



November 25, 2019

excelsior-academy.org

Issue 15

Calendar Items

November 26

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

November 27

No school! Teacher work day

November 28-29

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

December 6

AM kinder/A day MS
12:55/1:00 pm early out
12:00 MS talent show tryouts
during TAC

December 9-13

Elementary Scholastic book fair

December 13

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



From the desk of Mr. Anderson

One of the Leader and Learner Attributes that we encourage students to remember in the middle school is that of being principled. Principled means that a person upholds certain morals that help guide their choices. There are many things that people identify as important principles including honesty, integrity, responsibility, gratitude, etc. One principle that is emphasized at Excelsior Academy is that of hard work. At Excelsior Academy, we recognize that anything worthwhile that we do requires work and effort. Sean Covey shared the following story on the subject of the principle of hard work:

I remember one time being invited to play in a golf tournament with my college football coach. He was a great golfer. Everyone, including my coach, expected that I'd be a fine golfer as well. After all, I was a college athlete and all college athletes should be great golfers. Right? Wrong. You see, I stunk at golf. I'd only played a few times in my life and I didn't even know how to hold a club properly. I was nervous about everyone finding out how bad I was at golf. Especially my coach. So I was hoping that I could fool him and everyone else into thinking I was good.

On the very first hole, there was a small crowd gathered around. I was first up to tee off. Why me? As I stepped up to hit the ball, I prayed for a miracle. Swoooooosssshhhhh! It worked! A miracle! I couldn't believe it! I hit a long shot, straight down the middle of the fairway. I turned around and smiled to the crowd and acted as if I always hit like that. "Thank you. Thank you very much." I had them all fooled. But I was only fooling myself because there were 17 1/2 more holes to go. In fact, it only took about five more shots for everyone around me, including my coach, to realize that I was a complete golf nerd. It wasn't long until the coach was trying to show me how to swing the club. I'd been exposed. Ouch!

You can't fake playing golf, tuning a guitar, or speaking Arabic if you haven't paid the price to get good. There's no shortcut. Hard work is a principle. As the NBA great Larry Bird put it, "If you don't do your homework, you won't make your free throws."

Practice and an honest effort will turn good students into great students. I have found, when encouraging my own children to succeed in school and extracurricular activities, that they often want to give up saying that learning new things is hard. I explain that it is supposed to be hard. Skills and abilities rarely come naturally and most require a lot of time and work. In a world of modern conveniences and instant gratification, young people sometimes forget that not everything is quick and easy.

Remember to emphasize with your students the value in living by the principle of hard work. As always, thank you for your support. We wish everyone a safe and happy Thanksgiving break!



November 25, 2019

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Issue 15



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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Issue 15

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!



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!

Annual Asbestos Notice—Required by State and Federal Law

Dear Excelsior Academy Parents & Staff,

The facilities of Excelsior Academy do not have any asbestos products used in their planning or construction. You may contact the school if you have any questions or concerns regarding building safety.



November 25, 2019

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Issue 15

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



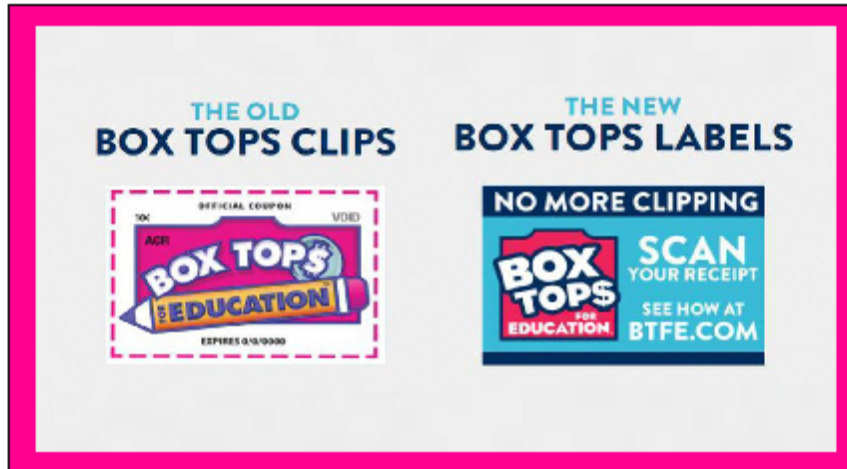
November 25, 2019

excelsior-academy.org

Issue 15

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.



November 25, 2019

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Middle school lost & found



Look at all this stuff! We will be donating any unclaimed items Tuesday after school. Please claim your belongings today or tomorrow morning.

Happy
Thanksgiving!



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BOYS BASKETBALL SEASON

Monday, December 2	@ Spectrum	4:30 pm
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GIRLS BASKETBALL SEASON

Wednesday, January 15	vs. Monticello	4:30 pm
Wednesday, January 22	vs. Spectrum	4:30 pm
Monday, January 27	@ Dual Immersion	4:30 pm
Wednesday, January 29	@APA WV2	4:30 pm
Monday, February 3	vs. Wasatch	4:30 pm
Wednesday, February 5	@ Spectrum	4:30 pm
Monday, February 10	@ Monticello	4:30 pm
Wednesday, February 12	vs. Dual Immersion	4:30 pm
Monday, February 24	@ Wasatch	4:30 pm
Wednesday, February 26	@ APA WV2	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!