



December 9, 2019

excelsior-academy.org

Issue 17

## Calendar Items

### **December 9-13**

Elementary Scholastic book fair

### **December 10**

600 pm MS dance showcase

### **December 11**

6:30 pm Musical theatre  
performance

### **December 12**

Evening MS music concert (Band  
2, Orchestra 2, Jazz band)

### **December 13**

PM kinder/B day MS  
12:55/1:00 pm early out  
6:30 pm Musical theatre  
performance

### **December 16-19**

6:30 pm Musical theatre  
performance

### **December 18**

8:15 am 2<sup>nd</sup> grade SWYK (Show  
what you know)

### **December 19**

Elementary lock down drill

### **December 20**

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

### **December 23-January 3**

Winter break – no school

### **January 6**

Welcome back!  
Late work due

### **January 9**

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



## *The Spirit of Giving*

By student author Raymond River Paxton

The Spirit of giving is found most around the holidays. Giving things to people can be a sacrifice, but it is something that makes the person who gave it, feel better about themselves, and have a better time.

In particular, one of my favorite examples of giving, is on “Mickey’s Once Upon a Christmas” where goofy and his son max help a family in need, by giving them food.

Max didn’t want to do it at first, but when he did, he felt better about himself, and found that receiving makes you happy, but sharing and giving makes you happier.

The all around best example is “A Christmas Carol, by Charles Dickens.” Scrooge is an all around mean person who doesn’t share or give anything. But when spirits that are the past, present, future, and all represent sharing, giving, and christmas.

The spirits showed Scrooge what the benefits of Giving were. Scrooge went from a man who hated everything, and everything hated him, and he always felt bad. But once he donated and gave some stuff, like food and money. He felt like he was, “An Angel, as light as a feather.

I hope now you understand the true meaning of what Giving is, and how it makes you feel better about the world, and about yourself.



**OPEN NOW!**

## 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@EAVTAH.ORG](mailto:JHINTON@EAVTAH.ORG) IF YOU HAVE ANY QUESTIONS.





## Excelsior Academy Giving Tree

15!

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!

*Please help if you can!!!*





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](http://smile.amazon.com), Amazon donates.

**amazonsmile**



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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	<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



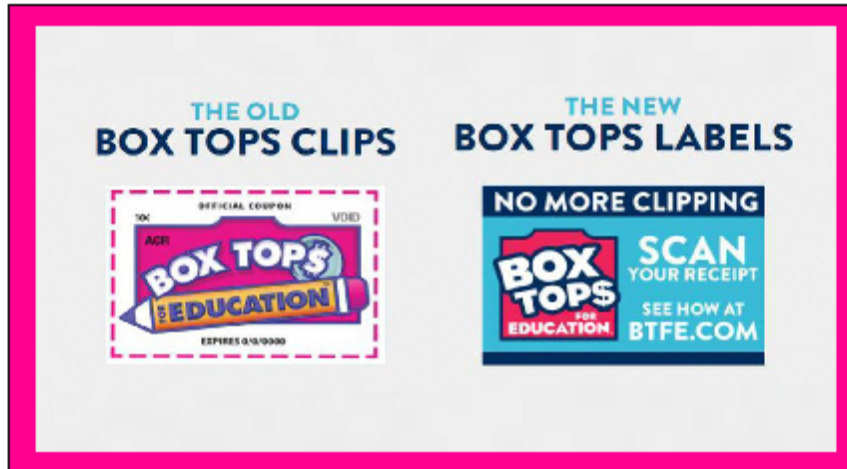
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## BOX TOPS IS CHANGING!

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](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.**



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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	vs. Wasatch	4:30 pm
Wednesday, February 26	vs. APA WV2	4:30 pm

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

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





## For 5<sup>th</sup>-8<sup>th</sup> graders:



### STALLION DRAMA



ROALD DAHL'S

# Matilda

THE MUSICAL

### Auditions

**Will be Held January 9th, 2020**  
**Beginning at 3:00pm**

*Parts will be available for approximately*  
*25 Women and 25 Men*  
*And 6 Children (double cast)*

*Audition Information will be available at*  
*[www.stalliondrama.org](http://www.stalliondrama.org)*  
*Beginning December 1st*

**YOU WILL AUDITION WITH A SONG FROM THE  
SHOW THAT WE WILL GIVE YOU!**

**AUDITIONS WILL BE OPEN TO THOSE IN 5<sup>TH</sup>  
GRADE AND UP!**