

THE *Eagle Eye*



March 5, 2020

Eagle Ridge Academy

Volume 16 | Issue 12



Executive Director News

JASON ULBRICH

Executive Director

HEALTH UPDATE: COVID-19

We are writing to share some updates regarding the ongoing news about the coronavirus disease, now called COVID-19. The safety and well-being of our students, staff, and community is of the utmost importance at ERA, and so we share the following details to keep you informed about what we are doing in response to the situation.

Last week, Eagle Ridge Academy staff members participated in a state-wide call with the Minnesota Department of Education (MDE) and Minnesota Department of Health (MDH) to discuss COVID-19. At this time, the MDH is awaiting recommendations from the Centers for Disease Control and Prevention (CDC) regarding the specifics about COVID-19, the potential impact it may have on schools, and what steps we need to take moving forward. We will continue to participate in weekly calls with the MDE and MDH and will work quickly to address any recommendations they make as it refers to COVID-19 and the impact on our student body. Public health officials, not schools, are taking the lead in following up with students or staff who have traveled. Should your child be asked by public health offices to stay home due to recent travel, ERA is prepared to work with you to provide reasonable accommodations to ensure your child's health and well-being.

Eagle Ridge Academy partners—like Taher, Inc., our food service vendor—are also taking active precautions against the spread of COVID-19. Taher is providing daily in-service trainings to reinforce proper handwashing and is continuing

to require all employees who prepare and serve food to wear gloves. They are also working with their providers to ensure both the traceability of their products and to ensure pre-packaged products are readily available, should a need for them arise.

In the meantime, the MDH recommends the following steps, which will help keep our community healthy:

- Keep students home when they are ill, such as with respiratory symptoms or a fever. Students may not return to school until they are fever-free (having a fever less than 100.5 for 24 hours and not requiring fever reducing medications).
- Practice good hand washing with soap and water.
- Cover your cough or sneeze with a tissue, sleeve, or elbow.

ERA will continue to emphasize the importance of these practices with students, and we appreciate your support in teaching them at home, as well. **We are also looking for donations of Kleenex and hand sanitizer to stock our classrooms. If you are interested in donating, please bring Kleenex and hand sanitizer to the Main Office so that we can distribute these items to teachers in need.**

While the thought of an outbreak that could potentially impact our community may bring up fear, we will continue to monitor the evolving situation and follow all recommended guidelines to ensure the safety of our school community. We will share updates as they are available through email, Infinite Campus, the Eagle Eye newsletter, and our other standard communication methods so that you may remain informed. **Should you have questions, please reach out to School Nurse Paula Kofflin at pkofflin@eagleridgeacademy.org.** You may also call the Minnesota Department of Health directly at 651-201-5414 or 1-877-676-5414.



**Board of Directors
Seeking 2020
Election
Nominations
Deadline March 13**

Nominations for the upcoming Board of Directors election close next Friday, March 13. [Please read the full announcement on the Eagle Ridge Academy website](#) for more information regarding the election process and to nominate!

You may contact Board of Directors Election Coordinator [Clare Murray](#) with any questions.

Upcoming Events | MARCH 6 - MARCH 24

March 6 – 4th Grade: A Day in Sherwood Forest
March 7 – JCL: Ludi Romani
March 10 – Monthly Volunteer Day
March 10 – School Board Workshop (Off Site)
March 13 – Spirit Wear Day
March 13 – 4th Grade Pi Day
March 13 – Middle School Winter Semi-Formal
March 19 – Kindergarten Service Day
March 19 – 8th Grade Field Trip: Park Square Theatre
March 20 – No School - Staff Development
March 23-27 – Food Drive (11th Grade House)
March 24 – Juniors: ACT Test Day - Sign Up Here
March 24 – **NEW DATE:** School Board Listening Session
March 24 – School Board Meeting

For more info and events, visit the school calendar.

Juniors: Register
Now to Take the ACT
During the School
Day on **March 24!**



Forms and payment are due by March 19.
Contact **Jean Soule** with questions.



Save the Date for Summer Excellence Club

AMBER DAHLSTROM
Director of Special Services

Our Summer Excellence Club and Credit Recovery Program dates are **June 9 – 25** (Monday-Thursday except the first week, which begins on a Tuesday) and **July 13 – 30** (Monday-Thursday). Summer Excellence Club is offered to students going into grades 1-8 who are behind grade level in their reading or math skills. Credit Recovery is available for students entering grades 9-12 who are behind in credits towards graduation.

Programming times are 8:00-11:30 a.m., Monday-Thursday. Parents will be notified if their child qualifies for programming. Your child will likely qualify and be invited if he/she is currently receiving intervention services, or has received a failing semester grade.

Community Updates



Schools of Logic & Rhetoric News

BART JOHNSON

Principal, Schools of Logic & Rhetoric

CIVILITY IN SOCRATIC DISCUSSION

At Eagle Ridge Academy, students learn to discuss difficult issues respectfully. They have dialogues about truth, beauty, goodness, freewill, individualism, socio-economic issues, natural law, citizenship, ownership, use of force, free speech, religion, love, gender, race, body politics, power, resource use, free trade, and more. Our students participate in meaningful and challenging discourse around canonic texts in Socratic discussion and dialogues that lead to connections to their personal experiences and beliefs.

According to the September 29, 2016 New York Times article, "Talking Across Divides: 10 Ways to Encourage Civil Classroom Conversation On Difficult Issues," the Southern Poverty Law Center reported the worrying trend reported by teachers and students in schools of angry rhetoric and uncivil discourse in recent years. In the Schools of Logic and Rhetoric, we teach students how to engage in these very sophisticated tasks that result in civil and respectful discourse every day. Some of the more applicable ways noted in the article are as follows:

- Create rules and structures that support respectful and generative discussion
- Take the "Speak Up for Civility" pledge from [Teaching Tolerance](#)
- Practice empathy
- Listen better, and ask genuine questions that seek to help to understand rather than judge
- Consider why "us and them" is so ingrained in who we are

At Eagle Ridge Academy, we support all our students as individuals who are each important and valued. A specific set of skills must be developed to be able to state one's beliefs without offending others. To do this, we must teach young people deep empathy, both in feeling and in seeking an understanding of the arguments and beliefs that are different from their own. We encourage you to engage with your students at home. Talk to them about their beliefs and points of view and see if there are new things that you can learn about them and vice versa. It will most certainly be a fruitful conversation.



Developing Connections

KELLY SCHIFFMAN

Director of Development

With the nice weather emerging, it's a good time to start thinking spring/summer! The Donut Dash 5K and Mini-Donut Dash ½ Mile is on May 9 and the Gryphon Classic Golf Tournament is June 8! Proceeds from both events will help support a new 5,000 square foot gymnasium at Eagle Ridge Academy.

Ways to participate:

1. Register today: **Donut Dash | Gryphon Classic Golf**
2. Sponsor the events with a donation of product or a financial gift.
3. Ask your employer to participate as a sponsor.
4. Volunteer to help at the 5K on May 9. We need 50 volunteers.
5. **Donate a 100 percent tax-deductible gift.**
6. Help promote both events by **sharing on your social media** or word of mouth. Invite your friends, family, and work colleagues.

Watch for Sprinkles and Cocoa, our DD5K mascot donuts, to make special appearances in the coming weeks!

We are also seeking corporate sponsors for both of these events. Check with your employer to see if they might be interested in backing either of these events and supporting your student(s) and his/her classmates at Eagle Ridge Academy.

GRYPHON CLASSIC GOLF TOURNAMENT:

June 8 • Register Now



Community Updates

CORPORATE 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 sup-

port 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. Be informed by asking today!

DO YOU MATCH?



You can **double** or **triple** the impact of your donation with a **Corporate Matching Gift.**



6th Annual Donut Dash 5k

2020

May 9, 2020

Register Today for Only \$30!

Regular Registration Price Good Through April 25

PENNIES FOR PATIENTS UPDATE

\$6,133.52 Raised!

Thank you for a wonderful Pennies for Patients drive! As a school, Eagle Ridge, was able to raise \$6,133.52 with money still coming in. The top two classrooms in the Lower School were Ms. Barker (\$520.36) and Ms. Bartow (\$451.30). The top first hour classroom was Mr. Meier's classroom (\$25.00). Thank you also to **Ms. Erin Schmitz** for organizing the event! •



Upper School Yearbooks on Sale Through March 27

EMMA CONNER

Art Teacher & Yearbook Advisor

ERA Upper School yearbooks will be available for purchase online for \$55 until March 27th. There is a limited supply, so order your yearbooks today! Go to Jostens.com and type in Eagle Ridge Academy for the school and select "Eagle Ridge Academy Upper School 6-12." If you have any questions contact Ms. Conner by email.



The Next Monthly Volunteer Day is Tuesday, March 10

DONNA CORNELIUS
Activities Specialist

Join our ERA community the 2nd Tuesday of each month for Volunteer Day. Volunteers will meet at school, work from home, or drop off requested classroom needs to complete teacher project requests. [Sign up now to help on March 10.](#)



Together we are building a stronger community one party at a time. Last Saturday we held our Party with a Purpose Kick-Off where over 100 people came together in a fun and social gathering, as we rolled out the sign up of Party with a Purpose. A wonderful variety of parties hosted by our ERA parents, staff, and teachers are now available for your RSVP. [Please visit our party catalog here and join the fun.](#) The parties are a unique way to make our big school feel a little smaller.

Register Now for Spring Break TEL: 3/30-4/3

Eagle Ridge Academy will be offering The Eagle's Lair (TEL) for students in Grades K-6 during Spring Break this year. During Spring Break, we will be learning about different ecosystems, ending the week with a field trip to the Minnesota Zoo. [Registration is open through March 9](#), with a \$5/day late fee added for registrations after the deadline. [View more details here.](#)

Hours: 7:30 a.m. - 6:00 p.m.
Cost: \$40* per day, 3/30-4/2
\$55* on 4/3 (includes field trip)

Questions? Email Isabelle Kofflin, Student Program Specialist:
ikofflin@eagleridgeacademy.org

Order Your Art "Eggspo" T-Shirt Today!



The Art "Eggspo" t-shirts are available to [purchase online until Friday April 3](#). T-shirts are \$15 and come in sizes XS-XXL. This year's design was created by talented ERA junior Nicole Sucocheva. Art Xpo is May 15-16. T-shirts will be distributed to homeroom or may be picked up at the Xpo on the May 15. [If you have any questions. please email Ms. Conner.](#)

VOLUNTEER APPRECIATION EVENT

Eagle Ridge Academy Auditorium



THANK YOU for sharing your time and talents with us.
Please join us in celebration honoring YOU - our volunteers!

THURSDAY, APRIL 9 | 6:30 - 8:00 p.m.

Dessert social immediately following the program

RSVP HERE • *Questions? Contact Donna Cornelius, Activities Specialist*



PTO News

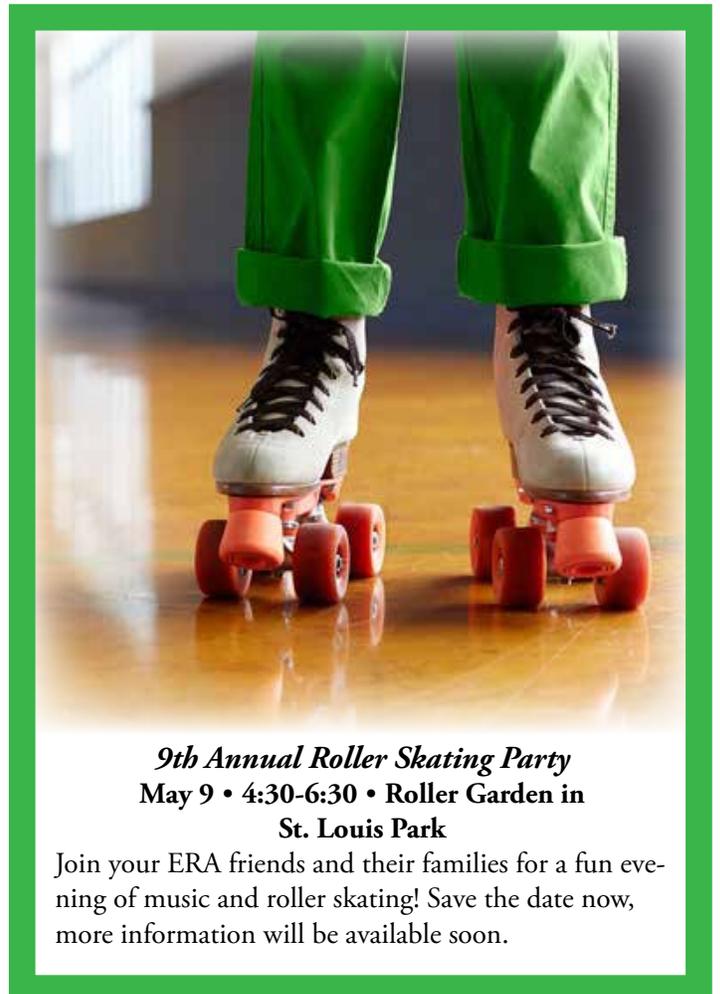
[PARENT TEACHER ORGANIZATION](#)
pto.eagleridge@gmail.com

SEEKING 2020-2021 BOARD MEMBERS

Please nominate yourself or another person to join our 2020-2021 ERA PTO Board. We are looking for engaged, enthusiastic ERA parents to join us to fulfill our mission of creating fun student events and supporting our teachers. No experience is necessary, just a desire to have fun, meet other parents, and serve our community. Most positions are paired, and we thrive on teamwork. All are welcome and we hope you'll join us! Nominations are due April 8, 2020. The new board will be voted on by attendees at our Quarterly PTO Community Meeting on April 16, 2020 at 6:30 p.m.

SEE IT... SAVE IT!

Congratulations to Ms. Molnar's and Ms. Bartow's classes on being the winners of our winter See it...Save it contest! Their classes collected the most Box Tops, Coke codes, and Loaves4Learning UPCs. Thank you to all who participated! Your hard work has earned thousands of dollars for ERA over the years. As Box Tops goes digital, please consider downloading the app through your app store or at boxtops4education.com. General Mills is phasing out physical Box Tops and it won't be long before scanning your receipts with the app is the only way for us to participate in this program.



9th Annual Roller Skating Party
**May 9 • 4:30-6:30 • Roller Garden in
St. Louis Park**

Join your ERA friends and their families for a fun evening of music and roller skating! Save the date now, more information will be available soon.



Eagle Ridge Academy

March
2020

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Italian Meatball Sub Fish Nuggets Chicken BLT Salad Hummus and Veg Bowl (V)	3 BBQ Chicken Sandwich Sloppy Joe on a Bun Chef Salad Yogurt Pack (V) Cucumber Ranch Salad	4 Baked Potato (V) Corn Dog Beef Taco Salad Turkey Cranberry Wrap	5 Beef Chili Lentil Chili (V) Chips, Salsa, and Cheese (V) Southwest Chicken Salad Tortilla Chips	6 Cheese Pizza (V) Chef's Choice Harvest Chicken Salad Turkey BLT Wrap
9 Chicken Waffle Sandwich Biscuits and Turkey Gravy Buffalo Chicken Salad Cheese Pizza Munchable (V)	10 Popcorn Chicken Orange Sauce Veggie Curry (V) Chicken Wrap Chef Salad	11 Beefy Nacho (V) Cheese Quesadilla (V) Chicken Waldorf Salad Turkey Deli Sandwich Spicy Pinto Beans	12 Thyme & Pomegranate Lemon Herb Chicken Salisbury Steak Pretzels and Cheese Cubes (V) Chicken Caesar Salad Arugula with Apples & Pomegranate Salad Mashed Potatoes	13 Cheese Pizza (V) Chef's Choice Cravin Craisin Salad Crispy Chicken Wrap Broccoli Salad
16 Crispy Chicken Nuggets Cheeseburger Flatbread Buffalo Chicken Salad Yogurt Pack (V) Kale Salad Golden French Fries	17 St. Patrick's Day Shepherd's Pie Grilled Cheese (V) Whole Grain Dinner Roll Fruited Spinach Salad (V) Turkey Munchable Mashed Potatoes	18 Chicken Parmesan Sandwich Fish Sandwich with Cheese Hummus and Veg Bowl (V) Turkey Deli	19 HOM Avocado Cheese Pizza Bagel (V) Moroccan Lemon Chicken Crispy Chicken Salad Turkey Mustard Wrap	20 No School
23 Beef Hotdog on Whole Grain Bun Chicken Gyro Turkey BLT Salad Pretzel and Cheese Cubes (V)	24 Pasta with Meat Sauce (V) Mac and Cheese (V) Buffalo Chicken Wrap Southwest Chicken Salad	25 Creamy Chicken Enchilada Bake Sloppy Taco Sandwich Chips, Salsa, and Cheese Cubes (V) Turkey Cranberry Wrap Mexican Brown Rice Churro	26 Meatloaf Roast Turkey & Gravy Yogurt Pack (V) Chicken Caesar Salad Corn Whole Grain Dinner Roll Mashed Potatoes	27 Cheese Pizza (V) Chef's Choice Harvest Chicken Salad Turkey BLT Wrap
30 No School	31 No School			

INFORMATION	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

Pork-Free Menu



Your MENUS plus more information on our app
 Taher Food4Life®

www.taher.com

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



HEALTHY to a "T"

March 2020

Eat Right Bite by Bite

The 2020 National Nutrition Month theme promotes making mindful choices with small goals and changes that will positively affect your health. Good nutrition doesn't have to be restrictive or overwhelming; every little bit of nutrition is a step in the right direction. Try these small steps to have a cumulative healthful effect.

Week One: Eat a variety of nutritious foods every day!

- Include healthful foods from all food groups.
- Hydrate healthfully.
- Learn how to read Nutrition Facts Panels.
- Practice portion control.

Week Two: Plan your meals each week!

- Use a grocery list to shop for healthful foods.
- Be menu-savvy when dining out.
- Choose healthful recipes to make during the week.
- Enjoy healthful eating at school and at work.

Week Three: Learn skills to create tasty meals!

- Keep healthful ingredients on hand.
- Share meals together as a family when possible.
- Reduce food waste.
- Try new flavors and foods.

Week Four: Consult a Registered Dietitian Nutritionist (RDN)!

- Ask your doctor for a referral to an RDN.
- Receive personalized nutrition advice to meet your goals.
- Find an RDN who is specialized to serve your unique needs.
- Thrive through the transformative power of food and nutrition.

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

Reference: Academy of Nutrition and Dietetics, www.eatright.org

Harvest of the Month
Avocado

Calories 218
Total Fat 20g
Sodium 10mg
Sugars 1g

FUN FACTS:
Brain Boosting Food!

Avocados must be picked to finish the ripening or softening process. The leaves supply a substance that prevents ripening completely.

California produces 90% of the nation's avocados. A single tree can produce 500 avocados a year.

Studies show that avocados improve blood supply and oxygen to your brain. They can help boost your memory and concentration.

Over 5% of all avocados are sold within the two weeks leading up to the Super Bowl!

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HARVEST OF THE MONTH RECIPE—MARCH

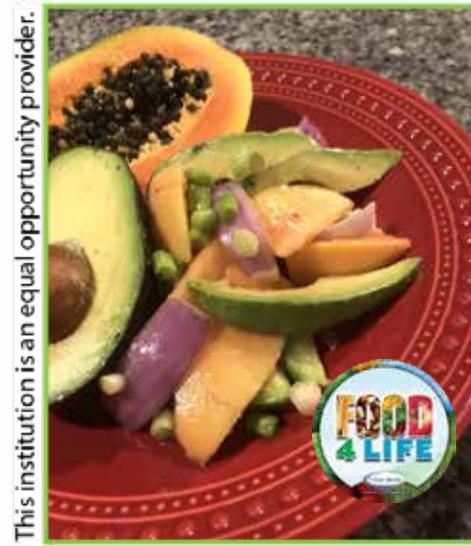
Papaya & Avocado Salad

Yield: 4 salads

- 2 Avocados
- 2 Papayas
- 3 Limes (juice)
- 1 tsp Fresh Ginger, minced
- 1 Green Onion, minced
- 1 Small Red Onion, diced
- 1 Tbs Fresh Mint, chopped
- 1/2 tsp Kosher Salt
- 1/2 tsp Black Pepper

1. Peel and pit avocados and papayas, and cut into 10 wedges each.
2. In a small bowl, juice the limes.
3. Mince ginger and green onion. Add to lime juice. Let sit for 5 minutes.
4. Toss remaining ingredients in bowl to coat. *Enjoy!*

RECIPE NUTRITION SNAPSHOT ~ 1 serving
351 calories, 15g total fat, 2g saturated fat
0g trans fat, 0mg cholesterol, 14g fiber
236mg sodium, 56g carbohydrate, 4g protein



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