



Excel Academy Eagle Update

April 19, 2024

UPDATES FROM THE SCHOOL



Dear Eagle Families,

As parents and educators, it's often difficult to navigate monitoring our children's activities when it comes to their online activities, phone/texting use, and choice of media materials (books, games, etc.). Yet, stakes are high and certain statements and activities can have lasting impacts on a child and their family. It's vital that parents are partners with educators in daily monitoring of their children's online activities, phone activity, and reading materials. Some things to keep in mind:

- Our school's GoGuardian internet monitoring is actively monitored by staff during school-day hours on days when students are in attendance. This means that guardians must be actively monitoring their children's online activities while at home and beyond school-day hours.
- Even activities that happen outside of school-day hours and off school grounds can result in disciplinary action if such activity impact the operations of the school. This is especially true in any instances of threats against students, staff, or school of any kind or engagement in criminal activity using school devices.

Over the past few weeks, we've seen a significant increase in students using texting and group chats to engage in inappropriate, mean, threatening, and bullying behavior among our 4th - 8th grade students. All of these activities have happened outside of the school day using cell phones and other devices equipped with chat/text capability. We encourage guardians to speak with their student about appropriate and unacceptable topics of conversation, and what to do if they see anyone making threats, making fun of others, sending inappropriate pictures or images, referencing self harm, or encouraging others to not be friends with someone. Please actively monitor your student's phone, text, and chat activity. Let them know that you expect them to follow our school policy of depositing their phone in the appropriate box upon arrival at school. If you find out that your student has breached expectations, take swift action and implement consequences - including removal of phone/internet privileges and re-establishing expectations for appropriate behavior online and when texting/chatting with others.

When it comes to media exposure, there are many books and games that appear to be geared toward children, yet content is not appropriate for young people. One great resource is [Common Sense Media](#), which provides unbiased information regarding books, movies, games, tv shows, podcasts, and apps. Our Librarian, Mrs. Williams, also wants guardians to be aware of a new literary genre called "New Adult," which is distinctly different from Young Adult. Please check out [this infographic](#) for more information.

As always, we are here to help and support as part of your family's village in supporting our children in growing into empathetic, confident, and responsible lifelong learners who see themselves as contributors to their communities.

In Partnership,
Kresta Vuolo
Executive Director

Leadership Coffee Chat: Adjusted Time!

All guardians are invited to join our next Leadership Coffee Chat on Wednesday, April 24th from 8:05 - 8:45 a.m. Note the earlier time, adjusted to accommodate our K/1 Explorations Expo, which runs from 8:45 - 9:25 a.m. the same morning. We'll have light breakfast refreshments and our school leadership team ready to engage in conversation. Bring school-related topics that are on your mind and join the dialogue. We hope to see you there!



Sign-up: May Lunch & Breakfast

Sign-up now for May Meals. The last month to order meals before summer break! Have a great weekend!

Click [HERE](#) to order.



You're Invited!

Spring Explorations Expo - You're Invited!

Our students have been working hard on their Explorations projects and will be finishing up with final touches on Wednesday.

We invite the Excel community to come to our Expo on Wednesday, April 24 to view the creativity and effort that our students have put forth. The Expo is set up similar to a gallery walk where students will be showing and discussing their projects and what they've learned. Please connect with your 2nd - 8th grade student to find out who their Explorations teacher is and if they will be presenting their project in the first or second half of the Expo (their class will determine that next Wednesday and there will not be a schedule of presenters). All visitors must check-in at the front office with a driver's license or state issued ID to receive a visitor's badge. Please plan to arrive early. Check-in will begin at 1:15 p.m. and doors will open for guests at 1:40 p.m.

Please do not plan to check your student out early as there is a lot of movement on this day. Additionally, younger students cannot be removed from class to tour through the upper grades with their parents. These protocols are put in place for the safety of all students. Thank you for your cooperation.

Explorations EXPO Schedule, Wednesday, April 24

K/1 Schedule:

First half begins 8:45 am

Second half begins 9:06 am

Expo ends 9:25 am

Grades 2 - 8 Schedule:

First half begins 1:35 pm

Second half begins 2:30 pm

Expo ends 3:15 pm

Dismissal 3:30 pm

A Day Without Hate is coming on April 25th!

Please join our Excel community in celebrating A Day Without Hate on April 25th. **Students are encouraged to wear white and come prepared to spread extra positivity and kindness while connecting with others throughout the school!**

For more information regarding this student-driven initiative originating in Arvada to promote peace and positive mental health in our schools and communities, please visit the following website:

[Day Without Hate.](http://DayWithoutHate.com)

We look forward to celebrating this exciting day with your students!





Neon/Glow Middle School Dance

Neon/Glow Middle School Dance - May 3, 6:00 - 8:00 pm

Your National Junior Honor Society Members are excited to announce our last middle school dance of the year! Hopefully, your student will join us as we transform our gym into a **Neon/Glow 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.

Here are the details:

What: Neon/Glow Themed Middle School Dance (only for Excel students in grades 6, 7, and 8)

When: Friday, May 3 from 6:00 - 8:00 pm

Where: Excel Academy Gym

Cost: \$7 in advance OR \$10 at the door

Tickets are available to purchase [online here](#) for \$7 until Thursday night, May 2. Please make sure to include the students' name(s) when purchasing tickets online. Additionally, students may purchase tickets from Mrs. Smith for those who prefer to bring in cash. If you have any questions, please reach out to Shelley Smith, shelley.smith@jeffco.k12.co.us.

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



Field Day Schedule

Join Us for Field Day

Wednesday, May 22nd

Kinder, 1st, & 2nd: 8:30-10:00

6th Grade: 10:40-11:30

7th & 8th Grade: 11:15-12:10

3rd, 4th, & 5th Grade: 1:30-3:00

All visitors will need to sign in with the front office and get a badge. Be sure to bring your drivers license.

Technology Reminders

As an Excel community, it takes everyone to hold our students to our high expectations. This week, we have had an uptick of damaged Chromebooks, 14 have been turned in just this week with damaged screens. Our Chromebook expectations are that they cannot be stored or used on the floor, they cannot carry the device by the screen, and students are not using/borrowing friends'

devices. As a reminder devices turned in damaged will be charged \$50 for broken screens and \$25 for missing/broken keys or defaced keyboards.

Thank you,

Mrs. Williams and the Excel Staff



Excel Athletic Update from Coach Miller



Girls Soccer

The Eagle's soccer team played host to the WWA Bobcats at Stenger field on Monday. Playing with a two person disadvantage (not enough players for the Eagles) for the entire game, the Eagles suffered a three to nothing defeat. All season long the Eagles have been long on heart but short on players. The same scenario played out on Tuesday vs Lincoln. With the victory assured Lincoln finally pulled two of their players off the field with two minutes left in the game. The final outcome was 4-0.

Cross Country

The harriers had a good day at the Excel home meet at Michael Northey Park. Coach Moen commended the runners on universally improving their times since the fall season. Some runners made major improvements, while all improved.

Boy's Volleyball

Thursday evening the Eagles hosted WWA and Lincoln for a round robin boys volleyball tri-meet. Facing Lincoln in the first match the Eagles got off to a slow start and the Leopards never looked back as they dominated winning in two 25-9, 25-10. Match two was a horse of a different color as the Eagle's behind the consistent serving of Andrey Bloshenko and powerful hitting by Zach Behrends completely dismantled the Bobcats. For the final point of the second game Coach Riley inserted William "Adler" Gerber to serve and Adler delivered the winning serve which put the Eagles over the top and completing the sweep of the Bobcats 25-21, 25-5.

SOAR Winners

Congratulations to this week's SOAR drawing winners!

Self-Discipline

Outstanding Effort

Acceptance of Others

Resilience

K-R. Catanzaro, 1- R. Schirner, 2- J. Burgess, 3- K. Kanipe, 4- E.

Blizniukova, 5- D. Pantina, 6- J. Lopez,

7- G. Ibarra, & 8- E. Heintz

Class Mrs. Malmgrens 3rd grade class



UPDATES FROM THE HEALTH OFFICE

Clinic Needs Tissues Please!

Lots of stuffy noses and sniffles,
bring lots and lots of trips for Kleenexes
Our last box has come and gone,
yet our runny noses keep running on and on.
Could you help us fight against sneezes,
by providing us with a box of kleenex?
Your help to keep our classroom healthy
and clean is greatly appreciated.



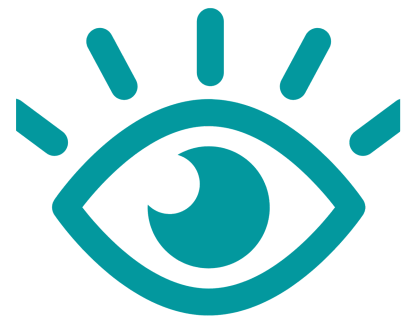
Mental Health Town Hall (Virtual)

Virtual Mental Health Town Hall Join us for a conversation on important and timely youth mental health topics. Our experts will discuss anxiety, stress management and mental health crisis management. Participants will also learn about community resources and will have the opportunity to ask questions. We encourage those interested in youth mental health to join the discussion. Click [HERE](#) to register.

Everything you Need to Know About Pediatric Eye Care

Parenting resources are full of information on wellness visits, milestones and parenting advice, but when it comes to eye care, many parents and caregivers aren't sure when vision screenings happen, whether they need to schedule an eye doctor visit or how to keep children's eyes safe during sports, eclipses and more. Children's Hospital Colorado ophthalmologist Becca Edwards, MD, shares her expertise.

[Article](#)



UPDATES FROM THE PTO



Teacher & Staff Appreciation Week

Save the Date! Staff Appreciation Week is April 28th - May 3rd! Each day the PTO is planning something special for all staff. Click [HERE](#) to see what is planned for each day with ideas how your child can show staff how much they appreciate them! Click on the [QR Code](#) to sign-up to donate food for Staff Appreciation!

S.O.A.R. Sprint Fun Run!

Save The Date

On May 7th students will run in the annual PTO Fun Run. More Information to come.

Click [HERE](#) for the scheduled run times.

[FUN RUN FLYER](#)



Donations Fund the Excel PTO
PTO sponsors Community Nights, Winter Carnival, Scholarships for Field Study Trips, Staff Appreciation Gifts, and much more!
Individual Classroom and School Wide



PTO Links

[Excel Academy PTO Website](#)

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

[RaiseRight](#) online gift card fundraising site

UPDATES FROM THE EXCEL BOARD OF DIRECTORS

Excel Academy Board of Directors Election Ahead

JOIN THE BOARD OF DIRECTORS



If you've been looking for a meaningful way to contribute to Excel, this is an outstanding opportunity that will allow you to have a direct impact on our school's short-term and long-term strategy and viability.

We are looking for a parent or community member who is passionate about the long term sustainability of Excel Academy. The board supports the "business" of the school and experience in law, finance, technology, facility planning, data analysis, strategic planning, human resources, or education is beneficial, but not required.

WHAT DOES THE BOARD DO?

Some of our primary roles include financial oversight and decision-making relative to Excel's annual budget, establishing policies and procedures consistent with the schools mission and vision, long-term strategic planning, hiring and oversight of the school's Executive Director, school facilities development, and oversight and participation on school committees. [Click here](#) to learn more about charter schools and board governance.

WHAT IS THE COMMITMENT?

Board members are asked to prepare for and join the monthly board meetings and participate on one of the [school committees](#). Additional commitments may include meeting with the PTO or education team and representing the board within our community. The time commitment is about 4-6 hours per month throughout the school year. Board terms are three years. **If elected, the term would extend from Fall 2024-Spring 2027.**

INTERESTED IN LEARNING MORE?

Join our board virtual open house on April 23, 2024 from 6-7pm. The current board will be hosting an informal discussion with interested candidates to learn more about joining the board and the process for applying. Link to join is included in the [Election Calendar](#).

READY TO APPLY, NOW WHAT?

Details on the process and next steps can be found in the following links.

- Next steps are detailed in the [2024 Board Election Calendar of Events](#) document linked.
- Apply by completing [this application form](#) by 4pm on Friday, April 26, 2024.

COMMUNITY CONNECTIONS

New Music Classes with Mrs. Boyd & Rising Stars

Click [HERE](#) to see all the fun Summer Music Classes.



Keystone Science School

Adventure Awaits!! For those entering 5th-12th grades, our field-based adventures are focused on the development of outdoor skills and leadership while exploring Colorado's stunning parks, monuments, and most scenic natural environments by foot, rope, or watercraft.

Find your next adventure [HERE!](#)



Arvada West Summer Programs

Arvada West Summer Track Program

Arvada West Summer Fast Cats Program is back. Register through the following link: [Fast Cats Information](#) or through their website: <https://fastcatstrack.com/>

Arvada West Summer Youth Wrestling

Arvada West summer youth wrestling starts May 2nd. Register through the following link: [Wildcats Youth Wrestling](#) or through their website: <https://catswrestling.teampages.com/>

Summer Camps & Programs for Children

[The Arvada Center for Arts & Humanities Summer Camps & Programs](#)

[Rising Stars Music Classes](#)

[YMCA Summer Day Camps](#)

[Arvada West Summer Track Programs for Ages 5-16](#)

[Arvada West Summer Wrestling Programs for Ages 4-14](#)

[Colorado Academy Summer Camps & Programs](#)

[Stanford Mentors Summer Scholars Program for Grades 6-12](#)





Skate City: FREE Membership

Skate City is offering **students and parents FREE membership to the Skate City Family Freebies Club!** Click on the link below to see the amazing perks of our Family Freebies Club Membership. We currently have over *6000 families in our FFC* and the free year of membership has a value of \$5 for each guest.

[Skate City Flyer](#)

Helpful Links & Resources

[Order Breakfast or Lunch:](#) (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](#)

[2024-25 Excel Academy School Year Calendar](#)

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

Yearbook Photo Submission Folders: [Kindergarten Pictures](#) | [1st Grade Pictures](#) | [2nd Grade](#)

[Pictures](#) | [3rd Grade Pictures](#) | [4th Grade pictures](#) | [5th Grade photos](#) | [6th Grade photos](#) | [7th Grade](#)

[Photos](#) | [8th Grade Photos](#) | [All Sports](#) | [School Events & Activities](#) | [Candid Pictures](#) | [Excel](#)

[Families & Community](#) | [Electives](#) | [8th Grade Then and Now \(kinder & recent\) Pictures](#)

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

