



February 3, 2020

[excelsior-academy.org](http://excelsior-academy.org)

Issue 23

## Calendar Items

### 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 4<sup>th</sup> grade SWYK (show  
what you know)  
4:30 pm MS girls basketball vs.  
Dual Immersion

### February 14

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

### February 17

NO SCHOOL

### February 20

PM kinder/B day MS  
12:55/1:00 pm early out  
Parent-teacher conferences

### February 21

No kindergarten/A day middle  
12:55/1:00 pm early out  
Parent-teacher conferences



This week (February 3<sup>rd</sup> – 7<sup>th</sup>) is Mental Health Awareness Week in the Excelsior Academy middle school. It is a week dedicated to helping students understand the importance of emotional, psychological, and social well-being. It also serves the purpose of helping to bring attention to challenges we all face in keeping our minds as healthy as possible.

Students across the world have their mental health put to the test every day as many of them deal with stress, anxiety, loneliness, grief, bullying and other such issues. Mental Health Awareness Week is designed to give students basic information about staying mentally healthy and tips for coping with the difficulties they may encounter.

The World Health Organization (WHO) defines mental health as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.” Maintaining a state of well-being takes effort and an understanding of different mental health issues that can affect people.

This week, I will visit students in various classes to share a short presentation that focuses on the basics of mental health. The presentation will focus on understanding stress management, coping with loneliness or sadness, and learning about the SafeUT app. SafeUT is a free cell phone app for students that was created by the state government of Utah and the University of Utah. It provides students with access to crisis counselors as well a means to submit tips or reports to school administration and emergency services as needed. More information about SafeUT can be found at <https://healthcare.utah.edu/uni/safe-ut/>.

Also, I have invited students and parents via email to complete a student survey that focuses on mental health. To encourage students and parents to participate, I am giving out lime green rubber wristbands that signify support of Mental Health Awareness Week to all who choose to complete the survey and provide their name. The wristbands will be available all throughout the week of February 3<sup>rd</sup> – 7<sup>th</sup> in the middle school foyer in the morning. The results of this survey will be kept strictly confidential and student names will not be tied to survey results.

As a school counselor, I take a strong interest in helping Excelsior students better understand this topic. I encourage students and their families to have open conversations about mental health. As we become informed and as we learn to accept that we all experience challenges to our own mental health, we become prepared to address these challenges when they arise. To once again quote the World Health Organization, “without mental health there can be no true physical health.”


Mr. Anderson  
School Counselor



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A big **thank you** to all of our  
wonderful Winter Ball  
volunteers! You helped  
make the event a  
success!

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.rc@gmail.com](mailto:rebekah.christensen.rc@gmail.com). (Updated email)



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## INTENT to RETURN

Intent to return is now open! An email was sent out today. Please take a quick minute to fill it out to reserve your spot(s) for next year. Thanks! <https://secure.excelsior-academy.org/>

## DID YOU GET A TEXT?

If you did not receive a text this morning, your number might not be in our system in the 'mobile phone' space. Please call the front office and our awesome secretaries will help you out! 435 882-3062

## Job Openings

Special Education Instructor

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!!**



Prices go up after  
March 6th!

## 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.





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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

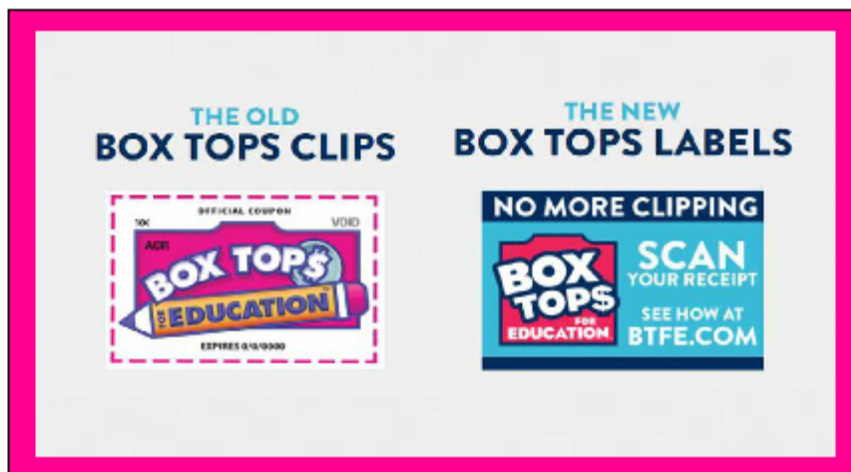
**TOP TIP:** Listen to your body, if you are feeling fatigued and need an extra recovery day - take it!





## 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.**