, III)
- **Sports Medicine (including certification option)**
- Stagecraft and Event Tech
- Student Government Class
- Study Skills
- Teacher Mentor (Internship with AHS teachers)
- *Technical Theatre*
- *Tennis (Boys' Junior Varsity, Varsity and Girls' Junior Varsity, Varsity)*
- Theater Arts: Dramatic Improvisation
- *Track and Field (Boys' Junior Varsity, Varsity and Girls' Junior Varsity, Varsity)*
- *Ultimate Frisbee (Boys' Junior Varsity, Varsity and Girls' Junior Varsity, Varsity)*
- *Volleyball (Boys' Varsity and Girls' Varsity)*
- Volleyball Fundamentals
- Women's Choir (7th and 8th Grade only)
- Yearbook Production
- Yoga (women only)

MEET YOUR TEACHER!



2019-20 Orientation Day Grades K-12

Monday, August 19

- 7-12 Textbook checkout, 9:30-1:00 p.m.
meet in the Library
- 1-12 New Student Orientation, 9:30-10:30 a.m.
meet in North Auditorium, students will then go to rooms as designated
- K-12 New Parent Orientation, 9:30-10:30 a.m.
meet in North Auditorium
- K-12 Meet your Teacher, 10:30-11:30 a.m.
in all classrooms



NEW COACH BIOS



Jake Dastrup
Head Basketball Coach

Coach Dastrup comes to AHS with a Master's Degree in Coaching and Sports Administration and a Bachelor's Degree in Exercise and Sports Science (Concordia, BYU-H, and SLCC). After playing at BYU-Hawaii, he served as an assistant coach there and currently runs one of the largest advanced youth basketball programs in Utah (150 youth, 16 teams).



Aimee Holmes
MS Girls Soccer Coach

Coach Holmes went to nationals as a member of the UVU women's soccer team and was a sprinter on the UVU track team. She has been a youth soccer coach for many years, and led the AHS JV Girls this past year to one of their most successful seasons yet, including in the post-season tournament.



Blake Jansen
Head Baseball Coach

Coach Jansen has experience coaching youth baseball, as well as playing for many years. He attended Texas Tech University and earned a Bachelors of Science in Electrical Engineering, going on to graduate with his J.D. from St. Mary's School of Law. Blake is an Intellectual Property Attorney working with technology companies to secure patents.



Megan Metcalf
Asst. Girls Volleyball Coach

Coach Metcalf has coached multiple teams at the elementary, club, and high school levels. The California native played volleyball at Salt Lake Community College where her team was ranked number one for the majority of the season and finished third in the junior college national tournament. She is currently in her fifth year of teaching second grade in Provo.



Mike Schneider
Asst. Baseball Coach

Coach Schneider was raised in a baseball family and played collegiately in California. He is deeply engrained in the baseball culture, working for brands like Stance Socks, SF Giants and Anchor Bats. Coach Schneider has also coached high school baseball as well as serving as the head coach for an elite Utah Marshalls travel ball team.



Cheryl Treu
Ballroom Instructor

Mrs. Treu comes to AHS with more than 20 years' experience teaching ballroom from elementary through collegiate levels, and is the current Alpine District Ballroom Coordinator and Events Coordinator for the Danzinskule Education Foundation, where she trains ballroom dance teachers throughout Utah County.

Construction Update: Phases 1C and 2A

In the spring of 2019, AHS dedicated Phases 1A and 1B in a touching ceremony held in Patriot Arena. Students, families, and faculty were joined by the Board of Trustees, donors, and community dignitaries to honor—in both word and music—the sacrifices of all those who laid the foundations for the school's growth and success.

With the completion of the \$30 million Phase 1A and 1B expansion, we are pleased to announce a new \$8 million donation for various strategic priorities, including the construction of Phases 1C and 2A. Phase 1C will be an auxiliary gym that will help the school to meet the needs of players, coaches, and families as we continue to pursue our all-participation athletics model. Phase 2A will create a much-needed high school kitchen and cafeteria. The expansion will also include a student commons area that can be used for multipurpose curricular space, which will accommodate several years of student population growth.

Our generous donors allow us to expand our campus without the use of a single dollar of tuition, **continuing the pattern of consecrated donor sacrifice that has endured from the early years of our school's history.** These donations bless each and every American Heritage family because they allow us to operate debt-free, which keeps the cost of tuition at remarkably low rates for the quality of experiences provided.



Outdoor Athletics (PHASE 1A)

completed fall of 2018

1. Outdoor Basketball Courts
2. Tennis Courts (4)
3. Expanded Elem. Play System (Fall 2019 completion date)
4. Concessions, Restrooms, & Outdoor Storage
5. 1,733-seat Stadium, Soccer Field, Track & Field
6. Baseball/Softball Field
7. Future soccer field
8. Future greenhouse and garden

Indoor Athletics (PHASE 1B)

completed fall of 2018

9. Classrooms for Curricular Instruction, Dance, Health, P.E., Weightlifting; Locker Rooms
10. 1,406-seat Patriot Arena with Elevated Indoor Track

7-12 Building (PHASES 1C & 2A)

construction slated for 2020

11. Auxiliary Gym (1C)
12. Kitchen, Cafeteria, and a portion of Student Commons (2A)

7-12 Classrooms (PHASE 2) *future expansion*

13. Specialized Classrooms for Science, Art, Engineering, Math & Technology
14. Student Commons & Activity Area, Administrative Offices

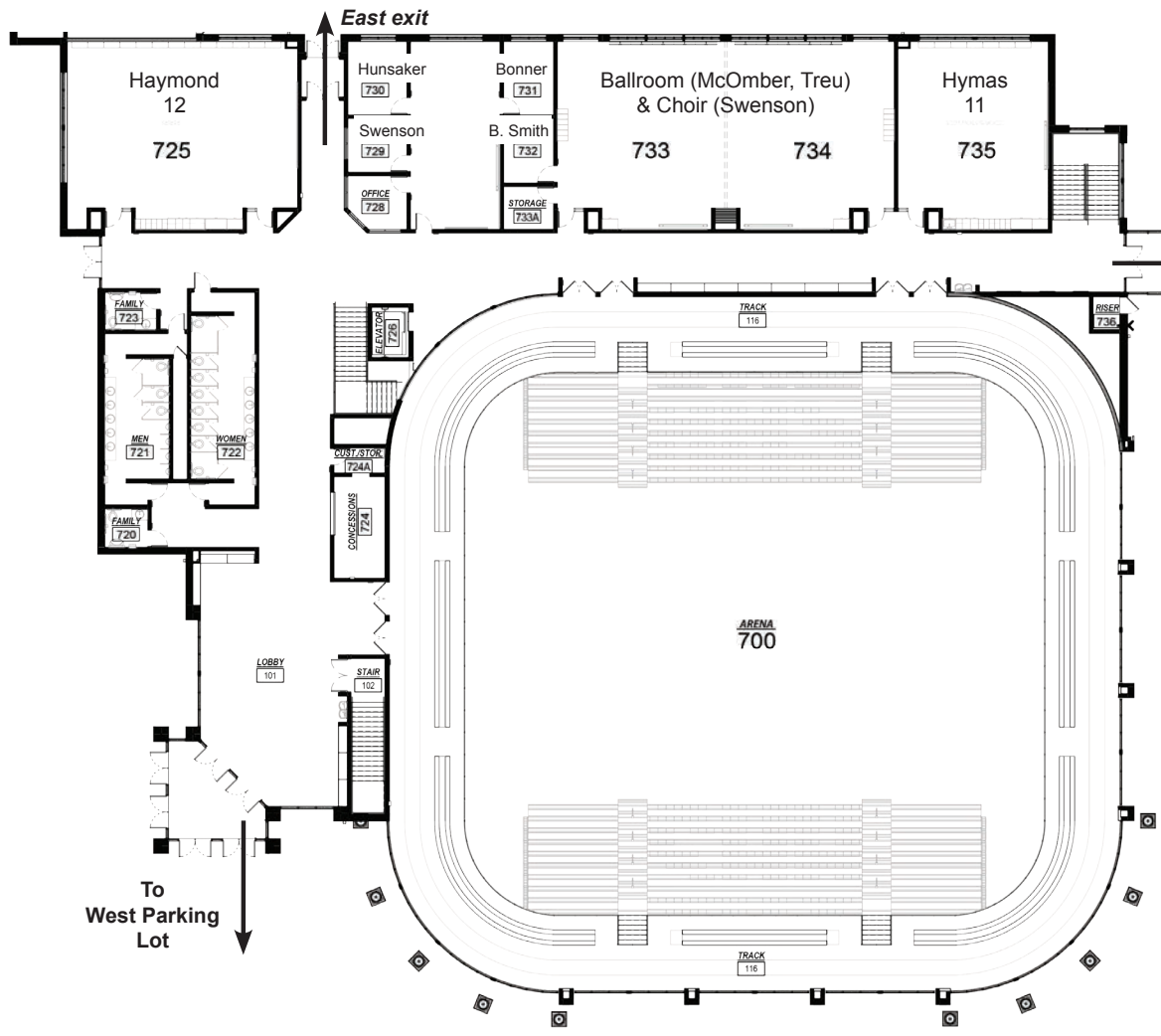
Performing Arts Center (PHASE 3)

future expansion

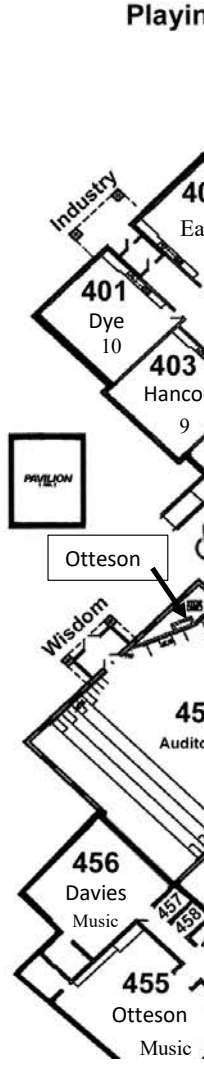
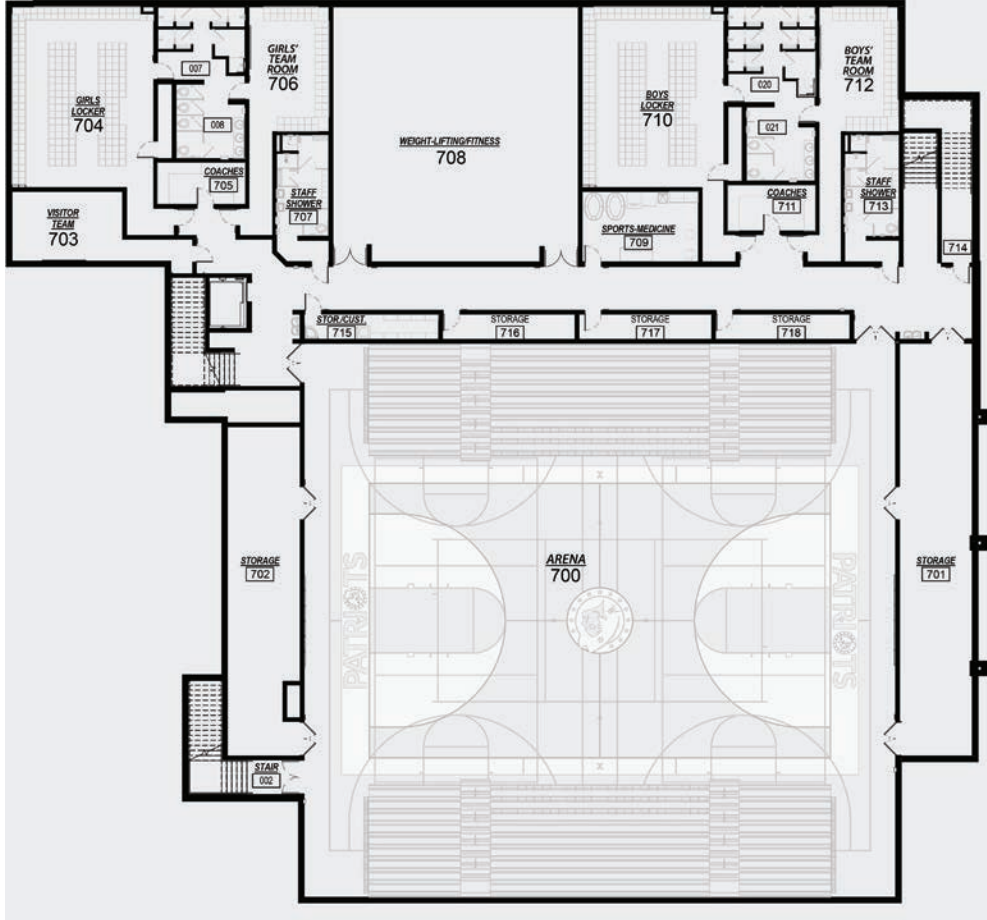
15. 300-Seat Small Theater/Auditorium
16. 900-Seat Concert Hall
17. Music Classrooms & Rehearsal Rooms



High School Building Main Level



High School Building Lower Level



North Parking Lot

PARENT SERVICE ORGANIZATION

Welcome!

I look forward to a wonderful year working together with you while we partner with devoted teachers and administrators in educating the hearts and minds of our children at American Heritage School. Did you know that every parent at the school is a member of the Parent Service Organization? It's just one of various ways that we reinforce our unique school culture that not only encourages but also expects parental involvement in their children's educational experience. Parents at AHS are invited and expected to give at least 30 hours of volunteer service per family each year. Please know that your service and sacrifice are very much needed at our school and enrich virtually every aspect of our "family education" experience at AHS.

I look forward to serving with you this year!

Laura Hale, Parent Service Organization President

chase.and.laura@gmail.com



Parent Service Organization Purpose

The Parent Service Organization plans and facilitates parent service opportunities at AHS that advance the mission of the school. We work with teachers and administrators to assist with special events and other opportunities that lift and serve AHS students, teachers, and families.

Room Parents

Sign up to serve as a room parent for your child's class to oversee one of the following:

- Celebrations
- Field Trips
- Holiday Parties
- In-class Volunteers



IZATION: Get involved!

August

Uniform Swap
Faculty Dinner

Opportunities to Serve

- Assist in Lunchroom
- High School Dances
- Room Parent Support
- Spirit Wear Sales
- Experiential Learning Weeks
- Faculty Dinners
- School Events
- Lunchroom Help
- Library Support
- Photography

September

Constitution Day
Picture Day K-6
Book Fair
Faculty Dinners

October

Grandparents Day
Picture Day 7-12

November

Christmas Decorating

December

Teddy Bear Project
Christmas Décor
Takedown

January

Geography Bee
Spelling Bee

February

Faculty Dinners

March

Experiential Learning
Week, Grades 9-12

April

Teacher Appreciation
Week
Experiential Learning,
Grades 7-8

May

Shakespeare Days
Experiential Learning,
Grades K-6
Field Day

Sign-up by using the link below

american-heritage.org/parent-organization



Fall Tryouts

Baseball, 9-12 (UHSAA)

July 29, 4 p.m.-5:30 p.m.

Coach Blake Jansen

blakeljansen@gmail.com

Cross Country, Boys and Girls 7-12 (UHSAA)

Underway Mon., Tues., Thur., Fri.

Coach Brian Smith

bsmith@ahsmail.com

Boys Soccer, 6-8 (UCSSAL)

August 14, Time TBD

Coach TBD

Girls Soccer, 9-12 (UHSAA)

July 29, 11 a.m.-1 p.m.

Coach Aimee Holmes

aholmes@ahsmail.com

Tennis, Girls 9-12 (UHSAA)

August 5, Time TBD

Coach Linley Duncan

Ultimate Frisbee, Boys and Girls 6-9 (Club)

August 14, 3:30-5:30 p.m.

Coach Stu Back

sback@ahsmail.com

Volleyball, 9-12

Girls Varsity (UHSAA)

August 12-13, 3:30-5:30 p.m. | Arena

Coach Bailey Savage

bsavage@ahsmail.com

Boys Varsity (USSA)

August 15-16, 5:30-7:30 p.m. | Arena

Coach Ryan Millar



PAL League

The Patriot Athletic League is American Heritage School's intramural program that invites students of any ability to participate in team-based athletics!

Fall

Flag Football

Winter

Ping Pong

Volleyball

Spring

Soccer

Basketball



Winter Tryouts

Basketball, 7–12

Boys 6–8 (UCSSAL)

October 8–10, 3:30 p.m.–5:30 p.m.

Coach: TBD

Girls 6–8 (UCSSAL)

November 6–8, 5:30 p.m.–7:30 p.m.

Coach: TBD

Boys 9–12 (UHSAA)

November 11, Time TBD

Coach Jake Dastrup

jdastrup@ahsmail.com

Girls 9–12 (UHSAA)

November 11, Time TBD

Coach TBD

Spring Tryouts

Track and Field, 9–12 (UHSAA)

Mid January, Time TBD

Coach Brian Smith

bsmith@ahsmail.com

Soccer, 6–12

Girls 6–8 (UCSSAL)

March 3, 3:30 p.m.–5 p.m.

Coach Aimee Holmes

aholmes@ahsmail.com

Boys 9–12 (UHSAA)

February 25, Time TBD

Coach TBD

Tennis, Boys 9–12 (UHSAA)

February 25, Time TBD

Coach TBD

Ultimate Frisbee, Boys and Girls 6–9 (Club)

March 3, Time TBD

Coach Stu Back

sback@ahsmail.com





HERITAGE YOUTH CHOIRS

at AMERICAN HERITAGE SCHOOL

The Heritage Youth Choirs is a community choral organization for children and youth in grades 1–12. Its central mission is to build musical excellence and enduring faith in the lives of individuals through gospel-centered choral music. Although the choir is sponsored by American Heritage School, enrollment is open to all students, regardless of school affiliation. Three choirs accommodate youth of varying ages and skill levels:

Youth Chorus

Grades 7–12

Audition-only entrance.

Rehearsals: 3:30–5 p.m. on Mondays

6+ performances per year, and

11-day tour in June to New England
and New York

Directors: Rob Swenson & Matt Thornton

Monthly Tuition: \$45 (scholarships available)

Children's Choir

Grades 5–7

Audition-only entrance.

Rehearsals: 3:30–4:30 p.m. on Mondays

3+ performances per year;

Choral festival in the spring

Director: Kimi Davies

Monthly Tuition: \$35 (scholarships available)

Junior Chorus

Grades 1–4

Audition not required.

Rehearsals: 3:30–4:15 p.m. on Mondays

2 performances per year

Director: Deborah Otteson

Monthly Tuition: \$25 (scholarships available)



Come sing with us!



YOUTH CHOIRS AUDITIONS

Auditions for the Youth Chorus take place in June for the following season. Openings may still be available for tenors and basses. Please talk to Mr. Swenson for details.

Auditions/interviews for the Children's Choir and Junior Choir will take place on **AUGUST 19th and 26th**. Visit youth-chorus.org to sign up for an audition time. Contact Mr. Swenson with questions. (801) 372-9465 or rswenson@ahsmaail.com.



LYCEUM YOUTH ORCHESTRAS

at AMERICAN HERITAGE SCHOOL

Lyceum Youth Orchestras at American Heritage School have reached the top of the Billboard Charts, been featured on PBS with The Piano Guys, recorded for SONY Masterworks, and have been viewed over 100 million times on YouTube! Each year we place nearly every graduate into top-notch music schools across the country. Accomplished young musicians, ages 6 to 18, travel from schools across the state to participate in this comprehensive after-school youth orchestras program.

We Strive to

Inspire—nurture a love of elevated music, increase faith and patriotism through purposeful events and media.

Instruct—develop self-discipline, skills, and character through transformational teaching and professional-level experience and interaction.

Impact—awaken individuals, families and communities to the power music has to change hearts and minds while fulfilling the divine potential of our participants.



ORCHESTRA AUDITIONS

Now Online!

Simply submit your video to:
lyceum@ahsmail.com

For more information, see:

<https://american-heritage.org/orchestra-auditions>



New album for 2019, *Turning Hearts*

"And he shall plant in the hearts of the children the promises made to the fathers, and the hearts of the children shall turn to their fathers." —D&C 2:2

By combining the music and instruments of our fathers with current styles, we are doing our part to MUSICALLY turn the hearts of our students to their fathers and the amazing potential music has to inspire, teach and testify! Malachi's promise of the coming of the Spirit of Elijah is so vital to our day that it is included in all of the standard works: Old Testament (Mal 4:6), New Testament (Luke 1:17), Book of Mormon (3 Ne 25:6), Doctrine and Covenants 2:2, Pearl of Great Price (Joseph Smith History 1:39).



Turning Hearts album to include:

- 5 new hymn arrangements, 2 orchestral masterworks, and 5 original songs
- Guest Artists GENTRI, Steven Sharp Nelson of *The Piano Guys* and Caroline Campbell
- Arrangements by Marshall McDonald, Kurt Bestor, Steven Sharp Nelson and more!

<http://lyceumphilharmonic.com/media/videos/>



AWARD-WINNING, MOST COMPREHENSIVE OFFERING IN UTAH

PHILHARMONIC
CONCERT ORCHESTRA
SYMPHONIC STRINGS
CHAMBER ENSEMBLE
CRESCENDO ORCHESTRA
PRELUDE STRINGS

With six ensembles ranging from basic music reader to expert level, the Lyceum Youth Orchestras Program at American Heritage School provides the most award-winning and comprehensive orchestra experience in Utah. Last year's graduating class had nearly a 100% scholarship placement rate. Students are mentored and motivated by world-class faculty and guest artists to develop not only the body and the mind, but also the soul. String players K-12 and Wind/Brass/Perc. players 7-12 are invited to audition!

american-heritage.org/orchestra

WINNER BEST OF STATE

11th CONSECUTIVE YEAR



We strive to meet every student at the threshold of their learning!

"The American Heritage Lyceum Orchestras Program is an incomparable combination of everything that music is meant to be — joy, refinement, belonging, and fun. My favorite part of Lyceum is its inherent spirituality. There is a special feeling suggesting a profound development not only of the body and mind, but of the soul."

—Steven Sharp Nelson, Member of *The Piano Guys*

IT'S A WONDERFUL LIFE



A LIVE RADIO PLAY

A Holiday Drama Adapted by
Joe Landry

AUDITIONS

When: August 27, 29

Time: 3:30–5:30 p.m.

Location: North Auditorium

Call Backs (by invitation only): August 30, 1-3 p.m.

Who: Grades 9–12

What: Pick up an audition packet outside Mrs. Perry's office, room 453, for the reading parts to prepare.

Rehearsals: Tuesday & Thursday 3:30–5:30 p.m. Maybe some Fridays and Saturdays if needed.

First Rehearsal: Tuesday, September 3, 3:30–5:30 p.m. ENTIRE CAST.

Mandatory ALL CAST Rehearsals:

Tuesday, September 3, 3:30-5:30 (first rehearsal)

Saturday, November 9, 11:00 am- 5:00 p.m. (ALL DAY TECH REHEARSAL)

Tuesday & Wednesday, November 12 & 13, 3:30 p.m. till we're done, around 7 p.m.

Performance Dates: Nov. 14, 15, 16 at 7 p.m

Costumes: Some cast members will need to supply their own costume, or parts of their costume. It will be nothing elaborate and very low cost.

Sign Up Online: american-heritage.org/wonderful-life-auditions

Questions: Please email Mrs. Perry at jperry@ahsmail.com



AMERICAN HERITAGE SCHOOL

High School Graduation Requirements

REQUIRED AREAS	CREDITS	9TH GRADE	10TH GRADE	11TH GRADE	12TH GRADE
ENGLISH	4	English 9	English 10	English 11 or AP Language	English 12
WORLD HISTORY	4	Ancient World History and Geography	Modern World History	American History	American Government or AP Government
WRITTEN PORTFOLIO/ SENIOR THESIS	4	Written Portfolio 9	Written Portfolio 10	Written Portfolio 11 or AP Seminar	Senior Thesis
MATH	3	Algebra Half	Algebra 1	Algebra 2 or 2B	Pre-Calc or Intro to Stats
		Algebra 1	Algebra 2	Pre-Calculus A	Pre-Calculus B
			Algebra 2A/B	Pre-Calculus AB	AP Calculus AB
		Algebra 2	Pre-Calculus	AP Calculus AB	AP Calculus BC or AP Statistics
Algebra 2A	Economics	Intro to Stats	AP Statistics		
SCIENCE	3	Biology	Chemistry	Medical Anatomy & Physiology	AP Biology, AP Chemistry, AP Physics, AP Computer Science
		Genetics	Sports Medicine	Intro to Engineering	
				Physics	
FOREIGN LANGUAGE	2	Spanish 1/ French 1/ ASL 1	Spanish 2/ French 2/ ASL 2	Spanish 3/ French 3/ ASL 3	
FINE ARTS	1.5	1.5 Credits to be completed during grades 9-12 (Art, Ballroom, Drama, Theater, Debate, Creative Writing, A Cappella, Chamber Choir, AP Music Theory, Technical Theatre, Photography, Mixed Choir, Theater Arts/Improv)			
PHYSICAL EDUCATION	1.5	1.5 Credits to be completed during grades 9-12 (PE, Athletic Conditioning, Basketball, Volleyball, Health, Ballroom, Yoga, Sports Teams)			
PRINCIPLES OF LEADERSHIP	0.5	Principles of Leadership			
COMPUTER TECH	0.5	Computer Technology or Intro to Computer Science typically completed in 9 th or 10 th grade		AP Computer Science	
FINANCIAL LITERACY	0.5			Financial Literacy	
EXPERIENTIAL LEARNING	1	Experiential Learning 9	Experiential Learning 10	Experiential Learning 11	Experiential Learning 12
ELECTIVES	3.5	Student choice based on interest, abilities, talents and may include additional courses offered in Fine Arts, Foreign Language, Physical Education, World Language, Extracurricular Credit, Food & Nutrition, Middle Earth Studies, Constitutional Studies, Creative Writing, Dating and Relationships, Journalism, International Student Support, ACT Prep, Yearbook, Student Government)			
GRADUATION REQUIREMENTS	29				



AMERICAN HERITAGE SCHOOL HONOR CODE

“Master, which is the great commandment in the law? Jesus said unto him, Thou shalt *love the Lord* thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt *love thy neighbor* as thyself.”

(Matthew 22:36–39)

The two great commandments to love the Lord and love our neighbors are the two most important principles that we learn at American Heritage School. Students and employees are expected to live according to the standards and commitments set forth below and to keep these standards and commitments on campus and off campus “at all times...and in all places” (Mosiah 18:9). Those students and employees who are not members of The Church of Jesus Christ of Latter-day Saints* are also expected to maintain the same standards of conduct, except church attendance.

Parents, students, and employees, please review these standards together, then be prepared to sign and return a copy of the Honor Code Statement to your teacher or administrator by the end of the first week of school.

*American Heritage School is not sponsored by, endorsed by, or affiliated with The Church of Jesus Christ of Latter-day Saints (“the Church of Jesus Christ”) or any other denomination. Respect for all religions is taught. Nevertheless, the school’s mission establishes and encourages an environment that is oriented toward the Church of Jesus Christ, where principles are taught in the light of the restored gospel, and where faith in Jesus Christ is felt and demonstrated by each child and adult at the School.



AMERICAN HERITAGE SCHOOL HONOR CODE

A.H.S. = "Always Honor & Serve"

We keep the two great commandments (Matt. 22:36–39) as we "**A**lways **H**onor and **S**erve."

A = ALWAYS. At all times, in all places, private and public. God is constant and unchanging. (Matt 28:20; Mosiah 18:3)

H = HONOR. We honor God by honoring all of his children, including in our thoughts, words, and actions (Exodus 20; John 5:23)

S = SERVE. We serve God by helping and lifting others around us. Service is love and honor exemplified. It is love and honor in action. (Mosiah 2:17; Matt 6:24)

Expected Conduct at School, School-Sponsored Activities, and Away from School. With the two great commandments as our guide, it is expected that students and employees will uphold the following standards and expectations at all times, whether we are on campus or away from campus:

- *Kindness and Respect.* Treat every person with kindness and respect, including students of all ages, teachers, parents, administration, staff, custodians, and visitors and visiting teams to the school.
- *Uplifting Language.* Choose words that inspire and uplift. Words intended to hurt or offend should never be used and have no place in our school.
- *Honesty.* Be honest and truthful in all dealings.
- *Humility and Integrity.* Accept corrections respectfully from all who have stewardship for you. This includes (but is not limited to) your parents and every employee at the school, even if they aren't your teacher. Listen to the Spirit when you receive correction and have the courage and integrity to obey promptly and consistently, even if you disagree with an expectation, and even while you may be working to understand or even change that expectation through appropriate channels.
- *Positive Attitude.* Display a positive, willing attitude. This includes making a good-faith effort to fulfill all Honor Code commitments and to devote oneself to learning and keeping all school policies. "The Lord requireth the heart and a willing mind." (D&C 64:34)
- *Stewardship.* Care lovingly for our building. This includes eating only in designated areas (not in hallways or classrooms without permission) and treating doors, walls, and school equipment with care and respect. Seek ways to leave our classrooms, hallways, and bathrooms cleaner and better maintained than we found them. Bending a knee to pick up a scrap takes effort, but it is a sign of a grateful steward, especially if the scrap is not our own. "And he that is a faithful and wise steward shall inherit all things." (D&C 78:22)
- *School Uniform, Dress & Grooming.* Wear the school uniform properly and keep the AHS dress and grooming standards diligently and willingly. Students in grades 7–12 who wear their uniform, clothing, or hair-styles in ways that contradict (or press the boundaries of) the School's dress and grooming standards should be prepared for conversations with teachers and administrators, and if the problem persists, for potential dismissal or non-readmission to the school. Uniform, dress, and grooming conversations in grades K–6 will typically be with parents, not students. "Obedience to small things creates a spirit of obedience in all things, and thus invites the blessings of heaven." (Elder Kim B. Clark). Students should not write on themselves or others, or disfigure their bodies in any way. "Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? ... The temple of God is holy, which temple ye are." (1 Cor. 3:16–17)
- *Cell Phones and Technology.* Use cell phones, personal electronic devices, and computers only at times and in settings that are respectful and approved. For students, cell phones should be off and out of sight during normal school operating hours everywhere on campus from 8:10 a.m. to 3:10 p.m. (including during transition times, at lunch, and at recess), and during school-sponsored travel, unless otherwise approved by a teacher or administrator. Teachers are encouraged to take

*American Heritage School is not sponsored by, endorsed by, or affiliated with The Church of Jesus Christ of Latter-day Saints ("the Church of Jesus Christ") or any other denomination. Respect for all religions is taught. Nevertheless, the school's mission establishes and encourages an environment that is oriented toward the Church of Jesus Christ, where principles are taught in the light of the restored gospel, and where faith in Jesus Christ is felt and demonstrated by each child and adult at the School.



AMERICAN HERITAGE SCHOOL

HONOR CODE

student cell phones that are used without permission and to deliver them to an administrator. Teachers may collect phones at the beginning of class from any students who have them on their person or close at hand. In such cases, students whose phones are off and not easily accessible, such as in backpacks, will not be required to surrender their phones. Students may ask for permission to contact parents or conduct other business via personal cell phone at any time. Do not hide the use of cell phones and personal devices from view of teachers, parents, and other responsible adults, even if corresponding with parents. Do not communicate anything via text or social media, on campus or off campus, that would be inappropriate, offensive, or hurtful. Report any inappropriate, hurtful, or obscene messages, or content—whether yours or someone else’s, accessed intentionally or unintentionally, on-campus or off-campus, by personal or school devices—to a parent, teacher, administrator, or other trusted adult.

- *Displays of Affection.* While at school or during school-sponsored activities, students should not engage in public or private displays of romantic physical affection, including kissing, cuddling, and hand-holding.
- *Conduct Away from School.* As indicated in the school’s mission statement, faculty, staff and students are expected to “conduct themselves in all aspects of life as Christians.” Thus, the School’s Honor Code is expected to be kept on and off campus. With limited exceptions (such as certain uniform policy and dress code requirements that apply only while at School), any personal activity or behavior away from School that contradicts the principles, policies and mission statement of the School may constitute grounds for dismissal from the School.
- *Public Expression, Advocacy, and Free & Open Inquiry.* Students and employees are encouraged to seek for truth, engage in free-and-open inquiry, and examine their own and differing perspectives. In speech and conduct, students and employees should not engage in expression or events that seriously and adversely affect the school’s mission or the Church. Examples would include an event or expression that contradicts or opposes, rather than analyzes or discusses, fundamental Church doctrine or policy; deliberately attacks or derides school employees, administrators, the Church, or the Church’s general leaders; or violates the school’s Honor Code.

In addition to the above standards, students and employees are also expected to abide by For the Strength of Youth standards (for students and employees ages 12 and older) and the My Gospel Standards (for students ages 11 and under), as set forth below. Where AHS-specific standards are different than For the Strength of Youth standards, students and employees are expected to keep AHS-specific standards during all school-sponsored activities, and For the Strength of Youth standards at all other times and places.

For the Strength of Youth*

(for students and employees ages 12 and older. “For the Strength of Youth” is published by The Church of Jesus Christ of Latter-day Saints.* Copies of the pamphlet should be brought to school by each 7–12 and are also available in the library.)

Agency and Accountability

- Heavenly Father has given me agency, which is the ability to choose right from wrong, and to act for myself.
- I am responsible for the choices that I make.
- I am free to choose my course of action, but I am not free to choose the consequences.
- True freedom comes from using my agency to choose obedience; loss of freedom comes from choosing disobedience.

Dating

- I date only after I am sixteen.
- When I begin dating, I go with one or more additional couples, and I avoid frequent dates with the same person.
- I invite my parents to become acquainted with those I date.
- I date only those with high moral standards, and in whose company I can maintain my standards.
- I protect the honor and virtue of my date, and expect they will do the same for me.
- When dating, I only go to places where I can maintain my standards and remain close to the Spirit.

*American Heritage School is not sponsored by, endorsed by, or affiliated with The Church of Jesus Christ of Latter-day Saints (“the Church of Jesus Christ”) or any other denomination. Respect for all religions is taught. Nevertheless, the school’s mission establishes and encourages an environment that is oriented toward the Church of Jesus Christ, where principles are taught in the light of the restored gospel, and where faith in Jesus Christ is felt and demonstrated by each child and adult at the School.



AMERICAN HERITAGE SCHOOL

HONOR CODE

Dress and Appearance

- I dress modestly to show respect for God and myself.
- I avoid extremes in my clothing and appearance.
- I will not use a special occasion as an excuse to be immodest, which means avoiding clothing that is tight, sheer, or revealing in any other manner.
- If a young woman, I avoid short shorts, short skirts, shirts that do not cover the stomach, and clothing that does not cover the shoulders or is low-cut in the front or back. If a young man, I will avoid being extreme or inappropriately casual in clothing, hairstyle, and behavior.
- I will wear appropriately modest apparel when participating in sports.
- I will not disfigure myself with tattoos or body piercings (for young women, only one pair of earrings is acceptable).
- I dress appropriately for all Church meetings and activities.

Education

- I understand that education is an important part of Heavenly Father's plan to help me become more like Him.
- I work diligently and make sacrifices, if necessary, for my education.
- I maintain enthusiasm for learning throughout my life, and choose to actively participate in learning opportunities available to me.
- My education includes spiritual learning. I study the scriptures and the words of prophets to help me find answers to the challenges of life and invite companionship of the Holy Ghost.

Entertainment and Media

- I select only media that uplifts me.
- I do not attend, view, or participate in anything that is vulgar, immoral, violent, or pornographic in any way.
- I will walk out of a movie, change my music, turn off a computer, television, or mobile device if what I see or hear drives away the Spirit.
- If I am involved in pornography, I will cease now, and seek help from my parents and bishop.
- I will avoid spending long periods of time using the Internet, mobile devices, playing video games, or watching television and other media – and I will be careful that my use of social media does not replace spending time with my family and friends.
- I will not communicate anything over the Internet or through texting that would be inappropriate to share in person.
- I will obey laws governing sharing music, movies, and other copyrighted items.

Family

- Strong families require effort, and I do my part to strengthen my family.
- I am cheerful, helpful, and considerate of my family members.
- I seek to be a peacemaker rather than to tease, fight, and quarrel.
- I honor my parents by showing love, respect, and obedience for them as they lead me in righteousness.
- I willingly help in my home, and participate in wholesome family activities and traditions, including family prayer, family scripture study, and family home evenings. If my family does not do these things, I will pray and study scriptures myself. My example may encourage family members to join me.
- I will strengthen my relationship with my brothers and sisters, support them in their interests, and help them with challenges they may be facing.
- If my family does not include a mother and father who love and care for each other, I will be patient, continue to live righteously, and look for worthy role models as I prepare to fulfill my divine role as a husband or wife, and as a parent.

Friends

- I choose friends who share my values so we can strengthen and encourage each other in living high standards.
- I go out of my way to help those who feel shy or lonely, have special needs, or do not feel included.
- I treat everyone with kindness and respect, and refrain from judging and criticizing those around me.

Gratitude

- I live with a spirit of thanksgiving, which turns my heart to the Lord and helps me recognize His influence and blessings in my life – even in my most difficult times.
- In my prayers, I pour out my heart to my Father in Heaven in thanks for the blessings that I have received.
- I express gratitude to the Lord by the way I live. In keeping his commandments and serving others, I show that I love Him and am grateful to Him.
- I express gratitude to others for the many ways they bless my life.

*American Heritage School is not sponsored by, endorsed by, or affiliated with The Church of Jesus Christ of Latter-day Saints ("the Church of Jesus Christ") or any other denomination. Respect for all religions is taught. Nevertheless, the school's mission establishes and encourages an environment that is oriented toward the Church of Jesus Christ, where principles are taught in the light of the restored gospel, and where faith in Jesus Christ is felt and demonstrated by each child and adult at the School.



AMERICAN HERITAGE SCHOOL

HONOR CODE

Honesty and Integrity

- I am honest at all times with myself, with others, and with God.
- I choose not to lie, steal, cheat, or deceive in any way.
- I have integrity by living my standards and beliefs even when no one is watching.

Language

- I use language to invite the Spirit, to uplift, to encourage, and to compliment others.
- I do not use profane, vulgar, or crude language or gestures.
- I do not tell jokes or stories about immoral actions.
- I never take the name of Deity in vain.
- I do not insult others or put them down, even in joking, and avoid gossip of any kind.
- I understand that my standards for language apply to all forms of communication, including texting and communicating on the internet.

Music and Dancing

- I listen to edifying and inspiring music that helps me draw closer to Heavenly Father.
- I do not listen to music that encourages immorality or glorifies violence through its lyrics, beat, or intensity.
- I do not listen to music that uses vulgar or offensive language, or promotes evil practices.
- I will learn and sing the hymns.
- When listening to music, I am courteous to those around me by keeping the volume at a reasonable level, removing earphones when others are talking to me or want me to be a part of their activities.
- When dancing, I avoid full body contact with my partner. I also do not use positions or moves that are suggestive of sexual or violent behavior.
- I plan and attend dances where dress, grooming, lighting, lyrics, music, and entertainment contribute to a wholesome atmosphere where the Spirit of the Lord may be present.

Physical and Emotional Health

- I treat my body as a temple and as a gift from God.
- I eat nutritious food, exercise regularly, and get enough sleep.
- I avoid extremes in diet that could lead to eating disorders.
- I do not use drugs, alcohol, coffee, tea, or tobacco products.
- I avoid any drink, drug, chemical, or dangerous practice that is used to produce a “high” or other artificial effect that may harm my body or mind, including marijuana, hard drugs, prescription or over-the-counter medications that are abused, and household chemicals.

Repentance

- I understand that repentance is more than simply acknowledging wrongdoings. It is a change of mind and heart.
- I seek help and counsel from my parents and my bishop to do what is necessary to repent and receive forgiveness.

Sabbath Day Observance

- I understand that the Lord has commanded me to keep the Sabbath day holy.
- I will prepare during the week so that I can reserve Sunday for the many uplifting activities that are appropriate for the Sabbath day, and that show respect for the Lord and His holy day.
- I will attend all my Church meetings.
- I avoid shopping, recreation, athletic events, and seeking entertainment or making purchases on the Sabbath.
- Whenever possible, I avoid working on Sunday.

Service

- I serve others, and am willing to bear other people’s burdens, and to comfort those who need comfort.
- Some of the most important service that I give is within my own home. I also serve in church assignments, school, and in the community.
- I seek the guidance of the Holy Ghost each day to know whom to serve and how to help meet their needs, including through simple, everyday acts of kindness.

*American Heritage School is not sponsored by, endorsed by, or affiliated with The Church of Jesus Christ of Latter-day Saints (“the Church of Jesus Christ”) or any other denomination. Respect for all religions is taught. Nevertheless, the school’s mission establishes and encourages an environment that is oriented toward the Church of Jesus Christ, where principles are taught in the light of the restored gospel, and where faith in Jesus Christ is felt and demonstrated by each child and adult at the School.



AMERICAN HERITAGE SCHOOL HONOR CODE

Sexual Purity

- I will not have any sexual relations before marriage, and I will be completely faithful to my spouse after marriage.
- I do not allow media, peers, or others to persuade me that sexual intimacy before marriage is acceptable.
- I refrain from activities that could lead to sexual transgression, and I treat others with respect, not as objects used to satisfy lustful and selfish desires.
- Outside of marriage, I do not participate in passionate kissing, lie on top of another person, or touch the private, sacred parts of another person's body, with or without clothing, nor do I allow anyone to do these things with me. I refrain from activities that arouse sexual feelings, and refrain from arousing those emotions in my own body.
- I do not participate in any type of pornography.
- I avoid situations that invite increased temptation, such as late-night or overnight activities away from home or activities where there is a lack of adult supervision.
- I understand that any sexual behavior outside of marriage is a serious sin. I understand that for purposes of the AHS Honor Code, marriage is defined by [The Family Proclamation](#).*
- I understand that victims of sexual abuse are not guilty of sin, and I will seek help and counseling if I ever become a victim of rape, incest, or other sexual abuse.
- I make a personal commitment to be sexually pure, and by my words and actions, encourage others to do the same.

Work and Self Reliance

- I understand that work is honorable.
- I help my family by willingly participating in the work necessary to maintain a home.
- I handle my money wisely, live within my means, and follow the teachings of prophets by paying tithing, avoiding debt, and saving for the future.
- I set high goals for myself, and am willing to work hard to achieve them.
- I avoid idleness, including excessive amounts of time in activities that keep me from productive work, such as using the Internet, playing video games, and watching television.
- I do not waste time or money in gambling.

[End, *For the Strength of Youth*]

My Gospel Standards*

(for students ages 11 and under, "My Gospel Standards" are published by the Church of Jesus Christ of Latter-day Saints* and incorporated in the AHS Honor Code for students in grades K–6)

- I will follow Heavenly Father's plan for me.
- I will remember my baptismal covenant and listen to the Holy Ghost.
- I will choose the right. I know I can repent when I make a mistake.
- I will be honest with Heavenly Father, others, and myself.
- I will use the names of Heavenly Father and Jesus Christ reverently. I will not swear or use crude words.
- I will do those things on the Sabbath that will help me feel close to Heavenly Father and Jesus Christ.
- I will honor my parents and do my part to strengthen my family.
- I will keep my mind and body sacred and pure, and I will not partake of things that are harmful to me.
- I will dress modestly to show respect for Heavenly Father and myself.
- I will only read and watch things that are pleasing to Heavenly Father.
- I will only listen to music that is pleasing to Heavenly Father.
- I will seek good friends and treat others kindly.
- I will live now to be worthy to go to the temple and do my part to have an eternal family.

I Am a Child of God

- I know Heavenly Father loves me, and I love Him.
- I can pray to Heavenly Father anytime, anywhere.
- I am trying to remember and follow Jesus Christ.

*American Heritage School is not sponsored by, endorsed by, or affiliated with The Church of Jesus Christ of Latter-day Saints ("the Church of Jesus Christ") or any other denomination. Respect for all religions is taught. Nevertheless, the school's mission establishes and encourages an environment that is oriented toward the Church of Jesus Christ, where principles are taught in the light of the restored gospel, and where faith in Jesus Christ is felt and demonstrated by each child and adult at the School.



AMERICAN HERITAGE SCHOOL HONOR CODE

Parents, students, and employees sign and return a copy of this Honor Code Statement by the end of the first week of school.

Honor Code Statement

I understand that American Heritage School exists to provide an education in an atmosphere consistent with the ideals and principles of The Church of Jesus Christ of Latter-day Saints.* I also understand that this atmosphere is preserved through my voluntary commitment to live in accordance with those ideals and principles “at all times and . . . in all places” (Mosiah 18:9), and that this commitment is a specific condition of admission and employment at American Heritage School for all students, faculty and staff. Those individuals who are not members of The Church of Jesus Christ of Latter-day Saints* are also expected to maintain the same standards of conduct, except church attendance.

As a representative of American Heritage School, I acknowledge and commit to maintain the standards set forth in the American Heritage School Honor Code.

Student Signature

Student Name (Please Print)

Parent Signature

Date



“ As I have come to understand the purpose behind the honor code I have realized that, like the gospel and the rules and statutes that it contains, the honor code is meant to help us. I still might not understand all the reasons behind the rules I am asked to follow but I have come to understand that those making and enacting the rules really do have my best interest at heart. We might not always comprehend the reasoning behind some rules but as we come to appreciate the love of the leaders making those rules, following them ceases to be a burden and instead becomes a pleasure.

Sam Burton

AHS Student Body President 2019–20



SELF-GOVERNMENT PERSONAL EVALUATION

Student Name: _____

O (Outstanding)—Students in “O” range:

- Are almost always on task. They almost never need to be reminded to do what is expected.
- Willingly participate in class discussions, and they have conversational etiquette, knowing when to listen and when to speak.
- Show responsibility, leadership, and self-government during group work.
- Use independent working time in class productively and show self-government. They use extra time after completing assignments in class by doing independent reading or other appropriate work for the class. They are ready to listen to the teacher’s instructions at the start of class, and they do not put work away early but continue working right up to the bell at the end of the period.
- Almost always attend class punctually and almost always submit work punctually.
- Consistently takes care of property, school property, own personal and others property.
- Consistently observe the Honor Code and Uniform Policy.

G (Good)—Students in “G” range:

- Generally remain on task and do what is expected in class, but require occasional reminders to do what they should be doing.
- During class discussions they may not contribute, or if they do, they occasionally lack some conversational etiquette. They may speak out of turn on occasion.
- Participate in group work, but without same initiative, engagement, or leadership of students in the “O” range.
- Sometimes are not “tuned-in” to listen to the teacher’s instructions at the beginning of class, and they sometimes stop working and start packing up their belongings before the bell rings at the end of class. WHEN they have finished an assignment during class, they sometimes have to be reminded to take out reading material or other appropriate classwork during the remaining time.
- Sometimes arrive late to class and submit late work.
- Usually takes care of property, including school property, personal property, or property belonging to others.
- Sometimes needs reminders to observe the Honor Code and Uniform Policy.

N (Needs Improvement)—Students in the “N” range:

- Are often off-task and have to frequently be reminded or even coaxed to stay on task. Their attention seem to frequently wander.
- May refuse to join in class discussions, or if called upon, they rarely show much thoughtful engagement with the discussion or activity, at least in a productive way. When entering a class discussion voluntarily, they have a disregard for conversational manners, and rather than waiting their turn to speak, they often blurt out their thoughts inappropriately.
- Are often off-task during group work and do the bare minimum.
- Are rarely ready to work at the beginning of class, and rarely do they keep working until the bell at the end of class. During class, it is usually only the fact that the teacher is watching that keeps them on task. If the teacher looks away, is occupied with something, or steps out of the room, these students usually do not stay on task. It is not unusual for them to pretend to be doing what they are supposed to be doing when they are actually doing something else. These students are frequently teacher-governed.
- Frequently arrive late to class and frequently submit late work
- Often misuses or is careless with property, including school property, personal property, or property belonging to others.
- Often needs reminders to observe the Honor Code and Uniform Policy.

U (Unacceptable)—Students in the “U” range:

- Willingly choose not to do what they are asked to do during class. They are typically off-task, and even when given a reminder, they do not fully comply.
- May intentionally disrupt or cause distractions during class. They have little regard for the teacher’s right to teach or the other student’s right to learn.
- If they enter a class discussion, their remarks are often meant to derail the discussion, rather than contribute to it. In other words, rather than expressing sincere disagreement to the teacher or another student, they are intentionally disrupting or destroying the lesson or discussion.
- Make no pretense of trying to cooperate with the teacher, but seem to willfully work against the teacher’s efforts to create a productive and positive learning atmosphere.
- Very frequently arrive late or miss class altogether and many assignments submitted late or not at all.
- Frequently misuses or is destructive of property, school property, personal property, or property belonging to others.
- Frequently needs to be reminded to use kind words, uplifting language, and observe the Honor Code and Uniform Policy.

From the Library



Welcome to the American Heritage School Library!

We are a K-12 outreach library that serves both the school community and The Family School Home-School families. The stacks in our library contain family-friendly books at all grade levels. We strive to provide quality literature that invites the spirit and inspires a love for reading. We acquire library materials through donations as well as from the proceeds of an annual book fair held in conjunction with Parent-Teacher Conferences. Donated items are carefully screened for content and age-appropriateness before being placed into circulation. Students kindergarten through fourth grade have a scheduled weekly library time during which they are invited to check out books. All students and families may come to the library before or after school to check out books.

The library also serves as the textbook distribution center of the school. All textbooks will be checked in and out through the library.

The following are guidelines for proper care and handling of all textbooks:

1. Students should report a lost textbook to the library as soon as possible (lost textbooks are often returned to the library).
2. Each book has an individual barcode associating it with the student who checked it out. Please do not remove or destroy this barcode. Textbooks are recognized in our library system by the specific barcode on the book and are checked out specifically to each student.
3. Our textbooks are issued in various conditions. Efforts are made to maintain and repair textbooks as needed. Students should return the book they are issued at the end of the year in the best condition possible. If you have concerns as to the condition of your book at the beginning of the year, please contact Mrs. McConkie in the library at mmcconkie@ahsmail.com. Textbook condition is noted in the front of the book by the student at the time of check-out. Misuse of textbooks beyond normal wear-and-tear may require reimbursement to the school, disciplinary action, or both. Writing and drawing on the original book cover is not permitted.
4. Please make every effort to properly handle your book. Keep books away from water, food, pets, etc., and handle carefully in backpacks and lockers. Covering your book with some type of book cover is recommended. Please make sure the cover fits properly – covers that are too small will cause damage to the cover and spine.
5. All books shall be returned at the end of the year. Students needing to continue work from a textbook in the summer will need to recheck out the book when summer circulation begins. If a student transfers out of a class and no longer needs the issued book, it should be returned to the library as soon as possible. Fines will be assessed for excessive damage or lost textbooks. Yearbooks will be held until all school materials are returned or fines are paid.

Parents are welcome and invited to serve in the school library as part of the 30 hours of required service. We have opportunities to help preview donated materials, returning books to circulation, or helping with Patriot Book Group—a book group held monthly for students first through sixth grade. If you are interested in serving in the library, please contact Mrs. McConkie at mmcconkie@ahsmail.com.

We look forward to serving you!

Melanie McConkie and the AHS Library Staff

Mmcconkie@ahsmail.com

801-642-0055 ext. 308



American Heritage School REQUEST FOR GIVING MEDICATION AT SCHOOL

Utah Law (53A-11-601) states the following:

School personnel may only administer medication to a student if:

1. the student's parent or legal guardian has provided a current written and signed request that medication be administered during regular school hours to the student; and
2. the student's physician, dentist, nurse practitioner, or physician assistant has provided a signed statement describing the method, amount, and time schedule for administration, and a statement that administration of medication by school employees during periods when the student is under the control of the school is medically necessary.

The form below is provided to help you obtain the required information from your Doctor, or other medical personnel as stated in the law. Without this completed form, medication cannot be given to your child by any school personnel.

THIS COMPLETED FORM MUST BE SUBMITTED TO THE SCHOOL WITH MEDICATION ON OR BEFORE THE FIRST DAY THE MEDICATION IS TO BE ADMINISTERED BY SCHOOL PERSONNEL.

The following medication is prescribed and may be taken at school as indicated below:

Student's Name _____

Teacher Name _____ Grade _____

Medication _____

Method _____

Reason for Medication _____

Dosage _____ Time to be Given _____

Special Instructions _____

Physician's Name _____ Phone _____

Physician's Signature _____

I understand that prescription medication must be provided in the labeled prescription bottle with the correct child's name on it. If the medication is an over-the-counter drug, it must also be in the original container and must have the child's name written on the package. I also understand that school personnel may contact the doctor regarding administration of this medication. I also understand someone other than a licensed nurse who has been appointed to do so by the school administrator may administer this medication.

Signature of Parent or Guardian

Date

SW11-07

Immunization Requirements

In accordance with Utah Immunization Statutes and Rules, for each of your children to attend school, we are required to have on file a certificate of immunization from a licensed physician or authorized representative of the state or local health department stating that your children have received immunizations against communicable diseases.

A child may be allowed to attend school “conditionally” if at least one dose of each required immunization has been completed and the child is currently on schedule to receive the remaining immunizations. Please provide the school documentation of the scheduled dates for completion. The remaining immunizations must be completed on schedule for the child to remain in attendance.

An appropriate Utah Department of Health Exemption form must be completed for children who claim exemption to immunizations for medical, religious, or personal reasons.

If we do not have a current immunization record by August 21, 2019, your child will not be able to attend school until we have one on file. Please bring all immunization documents to the Admissions Office, room 312. If you have any questions, please contact the Admissions Office at 801-642-0055, ext. 310, or admissions@ahsmail.com.

REQUIRED IMMUNIZATIONS

All students are required to receive the following immunizations:

5 DTP, DTaP, DT, Td, or Tdap

4 Polio

2 MMR

3 Hepatitis B

2 Hepatitis A

1 Varicella (Chickenpox) – history of disease is acceptable; a parent must sign the verification statement on the school immunization record.

In addition to the above, for students entering kindergarten through 4th grades, the following immunization is required:

1 Additional Varicella (Chickenpox)

Students entering grades 7–12, in addition to the above, are required to receive the following immunizations:

1 additional Tdap (grades 7–12)

1 additional Varicella (Chickenpox) (grades 7–11)

1 Meningococcal (grades 7–11)





American Heritage School Student Uniform Policy

Updated: May 28, 2019, See Parent Handbook, Section 12

Purpose and Implementation	Dress Standards
<p>We believe that properly wearing the uniform</p> <ul style="list-style-type: none"> • Displays unity, modesty, neatness, and dignity; • Demonstrates respect for self, education, teachers, and fellow students; • Facilitates focus on learning and service, rather than on clothing and accessories; • Supports an appropriate distinction between the genders; and • Reminds students of their commitment to live by the American Heritage Mission Statement. <p>All male students at AHS are expected to wear the boys' uniform and abide by the dress and grooming standards set forth for boys, and all female students are expected to wear the girls' uniform and abide by the dress and grooming standards set forth for girls.</p> <p>Students wearing the proper uniform will be admitted to class. The uniform standard will be in place until 3:10 p.m. each school day. All non-uniform items, including but not limited to coats, jackets, sweat-shirts, and hoodies, must be removed as soon as practical after entering the building, and immediately upon entering class. Personal coats or jackets may only be worn inside the building when a student is actively in the process of exiting to or entering from outside activities. Given that there is limited space for coats and jackets in the lunchroom, students who are planning to go outside during lunchtime recess may wear their non-uniform coats, jackets or sweatshirts during lunch in the lunchroom.</p> <p>We trust that students and parents will govern themselves by the spirit of the uniform policy. Many items and variations are not specifically prohibited but are outside the spirit of the policy and thus are not permitted.</p> <p>Definitions for terms used in the uniform policy:</p> <ul style="list-style-type: none"> • Conservative: Restrained; avoiding showiness • Modest: Modesty excludes short skirts, tight clothing, and other revealing attire • Non-distracting: Not drawing attention to oneself • Small: Fine, minute, diminutive, slender, thin, little, of small diameter • Subtle: Fine, thin, delicate, slight, faint, refined, difficult to perceive 	<ul style="list-style-type: none"> • Clothing should fit appropriately (neither tight nor baggy). • Pants on boys and young men should be conservative in style and not tight or slim fitting. • Alterations, other than hemming, are NOT permitted! • Skirts, shifts, jumpers, and skorts on girls and young women should be modest in length and fit. The minimum length should allow for the skirt to naturally fall below the kneecap. • K-12 girls and young women must wear snug-fitting black or navy biker style shorts daily under skirts, shifts, jumpers, and skorts (except when K-6 girls wear approved leggings). Biker style shorts may not extend below the hemline of the uniform. • Undershirts and camisoles must be plain white. Undershirt sleeves may not extend beyond the cuff of the uniform sleeve. • Socks must be worn at all times. Alternatively, girls may wear tights and HS girls may wear nylons (See appropriate section for details). • Uniform approved jackets and sweaters are permitted in the building and may not be worn around the waist. • Hats and baseball caps may not be worn during school hours with the exception of a winter hat worn outside for warmth. • Clothing should be clean and well-maintained (properly hemmed, unstained, free from holes and fading, etc.). • Shirts must be tucked in at all times during school hours except during recess and when participating in outside athletic activities. <p>Please refer to the AHS website for complete information about the uniform, including full-color photos, ordering information, FAQ's, shopping lists, and the current official uniform policy.</p> <p>Primary uniform supplier for AHS: Dennis Uniforms 3560 Main Street Salt Lake City, Utah 801-287-9200 dennisuniform.com/schools/R00</p> <p>Additional uniform supplier for AHS: landsend.com</p> <p>Parent site for used uniform sales: american-heritage.org/parent-organization</p>



Elementary School Uniforms, Grades K-6

Boys' Mon-Thursday Uniform, Grades K-6	Girls' Monday-Thursday Uniform, Grades K-6
<p>Any variation of the following may be worn:</p> <ul style="list-style-type: none"> • Dennis or Lands' End navy knee-length shorts • Dennis or Lands' End navy pant (no cuff) • Dennis long sleeve polo, white or red • Dennis short sleeve polo, white or red • Dennis or Lands' End white oxford shirt with button down collar (long sleeve or short sleeve) • Dennis navy polyester vest, cardigan, or pullover • Dennis navy polartec vest or jacket • Dennis or Lands' End navy crew neck sweatshirt with school logo or mascot • Spirit wear jacket – sold only by AHS • Cub/Boy Scout uniform may be worn on Scout days • Dennis red performance polo "New" 	<p>Any variation of the following may be worn:</p> <ul style="list-style-type: none"> • Dennis Macbeth Plaid Longer Length Skort (must fall below the kneecap) • Dennis Macbeth Plaid Knife Pleated Jumper (must fall below the kneecap) • Dennis Macbeth Plaid Box Pleated Shift (must fall below the kneecap) • Dennis long sleeve polo, white or red • Dennis short sleeve polo, white or red • Dennis white Peter Pan collar blouse (long or short sleeve) • Dennis navy polyester vest, cardigan, or pullover • Dennis navy polartec vest or jacket • Dennis or Lands' End navy crew neck sweatshirt with school logo or mascot • Spirit wear jacket – sold only by AHS • Snug-fitting black or navy biker style shorts that do not extend below the hemline MUST be worn daily • Dennis red performance polo "New"
Boys' Friday Dress Uniform, Grades K-6	Girls' Friday Dress Uniform, Grades K-4
<p>Required:</p> <ul style="list-style-type: none"> • Dennis or Lands' End navy pant (no cuff) • Dennis or Lands' End white oxford shirt with button down collar (long sleeve or short sleeve) • Dennis solid navy tie <p>Optional:</p> <ul style="list-style-type: none"> • Dennis navy polyester vest, cardigan, or pullover • Dennis navy polartec vest or jacket • Dennis or Lands' End navy crew neck sweatshirt with school logo or mascot • Spirit wear jacket – sold only by AHS 	<p>Required:</p> <ul style="list-style-type: none"> • Dennis Macbeth Plaid Box Pleated Shift (must fall below the kneecap) • Dennis white Peter Pan collar blouse (long sleeve or short sleeve) • Snug-fitting black or navy biker style shorts that do not extend below the hemline when wearing socks <p>Optional:</p> <ul style="list-style-type: none"> • Dennis navy polyester cardigan or pullover • Dennis navy polartec vest or jacket • Dennis or Lands' End navy crew neck sweatshirt with school logo or mascot • Spirit wear jacket – sold only by AHS
Boys' Special Events Dress Uniform, Grades K-6 (Picture Day, ALL concerts, and devotionals)	Girls' Special Events Dress Uniform, Grades K-4 (Picture Day, ALL concerts, and devotionals)
<p>Required:</p> <ul style="list-style-type: none"> • Dennis or Lands' End navy pant (no cuff) • Dennis or Lands' End white oxford shirt with button down collar (LONG SLEEVE ONLY) • Dennis solid navy tie • Solid black or navy socks • Must rise at least 3" above the ankle <p>May be worn in class for warmth, but NOT during a Special Event:</p> <ul style="list-style-type: none"> • Dennis navy polyester vest, cardigan, or pullover • Dennis navy polartec vest or jacket • Dennis or Lands' End navy crew neck sweatshirt with school logo or mascot • Spirit wear jacket – sold only by AHS 	<p>Required:</p> <ul style="list-style-type: none"> • Dennis Macbeth Plaid Box Pleated Shift (must fall below the kneecap) • Dennis white Peter Pan collar blouse (LONG SLEEVE ONLY) • Black or navy tights (cable or opaque) <p>May be worn in class for warmth, but NOT during a Special Event:</p> <ul style="list-style-type: none"> • Dennis navy polyester cardigan or pullover • Dennis navy polartec vest or jacket • Dennis or Lands' End navy crew neck sweatshirt with school logo or mascot • Spirit wear jacket – sold only by AHS
Girls' Friday Dress Uniform, Grade 4-6	Girls' Special Events Dress Uniform, Grades 4-6 (Picture Day, ALL concerts, and devotionals)
<p>Required:</p> <ul style="list-style-type: none"> • Dennis Macbeth Plaid Longer Length Skort (must fall below the kneecap) • Dennis white Peter Pan collar blouse (long sleeve or short sleeve) • Snug-fitting black or navy biker style shorts that do not extend below the hemline when wearing socks • Dennis navy sweater vest <p>May be worn in class for warmth, but NOT during a Special Event:</p> <ul style="list-style-type: none"> • Dennis navy polyester cardigan or pullover • Dennis navy polartec vest or jacket • Dennis or Lands' End navy crew neck sweatshirt with school logo or mascot • Spirit wear jacket – sold only by AHS 	<p>Required:</p> <ul style="list-style-type: none"> • Dennis Macbeth Plaid Longer Length Skort (must fall below the kneecap) • Dennis white Peter Pan collar blouse (LONG SLEEVE ONLY) • Dennis navy sweater vest • Black or navy tights (cable or opaque) <p>May be worn in class for warmth, but NOT during a Special Event:</p> <ul style="list-style-type: none"> • Dennis navy polyester cardigan or pullover • Dennis navy polartec vest or jacket • Dennis or Lands' End navy crew neck sweatshirt with school logo or mascot • Spirit wear jacket – sold only by AHS

Middle School Uniforms, Grades 7–8

Boys' Mon-Thursday Uniform, Grades 7–8	Girls' Mon-Thursday Uniform, Grades 7–8
<p>Any variation of the following may be worn:</p> <ul style="list-style-type: none"> • Dennis or Lands' End navy pant (no cuff) • Dennis long sleeve polo, white or red • Dennis short sleeve polo, white or red • Dennis or Lands' End white oxford shirt with button down collar (long sleeve or short sleeve) • Conservative tie to be worn with Dennis oxford shirt (optional) • Dennis navy polyester vest, cardigan, or pullover • Dennis navy polartec vest or jacket • Dennis or Lands' End navy crew neck sweatshirt with school logo or mascot • Dennis navy quarter-zip sweatshirt • Spirit wear jacket – sold only by AHS • Dennis red performance polo "New" 	<p>Any variation of the following may be worn:</p> <ul style="list-style-type: none"> • Dennis Macbeth Plaid Longer Length Skort (must fall below kneecap) • Dennis Macbeth Plaid Knife Pleated Jumper (must fall below kneecap) • Dennis Macbeth Plaid Box Pleated Skirt (must fall below kneecap) • Dennis Light Navy Box Pleated Skirt (must fall below kneecap) • Dennis long sleeve polo, white or red • Dennis short sleeve polo, white or red • Dennis navy polyester vest, cardigan, or pullover • Dennis navy polartec vest or jacket • Dennis or Lands' End navy crew neck sweatshirt with school logo or mascot • Dennis navy quarter-zip sweatshirt • Spirit wear jacket – sold only by AHS • Snug-fitting black or navy shorts that do not extend below the hemline MUST be worn daily • Dennis red performance polo "New"
Boys' Friday Dress Uniform, Grades 7–8	Girls' Friday Dress Uniform, Grades 7–8
<p>Required:</p> <ul style="list-style-type: none"> • Dennis or Lands' End navy pant (no cuff) • Dennis or Lands' End white oxford shirt with button down collar (long sleeve or short sleeve) • Dennis solid red tie <p>Optional:</p> <ul style="list-style-type: none"> • Dennis navy polyester vest, cardigan, or pullover • Dennis navy polartec vest or jacket • Dennis or Lands' End navy crew neck sweatshirt with school logo or mascot • Dennis navy quarter-zip sweatshirt • Spirit wear jacket – sold only by AHS 	<p>Required:</p> <ul style="list-style-type: none"> • Dennis Light Navy Box Pleated Skirt (must fall below the kneecap) • Dennis or Lands' End white oxford shirt with button down collar (long sleeve or short sleeve) • Dennis navy polyester vest • Dennis red crossover tie <p>Optional:</p> <ul style="list-style-type: none"> • Dennis navy polyester cardigan or pullover • Dennis navy polartec vest or jacket • Dennis or Lands' End navy crew neck sweatshirt with school logo or mascot • Dennis navy quarter-zip sweatshirt • Spirit wear jacket – sold only by AHS
Boys' Special Events Dress Uniform, Grades 7–8 (Picture Day, ALL concerts, and devotionals)	Girls' Special Events Dress Uniform, Grades 7–8 (Picture Day, ALL concerts, and devotionals)
<p>Required:</p> <ul style="list-style-type: none"> • Dennis or Lands' End navy pant (no cuff) • Dennis or Lands' End white oxford shirt with button down collar (LONG SLEEVE ONLY) • Dennis solid red tie • Solid black or navy socks • Must rise at least 3" above the ankle <p>May be worn in class for warmth, but NOT during a Special Event:</p> <ul style="list-style-type: none"> • Dennis navy polyester vest, cardigan, or pullover • Dennis navy polartec vest or jacket • Dennis or Lands' End navy crew neck sweatshirt with school logo or mascot • Dennis navy quarter-zip sweatshirt • Spirit wear jacket – sold only by AHS 	<p>Required:</p> <ul style="list-style-type: none"> • Dennis navy box pleat skirt (must fall below the kneecap) • Dennis or Lands' End white oxford shirt with button down collar (LONG SLEEVE ONLY) • Dennis navy polyester vest • Dennis red crossover tie • Black tights (opaque only, no cable knit) <p>May be worn in class for warmth, but NOT during a Special Event:</p> <ul style="list-style-type: none"> • Dennis navy polyester cardigan or pullover • Dennis navy polartec vest or jacket • Dennis or Lands' End navy crew neck sweatshirt with school logo or mascot • Dennis navy quarter-zip sweatshirt • Spirit wear jacket – sold only by AHS
Boys' P.E. Uniform, Grades 7–8	Girls' P.E. Uniform, Grades 7–8
<p>Required:</p> <ul style="list-style-type: none"> • Any approved AHS t-shirt (spirit apparel or program shirt) or Dennis white short-sleeve shirt with AHS logo • Solid navy, gray, red or black knee-length athletic shorts or sweatpants. Small logos permitted (Black Biker shorts must be worn underneath shorts.) • Secure-fitting athletic shoes with non-marking soles • AFTERSHOOL ATHLETICS: Loose fitting athletic pants/warm-ups or sweatpants must be worn prior to and after practices and games if remaining on campus. <p>Optional:</p> <ul style="list-style-type: none"> • Ankle or athletic socks (logos are permitted) 	<p>Required:</p> <ul style="list-style-type: none"> • Any approved AHS t-shirt (spirit apparel or program shirt) or Dennis heather gray short-sleeve shirt with AHS logo • Solid navy, gray, red or black knee-length athletic shorts or sweatpants. Small logos permitted (Black Biker shorts must be worn underneath shorts.) • Secure-fitting athletic shoes with non-marking soles • AFTERSHOOL ATHLETICS: Loose fitting athletic pants/warm-ups or sweatpants must be worn prior to and after practices and games if remaining on campus. <p>Optional:</p> <ul style="list-style-type: none"> • Ankle or athletic socks (logos are permitted)

High School Uniforms, Grades 9–12

Boys' Mon-Thursday Uniform, Grades 9–12	Girls' Mon-Thursday Uniform, Grades 9–12
<p>Any variation of the following may be worn:</p> <ul style="list-style-type: none"> • Dennis or Lands' End navy or khaki pant (no cuff) • Dennis long sleeve polo, white, red, green, or navy • Dennis short sleeve polo, white, red, green, or navy • Dennis white or blue oxford shirt with button down collar (long sleeve or short sleeve) • Lands' End white oxford shirt with button down collar (long sleeve or short sleeve) • Conservative tie to be worn with Dennis oxford shirt (optional) • Dennis navy polyester vest, cardigan, or pullover • Dennis navy polartec vest or jacket • Dennis or Lands' End navy crew neck sweatshirt with school logo or mascot • Dennis navy or forest green quarter-zip sweatshirt • Spirit wear jacket – sold only by AHS • Dennis red, navy and green performance polo “New” 	<p>Any variation of the following may be worn:</p> <ul style="list-style-type: none"> • Dennis Macbeth Plaid Longer Length Skort (must fall below kneecap) • Dennis Macbeth Plaid Knife Pleated Jumper (must fall below kneecap) • Dennis Macbeth Plaid Box Pleated Skirt (must fall below kneecap) • Dennis Light Navy Box Pleated Skirt (must fall below kneecap) • Dennis Khaki Box Pleated Skirt (must fall below kneecap) • Dennis Khaki Box Pleat Gabardine Skirt 100% polyester (must fall below kneecap) • Lands' End Khaki Solid Box Pleat Skirt Below the Knee (must fall below kneecap) • Lands' End Khaki Solid A-Line Skirt Below the Knee (must fall below kneecap) • Dennis long sleeve polo, white, red, green, or navy • Dennis short sleeve polo, white or red, green, or navy • Dennis white or blue oxford shirt with button down collar (long sleeve or short sleeve) • Lands' End white oxford shirt with button down collar (long sleeve or short sleeve) • Dennis navy polyester vest, cardigan, or pullover • Dennis navy polartec vest or jacket • Dennis or Lands' End navy crew neck sweatshirt with school logo or mascot • Dennis navy or forest green quarter-zip sweatshirt • Spirit wear jacket – sold only by AHS • Snug-fitting black or navy shorts that do not extend below the hem-line MUST be worn daily • Dennis red, navy and green performance polo “New”
<p>Boys' Friday Dress Uniform, Grades 9–12</p>	<p>Girls' Friday Dress Uniform, Grades 9–12</p>
<ul style="list-style-type: none"> • Dennis or Lands' End khaki pant (no cuff) • Dennis or Lands' End white oxford shirt with button down collar (long sleeve or short sleeve) • Dennis Albury tie • Dennis navy blazer 	<ul style="list-style-type: none"> • Dennis navy blazer • Dennis or Lands' End white oxford shirt with button down collar (long sleeve or short sleeve) • Dennis Albury crossover tie • Dennis Khaki Box Pleated Skirt (must fall below kneecap) • Dennis Khaki Box Pleat Gabardine Skirt 100% polyester (must fall below kneecap) • Lands' End Khaki Solid Box Pleat Skirt Below the Knee (must fall below kneecap) • Snug-fitting black or navy shorts that do not extend below the hem-line MUST be worn daily
<p>Boys' Special Events Dress Uniform, Grades 9–12 (Picture Day, ALL concerts, and devotionals)</p>	<p>Girls' Special Events Dress Uniform, Grades 9–12 (Picture Day, ALL concerts, and devotionals)</p>
<ul style="list-style-type: none"> • Dennis or Lands' End khaki pant (no cuff) • Dennis or Lands' End white oxford shirt with button down collar (long sleeve or short sleeve) • Dennis Albury tie • Dennis navy blazer • Solid black, navy, dark brown or khaki socks • Must rise at least 3” above the ankle 	<ul style="list-style-type: none"> • Dennis navy blazer • Dennis or Lands' End white oxford shirt with button down collar (long sleeve or short sleeve) • Dennis Albury crossover tie • Dennis Khaki Box Pleated Skirt (must fall below kneecap) • Dennis Khaki Box Pleat Gabardine Skirt 100% polyester (must fall below kneecap) • Lands' End Khaki Solid Box Pleat Skirt Below the Knee (must fall below kneecap) • Tan or skin-toned nylons • Snug-fitting black or navy shorts that do not extend below the hem-line MUST be worn daily
<p>Boys' P.E. Uniform, Grades 9–12</p>	<p>Girls' P.E. Uniform, Grades 9–12</p>
<p>Required:</p> <ul style="list-style-type: none"> • Any approved AHS t-shirt (spirit apparel or program shirt) or Dennis white short-sleeve shirt with AHS logo • Solid navy, gray, red or black knee-length athletic shorts or sweat-pants. Small logos permitted (Black Biker shorts must be worn underneath shorts.) • Secure-fitting athletic shoes with non-marking soles • AFTERSHOOL ATHLETICS: Loose fitting athletic pants/warm-ups or sweatpants must be worn prior to and after practices and games if remaining on campus. <p>Optional:</p> <ul style="list-style-type: none"> • Ankle or athletic socks (logos are permitted) 	<p>Required:</p> <ul style="list-style-type: none"> • Any approved AHS t-shirt (spirit apparel or program shirt) or Dennis heather gray short-sleeve shirt with AHS logo • Solid navy, gray, red or black knee-length athletic shorts or sweat-pants. Small logos permitted (Black Biker shorts must be worn underneath shorts.) • Secure-fitting athletic shoes with non-marking soles • AFTERSHOOL ATHLETICS: Loose fitting athletic pants/warm-ups or sweatpants must be worn prior to and after practices and games if remaining on campus. <p>Optional:</p> <ul style="list-style-type: none"> • Ankle or athletic socks (logos are permitted)

Accessories, Grooming, Oxford Shirts, Grades K–12

Girls' Accessories	Girls' Grooming
<p>The standard for all accessories is small, conservative, subtle, and non-distracting.</p> <ul style="list-style-type: none"> • Hair ornaments must be Macbeth plaid or SOLID: <ul style="list-style-type: none"> ◦ Black ◦ White ◦ Brown ◦ Navy ◦ Red ◦ Gold ◦ Silver • Earrings must be a single, matching pair <ul style="list-style-type: none"> ◦ K-12 girls may wear non-dangling studs ◦ 7-12 girls may also wear simple gold or silver earrings that are smaller than one inch • Girls may wear a single necklace which should fall above the third button down on the shirt • Choker-style necklaces are not permitted • Rings are limited to one per hand • K-12 girls will be allowed to wear one bracelet (including bracelets-style watchbands) • No anklets • Scarves may not be worn in the building • Eyeglasses must have lenses and must be non-distracting <ul style="list-style-type: none"> ◦ Sunglasses may not be worn in the building • Blankets or shawls may not be worn in the building 	<ul style="list-style-type: none"> • Hairstyles should be neat and clean, • Avoid extreme and distracting hair colors and styles • Body marking is not allowed, including tattoos, washable tattoos, or marking on the skin with ink or marker • No body piercing is allowed except for a single piercing in each earlobe • K-12 girls will be permitted to wear nail polish (ALL nails must be the same color): <ul style="list-style-type: none"> ◦ No Black ◦ No neon colors ◦ No patterns or nail accessories ◦ White French tip nails are permitted • Makeup should be subtle and conservative <ul style="list-style-type: none"> ◦ No glitter
Boys' Accessories	Boys' Grooming
<ul style="list-style-type: none"> • Boys may wear a single watch • Boys may wear one ring per hand • No earrings, necklaces, bracelets, or wristbands • Boys may wear a solid black, navy, gray (non-metallic) or brown belt • Scarves may not be worn in the building • Blankets or shawls may not be worn in the building • Eyeglasses must have lenses and must be non-distracting <ul style="list-style-type: none"> ◦ Sunglasses may not be worn in the building 	<ul style="list-style-type: none"> • Boys' hair must be trimmed above the collar, leaving the ear uncovered. Hairstyles should be neat and clean • Hair should be relatively short • Sideburns must not extend below the earlobe or onto the cheek • Young men should be clean-shaven • Avoid extreme and distracting hair colors and styles • Body marking is not allowed, including tattoos, washable tattoos, or marking on the skin with ink or marker • No nail polish • No makeup • No body piercing is allowed
Grades K–12 Boys' White Oxford Dress Shirt	Special Considerations
<p>The following brands are permitted as long as they follow the guidelines stated below.</p> <p>Dennis, Lands' End, Stafford, Kirkland.</p> <p>Stafford brand may be purchased at JCPenney, and Kirkland brand may be purchased at Costco.</p> <ul style="list-style-type: none"> • An oxford shirt has a basket-weave pattern that combines two yarns woven lengthwise against a heavier yarn crosswise • Must have a button-down collar • No logos or embroidery • White only, no cream or off-white • Must be a heavily weighted fabric that is opaque • Should not be tight or form-fitting 	<p>Special considerations will be determined, as needed, by the AHS Principals and the Uniform Committee members. Please submit your request via email.</p> <p>Kinder–6th grade to Charné Adams: cadams@ahsmail.com 7th–12th grade to Liz Acuña: eacuna@ahsmail.com</p> <div data-bbox="954 1625 1279 1969" style="text-align: center;"> </div>

Shoes, Socks, Tights, Leggings, and Nylons

These items may be purchased through the vendor of your choice, but must abide by the standards stated below.

Monday-Thursday Shoes	Monday-Thursday Socks, Tights, Leggings
<p>Athletic, casual styled shoes, or flat or low heeled (less than one inch) ankle height boots, must be:</p> <ul style="list-style-type: none"> • Secure fitting • Conservative in style and appearance • Flat or low-heeled (less than one inch) • Color and laces must be black, navy, brown, gray, or white • Conservative accents of any color are acceptable • NO rollers, lights, characters, slippers, moccasins, moccasin styles, open toes, open heels, bold or distracting designs (including plaid, checkered, polka-dot, floral, heavily striped), etc. • Laces must be worn in shoes intended to have laces • Snow Boots or athletic cleats should not be worn in the building, but are acceptable outside the building • 9-12 Boys may wear khaki shoes 	<p>Socks (boys and girls):</p> <ul style="list-style-type: none"> • Must be worn at all times • Solid black, navy, gray, or white • No brand logos • NO stripes or patterns of any kind • Knee socks acceptable for girls (plain or cable knit) <p>Socks (boys, Grades 9-12):</p> <ul style="list-style-type: none"> • May also wear khaki and dark brown socks, Monday-Thursday <p>Tights (girls only):</p> <ul style="list-style-type: none"> • K-6 girls may wear solid black, navy, gray, or white (cable or opaque) • 7-12 girls may wear unpatterned, opaque black or navy • NO stripes or patterns of any kind <p>Leggings (girls, Grades K-6 only):</p> <ul style="list-style-type: none"> • Must be snug fitting and cover the ankle • Solid black, navy, white, or gray • Well-maintained, no holes or staining • Leggings may replace the daily required shorts • NO stripes or patterns of any kind <p>Nylons (girls, Grades 9-12 only):</p> <ul style="list-style-type: none"> • Black, navy, or tan (skin toned) • Must be waist high • Well-maintained, no holes or runs
Friday Dress Shoes	Friday Dress Socks
<p>Casual or Dress styles must be:</p> <ul style="list-style-type: none"> • Closed-toe, solid, dark shoes with conservative black or brown sole • Black, navy, or dark brown • Laces must be the same color as the body of the shoe (ie-black shoe, black laces,) • No accents or additional colors • Conservative in style and appearance • Flat or low-heeled (less than one inch) • No boots 	<p>Boys K-12</p> <ul style="list-style-type: none"> • Solid black or navy socks <p>Boys 9-12</p> <ul style="list-style-type: none"> • Solid black, navy, dark brown or khaki socks <p>Girls K-6</p> <ul style="list-style-type: none"> • Black or navy tights (cable or opaque) • Girls knee socks, black or navy, (plain or cable knit) <p>Girls 7-8</p> <ul style="list-style-type: none"> • Navy and black tights (opaque only, no cable knit) <p>Girls 9-12</p> <ul style="list-style-type: none"> • Tan nylons • Navy or black tights (opaque only, no cable knit) • Socks or footlets must still be worn
Special Event Dress Shoes (Picture day, ALL concerts, & devotionals)	Special Event Dress Socks (Picture day, ALL concerts, & devotionals)
<p>Dress shoe styles must be:</p> <ul style="list-style-type: none"> • Formal DRESS shoes (no athletic shoes) • Solid, dark shoes with conservative black or brown sole • Black, navy, or dark brown • Laces must be the same color as the body of the shoe (ie-black shoe, black laces,) • No accents or additional colors • No contrasting stitching • Conservative in style and appearance • Flat or low-heeled (less than one inch) • No boots 	<p>Boys K-12</p> <ul style="list-style-type: none"> • Solid black or navy socks • Must rise at least 3" above the ankle <p>Boys 9-12</p> <ul style="list-style-type: none"> • Solid black, navy, dark brown or khaki socks <p>Girls K-6</p> <ul style="list-style-type: none"> • Black or navy tights (cable or opaque) <p>Girls 7-8</p> <ul style="list-style-type: none"> • Black tights (opaque only, no cable knit) <p>Girls 9-12</p> <ul style="list-style-type: none"> • Tan or skin-toned nylons
Shoes	Outdoor Shoes
<ul style="list-style-type: none"> • Secure fitting with non-marking soles • Appropriate and comfortable for athletic activities • Suitable for both indoor and outdoor use • All colors are acceptable 	<ul style="list-style-type: none"> • Athletic cleats/Snow boots of any kind are not allowed in the building but may be changed into for outdoor use

Uniform Shopping List, Grades K-6

Girls

To be purchased from Dennis Uniform Company:

- Macbeth Plaid Box Pleated Shift (must fall below kneecap)
- Long-sleeved white Peter Pan collar blouse
- Macbeth Plaid Longer Length Skort (must fall below kneecap)
- Short-sleeved polo shirts (red or white)
- Macbeth Plaid Knife Pleated Jumper (if desired) (must fall below kneecap)
- Navy cardigan, pullover or fleece vest (for warmth in the classroom, if desired)
- Navy sweater vest (4th-6th grades only)

May be purchased from vendors OTHER than Dennis Uniform Company:

Must wear on Friday: One pair closed-toe flat or low-heeled (less than 1") black, navy or dark brown dress shoe with matching sole.

Monday-Thursday: One pair closed-toe secure-fitting, conservative shoes. Base color is black, dark brown, navy, white or gray. Subtle accents are permitted.

Athletic Shoes for P.E. only: One pair secure-fitting, conservative athletic shoes for indoor and outdoor use. All colors are acceptable.

Black or navy snug-fitting shorts (to be worn daily beneath the uniform; may not extend below the hem of the uniform)

Black, navy, gray, or white knee socks, and/or waist-high tights.

Must wear on Friday: Black or navy tights or knee socks



Boys

To be purchased from Dennis Uniform Company:

- Navy pants (can also be purchased at LandsEnd)
- One navy tie
- Short-sleeved polo shirts (red or white)
- Navy cardigan, pullover or fleece vest (for warmth in the classroom, if desired)

May be purchased from vendors OTHER than Dennis Uniform Company:

Long-sleeved white oxford shirt (Dennis, Lands'End, Stafford, Kirkland)

Must wear on Friday: One pair closed-toe flat or low-heeled (less than 1") black, navy or dark brown dress shoe with matching sole.

Monday-Thursday: One pair closed-toe secure-fitting, conservative shoes. Base color is black, dark brown, navy, white or gray. Subtle accents are permitted.

Athletic Shoes for P.E. only: One pair secure-fitting, conservative athletic shoes for indoor and outdoor use. All colors are acceptable.

Black, navy, gray, or white socks.

Must wear on Friday: Black or navy socks.

Uniform Shopping List, Grades 7-8

Girls

To be purchased from Dennis Uniform Company:

- Light Navy Box Pleated Skirt (must fall below the kneecap)
- Navy sweater vest
- Red crossover tie
- Macbeth Plaid Box Pleated Skirt (must fall below the kneecap)
- Short-sleeved polo shirts (red or white)
- Navy cardigan, pullover or fleece vest (for warmth in the classroom, if desired)

If enrolled in P.E.:

- Gray short-sleeved P.E. shirts with AHS logo or approved AHS shirts.
- Navy shorts or AHS athletic shorts and/or sweatpants (recommended for outdoor P.E. activities during cold weather)

May be purchased from vendors OTHER than Dennis Uniform Company:

Must wear on Friday: One pair closed-toe flat or low-heeled (less than 1") black, navy or dark brown dress shoe with matching sole.

Monday-Thursday: One pair closed-toe secure-fitting, conservative shoes. Base color is black, dark brown, navy, white or gray. Subtle accents are permitted.

Athletic Shoes for P.E. only: One pair secure-fitting, conservative athletic shoes for indoor and outdoor use. All colors are acceptable.

Black or navy snug-fitting shorts (to be worn daily beneath the uniform; may not extend below the hem of the skirt)

Black, navy, gray or white knee socks.

Long-sleeved white oxford shirt (approved brands: Kirkland, Stafford, Lands'End, Dennis)

Must wear on Friday: Waist-high opaque unpatterned navy tights

Boys

To be purchased from Dennis Uniform Company or pants from Lands' End (as indicated):

- Navy Blue Pants
- Classic Navy Plain Front or Pleat Front Iron Knee Blend Chino Pants (Lands' End)
- Red tie
- Short-sleeved polo shirts (red or white)
- Navy cardigan, pullover or fleece vest (for warmth in the classroom, if desired)

If enrolled in P.E.:

- White short-sleeved P.E. shirts with AHS logo or approved AHS shirts.
- Navy shorts or AHS athletic shorts and/or sweatpants (recommended for outdoor P.E. activities during cold weather)

May be purchased from vendors OTHER than Dennis Uniform Company:

Must wear on Friday: One pair closed-toe flat or low-heeled (less than 1") black, navy or dark brown dress shoe with matching sole.

Monday-Thursday: One pair closed-toe secure-fitting, conservative shoes. Base color is black, dark brown, navy, white or gray. Subtle accents are permitted.

Athletic Shoes for P.E. only: One pair secure-fitting, conservative athletic shoes for indoor and outdoor use. All colors are acceptable. Black, navy, gray or white socks

Long-sleeved white oxford shirt (approved brands: Kirkland, Stafford, Lands'End, Dennis)

Must wear on Friday: Black or navy socks.



Uniform Shopping List, Grades 9–12

Girls

To be purchased from Dennis Uniform Company or skirt from Lands' End (as indicated):

Dennis Khaki Box Pleated Skirt or Khaki Box Pleat Gabardine Skirt 100% polyester (must fall below kneecap)
Khaki Box Pleat Skirt or Solid A-line Skirt Below-The-Knee (Land's End)
Navy blazer
Albury crossover tie
Navy, khaki, or Macbeth plaid Box Pleated Skirt (must fall below kneecap)
Short-sleeved polo shirts – red, white, navy, or green
Navy cardigan, pullover or fleece vest (for warmth in the classroom, if desired)

If enrolled in P.E.:

AHS Spirit Apparel or approved shirts from various AHS teams, associations or activities.
Navy shorts or AHS athletic shorts and/or sweatpants (recommended for outdoor P.E. activities during cold weather)

May be purchased from vendors OTHER than Dennis Uniform Company:

Must wear on Friday: One pair closed-toe flat or low-heeled (less than 1") black, navy or dark brown dress shoe with matching sole.

White oxford with button down collar (pinpoint or plain weave, no logo - Dennis, Kirkland, Lands'End, and Stafford brands only)

Monday-Thursday: One pair closed-toe secure-fitting, conservative shoes. Black, dark brown, navy, white or gray. Subtle accents are permitted.

Athletic Shoes for P.E. only: One pair secure-fitting, conservative athletic shoes for indoor and outdoor use.

All colors are acceptable.

Black or navy snug-fitting shorts (to be worn daily beneath the uniform; may not extend below the hem of the skirt)

Black, white, gray or navy knee socks.

Must wear on Friday: Socks or footlets.

Boys

To be purchased from Dennis Uniform Company or pants from Lands' End (as indicated):

Navy Blue or Khaki pants
Classic Navy or Khaki Plain Front or Pleat Front Iron or Knee Blend Chino Pants (Lands' End)
Navy blazer
Albury tie
Navy or khaki pants
Short-sleeved polo shirts - red, white, navy, or green.
Navy cardigan, pullover or fleece vest (for warmth in the classroom, if desired)

If enrolled in P.E.:

AHS Spirit Apparel or approved shirts from various AHS teams, associations or activities.
Navy shorts or AHS athletic shorts and/or sweatpants (recommended for outdoor P.E. activities during cold weather)

May be purchased from vendors OTHER than Dennis Uniform Company:

Must wear on Friday: One pair of closed toe flat or low-heeled (less than 1") black, navy or dark brown dress shoe with matching sole.

White oxford shirt with button down collar* (pinpoint or plain weave - no logo Dennis, Lands'End, Stafford, and Kirkland brands only)

Monday-Thursday: One pair closed-toe secure-fitting, conservative shoes. Black, dark brown, navy, white or gray. Subtle accents are permitted.

Athletic Shoes for P.E. only: One pair secure-fitting, conservative athletic shoes for indoor and outdoor use.

All colors are acceptable.

Black, navy, khaki, gray or white socks.

Must wear on Friday: Black, khaki, or dark brown socks.

Emergency Preparedness Comfort Kit

In the event of an emergency at American Heritage School, we believe advance preparation can help all of us feel less anxious about the possibility of an emergency, and can give us a measure of comfort if and when that emergency occurs.

We are working hard to follow the American Red Cross recommendations for school emergency preparedness, and there is something we need your help with. The American Red Cross suggests having an Emergency Preparedness Kit for each child, stored in their classroom during the school year. This is intended to offer comfort, a means of identification and contact information, and some food if the children are required to stay at the school for a period of time.

The items for the kit are supplemental to emergency preparedness items that the school has on hand. The list is very specific. While you prepare your child's kit, we ask that you adhere to the list closely.

The Red Cross has carefully selected these items to ensure proper nutrition for children during an emergency, and to avoid expired food that may make them ill.

Please label each bag with your child's name and his/her teacher's name. Thank you for your cooperation and diligence in this area.

If you have any question please feel free to contact Bob Wheeler at 642-0055 (ext. 314) or bwheeler@ahsmaail.com.

COMFORT KIT SUPPLY LIST

In a one-gallon size zip-lock bag:

___ Change of clothes and socks

In a second one-gallon size zip-lock bag:

___ 1 small flashlight with batteries separate

or 1 non-toxic chemical emergency light stick

___ 1 emergency poncho

___ 1 emergency space/survival blanket

___ 1 spoon

___ 3 granola bars

___ 3 fruit roll ups

___ 2 rolls of Lifesavers or hard candies

___ can of soup or similar food staple with a "pop-top" lid

___ 1 large plastic trash bag

___ A letter or picture from home with identification including name, address, telephone number, emergency telephone numbers, and birth date.

All K-12 students:
Bring your comfort
kit with you to "Meet
Your Teacher" from
11 a.m. to noon on
August 19.



Supply List Grades K-6

AM/PM Kindergarten

- Medium **sturdy** pencil box (5"X8")
- Backpack to fit 12"x 10" folder
- Blunt tipped scissors (Fiskars)
- 2 Erasers – 1"- 2" pink eraser (no pencil toppers or novelty erasers)
- Lunch box (full day)

First Grade

- Backpack (large enough to fit 9"x 12" binder, and additional books) & lunch box
- Medium pencil box (5"x 8") no larger, no zippers
- Erasers – 1"x 2" pink eraser (no pencil toppers or novelty erasers)
- Blunt tipped scissors (Fiskars)

Second Grade

- Backpack and lunch box
- 2 pkgs. #2 Pencils – Ticonderoga brand only
- 1 pkg. Expo dry erase fine tip black markers
- 1 set (12 count) Crayola colored pencils
- 1 set (24 count) Crayola crayons
- 3 Large pink pearls erasers
- Crayola watercolor paint set with paint brush
- Set of scriptures **unmarked** (prefer with tabs) to be kept at school

Third Grade

- Backpack and lunch box
- Set of Scriptures (prefer with tabs) to be kept at school
- 1 set (12 count) Crayola colored pencils
- 1 set (24 count) Crayola crayons

Every student is required to have an Emergency Preparedness and Comfort Kit.

Please remember to label your student's supplies with their name.

Specialty Classes

P.E.: Athletic shoes (see Uniform Policy guidelines)

SCIENCE: Grades 4-6 only: 1 pkg. **wide-ruled** notebook paper, 1 zipper pencil pouch with pencils, 2 highlighters, 1 pkg. Crayola twistable colored pencils and one large eraser (no novelty erasers please)

Fourth Grade

- Backpack and lunch box
- Pencil box (**5"x 8"**)
- 2 pkg. mechanical pencils with extra lead and eraser refills
- 2 Red Pencils—Ticonderoga brand only
- Scissors
- 3-5 small, black whiteboard markers
- 100 sheets **college-ruled** notebook paper (**8½"x 11" in. PLEASE, reinforced if possible**)
- Set of Scriptures (prefer with tabs) to be kept at school
- Please **label all of your boxes and paper packages with your name on them.**
- All supplies should fit in the pencil box you bring to school. Any extras can be put into a labeled baggy to be saved for later use.

Fifth Grade

- Backpack and lunch box
- 2 pkgs. mechanical pencils with extra lead and eraser refills
- 1 box of red pencils
- 100 sheets college-ruled reinforced notebook paper (8½"x 11" in.)
- 1 box skinny **BLACK** whiteboard markers
- Set of Scriptures (prefer with tabs) to be kept at school
- Pencil Box (no larger than 5x8)

Sixth Grade

- Backpack and lunch box
- 2 pkg. mechanical pencils with 0.7mm lead with extra eraser and lead refills
- 1 pkg. of each red and black erasable pens
- 1 set (12 count) standard colored pencils
- 300 sheets college-ruled notebook paper
- Flash drive
- Set of Scriptures* (prefer with tabs) to be kept at school
- Pencil box or pouch (Fallon & Salvesen)
- Protractor and compass (Fallon & Salvesen)
- Whiteboard marker kit (Salvesen)
- Ruler (Salvesen)
- 1 pkg. assorted colored pens (Salvesen)
- Composition Notebook (Randall)



Supply List Grades 7-12



Seventh Grade

- Full set of scriptures to be kept at school
- 1 pencil eraser
- 12 #2 pencils - Ticonderoga brand or mechanical pencils
- 1 Yellow highlighter
- Zippered pencil/pen pouch, 3-holed (for core class)
- 4 pkgs. college ruled paper lined paper
- No pencil sharpeners
- Flash drive
- Water bottle with attached lid

Eighth Grade

- Set of scriptures (prefer with tabs) to be kept at school
- 2 Yellow highlighters
- Zippered pencil/pen pouch, 3-holed (for core class)
- 3 pkgs. College ruled paper lined paper
- 12 #2 pencils - Ticonderoga brand or mechanical
- 6-10 pens - some in red, blue and black ink
- Large Eraser
- 1 pkg. colored pencils
- Flash drive, optional

Math Supplies Grades 7-12

Calculator Options:

Pre-Algebra: Inexpensive calculator

Algebra 1 and Algebra 2: TI-30X IIS or TI-84

Adv. Math and Calculus: TI-84 or TI-84+

Ninth-Twelfth Grades

- Set of scriptures to be kept at school
- *For the Strength of Youth* booklet
- Laptop computer (optional)
- 2 pkgs. College ruled paper lined paper
- #2 Pencils
- 4 Black Pens
- Colored pencils
- Flash drive (please label with student's name) optional

Every student is required to have an Emergency Preparedness and Comfort Kit

Electives Grades 7-12

SCIENCE: 7th and 8th grade only

- 2 pkgs. wide-ruled notebook paper
- 1 zipper pencil pouch with pencils,
- 2 highlighters
- one large eraser
- 1 pkg. graph paper

BALLROOM DANCE:

Boys - Black pants, black tie, white button-down long sleeve shirt, dance or dress shoes

Girls - White and black fitted tee, black biker shorts, black dance skirt will be ordered by Ballroom teacher. Cost is \$38.00. Latin dance shoes can be purchased at a local dance company or at lightinthebox.com

P.E.: P.E. clothes and shoes (see Uniform Policy)

8th-12th GRADE CHOIRS: Black tights for girls

TECH CREW: Safety glasses and leather work gloves

COMPUTER TECH: 1 Flash drive (labeled with student's name)

BIOLOGY: flash drive (labeled with student's name), 3 pkg. of college ruled lined paper, and pencil pouch with pencils

SPANISH 2: Preach My Gospel in Spanish

YOGA: Bullet Journal, yoga mat, 2 yoga blocks





American Heritage School Foundations Training

Monday, August 12, 2019
8 a.m.– 3:45 p.m., North Auditorium



American Heritage School Foundations Training includes classes to educate AHS parents, teachers, and the public about our mission, guiding principles, methodology and pedagogy.

Classes will focus on:

- The Mission Statement of American Heritage School
- The Seven Principles of Liberty that we use to guide our teaching
- Methodologies employed in the classroom, and
- Best practices by teachers and parents to promote student learning

Snacks and lunch will be provided. Dress is business casual or casual.

All AHS current faculty and staff and new AHS parents are required to attend. Returning AHS parents may also attend. The registration fee for the above individuals is waived, though they must still register. The general public is welcome and encouraged to attend.

Registration fee for the general public is \$35.

All attendees must register for this event before August 3. Go to <https://american-heritage.org/events/foundations-training/> to register.





AHS FOUNDATIONS TRAINING 2019 "HOW FIRM A FOUNDATION"

Day 1: All AHS Employees, New Parents, and Guests

DAY 1: Monday, August 12, 8:00–3:30 p.m., North Auditorium		
8:00-8:15 a.m.	Welcome and Introductions Grant Beckwith	
8:15-8:45 a.m.	Message from the AHS Board of Trustees Jim Stice, AHS Board Chairman	
8:45-9:15 a.m.	<i>"The Fabric of Character: Clothing Ourselves with the Bonds of Charity"</i> AHS Vision & Strategy 2019–20 Grant Beckwith	
9:15-9:45 a.m.	AHS History and Mission Statement LaDawn Jacob	
9:45-10:00 a.m.	Break	
10:00-10:45 a.m.	Seven Principles of Liberty (1-4) and Practical Application in the Classroom & Home Dr. Jenet Erickson	
10:45-11:00 a.m.	Break	
11:00-12:00 p.m.	Seven Principles of Liberty (5-7) and Practical Application in the Classroom & Home Dr. Jenet Erickson	
12:00-1:00 p.m.	Lunch (Catered) Recreation Hall	
1:00-1:30 p.m.	Parent Service Organization Introductions and New Parent Orientation Laura Hale	
1:30 p.m.	Wrap-up and Dismissal for Parents	
1:45 p.m.	K-3 New Families (Rm 109 1:45-2:45 p.m.)	All AHS Employees (K-12 Faculty) (North Auditorium - 1:45 - 2:30 p.m.)
	Spalding Training (Linda Strong)	<i>"Keeping Ourselves Workways with the Wind and the Waves"</i> A Conversation with Faculty About School Culture, Curriculum, and Mission Alignment (Grant Beckwith)
2:40-3:30 p.m.	Dept. Meetings K-12 Core Teachers	Dept. Meetings K-12 Specialty Teachers
	K-3 (Rm 106), 4-6 (Rm 205) 7-12 History (Rm 403), 7-12 English (Rm 405) Science (Rm 508), Math (Rm 525)	Athletics (Rm 708), Foreign Lang. (Rm 401), Fine Arts (Rm 456), Reading (Library), Intervention (Intervention Rm)
3:30-4:00 p.m.	Board Room	Department Chair Meeting (Charné Adams, Elizabeth Acuña, Blaine Hunsaker)



American Fork, Utah

2019-20 School Calendar

Updated 6/27/19; Please visit american-heritage.org/calendar/ for current version



For the most current version of the school calendar please go to: american-heritage.org/calendar

August			September			October			November			December			
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	
		31	1	2	2	3	4	5	6	1	2	3	4	5	6
5	6	7	8	9	9	10	11	12	13	4	5	6	7	8	
12	13	14	15	16	16	17	18	19	20	11	12	13	14	15	
19	20	21	22	23	23	24	25	26	27	18	19	20	21	22	
26	27	28	29	30	30					25	26	27	28	29	

January			February			March			April			May		
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
		1	2	3	2	3	4	5	6					
6	7	8	9	10	3	4	5	6	7	6	7	8	9	10
13	14	15	16	17	10	11	12	13	14	13	14	15	16	17
20	21	22	23	24	17	18	19	20	21	20	21	22	23	24
27	28	29	30	31	24	25	26	27	28	27	28	29	30	31

K-4 Elem. Experiential Learning 5/18	No school K-6/K-6 In-service Day	Snow Make Up Day, School Holiday 4/3	New Teacher Training
5-6 Elem. Exp. Learning 5/18-19	No school K-6/K-6 Reading Assessment Day	K-12 Parent-Teacher Conferences	School Holiday
9-12 Experiential Learning 3/9-13	New Student Orientation & Meet The Teacher 8/19	Faculty Family Retreat Day 8/16	Office Closed
7-8 Experiential Learning 4/27-29	Foundations 8/12, Teacher Training 8/12-16	No School K-12/K-12 In-service	Parent Meetings 8/28, 1/23
First/Last day of School			

Term 1 = 37 days Term 3 = 39 days
 Term 2 = 35 days Term 4 = 47 days

Term 1: August 21–October 16, 2019	Term 3: January 6–March 5, 2020
Term 2: October 22–December 17, 2019	Term 4: March 9–May 22, 2020

Class Devotionals/Programs

Kinder Devotional	12/6	7th Grade Devotional	5/7
1st Grade Devotional	1/24	8th Grade Devotional	2/6
2nd Grade Devotional	11/22	9th Grade Devotional	2/28
3rd Grade Devotional	4/30	10th Grade Devotional	2/13
4th Grade Devotional	3/19	11th Grade Devotional	4/15
5th Grade Patriotic Program	2/21	12th Grade Devotional	5/12
6th Grade Devotional	10/25		

School Holidays/Breaks

First Day of School	8/21	Martin Luther King Jr. Day	1/20
Labor Day	9/2	President's Day	2/17
Fall Break	10/17, 18, 21	Snow Make-up Day	4/3
Thanksgiving Holiday	11/25-29	Spring Break	4/6-4/10
Christmas Holiday	12/19-1/3	Last Day of School	5/22



AMERICAN  HERITAGE
SCHOOL
AMERICAN FORK, UTAH
EST. 1970