



October 28, 2019

[excelsior-academy.org](http://excelsior-academy.org)

Issue 11

### Calendar Items

#### **October 28**

4:30 MS boys basketball vs. DIA  
6:30 pm Theater performance

#### **October 29**

6:30 pm Theater performance

#### **October 30**

Flu clinic  
4:30 MS boys basketball vs.  
Wasatch  
6:30 pm Theater performance

#### **October 31**

Elementary character day  
Middle school casual dress day  
7<sup>th</sup> grade vision screening

#### **November 1**

PM kinder/B day MS  
12:55/1:00 pm early out

#### **November 4**

4:30 boys basketball @  
Monticello

#### **November 6**

4:30 pm Boys basketball vs.  
Spectrum

#### **November 8**

AM kinder/A day MS  
12:55/1:00 pm early out  
Veterans Day event (If you are a  
veteran, see the website to  
RSVP.)

#### **November 11**

4:30 pm Boys basketball @  
Ascent Lehi

#### **November 13**

Promotional video film day  
4:30 pm Boys basketball @ Dual  
Immersion



By student author Ellie Herron

I stand there, the eerie light shining from the open door. Fear flowed through me like the five rivers of Hades domain, swift, strong, and unstoppable. The longer I stood there, trembling, the more I felt of another emotion, curiosity. I glanced down at the clean white paper clenched in my fist, the one that told me to come around to the back entrance. Maybe it had been for some other person, it hadn't been addresses after all. Maybe I should just go home and claim I got lost, or was sick. Maybe... But no, the guilt and unknown would eat me alive, I had to do this. My feet carried me slowly, cautiously toward the front door, one step, two.

All my instincts told me to turn away, to run, but as if my feet had minds of their own they continued, three steps, four, even closer to the imposing green glow. Just one step away, I hesitated, letting the fear consume me, to run rampant through me, just once more, before pushing it back to my mind, back behind my walls, and took the final step. I giggled, then laughed out loud, what stood before me was nothing to be afraid of. I even now felt kind of embarrassed because of it. A pile of exit signs glowed bright green on the floor, creating a kind of halo. I laughed some more but in the back of my mind, something still pestered me, the light before had been different. I couldn't say how, but I felt it. It had probably just been the water droplets of mist playing with it, at least, that was what I told myself. But I couldn't quite shake the feeling something else was afoot at the town's new bakery.



## Our Veterans Day event is coming up!

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

[lbeazer@eautah.org](mailto:lbeazer@eautah.org) OR [mwiley@eautah.org](mailto:mwiley@eautah.org)

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

**Each** year we put on a special day for our veterans, where they can visit classrooms, enjoy a brunch, and be honored at an assembly. Please invite your veteran to attend! Invitations to give to your veteran are in the front offices. If your veteran(s) is attending, please RSVP by calling Melanie or Lisa (phone number on invitation), or filling out the form on the front page/picture of our website, here: [RSVP](#).

**We need help from volunteers to make this day happen for our veterans! Click below to sign up:**

[https://docs.google.com/spreadsheets/d/1DMuLk50GFaySJ\\_A6A\\_dXm\\_AQ\\_TPID3xm21dRDBX9ztq4/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1DMuLk50GFaySJ_A6A_dXm_AQ_TPID3xm21dRDBX9ztq4/edit?usp=sharing)



October 28, 2019

[excelsior-academy.org](http://excelsior-academy.org)

Issue 11

Excelsior Academy  
requests the honor  
of your presence  
at our annual

## Veterans Day Celebration

Friday,  
November 8, 2019

Please RSVP on our website  
[excelsior-academy.org](http://excelsior-academy.org)  
or to Melanie or Lisa at 435  
882-3062

9:30 am - 10:30 am visit classrooms (open house style)  
10:30 am - 11:15 am veteran brunch  
11:15 am - 12:00 assembly

*Please do not arrive before 9 am*

## Our Flu clinic will be October 30<sup>th</sup>

We will start at the elementary at 9 am, then move to the middle school.

For more information, go to [tooelehealth.org](http://tooelehealth.org).



October 28, 2019

[excelsior-academy.org](http://excelsior-academy.org)

Issue 11

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	<b>CARDIO 30 MIN</b> BODYATTACK, BODYCOMBAT, SH'BAM	<b>REST DAY</b>	<b>MIND BODY 15 MIN</b> MINDFULNESS	<b>REST DAY</b>	<b>STRENGTH 30 MIN</b> BODYFLOW STRENGTH
2	<b>CARDIO 30 MIN</b> BODYATTACK, BODYCOMBAT, SH'BAM, LES MILLS GRIT	<b>FLEXIBILITY 30</b> BODYFLOW FLEXIBILITY	<b>REST DAY</b>	<b>CARDIO 15 - 30 MIN</b> BODYATTACK, DANCE, BODYCOMBAT, SH'BAM	<b>STRENGTH 30 MIN</b> CXWORK, LES MILLS GRIT
3	<b>CARDIO 30 MIN</b> BODYATTACK, BODYCOMBAT, SH'BAM	<b>FLEXIBILITY 30</b> BODYFLOW FLEXIBILITY	<b>REST DAY</b>	<b>CARDIO 15 - 30 MIN</b> BODYATTACK, DANCE, BODYCOMBAT, SH'BAM, LES MILLS GRIT	<b>STRENGTH 30 MIN</b> CXWORK, LES MILLS GRIT
4	<b>CARDIO 30 MIN</b> BODYATTACK, BODYCOMBAT, SH'BAM	<b>FLEXIBILITY 30</b> BODYFLOW FLEXIBILITY	<b>REST DAY</b>	<b>CARDIO 15 - 30 MIN</b> BODYATTACK, BODYCOMBAT, SH'BAM	<b>STRENGTH 30 MIN</b> CXWORK, 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





October 28, 2019

[excelsior-academy.org](http://excelsior-academy.org)

Issue 11

We needed **65 20 12 red backpacks** to achieve our goal, well...



Our school will be having a vision screening for 7th graders on October 31st. If you have any questions about the vision screenings, email our school nurse at [ffarley@eautah.org](mailto:ffarley@eautah.org).

## HALLOWEEN DAY DRESS:

**Students K-5** are encouraged to dress up as their favorite book character. Keep makeup and hair minimal, and no masks or weapons are allowed.

**Students 6-8** will have a casual dress day, and can wear their regular clothes but will not dress in costumes. Dress down day standards apply.





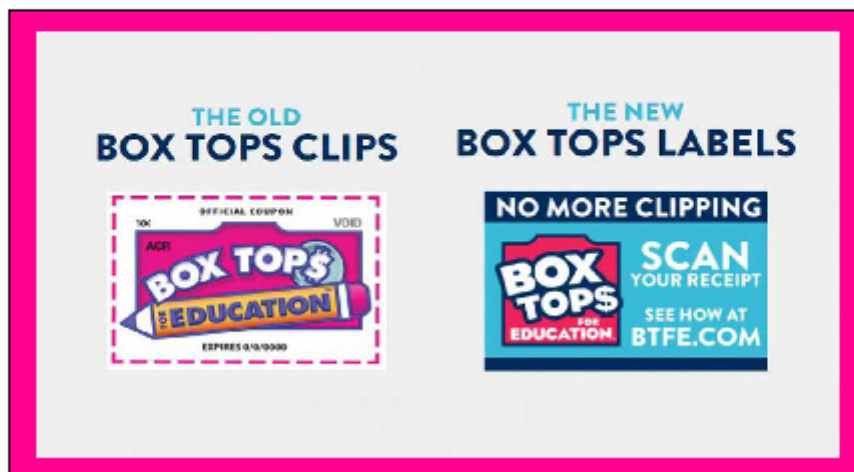
October 28, 2019

[excelsior-academy.org](http://excelsior-academy.org)

Issue 11

## 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](mailto: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.**



October 28, 2019

[excelsior-academy.org](http://excelsior-academy.org)

Issue 11

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!

### 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

### [frenchtoastschoolbox.com](http://frenchtoastschoolbox.com)

If you want to buy school uniforms from French Toast, we have an online store! Go to [frenchtoastschoolbox.com](http://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!