



March 9, 2020

excelsior-academy.org

Issue 28

Calendar Items

March 11

8:15 am **2nd grade SWYK**
(show what you know)
6:00 pm music concert (band 2,
orchestra 2, jazz band)

March 12

\$2 casual dress day
AM kinder/B day MS
12:55/1:00 pm early out

March 13

NO SCHOOL

March 16

NO SCHOOL (teacher work day)
End of term 3

March 17

4:15 pm MS boys volleyball @
Dual Immersion

March 18

4:30 pm MS girls soccer @Dual
Immersion

March 19

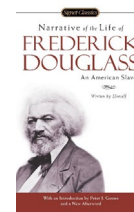
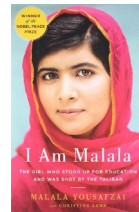
Elementary fire drill
4:15 pm MS boys volleyball @
Spectrum
6:00 pm Theatre performance

March 20

PM kinder/A day MS
12:55/1:00 pm early out
12:00 pm MS assembly
6:00 pm Theatre performance

March 23

4:30 pm MS girls soccer
@Spectrum
6 pm MS theatre performance



Malala Yousafzai and Fredrick Douglass are two of my heroes. Why you might ask? Well, they are not big names at the box office nor do they make millions with their supreme athletic skills. They don't have over a million followers nor do they make special appearances at Comic Con. Malala Yousafzai and Fredrick Douglass are my hero's because they are champions for education. They had to struggle and work hard for their education and in that struggle they truly understood that education is the most precious gift that we can give to a child.

Fredrick Douglass was born a slave in Maryland in 1818. His chance for education came when he moved into the care of a kind family to be their son's boyhood friend. Mrs. Auld had been a teacher and started to teach Fredrick to read. When her husband heard of this he put a stop to it saying, that teaching a slave to read would make him unmanageable because he would forever be unhappy with his situation. Mr. Auld could not have been more right. Once Fredrick started to learn, he became insatiable and did what was necessary to continue his education. My favorite part of Fredrick's story is what he did after he was told he could no longer learn to read. *"When I was sent on errands, I always took my book with me, and by going one part of my errand quickly, I found time to get a lesson before my return. I use also to carry bread with me, enough of which was always in the house and to which I was always welcome.....This bread I use to bestow upon the hungry little [white] urchins, who, in return would give me that more valuable bread of knowledge."*

Malala Yousafzai was born in Mingora Pakistan in 1997. Her father ran a school where young girls were educated. However, many thought, especially the Taliban, that it was wrong for girls to receive an education. Malala's father believed in an equal opportunity for his daughter to gain all the knowledge that she could. He built her up and helped her find her voice. Through much persecution Malala made radio announcements, public speeches, and the like about education for girls. Finally, the death threats proved real in 2012, when at just 15 years old Malala's life and commitment was truly tested. Malala and some friends were on a bus after taking an exam. Members of the Taliban boarded the bus and asked which one of them was Malala. Malala bravely replied, "I am Malala." Directly after she was shot. Many were surprised that she did not die from her wounds, but spent three months in a hospital recovering. What is truly remarkable is that this event and the damage done only strengthened her voice. *"Though we loved school, we hadn't realized how important education was until the Taliban tried to stop us. Going to school, reading and doing our homework wasn't just a way of passing time, it was our future."* Malala continues to speak out for educational rights for all people. She was also awarded the Nobel Peace Prize in 2014 just two years after she was shot.



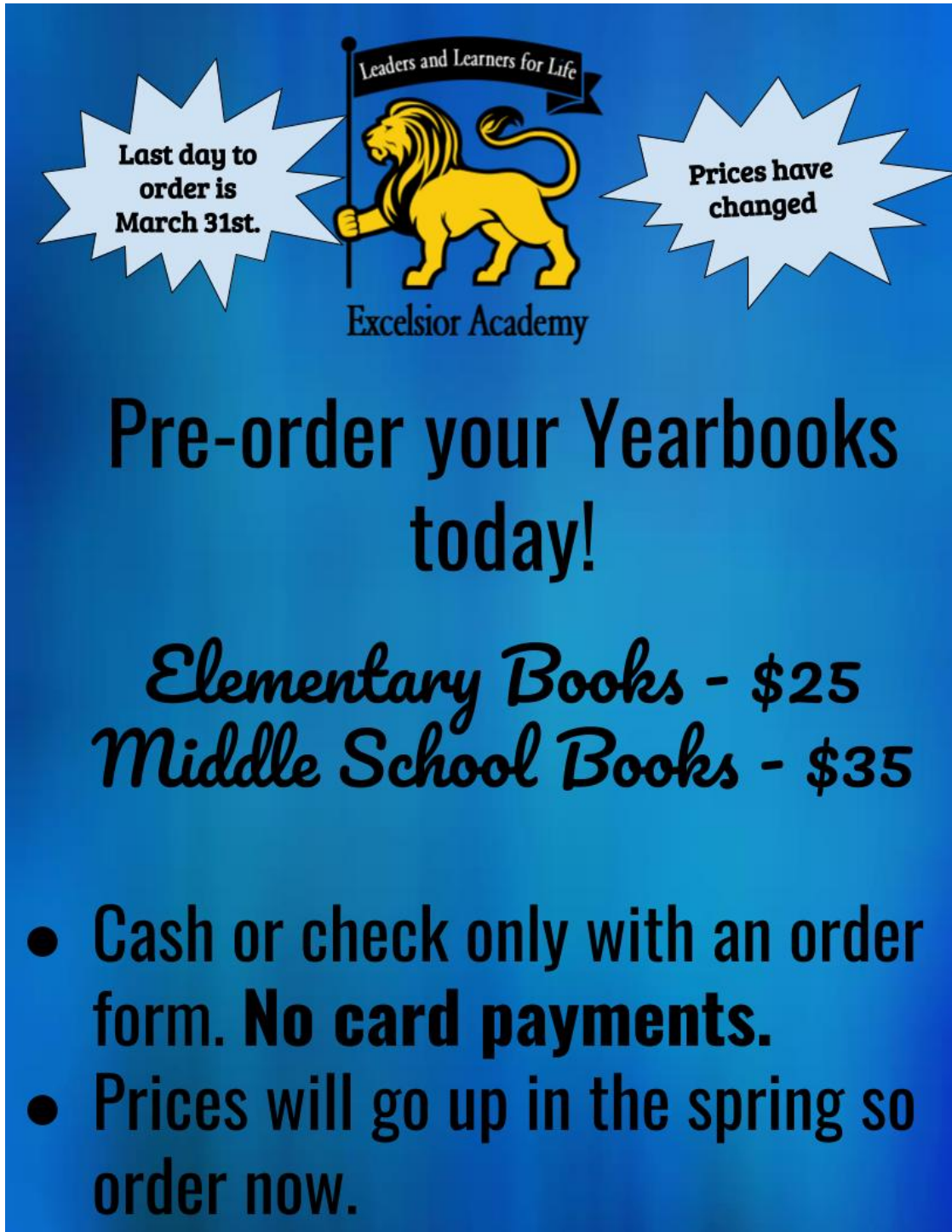
So what do these two individuals have to do with Excelsior Academy? Well, as a parent, sometimes when I see my own children struggle, my first instinct is to jump in and fix it for them. However, it is in those moments that I remember that in many cases my children don't need me to fix their problem, but to support them in it. They need me to counsel with them, help them to come up with their own solutions, point out others that might be of assistance, encourage them to keep moving forward and never give up! What would have happened if Malala's father stopped her from speaking out when the death threats came? What kind of man would Fredrick have become if he didn't have to scratch and fight to receive his education? I too worked incredibly hard to learn. It did not come as easy for me as many of my friends. Despite that I can honestly say that I'm thankful for my struggle. It taught me how to work hard. I don't know if I would have become an educator without my challenges and being an educator is one of my greatest joys. You have the opportunity to help your student become the person they were meant to be and find their greatest joys through their struggles as well. The absence of challenges do not push us into who we need to be.

"If there is no struggle, there is no progress. Those who profess to favor freedom, and yet depreciate agitation, are men who want crops without plowing up the ground. They want rain without thunder and lightning. They want the ocean without the awful roar of its many waters. This struggle may be a moral one; or it may be a physical one; or it may be both moral and physical; but it must be a struggle." -Fredrick Douglass

Announcing our
Advanced Ensembles Concert!
Wednesday, March 11th 6 pm
in the middle school gym
"Dance Party" Music
a night of movin, groovin
and swing!



Featuring performances by
our Choir, Advanced Orchestra,
Concert Band, and Jazz Band



The graphic features a blue background with a yellow lion in the center holding a banner that reads "Leaders and Learners for Life". Below the lion is the text "Excelsior Academy". To the left of the lion is a white starburst containing the text "Last day to order is March 31st." To the right is another white starburst containing the text "Prices have changed". Below these elements, the text "Pre-order your Yearbooks today!" is written in a large, bold, black font. Underneath this, the prices are listed: "Elementary Books - \$25" and "Middle School Books - \$35". At the bottom, there are two bullet points: "● Cash or check only with an order form. **No card payments.**" and "● Prices will go up in the spring so order now."

Last day to order is March 31st.

Prices have changed

Pre-order your Yearbooks today!

Elementary Books - \$25
Middle School Books - \$35

- 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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Sewing Machine Covers

(Universal, fits most machines)

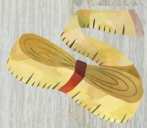


Only \$15 each!



**Sells for \$23.99 @ Walmart
or Amazon**

**email Mrs. Simper @
msimper@eautah.org
for details**



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!!

RISE testing days, grades 3-8*

ELA	4/22 and 4/23	4/20, 4/21, 4/27, 4/28
Math	4/29 and 4/30	5/4, 5/5, 5/6
Science	5/7 (4 th & 5 th only)	5/11, 5/12, 5/13
Writing	5/5 (5 th grade only)	5/5 and 5/6 (8 th grade only)


*Any Friday 4/24-5/15 is make up Friday



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Dress code:

Modest dress is required,
and 50's dress is encouraged!

Try some of these:
Polka dots, poodle skirts, jeans,
blouses, t-shirts, cardigan sweaters,
saddle shoes, penny loafers, cat-eye
glasses, greased hair, neck scarves,
letterman sweaters, & leather jackets.

Excelsior Academy 7th grade

Sock Hop

Friday, March 27, 6pm-9pm
dinner & dance
Tickets \$10 each March 6-26
\$15 each on March 27

The 7th grade sock hop is coming up! Dance cards will be handed out the week of the dance. Buy your ticket now!

On our calendar for 2020-2021 school year, we inadvertently missed marking two blue days (early out days). The corrected calendar is attached to this newsletter. The two days that are short days that were not reflected (but are now) are

October 29, 2020 and April 29, 2021.



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GIRLS SOCCER SEASON

Wednesday, March 18	@ Dual Immersion	4:30 pm
Monday, March 23	@ Spectrum	4:30 pm
Monday, March 30	vs. APA WV2	4:30 pm
Thursday, April 2	@ APA WV2	4:30 pm
Wednesday, April 15	@ Monticello	4:30 pm
Thursday, April 16	vs. ICS	4:30 pm
Monday, April 20	vs. Dual Immersion	4:30 pm
Wednesday, April 22	vs. Spectrum	4:30 pm
Monday, April 27	vs. Monticello	4:30 pm
Wednesday, April 29	@ ICS	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!

Job Openings

Special Education Instructor

Special Education teacher

1st-5th grade teacher

More info on the website

[Click here to apply](#)



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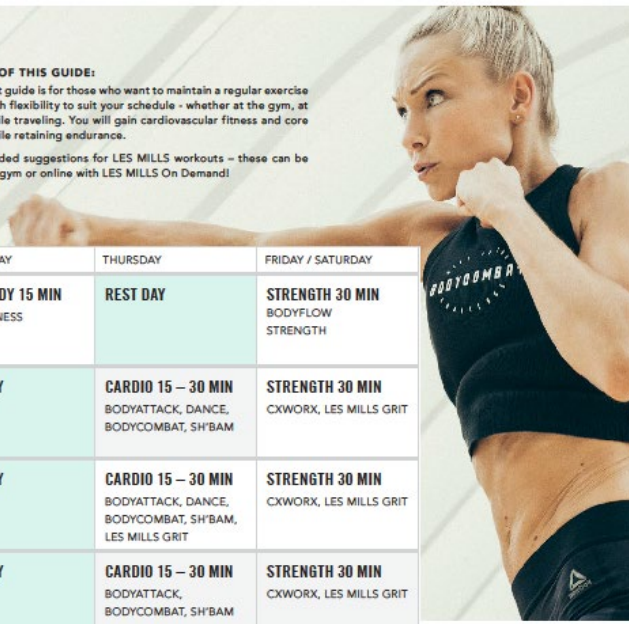

KICKSTART

**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!



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](#)



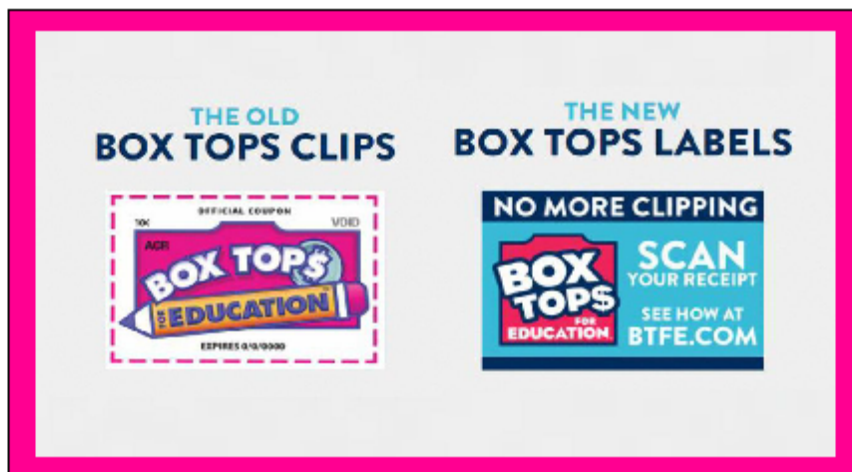
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BOX TOPS IS CHANGING!

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.