



October 14, 2019

excelsior-academy.org

Issue 9

Calendar Items

October 16

PM kinder/B day MS

12:00 MS assembly

12:55/1:00 pm early out

Late work due

Lion's pride day

October 17-18

Fall break- NO SCHOOL

October 22

Picture day

October 23

8:15 am First grade SWYK

(Show what you know)

End of term 1

4:30 pm MS Boys basketball vs.

American Heritage SJ

Theatre performance

October 24

Theatre performance

October 25

8:30 am Board meeting

AM kinder/A day MS

12:55/1:00 pm early out

Theater performance

6 pm Trunk or treat (see flyer)

October 28

4:30 MS boys basketball vs. DIA

Theater performance

October 29

Theater performance

October 30

Flu clinic

4:30 MS boys basketball vs.

Wasatch

Theater performance



From the desk of Mr. Anderson

I had a recent opportunity to attend a training hosted by the Utah State Board of Education. The information presented focused on a topic that is important and that affects the lives of students across the world. That topic is bullying. The presenter, Jessica Sprick of Safe and Civil Schools, has many years of experience in public schools and in educating people about bullying prevention. I would like to share some information about this topic to help parents and students to be aware of what it is and some ideas on how to prevent it.

To be able to help prevent bullying, we must first know what it is. Bullying has been defined in many ways over the years. However, as we have gained more understanding about this behavior through data and research, experts have found that bullying has three specific characteristics. They are:

- Bullying behavior is aggressive behavior that involves negative or unwanted actions by one or more people directed toward another person.
- The actions involve a real or perceived imbalance of power between the student or students who bully and the student who is targeted.
- The actions are repeated or are likely to be repeated over time.

All three parts listed above must be present in order to consider an incident(s) to be bullying. Very often, a situation is labeled bullying when it is actually a conflict between students. For example, two students trading insults on the playground during recess is not bullying. It is a conflict. It still deserves attention from school staff and must be resolved but it is not treated the same as bullying. This is an example of bullying:

For the past two weeks, as Chad is on his way from lunch to his English class, he is met by Jim and his friends near the top of the stairway and pushed into the lockers. Jim and his friends also shout insults at him. Chad is afraid of what Jim might do to him and is worried about coming to school. Chad has not told anyone about this because Jim is well-known throughout the school and he thinks that no one will believe him.

Bullying behavior can take on a different forms including physical (*hitting, kicking, etc.*), verbal (*name calling, threatening, teasing, etc.*), relational (*spreading rumors, excluding others, intimidation, etc.*), and cyberbullying (*using electronic devices or means to bully another*). A student who is the target of bullying could experience it one or more of these ways.

At Excelsior Academy, it is our goal to create a safe place for students to learn and have valuable experiences that lead to growth and progress. If a student believes that he/she is the target of bullying, this is what the student should do-

- Tell the person who is bullying him/her to stop. Communicate clearly that the bullying behavior is not alright and that it needs to stop.
- Walk away and stay away from any person who uses bully behaviors.
- Report the bullying to an adult. Teachers, instructors, administrators, office staff, and others are on the ready to provide assistance to students who need their help.
- Move near to or interact with peers or adults that can provide support.

The Excelsior Academy Parent/Student Handbook includes this statement as part of the Code of Conduct: "Students and staff at Excelsior Academy will conduct themselves in a respectful and honorable manner." Many of the problems that arise from bullying behavior can be prevented if students remember to treat others with respect. Learning respect for others will have long term benefits for all our students.

Please review the information in this newsletter with your student and check out stopbullying.gov for more on this topic. As we work to understand and prevent bullying together, we will create a school climate free of bullying and a culture of respect, caring, and empathy for all.



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Tickets for the Trunk or Treat are presale tickets only, which means you will need to purchase tickets **BEFORE** the event. **NO** ticket sales at the Motor VU.



If you purchased a ticket online, you need to come to the front office to collect your ticket. No will-call at the Motor Vu. No ticket, no entry.

JOIN US AT THE MOTOR-VU DRIVE-IN

EXCELSIOR ACADEMY TRUNK-OR-TREAT

- *Tickets are presale only | \$12
- *Purchase in front office or online
from October 1 to October 25
- *While supplies last
- *Theater snack bar will NOT be open

OCTOBER 25, 2019

6:00 PM TRUNK-OR-TREATING

MOVIE STARTS AT DUSK

- *Each ticket will admit one vehicle.
- *You must have a ticket to enter.
- *Your entire party must enter
theater in your vehicle.
- * NO WALK-INS

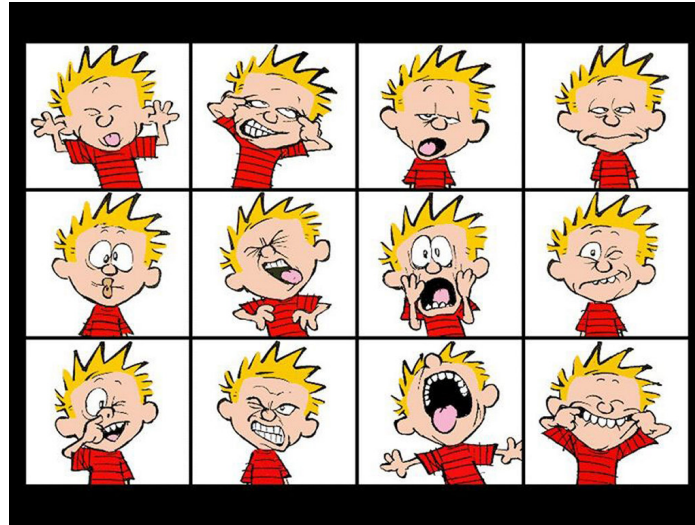


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Picture Day



is Tuesday, October 22

And if needed-- retakes are November 21 ;)

Our Veterans Day event is coming up!

We would **love** to have pictures of your veterans to display in our halls for this event. Please email digital photos to:

lbeazer@eautah.org OR mwiley@eautah.org

If you have non-digital photos, we would love to make copies in the office while you wait.



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We have partnered with **Les Mills**. We use some of their fun fitness programs with our dance and P.E. classes.

Something else very exciting 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, check out what they offer!

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

KICKSTART

4-WEEK FULL BODY WORKOUT GUIDE FOR GYM & HOME
CARDIO • STRENGTH • FLEXIBILITY • CORE

BENEFITS OF THIS GUIDE:
This workout guide is for those who want to maintain a regular exercise program with flexibility to suit your schedule - whether at the gym, at home or while traveling. You will gain cardiovascular fitness and core strength while retaining endurance.
We've provided suggestions for LES MILLS workouts - these can be done at the gym or online with LES MILLS On Demand!

	SUNDAY / MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY / SATURDAY
1	CARDIO 30 MIN BODYATTACK, BODYCOMBAT, SH'BAM	REST DAY	MIND BODY 15 MIN MINDFULNESS	REST DAY	STRENGTH 30 MIN BODYFLOW STRENGTH
2	CARDIO 30 MIN BODYATTACK, BODYCOMBAT, SH'BAM, LES MILLS GRIT	FLEXIBILITY 30 BODYFLOW FLEXIBILITY	REST DAY	CARDIO 15 - 30 MIN BODYATTACK, DANCE, BODYCOMBAT, SH'BAM	STRENGTH 30 MIN CXWORX, LES MILLS GRIT
3	CARDIO 30 MIN BODYATTACK, BODYCOMBAT, SH'BAM,	FLEXIBILITY 30 BODYFLOW FLEXIBILITY	REST DAY	CARDIO 15 - 30 MIN BODYATTACK, DANCE, BODYCOMBAT, SH'BAM, LES MILLS GRIT	STRENGTH 30 MIN CXWORX, LES MILLS GRIT
4	CARDIO 30 MIN BODYATTACK, BODYCOMBAT, SH'BAM	FLEXIBILITY 30 BODYFLOW FLEXIBILITY	REST DAY	CARDIO 15 - 30 MIN BODYATTACK, BODYCOMBAT, SH'BAM	STRENGTH 30 MIN CXWORX, LES MILLS GRIT

TOP TIP: Listen to your body, if you are feeling fatigued and need an extra recovery day - take it!

LES MILLS
ONDEMAND



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Remember our red backpack campaign from last year?

WE'RE BACK!

We only need 2012 more backpacks to reach our goal of placing one in each classroom and the high traffic office areas!

If you weren't here last year, or need a reminder, this is what we are doing...

As a school, we want to be as prepared as we can be - for little emergencies all the way up to major disasters. *Placing a filled backpack in each classroom and high traffic office area is part of our master plan.* **Our first goal toward accomplishing this plan is getting the backpacks** to keep emergency items in.

We need ~~65 20~~ **12 red backpacks** to achieve this goal.

We're asking for [this particular backpack](#)

Read on if you want to know why:



RED BACKPACK

Why this particular backpack and color? If the school community needed to evacuate campus, a backpack is the best way to carry supplies. We chose this particular backpack for several reasons: It is sturdy but comes at an affordable price (around \$15!), it is small enough for a student to wear if needed, roomy enough to hold the supplies, red in color to easily associate with first-aid, and keeping the color unified helps with organization during a potentially chaotic time.

What are in these emergency backpacks?

If you want to go the extra mile and help fill the backpacks, this is what is needed for now:

[Red Backpack Wish List](#)

With these backpacks we can be prepared to save a life with Stop the Bleed techniques, or evacuating campus in an emergency. Please consider helping us be prepared for a myriad of situations.

If you would like to make a monetary donation instead, please do so in the front office or online. Tell the office it is for a red backpack!



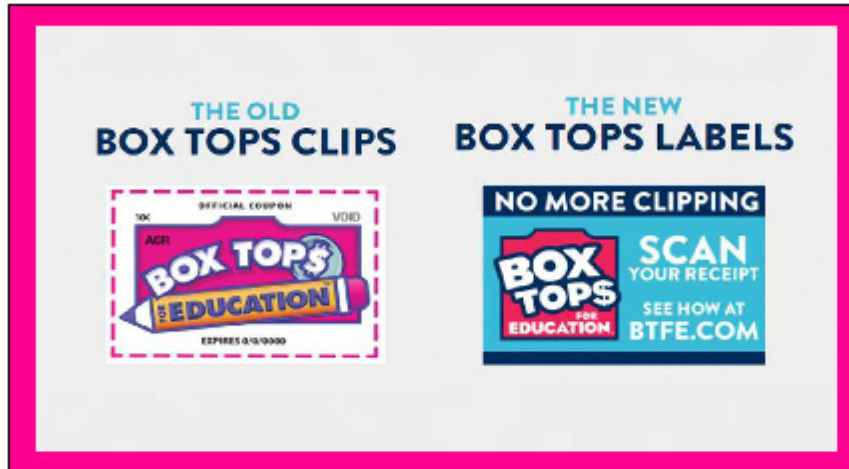
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BOX TOPS IS CHANGING!

Box Tops coupons on cereal & snack packages are fading out and going digital!



There are 3 easy-peasy steps to start.

1. Download the Boxtops for Education app on your smartphone.
2. Look for our school on the app.
3. Scan your receipts.

We still want to have class and school incentives for donating your Box Tops. Here is what you need to know to make sure your student's class gets all their points.

1. After you scan your receipts, take a screenshot and email it to boxtops@eautah.org with the name of your student's teacher.
2. This will make it possible to keep our class incentives like earning a free recess and the traveling trophy!
3. We are adding a few bigger prizes this year. The class with the most donations at mid-year and at the end of the year will earn a pizza or ice cream party! (In the middle school this would be their 8th period class)

If you still have unexpired paper box tops, keep sending them in! We will accept them until they are faded out.



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Greenthumbs is asking you to donate your

FALL LEAVES

for their compost project.

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

Many thanks for donating!



CAREER DISCOVERY DAY GUEST SPEAKER INVITATION

from Mr Myers
Excelsior Academy
College & Career Awareness



career guests
for 2019 - 2020
SCHOOL year

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@ealutah.org OR 801-821-3044

Mrs. Farr in the middle school is collecting kid-friendly magazines, especially **decorating magazines**, for her interior design TAC class!

Donations can be dropped off in room 102 or the middle school front office. :)

Thank you!



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We are looking for
Special Ed Instructors and a
CCC-SLP speech language pathologist
Click [here](#) to apply!

BOYS BASKETBALL SEASON

Wednesday, October 23	vs. American Heritage SJ	4:30 pm
Monday, October 28	vs. DIA	4:30 pm
Wednesday, October 30	vs. Wasatch	4:30 pm
Monday, November 4	@ Monticello	4:30 pm
Wednesday, November 6	vs. Spectrum	4:30 pm
Monday, November 11	@ Ascent Lehi	4:30 pm
Wednesday, November 13	@ DIA	4:30 pm
Monday, November 18	vs. Wasatch	4:30 pm
Wednesday, November 20	vs. Monticello	4:30 pm
Monday, December 2	@ Spectrum	4:30 pm



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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!