



March 2, 2020

excelsior-academy.org

Issue 27

Calendar Items

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

March 16

NO SCHOOL (teacher work day)

End of term 3

March 17-20

WIDA testing

March 17

4:15 pm MS boys volleyball @
Dual Immersion

March 19

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

An important part of growing up is learning the value of following rules and showing respect for authority. At Excelsior Academy, there are rules in place to help create a safe and proper school environment. To illustrate this point, I am reminded of an experience that changed my life forever:

Many years ago when I lived in Hawaii, I learned a valuable lesson about the importance of following rules. My two friends and I were experienced surfers and we were usually very comfortable in the powerful Hawaiian waves. On a beautiful winter's day on the North Shore of Oahu, we piled in our old, rusty minivan and headed to the famous Waimea Bay. Waimea is known as a famous surf spot for big wave surfers. On this particular visit, we planned to take our bodyboards out into the popular Waimea shorebreak. We had been to Waimea many times and we felt prepared for this day in the water. However, when we arrived we found that the entire stretch of beach was covered with signs warning beach goers not to enter the water. Bold words of caution such as "HIGH SURF -- NO SWIMMING" and "DANGEROUS SHOREBREAK" topped with bright orange flags lined the sand. We looked out toward the water only to see massive waves, some up to 15 feet in height, breaking onto shallow sand. There was not a single person in the water due to the dangerous conditions.

Recognizing the risk, but unwilling to admit defeat, we decided to walk down the beach a few hundred yards to a spot where the waves looked a bit smaller. When we got to our spot, we grabbed our boards and jumped in the water. We were satisfied that we had found a way to get some waves in spite of the many warnings posted on the beach. But our satisfaction was short-lived. It didn't take long to realize that a strong current was pulling us down to the most dangerous part of the bay. My two friends were fortunate enough to get to shore before the current pulled them down the beach. I, on the other hand, was unable to escape the mighty undertow.

In mere minutes, I found myself face to face with enormous mountains of water. No matter how much I paddled against the current, the force was too strong and I remained in danger. I was using all my energy scrambling toward the horizon to get over the waves to avoid being tossed and crushed into the sand. I was terrified and in complete panic. The lifeguards saw that I was in distress but did not come to my aid due to the dangerous conditions. My body was tired, my muscles ached, and I felt I was reaching exhaustion.

I felt my only hope was to time the sets of waves and paddle my heart out for the shore when the largest waves had passed. After three massive waves had passed, I went for it. With all my strength, I paddled for shore. My friends and the lifeguards watched as I made my move. I managed to get out of the impact zone but another wave soon followed. It crashed just behind me and the white water tossed me end over end for several yards. I held my breath as I was thrown like a rag doll and dragged across the sandy bottom. As I came to the surface, I took a big breath and swam for shore. As my feet touched the bottom, I ran to the beach, never more grateful to be on dry land.

My poor judgement and disregard for the rules put me in a dangerous situation that day. I did not believe that the rules applied to me and it didn't end well. It could have been much worse. The experience helped me to realize that it is always best to listen to those in authority and follow rules. The lifeguards and water patrol did all they could to inform me and steer me away from danger. But I didn't listen.

On an average school day, I receive several questions from students about the reasons for school and classroom rules. Sometimes complaining about those they don't understand. I explain that each rule has a purpose and is intended to create a place where students can learn and feel safety and respect. These are not life-and-death situations such as I shared in my story. However, developing good habits in following rules and procedures will guide students in all their future choices.

Mr. Anderson



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You are invited to our annual

New Beginnings of Spring Concert

Thursday, March 5th at 6 pm
in the middle school gym

Showcasing our Beginning Ensembles
in Band and Orchestra

Also featuring some surprise guest performers!



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





Pre-order your Yearbooks today!

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

- Cash or check only with an order form. **No card payments.**

Order now!
Prices go up after FRIDAY!



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Sewing Machine Covers

(Universal, fits most machines)

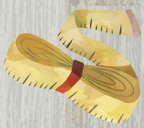


Only \$15 each!



**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*

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 an

Ultimate Frisbee coach!

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 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

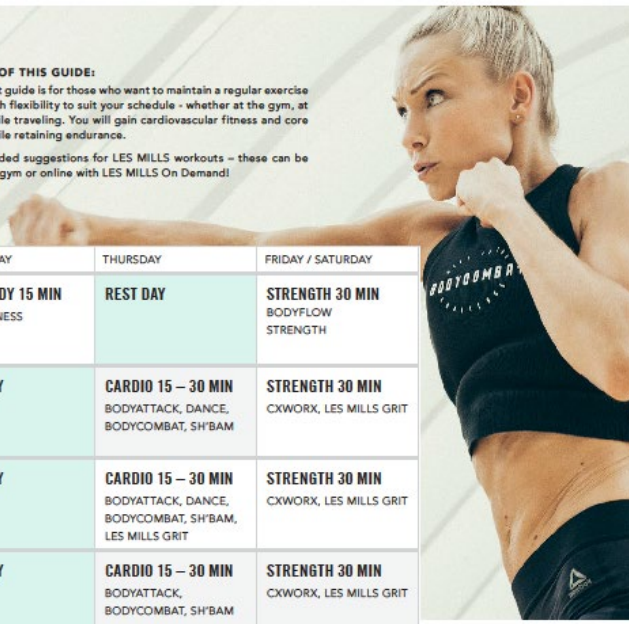
**4-WEEK FULL BODY WORKOUT
GUIDE FOR GYM & HOME**
CARDIO • STRENGTH • FLEXIBILITY • CORE

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!

LES MILLS ONDEMAND



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.

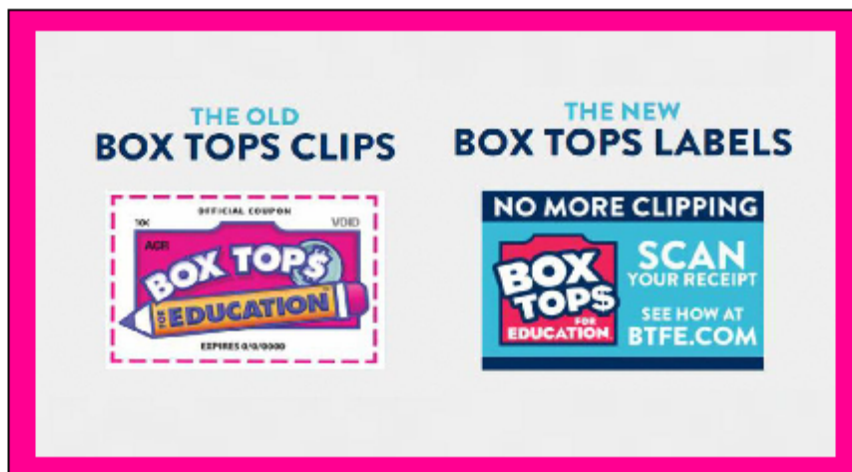
If you are ready to shake your tail feathers, pump iron, or HIIT it, check out what they offer!

Click this link for the awesome discount: [FriendsofEA](#)



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.