

# THE *Eagle Eye*



January 9, 2020

Eagle Ridge Academy

Volume 16 | Issue 8



## Executive Director News

**JASON ULBRICH**

*Executive Director*

Welcome back from the break! One would think that after the holiday season break, we would be refreshed and ready to go! However, 66% of workers in America, when returning to work from the holidays, have feelings of intense stress. This is attributed to increasing the tempo of life and getting back on schedule.

The next few weeks are busy for staff and students. Over the next couple weeks students will have finished their finals, and teachers will have graded the finals and posted grades. We have hit the ground running at Eagle Ridge Academy and are gearing up for second semester. Jumping right back into the fast pace of life after a relaxing break and rejuvenating break is not easy.

Did you know that Eagle Ridge Academy Class of 2020 had an average composite score of 25.6 on their ACT in 2019? That is 9th highest out of 450 high schools in Minnesota. Minnesota scored an average of 21.2, which is amongst the highest in the nation! Congratulations, Gryphons.



## Infinite Campus Grade View Closed 1/15-1/22

**KAREN CONNER**

*Operations Manager*



The parent grading view in [Infinite Campus](#) will close on Jan. 15 at 8:00 a.m. for teachers to enter Semester 1 grades. The grading view will open again on Jan. 22 at the end of the day, and Semester 1 report cards will be available in the [Infinite Campus Parent Portal](#) at that time. Hard copies of report cards will not be distributed. You are encouraged to print a copy for your records. All 2019-20 grade reports will be available in the Parent Portal until June 30, 2020.

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## Upcoming Events |

JAN. 9 - JAN. 24

- Jan. 9 – 2020-21 Enrollment Extravaganza
- Jan. 10 – Spirit Wear Day
- Jan. 10 – 6th Grade Final Trivia Night
- Jan. 10 – PTO Ski & Snowboard Club
- Jan. 14 – Board Listening Session: Calendar
- Jan. 14-16 – Upper School Finals Week
- Jan. 17 – PTO Ski & Snowboard Club
- Jan. 17 – No School, Inclement Weather Make-Up
- Jan. 20 – No School, Grading Day
- Jan. 21 – 2020-21 Enrollment Lottery
- Jan. 21 – Gryphon Basketball at Target Center
- Jan. 24 – PTO Ski & Snowboard Club
- Jan. 28 – School Board Meeting
- Jan. 30 – PTO Quarterly Meeting
- Jan. 31 – Two-Hour Early Release

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



**Early Release on  
Friday, Jan. 31:  
School Will Dismiss  
at 1:00 p.m.**

*Current families receive  
sibling preference.*

**Remember to  
apply for 2020-21  
enrollment by Jan. 15!**



[www.eagleridgeacademy.org/apply](http://www.eagleridgeacademy.org/apply)

Do you have a child not yet attending ERA? Apply for next year by Jan. 15 for preference in the enrollment lottery.

**Questions?**

*Contact Janice Gerheart, Admissions Specialist*



## Schools of Logic & Rhetoric News

**BART JOHNSON**

*Principal, Schools of Logic & Rhetoric*

### LEARNING AND LIVING GOODNESS

One of the criticisms of schooling in this era is that young people leave high school unprepared for life. Implicit in this idea is that life starts after high school. At Eagle Ridge Academy, students are living life through learning the truths of their world. They are participating in courses that interest them and activities that inspire them. All of these experiences are crucial in their ongoing development.

In Plato's Laws, he encourages us to learn for the end of goodness: "Knowledge and truth are beautiful things, but the good is other and more beautiful than they... In the knowable realm, the form of the good is the last to be seen and is only reached with difficulty." All of the learning that our students do at Eagle Ridge Academy is leading them to understanding goodness and living a life of goodness.

### FINALS WEEK

First semester final exams will be held on Jan. 14-16. On Jan. 14, period 7 exams will be given from 1:25 – 3:10 p.m. On Jan. 15, period 1 exams will be from 8:50 – 10:35 a.m.; period 3 exams will be from 11:05 a.m. – 12:50 p.m.; and period 5 exams will be from 1:25 – 3:10 p.m. On January 16, period 2 exams will be from 8:50 – 10:35 a.m.; period 4 exams will be from 11:05 a.m. – 12:50 p.m.; and period 6 exams will be from 1:25 – 3:10 p.m.

### CONFERENCES: FEB. 13 AND 14

Winter parent-teacher conferences will be held on Feb. 13 from 4:00 – 8:30 p.m. and Feb. 14 from 7:30 a.m. – 1:00 p.m. We encourage all parents to attend conferences.

### SCHOOLS OF LOGIC & RHETORIC FINAL EXAM SCHEDULE

2019-20 • Semester 1

	Tuesday, Jan. 14	Wednesday, Jan. 15	Thursday, Jan. 16
8:00-8:45	<b>The Finals Schedule this Semester will allow for all teachers to do a quick review on Day 1 of finals week.</b> Students will follow an <b>early release schedule</b> 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



Mock Trial took second place out of 44 teams at the Minneapolis Invitational Tournament in Apple Valley on Jan. 4. This is incredible for a new program that only has a year and a half of experience! | PHOTO PROVIDED BY JEFF MAGNUSON



## School of Grammar News & Gratitude

**JANELLE MELLGREN**

*Principal, School of Grammar*

As we embark on the beginning of a new year, it seems appropriate that the CIPHER value we're focusing on this month in the School of Grammar is Perseverance. Learning the power perseverance holds in our lives and the lives of our students is a continual process.

Often I think perseverance is easy to think of as something we do, which it certainly is. As I've paused to consider it more deeply this month it occurs to me that it also has three other valuable characteristics. Perseverance is motivating, revelatory, and strengthening.

Sometimes, just knowing that continuing to work toward an end goal, even when it's challenging and the outcome is uncertain provides benefits and motivates us to continue to work. It's often through that continued work that things are revealed to us about the task at hand and ourselves. I believe perseverance also provides opportunities for us to see our talents and strengths emerge more clearly. Working through challenges, big or small, allows us to exercise and use these talents in new ways and better learn how to use them. This in turn strengthens us for next time.

I also appreciate knowing that perseverance doesn't mean perfection! This gives us the time and grace needed to try, fail, and learn. As always, we appreciate the opportunity to partner with you as we all work each day to support our students as they learn more about different subjects, the world, and ourselves. Looking forward to a great rest of our school year.

# Community Updates



## Developing Connections

**KELLY SCHIFFMAN**

*Director of Development*

Eagle Ridge Academy is grateful to all those who have supported the Academy with their generous gifts of time, talent, or treasure. Eagle Ridge Academy has many activities and opportunities for involvement and support in 2020. Are you interested in getting more involved in activities that benefit your student? See opportunities below:



PHOTO BY  
SARA NIELSEN

### DONUT DASH 5K & MINI-DONUT DASH ON 5/9

The 2020 Donut Dash 5K and ½ Mile Mini-Donut Dash is on May 9 at Purgatory Creek Park in Eden Prairie. Registration will open mid-January with Early Bird pricing available until Feb. 14, 2020. Don't miss this fun Eagle Ridge Academy tradition!



PHOTO BY  
MARY CORNELIUS

### GRYPHON CLASSIC GOLF TOURNAMENT ON 6/8

The 2020 Gryphon Classic Golf Tournament will take place on June 8, 2020 at Bent Creek Golf Club in Eden Prairie. Registration will open end of January. Would you like to be part of our planning committee? We are welcoming new faces to help plan our annual golf tournament. Committee members do not need to play golf or know a lot about it to help plan.

### EMPLOYER DONATION MATCHING PROGRAMS

Do you work for an employer who has a matching gift program or supports community events as recommended by the employee? Consider reaching out to your Community Relations or HR departments to ask about their community support and employee giving opportunities. Many organizations match employee gifts up to 100%, essentially doubling your donation to the Academy, donate to charities of choice based on volunteer hours, and sponsor events financially or with in-kind donations.

Some organizations that are actively giving to Eagle Ridge Academy are Ameriprise, AT&T, Boston Scientific, Cargill, EcoLab, General Mills, Medtronic, Optum, United Health Group, US Bank, and Wells Fargo. Be informed by asking today! [See if your workplace participates here.](#)

### GIVE A GIFT FOR THE GYMNASIUM

It's not too late to donate a gift toward the building of a new gymnasium! All funds raised through this campaign will help fund a new 5,000 square foot gymnasium, on which construction will start in June. To help build these resources, [please consider a tax-deductible donation.](#)

### SHOP WITH SCRIP IN 2020

Don't forget that ERA offers SCRIP, a gift card program that gives back to the Academy with purchases on everyday items such as groceries, restaurants, retail, or gas. You buy gift cards from more than 400 retailers at face value, and SCRIP donates a portion of all purchased back to Eagle Ridge Academy. [Learn more on the school website.](#)

### SUPPORT FRIENDS OF EAGLE RIDGE ACADEMY

Friends of Eagle Ridge Academy (FERA), a certified 501c3 and the Academy's foundation, has a sole purpose of funding Eagle Ridge Academy and sustaining its existence into the future. FERA is committed to developing community and national partnerships in order to fund critical needs of the Academy and support the Academy's goals to provide a traditional, Classical Education to our students. To support areas like post-grad student scholarships, student leadership, activities and athletics, the performing arts, robotics, endowment, or general areas of high priority like the gymnasium, you may donate [here.](#)

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*Please contact me to talk about any of these opportunities if you would like to be involved!*

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# AQUARIUM

## Initiative



**There are some new fish in town! Meet the student group behind the tank in the forum, the Aquarium Initiative. We caught up with club founder, Sri Guntipally (11), to learn more.**

### **How did the idea for an aquarium come about?**

The idea started almost exactly a year ago. We were discussing ideas for house projects, and I have always wanted to do a project that would connect our school to the natural world, such as having more plants throughout the school or an aquarium. Right around this time, I was told that I had to have a project in NHS that would make an impact in the community. I thought this NHS project would be the perfect opportunity to start an aquarium. I wrote a proposal after researching the costs and benefits of an aquarium, outlining the overall positive affect it would have on our school.

### **Why trout? Who are you partnering with to learn more?**

While I was researching about aquariums, I was also looking into potential grants that could help pay for the project. This is when I came across a wonderful grant through Trout Unlimited, called Trout in the Classroom. This grant allows us to raise trout from eggs and release them as fry (young trout) in the spring, as a conservation effort. The reason we are working with trout is because they are a very sensitive species. They require the water to be extremely clean, which is difficult given urban pollution, and also very cold. For example, the temperature of the tank with the eggs and alevins is around 50°F, which is maintained by a cooler. These specific requirements provide great opportunities for students to learn not only about sensitive ecosystems and life cycles in Minnesota, but also responsibility. Although the 300 eggs that we are raising may not make a huge impact in the wild, we hope that the impact on the students is huge enough to

help them appreciate the natural world and have a desire to give back for the rest of their lives.

### **Tell us a little bit about what you're learning so far!**

During the fall field trip to Minnehaha Creek, we learned about ideal water conditions for trout. We investigated the water quality of the creek by wading into the stream to find what critters lived there, since the critters present indicate how clean the water is. Through taking care of the tank, we have been learning a tremendous amount about water chemistry. We have been learning about the nitrogen cycle and how that affects water quality. To ensure ideal conditions for the fish we check the pH, ammonia, and nitrate levels in the tank multiple times a week. In December, the eggs hatched in a little basket at the top of the aquarium and progressed into the alevin stage, when they used the energy from their yolk sacs to grow fins. Very recently, we released the small fry into the aquarium, and now they can be seen swimming around the tank. We hope to involve elementary students in feeding the fish soon. During the spring field trip, we will be releasing all the fish into a trout stream nearby.

### **How can others get involved?**

The Aquarium Initiative has many high schoolers and a few middle schoolers involved. Having the aquarium really wouldn't be possible without all the help from these students. There is always a lot to get done, especially as the fish grow, so we would love to have more involvement, especially from the lower grades. If Upper School students are interested, they can join this club by going to the Activities page and registering for this club like any other club. We would also like support raising money to sustain the tank. We will be coming forward with fundraisers selling trout-related merchandise in the near future.

### **Is there anything else you'd like to share?**

A special thank you to Mr. Sutton, for all the time and work he has put into this project to make it successful, and to all the administration, who have been so flexible and supportive.

# Athletics Updates



## Parents, We Need You!

**KRIS BABLER**

*Activities Director*

Athletics, Co-Curricular Activities and Clubs have seen immense growth over the last two years. This has been a time of excitement and energy. We have seen our registrations jump 50% since last year alone – and well over 70% of our coaches, program leaders and club leaders are currently on staff here at ERA.

And we need you, too, to support continued growth and improvement of our programs. We are currently searching for someone to lead the Badminton program this spring – already our second largest girls sport offered here. We would love to see a cricket offering for Gryphon Youth Sports – if the right parent was interested in leading the program.

We will soon launch an ERA Booster Club. We need you – your membership, your support, your participation. We meet on the 3rd Tuesday of every month from 5:30-7:00 here at ERA.

We are always looking for lower level coaches in existing programs, and new programs that meet the needs of our student population. Do you want to see something we don't currently offer? We need your input.

The Minnesota State High School League is short on registered officials. Know a sport well and looking for extra income? We need you.

Help us keep building at a great Gryphon Experience for our students. Go Gryphons!

**Notes:** *Spring and Summer Camp Registrations will open soon – JV Baseball, Boys Volleyball and more new offerings are coming. Buy your tickets to the Target Center Boys/Girls games now.*



Join Us at Target Center!

**ERA Gryphons**  
vs. North Lakes Academy



**Tues., Jan. 21**

**Double Header Game**

Girls @ 5:30 p.m. | Boys @ 7:00 p.m.

Your \$20 ticket includes admission to the high school games and an upper level ticket voucher to a Timberwolves game!

**Buy  
Your  
Tickets  
Here**

# Let's change the Lost & Found to the Lost & FIND!



**The Lost & Found will be cleaned out at the end of Semester 1, and all items that are not claimed will be donated.**

Please be sure to check for your missing belongings by the end of day on **Thursday, Jan. 16**. Plenty of coats would love to go back home and play outside with a child!



## PTO News

### PARENT TEACHER ORGANIZATION

[pto.eagleridge@gmail.com](mailto:pto.eagleridge@gmail.com)

#### SKI & SNOWBOARD CLUB STARTING JAN. 10

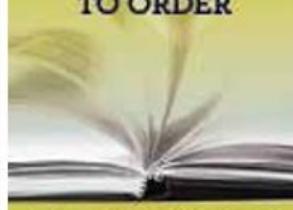
Get ready ERA families! Ski and Snowboard Club will begin on Friday, Jan. 10 at Hyland Ski Area in Bloomington. All ERA students, parents, siblings, and friends are welcome! Feel free to come on any club dates that work for you, no commitment required. For this season, Ski & Snowboard Club dates are 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 volun-

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YEARBOOK!**

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**TAKING FINAL  
ORDERS NOW!**

- Orders accepted through **Wednesday, January 29th.**
- Cost \$28, plus tax

**Online Sales Only;**  
[www.jostensyearbooks.com](http://www.jostensyearbooks.com)  
> Buy Your Yearbook: Eagle Ridge Academy Lower School K-5  
**Call: 1-877-767-5217**

teer sitting upstairs in the Hyland Chalet from 4:00 - 6:30 p.m. Ski and snowboard group lessons are held on Friday evenings from 5:00-6:30 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. Please note that the Jan. 17 lesson payment is due on Thursday, Jan. 9 and Jan. 24 lesson payment is due on Thursday, January 16. Any questions about lessons, please email [Kelli TenPas](mailto:Kelli.TenPas). 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](#).

#### PTO QUARTERLY MEETING ON 1/30

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.

#### SEE IT, SAVE IT!

Save those Box Tops, Coke codes, and Loaves4Learning UPCs! Our winter contest is well underway, so keep clipping, saving, and scanning. See the PTO website for more info or email [seeit-saveitera@gmail.com](mailto:seeit-saveitera@gmail.com) with questions. The deadline for the winter contest is February 26.

#### PTO USED UNIFORM SALE

The PTO Used Uniform Sale will take place on Feb. 13 and 14 during Parent Teacher conferences. Please browse and shop our selection of gently used ERA uniforms in a wide variety of styles and sizes! If you have gently used uniforms in your closet and would like to Sell or Donate to PTO Used Uniform Sale, please drop off by the Main Office. For more information check out the link [here](#) or visit the [PTO page of the school website](#).



# Eagle Ridge Academy

January  
2020

## Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Choose <b>MyPlate</b>.gov</p>		<p>1 No School</p>	<p>2 Pancakes (V) Syrup Hard Boiled Egg Biscuits &amp; Gravy Yogurt Pak (V) Turkey BLT Wrap Breakfast Potatoes</p>	<p>3 Cheese Pizza (V) Chef's Choice Buffalo Chicken Salad Chicken Salad Sandwich</p>
<p>6 Sloppy Joe on a Bun Sloppy Chicken Taco on Bun Pretzel Bites with Cheese (V) Chef Salad Tator Tots</p>	<p>7 Beef Hotdog on Whole Grain Bun BBQ Chicken Sandwich Fruited Spinach Salad (V) Turkey Deli Sandwich</p>	<p>8 <b>National Soup Month</b> Philly Flatbread Grilled Cheese Sandwich Tomato Soup Hummus and Veggie Bowl (V) Chicken Caesar Salad</p>	<p>9 Meatloaf Roast Turkey &amp; Gravy Mashed Potatoes Whole Grain Dinner Roll Cravin Craisin Salad Yogurt Pak (V)</p>	<p>10 Cheese Pizza (V) Chef's Choice Beef Taco Salad Chicken Banh Mi Sandwich</p>
<p>13 Cheesy Italian Flatbread (V) Turkey and Cheese Flatbread Popeye Salad with Mandarin Oranges (V) Turkey Munchable</p>	<p>14 BBQ Meatball Sub Chicken Gyro Kettle Potato Chips Buffalo Chicken Wrap Veggie Salad (V) Tomato &amp; Cucumber Salad</p>	<p>15 Pasta with Meatsauce (V) Chicken Alfredo w/Pasta Garlic Toast Crispy Chicken Salad Chicken Salad Sandwich</p>	<p>16 Beef Nachos with Cheese (V) Refried Beans Creamy Chicken Enchilada Bake Chicken Caesar Salad Turkey Deli Sandwich</p>	<p>17 No School</p>
<p>20 No School</p>	<p>21 Cheeseburger on Bun Crispy Chicken Tenders Yogurt Pak (V) Buffalo Chicken Salad Kettle Potato Chips</p>	<p>22 Soft Beef Tacos Chicken Taco Chips, Salsa, and Cheese (V) Turkey Deli Sandwich Corn</p>	<p>23 Italian Meatball Sub Mac and Cheese (V) Harvest Chicken Salad Turkey BLT Wrap</p>	<p>24 Cheese Pizza (V) Chef's Choice Turkey Mustard Wrap Apple Cabbage Salad Taco Salad</p>
<p>27 Chicken Waffle Sandwich Fish Sandwich with Cheese Cheese Pizza Munchable (V) Chef Salad Golden French Fries</p>	<p>28 Chicken Jambalaya Cheesy Rice (V) Chicken Waldorf Salad Turkey Deli Sandwich</p>	<p>29 Popcorn Chicken and Orange Sauce Hainan Chicken Whole Grain Dinner Roll Yogurt Pak (V) Turkey Cranberry Wrap</p>	<p>30 Beef Pizza Burger Chicken Corn Dog Black Bean Burger (V) Chicken Caesar Wrap</p>	<p>31 Cheese Pizza (V) Chef's Choice Chicken Banh Mi Sandwich Cravin Craisin Salad Broccoli Salad</p>

<b>INFORMATION</b>	K-5th Grade	\$3.25
	6th-12th Grade	\$3.60
	Allergen Meal	\$3.75
	Adult Meal	\$3.75
	Milk	\$0.50

**EXTRA INFO**

If you have questions; contact Brittany Radtke  
Email: [bradtke@eagleridgeacademy.org](mailto:bradtke@eagleridgeacademy.org)

All items are Pork-Free.



Your **MENUS** plus more information on our app  
TaHer Food4Life®



[www.taHer.com](http://www.taHer.com)

Menus are subject to change without notice. This institution is an equal opportunity provider.



**HEALTHY to a "T"**

January 2020

## Harvest of the Month



**Kiwi**

Calories  
**42**

Total Fat  
**0g**

Sodium  
**2mg**

Sugars  
**6g**

**FUN FACTS:** Kiwi is also called Chinese Gooseberry.

Kiwifruit (or Kiwi) grows on a kiwi vine. It is normally eaten raw or in the form of juices.

For marketing reasons, the U.S. renamed the fruit after the kiwi bird because the brown skin of the fruit is similar to that of the feathers of New Zealand's national bird – the kiwi.

Italy, New Zealand and Chile are major producers.

Its high levels of vitamin C boost your immune system and help prevent the development of the flu.

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### What is a Plant-Based Diet?

There are so many new plant-based products on our grocery store shelves and in our restaurants. That must mean its healthy or something to try, right? But what does a plant-based diet consist of? It's pretty simple, the focus is on eating foods that are primarily from plants: fruits, vegetables, nuts, seeds, oils, whole grains, legumes and beans. It doesn't mean you are vegetarian or vegan and never eat meat, eggs or dairy. It means you are making the choice to eat more foods from a plant source rather than an animal.

Plant-based meals have been found to not only improve health, but also benefit our environment. The carbon footprint of someone who eats more plant-based foods is less than someone who eats a lot of products made from animals. A win win for all!

However, don't be fooled by the imposters; there are plenty of plant-based foods that are not nutrient-rich, such as potato chips, refined grains like white bread, and some plant-based burgers and products. Make sure you turn the package over and read the ingredient label before you make the purchase.

Go ahead and try to incorporate more plant-based meals into your diet. You may be pleasantly surprised.

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

## HARVEST OF THE MONTH RECIPE—JANUARY

### Tuscan Kiwifruit Sauce

**Yield: 10, 1 oz servings**

- 4 each kiwifruit (peeled & quartered)
- 1/4 cup olive oil
- 1/2 cup fresh basil leaves
- 1/4 cup roasted pine nuts
- 1 tsp kosher salt
- 1/4 tsp black pepper

1. In blender or food processor combine all ingredients.
  2. Purée for 30 seconds.
- Use sauce to top chicken wings or as a condiment on your favorite Italian sandwich.*

**RECIPE NUTRITION SNAPSHOT ~ 1 serving**  
 87 calories, 7.5g total fat, 0.5g saturated fat  
 0g trans fat, 0mg cholesterol, 1g fiber, 2.5g sugar  
 156mg sodium, 4.5g carbohydrate, 1g protein



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