



December 16, 2019

excelsior-academy.org

Issue 18

Calendar Items

December 16-19

6:30 pm Musical theatre performance

December 18

8:15 am 2nd 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!
All term 2 missing work due
Term 3 grades begin

January 9

PM kinder/B day MS
12:55/1:00 pm early out
End of term 2

January 10

No school – teacher work day

January 14

Fire drill (both building)

January 15

8:15 am 5th grade SWYK (show what you know)
4:30 pm MS girls basketball vs. Monticello
5:30 pm Board meeting

January 17

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

I have had the pleasure of visiting the elementary classrooms and sharing the story of "The Honest Woodman." It has lead to discussions about honesty and that it is a part of good character. I remind the students about Excelsior's motto, which is "Leaders and Learners for Life." In the end, we better understand the synergistic effect of good character and leadership. It is with that idea that I choose to write about the Directors of Excelsior Academy.

It was five and a half years ago when I was hired as Excelsior's Director, that I met Mrs. Tripp, the Academic Director of Excelsior. The school had just been through a difficult change in the administration. It was not expected that the Board would hire someone outside of the organization. She, along with other members of the administrative team, was surprised by the outcome of the change. Understandably there was a feeling of insecurity amongst them.

I quickly learned that Mrs. Tripp was a hard worker. Nothing was left half done or glossed over. She took each responsibility with intense seriousness. She was perfectly placed as the one in charge of "groups." That is our code word for reading, math, and spelling classes where students are placed according to their proficiency and ability level. Mrs. Tripp still analyzes each students' placement and completes this onerous responsibility with joy. I can rely on her 100% effort. She now holds the position of Elementary Director and approaches challenging situations with understanding and courage. Mrs. Tripp is a person of great character. Since she was a child, she knew she wanted to be a teacher. Education is her professional calling.

The administrative team spoke highly of Mrs. Wayman in anticipation of me meeting her. I saw right away why they admired her. As the Special Education Director, she carries a higher level of complexity in student issues. She demonstrates more patience for people than I have ever seen before. We rely on her reassuring way under the most challenging circumstances. She brings stability to our school. Mrs. Wayman is a person of great character. She behaves as though her position is far more than a job. Education is her professional calling.

My first encounter with Mrs. Willson was in a phone interview as she was moving her family across the United States from the East Coast to Utah. I could feel the influence of her excellent attitude even over the phone with her car full of her children. Although she had an education degree, she intended to ease into the workplace by starting as an instructor considering her family's move. She demonstrated her team player attitude when she accepted a position as a teacher, in the middle of a personnel emergency, only a couple of days after starting work at Excelsior. Now five and a half years later, as our Assistant Director of the Elementary School, she buoys up our staff with her contagious "can do" attitude. Mrs. Willson is a person of great character. It is clear that the field of "Education" is her professional calling.

A couple of years ago, we were anticipating our increase in student population and the building of a new middle school. This increase brought the need for an additional administrator. The best applicant for the position of Middle School Director was Mr. Marsden. I was impressed with his successful administrative experience and affable personality. Gratefully, he accepted the position, and we are deriving the benefit. His work ethic and ability to balance many responsibilities have helped the middle school thrive. My favorite saying of his is, "It's always an adventure." This sums up his positive approach to problems. Mr. Marsden is a person of great character. He treats his position as an administrator as a professional calling.

My ninety-one-year-old father in law reminded me of the beautiful experiences in my life by saying, "If that doesn't turn you on, then your switch is broken." I am here to say; my switch is not broken. I see these qualities in our Directors, and it thrills my heart to work among them. What a joy it is to work amongst the Excelsior family. Thank you for trusting us as a partner in your students' education.



Excelsior Academy Giving Tree

8!

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!!!



December 16, 2019

excelsior-academy.org

Issue 18

More details in January... but we couldn't wait to share our poster about the 8th grade dance, Winter Ball, coming in January!

EXCELSIOR ACADEMY
8TH GRADE

WINTER BALL

JANUARY 24, 2020
6:00 PM TO 9:00 PM
DINNER & DANCING

TICKETS \$10 EACH JAN 6 TO JAN 23
\$15 EACH ON JANUARY 24

Ladies:
*Dresses or skirts required, must touch top of the knee
Shoulders must be covered w/a min of a capped sleeve
Necklines no lower than 4 inches below collarbone
Dress shoes or sandals-no flip flops
Midsection must be covered
No unnatural hair colors
Moderate accessories*

Gentlemen:
*Oxford style shirt, must be tucked in
Suit jacket/sport coat - optional
Tie and dress pants required
No unnatural hair colors
Moderate accessories*



December 16, 2019

excelsior-academy.org

Issue 18

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!



Clothing Exchange

Mrs. Sheets is coordinating a clothing exchange in January, so don't throw out your outgrown school uniforms!! Bag them up and bring them to the clothing exchange! Details coming soon!

Job Openings

Elementary instructor
Middle school instructor
Special Education instructor

[Click here to apply](#)



December 16, 2019

excelsior-academy.org

Issue 18

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



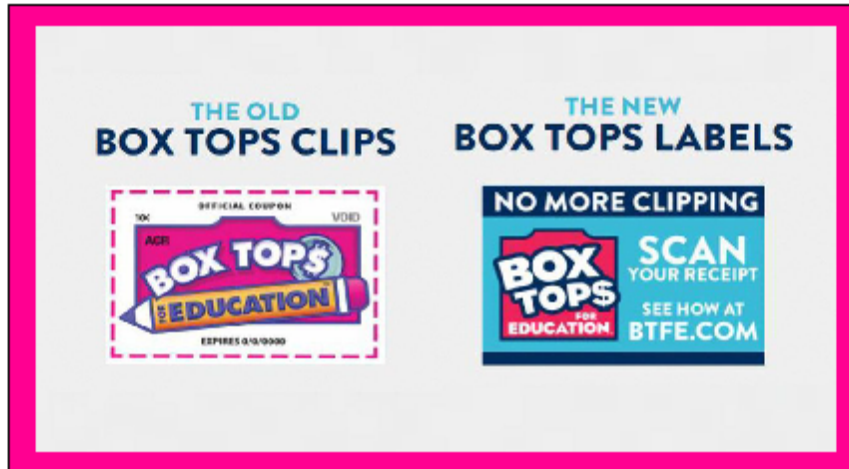
December 16, 2019

excelsior-academy.org

Issue 18

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.



December 16, 2019

excelsior-academy.org

Issue 18

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

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!