



March 27, 2020

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

Issue 30

## Calendar Items

### **March 30- April 3**

Online learning

### **April 6-10**

Spring break

No online learning

No lunch pickup

### **April 13-17**

Online learning

### **April 20-24**

Online learning

### **April 27-May 1**

Online learning

Dear Excelsior Parents,

We have just completed our second week of online learning. As educators, we have struggled to keep up with that learning curve just as you have had to adjust to online homeschooling. I believe I can safely say, Excelsior educators and Excelsior students both miss being in school together.

For that reason, we have carefully examined our online learning program. This effort accelerated when Governor Gary R. Herbert and State Superintendent Sydney Dickson announced that Utah's K-12 public schools would extend their dismissal through Friday, May 1st. We had adjusted to April 10th, but this prolonged dismissal confirmed our need to examine our online learning program. We wanted something more like an Excelsior "in school" education plan.

With that said, I am excited to introduce a new component to Excelsior's online education. This added feature should bring us closer to the "in school" education in which our students flourish. The exciting component is, drum roll, please... "live" interactive online classes.

This optional feature will allow students to see their teachers teaching "live," see their classmates through the screen, be able to ask teachers questions verbally, and at times, participate with classmates in guided discussions.

With this new feature, as our mission statement says, we will also give our students "the opportunity to learn at their challenge level." Excelsior's famous leveled learning is coming back in "live" online leveled reading and math classes.

We want our students' education to be well rounded. For that reason, we will also add live music, art, and physical education classes. Now, this is beginning to feel more like an Excelsior "in school" education.

When will these classes begin? The detailed schedule will be sent out this afternoon, but as a brief explanation: The "live" program will start after spring break on Monday, April 13th. In the meantime, a pilot program with a few "live" classes will begin on Monday, March 30th.

You may have noticed that I described the new "live" interactive online classes as optional. The "live" classes will be set at a specific time. A scheduled class time begs the question, "What if that time does not work with my family schedule?" We are happy to answer. The "live" classes will be recorded and available for viewing at students' convenience after they are aired.

We hope that you and your children are as excited about this new feature to our online learning program as we are. I want to thank our brave teachers that are participating in the pilot program. It takes courage to dive into this new aspect of online learning.

To add a little flair to the preview of "live" classes, watch for an announcement early next week. Mr. Anderson, our school counselor, will moderate guided discussions for middle school students. I will provide story time for elementary students. We look forward to seeing your students online.



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As a reminder, "grab and go" school lunches will continue to be served to Excelsior students for free from 11:00-12:00 noon on weekdays. We also have extended our "drive-through" computer check out to Monday-Friday of next week between 11:00-1:00. This is an opportunity to pick up a second computer if you have multiple students at Excelsior.

Spring Break is April 6th-10th. Just one week away. The Spring Break time is a school vacation period; thus, there will not be online instruction or lunches served.

In just a few minutes, the details of the online schedule will be sent to our community. Keep a lookout for the news. We cannot wait to hear your reaction.

Sincerely,

Stephanie Eccles  
Executive Director of Excelsior Academy

### What is the School LAND Trust Program?

The School LAND Trust Program, established by the legislature in 1999, is an annual distribution from the permanent State School Fund through school districts to all public schools (including charter schools) in the state. This currently includes about 3.4 million acres, and revenue comes from land sales, surface leases, grazing in Utah.

We received \$128,000 for the 2019-20 school year to help pay for our ELA teacher salaries! Our school plan for the 2020-2021 school year is attached to the newsletter. Here is a link to their website if you would like more information: <http://www.schoollandtrust.org/>



*Did you forget to order a  
yearbook before the closure?*

**Great news...You can still  
pre-order until March 31st!**

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

- Due to COVID-19, March 31st is the absolute last day to order a yearbook! You will not be able to secure a yearbook after this date. So please order now.
- Because we would like to social distance as much as possible, you may now order online [here](#). Please add your students name/s and teacher/s (8th period teacher for middle school) in the notes of your purchase.

**Finding Final Third-Term Grades in Compass:**

1. Go to: <https://my.excelsior-academy.org/login.php>
2. Log in to your Compass account.
  - Parent login: The username is the email you used to create the account. The password is your password. If you have forgotten your password, please follow the 'Forgot Password' link.
  - Student login: The username is the student ID number. The password is also the student ID number.
3. Click on the 'Grades' link.



4. Change to 2020-3



5. These are final grades for third term. If you NEED an official paper copy, please call the front office to make arrangements.



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## KICKSTART

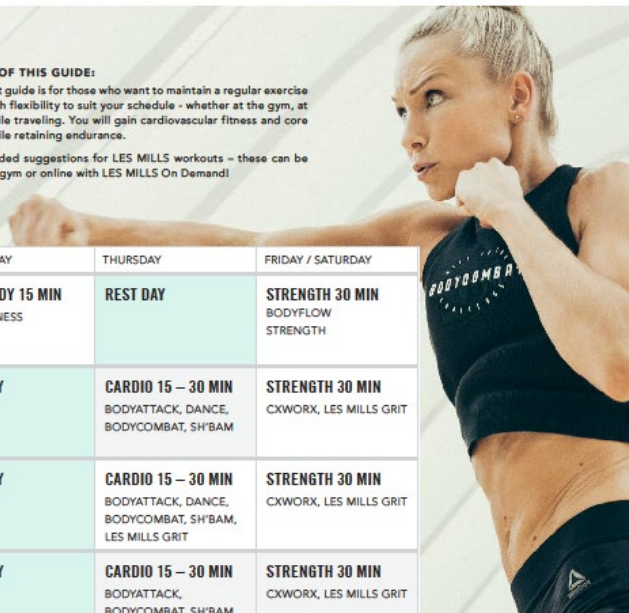
**4-WEEK FULL BODY WORKOUT  
GUIDE FOR GYM & HOME**  
CARDIO • STRENGTH • FLEXIBILITY • CORE

**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	<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!

**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](#)





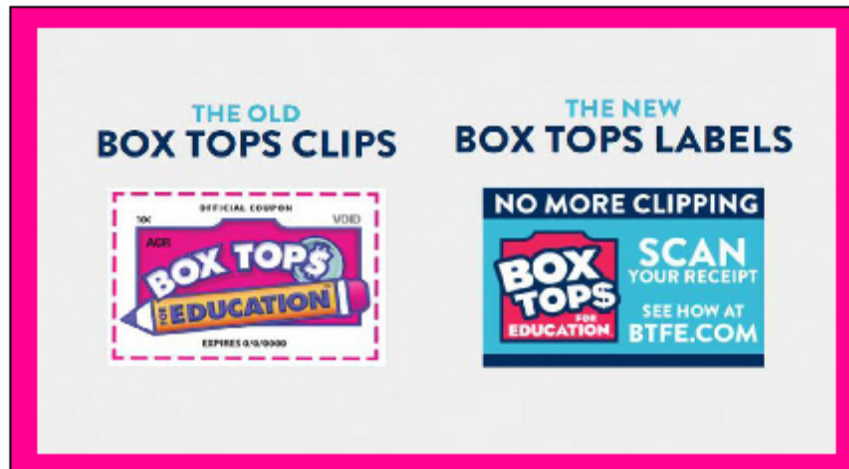
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## BOX TOPS IS CHANGING!

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](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.**