



### Calendar Items

- September 9  
4:30 pm Girls volleyball vs. ICS
- September 10  
4:30 pm Boys soccer vs. Monticello, XC race @ SHS
- September 11  
4 pm Girls volleyball@ Monticello
- September 12  
4:30 pm Boys soccer vs. Dual Immersion
- September 13  
\$2 casual dress day  
PM kinder/B day MS  
12:55/1:00 pm early out
- September 16  
4 pm Girls volleyball vs. Dual Immersion
- September 17  
4:30 Boys soccer vs. Spectrum, XC race @ England Acres park
- September 18  
4:00 girls' volleyball @APA West Valley
- September 19  
4:30 Boys' soccer @APA West Valley
- September 20  
AM kinder/A day MS  
12:00 Middle school assembly  
12:55/1:00 pm early out
- September 23  
4:00 Girls volleyball vs. Spectrum



### From the desk of Mr. Anderson

The following message came to my attention years ago. I have shared it with some and I believe the message bears repeating. These words are a valuable lesson in learning diligence and grit.

They come by way of a school principal named John Tapene in New Zealand. Mr. Tapene discovered these words in a newspaper article from 1959 that were written by Judge Philip B. Gilliam, a judge who often worked with youth. Judge Gilliam found that he was often asked by young people, "What can we do, where can we go?"

His answer was profound. He told them:

*"Go home, mow the lawn, wash the windows, learn to cook, build a raft, get a job, visit the sick, study your lessons and after you've finished, read a book. Your town does not owe you recreational facilities and your parents do not owe you fun.*

*The world does not owe you a living, you owe the world something. You owe it your time, energy and talent so that no one will be at war, in sickness and lonely again. In other words, grow up, get out of your dream world and develop a backbone not a wishbone. Start behaving like a responsible person. You are important and you are needed. It's too late to sit around and wait for somebody to do something someday. Someday is now and that somebody is you!"*

The words of this judge ring true today just as they did over 50 years ago. These wise words are meant to motivate young people to be productive and to take responsibility for their actions.

At Excelsior Academy, the teachers and staff aim to inspire students to do their best. We hope that our students do not wait for things to happen to them, but that they go out make things happen. We expect students to be leaders in their school, their homes, and in their communities. The responsibility to teach each student good character is a group effort. It comes from parents, teachers, coaches, and the many good people who have a stake in the success of that child. Thank you for your support as we continue to produce students who are succeeding as students and as citizens.



Greenthumbs is asking you to donate your grass clippings and fall leaves for their compost project.

*Please drop them off by the greenhouse doors, and Mr. Hendershot will collect them each morning.*

Thanks a million!

Our nurse, Flor Farley, is looking for 4 or more volunteers to help with vision screenings on October 10<sup>th</sup>.

If you can volunteer or have any questions, email [ffarley@eautah.org](mailto:ffarley@eautah.org). Thanks!

We are pleased to announce that we have partnered with a company named **Les Mills**. We use some of their fun fitness programs to enhance our dance and P.E. classes.

Something else very exciting to us 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, you might want to check out what they offer!

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

More information is attached to the newsletter email.



Have you aspired to work at Excelsior Academy  
but full time is too much?

# Subs wanted!

Now you can! Click [here](#) to apply.

**Our first \$2 casual dress day of the  
school year will be this**

# Friday the 13<sup>th</sup>!

### **How it works:**

We will start selling tickets today for \$2 each. This ticket allows the student to dress casually (following EA standards) on Friday, September 13<sup>th</sup>. The student must present this ticket the day of the casual dress to exchange for a stamp on the arm. Student may also bring \$2 on Friday to exchange for a stamp on the arm in order to dress casually.

### **Casual dress standards:**

Clean, modest clothing, shirts with sleeves, pants cannot have holes. Shorts, skorts and skirts may not be any shorter than 3 inches above the knee. Clothing should be free of negative messaging including obscenity or profanity. No pajamas, hats, or any item of clothing that is distracting. *Compliance will be left to the discretion of the school director.*



## Gettysburg and Washington D.C.!

Hi, I am Rebekah Christensen and I was in charge of the endorsed trip by the school last year. The trip last year was to New York and Boston. It was a lot of fun. We saw a lot of amazing things such as the statue of Liberty, Staten Island, a Broadway show, and many more. The school can't endorse a trip due to new state rules, but I didn't want this type of experience to end. So I decided that I am going to endorse a trip myself this next year. We are going to Gettysburg and Washington D.C. with a Civil War extension, which means we are going to two extra civil war battlefields. We will be leaving May 26, 2020, the first week after school gets out. Students who are in 6th grade or older next year can go, adults as well. This trip is not just for our school. Any students of the right age and adults may come.

I do have some rules that I want read before signing up so everyone knows what is expected. You can find them at this link: [https://docs.google.com/document/d/1QuFrT1oQq2ZOaSMRO-a\\_xcZzWvNanf4M\\_ZXSpq8rWOg/edit?usp=sharing](https://docs.google.com/document/d/1QuFrT1oQq2ZOaSMRO-a_xcZzWvNanf4M_ZXSpq8rWOg/edit?usp=sharing)

If you agree to the rules, I would love to have you. Here is the link if you would like to check it out: <http://www.explorica.com/Christensen-2697>

Also, for the trip I am using a different email address. It is [rebekah.christensen.rc@gmail.com](mailto:rebekah.christensen.rc@gmail.com). If you have any questions, please let me know.

That is it. Thanks, Rebekah Christensen

## QUIDDITCH

In PE, one of the most exciting things is to introduce a new game or activity to the students. One of those games this year is Quidditch. If you are unfamiliar with Quidditch it is a game from the Harry Potter series in which students from Hogwarts fly around on brooms and try to either score by throwing a ball through hoops of differing heights, or by catching the Golden Snitch. Now, we won't be flying around on brooms but students will be running around with "brooms" while trying to score points. However, this is where we need your help. If you're interested in either donating some time or materials or both, we need help with our goals "hoops". If you are interested in helping in some way, please let me know. I have included several pictures and specifications of what we need.

[jsoto@eautah.org](mailto:jsoto@eautah.org)

Thank you for your continued support of Excelsior Academy and the Physical Education program.

SEE BELOW



### Hoop Specifications

The quidditch hoop is the upright and self-supporting structure through which the quaffle must pass to score a goal.

### Hoop Composition and Construction

- A. Each hoop must be made up of a post and a circular loop attached to the top. These parts of the hoops may be made of any material other than metal or concrete and must not be dangerous to players.
- B. A hoop may include a base to keep the hoop upright.
  - 1. This base should not affect the hoop height.
  - 2. Other than metal fasteners, the base must not be made of hard metal or concrete.
- C. Hoops must be freestanding and able to withstand play.
  - 1. Referees must disallow any hoops that they believe are dangerous to the players.

### Hoop Shape

- A. Each set of hoops must have posts of three different heights.
  - 1. These heights must be 3 feet (.91 m), 4.5 feet (1.37 m), and 6 feet (1.83 m).
- B. A loop must be fastened to the top of each goal post.
  - 1. The inner diameter of each loop must be between 32 inches and 34 inches (81cm and 86cm)
  - 2. The attachment of the loop must not make the height of the post exceed the measurements listed above.

## Middle School Sports

Sports are in full swing at the middle school! See below for schedules:



## BOYS SOCCER SEASON

Tuesday, August 27	@ Dual Immersion	4:30 pm
Thursday, August 29	@ Spectrum	4:30 pm
Tuesday, September 3	vs. West Valley	4:30 pm
Thursday, September 5	@ Draper APA	4:30 pm
Tuesday, September 10	vs. Monticello	4:30 pm
Thursday, September 12	vs. Dual Immersion	4:30 pm
Tuesday, September 17	vs. Spectrum	4:30 pm
Thursday, September 19	@ West Valley	4:30 pm
Tuesday, October 1	@ Monticello	4:30 pm

## GIRLS VOLLEYBALL SEASON

Wednesday, August 28	@ Summit Draper	4:00 pm
Wednesday, September 4	@ Providence Hall	4:00 pm
Monday, September 9	vs. ICS	4:30 pm
Wednesday, September 11	@ Monticello	4:00 pm
Monday, September 16	vs. Dual Immersion	4:00 pm
Wednesday, September 18	@ West Valley	4:00 pm
Monday, September 23	vs. Spectrum	4:00 pm
Wednesday, September 25	vs. Summit Draper	4:00 pm
Monday, September 30	vs. Channing Hall	4:30 pm
Wednesday, October 2	@ ICS	4:30 pm

## CROSS COUNTRY SEASON

Tuesday, August 27	Clarke N Johnson	4:30 pm
Tuesday, September 3	Grantsville Jr High	4:30 pm
Tuesday, September 10	Stansbury High School	4:30 pm
Tuesday, September 17	England Acres (Behind Macey's)	4:30 pm
Tuesday, October 1	Dow James Park 438 W 400 N Tooele	4:30 pm
TBD	Cottonwood Complex 4325 S 1300 E Millcreek	4:30 pm



## [frenchtoastschoolbox.com](http://frenchtoastschoolbox.com)

If you want to buy school uniforms from French Toast, we have an online store! Go to [frenchtoastschoolbox.com](http://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!

If you would like to learn more about the Book It! program, here is a link to get started:

<https://www.bookitprogram.com/programs/book-it>