



November 18, 2019

excelsior-academy.org

Issue 14

Calendar Items

November 18

4:30 pm Boys basketball vs.
Wasatch Waldorf

November 20

4:30 pm Boys basketball vs.
Monticello

November 21

Picture retake day

November 22

12:00 middle school assembly
AM kinder/A day MS
12:55/1:00 pm early out

November 26

\$2 casual dress day
PM kinder/B day MS
12:55/1:00 pm early out

November 27-29

No school! Thanksgiving break

December 2

4:30 pm Boys basketball
@Spectrum

December 3

3:50-5:15 pm MS girls basketball
tryouts

December 4

8:15 am 3rd grade SWYK (show
what you know)
3:50-5:15 pm MS girls basketball
tryouts

December 5

Evening middle school music
concert
3:50-5:15 pm MS girls basketball
callbacks



From the desk of Mrs. Tripp

Reading is an essential part of a student's academic day. It allows students the opportunity to gain knowledge, develop an imagination, and explore different ideas and topics. In every subject, including math, students are asked to read during their school day. There are seven components to literacy; oral language, phonemic awareness, phonics, fluency, vocabulary, comprehension, and writing. Each element plays a crucial role in a student's success in literacy.

I will highlight one of these elements with you. Research shows that students who have strong phonemic awareness skills are successful in early reading. Phonemic awareness is the ability to hear and manipulate sounds in spoken words. These skills are essential to learning to read in an alphabetic writing system. Without the ability to manipulate and hear sounds, phonics makes little sense to a student. Phonemic awareness is taught starting in preschool and kindergarten. Below are some activities you can do at home with your child to strengthen their phonemic awareness skills.

- Choose a three-letter word such as *bat*. Then have your child substitute different beginning sounds from the alphabet to form new words like *sat*, *fat*, *cat*, *pat*, *hat*, *mat*, *rat*.
- Ask your child to say a word without the first sound. An example would be "Say the word *sit* without the s." (Answer: It)
- Pick a multisyllabic word and have your student clap out the syllables. For example, *experiment* would be clapped out four times: *ex-per-i-ment*.
- Ask your child to produce a word that rhymes with another word. An example would be "Tell me a word that rhymes with *car*." (star & far) You could also ask your child "Which two words rhyme: *stair*, *steel*, *chair*?" (Answer: Stair & Chair)

Have fun with your child and use these activities as a game in the car or around the house. I challenge you to read with your children every night. Take an adventure as a family and go to the mystical Hogwarts Wizardry Academy by reading *Harry Potter and the Sorcerer's Stone* by J. K. Rowling. Go on a trip with Max and see where his innovative imagination will take you by reading *Where the Wild Things Are* by Maurice Sendak. Teach them the meaning of sincere friendship by reading *Charlotte's Web* by E. B. White.

I personally enjoy the adventures I have taken with my children as we read together as a family. It allowed us to go anywhere we would like to go. A child's love for reading begins in the home.

"Children are made readers on the laps of their parents."-Emilie Buchwald



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SCHOLASTIC BOOK FAIR

- EXCELSIOR WILL BE HOLDING OUR ANNUAL SCHOLASTIC BOOK FAIR ON DECEMBER 9-13.
- WE INVITE YOU TO VISIT OUR SCHOLASTIC HOMEPAGE

[HTTPS://WWW.SCHOLASTIC.COM/BF/EXCELSIORACADEMY](https://www.scholastic.com/bf/excelsioracademy). THIS IS WHERE YOU CAN GET A HEAD START ON YOUR SHOPPING, FIND BOOK FAIR HOURS, AND SEE INFORMATION ON THE NEW E-WALLET OPTIONS.

- EMAIL [JHINTON@EAUTAH.ORG](mailto:jhinton@eautah.org) IF YOU HAVE ANY QUESTIONS.





Excelsior Academy Giving Tree

Guess what? There are only **37** days until Christmas!

Excelsior Academy will be supporting the Toys for Tots program again this year. Last year, Toys for Tots Tooele donated to 2,601 children. We are hoping to add a generous Excelsior donation to this amazing program. **Our goal is to donate 200 toys to Toys for Tots.**

In the main lobby of each school you will find a donation box and a giving tree. The trees will have ornaments with different age group/gender of the toys needed. Please stop by and pick up a tag or two. Have your students help you pick out gifts, they are experts and they will benefit from learning to give generously.

All the toys should be **new** and **unwrapped** and placed in the boxes in either school building by December 18th, 2019. Thank you for donating!



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Everytime you purchase through Amazon Smile a portion of your purchase is donated to Excelsior Academy. Just add our school to your Amazon Smile account and get to your Holiday shopping!



#1 holiday hack:
When you buy your gifts at smile.amazon.com, Amazon donates.
amazonsmile

Middle school girls basketball tryouts are December 3 and 4 from 3:50 pm to 5:15 pm. Call backs will be December 5th at the same time.
Questions? Email scamper@eautah.org!

Middle schoolers: We are having mascot tryouts next Monday! An email was sent earlier today, read it for details!



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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 CXWORK, 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 CXWORK, 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 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



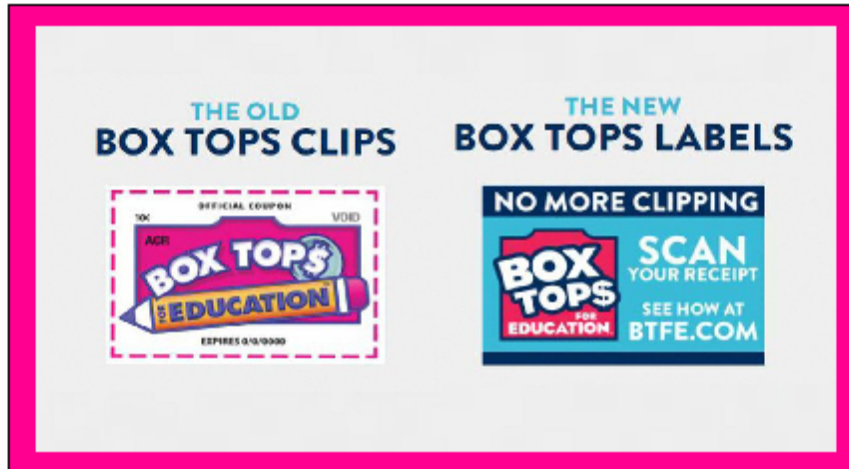
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BOX TOPS IS CHANGING!

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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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

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!

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!