



January 21, 2020

excelsior-academy.org

Issue 21

Calendar Items

January 22

8:15 am 5th grade SWYK (show what you know)

4:30 MS girls basketball vs. Spectrum

January 24

Casual dress day (\$2 fundraiser)
PM kinder/B day MS

11:00 am early out

January 27

4:30 pm MS girls basketball @ Dual Immersion

January 29

8:15 am 1st grade SWYK (show what you know)

4:30 pm MS girls basketball @ APA WV2

January 31

AM kinder/A day MS
12:55/1:00 pm early out
6 pm (8th grade only) Winter Ball dinner & dance

February 3-7

Mental health awareness week

February 3

4:30 pm MS girls basketball vs. Wasatch

February 5

4:30 MS girls basketball @ Spectrum

February 7

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

February 10-14

Staff appreciation week!



My name is Flor Farley and I have been a Registered Nurse for ten years. This is my second year working at Excelsior Academy as the School Nurse. School nursing falls under the category of Public Health Nursing. In Public Health Nursing your patient load isn't just a handful of patients like in a hospital, but you are looking after the public in general. The definition of public health nursing is "the practice of promoting and protecting the health of populations using the knowledge from nursing, social and public health sciences."

The health population I serve is our students and our staff. The goal is to promote and protect their health and wellbeing. To help with that goal I have been going to several classrooms to teach our students about the importance of handwashing and how it can keep us healthier. We learned about the proper way to wash our hands and when handwashing is needed. We also learned about the proper precautions to take when we are sick to prevent the spread of germs.

Parents can be very helpful in keeping our students and staff healthy. This can be done by teaching about proper hygiene and handwashing at home. It can especially be done by keeping students home when sick. There are the obvious reasons for which they would need to stay home such as a fever, diarrhea, vomiting, and lethargy. There are common illnesses that can spread easily and quickly if one does not take the proper precautions and treatments. Examples of common illnesses are; pink eye, strep, flu, hand foot and mouth, head lice and ringworm just to name a few. We ask that proper treatment and precautions be taken at home before sending your student to school. This insures the health of not only your student but also the health of other students and staff.

Having healthy students is a priority in education. It is a priority because if a student is not feeling well they cannot learn. Together as a community we can do our best to keep everyone healthy. I enjoy working with our Excelsior Academy community. Our Excelsior community is truly the best of the best!

Flor Farley
School Nurse



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Over the winter break, our facilities team did the following to help with public health and maintenance in our buildings:

- Opened all the exterior doors and aired out both building for half a day
- Turned on all the air units to get air moving through the buildings
- Opened all classroom doors to get the air flowing through them
- Changed air filters
- Power washed all the bathrooms with a disinfectant and soap
- Wiped down all door handles and doors
- Wiped down all handrails
- Lysoled each classroom
- Cleaned the air filters in the projectors

Thank you, facilities team!

This is the last chance to sign up for the Gettysburg/Washington D.C. Trip before getting charged a late fee!

The Gettysburg/Washington D.C. Trip's sign up is almost at an end! Please still sign up if you would like to go. We also have an extension to where we will be going to two other civil war battlefields besides Gettysburg. This is an amazing chance. The last day to sign up before being charged a late fee is February 6. If you know of anyone outside of Excelsior that would like to go, please invite them as well. For any questions, please email Rebekah Christensen at rebekah.christensen@gmail.com.



LOTTERY APPLICATIONS and SIBLING ENROLLMENT

Lottery applications are now open for the 2020-2021 school year. Just to clarify what this means for currently enrolled families:

If your student is currently enrolled, you do not need to complete a lottery application. You will let us know of your intent to enroll for the 20-21 school year by completing the 'Intent to Return' in February.

If you have a sibling (including a kindergartner) of a currently enrolled student you would like to enroll, please complete a lottery application and mark 'yes' in the 'sibling' box on the application. This will get them in our record system and will give them priority enrollment for next year. Complete your application very soon! The lottery will be held on February 25. Applications can be found on our website:

https://secure.excelsior-academy.org/waiting_list/waiting_list_application.php

Questions? Please email our Enrollment Specialist, Cami Thorpe at cthorne@eautah.org.

Job Openings

Café staff

More info on the website

[Click here to apply](#)



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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

Chess Club is looking for donations of chess boards. If you have a board you can donate, please bring them to the middle school front office, or to Mr. Soto directly. Thank you!!



Pre-order your Yearbooks today!

Elementary Books - \$20
Middle School Books - \$30

- Cash or check only with an order form. **No card payments.**
- Prices will go up in the spring so order now.



EXCELSIOR ACADEMY 8TH GRADE

WINTER BALL

Postponed until January 31, 2020

Dance cards will be passed out on Monday, Jan 27th!

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



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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



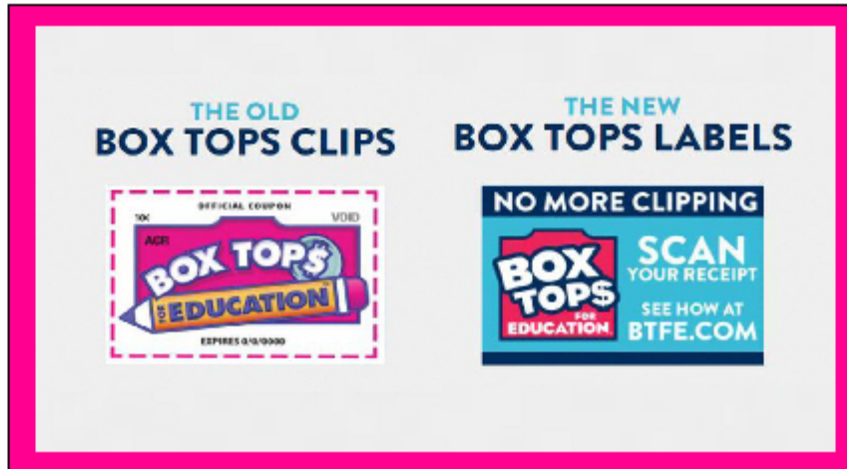
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BOX TOPS IS CHANGING!

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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frenchtoastsschoolbox.com

If you want to buy school uniforms from French Toast, we have an online store! Go to 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!