



Calendar Items

- September 16
4 pm Girls volleyball vs. Dual Immersion
- September 17
4:30 pm Boys soccer vs. Spectrum, XC race @ England Acres park
- September 18
4:00 pm girls' volleyball @APA West Valley
- September 19
4:30 pm Boys' soccer @APA West Valley
- September 20
AM kinder/A day MS
8:30 am board meeting
12:00 Middle school assembly
12:55/1:00 pm early out
- September 23
4:00 pm Girls volleyball vs. Spectrum
- September 25
4:00 pm Girls volleyball vs. Summit
- September 27
Lion's pride day
PM kinder/B day MS
12:55/1:00 pm early out
- September 30
4:30 pm Girls volleyball vs. Channing
- October 1
4:30 pm Boys soccer @ Monticello, XC race @ Dow James Park



From the desk of Mrs. Willson

Homework Woes? Then Read On!

When I was a young mother I wanted so much to be supportive of my children's education. However, my children and I did not always see eye to eye on how I supported them, especially when it came to homework. We went through a lot of different plans, strategies, and even some tears, on both our parts, before I finally found what worked best for us. **Do you want to know what the secret was? I never gave up!** Yep, it's that simple.

I knew from my own experience, just how vital it was that families support and love their students through the "homework struggle". **When students do homework it does not just help them academically, but it strengthens their character and helps them to develop GRIT.** Grit is the ability to not only do hard things, but to keep getting up after you fail, to continue on when things are difficult because you know it's worth it. It is a character trait

If you are interested in learning more about Grit, please refer to this article. <https://files.eric.ed.gov/fulltext/EJ1081394.pdf>

"When students struggle with a task, they may believe that they lack the ability to solve the problem and, therefore, give up. It is important for students to understand that it is ok to feel confused when learning something new, and actually, it is expected. We can teach students that making mistakes or taking a long time to complete an assignment is a normal part of learning, not a sign of failure."

If you have a student who is struggling with homework and you choose not to support them because it can be challenging, you are robbing them of opportunities that will impact their success not only at Excelsior, but as an adult. Your student's teacher is working so very hard to help them. Please get on your student's team and help them at home. **You can make such a huge difference for them.** Coming from someone who has been there, I know it can be challenging in the beginning, but this process is vital for your child's success. **Keep trying and never give up on them!** There is help available if you need it.

Now, not all homework plans are going to work for all families. So, may I suggest a few ideas that I have used and that might help if you are struggling? **Please also remember that teachers can be a fabulous resource.**

- 1. Reach out to your student's teacher.** Get to know them and what they expect. Teachers love to hear from parents. Please remember that all communication to instructors, must go through the homeroom teacher first.
- 2. Set up a regular homework time and place.** A routine is one of the best ways to help your student. Once they see and know there is a pattern they will not fight it as much. (I had my student's keep to a homework schedule even if they did not have homework that night. They would read instead.)
- 3. Limit distractions.** Home can be a busy place and there is always something to do and see. Do your best to provide a quiet environment for your student to study and work.
- 4. Help them plan.** If your student has a big project coming up help them plan out how and when to get it done. Few people do their best work the night before.
- 5. Be your student's cheerleader.** They need you! They need your support and love! They need you to show them that school work is important! They will adopt your attitudes so make sure they are positive. Not feeling very positive about homework? **FAKE IT TILL YOU MAKE IT! -It's that important**

We are all a team working toward your student's growth and success! Let's all do our part so your student can achieve their potential. You can do this and so can they!



Career Guests
For 2019 - 2020
SCHOOL year

CAREER DISCOVERY DAY GUEST SPEAKER INVITATION

*from Mr Myers
Excelsior Academy
College & Career Awareness*



VOLUNTEER TO GUEST SPEAK

FRIDAY MORNINGS
9:00AM TO 12:00 NOON

- Share your career
- empower students
- SUPPORT Learning

PLEASE CONTACT MR MYERS EITHER BY EMAIL OR PHONE
email: bmyers@eautah.org OR 801-821-3044



September 16, 2019

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Issue 5

Greenthumbs is asking you to donate your grass clippings and fall leaves for their compost project.

Please drop them off by the greenhouse doors, and Mr. Hendershot will collect them each morning.

Thanks a million!

Our nurse, Flor Farley, is looking for 4 or more volunteers to help with vision screenings on October 10th.

If you can volunteer or have any questions, email ffarley@eautah.org. Thanks!

We are pleased to announce that we have partnered with a company named **Les Mills**. We use some of their fun fitness programs to enhance our dance and P.E. classes.

Something else very exciting to us is that we can offer their ON DEMAND service for a discount to friends, family, and neighbors of Excelsior Academy.

If you are ready to shake your tail feathers, pump iron, or HIIT it, you might want to check out what they offer!

Click this link for the awesome discount: [FriendsofEA](#)

More information is attached to the newsletter email.



Do you dream of working at Excelsior Academy
but full time is too much?

Subs wanted!

Now you can! Click [here](#) to apply.

LOST & FOUND

Every PM kindergarten/middle school B Friday, we clean out our lost & found.

Items that are labeled with names are returned to students.

All other items will be donated the following Friday.

We encourage you to come in this week and look through the
lost & found before items are donated on Friday!

We recommend labeling coats, sweaters, shoes, lunchboxes, backpacks, and more!



Gettysburg and Washington D.C.!

Hi, I am Rebekah Christensen and I was in charge of the endorsed trip by the school last year. The trip last year was to New York and Boston. It was a lot of fun. We saw a lot of amazing things such as the statue of Liberty, Staten Island, a Broadway show, and many more. The school can't endorse a trip due to new state rules, but I didn't want this type of experience to end. So I decided that I am going to endorse a trip myself this next year. We are going to Gettysburg and Washington D.C. with a Civil War extension, which means we are going to two extra civil war battlefields. We will be leaving May 26, 2020, the first week after school gets out. Students who are in 6th grade or older next year can go, adults as well. This trip is not just for our school. Any students of the right age and adults may come.

I do have some rules that I want read before signing up so everyone knows what is expected. You can find them at this link: https://docs.google.com/document/d/1QuFrT1oQq2ZOaSMRO-a_xcZzWvNanf4M_ZXSpq8rWOg/edit?usp=sharing

If you agree to the rules, I would love to have you. Here is the link if you would like to check it out: <http://www.explorica.com/Christensen-2697>

Also, for the trip I am using a different email address. It is rebekah.christensen.rc@gmail.com. If you have any questions, please let me know.

That is it. Thanks, Rebekah Christensen

QUIDDITCH

In PE, one of the most exciting things is to introduce a new game or activity to the students. One of those games this year is Quidditch. If you are unfamiliar with Quidditch it is a game from the Harry Potter series in which students from Hogwarts fly around on brooms and try to either score by throwing a ball through hoops of differing heights, or by catching the Golden Snitch. Now, we won't be flying around on brooms but students will be running around with "brooms" while trying to score points. However, this is where we need your help. If you're interested in either donating some time or materials or both, we need help with our goals "hoops". If you are interested in helping in some way, please let me know. I have included several pictures and specifications of what we need.

jsoto@eautah.org

Thank you for your continued support of Excelsior Academy and the Physical Education program.

SEE BELOW



Hoop Specifications

The quidditch hoop is the upright and self-supporting structure through which the quaffle must pass to score a goal.

Hoop Composition and Construction

- A. Each hoop must be made up of a post and a circular loop attached to the top. These parts of the hoops may be made of any material other than metal or concrete and must not be dangerous to players.
- B. A hoop may include a base to keep the hoop upright.
 - 1. This base should not affect the hoop height.
 - 2. Other than metal fasteners, the base must not be made of hard metal or concrete.
- C. Hoops must be freestanding and able to withstand play.
 - 1. Referees must disallow any hoops that they believe are dangerous to the players.

Hoop Shape

- A. Each set of hoops must have posts of three different heights.
 - 1. These heights must be 3 feet (.91 m), 4.5 feet (1.37 m), and 6 feet (1.83 m).
- B. A loop must be fastened to the top of each goal post.
 - 1. The inner diameter of each loop must be between 32 inches and 34 inches (81cm and 86cm)
 - 2. The attachment of the loop must not make the height of the post exceed the measurements listed above.

Middle School Sports

Sports are in full swing at the middle school! See below for schedules:



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Issue 5

BOYS SOCCER SEASON

Tuesday, August 27	@ Dual Immersion	4:30 pm
Thursday, August 29	@ Spectrum	4:30 pm
Tuesday, September 3	vs. West Valley	4:30 pm
Thursday, September 5	@ Draper APA	4:30 pm
Tuesday, September 10	vs. Monticello	4:30 pm
Thursday, September 12	vs. Dual Immersion	4:30 pm
Tuesday, September 17	vs. Spectrum	4:30 pm
Thursday, September 19	@ West Valley	4:30 pm
Tuesday, October 1	@ Monticello	4:30 pm

GIRLS VOLLEYBALL SEASON

Wednesday, August 28	@ Summit Draper	4:00 pm
Wednesday, September 4	@ Providence Hall	4:00 pm
Monday, September 9	vs. ICS	4:30 pm
Wednesday, September 11	@ Monticello	4:00 pm
Monday, September 16	vs. Dual Immersion	4:00 pm
Wednesday, September 18	@ West Valley	4:00 pm
Monday, September 23	vs. Spectrum	4:00 pm
Wednesday, September 25	vs. Summit Draper	4:00 pm
Monday, September 30	vs. Channing Hall	4:30 pm
Wednesday, October 2	@ ICS	4:30 pm

CROSS COUNTRY SEASON

Tuesday, August 27	Clarke N Johnson	4:30 pm
Tuesday, September 3	Grantsville Jr High	4:30 pm
Tuesday, September 10	Stansbury High School	4:30 pm
Tuesday, September 17	England Acres (Behind Macey's)	4:30 pm
Tuesday, October 1	Dow James Park 438 W 400 N Tooele	4:30 pm
TBD	Cottonwood Complex 4325 S 1300 E Millcreek	4:30 pm



frenchtoastschoolbox.com

If you want to buy school uniforms from French Toast, we have an online store! Go to frenchtoastschoolbox.com and shop under Excelsior. Basic uniform items are in the store, as well as the debate sweaters for our middle school debaters! They also offer embroidery of our logo. One of the best things about it is that we get cash back from French Toast through our store. Happy shopping!

If you would like to learn more about the Book It! program, here is a link to get started:

<https://www.bookitprogram.com/programs/book-it>