



## August 17, 2020 excelsior-academy.org

### Upcoming Calendar Items

#### August 19

Back to school virtual event (A link will be sent out the morning of Aug 19)

#### August 20

First day of school!  
Early out day {12:30pm}  
Online students- see attachment for schedule  
Elementary 8:15am-12:30pm  
Middle school A day/ 8:10am-12:30pm  
{Kindergarten starts Aug 27}

#### August 21

Early out day {12:30pm}  
Online students- see attachment for schedule  
Elementary 8:15am-12:30pm  
Middle school B day/ 8:10am-12:30pm  
{Kindergarten starts Aug 27}

#### August 27

First day of kindergarten!

#### August 28

Early out day {12:30pm}  
AM kindergarten  
A day middle school

#### September 4

Early out day {12:30pm}  
PM kindergarten  
B day middle school

#### September 7

NO SCHOOL  
Labor Day

#### September 11

Early out day {12:30pm}  
AM kindergarten

Dear Excelsior Parents,

We are nearing the exciting moment we have all been waiting for since last March. That's right, the first day of school for 2021! We cannot wait to teach our Excelsior students. This week, we have come to realize the similarities between the American revolutionaries of 1776 and the Excelsior faculty of 2021. The men and women that stood for the "Glorious Cause of America" have inspired us. Revolutionaries are people that are involved in a dramatic change. We have definitely been involved in a dramatic change and so have our students. Our faculty will share with students more about our "Revolutionary Theme" when school starts.

Let's look at Excelsior's schedule. Fortunately, we can still follow the schedule we proposed in our "School Reopening Plan." Our schedule includes five days per week of "in school" instruction or online instruction. Whether you have chosen the "in school" option or the online program, we are prepared to live up to our name, **Excelsior**. The Excelsior faculty will provide students with an education of superior quality.

The Back to School Night event is uniquely wonderful this year. In order to abide by the state's regulations for large gatherings, we have created a compelling and inspiring video of the Back to School experience. A link to this virtual event will be sent to all families on the morning of August 19th. You and your students will be able to take a virtual walk through the schools. Administrators and Teachers will welcome you and share the highlights of this revolutionary year.

This weekend we received a new Public Health Order. They have announced clarifying requirements for face masks in school. They require "face masks which cover the nose and mouth without openings that can be seen through, secures under the chin, and fits snugly against the sides of the nose and the face." This new order does mean that students cannot wear face shields instead of face masks. This is contrary to the announcement we sent out through text message on Thursday. We apologize for the change in the face mask status. These restrictions are beyond our control.

Parents as you prepare for the first day of school, we ask that you help prepare your students with a feeling of confidence and reassurance. Remind them that they are strong and capable revolutionaries. Assure them that they can walk into school beside their classmates and under the supervision of an Excelsior staff member. This practice will help Excelsior abide by the requirements to restrict parents, volunteers, and visitors from entering the school.

We do have one final happy surprise. The elementary school has added a new playground to our field. Our playground area is now twice as big as our original. We now have 12 swings, a new big toy, and even some single play stations. We look forward to watching the expressions on our students' faces as they explore this playland.

In just three days your students will begin to receive an education of superior quality that will inspire them. The Excelsior staff is committed to reigniting our students live long love of learning. Thank you for giving us this opportunity.

Mrs. Stephanie Eccles  
Executive Director



August 17, 2020

excelsior-academy.org

Estimados padres de Excelsior,

Nos acercamos a lo emocionante que todos hemos estado esperando desde el pasado mes de marzo. Así es ¡el primer día de clases para 2021! No podemos esperar para enseñar a nuestros estudiantes de Excelsior. Esta semana, nos hemos dado cuenta de **las similitudes entre los revolucionarios estadounidenses de 1776 y la facultad Excelsior 2021**. Los hombres y mujeres que defendieron la "Gloriosa Causa de América" nos han inspirado. Los **revolucionarios** son personas que están involucradas en un cambio dramático. **Definitivamente hemos estado involucrados en un cambio dramático y también nuestros estudiantes.** Nuestra facultad compartirá con los estudiantes más sobre nuestro **"Tema revolucionario"** cuando comience la escuela.

Veamos el horario de Excelsior. Afortunadamente, aún podemos seguir el horario que propusimos en nuestro "Plan de reapertura escolar". Nuestro horario incluye cinco días a la semana de instrucción "en la escuela" o instrucción en línea. Ya sea que haya elegido la opción "en la escuela" o el programa en línea, estamos preparados para estar a la altura de nuestro nombre, Excelsior. La facultad de Excelsior brindará a los estudiantes una **educación de calidad superior.**

El evento Noche de Regreso a Clases es excepcionalmente maravilloso este año. Para cumplir con las regulaciones estatales para grandes reuniones, hemos creado un video convincente e inspirador de la experiencia de regreso a clases. Se **enviará un enlace a este evento virtual a todas las familias la mañana del 19 de agosto**. Usted y sus alumnos podrán dar un paseo virtual por las escuelas. Los administradores y maestros le darán la bienvenida y compartirán los aspectos más destacados de este año revolucionario.

Este fin de semana recibimos una nueva Orden de Salud Pública. Han anunciado requisitos aclaratorios para las máscaras faciales en la escuela. Requieren "máscaras faciales que cubran la nariz y la boca **sin aberturas que se puedan ver a través de ellas**, se aseguren debajo de la barbilla y se ajustan cómodamente a los lados de la nariz y la cara". Este nuevo orden significa que los **estudiantes no pueden usar protectores faciales en lugar de mascarillas**. Esto es contrario al anuncio que enviamos por mensaje de texto el jueves. Pedimos disculpas por el cambio en el estado de la mascarilla. Estas restricciones están fuera de nuestro control.

Padres, mientras se preparan para el primer día de clases, les pedimos que ayuden a **preparar a sus estudiantes con un sentimiento de confianza y tranquilidad**. Recuérdales que son **revolucionarios fuertes y capaces**. Asegúrese que pueden entrar a la escuela junto a sus compañeros de clase y bajo la supervisión de un miembro del personal de Excelsior. Esta práctica ayudará a Excelsior a cumplir con los requisitos para restringir la entrada a la escuela de padres, voluntarios y visitantes.

Tenemos **una última sorpresa feliz**. La escuela primaria ha agregado un **nuevo patio de recreo** a nuestro campo. Nuestra área de juegos ahora es dos veces más grande que la original. Ahora tenemos **12 columpios**, un nuevo juguete grande e incluso algunas estaciones de juego



August 17, 2020

excelsior-academy.org

individuales. Esperamos ver las expresiones en los rostros de nuestros estudiantes mientras exploran esta tierra de juegos.

En tan solo **tres días** tus alumnos comenzarán a recibir una educación de calidad superior **que los inspirará**. El personal de Excelsior está comprometido a **reavivar el amor por el aprendizaje** de nuestros estudiantes. Gracias por darnos esta oportunidad.

Mrs. Stephanie Eccles  
*Executive Director*

## Please note:

- Want to identify as a high-risk individual? See the email attachment and fill out the form.
- We have attached in the email, hand hygiene, face covering, and distancing posters in English and Spanish.
- **Please keep your child home if they are sick! Attached to the email is a checklist for COVID symptoms. (Spanish version coming soon!) *Please do your part-check students DAILY for any symptoms before leaving the house!* Let us know if your child is sick.**
- If you are looking for a deal on uniforms, we've attached an offer from a SLC company.
- How do I get breakfast/lunch for my online student? See attached directions!
- Menus are attached and also on the website.
- Suggested supply lists- please see attachment!
- **THE FINAL ONLINE ELEMENTARY SCHEDULE** will be sent to you tomorrow!

## Reminders:

- We want to see our online students in their uniforms!
- We will follow the State Public Health Order for facial coverings  
<https://coronavirus.utah.gov/special-orders/>
- Reminder of middle school boys soccer tryouts Aug 17 & 18, 3:30-4:30 pm (first game Aug 25)
- We will be teaching the students more about hand hygiene, physical distancing, and face coverings in our classrooms. See the attached posters for etiquette.
- If a parent/volunteer comes into the office to enter the building: Visitors and non-regular staff will have their temperature checked, be required to wear a face covering, complete school security check procedures, complete a statement indicating that they have not been sick or around someone diagnosed with



August 17, 2020

excelsior-academy.org

COVID-19. They will be limited on their time in the building and not allowed to bring other children.

- People entering the school building/front office must wear a face covering.
- Don't forget to fill out a lunch application. Any questions email [jtoland@eautah.org](mailto:jtoland@eautah.org) <https://vahara-o2-public.s3.amazonaws.com/media/39369/2020-21-free-reduced-application-english-fillable.pdf>

**PLEASE MAKE SURE YOUR CONTACT INFO IN COMPASS  
IS UP TO DATE!!!**

**CALL THE FRONT OFFICE FOR ASSISTANCE.**



August 17, 2020

excelsior-academy.org

## KICKSTART

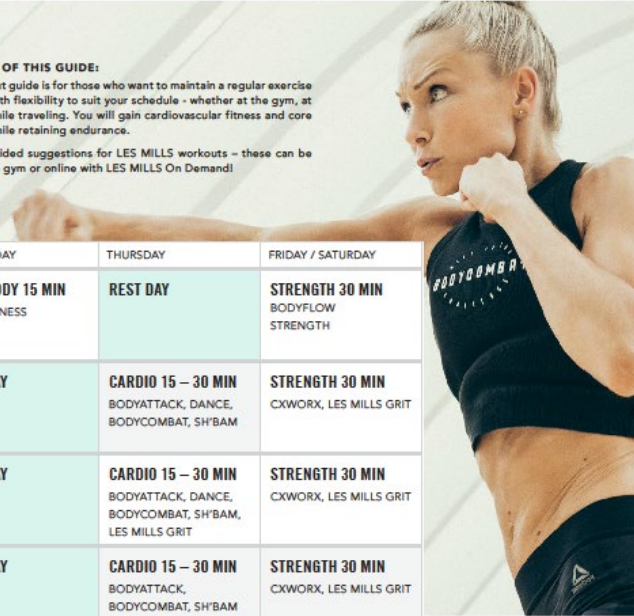
### 4-WEEK FULL BODY WORKOUT GUIDE FOR GYM & HOME

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> CXWORX, 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> CXWORX, 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> CXWORX, 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](#)