



Excel Academy Eagle Update

January 19, 2024

UPDATES FROM THE SCHOOL

Kids Heart Challenge

[Help Today!](#)

Ms. Pezzulo is so excited to be leading our school's 6th Annual Kids Heart Challenge (KHC)! Your family is making a lifesaving difference! Thank you!



Did you know that not only are we helping save lives, but the more we raise, the more chances we have to help our school earn much needed school equipment that supports mind and body health? Can you help us reach our school goal of \$9,000? It's easy. Just send 10 texts, emails or E-cards today. (You'll also be one step closer to completing Finn's Mission!)

If you haven't already registered, you can do so by downloading the AHA Schools app or visiting heart.org/schools. Thank you for supporting our team, our school, and our community through KHC!

The American Heart Association is excited to extend our work with the NFL to support improving health outcomes at home and beyond through Hands-Only CPR education. Students that complete Finn's Mission will earn an entry for two tickets to Super Bowl LIX in 2025 and our school will be entered to receive a \$10,000 fitness equipment makeover for every 18 students who complete Finn's Mission.

Don't forget: You can double your gift by [checking to see](#) if your employer will match your donation. Follow the steps and forward the confirmation to matchgifts@heart.org to have this added to your student's fundraising page.

Do you have a student here with a special heart that you would like to be recognized as a heart hero? Please reach out to our AHA Representative Jodie- jodie.abrams@heart.org - who will work with you and Ms. Pezzulo to find a way to honor special students!

ORDER NOW

Order February Meals

We recommend ordering for the complete month of February all at one time. We turn off the response form each Sunday evening for the following week. **For instance, If you would like your child(ren) to have hot lunch the week of February 5th, YOU WILL NEED TO**

FILL OUT THIS FORM BY JANUARY 28TH. We place our order each Monday for the following week. Once lunches have been ordered, we are unable to make adjustments.

Click [HERE](#) to order.

Excel PTO Community Night Out! Kids Welcome!

Join us on February 9th at 3rd Shot Pickleball from 6:00 - 9:00 pm. All levels and abilities, including those who are new to pickleball, welcome. Equipment also available to use.



Click [HERE](#) for details.



Winter Wonderland Dance - January 26, 6:00 - 8:00 pm

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Your National Junior Honor Society Members are excited to announce our first middle school dance of the year! It's finally time for winter as we transform our gym into a Winter Wonderland-themed Middle School Dance! We will have a DJ playing students' favorite songs, a game room for those who need a break from dancing but still want to have fun, and plenty of food to fuel up before heading out to groove on the dancefloor. Chaperones are

not needed as we have plenty of staff - thank you.

Here are the details: Friday, January 26th from 6:00-8:00 in the gym. Cost is \$7 in advance ([online - PTO Page](#) or cash at the front office or to Mrs. Smith) OR \$10 at the door. The color theme is blue and white.

Please sign up to bring in snacks and drinks [here](#).

P. S. I Love You Day Coming to Excel!

What is P.S. I Love You Day? We are excited to join hundreds of schools across our nation in celebrating P.S. I Love You Day on the second Friday in February. P.S. I Love You Day spreads light on the importance of being kind to one another. It emphasizes the power of extending friendship to those who might be different, the importance of being aware of our words and actions, and encourages us to reach out to someone who might be lonely and stand up for someone who might be mistreated. Excel Academy will take part on this day and celebrate with various activities. To help spread the message, we encourage everyone to wear purple on Friday, February 9th. Wearing the same color shows that we are united as a community.



The mission of P.S. I Love You Day is to bring awareness to the importance of mental health and decrease bullying. By providing fun and age-appropriate activities that help students learn about mental health, the conversation will be easier and students will be able to recognize when they or others around them need help. On the second Friday of every February, communities are encouraged to wear purple in order to foster kindness and a welcoming environment, and educate others that mental health is as important as physical health.

Why will Excel be participating in P.S. I Love You Day? By shifting from a traditional Valentine's Day which comes with aspects of commercialism and emphasis on romantic love to P.S. I Love You Day that focuses on loving oneself and spreading love to others and the world, we provide a more inclusive message. In addition, the activities connected to P.S. I Love You Day support our school's efforts to increase social-emotional skills and wellness. Our most recent social-emotional assessment (SSIS-SEL) that measures self-awareness, self-management, social awareness, relationship skills, responsible decision making, academic skills, and core skills, showed that:

- 68% (292) of our Excel students are PROFICIENT in social-emotional competencies (compared to 71% of all Jeffco students)
- 24% (104) of our Excel students demonstrate EMERGING social-emotional competencies (compared to 23% of all Jeffco students)
- 8% (34) of our Excel students are AT RISK due to low social-emotional competencies (compared to 6% of all Jeffco students)

Here at Excel, Ms. Pezzulo intentionally brings the Kids Healthy Hearts Challenge to conclude mid-February as an alternative to give teachers and students the ability to celebrate healthy hearts as an alternative or complement to Valentine's Day. This fits well with the P.S. I Love You Day ideals.

Does that mean there won't be class parties? Our classes will still have celebrations, though these will be held on Friday, February 9th in alignment with P.S. I Love You Day. We understand that many room parents have been planning activities for Valentine's Day, and most of these will fit right in with P.S. I Love You Day. In addition, teachers will have access to P.S. I Love You Day activities to incorporate into the day and the celebrations. Of course our parties on February 9th will still align



Middle School Shirts

Middle School Shirts Courtesy of our Amazing PTO!
On Wednesday, January 17th, your student received a gift in the form of a class shirt from our PTO. We were able to get a picture of our entire middle school wearing the shirts for our yearbook. Shirts are provided by the PTO in the hopes that they will be worn on field studies and community days (like field day) to represent our school with pride. **Please thank our PTO the next time you get a chance.**

Middle School Newsletter

January Middle School Newsletter.

[NEWSLETTER](#)



4/5 Music Program

4/5 Grade Colorado History Music Program
Wednesday, February 28th at 6:00 p.m.

- Students should arrive by 5:45 p.m. and report to their classroom teachers. The program will begin at 6:00 p.m. and last about 45 minutes. After the program, students will be released to their homeroom teacher where you can pick them up.
- Students can wear items that represent Colorado: Colorado professional sports teams, Colorado College's, Arvada high schools, Native American, Spanish settlers, pioneers, mountain men, or they can dress up in nice clothing. I ask that if students are going to wear jeans that they are in nice condition and please no shorts or T-shirts other than those listed above.

Speaking and other special parts are being handed out in specials this week. All assignments should be memorized by February 9th.

Thank you for your support

Inspire a deep and lifelong love of reading with JCPL's **500 Books Before Middle School**, a literacy program for elementary-age students. Be ready for all middle school has to offer by taking up the challenge!



From kindergarten through fifth grade, kids read 500 books of their choice to get comfortable with independent reading. Track progress and earn prizes throughout! Click [HERE](#) for details.



Excel Athletic Update from Coach Miller

The boys season came to an abrupt halt on Wednesday evening in the first round of the "A" team playoffs as the Eagles were handed a 28-20 defeat by the WWA Wildcats. Things started out well for the Eagles as they jumped to a 10-5 lead. They maintained the lead throughout the first three quarters as the Wildcats kept things close. Clinging to a 16-13 lead at the end of the three, it was the fourth quarter which was the Eagles' downfall. WWA outscored the Eagles 15-4 in the fourth quarter sealing the victory. For the Eagles both Zach Behrends and Paxton Fonte scored 5 points apiece with Barrett Anderson adding 4, Cole Varner 3, and George Spaulding 2.

Monday January 22, 2024, is the All-Star game at Woodrow Wilson at 4:15. Participating in the game include the following: Zach Behrends, Barrett Anderson, Cole Varner and Paxton Fonte.

Monday also marks the first practice for the Lady Eagles as they embark on their season!

SOAR Winners

Congratulations to this week's SOAR drawing winners!

Self-Discipline
Outstanding Effort
Acceptance of Others
Resilience

KG- Madeline McGoveran
1st Dave Skeen
2nd Asa Ward
3rd Karmi Lay
4th Caleb Taylor
5th Tyson Mielke
6th Mason Sharkey
7th Svetlana Kolbasenko
8th Jordan Visagie



FROM THE EXCEL ACADEMY BOARD OF DIRECTORS



Next Regular Meeting is Tuesday, January 23rd

Greetings Excel Community,

The Board of Directors will be participating in training facilitated by the Colorado League of Charter Schools on Tuesday, January 23rd from 5:00 - 6:00 p.m. The Board will then convene their regular business meeting from 6:00 - 8:30 p.m. in the Excel Library.

For more information, including links to the agenda and minutes from previous meetings, please visit the [Board of Directors section](#) of the Excel Academy website.

In Partnership,
Your Excel Academy Board of Directors

FROM THE CLINIC

Clinic Items Needed: Tissues & Zip-Top Baggies

Our supply of tissues & plastic zip-top sandwich bags is now depleted. If you are able to provide any supplies, please send them with your student to drop at the office. Thank you so much!



PARENT-TEACHER ORGANIZATION (PTO)



Join Us: Avs Community night

Excel Academy Community Night at the Avs Game, organized by our Excel PTO!

[Buy a ticket to the Avalanche game](#) and get a voucher for a Mammoth lacrosse game! Plus, \$5 from every ticket sale goes back to Excel Academy! See you on the ice!

Colorado Avalanche vs Los Angeles Kings
Friday, January 26, 2024 at 7:00pm

"SIGN-UP FOR RaiseRight and start earning for the school with your purchases!



Gift card fundraising, also known as scrip fundraising, has been the #1 fundraiser for nonprofit organizations across the U.S. for more than 25 years. Why? Because it's easy and more convenient than selling goods or recruiting volunteers. Earn simply by buying gift cards to use for everyday purchases, instead of cash or credit cards. You can also purchase electronic cards with instant availability for your online purchases. You receive the full amount on the gift card, and the PTO receives a percentage of every purchase from RaiseRight. Sign up today!

Sign-Up at this link: [RaiseRight](#)

PTO Links

[Excel Academy PTO Website](#)

[Track it Forward Volunteer Opportunities & Hours Tracking Site](#)

COMMUNITY CONNECTIONS



Help Venezuelan Refugees

My name is Elaina, and I am in 4th grade and I'm doing a personal service project to help the Venezuelan migrants, refugees, and asylum seekers that have been placed in Colorado.

They came all the way from Venezuela with only the clothes on their backs to America; some had to walk 4 months straight. By Donating you can change lives. Help today by donating items to the box in the school vestibule starting on January 15th.

Click [HERE](#) to see what they need. Thank you

Help A Neighbor - Become a Snow Buddy!

The City of Arvada is looking for neighbors to step up to shovel walkways for a neighbor in need through the Snow Buddies Program. Snow Buddies matches neighbors who are physically unable to shovel snow with a volunteer close by. There are 14 neighbors left on the waitlist in need of a Snow Buddy this Winter. There is a need especially close to Excel Academy located near Miller Ct and W 82nd Ave.



The Snow Buddies Family is full of varied ages and backgrounds. There are students (who shovel with their parents), high schoolers, couples and older adults all contributing to do their part. Volunteers receive a free, custom-designed Snow Buddies beanie in exchange for their service shoveling snow. Learn more by [visiting the Snow Buddies webpage](#) where details and an

Questions? Contact Brady Porterfield-Finn, Neighborhood Engagement Coordinator, at bporterfieldfinn@arvada.org or 720-762-0522.



Ralston Valley Camps:

Learn the basics of cheerleading in a fun & interactive session taught by your Ralston Valley JV & Varsity Cheerleaders. Kg-5th
Click [HERE](#) for details.

Poms Camp for 6th through 12th.
Click [HERE](#) for details.

Helpful Links & Resources

[Order Breakfast or Lunch](#): **January** meals available to order. (due a week before the week of meals)

[Excel Academy Standards-Based Grading Scale](#)

[Infinite Campus Parent Portal](#) (Check grades, missing assignments, attendance, pay fees)

[Infinite Campus Parent Directions](#)

[Log Volunteer Hours](#) and sign-up for volunteer opportunities

[2023-24 Excel Academy School Year Calendar](#)

Ideas for thanking a staff member: [Treats and Deets](#)

Excel Academy K-8 Charter School

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Facebook: <https://www.facebook.com/ExcelAcademyK8>



Julie Smith

Julie is using Smore to create beautiful newsletters

