



January 27, 2022

All Parents and Students
American Heritage School

American Heritage School American Fork Campus Programs and Offerings 2022–23

Dear Parents and Students,

Since 1970, with an enrollment of 85 students, American Heritage School has grown to become a flourishing K–12 private school serving nearly 1,100 students on American Fork campus. As exciting as our physical growth is, our vision for the future depends more than ever upon touching individual hearts with the light of Christ and His teachings. We offer a truly unique and powerful education experience—one that leverages rigorous academics in context of faith and Christian character to inspire the hearts and minds of each child, one by one. We have grown carefully through the years, intensely focused on our mission, and open to feedback from all in our school community, including parents, students, teachers, and board members. As a dually accredited member of regional and national accreditation associations, we also continue to network with and learn from other outstanding private and public schools throughout the country.

Each year we make significant improvements, and we are pleased to share with you here the highlights of current programs and offerings, as well as a few changes that you can expect in the upcoming school year. **New programs and offerings are highlighted in bold.**

Elementary School Programs (Grades K–5)

Elementary School General Philosophy. The elementary program at American Heritage School acknowledges that “children are an heritage of the Lord” (Psalms 127:3). Our greatest responsibility as teachers is to help children feel safe and loved so that they can clearly understand and magnify their divine identity and purpose. Teachers are trained in a principle-based approach that encourages moral reasoning combined with free and open inquiry. This approach motivates learning, exploration, creativity, and play in an atmosphere of faithful and inspiring discovery.

Elementary Homeroom and Specialty Subjects. Kindergarten options include full- or half-day programs. Grades 1–5 are all full-day programs that include five homeroom subjects of English, Math, History, Literature, and Geography, which are taught by the homeroom teacher, as well as five specialty subjects of Science, Art, Music/Choir, and Physical Education, and Library/Keyboarding/Computer Skills which are taught by specialized teachers in rooms devoted to those disciplines.

Elementary Language Arts. English language (reading, writing, spelling) is taught K–3 using the Spalding program, which takes a multi-sensory approach to teaching language (“see it, hear it, say it, write it”). Spalding combines both phonetic and whole-reading strategies. Orthography (cursive) is emphasized beginning in second grade, and grammar and etymology are emphasized as part of a comprehensive writing and composition program in upper elementary school (grades 3–5). Our second through sixth grade teachers previously received training on text comprehension from the University of Utah’s Reading Clinic, and this past year, our second through fifth grade teachers received training from the UURC on Writing in Text. We have seen continued growth in the area of

comprehension, and when combined with our continuing focus on foundational and distinctive faith-based approaches we expect to see continued growth.

Elementary Math & Science. Math and science are given significant emphasis at the school at all grade levels. Kindergarten uses a combination of Right Start Math (a little more hands-on math learning, abacuses, manipulatives) and Saxon Math (a very solid, traditional, math-fact-based approach. Saxon Math is used at AHS in grades 1–12. By grade 5, students master multiplication tables (through 12x12) and have a firm foundation in basic mathematical operations of multiplication, division, addition, and subtraction. Science includes a comprehensive scope and sequence beginning in Kindergarten that includes introductions and increasingly advanced units in Earth Science, Zoology, Astronomy, Botany, Geology, Anatomy/Physiology, Cytology, Ornithology, Oceanography, Meteorology, Chemistry, Physics, and Robotics. We have increased the number of science labs within our K–5 grades so that students work more frequently with science tools and equipment. We aim for engaging experiences in science. Extracurricular science fairs are offered for those students who are interested. Our fifth-grade students are participating in our new Space Center.

Physical Education Standards K-5. **Our K–4 PE program has been elevated in focus to reflect the 4R process that is foundational at American Heritage School. Lesson plans also reflect unit objectives, academic objectives, and a review of the six areas of wellness (Physical, Mental/Emotional, Spiritual, Intellectual, Environmental, Social).** Our K–8 PE department is implementing a curriculum that will focus on four areas of health. These are fitness (muscles), motor skills (hands and feet), cognitive skills (hands and feet), and effective skills (heart). These categories of fitness will be aligned across the grades in a format that will allow us to track the health and wellness of students and their progression in these areas. The alignment will allow physical education teachers to communicate with parents regarding the status and progress of their child’s health and wellness.

Grade Level Devotionals. Each full-day class within a grade level, combines for their annual grade level devotional. These devotionals are inspiring and are filled with words/stories and songs that elevate the soul.

Elementary Extracurricular Activities. Elementary extracurricular orchestra and choir (beginning and intermediate) are offered conditional upon successful audition. Elementary students are also invited to participate in after-school Patriot Book Group which is offered based upon interest.

Elementary Calendar & Daily Schedule. The daily schedule for K–5 classes begins at 8:30 a.m. and concludes at 3:10 p.m. As is currently the practice in most classrooms, beginning at 8:15 a.m., teachers in grades K–5 also provide supplemental enrichment activities for students who arrive early and are awaiting the 8:30 a.m. bell. As always, if families have special circumstances pertaining to arrival or dismissal, we will be as flexible as possible to accommodate those schedules.

Elementary School Student Council. The Elementary Student Council Program for fifth grade continues to flourish. It is separate from, but prepares students for, participation in the Student Council Association in middle and high school. The Elementary Student Council Program teaches important principles of representative government through all-student meetings and student activity planning. Students learn to have a voice through making program proposals, and they also take a visible leadership role by encouraging and inspiring classmates to keep important Honor Code commitments, including standards relating to kindness, respect, and the school uniform. Elementary student government instituted a school-wide paper recycling program that has increased the awareness of students and faculty for the stewardship that they have for wisely using, sustaining, and preserving resources. Mrs. Julie Arnold and Mrs. Kortnie Manwill currently serve as the Elementary Student Council advisors, meeting bi-weekly with students. Mrs. Charné Adams, K–5 Assistant Principal, and Mr. Chase Hale, Principal, continue to be closely involved with the Elementary Student Council program, giving leadership training at the Elementary Student Council Retreat, and assisting in teaching organizational and leadership skills throughout the year for various events.

Experiential Learning in K–5. 2022–23 marks our fifth year offering *Experiential Learning* for elementary students, which we plan to continue and refine. Students engage in project-based learning through both authentic and simulated experiences. Teachers design courses based on interest, allowing students to opt into courses of their choice. Field learning is also employed, which gives students opportunities to discover the world beyond the walls of their classroom. Courses such as the following have been offered in previous years and continue to be offered based on interest level: Pioneer Village, Cooking, Create Encounters, Engineering Fun, Outdoor Odyssey, Baking Basics, Kidknits, Geology Rocks, Origami, Crochet, Book Making, Fitness Fun, Flower Arranging, and exploration of various countries etc.

Elementary Reading Assessments. In order to meet the reading needs of each child, each teacher individually assesses their students in reading three times throughout the year: the beginning, middle, and end of the year. Reading assessments inform instruction and help teachers to meet each student at his/her learning threshold. Teachers monitor student reading progress consistently to ensure continued growth in reading.

Elementary Reading Intervention Department. Our Reading Intervention department is staffed by personnel with experience in reading intervention. The expertise of our Reading Intervention faculty has facilitated many students making significant gains in reading over the course of the year, upon which we will build and grow for years to come. Our Intervention teachers continue to receive additional training each year to specialize their skills in helping struggling readers across the K–8 levels.

Elementary Faculty Training. K–5 teachers receive monthly in-service training in areas including principle-based teaching methods, specific subject-matter discipline, classroom management, training on special needs such as ADHD and Executive Dysfunction, specialized reading instruction techniques, and more. Additionally, 2–5 teachers have been trained in Text Comprehension and Writing in Text by specialists from the University of Utah Reading Clinic.

Middle School Programs (Grades 6–8)

Middle and High School General Philosophy. Adding to the foundation that is laid in elementary school, the middle and high school programs at American Heritage School acknowledge that adolescent years are a critical development phase during which students are discovering the power that they have to be “agents unto themselves” (D&C 58:28). We acknowledge the growing importance of choice and accountability and recognize that two of the most important reasons that students attend school are to have positive social interactions (good friends), and a feeling of success and preparation for post-secondary life (academic achievement, missions, college, family, career, etc.). Keeping these principles in mind, it is important to understand that American Heritage School is not just a “college preparation school”—though we care deeply about preparing students for a successful college experience—rather, we are first and foremost a “mission preparation school” in the broadest sense of that phrase. Our job is to help students magnify their various missions in life with whatever gifts they have been given. Our success with each student depends more than ever upon touching individual hearts with the light of Christ and His teachings, as well as equipping each graduate with the necessary skills and expertise to deliver that light in the ever-changing world into which they will embark.

Middle School Culture Focus. Starting in the fall of 2021 increased emphasis was placed on establishing and developing a unique middle-school culture. Students and teachers were encouraged to look for opportunities to serve peers including in elementary school. Students were encouraged to be deliberate in choices that encourage self-government and ownership of their education. Middle School Student Council was given increased responsibility to welcome new students and encourage students to fulfill their commitments in Honor Code, Stewardship, and Uniform. Teachers have intentionally included additional service opportunities in their curriculum.

Middle School Homeroom and Specialized Instruction. All students in grades 6–8 have the benefits of a combined homeroom and specialized instruction model that includes both an integrated homeroom class taught by a single instructor as well as specialized instruction in math, science, fine arts, world languages, and electives. Homeroom instructors integrate the subjects of Language Arts, Literature, Writing/Composition, and History/Geography. As in previous years, grades 6–8 also have devotional as a separate 30-minute daily subject taught by their homeroom instructor. Given the importance of understanding the Constitution, all eighth-grade students take a Constitutional Studies Course from Jeff Hymas, Director of the Constitution and Civility Center at American Heritage School.

Middle School Reading Intervention and Reading Comprehension Program. Starting in 2019–20, specialized reading instruction and reading intervention services were made available by our Reading Intervention Department to students who needed or desired additional support in this critical area. Starting in January 2021 we offered instruction to strengthen reading comprehension for students in grades 6–8. During in-service meetings, our Reading Intervention Department faculty and Reading Specialists from the University of Utah Reading Clinic trained our school faculty on strategies to improve reading comprehension for students in classes across the subject spectrum. Additionally, Jennifer Nielsen, our middle and high school Reading Intervention Specialist, attended classes regularly in a clinical observation/support role to help students better learn these strategies. Teachers have found that this additional support helps them to focus on meeting the needs of their students to help all students read at or above grade level.

Middle School Mathematics. The math program is a particular strength at American Heritage and continues to be an area of focus in 2022–23. In a continuing effort to meet students at their various individual levels, we plan to continue our approach of relatively small math classes in our middle school math department. Saxon Math will continue to be used in middle school. The math department offers an increasing number of high school student math tutors who are able to service our middle-school students after school for one-on-one tutoring. Additionally, many AHS math teachers stay after school on a regular basis to help students who need one-on-one math tutoring. In an effort to build on the strengths of our various math teachers, and to provide a more tailored math experience for different levels and kinds of math learners, the Math Department has found ways to increase the flexibility of math homework and grading policies on a class-by-class and teacher-by-teacher basis while still adhering to important department-wide expectations.

Middle School Science. AHS invests heavily in student achievement in science, scoring well above national norms on standardized science assessments in middle school (Explore). We continue to leverage field learning, experiential learning, and community project-based opportunities to provide students with science instruction and experiences outside of the classroom, including continued participation in regional science fairs. **In January 2021, the American Heritage School Space Center experienced its inaugural space mission with a sixth-grade class. We continue to enjoy subsequent space missions and each of our middle school classes will be able to experience those this school year.**

Middle School Performing and Fine Arts. American Heritage School offers choral curricular instruction for all students in grades six and seven and as an elective for students in eighth grade. Additionally, art instruction is offered to all students in grades six through eight as either an elective or a required course. Students in seventh grade are introduced to public speaking and presentation through a seventh-grade Speech elective. Additionally, students in eighth grade can participate in Shakespeare Play Production, Beginning Technical Theatre, and Ballroom Dance.

Middle School Physical Education and Wellness. **Due to a generous donation, the school acquired Heart Monitoring Systems that allow students to track their heart rate while exercising. We are currently using this tool in our middle school physical education classes. Students are learning to adapt their level of physical exertion during exercise for optimal health. Also new this year we offered a middle-school basketball electives class taught by Coach Winitana.**

Middle School Technology Instruction. Recognizing the vital role of technology in education, in 2021–22 we reallocated the Computer Technology requirement to our eighth-grade classes.

Middle School Electives. Please see the Middle School Course Descriptions and the Course List for a list of Middle School Electives.

Middle School Experiential Learning (Grades 6–8). Middle school students will be able to participate in three different Experiential Learning courses over a three-day period. Students will participate in one course in each of the following three areas: STEM (Science, Technology, Engineering, Math), Fine Arts, and Health and Wellness. We believe this format will expose our middle school students to in-depth learning in each of these areas thereby giving them broader opportunities for growth. In these courses, students engage in project-based learning through both authentic and simulated experiences. Teachers design Experiential Learning courses based on interest, allowing students to opt into courses of their choice. Field learning is also employed, which gives students opportunities to discover the world beyond the walls of their classroom. During 2021 Experiential Learning the following STEM Courses were offered: Brain Power; Careers in Science; Ornithology; The Amazing Catapult; Woodworking and Repairs. The following Health and Wellness Courses were offered: Cooking Around the World; Health and Fitness; Mindfulness: Becoming Emotionally Strong; Mountain Biking; The Human Body: A Magnificent Gift. The following Humanities Courses were offered: Floral Design; Interior Design; Photography; What is Beauty.

High School Programs (Grades 9-12)

New High School Specialized English and history classes. In the 2021–22 school year, our high school English and history departments chose to offer semesterized, intensive, more narrowly focused classes similar to a college model. These courses allow students to pursue their unique interests in history and literature. New courses include the following:

English

- Adventure in Non-Fiction (Hilmo)
- Asia and Africa in Literature (Dye)
- Dating, Marriage and Family in Literature (Dye)
- Les Miserables (Earnest)
- Literature and Film (Sadleir)
- Lord of the Rings (Earnest)
- Science Fiction and Fantasy (Dye)
- Short Stories and Poetry (Hilmo)
- Short Stories (Bichon)
- The Power of Story (Earnest)

History:

- Contrasting Views of the Constitution (Hancock/Hymas)
- History of the Civil War (Hymas)
- History of Communism (Dye)
- History of Greece (Hancock)
- History of Rome (Hancock)
- History of the Crusades (Hancock)
- History of World Religions (Dye)
- Innovation and Discovery (Back)
- World History I and II (Hancock)
- World Wars I and II (Back)

In the 2021–22 school year we also offered the following new electives for high school students:

Creativity Lab (STEM Creativity Lab by physics instructor Alex DeBirk), Floral and Interior Design (Laura Yamada), Creative Writing (Jake Earnest), Vertical Jump Training Class (Brian Smith), Fitness for Life (Brian Smith). See the comprehensive list of 2022–23 high school electives and course descriptions.

High School Graduation Requirements. In order to graduate from American Heritage High School, 29 credits are required according to the attached “High School Graduation Requirements” list. The vast majority of students enrolling in our High School receive 7 to 8 credits per year for their coursework, depending upon their specific class schedule. **In an effort to help students develop essential life skills for well-being, starting in the 2022–23 school year, we will be requiring students to take a series of term-length courses. These courses will focus on points four through seven of our Mission Statement. The courses include Family Relationships (Hale) and Science of Happiness (Acuna) in the ninth grade, Principles of Leadership (Beckwith) and Civics and Civility (Hymas and Hancock) in tenth grade, Financial Literacy (Hendrickson) and Life-Long Wellness (Coach Smith) in eleventh grade.**

Sterling Scholar Awards. **This year American Heritage was approved to participate in the Sterling Scholar Awards, a scholarship program previously only available to public school students.** The purpose of the Sterling Scholar Awards Program is to publicly recognize and encourage the pursuit of excellence in scholarship, leadership and citizenship of high school students in the State of Utah. The *Deseret News* and KSL Broadcast Group developed the program to focus attention on outstanding students, recognize them publicly, and award scholarships and tuition waivers from participating institutions. The Sterling Scholar Awards Program seeks to commend and encourage excellence among all nominees. American Heritage will nominate students in the following fourteen areas: English, Mathematics, Social Science, Science, World Languages, Computer Technology, Skilled and Technical Sciences Education, Family and Consumer Sciences, Business and Marketing, Speech/Theatre Arts/Forensics, Vocal Performance, Visual Arts, Instrumental Music, Dance.

Advanced Placement Courses. In 2021, we administered 68 AP exams. **We had a 100% pass rate in Physics, Chemistry, Biology, AP European History, Microeconomics, and Macroeconomics. We had a 92% pass rate in English Language and Composition and an 89% pass rate in English Literature and Composition. AHS continues to have a strong average AP pass rate (80%) for the past eight years.** In contrast, the national pass rate for AP exams is 57%. **American Heritage continues to have high student participation and pass rates on AP exams of 29.2%. Nearly 1/3 of our high school students take an AP course and pass the exam. In contrast, Utah has student participation and pass rates of 3.9%.**

For high school students in 2022–23, we are pleased to offer the following ten AP-certified electives: AP Computer Science, AP English Language and Composition, AP Literature, AP European History, AP Calculus (AB), AP Chemistry, AP Music Theory, AP Physics C, AP Statistics, and AP US Government. Note that AP credit may be received by successfully passing an AP exam *regardless of whether an AP course, text, or curriculum was actually taken or provided.* In connection with American Heritage School’s AP program, we provide subject-specific mentors, college advisement services, information pertaining to AP test dates, in-house AP exam location (all AP exams can be administered at the school), preparation opportunities, and we also make available to students AP study guides and other preparation materials.

High School Mathematics. The math program is a particular strength at American Heritage and continues to be an area of focus in 2022–23. In a continuing effort to meet students at their various individual levels, we plan to continue our approach of relatively small math classes in our high school math department. Saxon Math will continue to be used through AP Calculus (AB). In addition to weekly volunteer math labs available to all students, many AHS math teachers stay after school on a regular basis to help students who need one-on-one math tutoring. In an effort to build on the strengths of our various math teachers, and to provide a more tailored math experience for different levels and kinds of math learners, the Math Department has found ways to increase the flexibility of math homework and grading policies on a class-by-class and teacher-by-teacher basis while still adhering to important department-wide expectations.

High School Science. AHS invests heavily in student achievement in science, scoring well above national norms on standardized science assessments in middle and high school (PLAN, PSAT, and ACT exams). We continue to leverage field learning, experiential learning, and community project-based opportunities to provide students with science instruction and experiences outside of the classroom, including continued participation in regional science fairs. We have successfully constructed our STEM Creativity Lab and Space Center. A long-time goal for our science department, this new addition allowed American Heritage to offer a new course for our high school students titled Creativity Lab. The Creativity Lab course will be taught by Mr. DeBirk, our AHS Physics & Engineering Instructor and former NASA Jet Propulsion Laboratory engineer. In this popular course, students have been able to choose a personal project from various modules or custom design a project that interests them. Students complete this project throughout the year in a collaborative workspace designed for problem-solving, creating and exploring. Students have chosen projects such as making artificially intelligent vehicles; remote-control planes; speaker design; custom rockets; guitars and electric basses. Students have been taught to use AutoCAD and SolidWorks computer programs, laser cutters, CAD Drafting, a CNC machine (computer-aided design and materials cutting), a GlowForge (3D later manufacturer/carver), 3D printers, woodshop equipment and drills, metalwork equipment, computer programming software, multimedia design, graphic design, Arduino boards and Raspberry Pi computer equipment.

High School Reading Comprehension Program. Starting in 2021–22, specialized reading instruction and reading comprehension services were made available by our Reading Intervention Department to students who needed or desired additional support in this critical area. During in-service meetings, our Reading Intervention Department faculty and Reading Specialists from the University of Utah Reading Clinic trained our high school faculty on strategies to improve reading comprehension for students in classes across the subject spectrum. Additionally, Jennifer Nielsen, our middle and high school Reading Intervention Specialist, will be attending in a clinical observation/support role to help students better learn these strategies. Teachers have found that this additional support helps them to focus on meeting the needs of their students to help all students read at or above grade level.

High School Physical Education and Wellness. Starting this school year, we offered a Vertical Jump Training course for high school. Additionally, we changed the format for Fitness for Life to include more comprehensive training in health and nutrition. We continue to offer PE elective classes including Volleyball Fundamentals, Basketball Fundamentals, Athletic Conditioning, Patriot Academy which is specialized Basketball instruction for junior varsity and varsity level basketball players during the curricular day. **We continue to develop and implement a comprehensive Physical Education K-12 curriculum that will be further refined in the 2022-23 school year. Starting the 2022-23 school year, all eleventh-grade students will be required to take a term course offered by Coach Smith called Life-long Wellness. This course will focus on teaching habits and nutrition for a healthy lifestyle.**

High School Fine and Performing Arts. **New this year, Chamber Choir has been invited to perform at the Aloha State Choral Festival at the University of Hawaii. Additionally, they will have an opportunity to perform alongside the BYU-Hawaii Choirs. We are being hosted by the head of the Kamehameha School and will be staying in their on-campus dormitories.** American Heritage Choirs continue to earn Superior Ratings at Regional and State Choir Festivals each year. Additionally, this year our Chamber Choir won a high school choir competition and was spotlighted on KBYU for their beautiful rendition of *Where Shepherds Lately Knelt*. Additionally, they were offered opportunities to record more music at the Classical 89 station at BYU. American Heritage School Ballroom program continues to receive numerous gold-level team and individual recognition in a variety of competitions.

High School Electives. In the 2022–23 school year, we anticipate offering curricular electives listed on the Course Descriptions (attached) and Course List (attached) for high school students (grades 9–12). These electives satisfy high school graduation requirements, including fine and performing arts, world languages, science, math, and physical education. The courses offered by our English and history departments are listed above in that section. **The courses that we anticipate offering for the first time in the 2022–23 school year are listed below.** The actual offering of classes listed here is subject to interest, enrollment, and budget considerations.

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- Civics and Civility
- Family Science
- Life-long Wellness
- Science of Happiness

High school students desiring to take many of the above-listed electives AND complete the seminary program may elect to take early-morning seminary one or more years in high school.

9–12 Experiential Learning. American Heritage School’s Experiential Learning serves as a unique and intensive implementation of the 4R-ing methodology, with the aim of bridging academic experiences with an exploration of real-world applications. Experiential Learning is a course of study devoted to a single subject selected by the student. For the March 2021 Experiential Learning, we offered courses in Acting and Film Production; Architectural Rendering; Astrophysics and Rocketry; Breadmaking; DIY Home Essentials; Emergency Response; Health and Fitness; Historical Book Binding; Landscaping; Graduation Track Remediation; Legends; Mindfulness; Becoming Emotionally Strong; Music Composition and Song Writing; Musical Theatre Review; Oil Painting; Organ Fundamentals; Ornithology; Performing and Recording Artists Development; Spoken Poetry Café; STEAM Explorations. During Experiential Learning Week, regular classes in grades 9–12 are suspended and replaced with project-based, real-world learning experiences in academic fields of interest to AHS students under the mentorship of qualified AHS instructors, guest presenters, and practitioners. Courses include field learning, laboratory study, and guest presenters. High school students receive a letter grade and .25 credits for each year of Experiential Learning Week participation. Experiential Learning credit is required for graduation.

ACT Exam Preparation Courses. **ACT Boot Camp will be held June 13–15 from 8 a.m. to noon at American Heritage School.** American Heritage School provides ACT Exam courses taught by Mrs. Ann Meeks on Inservice Fridays throughout the school year when regular school is not being held. Ann Meeks has extensive experience teaching ACT preparation courses throughout the western United States. All students take an initial diagnostic practice ACT, which is graded personally by Mrs. Meeks. She then provides individualized comments to each student including recommendations and test-taking strategies to improve their ACT score. These skills are subsequently taught in free, monthly ACT prep classes focused on the different components of the ACT exam.

Seminary. The LDS Church Seminary and Institute Program offer release-time sections of seminary held on-campus at American Heritage School throughout the day, including an early morning section of seminary from 7:20 a.m. to 8:25 a.m. (except the last day of the school week). Given AHS’s mission of educating students in the light of the Restored Gospel, Seminary is strongly encouraged for all AHS high school students, including those who are not members of the LDS Church; however, seminary is not required for graduation. Students opting not to take seminary should speak with AHS administration.

K–12 Extracurricular Athletics. The sports programs offered for grades 9–12 are basketball, soccer, cross-country, volleyball, tennis, track and field and fall baseball. Most high school sports include boys’ and girls’ teams, as well as frosh, junior-varsity and varsity levels, based upon demand. The sports programs offered for grades 7–8 in the 2021–22 school year (all expected to carry for 2022–23) are basketball, soccer, cross-country, ultimate frisbee, and track and field. In high school, all participation in AHS sports programs counts toward Physical Education graduation requirements. AHS offers opportunities for all students to participate in athletic sports at various levels if they desire. Athletes are selected for one of the following options based upon experience and commitment level:

- UHSAA (Utah High School Activities Association): ninth through twelfth grade only; highest competition, highest expense, highest time commitment.
- USSA (Utah School Sports Association): ninth through twelfth grade; medium competition, medium expense and medium time commitment.

- UCSSAL (Utah Charter and Small Schools Athletic League): sixth through eighth grade only.

Although the “All Participation” approach does not include a *pure* “no-cut” policy (we make necessary “cut-offs” in terms of the maximum number of students that are allowed for UHSAA and other teams), we have been successful at adding teams where demand warrants it, and virtually all interested AHS students have had an opportunity to participate in team-based sports opportunities over the last two years that the all-participation policy has been in place. Well over half of AHS students in grades 7–12 wear their school’s jersey for at least one sport.

K–12 Extracurricular Performing Arts and Other After-School Programs. Extracurricular drama and musical productions, as well as the extracurricular orchestra, harp ensemble, band, and choir (beginning, intermediate, and advanced), are offered conditional upon successful audition. High School students are also welcomed to participate in the Improvisation Troupe, National Honor Society (based upon meeting academic requirements), after-school Spanish (K-8), after-school Ballroom (5-7), and Patriot Reading Group (K-5). Participant fees for each activity vary, including some that are free.

In the 2022–23 school year we will be starting an after-school Space Academy for students in grades 5–12 where students will be able to enjoy space exploration under the direction of AHS Physics and Engineering Instructor, Alex DeBirk. Please watch for additional information about this opportunity.

AHS continues to offer afterschool Strength and Conditioning classes allowing students to get personalized instruction and training with Coach Smith, the school’s Trainer and Director of Conditioning. In keeping with our “All-Participation” policy, we now have 25 total basketball teams: four in middle school, nine in high school, and 12 Bantam teams for our students in grades 3–7.

K–12 Summer Programs. For the past several summers, AHS has successfully offered a variety of summer courses for students. Course offerings in previous summers included Code to Success: Coding Class, STEAM Camp, Photography, Film Production, Growth Mindset, Navigating Teen Years, Storytelling, Boys Volleyball, Girls Volleyball, Boys Basketball, Tennis, Girls Basketball, Sewing, Group Voice Lessons, Cooking, Drama/Theatre, Constitution Bee, and Algebra I. These classes are open to currently enrolled AHS students and other students in the community. Amazing Read Summer Adventure (a free course opened to all K–5 students) will also be offered. Anticipated registration for courses in 2022 will be available in April. Watch for a course catalogue around that time.

Middle and High School Student Council. Middle and High School Student Council operates with various offices in grades 6–12 and operates with their own budget. Middle and High School Student Council officers will continue to have direct access to the administration. High School Student Council class will meet weekly during the eighth period. Mr. Adam Hendrickson and Mrs. Melisa Hendrickson currently serve as Student Council advisors and will continue to teach a .5-credit Student Council class during the week that will give high school Student Council officers curricular time to plan and organize their events. Middle School Student Government meet under the direction of Miss Camille Heiner and Mr. Ty Smith weekly during lunch. Other administrators, including Mr. Chase Hale, Mr. Blaine Hunsaker (6-8), and Mrs. Elizabeth Acuña, (9-12), continue to be closely involved with the Student Council program.

6–12 Calendar and Daily Schedule. The 6–12 school day begins at 8:30 a.m. and ends at 3:10 p.m., not including early morning seminary and extracurricular programs. By way of comparison with Alpine School District, the total in-class hours for AHS middle and high school are slightly fewer (approximately 65 hours fewer) than the total, annual in-class hours listed on the ASD middle and high school calendars, even though the number of school *days* at AHS continues to be significantly fewer (22 days fewer: we start the school year the same day in August, end sooner in May, and take a full week’s break at Thanksgiving, President’s Day, Easter, as well as two full weeks’ break at Christmas). Even with 22 fewer school days than the Alpine School District, we still accomplish roughly equivalent in-class hours as ASD because we do not have part-day schedules that are so frequently used (weekly) in the public

system. We also start the school day approximately one hour later in the morning and have slightly longer school days when we are in session (8:30 a.m. to 3:10 p.m. for grades 6–12).

Accreditation. American Heritage School is accredited through AdvancED (the same accreditation association that accredits public schools regionally) and is listed on the Utah State Office of Education’s register of accredited schools. More significantly, American Heritage School is also a fully accredited member of the Northwest Association of Independent Schools (NWAIS), which sets a very high standard of accreditation that includes an extensive self-study process and comprehensive visiting team audit and report every six years. **We had a successful visit by the NWAIS team in November 2021.** Their websites at <http://www.nwais.org/> and <http://www.advanced.org/>.

Standardized Testing. American Heritage School prepares students to succeed on standardized exams while at the same time avoiding an over-fixation with high-stakes exams that has in many other schools compromised substantive education and distracted from inspiring curriculum and learning. We also provide free extracurricular exam preparation seminars (held on most K–12 In-service Fridays) that help students to prepare for ACT and SAT exams. We are a registered ACT test site, and we also administer selections of ACT and SAT preparation exams to our students in grades 10–12. We administer standardized exams as necessary and appropriate to provide parents, teachers, and college admissions offices with the benefit of comparable and credible performance data for each of our students. Based upon our experience, and consistent with the trends of various other private schools in Utah, we will continue to administer the PSAT/NMSQT to 10th and 11th Grade students, the ACT PLAN exam to 9th Grade students, the ACT EXPLORE to 8th Grade students, and the STAR exam to 7th-grade students. The STAR Reading exam is also given to students in grades 9–11. ACT EXPLORE, ACT PLAN, and PSAT/NMSQT exams have value not only as norm-referenced national standardized exams but also as preparatory exams for the ACT and SAT, which are accepted by all universities in the nation. In elementary school, we administer STAR Reading, STAR Math, and STAR Early Literacy with a limited sequence and frequency sufficient to aid teachers and parents in assessing progress.

College Preparation and Admission. Our high school program is producing outstanding students that are being sought after by some of the finest colleges in the country. The eleven graduating senior classes since 2011 have a graduation rate of well over 95% with average ACT scores exceeding 25, including multiple National Merit Scholar qualifiers and recipients. Universities and colleges that have admitted American Heritage School graduates, many on scholarship, include:

Arizona State University
Boston College
Brigham Young University (all campuses)
California State University Long Beach
Dixie State College
Edmonds College
Emory University
Florida Institute of Technology
George Wythe College
Hillsdale College
Indiana University
Institute of Chicago School of Art
Interlochen Center for the Arts
Iowa State
LDS Business College
McGill University (Quebec)
New York University
Penn State
Purdue University

Rose-Hulman Institute of Technology
Snow College
Southern Utah University
Southern Virginia University
UC Irvine
University of British Columbia
University of California at Davis
University of California at Los Angeles
University of California at Santa Barbara
University of California at Santa Cruz
University of California at San Diego
University of Central Florida
University of Las Vegas Nevada
University of Maryland
University of Massachusetts Amherst
University of Massachusetts Lowell
University of Michigan
University of North Texas
University of Pittsburgh
University of Portland
University of Sydney Australia
University of Texas at Dallas
University of Toronto
University of Utah
University of Washington
University of Wisconsin-Madison
United States Air Force Academy
US Military Academy at West Point
Utah State University
Utah Valley University
Vassar College
Virginia Tech
Washington University in St. Louis
Weber State University
University of Kansas
Montana State
Tulane University
Penn State University - College Park
New York University
Westminster College
University of California - Irvine
University of Illinois - Chicago
George Washington
University of Hawaii
Whitworth University
University of Illinois - Champaign
Northeastern
University of Rochester
University of California - Riverside

American Heritage School provides advancement, high school credit, and college entrance counseling for all high school students. School counselors conduct College, Career and Life Readiness meetings with each high school student (and their parents when possible) at least once each year.

Of the AHS graduates since our charter class in 2011, nearly 100% have gone directly to college or on a mission. Obviously, we cannot guarantee that a student graduating from American Heritage High School will be accepted to any school of his/her choice; however, we are confident that our students will be well qualified for great colleges and universities—and that if they will diligently apply themselves not only to their coursework here, but also to the spirit and mission of American Heritage School, they will prove to be some of the most successful college students, community leaders, husbands and wives, and fathers and mothers in their national graduating class.

Thank you for your interest and investment in American Heritage School. Our number one focus as we grow is to promote a spirit of Christian character, inspired scholarship, and self-governed liberty in the individual hearts and minds of each student, “one by one” (3 Nephi 17:21). We appreciate the support and enthusiasm of so many in our school community who continue to provide input, ideas, people, and resources to help make this endeavor an overwhelming success, and to further bless the lives of the rising generation!

Sincerely,

A handwritten signature in blue ink that reads "Chase Hale". The signature is written in a cursive style with a large initial "C".

Chase Hale
Principal

Attachments:

Grade 9–12 Course Descriptions

Grade 6–8 Course Descriptions