

EXCEL ACADEMY



November School Highlights



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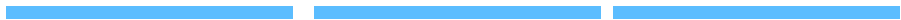
1607

Warner

Helendale



Total

Enrollment



Board Governance Highlights

DECEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2	3	4
5	6	7	8 EACS Board Meeting & Holiday Party 	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25 Christmas 
26	27	28	29	30	31 New Year's Eve 	



UPCOMING EVENTS

What: Excel Staff Holiday Party
When: December 8, 2022
Where: Excel Office - 1 Technology Dr, Ste I-811, Irvine

BOARD MEMBER RESOURCES & UPDATES

• CCSA: Charter Board Retreat

A new opportunity for charter board members to come to conference for a single day or as a capstone to the week, the Charter Board Retreat will connect charter board members with industry experts for a half-day intensive addressing board compliance and best practices.

When: March 16, 2023
Where: Sacramento Convention Center
Sponsored by: Excel Academy



Please let Heidi & Lauren know if you'd like to attend!

• Update on AB 2449

Great news! Board Members can remain VIRTUAL for all board meetings, following specific protocol in AB 2449. More information to follow!



Top Highlight - Admin PD in Warner!

ADMIN RETREAT Itinerary	
Date:	November 7 - 9, 2022
Location:	Warner Unified School District & La Casa Del Zorro
9:30 / 9:45 AM	Arrive at Warner School District
10:15 AM	Welcome / Housekeeping & Training Manual
10:45 AM	Dept. Updates & Path Improvement
11:45 AM	Lunch
12:15 PM	Working Lunch Breakout <ul style="list-style-type: none">o Solutions for path improvements
2:00 PM	School Morale <ul style="list-style-type: none">o Admin, Staff, Teacher, Familyo 1 Improvement, 1 Celebration
3:00 PM	Pack up / Clean up
3:30 PM	Drive to Resort
4:00 PM	Check in / Get Ready for Dinner
6:30 PM	Dinner @ The Fox Den Bistro

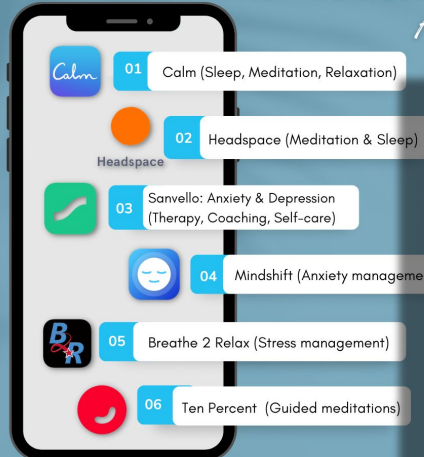
The Excel Leadership team had an excellent time on this PD Retreat working together to come up with improvements for the 23/24 school year, solutions to streamline processes and departments, and discovered how to further support one another by diving into conflict styles, and way to serve and coach.



November Social Media Campaign

Mental Health Series

MENTAL WELLNESS Apps



#EXCELSTUDENTCARE

I cannot control

- ✗ My circumstances
- ✗ Other people's decisions
- ✗ Past mistakes
- ✗ What other people think of me

I can control

- ✓ My choices
- ✓ How I treat other people
- ✓ My attitude
- ✓ How I speak to others

#excelstudentcare

10 TIPS TO BOOST YOUR MENTAL HEALTH

- UNPLUG FROM SOCIAL MEDIA
- BREATHE DEEPLY
- DO ACTIVITIES YOU ENJOY
- TAKE CARE OF YOUR PHYSICAL HEALTH
- PRACTICE GRATITUDE
- BREAK BIG THINGS INTO SMALLER STEPS
- KEEP A STRESS JOURNAL
- TALK TO SOMEONE YOU TRUST
- GET INVOLVED IN COMMUNITY ENGAGEMENT
- ASK FOR HELP

#EXCELSTUDENTCARE

DID YOU KNOW...

1 in 5 Americans suffers from a Mental Health Condition.

Even in states with the greatest access, nearly 1 in 3 children are going without treatment.

17% of youth (6-17 years) experience a mental health disorder

50% of all lifetime mental illness begins by age 14.

15% of youth (12-17) experienced a major depressive episode in the past year.

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CalHOPE Warm Line: 1-833-317-HOPE (4673)

National Suicide Prevention Lifeline: 1-800-273-8255

Suicide Hotline: 1-800-SUICIDE (784-2433)

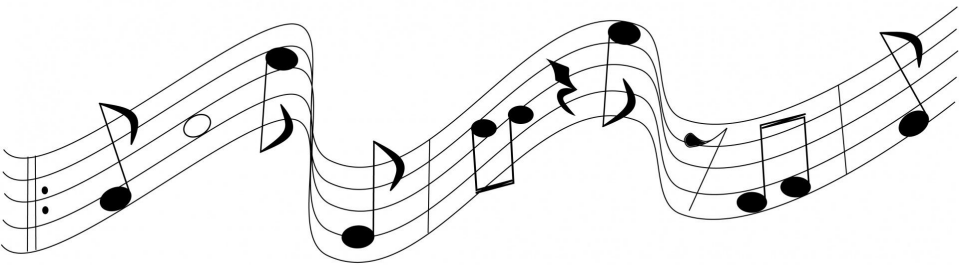
#EXCELSTUDENTCARE

References:
 *2022 State of Mental Health in America™, Mental Health America
www.mhanational.org/sites/default/files/2022%20State%20of%20Ment%20Health%20in%20America.pdf
 †Major Depression†, National Institute of Mental Health (NIMH)
www.nimh.nih.gov/health/statistics/major-depression
 †Mental Health by the Numbers†, NAMI, June 2022
www.nami.org/mhstats
 †The Crisis of Youth Mental Health†, NAMI, April 2022
<https://www.nami.org/About-NAMI/From-the-CEO/April-2022-The-Crisis-of-Youth-Mental-Health>

Health & Wellness Committee

Human Resources launched the Staff Health & Wellness Committee! Committee members will get access to monthly fitness challenges, access to health and wellness materials, resources and accountability groups.





Art & Music Class Appreciation

“Dear Ms. Rubio,
Your enthusiasm , gentleness and your
positivity encouraged Arpy to try
playing the recorder. As a result, she
fell in love with her recorder! We truly
appreciate your hard work! Your
words encourage her a lot. Thank you
for being an awesome teacher!”

Arpy D.



Julian Mining Field Trip



Railroad Museum



Opportunities & Resources for Students

Teen Talk

Mondays at 12:30pm

Engage in social-emotional learning for your mental health and well-being

*Lead via Zoom
by the EACS
counseling team*



EXCEL ACADEMY
PRESENTS

Theater Arts Open Houses!

Rescheduled: Thursday, December 8th

Cancelled: Thursday, November 17th

NORCO/CORONA	LAKE FOREST/OC
D.A.B Dance Studio 2200 Hamner Ave. Ste #103 Norco 92880 11:30-12:15pm	Broadway Arts Studio 26741 Rancho Pkwy Ste #105 Lake Forest 92630 2:00-2:45pm



Open to all Excel students! Come check out the Theater Arts Program and see if it's a fit for your family next semester. For more info, and to RSVP, email us at theater@excelacademy.education.

December STUDENT & FAMILY WEBINARS

 **12:30PM**

 **12.01.22 INTRODUCTION TO HIGH SCHOOL FOR 8TH GRADERS**

LEARN ABOUT CLASS & CURRICULUM OPTIONS, REGISTRATION, EXTRA-CURRICULARS, AND OTHER PREPARATIONS FOR HIGH SCHOOL

ZOOM LINK

Meeting ID: 822 6423 0836
Passcode: webinars



A graphic of a spotlight with a yellow beam shining down from the top left corner.

Student Spotlight

Excel Academy third grader Milos recently accompanied his parents on a trip to Malawi, Africa, where they brought books to one local library and started another new library in a refugee camp. Milos got to experience the culture, food, and lifestyle of children in Malawi, as well as hosting a read aloud!

Milos Arko



SPED Student Highlight

Trina Nguyen

Trina is a 9th grader at Excel Academy, who enrolled back in 2016, and embraces new challenges and enthusiastically accomplishes her goal work. She loves music and drawing, and exploring a variety of learning experiences.



Trina has shown positive growth in all areas since then: general education, specialized academic instruction, speech therapy services, occupational therapy services, adaptive physical education services, and social/emotional behavior and development.

Over the past year...

Trina has shown significant improvement in academic abilities with her present levels currently at 2nd to 3rd grade levels in ELA and Math, respectively.

Trina has shown great improvement in developing many math and ELA skills.

In the future...

Trina's future plans include developing her vocational and daily living skills, continuing her academic studies and making new friends.

Staff Highlight:

Keri Schneeweiss



Keri is the Director of Operations at Excel Academy, and has been with the school since 2014. Keri manages everything from Student Services, General Education team, compliance and audit efforts and brings tremendous knowledge and wisdom to the Executive Leadership team.

Looking forward to...



Excel Holiday Party
Dec. 8, 2022



WASC Visit
Jan. 30-Feb. 1, 2023



Spring All Staff PD
Feb. 8, 2023



EXCEL ACADEMY

A TK-12 Public Charter School

Thank you!

