



January 27, 2020

excelsior-academy.org

Issue 22

Calendar Items

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
12:00 MS assembly
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 pm MS girls basketball @
Spectrum

February 7

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

February 10-14

Staff appreciation week!

February 10

4:30 pm MS girls basketball @
Monticello

February 12

8:15 am 4th grade SWYK (show
what you know)
4:30 pm MS girls basketball vs.
Dual Immersion



They're Everywhere!

By student author Kyleena Black

Just a warning, but when it comes to chemistry puns, I'm in my element. Now let's talk about atoms. They're everywhere just like the title says. I am going to go through many facts about atoms, and probably add in a few puns. I tend to tell chemistry J, K, Es periodically. By the end of this essay you are going to know so much about atoms.

What is an atom? If you go to Google and look up, what is an atom? You get, "...the basic unit of a chemical element..." What does that mean? It means it's a basic part of making up stuff. Which is exactly why you should never trust an atom. They make up everything. Protons, neutrons, and electrons make an atom. Two or more atoms make a molecule. Atoms and molecules make everything. Your shirt is made of atoms and molecules. The food you just ate is made of atoms and molecules. That chiwawa is made of atoms and molecules. I'd tell you a hilarious joke about that, but all the good ones argon. That's why I stick with puns for now.

What makes up an atom? Inside an atom you will find a center. This center is called the nucleus. In the nucleus, are many of two things, protons and neutrons. Circling around the atom are electrons. I'm sorry, am I boron you? Just you wait, I have many chemical puns. I'm just worried they won't get a very good reaction. He, He, He! I'm so punny. That might just be laughing gas, though. Let's go back. Electrons have a negative charge. Neutrons have a neutral charge. Protons have a positive charge. Think like a proton and stay positive!

How do atoms make a molecule? Atoms will connect with each other, because they want to share their electrons. I don't blame them. I wouldn't be able to handle such a negative person alone. When different amounts of different atoms combine they make different molecules. Then they are formatted. A water molecule looks like this, H₂O. The H stands for hydrogen. The little tiny 2 next to it says how many hydrogens there are. The O stands for oxygen. There is no tiny number which means it is atom-atically one. Hence the H₂O. If you have a big number before it, like 3H₂O, it tells you how many of those molecules you have. In this case, you have 3 water molecules.

What will I talk about next? I am going to tell you many different facts about atoms. Fact #1, the primary elements of humor, S, Ar, Ca, Sm. Fact #2, if 16 sodiums are going into a room, only one thing can come after. Na, Na, Na, Na, Na, Na, Na, Na, Na, Na, Na, Na, Na, Na, Na, Na, Na, Batman! Fact #3, a new element was discovered. It's called cation. Pronunciation: (kat-ahy-uh n, -on). It is an ion with a paws-itive charge. Fact #4, pirate atoms only say, "Ar." Fact #5, (This is not a fact it is a joke.) Two men walk into a bar. One man orders H₂O. The other says, "I'll have H₂O too," The second man dies. The first man never drank H₂O again.

That's all I have to say about atoms. I hoped you enjoyed. My chemistry puns don't get much of a reaction except getting punched by my friends. Just remember atoms are everywhere, and so are my puns! The only difference is that one is dangerous. What is the chemical form for a banana? BaNa₂.



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Winter Ball dance cards were passed out this morning to 8th graders. Tickets can still be purchased in the office for \$10 each through Thursday.

On Friday, the price jumps to \$15.

8th graders, don't miss your last Excelsior Academy dinner and dance!

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.



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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



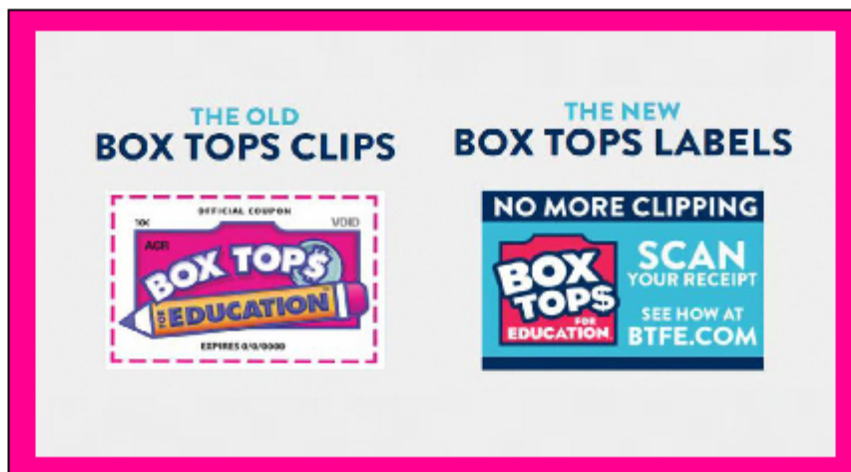
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BOX TOPS IS CHANGING!

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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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!