



February 24, 2020

excelsior-academy.org

Issue 26

Calendar Items

February 24-27

Emergency education week

February 24

4:30 pm MS girls basketball
game vs. Wasatch

February 25

Elementary earthquake drill

February 26

8:15 am 3rd grade SWYK (show
what you know)
4:30 pm MS girls basketball

February 27

Lion's pride day

AM kinder/B day MS

12:55/1:00 pm early out

February 28

NO SCHOOL (teacher work day)

March 5

6:00 pm music concert (band 1,
orchestra 1, percussion, choir)

March 6

Late work due

PM kinder/A day MS

12:55/1:00 pm early out

March 11

8:15 am 1st 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



Dear Excelsior Families,

A few weeks ago, I took my youngest son out to dinner. It was a special evening because it's rare that we get to spend time without the interruptions of brothers, sporting activities, technology, and life. Most nights, I find myself having to remind my children to put their phones away at dinner. It has been an expectation of mine since the beginning, but my teenagers love to push the issue in hopes that I might give in that one time. As I sat down with my youngest, I was fully prepared to rattle off my evening comment, "son, put your phone away, it's dinner time." This evening was different. My youngest didn't even attempt to grab his phone out of his pocket. I was shocked and excited to see him start a conversation with me.

We sat for about forty-five minutes discussing his friends and basketball team. He went on to discuss what he plans to do in his near future with school. The best part was I didn't have to force eye contact with him or ask guiding questions to help with the conversation. He did it all on his own!

It was after this evening that I realized how crucial it is to make time with my sons individually. I have always been good at having family dinner and making conversation a key component of those dinners. However, I didn't realize how intimidating those dinners could be for my youngest. His other family members tend to dominate the conversation, and he typically says very little. I noticed after observing him at a few family dinners that a night out with just mom and him is exactly what he needed. All children are so different, but every child needs to be heard.

Communicating effectively with our children can be a challenge. Gary Gilles, a licensed clinical professional counselor, wrote an article that listed seven tips for effective communication with school-age children. Tip number one really helped me see that I needed that one on one time with my youngest. I hope these tips can assist you and your children.

1. Listen with your whole body. When you sense that your child needs to talk, give them your full attention. Face them, make eye contact, kneel down to get on your child's level if necessary – even tilt your head – to show that you are really listening.

2. Pick up on the emotion. When your child has noticeable emotion in their words or in their body language, attend to that feeling. It's often useful to make an observation or restate what you hear them say. This sends the message that you are taking them and their feelings seriously. For example, you might say, "You're upset because I'm not letting you go outside to play after its dark?" These reflective statements then allow your child to respond by affirming or clarifying what they are feeling and it will usually prompt more conversation.

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3. Acknowledge your child's feelings. Empathy is one of the most powerful and comforting responses we can give to another person, especially a child. When you acknowledge those feelings, you validate them. This includes those feelings we often think of as "negative," such as anger, frustration and disappointment. Often, acknowledgement of their feelings is all the child needs to begin dealing with the problem at hand. When you validate a child's emotion you sensitize them to that emotion and give them permission to feel it and also acknowledge it in other people.

4. Delay correction and gather more information. When your child is countering you, resist the urge to correct them immediately, even if you think they're wrong. Hear them out before responding. Better yet, go an extra step by asking your child follow-up questions to learn more about why they see things as they do. This approach acknowledges your child's feelings and gets them talking. You are likely to get more cooperation when you are willing to hear their concerns versus simply correcting them.

5. Try to see the situation through your child's eyes. Try to step into your child's frame of reference before reacting. We often expect our children to understand adult-like ways of thinking and we don't give consideration to how they might be thinking or viewing the situation. What developmental needs might they have in that moment that they can't directly identify or ask for? For example, as you and your spouse are leaving the house for a much-needed night out, your child has an emotional meltdown in front of the babysitter because they don't want you to leave. You could get upset, ignore your child's behavior, or you could ask yourself: What is my child trying to say right now; what need might they have that I should be attentive to? For example, is their upset behavior a plea for comfort, security, reassurance, or something else that you don't understand? When you can see that certain behaviors are connected to their developmental needs, it is easier to be rational and patient with an appropriate intervention.

6. Avoid shaming your child; rather focus on behavior. Shaming a child diminishes their worth. For example, a 10-year-old boy knocks over his milk at dinner for the third time this week and his father explodes in anger saying, "You idiot, can't you be more careful?" Over time, these instances of shame make the child feel defective. A better approach is to focus on the behavior. Given the same situation, the father could say, "It's okay. Let's get a towel to clean it up; it's just a mistake. Please ask for others to pass items to you at the table instead of reaching, okay?" A child doesn't know how to correct being defective but he can learn to correct his behavior if given instruction in a supportive and encouraging way.

7. Encourage your child to think proactively about solutions. When faced with a decision that you and your child disagree on, ask your child what he wants to happen or would like to change. This helps them see that there are options to every problem. If they can come up with a reasonable approach to a problem, let them try it. When we encourage our children to become part of the solution, they often have greater motivation for resolving it.

Mrs. Tripp

Thursday is Lion's Pride day!

Remember to follow the dress code for this event. "Lions Pride Day: The Excelsior Academy t-shirt can be worn on selected days with uniform style bottoms or jeans with no holes, rips, or tears. Uniform compliance will be left to the discretion of the school director."

<https://vahara-o2-public.s3.amazonaws.com/media/12589/Uniform-Guide-2019-2020.pdf>



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Sewing Machine Covers

(Universal, fits most machines)

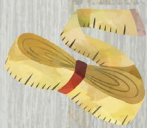


Only \$15 each!



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

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



This week is our emergency preparedness week. Look for emails each day that give guidance, information, and resources for a more prepared school and community.



Remember our red backpack campaign? We were able to place 65 backpacks in classrooms and offices between the middle and elementary schools. Contents of those backpacks include gauze, gloves, hard candies, pressure bandages, and tourniquets! We feel more prepared for a myriad of events. If you are interested in donating emergency items, please email Mrs. Adair at ladadir@eautah.org.

The school calendar for the 2020-2021 school year has been published! Find it on our website under the parent/student tab, and also attached to this newsletter.

RISE testing days, grades 3-8*

Test	Elementary	Middle school
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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BOYS VOLLEYBALL

TRYOUTS

Tuesday March 3rd
Wednesday March 4th
3:40PM – 5:00PM

Players that make the team commit to practices and games Monday thru Thursday from

March 17- May 7. Practices are 3:40-5:00PM on Mondays and Wednesdays. Games are 4PM and 5PM on Tuesdays and Thursdays, including travel time to and from games. You must have **a C or better** in all of your classes to participate.

The final cut roster will be posted by 5:30PM on Wed March 4th.

3/17 @ Dual Immersion
3/19 @ Spectrum
3/24 v. Spectrum
3/26 @ Monticello
3/31 v. West Valley
4/2 v. Dual Immersion
4/7 BYE

4/9 BYE
4/14 v. Monticello
4/16 @ West Valley
4/21 v. Wasatch
4/22 BYE
4/23 v. Wasatch

Volleyball participation **fees** are \$50. Questions?

see Head Coach Alyssa Boone or Assistant Coach Camper.

Last year the boys volleyball team took 2nd place at STATE!!



Girls soccer tryouts

March 3rd and 4th at 4:00 pm (weather permitting)

Ultimate Frisbee tryouts

March 5th at 4:00 pm (weather permitting)

We are looking for

Ultimate Frisbee coaches!

Contact our athletic director, Jason Soto,

if interested at jsoto@eautah.org

There is a Ski Utah School Program
that we want to pass along.

Here is a link with more information:

<https://www.skiutah.com/passes/passports>



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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!!

Job Openings

Special Education Instructor

Special Education teacher

1st-5th grade teacher

More info on the website

[Click here to apply](#)



Pre-order your Yearbooks today!

Prices go up after
March 6th!

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	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



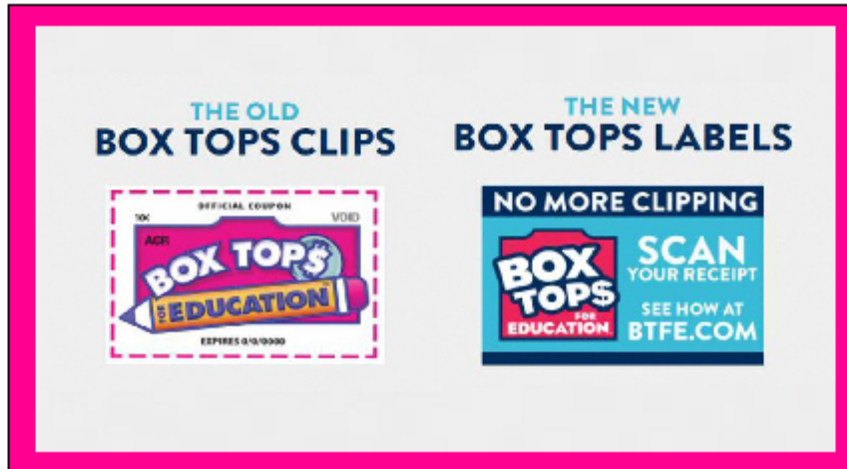
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BOX TOPS IS CHANGING!

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.