

THE *Eagle Eye*



December 12, 2019

Eagle Ridge Academy

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Board of Directors Update: 2020-22 Calendar Process

The Board of Directors is seeking feedback regarding the 2020-2022 calendar drafts. It is our intent this year to improve calendars for two school years, 2020-21 and 2021-22.

In addition, this year we are presenting the community with two calendar options: an [early start](#) and a [regular start](#).

The regular start calendar follows the same pattern as recent years. The early start calendar allows for a longer winter break and a few extra days off within the school year. Both calendars have the same number of school days and staff workdays.

The Board [considers these parameters](#) each year when drafting academic calendars.

We encourage you to look at the calendars and [send feedback using this form](#). In addition, the [Board Listening Session on Tuesday, Jan. 14](#) will be devoted to calendar feedback. The Listening Session will take place in the Library at 5:30 p.m. You are welcome to attend and give your feedback in person.

The Board intends to vote on the final calendars at the [Board Meeting on Tuesday, Jan. 28](#).



NOTICE:



The Infinite Campus Student and Parent Portals will be down for maintenance on Sat., Dec. 14 from 1:00 a.m. to 12:00 p.m.

Upcoming Events |

DEC. 12 - JAN. 10

- Dec. 12 – Winter Band Concert
- Dec. 13 – Coffee House Concert
- Dec. 13 – Spirit Wear Day
- Dec. 17 – Winter Choir Concert
- Dec. 20 – Free Dress Day
- Dec. 23 - Jan. 1 – Winter Break, No School & Office Closed
- Jan. 2 – School Resumes
- Jan. 9 – 2020-21 Enrollment Extravaganza
- Jan. 10 – Spirit Wear Day
- Jan. 10 – 6th Grade Final Trivia Night
- Jan. 10 – PTO Ski & Snowboard Club

For more info and events, visit the [school calendar](#).

Coffee House

Coffee | Concert | Community

December 13 | 6:00 – 8:30
\$5 at the door, includes one free beverage



Schools of Logic & Rhetoric News

BART JOHNSON

Principal, Schools of Logic & Rhetoric



2019

SPRING SEMESTER

Students listed are recognized for achieving a grade-point average of 3.33 or higher in the Spring 2019 semester while also receiving less than three tardies and no detentions.

PROMOTING HUMAN FLOURISHING

One of the refrains I often hear around Eagle Ridge Academy is that the role of Classical Education is promoting human flourishing. We make decisions on what we think is best for students, keeping the mission of the school in mind. The academic emphasis is an indicator of high expectations. The commitment to art, music, drama, athletics, and other extracurricular activities provides a variety of opportunities for young people to flourish. Please continue to encourage students to participate in school activities, both as members and as audience members and fans.

DOOR DECORATING CONTEST

During December, the Schools of Grammar, Logic, and Rhetoric have been competing in a classroom door decorating competition. Each classroom door is decorated to the theme of Gryphons in Ancient Rome. On Thursday, Dec. 12, students will tour the three schools to see all the doors. Judging will occur on Friday, Dec. 13 and the winners will be announced on Monday, Dec. 16.

COFFEE HOUSE

The annual Coffee House variety show will be held this Friday, Dec. 13 from 6:00-8:30 p.m. in the Eagle Ridge Academy Forum. We encourage ERA students and families to attend.

FINALS WEEK

Final exams in the Schools of Logic and Rhetoric will be held January 14-16, 2020. Students will have eight days of Quarter 2 remaining prior to final exams when they come back from winter break.

SCHOOLS OF LOGIC & RHETORIC FINAL EXAM SCHEDULE

2019-20 • Semester 1

	Tuesday, Jan. 14	Wednesday, Jan. 15	Thursday, Jan. 16
8:00-8:45	The Finals Schedule this Semester will allow for all teachers to do a quick review on Day 1 of finals week. Students will follow an early release schedule on Day 1, attending all of their classes.	Homeroom	Homeroom
8:50-10:35		Period 1	Period 2
10:35 -11:05		L: Lunch R: Homeroom	L: Lunch R: Homeroom
11:05-12:50		Period 3	Period 4
12:50-1:20		L: Homeroom R: Lunch	L: Homeroom R: Lunch
1:25-3:10	Period 7	Period 5	Period 6

LOGIC		RHETORIC	
Barbara A.	Greta L.	Jaya Vardhini A.	Isabel B.
Sonal B.	Walter L.	Natalie G.	Alexander B.
Abhishri D.	Kaelen L.	Tahir K.	Thomas B.
Lessley D.	Lasya M.	Sophie M.	Samantha E.
Mohnish D.	Isabel M.	Lillian N.	Nathaniel G.
Esther G.	Theodore R.	Noelle W.	Sridhatri G.
Aaron G.	Srikar Reddy S.	Abdirashid A.	Ariannya H.
Bhuvan G.	Devang S.	Claire A.	Owen H.
Akshit J.	Jackson S.	Savva A.	Shea K.
Numa K.	Ava W.	Sophia B.	Henry L.
Oliver K.	Jonah W.	Sarvianna B.	Edward M.
Karolina K.	Mariam Z.	Krystal E.	Hayley M.
William K.		Fionnuala F.	Eric O.
Cassandra K.		Gabriella G.	Mitchell O.
Ellison L.		Marit H.	Vivian R.
Nityasri N.		Gretchen H.	Emilie S.
Abigail O.		Khaia K.	Eleanor W.
Vismayi S.		Emma M.	Emilia W.
Joel S.		Muthuvignesh M.	Harsha Vardhan A.
Chase S.		Elise M.	Tanya B.
Prisha S.		Evan N.	Josephine C.
Grace S.		Ayayo O.	Gillian H.
Ellianna S.		Shreya S.	Helena H.
Maleeha S.		Sonja S.	Deena J.
Carter A.		Erik T.	Madelyn J.
Rishikesh A.		Isabella V.	Kaitlyn M.
Isabelle C.		Kaya W.	Jackson M.
Margaret C.		Delaney W.	Jakob M.
Uriel D.			Emma M.
Jack D.			Madeleine M.
Aafia F.			Sunan M.
Maren F.			Taran P.
Gabriel G.			Tapan P.
Logan G.			Melanie P.
Dhruv G.			Julia S.
Kayden J.			Piper W.
Jay J.			Julia S.
Gabriel J.			Anna S.
Sanchaya			Emily S.
Varshika J.			Kaya W.
Thor L.			Piper W.

Activity Updates



Winter Activities are Here

KRIS BABLER
Activities Director

Practices and competitions are heating up for all winter activities. Our Math Team, top-ranked in the state last year, is off to meets with hopes of bringing home a state title this season. Robotics and Mock Trial, both popular co-curricular activities at ERA, have begun gathering and competing as well.

In the gym, basketballs are bouncing as the varsity, middle school and youth programs are busy getting better. Gryphon Youth Basketball nearly doubled in size from last year. The varsity programs are transitioning to the Minnesota Classic Athletic Association, where we will face stiffer competition.

Come out to a game. Chances are you will get a chance to hear the Gryphon Pep Band in action – a welcome addition to our co-curricular activities this year.

Notes: Congrats to Henry & Greta Long on their trip to State in Cross Country; registrations for spring activities will start rolling in December into January; Boys basketball has started the season 0-2; Girls Basketball is 1-1

GRYPHON • BASKETBALL C, JV, and Varsity Games

DEC. 13:

Boys JV & Varsity - 5:30, 7:00
AWAY at Dassel-Cokato High School

DEC. 14:

Girls C Tournament
AWAY at Fridley Middle School

DEC. 17:

Boys C, JV & Varsity - 4:45, 6:00, 7:30
HOME vs. Concordia Academy

DEC. 18:

Girls Varsity - 5:30
HOME vs. High School for the Recording Arts

DEC. 20:

Boys JV & Varsity - 5:30, 7:00
HOME vs. Howard Lake-Waverly-Winstead



2019-20 FREE DRESS DAY DATES:
Oct. 11, Dec. 20, March 27, May 22

What is Free Dress Day?

Free Dress Day is a school fundraiser for various departments at Eagle Ridge Academy. Students pay \$5 to be able to wear non-uniforms to school on specific days.

One Week Before: Dec. 16-19: K-12 students may bring \$5 to their homeroom or first hour teacher to participate in Free Dress Day.

The Day of: Dec. 20: The cost is \$6 if students pay on the actual Free Dress Day.

Guidelines for Free Dress Day:

All shoes must have backs, boots are permitted. Long and short sleeve shirts are permitted. No strapless, spaghetti straps, or sleeveless tops are permitted. Jeans are permitted; however, jeans with immodest rips in them are not. Sweat pants are permitted. Any logos on clothing must be school appropriate. Shirts are not to be tied back with elastic bands, but may be untucked. Heels should be no more than 1". Skirt and shorts length should be modest, and no more than 2" above the knee. Costumes and masks should not be worn. No hats are permitted. Leggings and yoga pants may only be worn with modest shirts, tunics, shorts, and skirts.

Dec. 20 Free Dress Day funds are going to support:

- Bus for Kindergarten field trip
- Pi Day Celebration for 4th and 5th Grade
- Author Nancy Carlson Speaker Fee
- Accompanist fees for concerts--all levels
- Stocking the uniform bank
- Instrument repair for band and orchestra

Giving Update



KELLY SCHIFFMAN
Director of Development

Dear Eagle Ridge Academy Families and Friends,

THANK YOU for choosing Eagle Ridge Academy as your child's educational family and for trusting us with their young minds. I want to extend my heartfelt gratitude to everyone who generously supported the 2019 Gala, Give to the Max Day, or gave in another meaningful way. You helped us raise an incredible *\$63,000* in support of a new gymnasium!



If you have not yet had the opportunity to give to the Academy this year, there is still time to make a difference for every student who uses the gym for physical education, practice, games, clubs, or extra-curricular activities.

Would you support us this season with a gift of \$25? Every single gift, no matter the size, makes a huge impact on what we do at Eagle Ridge Academy to improve, enhance, and sustain the facilities that will be used for generations to come.

With the growth in our athletics program and Gryphon Youth Sports League, we are in need of expanding our current gymnasium by 5,000 square feet. More than 1,000 students use the gym each day, participation in our youth basketball program is over 100 students, and our gym is rented by our community partners every week. The added gymnasium will help us provide more opportunities for our students and expand activities and availability.

If each Eagle Ridge Academy family donates \$25 this giving season, more than \$25,000 will be added to our building fund so that the school's valuable resources can stay in the classroom with the students! Visit us at <http://weblink.donorperfect.com/YAP19> to make your gift online.

Because of your ongoing support the last five years, we have been blessed with new facilities, activity fields, library books, athletic and fitness equipment, playground equipment, scholarship funds, musical instruments, and many other smaller pieces that add to the quality education we provide your students. Please support the students of Eagle Ridge Academy through a gift to Friends of Eagle Ridge Academy.

If you have a passion for another area of need, please indicate so below and we will redirect your gift. You have a special opportunity to support the future of the Academy, sustaining us through the next phase of growth and beyond. Thank you for making a difference.

Warm wishes for a joyful holiday season!

"Feeling gratitude and not expressing it is like wrapping a present and not giving it." • William Arthur Ward

GALA FOR THE GRYPHONS RAISES \$60K

Eagle Ridge Academy went back to the Roaring 20s on Nov. 22 for the annual Gala for the Gryphons! Nearly 160 people attended this memorable event, raising \$60K to help fund a new gymnasium and continue to fund student scholarships.

Thank you to Lea B. Olsen for inspiring us to rethink the world of youth sports; to Violet Wu and NexGen Photo-booth for providing a fun photo experience; to Stieg Strand for sponsoring our band, Belle Amour; to the many inkind donors for our silent and live auction; to everyone who bid on our silent auction or donated outright gifts; to Taher Food Service Management for the delicious desserts; and to the guests who came out in support of our students and dressed in their finest rags – we loved seeing the joy and happiness as they go into the spirit of the era!

We are thankful to ERA parent and photographer, Sridhar Thayur (www.thayurphotography.com) for donating his services to capture the magic of the evening. [Enjoy the photos!](#)



PTO News

PARENT TEACHER ORGANIZATION

pto.eagleridge@gmail.com

SKI & SNOWBOARD CLUB COMING SOON

Get ready ERA families! Ski and Snowboard Club will begin on Friday, Jan.10 at Hyland Ski Area in Bloomington. All ERA students, parents, siblings, and friends are welcome! Feel free to come on any club dates that work for you, no commitment required. For this season, Ski & Snowboard Club dates are as follows: Jan.10, 17, 24, 31; Feb. 7, 14, 21, 28

Pricing for Tickets and Rentals:

- Daily Lift Ticket: \$23
- Ski Rental: \$17
- Snowboard Rental: \$17
- Helmet Rental: \$8
- Lesson: \$13

To get started, we ask each family to sign the waiver for the year [which may be found here](#) or signed when you purchase your discount lift ticket and/or rental package from our ERA volunteer in the Hyland Chalet. Ski and snowboard group lessons are held on Friday evenings from 4:00-6:30 p.m. for \$13 per person. All waivers and lesson pre-payments must be turned in to the Main Office in an envelope labeled "Ski & Snowboard Club, Child's Name, type of lesson (ski or snowboard)" by 3:30



p.m. on the Thursday one week before the lesson. Hyland reserves the right to cancel lessons if we do not have enough students to meet their minimum requirements. More details to come on our school website. If you have any questions or suggestions, please contact Kelli TenPas via email at kellitenpas@gmail.com.

FESTIVAL OF TREATS

Join an annual tradition at Eagle Ridge Academy! Each year, the ERA community contributes homemade treats or store bought goodies for a holiday treat day for teachers and staff during the week prior to Winter Break. This year, the Festival of Treats will take place on Tuesday, Dec. 17. [Sign up here](#) to bring one of many fun categories of treats—including cheese and crackers, fruits, candies, and popcorn. Thanks for your support!

PTO QUARTERLY MEETING MINUTES

Please mark your calendars for our next PTO Quarterly Meeting on Thursday, Jan. 30 at 6:30 p.m. in the school forum. We welcome any members of the ERA community to attend these meetings in order to stay informed of PTO initiatives and provide input to our PTO board.



HEALTHY to a "T"

December 2019

How to Beat Stress Eating

Feel as if there is nothing you can do about stress? Do you turn to food whenever you're stressed out? Everyone has these same thoughts at some point in their life, but you have more control than you think. Stress management is about taking charge. No matter how stressful your life seems, there are steps you can take to relieve the pressure and regain control. There is no "one size fits all" solution to managing stress. Here are a few healthy ways of coping with stress:

- **Eat a healthy diet** – a well-nourished body is better prepared to cope with stress and fight off illnesses.
- **Fit in fitness every day** – exercise releases endorphins, which improves a person's mood and aides in relieving stress.
- **Reduce caffeine and sugar** – they provide temporary "highs" and then end with a crash of energy and mood.
- **Get outdoors** – enjoy natural sunlight and fresh air, both known to increase energy, reduce stress and anxiety, and increase happiness.
- **Don't deprive yourself of foods you love** – this may lead to binge eating.
- **Set ground rules about eating** – the 80/20 rule ~ eat healthy 80% of the time and treat yourself the other 20%.
- **Identify your triggers** – try to avoid them, and prepare yourself if you find yourself unable to avoid them all the time.
- **Relax** – get your 15 minutes of peace and quiet to unwind and just breathe.
- **Be good to yourself** – think positively, and remove the negative thoughts and actions in your life.

Melanie Wirth, RDN, LD, MBA, Corporate Dietitian, Taher, Inc.

Harvest of the Month

Pumpkin



FUN FACTS:

Pumpkins range in size from less than 1 pound to over 1,000 pounds. They are typically orange, but can be yellow, white or green.

80% of the pumpkin supply in the U.S. is available in October.

Stir canned pumpkin into oatmeal. Sprinkle with pumpkin pie spice and top with walnuts. Enjoy!

The seeds can be roasted for a snack that is high in iron and protein. The flowers are edible, too!

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HARVEST OF THE MONTH RECIPE—DECEMBER

Pumpkin Lyonnaise

Yield: 4 servings

2 lbs of a pie pumpkin
 1 yellow onion
 2 Tbs minced garlic
 1/2 cup butter
 1/4 cup rice vinegar
 2 Tbs ground cinnamon

RECIPE NUTRITION SNAPSHOT ~ 1 serving
 190 calories, 10g total fat, 7g saturated fat
 30mg cholesterol, 4g fiber, 8g sugar
 35mg sodium, 23g carbohydrate, 3.5g protein

1. Cut the pumpkin in half. Seed it. Peel the rind. Cut into 1/2" slices.
2. Peel and julienne-cut the yellow onion.
3. Heat skillet on high heat. Melt butter. Add rice vinegar.
4. Add pumpkin slices, yellow onion, and garlic.
5. Cook until pumpkin slices are tender, but stay together, and onions are wilted.
6. Add cinnamon at the end of cooking process. *Serve and enjoy!*

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