

2022-2023

AMERICAN FORK, UTAH  
ESTABLISHED 1970



# WELCOME GUIDE

AMERICAN HERITAGE SCHOOL



# 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.



# 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.

## WE ARE SO EXCITED TO WELCOME YOU BACK AGAIN!

Many things will be new this year when you return, including new classrooms, new programs, and new faces. But the most important things at AHS haven't changed. The Book of Mormon teaches us that when we learn by the influence of the Spirit we begin to "enlarge our souls" and "enlighten our understanding" (Alma 32:28). That has been a foundation and a hallmark of AHS teaching and learning every year, and it will continue to be so this year and forever. We trust that you will make many life-long friends here, that you will love your teachers and administrators, that you will enjoy the many opportunities you will have here, and that you will work hard to succeed in your coursework. But most of all, we hope that you will begin to see yourself and each other illuminated by the light of Christ. This year I'll be spending some of my time at the Salt Lake City campus, but you will still see me here at the American Fork Campus most days, still teaching, still greeting at the door, and still telling you really awesome jokes. I know I say this every year, but it's more true now than ever: This will be our best year yet!



Sincerely, Grant Beckwith—Head of School



## WHAT KIND OF EDUCATION DO WE SEEK?

"Education is an important part of Heavenly Father's plan to help you become more like Him." – *For the Strength of Youth*

I am grateful to report that American Heritage's mission mandate to help students "realize their divine potential" is consistent with the seemingly simple yet profound citation above. Every summer, the school's faculty reviews, reassesses, and recommits ahead of a coming year that is intended to be a little better than any previous at helping American Heritage students "become more like Him."

In considering that sentence from the *For the Strength of Youth* pamphlet, one word seems to stand out with particular significance: become. Noah

Webster's 1828 dictionary defines that term as the "pass[ing] from one state to another; to enter into some state or condition, by a change from another state or condition, or by assuming or receiving new properties or qualities, additional matter, or a new character..." A synonym of become—and a word with great currency at the school—is transform.

The school has long sought to deliver Transformational Scholarship, adopting that compound term as the middle of its three brand attributes: Christian Character, Transformational Scholarship, Responsible Liberty. American Heritage faculty are passionate about preparing environments, content, and experiences that facilitate the kind of transformation and becoming that our spirits naturally crave.

Are you ready? Are you willing? I invite you to make choices, big and small, today and throughout the school year, that will allow you to experience great joy and transformation this year. I hope this Welcome Guide provides helpful orientation to a coming school year that places Christ at the foundation of all teaching, learning, and becoming. Let's make this your best year yet!

Sincerely, Chase Hale—Principal



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## K-12 STUDENTS HONOR CODE

### Why Have a Code of Conduct?

King Benjamin famously taught that “the natural man is an enemy to God, and has been from the fall of Adam, and will be, forever and ever, unless he yields to the enticings of the Holy Spirit, and putteth off the natural man and becometh a saint through the atonement of Christ the Lord, and becometh as a child, submissive, meek, humble, patient, full of love, willing to submit to all things which the Lord seeth fit to inflict upon him, even as a child doth submit to his father” (Mosiah 3:19). Most of the tenets of the school’s honor code come from revelatory sources pertinent to proper conduct (e.g., the *For the Strength of Youth* standards). In cases where the school has authored its own tenets on topics unique to education (e.g., plagiarism and academic-integrity standards), the school strives to align its tenets with true principles.

### What if I Don’t Like a Certain Rule?

It is perfectly normal to not agree with every rule (in fact, it would be abnormal for an individual to not dislike at least one rule within a broad code of conduct). It is impossible to structure a code of conduct that aligns perfectly with everyone’s ideals. Each individual’s life will be full of opportunities to join organizations (clubs, neighborhoods, businesses, cities, etc.) whose rules don’t match all of the individual’s preferences. The individual can still choose to join an organization, commit to follow all rules (not just those that are liked), and maintain integrity thereafter by keeping their earlier commitment. The responsible individual then works from a position of integrity to influence an organization and pursue desired change (maintaining integrity no matter the outcome). Students who find themselves in a position of not agreeing with one or more rules are afforded an opportunity to exercise the kind of commitment-keeping integrity that will serve them well throughout their life.

### My Understanding

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.

### My Commitment

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

\*Full details of the Honor Code standard can be found on the school’s website and in the Honor Code section of the Welcome Guide.

STUDENTS WILL RECEIVE A SEPARATE PAPER COPY TO SIGN AND SUBMIT DURING THE FIRST WEEK OF SCHOOL

Student Name

Student Signature

Grade



## K-12 STUDENTS DRESS AND GROOMING

### Why Care about Dress and Grooming?

- “Your dress and grooming send messages about you to others and influences the way you and others act.”
- “When you are well groomed and modestly dressed, you invite the companionship of the Spirit and can exercise a good influence on those around you.”
- “Avoid extremes in clothing, appearance, and hairstyle.”
- “Always be neat and clean and avoid being sloppy or inappropriately casual in dress, grooming, and manners.”

—*For the Strength of Youth*, “Dress and Grooming”

### Why Adopt a Uniform?

The school believes that properly wearing the uniform

- 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.

### My Understanding

I understand that

- All male students at AHS are expected to wear the boys’ uniform and abide by the dress and grooming standards set forth for boys;
- All female students are expected to wear the girls’ uniform and abide by the dress and grooming standards set forth for girls;
- Students wearing the proper uniform will be admitted to class; and
- The uniform standard will be in place until 3:10 p.m. each school day.

### My Commitment

I will study the dress and grooming standards specific to my gender and grade level\*. Because not all inappropriate variations and deviations can be enumerated, I will strive to understand and abide by the spirit of the Dress and Grooming Standard in addition to the letter of the standard. Which clothing articles I wear, how I wear those articles, and how I groom myself will appropriately reinforce the American Heritage School ideals.

\*Full details of the Dress and Grooming Standard can be found on the school’s website and in the Dress and Grooming section of the Welcome Guide.

STUDENTS WILL RECEIVE A SEPARATE PAPER COPY TO SIGN AND SUBMIT DURING THE FIRST WEEK OF SCHOOL

Student Name

Student Signature

Grade



## K-12 STUDENTS STEWARDSHIP

### What is Stewardship?

Every day of my life, I am an occupant of various environments. When I come to American Heritage School, which kind of occupant am I? Which kind of occupant am I striving to be in every environment I occupy?

Who	What	Why
Customers	Consume	Their own benefit
Renters	Consume + Maintain	Their own benefit
Owners	Consume + Maintain + Preserve	Their own benefit
Stewards	Consume + Maintain + Preserve + Enhance	Others' benefit

### My Understanding

I understand that

- God has blessed the school’s benefactors with additional resources;
- Those benefactors have made a great sacrifice of their blessings to provide me with a beautiful, clean, uplifting environment in which to learn and grow;
- My treatment of that environment sends the strongest, clearest signal of my true feelings about this sacrifice;
- My tuition is less than half the true cost of my AHS experience because of this sacrifice; and
- I am not entitled to these gifts (rather, I am indebted because of them).

### My Commitment

I will strive to think, feel, and act like a steward. I will demonstrate, daily, that I do not take for granted the sacrifices that make my AHS experience possible. Just like the occupants who preceded me, I too will gratefully receive and add to the heritage of American Heritage School, and I will say ‘thank you’ every day by preserving and preparing a better environment for the occupants who come after me.

STUDENTS WILL RECEIVE A SEPARATE PAPER COPY TO SIGN AND SUBMIT DURING THE FIRST WEEK OF SCHOOL

Student Name

Student Signature

Grade



## K-12 STUDENTS TECHNOLOGY USAGE

### Is Technology Good or Bad?

“[Technologies] are latent with such potent power, either for the blessing or the destruction of human beings, as to make man’s responsibility in controlling them the most gigantic ever placed in human hands.”

—Elder David A. Bednar, Aug. 19, 2014, BYU Campus Education Week

Key Principles		
Intellectual Connection	Social Connection	Spiritual Connection
Technology can serve as both a tool and a toy: At school, it should be used as a tool. Technology should only be engaged at school when it truly enhances learning processes.	In-person connection involves more senses and is more focused than technology-facilitated connection; we should always prioritize in-person connection.	Our use of technology should not crowd out—or condition us to be bored by—the quiet moments that, if used properly, can allow us to experience inspiration and revelation.

### My Understanding

In addition to the principles listed above, I understand the following details to this standard:

1. Electronic devices (personal or school-owned) used during the school day may ONLY be used for school purposes, in public spaces, under the direction of a supervising adult.
2. Earbuds are not to be used at school, and cell phones are to remain out of sight and in the off position during the school day—a teacher or administrator may grant exceptions when it serves a learning purpose.
3. If a teacher ever directs the use of social media for school purposes, parents will receive advance notice.
4. Internet-based research must have a purpose that is known to the teacher.
5. Students should never mask or obscure their identity including using another’s login credentials.
6. Students are to show proper respect for school-owned equipment including not changing settings.
7. Students who access inappropriate websites, messages, or content—intentionally or unintentionally, on-campus or off-campus, by personal or school-owned devices—should immediately inform a trusted adult.
8. Inappropriate, offensive, or hurtful use of technology (including social media), even when done outside of school hours and off campus, can subject a student to school discipline and criminal liability.
9. Parents, teachers, and administrators will treat students with honor, love, and respect when they report any concerns they may have about their or others’ technology use.
10. Hiding technology usage from the view of others, especially during times and in places when technology is not to be used, causes others to suspect that commitments to integrity and the proper use of technology are being broken.

### My Commitment

During school hours, I will utilize technology as a tool and in accordance with teacher instruction. Outside of school hours and when off campus, I will use technology in ways consistent with expectations of this standard and the For the Strength of Youth pamphlet. At all times and in all places, I will structure my technology usage to keep me and others safe and clean and maintain the dignity of all relationships.

STUDENTS WILL RECEIVE A SEPARATE PAPER COPY TO SIGN AND SUBMIT DURING THE FIRST WEEK OF SCHOOL

Student Name

Student Signature

Grade



# ALL AHS EMPLOYEES FACULTY COMMITMENT

## Why Have a Faculty Commitment?

"All teachers, staff, administrators and trustees shall strive to be living examples of the values, principles, and skills taught at the school."

—American Heritage School Mission Statement

## My Understanding

I understand that American Heritage School, my employer, has the following expectations of me:

- Live in accordance with, and be an exemplar of, the Honor Code
- Live in accordance with, and be an exemplar of, the Dress and Grooming standard
- Live in accordance with, and be an exemplar of, the Stewardship standard
- Live in accordance with, and be an exemplar of, the Technology Usage standard
- Be consistent and unified with all faculty in upholding the four above standards among the student body
- Read the employee handbook during my first year of employment
- Become sufficiently familiar with all updates to the employee handbook each year of my employment
- Comply with all policies contained within the employee handbook
- Make reasonable efforts to attend all training relevant to my role
- In all ways, reinforce, advance, and personally honor all ideals expressed in the American Heritage School Mission Statement

## My Commitment

As a representative of American Heritage School, I acknowledge my employer's expectations of me, and I commit to continually strive to meet those expectations. In instances where I find myself falling short of those expectations, I will act quickly to remedy the situation and bring my conduct into proper alignment.

FACULTY WILL RECEIVE A SEPARATE PAPER COPY TO SIGN AND SUBMIT DURING FOUNDATIONS TRAINING

Faculty Name

Faculty Signature

# CONSTRUCTION UPDATE

## FUTURE EXPANSION CONCEPTS

## High School Building

**LISTED BY COMPLETION DATE**

- 1 Patriot Arena Athletic Center (Completed 2018)
- 2 Auxiliary Gym (Completed 2021)
- 3 STEM Facilities, Classrooms, Admin. Offices Cafeteria (Completed 2021, more classrooms added 2022)

- 4 Main Entrance & "HIStory" Gallery (Capital Campaign Goal)
- 5 Performing Arts Center (Capital Campaign Goal)  
1,400-seat Concert Hall, 1,000-seat Auditorium, 300-seat Black Box Theatre, Music Classrooms, Rehearsal Rooms, Scene Shops, Practice Suites
- 6 Commons Area & Lobby (Capital Campaign Goal)
- 7 Middle & High School Classrooms (Capital Campaign Goal)

## Performing Arts Center

(Capital Campaign Goal)  
1,400-seat Concert Hall | 1,000-seat Theater/Auditorium | 300-seat Black Box Theatre | Music & Rehearsal Rooms

# CONSTRUCTION UPDATE

## 2022 IMPROVEMENTS

After opening the doors of its new facilities in the fall of 2018, AHS dedicated Phases 1A and 1B in the spring of 2019 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, the school moved forward with a \$10 million expansion to complete Phases 1C and 2 in the summer of 2021. Phase 1C, called the Patriot Auxiliary Court, or PAC, is an auxiliary gym that helps the school to meet the needs of curricular PE students as well as extracurricular programs as we continue to pursue our all-participation athletics model.

Phase 2 provides the following additional spaces: a high school cafeteria, a student commons area that can be used for multipurpose curricular space, 12 additional classrooms (including a large makerspace) and a spacecraft simulator and simulator control room. In the summer of 2022, three additional classrooms were added to Phase 2 and modifications were made to the physics room to accommodate for chemistry needs. In the Legacy Building, two rooms on the third floor were modified to make them more suitable for our science Project-Based Learning model, and security enhancements were made across the entire campus.

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 price of tuition many multiples below the total cost of the experience provided.

### Outdoor Athletics (PHASE 1A)

*completed fall of 2018*

1. Future Soccer Field
2. Future Greenhouse and Garden
3. Outdoor Basketball Courts
4. Tennis Courts (4)
5. Expanded Elementary Play System
6. Concessions, Restrooms, & Outdoor Storage
7. 1,733-seat Stadium, Soccer Field, Track & Field
8. Baseball/Softball Field

### 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

### 6-12 Building (PHASES 1C & 2)

*completed fall of 2021*

11. Patriot Auxiliary Court/PAC (Phase 1C)
12. Cafeteria, Student Commons, Classrooms, Makerspace, Spacecraft Simulator & Control Room (Phase 2)

### Performing Arts Center and 6-12 Classrooms (PHASE 3)

*future expansion concept*

13. Main Entrance and "HIStory" Gallery
14. 1,400-Seat Concert Hall
15. 300-seat Black Box Theatre, Music Classrooms & Rehearsal Rooms, Scene Shops, Practice Suites
16. 1,000-Seat Theater/Auditorium
17. Student Commons & Lobby, Administrative Offices
18. General Classrooms and Specialized Classrooms for Science, Art, Engineering, Math & Technology



# NEW ROLES & NEW STAFF

In a local and national education environment that has a shortage of qualified teachers, these incoming faculty and staff 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! As we continue to grow, we are grateful to add such mission-aligned staff. (New employees hired since August 2021)

*New roles for existing faculty and staff are shown on this page, while newly hired faculty and staff are on the next page.*



**Raeli Bond** Ballroom Teacher  
**Seth Brown** Chemistry Teacher  
**Nelsen Campell** MS Band Teacher  
**Dixie Choque** Accompanist  
**Cailyn Clayton** 2nd Grade Teacher  
**Brittnie Cloward** Middle School and Art Aide



**Michelle Antaloczy** Middle School Aide  
**Stu Back** High School History  
**Kalo Beebe** AM Kindergarten Teacher  
**Laura Bichon** High School English and French  
**Kimberly Blight** Front Office  
**Adam Brewer** 8th Grade and High School History  
**Levi Crockett** Chinese and AP Computer Science  
**Skye Cummins** High School English Teacher  
**Pepper Debenham** Library Aide  
**Ethan Elder** Facilities  
**Kelly Ericson** 1st Grade Teachers Aide  
**Jill Fichalos** High School Aide  
**Lydia Bryner** Lunchroom Director  
**Jessica Buer** High School Cooking Teacher  
**Ty Crossley** 7th Grade and High School History  
**Andrea Duncombe** Third Grade Teacher  
**Lori Glancy** 4th Grade Aide Library Aide  
**LeAnn Hatfield** Development  
**Emily Halverson** Music Teacher and Accompanist  
**Eric Heywood** Middle School Art Teacher  
**Tamara Hiatt** Front Office and 7th Grade Aide  
**ShaRee Hymas** HS Dating and Relationships  
**Savannah Laycock** P.E. Teacher  
**Nicole Martin** Lunchroom Assistant  
**Kimberly Heath** Counseling Assistant Events Specialist  
**Mattie Hirst** High School Drama  
**Steve Hoffer** Creativity Lab  
**Robin Merrill** 2nd Grade Teacher and Spalding Coach  
**Andrea Monfredi** 6th Grade Aide  
**Heather Moulton** 7th Grade and High School English  
**Peyton Matthews** Ballroom Teacher  
**Alison Mitchell** Elementary Aide  
**Daniel Morgan** Assistant Technical Director  
**Lauren Mulvey** Middle School Aide  
**Amy Oelrich** 6th Grade Teacher & Musical Director  
**Heather Park** Elementary Aide  
**Brittany Pferdner** Elementary Aide  
**Junior Paes** MS Computer Tech ES Keyboarding  
**Stephen Pew** Creativity Lab  
**Amy Sadleir** Computer Skills and High School Aide  
**Janene Salvesen** 6th Grade and HS Study Skills  
**Lisa Saunders** High School English  
**Emily Spackman** 8th Grade and High School English  
**Stacey Price** Lunchroom  
**Karen Pusey** 2nd Grade AM Teacher  
**Holly Robinson** Kindergarten Teacher Elem. Teacher Aide  
**Tai Russell** Math Aide  
**Heather Smith** Admissions Assistant  
**Phyllis Snider** Elementary Aide  
**Linda Strong** 1-3 Curriculum Developer  
**Ali Walters** Finance Office  
**Laura Yamada** 8th Grade and High School History  
**Lisa Saunders** High School English  
**Emily Spackman** 8th Grade and High School English  
**Stacey Price** Lunchroom  
**Karen Pusey** 2nd Grade AM Teacher  
**Holly Robinson** Kindergarten Teacher Elem. Teacher Aide  
**Tai Russell** Math Aide  
**Heather Smith** Admissions Assistant  
**Phyllis Snider** Elementary Aide  
**Carolyn Stevenson** Front Office  
**JoAnn Stevenson** High School Admin. Assistant  
**Rebekah Stewart** High School Cooking Teacher  
**Candice Tesch** 7th Grade and High School History  
**Cheryll Treu** Ballroom Teacher  
**Lani VinZant** Front Office

# ELECTIVES & EXTRACURRICULAR ACTIVITIES

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.

**Bold text = New course for 22–23**  
*Italicized text = Extracurricular offering*

- A Cappella Choir
- *ACT Exam Preparation* (taught on in-service Fridays)
- Algebra Half
- Algebra 1
- Algebra 2
- Algebra 2A
- Algebra 2B
- American Sign Language I
- American Sign Language II
- American Sign Language III
- AP Biology
- AP Calculus AB
- AP Chemistry
- **AP Computer Science Principles**
- AP English Language and Composition
- AP English Literature
- AP Music Theory and Aural Skills
- AP Physics C
- AP Statistics
- AP US Government
- **AP US History**
- Art 1/2
- Art 3/4
- Athletic Conditioning Beginning
- Athletic Conditioning Advanced
- Athletic Conditioning for Athletes
- Ballroom Dance Intermediate
- Ballroom Dance Performance
- Ballroom Dance Competition
- *Baseball (Co-Ed Varsity)*
- *Basketball (Boys' UHSAA Freshmen, Sophomore, Junior Varsity, Varsity; and Girls' UHSAA Freshmen, Junior Varsity, Varsity; Boys and Girls USSA Varsity)*
- Biology
- Boy's Patriot Academy
- Chamber Choir
- Chemistry
- Chorale
- **Chinese I**
- **Civility**
- Computer Technology
- **Cooking: Healthy Habits**
- **Cooking: French Cuisine**
- Creativity Lab (STEM MakerSpace and Space Simulation)
- *Cross Country (Boys Junior Varsity, Varsity and Girls'*

- *Junior Varsity, Varsity)*
- **Dating and Relationships**
- Drama
- **English: Creative Memoir**
- **English: Creative Writing**
- English: Introduction to Lord of the Rings
- **English: Jewish Voices in Literature**
- **English: Journalism I**
- **English: Journalism II**
- English: Les Miserables
- **English: Literature of Adversity and Redemption**
- English: Short Stories and Creative Non-fiction
- English: Short Stories and Poetry
- English: Science Fiction and Fantasy
- **English: Symbolism of Tolkien's Middle Earth**
- **English: The Heroes Journey in British Literature**
- **English: The Lighter Side of Shakespeare**
- English: The Power of Story
- **English: The World of Charles Dickens**
- **English: Voices of Black Americans from Enslavement to Empowerment**
- **English: Writing Lab**
- **Family Science**
- Financial Literacy
- Fitness for Life
- Floral and Interior Design
- French I
- French II
- French III
- Girls Patriot Academy
- *Heritage Youth Choirs (Heritage Youth Chorus, Treble Choir and Junior Choir)*
- **History of American Government and Economics**
- **History of Ancient Technology**
- History of Communism
- History of the Civil War
- History of the Crusades
- History of Discovery and Innovation
- **History of The Church of Jesus Christ**

- **of Latter-day Saints (1844-1893)**
- **History of the Story of America Through Women's Voices**
- History of the United States
- History of World Religions
- **History of Advanced Study of World Religions**
- History of World Wars
- International Student Support
- Introduction to Computer Science
- Introduction to Statistics
- **Life-long Wellness**
- Medical Anatomy and Physiology
- *Musical: TBD*
- *National Honor Society*
- *Orchestra (Philharmonic, Concert, Symphonic, Chamber, Prelude)*
- Patriot News Video Production
- Photojournalism and Print Design
- Physical Education
- Physics
- Principles of Leadership
- Pre-Calculus AB
- Pre-Calculus A
- Pre-Calculus B
- Seminary (9<sup>th</sup>-12<sup>th</sup> Grade only)
- Senior Thesis
- *Soccer (Boys' Junior Varsity, Varsity and Girls' Junior Varsity, Varsity)*
- Space Simulator
- Spanish I
- Spanish II
- Spanish III
- Student Government Class
- Study Hall (No Credit)
- Teacher's Aide (Internship with AHS teachers)
- Technical Theater Beginning
- Technical Theater Advanced
- *Tennis (Boys' Junior Varsity, Varsity and Girls' Junior Varsity, Varsity)*
- **The Science of Happiness**
- Theater Arts: Dramatic Improvisation
- *Track and Field (Boys' Middle School, Junior Varsity, Varsity and Girls' Middle School, Junior Varsity, Varsity)*
- Vertical Jump Training
- *Volleyball (Boys' Varsity and Girls' Varsity)*



# “HOW FIRM A FOUNDATION”

Monday, August 1, 2022  
8-11 a.m.

**\*\*The Aug. 1 training is required for all newly admitted families (at least one parent).\*\***

Returning parents welcome!

- Parents will receive an introduction to the foundations upon which American Heritage is built—it’s mission, vision, values, and methodologies.
- Dress is business casual or casual
- No registration necessary for AHS employees and parents

## K-3 NEW PARENT SPALDING TRAINING

Dear K-3 New Parents, welcome to American Heritage School! As part of our Foundations Training, all parents of new K-3 students are required to watch the Spalding training video (<https://youtu.be/LDBmSn0Y-rl>), presented by Linda Strong, prior to the New Parent Meeting Monday, August 1 from 8-11 a.m.

The purpose of this training is to assist parents as they learn and understand our English language through the teaching of the phonograms, spelling, and syllabication rules. Together you will be given a strong foundation of the Spalding Reading and Writing Curriculum. You will learn how to spell, write, and read using the Spalding methodology. As parents, it is beneficial for you to have this knowledge in order to assist your child with homework for this program.

You will also be required to purchase the Spalding cards from our library at a cost of \$16. (The library is open this summer, Mon.-Thurs. 9 a.m.-1 p.m.) This is a required essential tool that will enable your child to be successful in the program.

There is also a Spalding App you can add to your phone (Phonograms by SEI). This app is \$3.99.

Watch for more Foundations Training Information and the detailed agenda by e-mail and on the Veracross Parent Portal!

- Welcome from the AHS Board & Administration
- New Parent Orientation
- Overview of AHS History, Mission, and Methods
- AHS Vision & Strategy
- Learn to Apply the Principle Approach in the Classroom and Home
- Meet the Parent Service Organization
- Separate Tracks for Employees and Parents
- Get to Know Some Amazing Families Just Like YOU!

# FOUNDATIONS TRAINING



# GRADES K-5 MEET YOUR TEACHER!

**AUGUST 8-15**

This year more than ever, our teachers are excited and ready to meet your child as they become part of the American Heritage School family again, or for the first time.

In order for us to meet your child in a one-on-one setting, and to be prepared to meet the reading needs of each child as the school year begins, each teacher will be individually assessing their students in reading prior to the first day of school. The feedback will inform instruction and help the teacher meet each student at his/her learning threshold from the very first day of school. We will be able to share with you your child’s beginning-of-year reading level as well as the end-of-year goal.

Please sign up for an available time using Veracross to get access to this spreadsheet: [K-5 Reading Assessment Sign-Up](#)

Our preference is for all students to sign up for one of the available times in the summer. However, if the available time slots do not work with your summer plans, you may contact the teacher directly to organize a different time. We look forward to meeting both you and your child.

(Please bring your child’s school supplies and emergency comfort kit to this appointment.)

If you ordered school supplies from EPI, those supplies will be delivered to the school. If not, you need to purchase the supplies and bring them to the appointment.

# GRADES 6-12 ORIENTATION DAY

**MONDAY, AUGUST 15**

## NEW STUDENT SOCIAL 9:30 AM-10:30 AM

- Muffins, milk and a free school t-shirt
  - Sign up for after school activities and extracurricular groups
  - Student ambassadors take students on tour of the building
- High school students meet in the High School Commons (HS Building).  
Middle school students meet in Rec Hall (Legacy Building).

## MEET YOUR TEACHER! 10:30-11:30 AM

## UNIFORM SWAP 9:30 AM-1:30 PM

## TEXTBOOK CHECKOUT 9:30 AM-1 PM

- Meet in the Library.
- Please come prepared with a copy of your class schedule (printed or on your phone).
- Please do not wait for the first day of school to pick up your books!
- If you cannot make it, please contact Mrs. McConkie ([mmconkie@ahsmail.com](mailto:mmconkie@ahsmail.com)) to arrange another time.



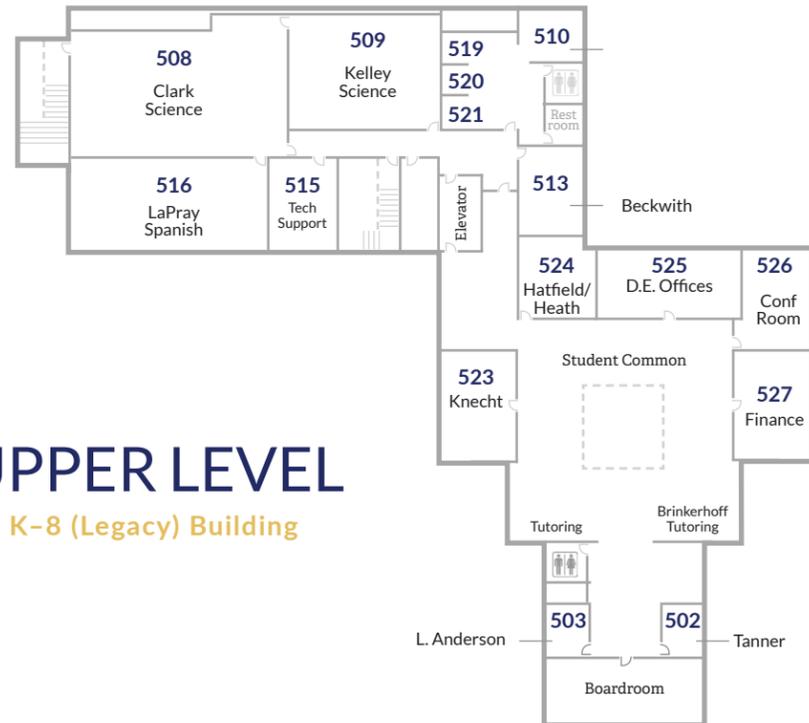
# SCHOOL MAPS

## K-8 (LEGACY) BUILDING



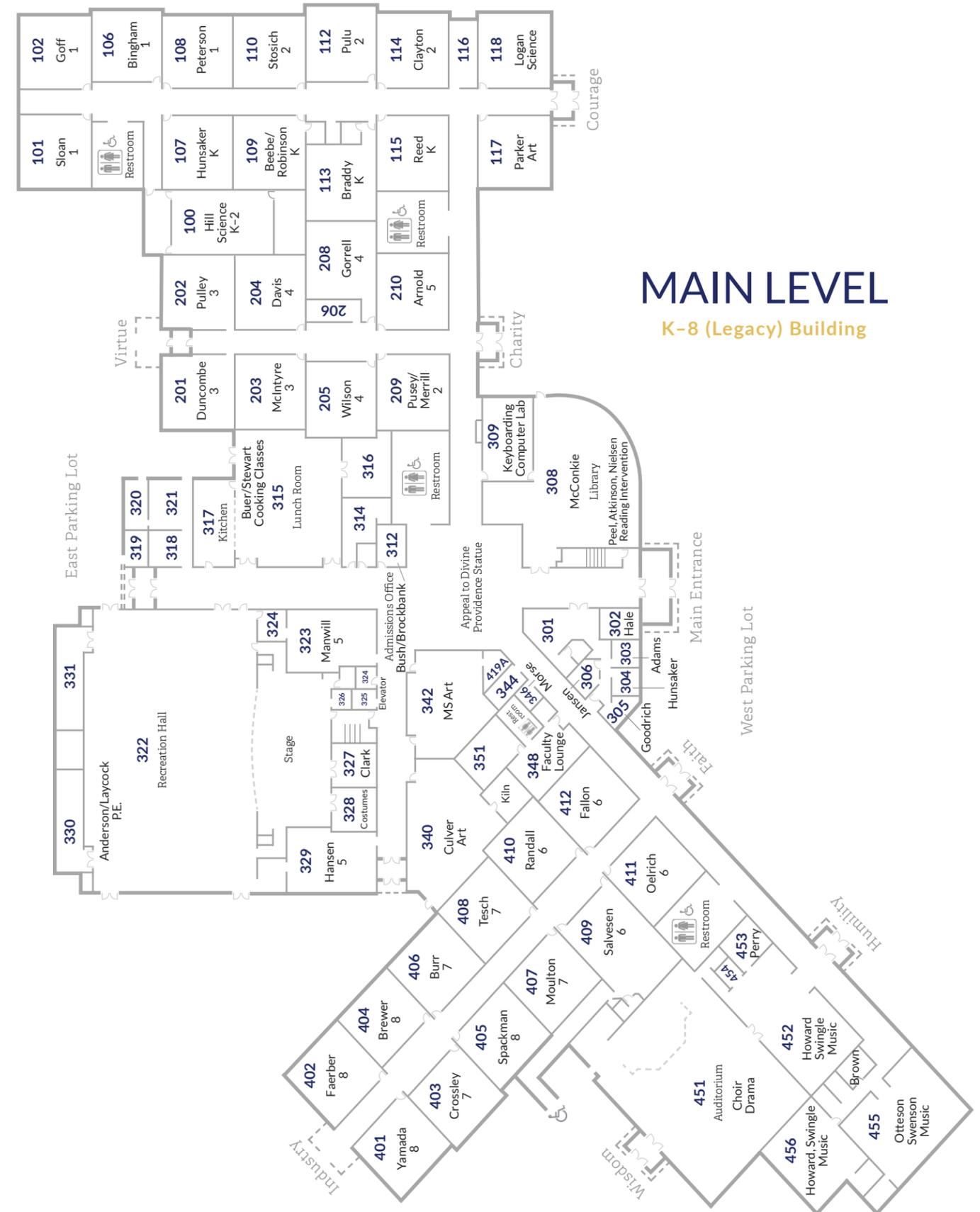
### UPPER LEVEL

K-8 (Legacy) Building



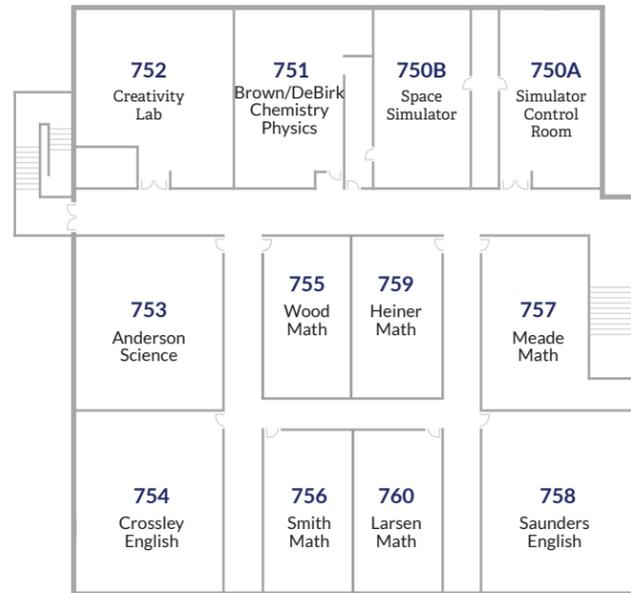
### MAIN LEVEL

K-8 (Legacy) Building



# SCHOOL MAPS

## HIGH SCHOOL BUILDING

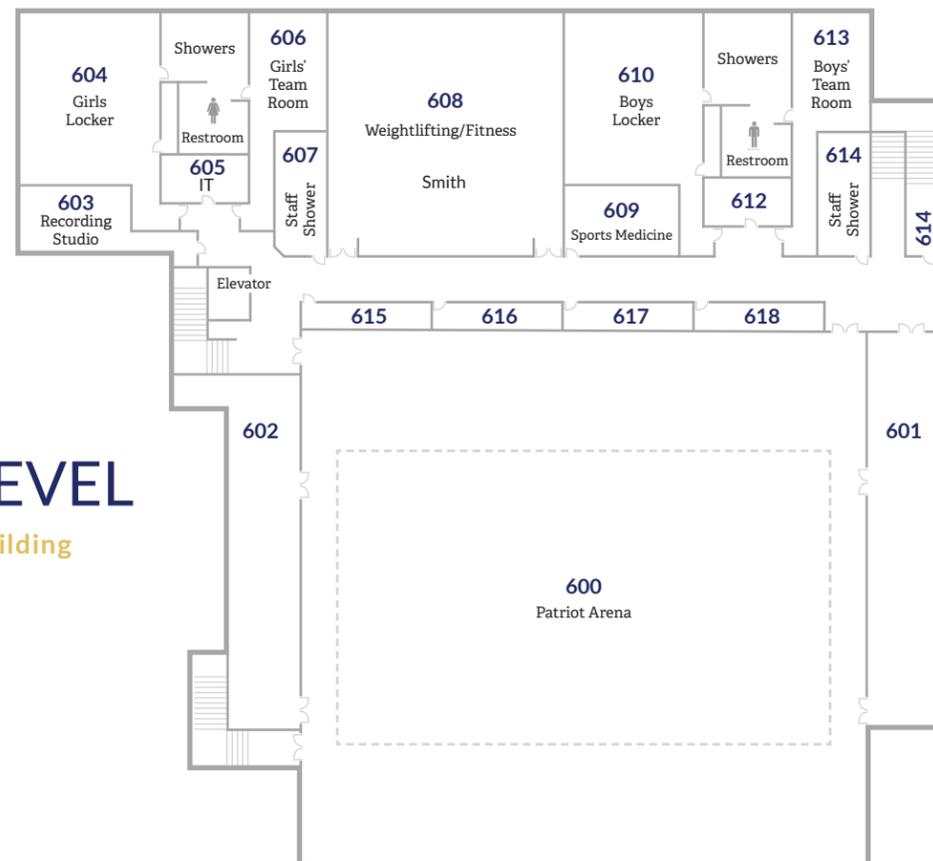


### UPPER LEVEL

High School Building

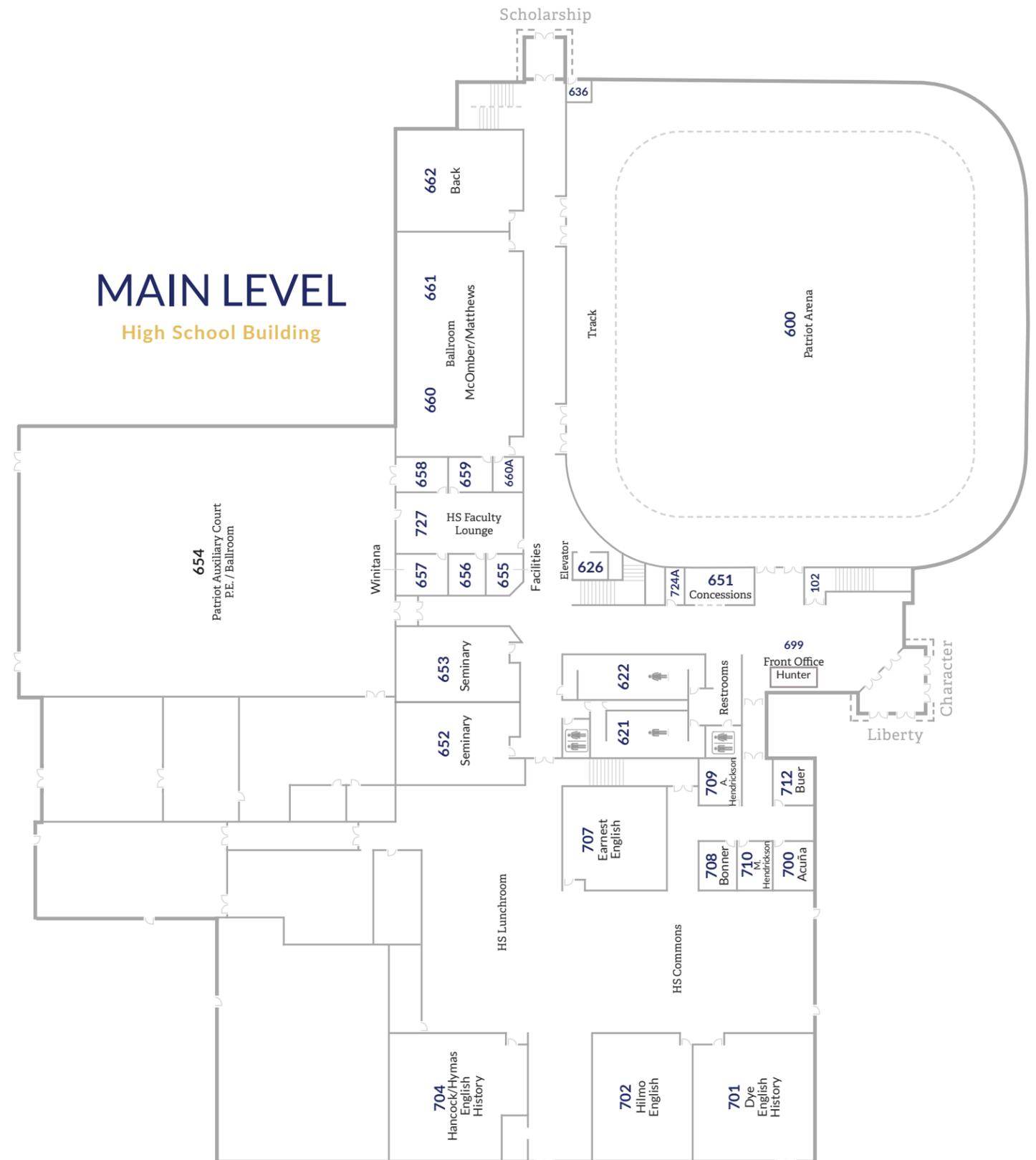
### LOWER LEVEL

High School Building



### MAIN LEVEL

High School Building



# PARENT SERVICE ORGANIZATION: Get Involved!

## Welcome!

I'm grateful for the phenomenal parent community at American Heritage School!

We work together in synergy with administrators and teachers to support the school's mission in educating hearts, minds and bodies. Your involvement will greatly enhance you and your child's experience at AHS!

I look forward to working together to create the fullest experience for our children!

**Katie Lawyer—Parent service Organization President**  
[Katieplawyer@gmail.com](mailto:Katieplawyer@gmail.com)



## PSO 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.



CLICK ON THIS ICON IN YOUR VERACROSS PARENT PORTAL ACCOUNT TO SIGN UP!

## ROOM PARENTS

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

- Volunteer Coordinator
- Celebrations
- Holiday Parties

## OPPORTUNITIES TO SERVE

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

AUGUST	SEPTEMBER	OCTOBER	NOVEMBER
Uniform Swap Faculty Dinner	Constitution Day Picture Day K-6 Book Fair Faculty Dinners	Grandparents Day Picture Day 7-12	Christmas Decorating Patriot Reading Challenge
DECEMBER	JANUARY	FEBRUARY	MARCH
Teddy Bear Project Christmas Décor Takedown	Geography Bee Spelling Bee	Book Fair Faculty Dinners	Experiential Learning, Grades 7-12
APRIL	MAY		
Teacher Appreciation Week	Shakespeare Days Experiential Learning, Grades K-6 Field Day		

CLICK THE LINK TO SIGN UP

# AMERICAN HERITAGE PATRIOTS



## ATHLETIC PROGRAMS

### FALL TRYOUTS

**Baseball, grades 9-12 UHSAA**  
 July 25th, 7-8:30 a.m.  
 Fee: \$475  
 Head Coach: Blake Jansen  
[bjansen@ahsmail.com](mailto:bjansen@ahsmail.com)  
 Cell: 512-216-3596

**Girls Soccer, grades 9-12 UHSAA**  
 July 25th, 8-9:30 a.m.  
 Fee: \$475  
 Head Coach: Aimee Holmes  
[aholmes@ahsmail.com](mailto:aholmes@ahsmail.com)  
 Cell: 801-636-1738

**Girls Volleyball, grades 9-12 UHSAA**  
 August 1st, 11 a.m.-1 p.m.  
 Fee: \$450  
 Head Coach: Mike Muaina  
[mmuaina@ahsmail.com](mailto:mmuaina@ahsmail.com)  
 801-319-8864

**Cross Country, grades 6-12 UHSAA**  
 Practice underway now, M-W-F.  
 No tryouts. All welcome!  
 Fee: \$195  
 Head Coach: Sam Wood  
[swood@ahsmail.com](mailto:swood@ahsmail.com)  
 Cell: 801-289-6703

**Girls Tennis, grades 9-12 UHSAA**  
 August 1st, 8:30-10 a.m.  
 Fee: \$375  
 Head Coach: Juanita Anderson  
[juanderson@ahsmail.com](mailto:juanderson@ahsmail.com)  
 Cell: 435-231-4108

**Boys Volleyball, grades 9-12 USSA**  
 August 9th, 4-5:30 p.m.  
 Fee: \$450  
 Head Coach: Robert Mendenhall  
[mendenro@gmail.com](mailto:mendenro@gmail.com)  
 Cell: 801-652-7599

**Boys Soccer, grades 6-8 UCSSAL**  
 Sept 8th, 3:30-5 p.m.  
 Fee: \$325  
 Head Coach: Mauricio Hinojosa  
[mhinojosa@ahsmail.com](mailto:mhinojosa@ahsmail.com)  
 Cell: 801-319-4710

**Ultimate Frisbee, grades 6-9 Club**  
 Sept 7th, 3:30-5 p.m.  
 Fee: \$175  
 Head Coach: Jake Clark  
[jaclark@ahsmail.com](mailto:jaclark@ahsmail.com)  
 Cell: 801-721-4750

**UCSSAL**  
 Utah Charter and Small School Athletic League  
**UHSAA**  
 Utah High School Activities Association  
**USSA**  
 Utah School Sports Association

### WINTER TRYOUTS

**Boys Basketball, 6-8**  
 October 6, 3:30-5 p.m.  
 Fee: \$375  
 Head Coach: Dallin Harris  
[dharris@ahsmail.com](mailto:dharris@ahsmail.com)  
 Cell: 801-842-1488

**Girls Basketball, 9th Grade**  
 December 5, 3:30-5 p.m.  
 Fee: \$720  
 Head Coach: Wendy Pinson  
[wgpinson@gmail.com](mailto:wgpinson@gmail.com)  
 Cell: 801-830-2562

**Girls Basketball, 6-8**  
 December 5, 3:30-5 p.m.  
 Fee: \$375  
 Head Coach: Dixie Nielsen  
[dixieball@gmail.com](mailto:dixieball@gmail.com)  
 Cell: 801-830-2562

**Girls Basketball, JV**  
 November 7, 3:30-5 p.m.  
 Fee: \$640  
 Head Coach: Dan Reed  
[dreed@ahsmail.com](mailto:dreed@ahsmail.com)  
 Cell: 801-631-2897

**Boys Basketball, 9th Grade**  
 October 6, 3:30-5 p.m.  
 Fee: \$720  
 Contact: Paora Winitana  
[pwinitana@ahsmail.com](mailto:pwinitana@ahsmail.com)  
 801-898-1002

**Girls Basketball, Varsity**  
 November 7, 3:30-5 p.m.  
 Fee: \$720  
 Head Coach: Paora Winitana  
[pwinitana@ahsmail.com](mailto:pwinitana@ahsmail.com)  
 Cell: 801-898-1002

**Boys Basketball, JV**  
 November 8, 3:30-5 p.m.  
 Fee: \$640  
 Head Coach: Chris Bates  
[ckcbates@gmail.com](mailto:ckcbates@gmail.com)  
 Cell: 385-625-7256

**Boys Basketball, USSA Varsity**  
 November 8, 3:30-5 p.m.  
 Fee: \$585  
 Head Coach: TBD

**Boys Basketball, Varsity**  
 November 8, 3:30-5 p.m.  
 Fee: \$720  
 Head Coach: Paora Winitana  
[pwinitana@ahsmail.com](mailto:pwinitana@ahsmail.com)  
 Cell: 801-898-1002

**Girls Basketball, USSA Varsity**  
 November 7, 3:30-5 p.m.  
 Fee: \$585  
 Head Coach: TBD

**Track and Field, 6-12**  
 February 27, 3:30-5 p.m.  
 Fee: \$195  
 Head Coach: Sam Wood  
[swood@ahsmail.com](mailto:swood@ahsmail.com)  
 Cell: 801-289-6703

**Boys Soccer, 9-12**  
 February 27, 3:30-5 p.m.  
 Fee: \$475  
 Head Coach: Stephen Blake  
[sblake@ahsmail.com](mailto:sblake@ahsmail.com)  
 Cell: 808-722-3849

**Girls Soccer, 6-8**  
 March 2, 3:30-5 p.m.  
 Fee: \$325  
 Head Coach: Jen Gray  
[jgray@ahsmail.com](mailto:jgray@ahsmail.com)  
 Cell: 385-201-8857

**Boys Tennis, 9-12**  
 February 27, 3:30-5 p.m.  
 Fee: \$375  
 Head Coach: Jeff Peterson  
[jpeterson@ahsmail.com](mailto:jpeterson@ahsmail.com)  
 Cell: 801-259-2595

**Ultimate Frisbee, 6-9**  
 March 8, 3:30-5 p.m.  
 Fee: \$175  
 Head Coach: Jake Clark  
[jaclark@ahsmail.com](mailto:jaclark@ahsmail.com)  
 Cell: 801-721-4750





# HERITAGE YOUTH CHOIRS

at AMERICAN HERITAGE SCHOOL

The Heritage Youth Choirs is a community choral organization for children and youth in grades K-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. Four choirs accommodate youth of varying ages and skill levels.

## YOUTH CHOIRS AUDITIONS

All auditions will take place on **AUGUST 15, 22, and 29.**

Visit [youth-chorus.org](http://youth-chorus.org) to sign up for an audition time. Contact Mr. Swenson with questions. (801) 372-9465 or [rswenson@ahsmail.com](mailto:rswenson@ahsmail.com).

# Come sing with us!

### YOUTH CHORUS

- Grades 8-12 and changed-voice 7th grade boys
- Auditioned
- Rehearsals on Mondays from 3:30-5 p.m.
- 5+ performances per year, guest artist collaboration, fun retreats, professional recording, and optional fireside tour June 2-12, 2023
- Tuition: \$450/year (scholarships available)

### CHILDREN'S CHOIR

- Grades 2-4
- Auditioned
- Rehearsals on Mondays from 3:30-4:30 p.m.
- 2+ performances per year
- Tuition: \$360/year

### TREBLE CHOIR

- Grades 5-7
- Auditioned
- Rehearsals on Mondays from 3:30-4:30 p.m.
- 3+ performances per year
- Tuition: \$360/year (scholarships available)

### JUNIOR CHOIR

- Grades K-1
- Non-auditioned
- Rehearsals on Mondays from 3:20-3:50 p.m. or 3:50-4:20 p.m..
- Tuition: \$270/year





## ORCHESTRA AUDITIONS

For more info or to submit your audition online see [www.LoveMusicMore.com](http://www.LoveMusicMore.com)

Limited Openings in all 8 of our orchestras serving students ages 6 to 18 ranging from basic music readers to advanced.

## WINNER BEST OF STATE

15th CONSECUTIVE YEAR



## 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.



## NEW ALBUM FOR 2022:

*ask*

"... ask and ye shall receive, that your joy may be full." —John 16:24

We feel that the rising generation benefits from being given fewer sermons and more encouragement to ask for themselves. More encouragement to seek out the Divine on their own knees. More invitations to find out for themselves the answers to the fundamental questions of existence. This album invites all to seek the one true source of knowledge through music, and includes special guests David Archuleta, Nathan Pacheco, Lexi Walker, Dallyn Vail Bayles, Jenny Oaks Baker, Caroline Campbell and more. These professionals join our youth in performing our signature mix of inspirational and classical music including "Bring Him Home" from *Les Misérables*, "My Little Prayer" by David Archuleta, music from Leonard Bernstein's *West Side Story*, original compositions and immersive new hymn arrangements.

In the past year, Lyceum Youth Orchestras have released four albums, seven professional YouTube music videos, reached over 250,000 streams on Spotify, Apple Music, Amazon, etc, performed for over 13,000 live audience members, and reached more than half a million households worldwide. Whether you have a young musician who would like to join the fun, or are just looking for a way to bring more uplifting music into your home and family, please seek us out. This music is available everywhere your family is consuming media—all major audio streaming apps, YouTube, you can even purchase CD's from our Amazon store or just tell your smart speaker to, "Play Lyceum Philharmonic at American Heritage School."

### AWARD-WINNING, MOST COMPREHENSIVE OFFERING IN UTAH

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

PHILHARMONIC, CONCERT ORCHESTRA, SYMPHONIC STRINGS,  
SYMPHONIC WINDS, CHAMBER ENSEMBLE, CRESCENDO ORCHESTRA,  
PRELUDE STRINGS, HARP ENSEMBLE

With eight 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!



[www.LoveMusicMore.com](http://www.LoveMusicMore.com)



## AMERICAN HERITAGE SCHOOL High School Graduation Requirements (updated 2022)

REQUIRED AREAS	CREDITS	9TH GRADE	10TH GRADE	11TH GRADE	12TH GRADE
ENGLISH	5.5	Intro to Lord of the Rings, Journalism I, Les Miserables, Literature of Adversity and Redemption, The Power of Story, Science Fiction and Fantasy, Short Stories and Poetry, Transformation & Integrity in Literature, Writing Lab		Asia and Africa in Literature, Symbolism of Middle Earth (Lord of the Rings), Short Stories and Creative Nonfiction, AP English Language and Composition, AP English Literature, Creative Memoir, Creative Writing, Journalism I or II	
History	4	History of Ancient Technologies, History of Communism, History of Discovery and Innovation, History of World Religions, History of the Crusades, History of World Wars, History of the United States		American Government and Economics, AP US Government, AP US History, History of the Civil War, History of World Religions	
SENIOR THESIS	1				Senior Thesis
MATH	3	Algebra Half	Algebra 1	Algebra 1	Algebra 2
		Algebra 1	Algebra 2	Algebra 2 or 2B	Pre-Calculus A/B
			Algebra 2 A/B	Pre-Calculus A	Pre-Calculus AB
			Pre-Calculus	Pre-Calculus AB	AP Calculus AB
SCIENCE	3	Biology	All previously listed classes	Creativity Lab	AP Chemistry*, AP Physics*
		Physics*	Medical Anatomy & Physiology*	AP Chemistry*, AP Physics*, AP Computer Science	AP Computer Science, Creativity Lab, and all previously listed science classes
		Chemistry	AP Computer Science		
WORLD LANGUAGES	2	Spanish 1 or 2/ French 1 or 2/ ASL 1 or 2/ Chinese 1	Spanish 2 or 3/ French 2 or 3/ ASL 2 or 3/Chinese 1	Spanish 3/ French 3/ASL 3/Chinese 1	Spanish 3/French 3/ASL 3/Chinese 1
FINE ARTS	1.5	1.5 Credits to be completed during grades 9-12 (Art, Ballroom, Cooking, Drama, Photojournalism and Print Design, Floral and Interior Design, A Cappella, Chamber Choir, AP Music Theory, Technical Theater, Photography, Patriot Chorale, Space Simulator, Dramatic Improvisation, Video Production)			
PHYSICAL EDUCATION	1.5	1.5 Credits to be completed during grades 9-12 (PE, Athletic Conditioning, Basketball, Volleyball, Fitness for Life, Ballroom, Vertical Jump Training, Sports Teams)			
REQUIRED CREDITS	1.5	Family Relationships/Science of Happiness Principles of Leadership/Civics and Civility		Financial Literacy/Lifelong Wellness	
EXPERIENTIAL LEARNING	1	Experiential Learning 9	Experiential Learning 10	Experiential Learning 11	Experiential Learning 12
ELECTIVES	3.5	Student choice based on interest, abilities, and talents. May include additional courses offered in Math, Science, English, History, World Languages, Fine Arts, Physical Education, Space Simulator, Student Council, Teacher Mentor, Extracurricular Credit)			
GRADUATION REQUIREMENTS	27.5	* pre-requisite required			

# FALL AUDITIONS

## Come audition for *The Importance of Being Earnest!*

*A British Comedy by Oscar Wilde*

Auditions: August 23rd, 3:30–5:30 p.m. North Auditorium

Rehearsals: T/TH 3:30–5:30 p.m.

No rehearsal over Fall Break!

Mandatory Tech Rehearsal: October 22, 11 a.m. until finished

Performances in the North Auditorium:

October 27–29, 7 p.m. | Matinee: Saturday, October 29, 2 p.m.

Audition Sign Up: <https://af.americanheritageschool.org/drama/>



The Importance of Being Earnest is Oscar Wilde's most frequently-performed work because it is HILARIOUS. John Worthing, a carefree young gentleman, is the inventor of a fictitious brother, "Ernest," whose wicked ways afford John an excuse to leave his country home from time to time and journey to London, where he stays with his close friend and confidant, Algernon Moncrieff. Algernon has a cousin, Gwendolen Fairfax, with whom John is deeply in love. During his London sojourns, John, under the name Ernest, has won Gwendolen's love, for she strongly desires to marry someone with the confidence-inspiring name of Ernest. But when he asks for Gwendolen's hand from the formidable Lady Bracknell, John finds he must reveal he is a foundling who was left in a handbag at Victoria Station. This is very disturbing to Lady Bracknell, who insists that he produce at least one parent before she consents to the marriage. Returning to the country home where he lives with his ward Cecily Cardew and her governess Miss Prism, John finds that Algernon has also arrived under the identity of the nonexistent brother Ernest. Algernon falls madly in love with the beautiful Cecily, who has long been enamored of the mysterious, fascinating brother Ernest. Hilarity ensues.



Fall Play 2021, Our Town, directed by Mattie Smith



# THE LIBRARY

**WELCOME!** We are a K-12 outreach library that will be serving all three of the American Heritage campuses. 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 our two semi-annual book fairs held in conjunction with Parent-Teacher Conferences. Donated items are carefully screened for content and age-appropriateness before being placed into circulation. Students in grades kindergarten through fifth 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 school between 8:00 and 8:30 a.m. or after school from 3:10 - 4:30 p.m. to check out books or work on homework.

We have a second small Guided Reading library which services kindergarten through third grade students. Leveled reading books are exchanged by library staff under the direction of the classroom teacher for kindergarten and first grade students. Second and third graders attend a guided reading rotation once a week to choose their own take-home reader.

The library also serves as the textbook distribution center of the school. All textbooks are checked in and out through the library. While textbooks are issued in various conditions, efforts are made to repair and maintain books as needed. Students will note the condition in the front of the textbook at the beginning of the year. Books should be returned at the end of the year in the best condition possible. If you have concerns about the condition of the textbook that is issued to your child, please contact Mrs. McConkie in the library at [mmconkie@ahsmail.com](mailto:mmconkie@ahsmail.com). Fines will be assessed for excessive damage or lost textbooks. Yearbooks will be held until all school materials are returned or fines are paid.

Students and families may access the library through [OPAC](#) to view available books and place reserves. Library and textbooks may be checked out during the summer months as well.

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, processing new acquisitions, as well as textbook checkout and return. If you are interested in serving in the library, please contact Mrs. McConkie.

We look forward to serving you!

Melanie McConkie and the AHS Library Staff | [mmconkie@ahsmail.com](mailto:mmconkie@ahsmail.com), 801-642-0055 ext. 308

## PATRIOT BOOK GROUP

The AHS Reading Department offers a monthly afterschool book group for first through fifth-grade students. Students are grouped by grade or reading level. Book group is held the second Tuesday of each month (with the exception of February) from 3:15 - 4 p.m. on the following dates:

- |                     |                    |                 |
|---------------------|--------------------|-----------------|
| <b>September 13</b> | <b>December 13</b> | <b>March 14</b> |
| <b>October 11</b>   | <b>January 10</b>  | <b>April 11</b> |
| <b>November 8</b>   | <b>February 14</b> | <b>May 9</b>    |

The younger groups gather and read and discuss books and participate in activities relating to the book. Older groups are assigned books to read each month and then participate in book discussions and activities.

Parents are invited to volunteer to lead or assist in book group meetings. If you are interested in having your child participate or in helping with a group, please sign up using the QR code link.



## PATRIOT READING CHALLENGE

Attention second through eighth-grade students! Come make reading your superpower! Join us for the 4th annual Patriot Reading Challenge!

Reading may start now! Use the QR code to sign up. (Students do not have to participate in Patriot Book Group to be part of the Reading Challenge.) We will have a kick-off meeting during lunch on August 23, where students who would like to participate will receive an information packet.

Participating students will have the opportunity to earn pins for each book read as well as an ice cream social, a book fair bonus, and a pizza party leading up to the ultimate reading challenge!

We are also looking for volunteers to help write questions, help with lunchtime incentives, as well as assisting in the actual challenge on November 8.

For more information about helping, please contact:

Melanie McConkie [mmconkie@ahsmail.com](mailto:mmconkie@ahsmail.com).



# READING OPPORTUNITIES!



# HONOR CODE

## A.H.S. = “ALWAYS HONOR & SERVE”

WE KEEP THE TWO GREAT COMMANDMENTS (MATT. 22:36-39) AS WE “ALWAYS HONOR AND SERVE.”

**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.



“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.

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- **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



# HONOR CODE

## CONTINUED

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 8:30 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 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 understand that the primary purpose of dating is for a young man and a young woman to get to know each other better.
- 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.

#### 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.

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# HONOR CODE

## CONTINUED

### 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.

### 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.



# HONOR CODE

## CONTINUED

### 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.



“Those who come to American Heritage School enter a special environment where scholarship and learning flourish. This unique environment exists because AHS students agree to live by a set of standards and moral commitments we call the Honor Code. I believe it is an outward representation of how much we cherish and fully grasp the privilege of attending this school.”

*Ava Smith*  
AHS Student Council President, 2022-23

### 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.



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# TECHNOLOGY AGREEMENT

## GRADE 3-5

As a student at American Heritage School, I have the opportunity to build the Kingdom of God through the use of technology. "(I) live in a world where technological advances occur at an astounding pace. . . Depending on how technology is used, these advances can be a blessing or a deterrent. Technology, when understood and used for righteous purposes, need not be a threat but rather an enhancement to spiritual communication." (Elder Richard G. Scott, *For Peace at Home*, April 2013, General Conference)

To achieve my full potential and to help safeguard me against the power of the adversary, rules and guidelines have been put in place to help me govern my use of technology. They are as follows:

1. I agree to use personal electronic devices and school computers only for school purposes during the school day. Online gaming is not permitted on the school premises. (Parent Handbook section 17.8)
2. Cell phones are to remain in my backpack during the day, unless I have received permission directly from a teacher or an administrator to use it.
3. I agree that I will use cell phones, personal electronic devices, and school computers only in public areas and spaces where teachers, parents, and other adult supervisors are present, and only during times that are permitted for use of those devices. I further understand that it is my responsibility to ask the teacher or supervisor if I am unsure of a technology policy for a certain class, device, or time.
4. I agree that during the school day I will only visit websites for which I have been given permission, have been approved by my instructor, and have academic purpose and value. (Parent Handbook section 17.9)
5. I will be issued a class username and password at the beginning of the school year. I agree to use only my own class-assigned log-in on school computers, and never to use another person's credentials, especially without their consent.
6. I agree to properly log off a school computer when I have finished using it.
7. I agree to leave pre-approved settings—including screen savers, wallpaper, monitor coloring, widgets, etc.—on school computers. I will change them only if it is part of an assigned learning opportunity during class instruction.
8. I will properly and carefully eject thumb drives from school computers.
9. I agree to use all school equipment (laptops, desktops, keyboards, keyboard covers, mice, processors, cables or power supplies) in a respectful and appropriate way; and will report any malfunction or damage that I notice promptly to my instructor or a member of the IT department.  
 [These technologies] are latent with such potent power, either for the blessing or the destruction of human beings, as to make man's responsibility in controlling them the most gigantic ever placed in human hands." (Elder David A. Bednar, "To Sweep the Earth as With a Flood", Aug. 19, 2014, BYU Campus Education Week)
10. I agree that when I use social network media for private purposes, including off campus, I will not communicate anything that would be inappropriate, offensive, or hurtful. (Honor Code) (Parent Handbook section 17.23)
11. I agree to report any inappropriate or obscene websites, messages, or content—whether accessed intentionally or unintentionally, on-campus or off-campus, by personal or school devices—to a parent, teacher, administrator, or other trusted adult. (Parent Handbook section 17.9 & 17.20).
12. I understand that risky technology behaviors like using someone else's credentials or identity, or intentionally accessing or forwarding inappropriate or obscene websites, messages, or content, can lead to very serious consequences, including school discipline and potentially criminal consequences. I also understand that my parents and AHS teachers and staff will treat me with honor, love, and respect as I report any concerns that I may have about my or others' technology use.
13. I understand that hiding my use of technology from the view of others, especially during times and in places that I should not be using that technology, causes others to suspect that I am breaking my Honor Code commitments regarding honesty and respect for school technology policies (Parent Handbook section 17.8).
14. I understand the following potential consequences if I choose not to follow the above guidelines:  
 First infraction: Loss of privileges at school for up to 5 school days  
 Second infraction: Loss of privileges at school for up to 20 school days  
 Third infraction: Loss of privileges at school for up to the remainder of the school year.
15. Homework may be printed at school in emergency situations. Cost of printing is ten cents per page—due at the time of printing.

## GRADE 6-12

As a student at American Heritage School, I have the opportunity to build the Kingdom of God through the use of technology. "(I) live in a world where technological advances occur at an astounding pace. . . Depending on how technology is used, these advances can be a blessing or a deterrent. Technology, when understood and used for righteous purposes, need not be a threat but rather an enhancement to spiritual communication." (Elder Richard G. Scott, *For Peace at Home*, April 2013, General Conference)

To achieve my full potential and to help safeguard me against the power of the adversary, rules and guidelines have been put in place to help me govern my use of technology. They are as follows:

1. I agree to use personal electronic devices, personal laptops, and school computers only for school purposes during the school day. Online gaming is not permitted on the school premises. (Parent Handbook section 17.8)
2. My cell phone is to remain out of sight in the off position during the day unless I have received permission directly from a teacher or an administrator to use it. I may not use my phone or earbuds during passing periods, lunch time, or on field trips (unless I have received permission from the teacher supervising the field trip).
3. I will not use social networking sites, applications, or tools on any personal or school device, except for school-sponsored purposes during the school day. My parents will receive advanced notice when the use of social media will be part of classroom instruction.
4. I agree that I will use cell phones, personal electronic devices, and school computers only in public areas and spaces where teachers, parents, and other adult supervisors are present, and only during times that are permitted for use of those devices. I further understand that it is my responsibility to ask the teacher or supervisor if I am unsure of a technology policy for a certain class, device, or time.
5. I agree that during the school day and during online instruction I will only visit websites for which I have been given permission, have been approved by my instructor, and have academic purpose and value. (Parent Handbook section 17.9)
6. I will be issued an individual log-in and password at the beginning of the school year. I agree to use only my own student-assigned log-in on school computers, and never to use another person's credentials, especially without their consent. If I have forgotten my password, I can receive assistance in resetting it by contacting Mrs. McConkie or the IT Department.
7. I agree to properly log off a school computer when I have finished using it.
8. I agree to leave pre-approved settings—including screen savers, wallpaper, monitor coloring, widgets, etc.—on school computers. I will change them only if it is part of an assigned learning opportunity during class instruction.
9. I agree that during online instruction I will not use distracting or offensive backgrounds or profile photos. I also agree to use my name to identify myself in the digital classroom.
10. I will properly and carefully eject thumb drives from school computers.
11. I agree to use all school equipment (laptops, desktops, keyboards, keyboard covers, mice, processors, cables or power supplies) in a respectful and appropriate way; and will report any malfunction or damage that I notice promptly to my instructor or a member of the IT department.  
 [These technologies] are latent with such potent power, either for the blessing or the destruction of human beings, as to make man's responsibility in controlling them the most gigantic ever placed in human hands." (Elder David A. Bednar, "To Sweep the Earth as With a Flood", Aug. 19, 2014, BYU Campus Education Week)
12. I agree that when I use social network media for private purposes, including off campus, I will not communicate anything that would be inappropriate, offensive, or hurtful. (Honor Code) (Parent Handbook section 17.23)
13. I agree to report any inappropriate or obscene websites, messages, or content—whether accessed intentionally or unintentionally, on-campus or off-campus, by personal or school devices—to a parent, teacher, administrator, or other trusted adult. (Parent Handbook section 17.9 & 17.20).
14. I understand that risky technology behaviors like using someone else's credentials or identity, or intentionally accessing or forwarding inappropriate or obscene websites, messages, or content, can lead to very serious consequences, including school discipline and potentially criminal consequences. I also understand that my parents and AHS teachers and staff will treat me with honor, love, and respect as I report any concerns that I may have about my or others' technology use.
15. I understand that hiding my use of technology from the view of others, especially during times and in places that I should not be using that technology, causes others to suspect that I am breaking my Honor Code commitments regarding honesty and respect for school technology policies (Parent Handbook section 17.8).
16. I understand the following potential consequences if I choose not to follow the above guidelines:  
 First infraction: Loss of privileges at school for up to 5 school days  
 Second infraction: Loss of privileges at school for up to 20 school days  
 Third infraction: Loss of privileges at school for up to the remainder of the school year.
17. Homework may be printed at school in emergency situations. Cost of printing is ten cents per page—due at the time of printing.

STUDENTS WILL RECEIVE A SEPARATE PAPER COPY TO SIGN AND SUBMIT DURING THE FIRST WEEK OF SCHOOL

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# IMMUNIZATIONS

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. COVID-19 vaccination is not required to attend school. Please provide the school with 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 16, 2022, 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@ahsmaail.com](mailto:admissions@ahsmaail.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
- 2 Varicella (Chickenpox) – history of disease is acceptable; a parent must sign the verification statement on the school immunization record.

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

- 1 additional Tdap (grades 7–12)
- 1 Meningococcal (grades 7–12)



## American Heritage School REQUEST FOR GIVING MEDICATION AT SCHOOL

SEPARATE PAPER AND/OR DIGITAL FORM AVAILABLE BY REQUEST FROM THE FRONT OFFICE

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.

SEPARATE PAPER AND/OR DIGITAL FORM AVAILABLE BY REQUEST FROM THE FRONT OFFICE

Signature of Parent or Guardian

Date



# K-12 STUDENT UNIFORM POLICY

Purpose and Implementation	Dress Standards
<p>We believe that properly wearing the uniform</p> <ul style="list-style-type: none"> <li>• Displays unity, modesty, neatness, and dignity;</li> <li>• Demonstrates respect for self, education, teachers, and fellow students;</li> <li>• Facilitates focus on learning and service, rather than on clothing and accessories;</li> <li>• Supports an appropriate distinction between the genders; and</li> <li>• Reminds students of their commitment to live by the American Heritage Mission Statement.</li> </ul> <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, sweatshirts, 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"> <li>• Conservative: Restrained; avoiding showiness</li> <li>• Modest: Excludes short skirts, tight clothing, and revealing attire</li> <li>• Non-distracting: Not drawing attention to oneself</li> <li>• Small: Fine, minute, diminutive, slender, thin, little, of small diameter</li> <li>• Subtle: Fine, thin, delicate, slight, faint, refined, difficult to perceive</li> </ul>	<ul style="list-style-type: none"> <li>• Clothing should fit appropriately (neither tight nor baggy).</li> <li>• Pants on boys and young men should be conservative in style and not tight or slim fitting.</li> <li>• Alterations, other than hemming, are NOT permitted!</li> <li>• 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 touch the kneecap.</li> <li>• 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 wearing opaque tights or leggings). Biker style shorts may not extend below the hemline of the uniform.</li> <li>• Undershirts and camisoles must be plain white. Undershirt sleeves may not extend beyond the cuff of the uniform sleeve.</li> <li>• Socks must be worn at all times. Alternatively, girls may wear tights. (See appropriate section for details).</li> <li>• Uniform approved jackets and sweaters are permitted in the building and may not be worn around the waist.</li> <li>• Hats and baseball caps may not be worn during school hours with the exception of a winter hat worn outside for warmth.</li> <li>• Clothing should be clean and well-maintained (properly hemmed, unstained, free from holes and fading, etc.).</li> <li>• Shirts must be tucked in at all times during school hours except during recess and when participating in outside athletic activities.</li> </ul> <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-5th grade to Charné Adams: cadams@ahsmail.com          6th-8th grade to Blaine Hunsaker: bhunsaker@ahsmail.com          9th-12th grade to Elizabeth Acuña: eacuna@ahsmail.com</p> <p><b>Primary uniform supplier for AHS:</b> <a href="http://dennisuniform.com/schools/R00">dennisuniform.com/schools/R00</a>          Dennis Uniforms 3560 Main Street Salt Lake City, Utah 801-287-9200</p> <p><b>Additional uniform supplier for AHS:</b> <a href="http://landsend.com">landsend.com</a></p> <p><b>Used uniform sales:</b> <a href="http://american-heritage.org/parent-organization">american-heritage.org/parent-organization</a></p>
<ul style="list-style-type: none"> <li>• As with many items in the uniform policy, styles and options will vary by grade and will expand in variety and flexibility. Younger students should not look to older students to determine what is acceptable or approved. As students increase in their ability to understand principles and make and keep commitments, their freedom to choose also increases.</li> <li>• 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.</li> </ul>	



# K-12 STUDENT UNIFORM POLICY GROOMING & ACCESSORIES

General Grooming	Boys' Grooming	Girls' Grooming
<ul style="list-style-type: none"> <li>• Hairstyles should be neat and clean. Styles which may be considered distracting or extreme will not be permitted.</li> <li>• Hair dyeing and/or bleaching should be done by a professional and will only be permitted if hair remains natural in appearance and color. (bleach blonde is not a natural color)</li> <li>• Eyebrows should not be modified in ways that distract or draw attention.</li> <li>• Body marking is not allowed, including tattoos, washable tattoos, or marking on the skin with ink or marker.</li> <li>• Body piercing is not allowed</li> </ul>	<ul style="list-style-type: none"> <li>• Boys' are required to have relatively short hair styles which adhere to the following guidelines <b>before and after</b> styling:                             <ul style="list-style-type: none"> <li>- must not cover any part of the ear</li> <li>- must not cover any part of the eyebrow</li> <li>- must not touch the collar</li> <li>- must not be tucked behind the ear, tied up or pulled back (including during physical activity)</li> </ul> </li> <li>• Sideburns must not extend below the earlobe or onto the cheek.</li> <li>• Young men should be clean-shaven with no visible facial hair.</li> <li>• No nail polish or makeup</li> </ul>	<ul style="list-style-type: none"> <li>• Girls may have a single piercing in each earlobe.</li> <li>• K-12 girls will be permitted to wear nail polish and makeup.</li> <li>• Makeup and nail polish should be subtle, conservative and non-distracting.</li> </ul>
General Accessories	Boys' Accessories	Girls' Accessories
<ul style="list-style-type: none"> <li>• Eyeglasses must have lenses and must be non-distracting.</li> <li>• Sunglasses may not be worn in the building.</li> <li>• Blankets or shawls may not be worn in the building</li> <li>• Hats and baseball caps may not be worn during school hours with the exception of a winter hat worn outside for warmth</li> </ul>	<ul style="list-style-type: none"> <li>• Boys may wear a single watch</li> <li>• Boys may wear one ring per hand</li> <li>• No earrings, necklaces or bracelets</li> <li>• Boys may wear a solid black, navy, gray (non-metallic) or brown belt.</li> </ul>	<ul style="list-style-type: none"> <li>• Hair ornaments must be small, subtle, conservative, and non-distracting. All colors are allowed EXCEPT for the following: NO Pink, Purple, Orange, or Neon</li> <li>• Girls jewelry must be conservative, subtle and non-distracting.</li> <li>• Earrings must be limited to one pair.</li> </ul>



**STUDENTS WILL RECEIVE A SEPARATE PAPER COPY TO SIGN AND SUBMIT DURING THE FIRST WEEK OF SCHOOL**



## K-12 STUDENT UNIFORM POLICY IMPORTANT NOTES

### Boys' Pants and Shorts (Footnote a)

- Boys pants and shorts must be purchased from an approved supplier. They should be conservative in style, not tight or slim fitting, and should be properly hemmed without a cuff. They should be clean and well-maintained (free from holes and fading, etc.). Only boys, grades K-5, may wear shorts for their Mon-Thur uniform. Approved Suppliers: Dennis Uniform and Land's End Uniforms

### Oxford Dress Shirts and Peter Pan Collar Blouses (Footnote b)

- Oxford dress shirts must be purchased from an approved supplier. They should be a heavier-weight, opaque, basket-weave fabric. Other requirements include: button down collar, not cream or off-white, no logos or embroidery, not tight or slim-fitting. Approved Suppliers: Dennis Uniform and Land's End Uniforms. Peter Pan Collar Blouses must be purchased from Dennis Uniform.

### Girls' Shifts, Skorts, Jumpers and Skirts (Footnote c)

- Skirts, shifts, jumpers, and skorts must be purchased from an approved supplier. They should be modest in length and fit. The minimum length should allow for the skirt to naturally touch the kneecap. The skirt and skort usually require the "long" or "extra long" length to be purchased or the hem to be let down to meet this requirement. Skirts are only approved for grades 6-12. All girl's uniforms require tights, bike shorts, or leggings underneath. Please note: For 9th-12th grade girls, the khaki box pleated skirt will be allowed for events and Fridays through the end of the 22-23 school year, until it is officially replaced by the Macbeth plaid skirt. We urge you to adopt the new uniform as soon as possible. Approved Suppliers: Dennis Uniform only for Elementary and Middle School. Dennis Uniform and Lands' End for High School.

### Biker Shorts and Leggings (Footnote d)

- Girls, grades K-12, MUST wear snug-fitting black or navy biker shorts daily (except when wearing tights or leggings). Biker shorts may not extend below the hemline of the uniform. Ankle-length leggings, with socks or footlets, are not approved for special events but may be worn in place of biker shorts on M-TH. They should be clean and well-maintained (free from holes and fading, etc.). The fabric should have a matte sheen, not shiny or metallic. May be purchased from any supplier.

### Shoes and Socks (Footnote e)

- Shoes:** All shoes must be secure fitting, closed toe, closed heel, flat or low-heeled (less than one inch), and conservative in style and appearance. NO rollers, heeels (with or without rollers), lights, characters, slippers, crocs, or moccasin styles. Bold, distracting, or high contrasting designs are not permitted. Laces must be worn in shoes intended to have laces.
- Boots:** Dress boots should be conservative in style and appearance and be flat or low-heeled (less than one inch). Boots are not permitted for special events. Girls may wear dress ankle boots on Fridays. Girls may wear below-the knee dress boots, in black or brown, on Mon-Thur and on Fridays during winter weather. Mon-Fri. Snow Boots or athletic cleats should not be worn in the building, but are acceptable outside.
- P.E. Shoes:** Uniform approved conservative athletic shoes may be worn for P.E. class as long as they have non-marking soles. Other athletic shoes, of all styles and colors, are permitted for P.E. class as long meet the following guidelines: They should be brought to and from school and worn only during P.E. class. They should also be suitable for indoor and outdoor use and have non-marking soles.
- Socks:** Socks must be worn at all times. Girls, grades K-12, may wear tights in place of socks. Socks or footlets must be worn when wearing ankle-length leggings or footless tights. All items must be solid in color with NO stripes or patterns of any kind. They should be clean, well maintained, and free from holes. Colors and heights allowed are determined by grade level, gender, and day. See next page for more details.



## K-12 STUDENT UNIFORM POLICY SHOES, SOCKS, TIGHTS, AND LEGGINGS

### SHOPPING LIST

#### EVENT DRESS SHOES

- Required for all special events, picture day, and devotionals. Darker in color and formal in style. No boots of any kind permitted. May be brought to school and changed into for the event.

\_\_\_\_ One pair event dress shoes

#### FRIDAY DRESS SHOES

- Required for all Fridays. May be the same pair as your event dress shoes, however more flexible options are approved for Fridays.

\_\_\_\_ One pair Friday dress shoes

#### MON-THUR SHOES

- Additional Options for Mon - Thur. May be the same pair as your event or Friday dress shoes, however more flexible options are approved for Mon-Thur.

\_\_\_\_ One pair Mon-Thur shoes

### PICTURE GUIDE & DETAILS



#### EVENT DRESS SHOES

- Dark upper in solid colors black, brown, or navy
- Dark sole of solid black or brown
- Laces must match the shoe (black shoe w/black laces)
- No accents or additional colors.
- No contrast stitching
- Formal dress style (no athletic styles)
- No boots of any height or kind permitted



#### FRIDAY DRESS SHOES

- Upper in solid black, brown, or navy
- Sole of solid black or brown
- Laces must match the shoe (black shoe w/black laces)
- No accents or additional colors, contrast stitching allowed
- Dress styles or solid color conservative athletic
- Girls may wear dress ankle boots; below-the-knee dress boots are permitted during winter weather.



#### MONDAY - THURSDAY SHOES

- Upper predominately black, navy, brown, gray, or white
- Sole of conservative colors
- Laces in solid, black, navy, brown, gray, or white
- Conservative accents of any color permitted
- Conservative athletic styles permitted
- Girls and Boys may wear ankle boots
- Girls below-the-knee dress boots in black or brown

### SOCKS, TIGHTS, LEGGINGS, AND BIKERS

	EVENT DRESS	FRIDAY DRESS	MONDAY - THURSDAY
Boys K-5	Black or navy dress socks	Black or navy dress socks	Black, navy, gray, or white socks
Boys 6-8	Black or navy dress socks	Black or navy dress socks	Black, navy, gray, or white socks
Boys 9-12	Black, navy, or brown dress socks	Black, navy, or brown dress socks	Black, navy, brown, gray, or white socks
Girls K-5	Black or navy, cable or opaque tights	Black or navy, cable or opaque tights Black or navy knee-high socks w/bikers	Black, navy, gray, or white tights (cable or opaque) Black, navy, gray, or white socks w/bikers Black, navy, gray, or white leggings w/socks or footlets
Girls 6-8	Black or navy opaque tights	Black or navy, cable or opaque tights Black or navy knee-high socks w/bikers Black or navy leggings with socks or footlets	Black, navy, gray, or white tights (cable or opaque) Black, navy, gray, or white socks w/bikers Black or navy leggings with socks or footlets Bare legs with footlets and bikers
Girls 9-12	Black or navy opaque tights Bare legs w/bikers	Black or navy, cable or opaque tights Black or navy knee-high socks w/bikers Black or navy leggings with socks or footlets Bare legs w/bikers	Black, navy, gray, or white tights (cable or opaque) Black, navy, gray, or white socks w/bikers Black or navy leggings with socks or footlets Bare legs w/bikers





## ALL STUDENTS

### REQUIRED SWEATER, SWEATSHIRT, OR JACKET

All students are required to have one of the following options to wear indoors for additional warmth. Personal jackets and hoodies, of other brands or styles, are not allowed during the school day. Approved options must be purchased through Land's End, Dennis Uniform or our AHS Spirit Wear hoodies are only approved for AHS Spirit Apparel Days and can not be worn on regular school days. Winter coats and other personal jackets are permitted outdoors during recess and lunch time.

- The list of approved options are:
- Dennis navy v-neck pullover sweater
  - Dennis girls' navy sweater vest
  - Dennis girls' navy button-up cardigan
  - Dennis navy quarter-zip sweatshirt w/logo (forest green is no longer approved)
  - Dennis navy crewneck sweatshirt w/logo
  - Lands' End Uniform navy crewneck sweatshirt w/logo
  - Dennis navy micro-fleece vest
  - Dennis navy micro-fleece jacket
  - Land's End Uniform navy ThermoPlume jacket
  - Land's End Uniform navy Sports Squall jacket
  - AHS Spirit wear track jacket

### SPIRIT APPAREL DAYS

The Spirit Apparel Day Uniform gives students and faculty an occasional casual dress opportunity to promote school spirit and provide appropriate attire for service projects, field trips, and other on-campus activities and celebrations. Students are required to follow ALL regular AHS Mon-Thur uniform standards, except that shirts may be worn untucked. Students may choose to wear the spirit apparel uniform or the regular Mon-Thur uniform. All spirit wear uniform apparel must adhere to the following guidelines:

- AHS Spirit Wear t-shirts and sweatshirts may be worn so long as they are:
  - Purchased through the approved spirit wear store -or-
  - Produced by the school for an AHS program, production, class, or activity
  - AHS school hoodies may be worn as long as the hood remains down
  - No team jerseys or other items which belong to the school may be worn
  - Tops must have sleeves and must be free from holes or excessive wear
- Conservative jeans may be worn so long as they are:
  - Must be solid, medium to dark, blue jeans (no other colors)
  - No acid wash, dirty washed, double-dyed or faded fabrics
  - No holes, distressing, frayed, or destructed styles
  - No athletic or exercise styles or fabrics
  - No low-riding, revealing, overly baggy, tight-fitting, or immodest styles
  - No sequins, lettering, heavy stitching, distracting patterns or other decorations
- Mon-Thur sock and shoe uniform guidelines apply for all spirit apparel days

### P.E. UNIFORMS / SHOES

For Grades K-5

- P.E. Uniforms are not required for grades K-5. However, conservative athletic shoes<sup>e</sup> with non-marking soles or P.E. shoes<sup>e</sup> are required for all P.E. classes. Depending on class schedule, shoes may need to be brought to school and changed into during P.E. class.

For Grades 6-12

- P.E. Uniforms are required for grades 6-12.
  - Any Spirit Apparel or AHS program t-shirt
  - Athletic shorts or sweatpants in solid colors of navy, gray, red or black. Shorts MUST be knee-length and black or navy biker shorts must be worn underneath. Small logos are permitted
  - Ankle or athletic socks (logos are permitted)
  - Conservative athletic shoes<sup>e</sup> with non-marking soles or P.E. shoes<sup>e</sup>

Note about after-school athletics: Loose fitting athletic pants, warm-ups or sweatpants must be worn prior to and after practices and games when remaining on campus.



## K-12 STUDENT UNIFORM POLICY SWEATERS, SWEATSHIRTS, JACKETS & SPIRIT WEAR

### SHOPPING LIST

- IN-CLASS WARMTH**
- Required, one of the following:
    - \_\_\_ Pullover Sweater
    - \_\_\_ Girls Sweater Vest
    - \_\_\_ Girls Cardigan
    - \_\_\_ Crewneck sweatshirt
    - \_\_\_ Quarter-zip sweatshirt
    - \_\_\_ Micro-fleece jacket
    - \_\_\_ Micro-fleece vest
    - \_\_\_ Thermoplume jacket
    - \_\_\_ Sport Squall jacket
    - \_\_\_ AHS Track jacket

### PICTURE GUIDE & DETAILS



### SPIRIT APPAREL DAY

- Options for spirit days
  - \_\_\_ Spirit Wear t-shirt -or-
  - \_\_\_ Spirit Wear sweatshirt
  - \_\_\_ Appropriate blue jeans
  - \_\_\_ Mon-Thur Socks
  - \_\_\_ Mon-Thur Shoes

(see previous page for more details)

### SPIRIT APPAREL DAY UNIFORM



### P.E. CLASSES & ATHLETICS

- Required for P.E. for Grades K-5
  - \_\_\_ Athletic shoes with non-marking soles<sup>e</sup>
- Required for P.E. for Grades 6-12
  - \_\_\_ Spirit Wear t-shirt
  - \_\_\_ Appropriate shorts w/bikers -or-
  - \_\_\_ Appropriate sweatpants
  - \_\_\_ Socks
  - \_\_\_ Athletic shoes with non-marking soles<sup>e</sup>

(see previous page for more details)

### SPIRIT APPAREL DAY JEANS

- Must be solid, medium to dark, blue jeans (no other colors of jeans allowed)
- No acid wash, dirty washed, double-dyed or faded fabrics
- No holes, distressing, frayed, or destructed styles
- No athletic or exercise styles or fabrics
- No low-riding, revealing, overly baggy, overly tight, or immodest styles
- No sequins, lettering, heavy stitching, distracting patterns or other decorations

### SPIRIT APPAREL DAY SOCKS and SHOES

- Mon-Thur sock and shoe uniform guidelines apply for all spirit apparel days

# GRADES K-3 GIRLS UNIFORMS

# GRADES K-3 BOYS UNIFORMS

## SHOPPING LIST

## K-3 GIRLS PICTURE GUIDE

### SHIRTS

- Required for events and Fridays  
(Long sleeve must be worn for events. Long or short sleeve OK for Fridays)  
\_\_\_ Dennis white Peter Pan collar blouse
- Additional Options for Mon-Thur  
(Long or short sleeve may be worn Mon-Thur)  
\_\_\_ Dennis white Peter Pan collar blouse  
\_\_\_ Dennis white or red polo

### SKIRTS / SKORTS

- Required for events and Fridays  
\_\_\_ Dennis Macbeth Plaid Box Pleated Shift <sup>c</sup>
- Additional Options for Mon-Thur  
\_\_\_ Dennis Macbeth Plaid Box Pleated Shift <sup>c</sup>  
\_\_\_ Dennis Macbeth Plaid Skort <sup>c</sup>  
\_\_\_ Dennis Macbeth Plaid Knife Pleated Jumper

### BIKERS / SOCKS / TIGHTS / LEGGINGS

- Required for Events and Fridays  
\_\_\_ Events: Black or navy opaque or cable tights <sup>e</sup>  
\_\_\_ Fridays: Black or navy opaque or cable tights <sup>e</sup> -or-  
\_\_\_ Fridays: Black or navy knee-high socks <sup>e</sup> w/bikers <sup>d</sup>
- Additional Options for Mon-Thur  
\_\_\_ Black, navy, gray, or white leggings <sup>d</sup>  
\_\_\_ Black, navy, gray, or white tights <sup>e</sup>  
\_\_\_ Black, navy, gray, or white socks <sup>e</sup> w/bikers <sup>d</sup>

### SHOES

- Required for events and Fridays  
\_\_\_ Events: Event dress shoes <sup>e</sup>  
\_\_\_ Fridays: Friday dress shoes or dress ankle boots <sup>e</sup>
- Additional Options for Mon-Thur  
\_\_\_ Dress shoes or boots <sup>e</sup>  
\_\_\_ Appropriate Mon-Thur shoes <sup>e</sup>  
\_\_\_ Conservative athletic shoes <sup>e</sup>

### SWEATERS / JACKETS

- Required for warmth in-class and hallways  
(See additional page for more details)  
\_\_\_ Dennis or Lands' End navy jacket -or-  
\_\_\_ Dennis navy sweater -or-  
\_\_\_ Dennis or Lands' End navy sweatshirt  
(All in-class sweatshirts must have the AHS logo or mascot)

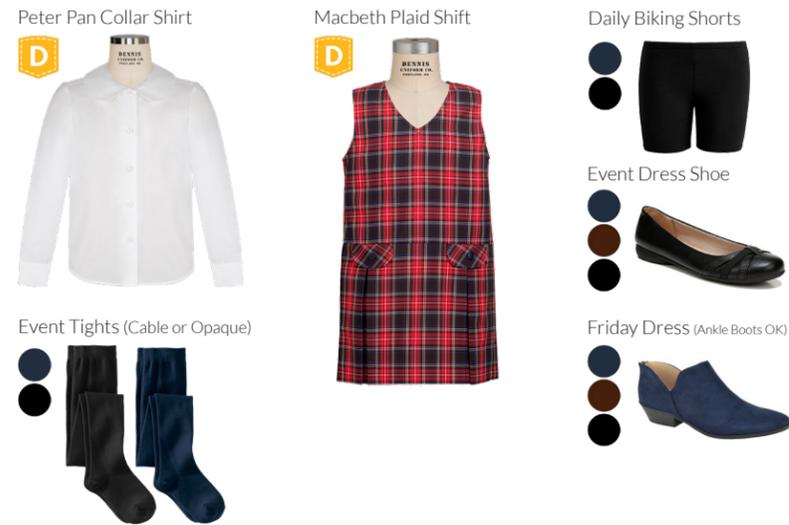
### PHYSICAL EDUCATION (P.E.)

- Required for P.E.  
\_\_\_ Elementary students do not change clothing for P.E.  
\_\_\_ Athletic P.E. shoes <sup>e</sup> with non-marking soles -or-  
\_\_\_ Conservative athletic shoes <sup>e</sup> with non-marking soles

### SPIRIT APPAREL DAY UNIFORM

- Optional for Spirit Apparel Days  
\_\_\_ See additional page for more details

### SPECIAL EVENTS and FRIDAY REQUIRED UNIFORM



### MONDAY - THURSDAY ADDITIONAL UNIFORM OPTIONS



## IMPORTANT FOOTNOTES & DETAILS

- Dennis or Lands End pants should not have cuffs and must be free from holes or excessive wear.
- Oxford shirts must have button down collars. Long sleeves are required for special events including picture day, all concerts and devotionals. Short sleeve may be worn on Fridays.
- Girl's Shifts, Skorts, Jumpers, and Skirts must touch the kneecap.
- All Girls MUST wear snug-fitting black or navy biker shorts daily.
- See additional pages and sections for more details

Approved Suppliers:  
 Dennis Uniform Lands' End

## SHOPPING LIST

## K-3 BOYS PICTURE GUIDE

### TIE & BELT

- Required for events and Fridays  
\_\_\_ Dennis solid navy tie  
\_\_\_ Dark black or navy dress belt

### SHIRTS

- Required for events and Fridays  
(Long sleeve must be worn for events. Long or short sleeve OK for Fridays)  
\_\_\_ Dennis or Lands' End white oxford <sup>b</sup> dress shirt
- Additional Options for Mon-Thur  
(Long or short sleeve may be worn Mon-Thur)  
\_\_\_ Dennis white or red polo  
\_\_\_ Dennis or Lands' End white oxford <sup>b</sup> dress shirt

### PANTS/SHORTS

- Required for events and Fridays  
\_\_\_ Dennis navy pant <sup>a</sup> -or-  
\_\_\_ Lands' End navy pant <sup>a</sup>
- Additional Options for Mon-Thur  
\_\_\_ Dennis or Lands' End navy pant <sup>a</sup> -or-  
\_\_\_ Dennis or Lands' End navy shorts <sup>a</sup>

### SOCKS

- Required for events and Fridays  
\_\_\_ Black or navy dress socks <sup>e</sup>

- Additional Options for Mon-Thur  
\_\_\_ Black, navy, gray, or white socks <sup>e</sup>

### SHOES

- Required for events and Fridays  
\_\_\_ Events: Event dress shoes <sup>e</sup>  
\_\_\_ Fridays: Friday dress shoes; no boots <sup>e</sup>
- Additional Options for Mon-Thur  
\_\_\_ Dress shoes or boots <sup>e</sup> -or-  
\_\_\_ Appropriate Mon-Thur shoes <sup>e</sup> -or-  
\_\_\_ Conservative athletic shoes <sup>e</sup>

### SWEATERS / JACKETS

- Required for warmth in-class and hallways  
(See additional page for more details)  
\_\_\_ Dennis or Lands' End navy jacket -or-  
\_\_\_ Dennis navy sweater -or-  
\_\_\_ Dennis or Lands' End navy sweatshirt  
(All in-class sweatshirts must have the AHS logo or mascot)

### PHYSICAL EDUCATION (P.E.)

- Required for P.E.  
\_\_\_ Elementary students do not change clothing for P.E.  
\_\_\_ Athletic P.E. shoes <sup>e</sup> with non-marking soles -or-  
\_\_\_ Conservative athletic shoes <sup>e</sup> with non-marking soles

### SPIRIT APPAREL DAY UNIFORM

- Optional for Spirit Apparel Days  
\_\_\_ See additional page for more details

### SPECIAL EVENTS and FRIDAY REQUIRED UNIFORM



### MONDAY - THURSDAY ADDITIONAL UNIFORM OPTIONS



## IMPORTANT FOOTNOTES & DETAILS

- Dennis or Lands End pants should not have cuffs and must be free from holes or excessive wear.
- Oxford shirts must have button down collars. Long sleeves are required for special events including picture day, all concerts and devotionals. Short sleeve may be worn on Fridays.
- Girl's Shifts, Skorts, Jumpers, and Skirts must touch the kneecap.
- All Girls MUST wear snug-fitting black or navy biker shorts daily.
- See additional pages and sections for more details

Approved Suppliers:  
 Dennis Uniform Lands' End

# GRADES 4-5 GIRLS UNIFORMS

# GRADES 4-5 BOYS UNIFORMS

## SHOPPING LIST

## 4-5 GIRLS PICTURE GUIDE

### SWEATER VEST

- Required for events and Fridays
- \_\_\_ Dennis navy sweater vest

### SHIRTS

- Required for events and Fridays (Long sleeve must be worn for events. Long or short sleeve OK for Fridays)
- \_\_\_ Dennis white Peter Pan collar blouse
- Additional Options for Mon-Thur (Long or short sleeve may be worn Mon-Thur)
- \_\_\_ Dennis white Peter Pan collar blouse
- \_\_\_ Dennis white or red polo

### SKIRTS / SKORTS

- Required for events and Fridays
- \_\_\_ Dennis Macbeth Plaid Skort<sup>c</sup>
- Additional Options for Mon-Thur
- \_\_\_ Dennis Macbeth Plaid Box Pleated Shift<sup>c</sup>
- \_\_\_ Dennis Macbeth Plaid Skort<sup>c</sup>
- \_\_\_ Dennis Macbeth Plaid Knife Pleated Jumper

### BIKERS / SOCKS / TIGHTS / LEGGINGS

- Required for Events and Fridays
- \_\_\_ Events: Black or navy opaque or cable tights<sup>e</sup>
- \_\_\_ Fridays: Black or navy opaque or cable tights<sup>e</sup> -or-
- \_\_\_ Fridays: Black or navy knee-high socks<sup>e</sup> w/bikers<sup>d</sup>
- Additional Options for Mon-Thur
- \_\_\_ Black or navy leggings<sup>d</sup> -or-
- \_\_\_ Black, navy, gray, or white tights<sup>e</sup> -or-
- \_\_\_ Black, navy, gray, or white socks<sup>e</sup> w/bikers<sup>d</sup>

### SHOES

- Required for events and Fridays
- \_\_\_ Events: Event dress shoes<sup>e</sup>
- \_\_\_ Fridays: Friday dress shoes or dress ankle boots<sup>e</sup>
- Additional Options for Mon-Thur
- \_\_\_ Dress shoes or boots<sup>e</sup> -or-
- \_\_\_ Appropriate Mon-Thur shoes<sup>e</sup> -or-
- \_\_\_ Conservative athletic shoes<sup>e</sup>

### SWEATERS / JACKETS

- Required for warmth in-class and hallways (See additional page for more details)
- \_\_\_ Dennis or Lands' End navy jacket -or-
- \_\_\_ Dennis navy sweater -or-
- \_\_\_ Dennis or Lands' End navy sweatshirt (All in-class sweatshirts must have the AHS logo or mascot)

### PHYSICAL EDUCATION (P.E.)

- Required for P.E.
- \_\_\_ Elementary students do not change clothing for P.E.
- \_\_\_ Athletic P.E. shoes<sup>e</sup> with non-marking soles -or-
- \_\_\_ Conservative athletic shoes<sup>e</sup> with non-marking soles

### SPIRIT APPAREL DAY UNIFORM

- Optional for Spirit Apparel Days
- \_\_\_ See additional page for more details

### SPECIAL EVENTS and FRIDAY REQUIRED UNIFORM

Peter Pan Collar Shirt



Sweater Vest



Daily Biking Shorts



Event Dress Shoe



Skort



Event Tights (Cable or Opaque)



Friday Dress (Ankle Boots OK)



### MONDAY - THURSDAY ADDITIONAL UNIFORM OPTIONS

Peter Pan Collar Shirt



Macbeth Plaid Shift



Knife Pleated Jumper



Cardigan or Pullover Sweater



Polo Shirt



Skort



## IMPORTANT FOOTNOTES & DETAILS

- Dennis or Lands End pants should not have cuffs and must be free from holes or excessive wear.
- Oxford shirts must have button down collars. Long sleeves are required for special events including picture day, all concerts and devotionals. Short sleeve may be worn on Fridays.
- Girl's Shifts, Skorts, Jumpers, and Skirts must touch the kneecap.
- All Girls MUST wear snug-fitting black or navy biker shorts daily.
- See additional pages and sections for more details

Approved Suppliers:



## SHOPPING LIST

## 4-5 BOYS PICTURE GUIDE

### TIE & BELT

- Required for events and Fridays
- \_\_\_ Dennis solid navy tie
- \_\_\_ Dark black or navy dress belt

### SHIRTS

- Required for events and Fridays (Long sleeve must be worn for events. Long or short sleeve OK for Fridays)
- \_\_\_ Dennis or Lands' End white oxford<sup>b</sup> dress shirt
- Additional Options for Mon-Thur (Long or short sleeve may be worn Mon-Thur)
- \_\_\_ Dennis white or red polo
- \_\_\_ Dennis or Lands' End white oxford<sup>b</sup> dress shirt

### PANTS/SHORTS

- Required for events and Fridays
- \_\_\_ Dennis navy pant<sup>a</sup> -or-
- \_\_\_ Lands' End navy pant<sup>a</sup>
- Additional Options for Mon-Thur
- \_\_\_ Dennis or Lands' End navy pant<sup>a</sup>
- \_\_\_ Dennis or Lands' End navy shorts<sup>a</sup>

### SOCKS

- Required for events and Fridays
- \_\_\_ Black or navy dress socks<sup>e</sup>
- Additional Options for Mon-Thur
- \_\_\_ Black, navy, gray, or white socks<sup>e</sup>

### SHOES

- Required for events and Fridays
- \_\_\_ Events: Event dress shoes<sup>e</sup>
- \_\_\_ Fridays: Friday dress shoes<sup>e</sup>
- Additional Options for Mon-Thur
- \_\_\_ Dress shoes or boots<sup>e</sup>
- \_\_\_ Appropriate Mon-Thur shoes<sup>e</sup>
- \_\_\_ Conservative athletic shoes<sup>e</sup>

### SWEATERS / JACKETS

- Required for warmth in-class and hallways (See additional page for more details)
- \_\_\_ Dennis or Lands' End navy jacket -or-
- \_\_\_ Dennis navy sweater -or-
- \_\_\_ Dennis or Lands' End navy sweatshirt (All in-class sweatshirts must have the AHS logo or mascot)

### PHYSICAL EDUCATION (P.E.)

- Required for P.E.
- \_\_\_ Elementary students do not change clothing for P.E.
- \_\_\_ Athletic P.E. shoes<sup>e</sup> with non-marking soles -or-
- \_\_\_ Conservative athletic shoes<sup>e</sup> with non-marking soles

### SPIRIT APPAREL DAY UNIFORM

- Optional for Spirit Apparel Days
- \_\_\_ See additional page for more details

### SPECIAL EVENTS and FRIDAY REQUIRED UNIFORM

White Oxford Shirt



Navy Pants



Dress Socks



Navy Tie



Dark Dress Belt



Event Dress Shoe



Friday Dress Shoe



### MONDAY - THURSDAY ADDITIONAL UNIFORM OPTIONS

Oxford Shirt



Navy Pants



Polo Shirt



Navy Shorts



Pullover Sweater



## IMPORTANT FOOTNOTES & DETAILS

- Dennis or Lands End pants should not have cuffs and must be free from holes or excessive wear.
- Oxford shirts must have button down collars. Long sleeves are required for special events including picture day, all concerts and devotionals. Short sleeve may be worn on Fridays.
- Girl's Shifts, Skorts, Jumpers, and Skirts must touch the kneecap.
- All Girls MUST wear snug-fitting black or navy biker shorts daily.
- See additional pages and sections for more details

Approved Suppliers:



# GRADES 6-8 GIRLS UNIFORMS

# GRADES 6-8 BOYS UNIFORMS

## SHOPPING LIST

### SWEATER VEST & TIE

- Required for events and Fridays
  - \_\_\_ Dennis navy sweater vest
  - \_\_\_ Dennis red crossover tie

### SHIRTS

- Required for events and Fridays (Long sleeve must be worn for events. Long or short sleeve OK for Fridays)
- Dennis or Lands' End white oxford<sup>b</sup> dress shirt
- Additional Options for Mon-Thur (Long or short sleeve may be worn Mon-Thur)
  - \_\_\_ Dennis white or red polo
  - \_\_\_ Dennis or Lands' End white oxford<sup>b</sup> dress shirt

### SKIRTS / SKORTS

- Required for events and Fridays
  - \_\_\_ Dennis Navy box pleated Skirt
- Additional Options for Mon-Thur
  - \_\_\_ Dennis Macbeth Plaid Skirt<sup>c</sup>
  - \_\_\_ Dennis Macbeth Plaid Skort<sup>c</sup>

### BIKERS / SOCKS / TIGHTS / LEGGINGS

- Required for Events and Fridays
  - \_\_\_ Events: Black or navy opaque tights<sup>e</sup>
  - \_\_\_ Fridays: Black or navy opaque tights<sup>e</sup> or leggings<sup>d</sup>-or-
  - \_\_\_ Fridays: Black or navy knee-high socks<sup>e</sup> w/bikers<sup>d</sup>
- Additional Options for Mon-Thur
  - \_\_\_ Black or navy leggings<sup>d</sup>-or-
  - \_\_\_ Black, navy, gray, or white tights<sup>e</sup>
  - \_\_\_ Black, navy, gray, or white socks<sup>e</sup> w/bikers<sup>d</sup>

### SHOES

- Required for events and Fridays
  - \_\_\_ Events: Event dress shoes<sup>e</sup>
  - \_\_\_ Fridays: Friday dress shoes or dress ankle boots<sup>e</sup>
- Additional Options for Mon-Thur
  - \_\_\_ Dress shoes or boots<sup>e</sup>
  - \_\_\_ Appropriate Mon-Thur shoes<sup>e</sup>
  - \_\_\_ Conservative athletic shoes<sup>e</sup>

### SWEATERS / JACKETS

- Required for warmth in-class and hallways (See additional page for more details)
  - \_\_\_ Dennis or Lands' End navy jacket -or-
  - \_\_\_ Dennis navy sweater -or-
  - \_\_\_ Dennis or Lands' End navy sweatshirt
 (All in-class sweatshirts must have the AHS logo or mascot)

### PHYSICAL EDUCATION (P.E.)

- Required for P.E.
  - \_\_\_ AHS Spirit Store or program T-Shirt
  - \_\_\_ Knee-length athletic shorts or sweatpants in solid colors: red, navy, gray, or black; small accents OK
  - \_\_\_ Black or navy bike shorts must be worn underneath
  - \_\_\_ Athletic P.E. shoes<sup>e</sup> with non-marking soles -or-
  - \_\_\_ Conservative athletic shoes<sup>e</sup> with non-marking soles

### SPIRIT APPAREL DAY UNIFORM

- Optional for Spirit Apparel Days
  - \_\_\_ See additional page for more details

## 6-8 GIRLS PICTURE GUIDE

### SPECIAL EVENTS and FRIDAY REQUIRED UNIFORM



### MONDAY - THURSDAY ADDITIONAL UNIFORM OPTIONS



## IMPORTANT FOOTNOTES & DETAILS

- Dennis or Lands End pants should not have cuffs and must be free from holes or excessive wear.
- Oxford shirts must have button down collars. Long sleeves are required for special events including picture day, all concerts and devotionals. Short sleeve may be worn on Fridays.
- Girl's Shifts, Skorts, Jumpers, and Skirts must touch the kneecap.
- All Girls MUST wear snug-fitting black or navy biker shorts daily.
- See additional pages and sections for more details

Approved Suppliers:  
 Dennis Uniform Lands' End

## SHOPPING LIST

### TIE & BELT

- Required for events and Fridays
  - \_\_\_ Dennis solid red tie
  - \_\_\_ Dark black or navy dress belt

### SHIRTS

- Required for events and Fridays (Long sleeve must be worn for events. Long or short sleeve OK for Fridays)
  - \_\_\_ Dennis or Lands' End white oxford<sup>b</sup> dress shirt
- Additional Options for Mon-Thur (Long or short sleeve may be worn Mon-Thur)
  - \_\_\_ Dennis white or red polo
  - \_\_\_ Dennis or Lands' End white oxford<sup>b</sup> dress shirt

### PANTS/SHORTS

- Required for events and Fridays
  - \_\_\_ Dennis navy pant<sup>a</sup> -or-
  - \_\_\_ Lands' End navy pant<sup>a</sup>
- Additional Options for Mon-Thur
  - \_\_\_ Dennis or Lands' End navy pant<sup>a</sup>
  - \_\_\_ No other options available

### SOCKS

- Required for events and Fridays
  - \_\_\_ Black or navy dress socks<sup>e</sup>
- Additional Options for Mon-Thur
  - \_\_\_ Black, navy, gray, or white socks<sup>e</sup>

### SHOES

- Required for events and Fridays
  - \_\_\_ Events: Event dress shoes<sup>e</sup>
  - \_\_\_ Fridays: Friday dress shoes<sup>e</sup>
- Additional Options for Mon-Thur
  - \_\_\_ Dress shoes or boots<sup>e</sup>
  - \_\_\_ Appropriate Mon-Thur shoes<sup>e</sup>
  - \_\_\_ Conservative athletic shoes<sup>e</sup>

### SWEATERS / JACKETS

- Required for warmth in-class and hallways (See additional page for more details)
  - \_\_\_ Dennis or Lands' End navy jacket -or-
  - \_\_\_ Dennis navy sweater -or-
  - \_\_\_ Dennis or Lands' End navy sweatshirt
 (All in-class sweatshirts must have the AHS logo or mascot)

### PHYSICAL EDUCATION (P.E.)

- Required for P.E.
  - \_\_\_ AHS Spirit Store or program T-Shirt
  - \_\_\_ Knee-length athletic shorts or sweatpants in solid colors: red, navy, gray, or black; small accents OK
  - \_\_\_ Black or navy bike shorts must be worn underneath
  - \_\_\_ Athletic P.E. shoes<sup>e</sup> with non-marking soles -or-
  - \_\_\_ Conservative athletic shoes<sup>e</sup> with non-marking soles

### SPIRIT APPAREL DAY UNIFORM

- Optional for Spirit Apparel Days
  - \_\_\_ See additional page for more details

## 6-8 BOYS PICTURE GUIDE

### SPECIAL EVENTS and FRIDAY REQUIRED UNIFORM



### MONDAY - THURSDAY ADDITIONAL UNIFORM OPTIONS



## IMPORTANT FOOTNOTES & DETAILS

- Dennis or Lands End pants should not have cuffs and must be free from holes or excessive wear.
- Oxford shirts must have button down collars. Long sleeves are required for special events including picture day, all concerts and devotionals. Short sleeve may be worn on Fridays.
- Girl's Shifts, Skorts, Jumpers, and Skirts must touch the kneecap.
- All Girls MUST wear snug-fitting black or navy biker shorts daily.
- See additional pages and sections for more details

Approved Suppliers:  
 Dennis Uniform Lands' End

# GRADES 9-12 GIRLS UNIFORMS

# GRADES 9-12 BOYS UNIFORMS

## SHOPPING LIST

## 9-12 GIRLS PICTURE GUIDE

### BLAZER & TIE

- Required for events and Fridays
  - \_\_\_\_\_ Dennis navy gabardine blazer
  - \_\_\_\_\_ Dennis Albury crossover tie

### SHIRTS

- Required for events and Fridays (Long or short sleeve approved for events and Fridays)
  - \_\_\_\_\_ Dennis or Lands' End white oxford<sup>b</sup> dress shirt
- Additional Options for Mon-Thur (Long or short sleeve may be worn Mon-Thur)
  - \_\_\_\_\_ Dennis white, red, navy, or green polo
  - \_\_\_\_\_ Dennis or Lands' End white oxford<sup>b</sup> dress shirt
  - \_\_\_\_\_ Dennis or Lands' End blue oxford<sup>b</sup> dress shirt

### SKIRTS / SKORTS

- Required for events and Fridays
  - \_\_\_\_\_ Dennis Macbeth Plaid box pleated Skirt<sup>c</sup> -or-
  - \_\_\_\_\_ Dennis or Lands' End khaki box pleated Skirt<sup>c</sup> (Khaki approved for events and Fridays through 22-23 school year)
- Additional Options for Mon-Thur
  - \_\_\_\_\_ Dennis navy Skirt<sup>c</sup>
  - \_\_\_\_\_ Dennis Macbeth Plaid Skort<sup>c</sup>
  - \_\_\_\_\_ Lands' End khaki A-Line Skirt<sup>c</sup>

### BIKERS / SOCKS / TIGHTS / LEGGINGS

- Required for Events and Fridays
  - \_\_\_\_\_ Events: Black or navy opaque tights<sup>e</sup> -or-
  - \_\_\_\_\_ Events: Bare legs w/bikers<sup>d</sup>
  - \_\_\_\_\_ Fridays: Black or navy opaque tights<sup>e</sup> or leggings<sup>d</sup> -or-
  - \_\_\_\_\_ Fridays: Black or navy knee-high socks<sup>e</sup> w/bikers<sup>d</sup> -or-
  - \_\_\_\_\_ Fridays: Bare legs w/bikers<sup>d</sup>
- Additional Options for Mon-Thur
  - \_\_\_\_\_ Black or navy leggings<sup>d</sup>
  - \_\_\_\_\_ Black, navy, gray, or white tights<sup>e</sup>
  - \_\_\_\_\_ Black, navy, gray, or white socks<sup>e</sup> w/bikers<sup>d</sup>

### SHOES

- Required for events and Fridays
  - \_\_\_\_\_ Events: Event dress shoes<sup>e</sup>
  - \_\_\_\_\_ Fridays: Friday dress shoes or dress ankle boots<sup>e</sup>
- Additional Options for Mon-Thur
  - \_\_\_\_\_ Dress shoes or boots<sup>e</sup>
  - \_\_\_\_\_ Appropriate Mon-Thur shoes<sup>e</sup>
  - \_\_\_\_\_ Conservative athletic shoes<sup>e</sup>

### SWEATERS / JACKETS

- Required for warmth in-class and hallways (see additional page for more details)
  - \_\_\_\_\_ Dennis or Lands' End navy jacket -or-
  - \_\_\_\_\_ Dennis navy sweater -or-
  - \_\_\_\_\_ Dennis or Lands' End navy sweatshirt (All in-class sweatshirts must have the AHS logo or mascot)

### PHYSICAL EDUCATION (P.E.)

- Required for P.E.
  - \_\_\_\_\_ AHS Spirit Store or program T-Shirt
  - \_\_\_\_\_ Knee-length athletic shorts or sweatpants in solid colors: red, navy, gray, or black; small accents OK
  - \_\_\_\_\_ Black or navy bike shorts must be worn underneath
  - \_\_\_\_\_ Athletic P.E. shoes<sup>e</sup> with non-marking soles -or-
  - \_\_\_\_\_ Conservative athletic shoes<sup>e</sup> with non-marking soles

### SPIRIT APPAREL DAY UNIFORM

- Optional for Spirit Apparel Days
  - \_\_\_\_\_ See additional page for more details

### SPECIAL EVENTS and FRIDAY REQUIRED UNIFORM



### MONDAY - THURSDAY ADDITIONAL UNIFORM OPTIONS



## IMPORTANT FOOTNOTES & DETAILS

- Dennis or Lands End pants should not have cuffs and must be free from holes or excessive wear.
- Oxford shirts must have button down collars. Long sleeves are required for special events including picture day, all concerts and devotionals. Short sleeve may be worn on Fridays.
- Girl's Shifts, Skorts, Jumpers, and Skirts must touch the kneecap.
- All Girls MUST wear snug-fitting black or navy biker shorts daily.
- See additional pages and sections for more details

Approved Suppliers:  
 Dennis Uniform Lands' End

## SHOPPING LIST

## 9-12 BOYS PICTURE GUIDE

### BLAZER, TIE & BELT

- Required for events and Fridays
  - \_\_\_\_\_ Dennis navy gabardine blazer
  - \_\_\_\_\_ Dennis Albury tie
  - \_\_\_\_\_ Dark dress belt

### SHIRTS

- Required for events and Fridays (Long or short sleeve approved for events and Fridays)
  - \_\_\_\_\_ Dennis or Lands' End white oxford<sup>b</sup> dress shirt
- Additional Options for Mon-Thur (Long or short sleeve may be worn Mon-Thur)
  - \_\_\_\_\_ Dennis white, red, navy, or green polo
  - \_\_\_\_\_ Dennis or Lands' End white oxford<sup>b</sup> dress shirt
  - \_\_\_\_\_ Dennis or Lands' End blue oxford<sup>b</sup> dress shirt

### PANTS

- Required for events and Fridays
  - \_\_\_\_\_ Dennis khaki pant<sup>a</sup> -or-
  - \_\_\_\_\_ Lands' End khaki pant<sup>a</sup>
- Additional Options for Mon-Thur
  - \_\_\_\_\_ Dennis navy pant<sup>a</sup> -or-
  - \_\_\_\_\_ Lands' End navy pant<sup>a</sup>

### SOCKS

- Required for events and Fridays
  - \_\_\_\_\_ Black, navy, or brown dress socks<sup>e</sup>
- Additional Options for Mon-Thur
  - \_\_\_\_\_ Black, navy, brown, gray, or white socks<sup>e</sup>

### SHOES

- Required for events and Fridays
  - \_\_\_\_\_ Events: Event dress shoes<sup>e</sup>
  - \_\_\_\_\_ Fridays: Friday dress shoes<sup>e</sup>
- Additional Options for Mon-Thur
  - \_\_\_\_\_ Dress shoes or boots<sup>e</sup>
  - \_\_\_\_\_ Appropriate Mon-Thur shoes<sup>e</sup>
  - \_\_\_\_\_ Conservative athletic shoes<sup>e</sup>

### SWEATERS / JACKETS

- Required for warmth in-class and hallways (see additional page for more details)
  - \_\_\_\_\_ Dennis or Lands' End navy jacket -or-
  - \_\_\_\_\_ Dennis navy sweater -or-
  - \_\_\_\_\_ Dennis or Lands' End navy sweatshirt (All in-class sweatshirts must have the AHS logo or mascot)

### PHYSICAL EDUCATION (P.E.)

- Required for P.E.
  - \_\_\_\_\_ AHS Spirit Store or program T-Shirt
  - \_\_\_\_\_ Knee-length athletic shorts or sweatpants in solid colors: red, navy, gray, or black; small accents OK
  - \_\_\_\_\_ Black or navy bike shorts must be worn underneath
  - \_\_\_\_\_ Athletic P.E. shoes<sup>e</sup> with non-marking soles -or-
  - \_\_\_\_\_ Conservative athletic shoes<sup>e</sup> with non-marking soles

### SPIRIT APPAREL DAY UNIFORM

- Optional for Spirit Apparel Days
  - \_\_\_\_\_ See additional page for more details

### SPECIAL EVENTS and FRIDAY REQUIRED UNIFORM



### MONDAY - THURSDAY ADDITIONAL UNIFORM OPTIONS



## IMPORTANT FOOTNOTES & DETAILS

- Dennis or Lands End pants should not have cuffs and must be free from holes or excessive wear.
- Oxford shirts must have button down collars. Long sleeves are required for special events including picture day, all concerts and devotionals. Short sleeve may be worn on Fridays.
- Girl's Shifts, Skorts, Jumpers, and Skirts must touch the kneecap.
- All Girls MUST wear snug-fitting black or navy biker shorts daily.
- See additional pages and sections for more details

Approved Suppliers:  
 Dennis Uniform Lands' End

## SCHOOL SUPPLIES

AHS has partnered with EPI, a nationwide school supplies company, to make gathering school supplies easier for parents. While their sale price ended June 26, parents may still find it convenient to order all the needed supplies with just a few clicks, and pricing may be comparable to local stores. You may also simply use the below lists to purchase the supplies locally. (AHS does not benefit from our arrangement with EPI, the sole purpose of this partnership is to make shopping for supplies easier for our families.)

To use EPI for ordering school supplies, follow the below steps. For all K-8 supply lists, items in ALL CAPS can be purchased through EPI.

1. Go to [www.educationalproducts.com/shoppacks](http://www.educationalproducts.com/shoppacks)
2. Enter the school ID, AME062 (3 letters/3 numbers)
3. Follow the directions to complete your order.
4. Keep your online confirmation as your receipt.

### K-5, ELEMENTARY

**PLEASE REMEMBER TO LABEL YOUR STUDENT'S SUPPLIES WITH THEIR NAME.**

#### AM/PM KINDERGARTEN

- 2 CRAYOLA CRAYONS 24CT
- 2 CRAYOLA 7" COLORED PRESHARPENED PENCILS 12CT
- 3 ELMER'S WASHABLE 22G WHITE GLUE STICK .77OZ
- 1 FISKARS 5" BLUNT TIP SCISSORS (AGES 4+)
- 12 NO2 DIXON TICONDEROGA PRESHARPENED PENCIL
- 2 EXPO BLACK DRY ERASE FINE TIP MARKER 1EA
- 1 MED PINK PEARL/CARNATION ERASER

#### FIRST GRADE

*Please label your child's backpack, lunchbox, water bottle, and uniform items. NO NEED TO LABEL the additional supplies on the list below, as they will be used as classroom supplies.*

- Backpack (large enough to fit 9" x 12" binder and additional books) (labeled with name)
- Lunchbox (labeled with name)
- Leak-proof water bottle (labeled with name)
- 1 PKG. - #2 PENCILS - TICONDEROGA BRAND ONLY (12 CT.)
- 2 SETS - (24 CT.) COLORED PENCILS - CRAYOLA BRAND ONLY
- 2 SETS - (24 CT.) CRAYONS - CRAYOLA BRAND ONLY
- 2 SETS - (8-10 CT.) BROADLINE WASHABLE MARKERS (ANY BRAND)
- 2 - WHITE POLYMER/PLASTIC BLOCK ERASERS - ANY BRAND (DO NOT SEND ANY PENCIL TOP OR NOVELTY ERASERS.)
- 3 - PURPLE WASHABLE GLUE STICKS (.32 OZ)
- 3 - FINE POINT DRY ERASE MARKERS - BLACK INK (ANY BRAND)

#### SECOND GRADE

- 24 NO2 DIXON TICONDEROGA PENCIL LATEX FREE
- 12 EXPO BLACK DRY ERASE FINE TIP MARKER 1EA
- 1 ELMER'S SCHOOL GLUE 4OZ
- 2 COLORATIONS PURPLE SMALL WASH GLUE STICK .32OZ
- 1 CRAYOLA WASHABLE WATERCOLORS 8CT
- 1 CRAYOLA 7" COLORED PRESHARPENED PENCILS 12CT
- 1 CRAYOLA CRAYONS 24CT
- 2 PINK BEVEL ERASER (LATEX FREE)

#### THIRD GRADE

- 1 CRAYOLA 7" COLORED PRESHARPENED PENCILS 12CT
- 1 CRAYOLA CRAYONS 24CT
- 6 RED CHECKING PENCIL W/ERASER PRESHARPENED
- 36 NO2 DIXON TICONDEROGA PENCIL LATEX FREE
- 1 PINK BEVEL ERASER (LATEX FREE)
- 8 EXPO BLACK DRY ERASE CHISEL TIP MARKER 1EA
- 1 CRAYOLA WASHABLE WATERCOLORS 8CT
- 1 COLORATIONS PURPLE SMALL WASH GLUE STICK .32OZ

#### FOURTH GRADE

- 1 ASST PLASTIC SCHOOL BOX 8.5X5.75X2.5
- 12 7MM MECHANICAL PENCIL
- 1 7MM PENCIL LEAD REFILL 1 TUBE
- 3 PINK BEVEL ERASER (LATEX FREE)
- 12 RED CHECKING PENCIL W/ERASER PRESHARPENED
- 1 FISKARS 5" POINTED TIP SCISSORS (AGES 4+)
- 6 LOW ODOR BLACK FINE TIP DRY ERASE MARKER

#### FIFTH GRADE

- 24 7MM MECHANICAL PENCIL
- 1 7MM PENCIL LEAD REFILL 1 TUBE
- 3 PINK BEVEL ERASER (LATEX FREE)
- 12 RED CHECKING PENCIL W/ERASER PRESHARPENED
- 1 CRAYOLA 7" COLORED PRESHARPENED PENCILS 12CT
- 4 LOW ODOR BLACK FINE TIP DRY ERASE MARKER
- 1 5STAR 8.5X11 COL REINFORCED FILLER PAPER 100CT
- 36 NO2 DIXON TICONDEROGA PENCIL LATEX FREE
- 1 CRAYOLA CRAYONS 24CT

#### SPECIALTY CLASSES

**PE.:** Athletic shoes (see Uniform Policy guidelines)

#### SCIENCE:

- Grades 3-5 only
- 1 pkg. wide-ruled notebook paper
- 1 zipper pencil pouch with pencils
- 2 highlighters
- 1 pkg. Crayola twistable colored pencils
- One large eraser (no novelty erasers please)

## 6-8, MIDDLE SCHOOL

*PLEASE REMEMBER TO LABEL YOUR STUDENT'S SUPPLIES WITH THEIR NAME.*

### SIXTH GRADE

- Backpack and lunch box
- Set of Scriptures (prefer with tabs) to be kept at school
- 1 leak-proof water bottle labeled with student's name
- 12 7MM MECHANICAL PENCIL
- 1 7MM PENCIL LEAD REFILL 1 TUBE
- 2 PENTEL HI-POLYMER ERASER
- 3 PAPERMATE BLACK ERASABLE PEN MED POINT
- 3 PAPERMATE RED ERASABLE PEN MED POINT
- 1 COLLEGE RULED FILLER PAPER 300CT
- 1 ASST PLASTIC SCHOOL BOX 8.5X5.75X2.5
- 1 6" PROTRACTOR - CLEAR
- 1 COMPASS BALL BEARING
- 1 LOW ODOR ASST CHISEL TIP DRY ERASE MARKER 4CT
- 1 5" FELT DRY ERASER
- 1 12" 1/16" STANDARD/METRIC PLASTIC RULER
- 1 CRAYOLA TWISTABLES COLORED PENCILS 12CT

### SEVENTH GRADE

- Full set of scriptures to be kept at school
- 1 leak-proof water bottle labeled with student's name
- 2 PINK BEVEL ERASER (LATEX FREE)
- 12 NO2 DIXON TICONDEROGA PENCIL LATEX FREE
- 1 ASST HIGHLIGHTERS 4 PACK
- 2 7.25X10.25 CLEAR TOP PENCIL BAG W/GROMMETS
- 4 COLLEGE RULED 8X10.5 FILLER PAPER 150CT
- 1 REG. PENCIL SHARPENER W/ RECEPTACLE
- 1 USB 2.0 FLASH DRIVE 2GB
- 2 WIDE RULE 8X10.5 FILLER PAPER 120CT
- 1 GRAPH PAPER 4 SQUARES/INCH W/HOLES 50CT

### EIGHTH GRADE

- Set of scriptures (prefer with tabs) to be kept at school
- 2 FLUORESCENT YELLOW HIGHLIGHTER
- 2 7.25X10.25 CLEAR TOP PENCIL BAG W/GROMMETS
- 3 COLLEGE RULED 8X10.5 FILLER PAPER 150CT
- 12 NO2 DIXON TICONDEROGA PENCIL LATEX FREE
- 2 BIC RED MED STICK PEN
- 4 BIC BLACK MED STICK PEN
- 4 BIC BLUE MED STICK PEN
- 2 PINK BEVEL ERASER (LATEX FREE)
- 1 7" PRESHARPENED COLORED PENCILS 12CT
- 1 USB 2.0 FLASH DRIVE 2GB
- 2 WIDE RULE 8X10.5 FILLER PAPER 120CT
- 1 FLUORESCENT GREEN HIGHLIGHTER
- 1 FLUORESCENT PINK HIGHLIGHTER
- 1 GRAPH PAPER 4 SQUARES/INCH W/HOLES 50CT

### MATH SUPPLIES GRADES 7-8

- 2 pkgs. College ruled notebook paper
- Pencils and erasers

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+

### SCIENCE

- 6th grade only:
  - 1 pkg. wide-ruled notebook paper
  - 1 zipper pencil pouch with pencils
  - 2 highlighters
  - 1 pkg. Crayola twistable colored pencils
  - one large eraser (no novelty erasers please)

7th and 8th grade only

- 1 pkg. wide-ruled notebook paper
- 1 pkg. 5 subject divider tabs
- 1 inch binder
- 1 zipper pencil pouch with pencils labeled with name
- 12 count Crayola twistable colored pencils (7th grade only)
- 2 highlighters
- one large eraser
- 1 pkg. (250 count) colored 3x5 index cards

### SPECIALTY CLASSES

#### BALLROOM DANCE:

- Boys - Black pants, black tie, white button-down long sleeve shirt, dance shoes, and black socks
- Girls - White and black fitted tee, 4 hair nets, nude color bodysuit with straps, black biker shorts, black dance skirt will be ordered by Ballroom teacher. Cost is \$38.00.
- Latin dance shoes can be purchased online at [lightinthebox.com](http://lightinthebox.com)

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

**8TH GRADE CHOIRS:** Black tights for girls

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

# BELL SCHEDULES

## GRADES K-5

Full Day Kindergarten begins at 8:30 a.m. and ends at 3:10 a.m.  
 AM Kindergarten begins at 8:30 a.m. and ends at 11:30 a.m.  
 PM Kindergarten begins at 12:00 p.m. and ends at 3:10 p.m.

### MONDAY-FRIDAY GRADES 1-3

8:15 – Students may enter classrooms  
 8:30 – Start of School  
 10:15 – Start of Morning Recess  
 10:30 – End of Morning Recess  
 11:30 – Start of Lunch Recess  
 11:45 – End of Lunch Recess/Start of Lunch  
 12:05 – End of Lunch  
 1:15 – Start of Afternoon Recess  
 1:30 – End of Afternoon Recess  
 3:10 – End of School

### MONDAY-FRIDAY GRADES 4-5

8:15 – Students may enter classrooms  
 8:30 – Start of School  
 10:00 – Start of Morning Recess  
 10:15 – End of Morning Recess  
 11:00 – Start of Lunch Recess  
 11:15 – End of Lunch Recess/Start of Lunch  
 11:35 – End of Lunch  
 1:30 – Start of Afternoon Recess  
 1:45 – End of Afternoon Recess  
 3:10 – End of School

## GRADES 6-12

School begins at 8:30 a.m. and ends at 3:10 a.m.

### MONDAY

8:30-9:24 – Period 1A (54 min)  
 9:29-10:17 – Period 2A (48 min)  
 10:22-11:10 – Period 3A (48 min)  
 11:15-12:03 – Period 4A (48 min)  
 12:03-12:36 – LUNCH (33 min)  
 12:36-1:24 – Period 5A (48 min)  
 1:29-2:17 – Period 6A (48 min)  
 2:22-3:10 – Period 7A (48 min)

### TUESDAY

8:30-9:45 – Period 1B (75 min)  
 9:50-10:59 – Period 2B (69 min)  
 11:04-12:13 – Period 4B (69 min)  
 12:13-12:47 – LUNCH (34 min)  
 12:47-1:56 – Period 5B (69 min)  
 2:01-3:10 – Period 6B (69 min)

### WEDNESDAY GRADES 6-8

8:30-9:45 – Period 1A (75 min)  
 9:50-10:59 – Period 3B (69 min)  
 11:04-12:13 – Period 8 (69 min)  
 12:13-12:47 – LUNCH (34 min)  
 12:47-1:56 – Period 5A (69 min)  
 2:01-3:10 – Period 7B (69 min)

### WEDNESDAY GRADES 9-12

8:30-9:45 – Period 1A (75 min)  
 9:50-10:59 – Period 3B (69 min)  
 11:04-11:34 – Period 8 (30 min)  
 11:34-12:47 – LUNCH (73 min)  
 12:47-1:56 – Period 5A (69 min)  
 2:01-3:10 – Period 7B (69 min)

### THURSDAY

8:30-9:45 – Period 2A (75 min)  
 9:50-10:59 – Period 3A (69 min)  
 11:04-12:13 – Period 4A (69 min)  
 12:13-12:47 – LUNCH (34 min)  
 12:47-1:56 – Period 6A (69 min)  
 2:01-3:10 – Period 7A (69 min)

### FRIDAY

8:30-9:24 – Period 1B (54 min)  
 9:29-10:17 – Period 2B (48 min)  
 10:22-11:10 – Period 3B (48 min)  
 11:15-12:03 – Period 4B (48 min)  
 12:03-12:36 – LUNCH (33 min)  
 12:36-1:24 – Period 5B (48 min)  
 1:29-2:17 – Period 6B (48 min)  
 2:22-3:10 – Period 7B (48 min)

## GRADES 6-12 | MORNING ASSEMBLY

### MONDAY

8:30-9:23 – Assembly (53 min)  
 9:26-10:10 – Period 1A (44 min)  
 10:13-10:55 – Period 2A (42 min)  
 10:58-11:40 – Period 3A (42 min)  
 11:43-12:25 – Period 4A (42 min)  
 12:25-12:58 – LUNCH (33 min)  
 12:58-1:40 – Period 5A (42 min)  
 1:43-2:25 – Period 6A (42 min)  
 2:28-3:10 – Period 7A (42 min)

### TUESDAY

8:30-9:22 – Assembly (52 min)  
 9:25-10:27 – Period 1B (62 min)  
 10:30-11:30 – Period 2B (60 min)  
 11:33-12:33 – Period 4B (60 min)  
 12:33-1:07 – LUNCH (34 min)  
 1:07-2:07 – Period 5B (60 min)  
 2:10-3:10 – Period 6B (60 min)

### WEDNESDAY GRADES 6-8

8:30-9:22 – Assembly (52 min)  
 9:25-10:27 – Period 1A (62 min)  
 10:30-11:30 – Period 3B (60 min)  
 11:33-12:33 – Period 8 (60 min)  
 12:33-1:07 – LUNCH (34 min)  
 1:07-2:07 – Period 5B (60 min)  
 2:10-3:10 – Period 6B (60 min)

### WEDNESDAY GRADES 9-12

8:30-9:22 – Assembly (52 min)  
 9:25-10:27 – Period 1A (62 min)  
 10:30-11:30 – Period 3B (60 min)  
 11:33-12:03 – Period 8 (30 min)  
 12:03-1:07 – LUNCH (64 min)  
 1:07-2:07 – Period 5B (60 min)  
 2:10-3:10 – Period 6B (60 min)

### THURSDAY

8:30-9:22 – Assembly (52 min)  
 9:25-10:27 – Period 2A (62 min)  
 10:30-11:30 – Period 3A (60 min)  
 11:33-12:33 – Period 4A (60 min)  
 12:33-1:07 – LUNCH (34 min)  
 1:07-2:07 – Period 6A (60 min)  
 2:10-3:10 – Period 7A (60 min)

### FRIDAY

8:30-9:23 – Assembly (53 min)  
 9:26-10:10 – Period 1B (44 min)  
 10:13-10:55 – Period 2B (42 min)  
 10:58-11:40 – Period 3B (42 min)  
 11:43-12:25 – Period 4B (42 min)  
 12:25-12:58 – LUNCH (33 min)  
 12:58-1:40 – Period 5B (42 min)  
 1:43-2:25 – Period 6B (42 min)  
 2:28-3:10 – Period 7B (42 min)

## GRADES 6-12 | AFTERNOON ASSEMBLY

### MONDAY

8:30-9:14 – Period 1A (44 min)  
 9:17-9:59 – Period 2A (42 min)  
 10:02-10:44 – Period 3A (42 min)  
 10:47-11:29 – Period 4A (42 min)  
 11:32-12:14 – Period 5A (42 min)  
 12:14-12:47 – LUNCH (33 min)  
 12:47-1:29 – Period 6A (42 min)  
 1:32-2:14 – Period 7A (42 min)  
 2:17-3:10 – Assembly (53 min)

### TUESDAY

8:30-9:32 – Period 1B (62 min)  
 9:35-10:35 – Period 2B (60 min)  
 10:38-11:38 – Period 4B (60 min)  
 11:41-12:41 – Period 5B (60 min)  
 12:41-1:15 – LUNCH (34 min)  
 1:15-2:15 – Period 6B (60 min)  
 2:18-3:10 – Assembly (52 min)

### WEDNESDAY GRADES 6-8

8:30-9:32 – Period 1A (62 min)  
 9:35-10:35 – Period 3B (60 min)  
 10:38-11:38 – Period 8 (60 min)  
 11:41-12:41 – Period 5A (60 min)  
 12:41-1:15 – LUNCH (34 min)  
 1:15-2:15 – Period 7B (60 min)  
 2:18-3:10 – Assembly (52 min)

### WEDNESDAY GRADES 9-12

8:30-9:32 – Period 1A (62 min)  
 9:35-10:35 – Period 3B (60 min)  
 10:38-11:08 – Period 8 (30 min)  
 11:11-12:11 – Period 5A (60 min)  
 12:11-1:07 – LUNCH (56 min)  
 1:07-2:07 – Period 7B (60 min)  
 2:10-3:10 – Assembly (60 min)

### THURSDAY

8:30-9:32 – Period 2A (62 min)  
 9:35-10:35 – Period 3A (60 min)  
 10:38-11:38 – Period 4A (60 min)  
 11:41-12:41 – Period 6A (60 min)  
 12:41-1:15 – LUNCH (34 min)  
 1:15-2:15 – Period 7A (60 min)  
 2:18-3:10 – Assembly (52 min)

### FRIDAY

8:30-9:14 – Period 1B (44 min)  
 9:17-9:59 – Period 2B (42 min)  
 10:02-10:44 – Period 3B (42 min)  
 10:47-11:29 – Period 4B (42 min)  
 11:32-12:14 – Period 5B (42 min)  
 12:14-12:47 – LUNCH (33 min)  
 12:47-1:29 – Period 6B (42 min)  
 1:32-2:14 – Period 7B (42 min)  
 2:17-3:10 – Assembly (53 min)





American Fork, Utah

2022-23 School Calendar

Updated 6/29/22; Please visit <https://af.americanheritageschool.org/calendar/> for current version

August				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

September				
M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

October				
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

November				
M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

December				
M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

January				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

February				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28			

March				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

April				
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

May				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

First/Last Day of School 8/16, 5/22
Foundations 8/2, Teacher Training 8/2-5
New Student Orientation & 6-12 Meet the Teacher 8/15
Required All-Parent Meetings 8/25, 1/26
No School K-5/K-5 Reading Assessment Day
No School K-12/K-12 In-service
School Holiday
Office Closed
9-12 Experiential Learning 3/13-17
K-12 Parent-Teacher Conferences
6-8 Experiential Learning 3/29-31
New Teacher Training 8/1, 8/8
K-5 Elem. Exp. Learning 5/18
Commencement 5/24
K-5 Reading Assessment & Meet the Teacher Window 8/8-8/15
6-12 Accommodation Meetings 8/9-11

Term 1 = 37 days  
 Term 2 = 37 days  
 Term 3 = 40 days  
 Term 4 = 44 days

Term 1: August 16–October 12, 2022    Term 3: January 3–March 9, 2023  
 Term 2: October 18–December 15, 2022    Term 4: March 13–May 24, 2023

School Holidays/Breaks			
Labor Day	9/5	Martin Luther King Jr. Day	1/16
Fall Break	10/13-17	President's Day	2/20-24
Thanksgiving Holiday	11/21-25	Spring Break	4/3-7
Christmas Holiday	12/19-1/2		

Class Devotionals/Programs			
Kinder Devotional	12/2	5th Grade Patriotic Program	3/3
1st Grade Devotional	1/20	6th Grade Devotional	10/28
2nd Grade Devotional	5/4	7th Grade Devotional	5/11
3rd Grade Devotional	4/20	8th Grade Devotional	2/3
4th Grade Devotional	3/17		

SAVE THE DATE



# OUT OF THIS WORLD

## FAMILY DANCE PARTY

and SILENT AUCTION to support the Annual Scholarship Fund!

FRIDAY, MARCH 24, 2023

PATRIOT ARENA  
6:30-9:30 P.M.

REFRESHMENTS  
LIVE MUSIC

TICKETS \$5/PERSON



# CONSTITUTION DAY

## *Festival*



**\$5  
PERSON**

**THURSDAY, SEPTEMBER 15**

**5:00 P.M.**

**FUN  
FOR  
ALL  
AGES!**

*Fireworks Show  
Popcorn Parade  
Bouncy Slides  
Face Painting  
Balloon Artists  
Colonial Arts & Crafts  
Petting Zoo  
Fish Pond  
And more!*

**FOOD**

*Bring your own picnic dinner or food truck items for purchase*

*Apollo Burger  
Zapples  
Brooker's Ice Cream  
Strippin' Dippin' Chicken  
Cup Bop  
Hunt's Texas BBQ  
South of the Border*

**NEW!**

## *American Heritage Homecoming*

**FRIDAY, SEPTEMBER 16**

**NOON-2PM** *AHS graduates and their immediate family*

*Complimentary BBQ at the Pavilion*

*Ultimate Frisbee game*

**7PM-9PM** *For the Whole AHS Community*

*Patriot Arena*

*Championship Alumni VS. Faculty Basketball Game*

