Excelsior Charter Schools
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March 2026

Student Services News for Excelsior Families

EXCELSIOR TALON TIMES Newsletter



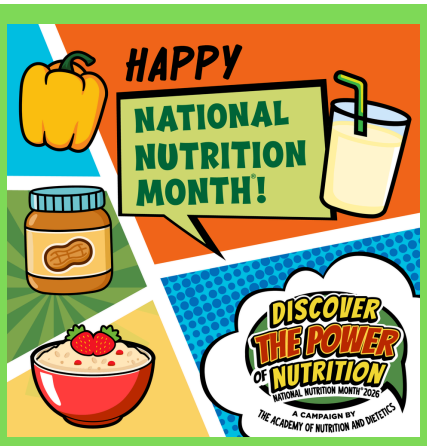
Every March, people across the country recognize National Nutrition Month®, a yearly campaign that began in 1973 through the Academy of Nutrition and Dietetics. This month is dedicated to encouraging everyone to learn more about smart food choices and the importance of healthy eating and regular physical activity.

The theme for this year is "Discover the Power of Nutrition." Good nutrition plays a major role in helping both individuals and communities grow stronger and healthier. The foods and drinks we choose each day fuel our bodies, affect our energy levels, and support our overall well-being. By making thoughtful choices, we can power through busy school days, sports practices, extracurricular activities, and everything in between.

National Nutrition Month is also a reminder to explore ways to access healthy foods in your community and to build positive habits that last a lifetime. Small changes — like adding more fruits and vegetables to meals, staying hydrated, or being active each day — can make a big difference both now and in the future.
With so much nutrition information shared online and in the media, it can sometimes feel overwhelming. That's why it's helpful to rely on experts who use science-based information. Registered dietitian nutritionists (RDNs) and nutrition and dietetics technicians, registered (NDTRs), are trained professionals who can provide accurate guidance to help people make confident, informed decisions about their health.

This March, take time to discover the power of nutrition and consider how the choices you make today can support a healthier tomorrow!

TO CELEBRATE NATIONAL NUTRITION MONTH
-we will be launching a mini campaign throughout March.
Each week, we will highlight important nutrition topics designed to help students and families learn practical, realistic tips for healthy living.
Be sure to check our family communication website and social media pages, where we will share:



- **Easy, nutritious meal and snack ideas**
- **Tips for accessing healthy foods in our community**
- **Ways to build healthy habits into busy daily schedules**
- **Guidance for making informed food choices**

Throughout the month, we will also feature information and resources from the trusted website EatRight.org, developed by the Academy of Nutrition and Dietetics. This site provides science-based nutrition guidance you can rely on. By sharing reliable resources, we hope to boost everyone's confidence when it comes to food and health.
We encourage all students and families to follow along, participate, and discover how small changes can make a big difference — not just this month, but all year long!

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WELLNESS NEST





Excelsior Charter Opioid Awareness Campaign

Excelsior is launching its Opioid Awareness Campaign from March 3–20, 2026, and is focused on promoting student safety, informed decision-making, and awareness about the dangers of opioid misuse—especially the risks of taking medication that is not prescribed.
The campaign message centers on, "One decision can change everything."
A Districtwide Student Poster Contest was held, where students were invited to create an original poster that, promotes opioid awareness and prevention, encourages student safety and informed choices using positive, respectful, and school-appropriate messages. Each campus selected their finalists and district staff members then judged to determine overall winners. Prizes included gift cards, custom Excelsior merchandise, art kits, public recognition at a board meeting, and districtwide poster displays.

Excelsior's 1st Place Winner is Julianna Lindquist; 11th grade from our Barstow Campus!

Congratulations to Julianna, all our winners and all who participated!! Your hard work, creativity, and dedication to spreading awareness truly makes an impact!



From March 3rd –20th, campuses will be displaying:

- **Purple Flags representing county opioid-related deaths**
- **Awareness balloon arches**
- **Student posters at school entrances**

The campaign also offers additional resources for students and families. The California Department of Public Health toolkit for fentanyl overdose prevention and recognizing the signs of an overdose, can be accessed here.
Through this campaign, Excelsior aims to empower students to use their voices and creativity to promote awareness, safety, and informed choices across all campuses. AWARENESS SAVES LIVES!



1st Place Winner : Julianna Lindquist , 11th grade - ECS Barstow

Spring Break Support: Where Students & Families Can Find Food Help

Spring break should be a time to rest and recharge. But if you rely on school meals during the year, breaks can feel stressful. If you're worried about having enough food at home, support is available — and it's okay to use it. You deserve to have what you need. Local Food Banks & Food Pantries are community programs created to help individuals and families during times like this.

Feeding America Riverside | San Bernardino - distributes over 20 million meals a year with the help of over 250 charity partners, which include pantries, emergency shelters, soup kitchens, community centers, and more. Food distribution sites are cost-free and open to the public.

Visit: **https://www.feedingamericaie.org/find-a-pantry** to search for a food distribution site near you, then call the number's listed to discuss dates, times, and additional information needed to participate. Or visit: **https://www.feedingamericaie.org/get-help** to view their monthly distribution calendar to find details such as address, time, and contact information. *Please note that hours of operation may vary and are subject to change.*



Excelsior Charter School Students: Mental Health Support Is Here for You Spring Break and Beyond!

Spring break is almost here — a great time to rest, recharge, and focus on yourself. At Excelsior, we care about your well-being, & that includes your mental health.
Whether you're feeling stressed, overwhelmed, anxious, or just need someone to talk to, support is available anytime. The California Health & Human Services Youth Resources website offers free, confidential tools and services designed just for young people.
Visit: https://www.chhs.ca.gov/youthresources/
Where you can find:

- **Help for managing stress and strong emotions**
- **Crisis hotlines and text/chat support**
- **Mental health resources for teens**
- **Information for friends and families who want to help**

Taking care of your mental health is just as important as taking care of your physical health. If you or someone you know needs support, don't hesitate to explore these resources.
Enjoy your spring break, stay safe, and remember — you are never alone. 💙

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WINGS OF THE WORLD
CULTURE & DIVERSITY

St. Patrick's Day: A Celebration of Heritage and History

Every year on March 17th, people around the world observe St. Patrick's Day, a holiday that honors St. Patrick, the patron saint of Ireland. While parades, green clothing, and festivities are widely recognized, the day has deep historical and cultural roots that go far beyond the celebrations.

Remembering St. Patrick

St. Patrick was born in Britain in the late 4th century and was kidnapped to Ireland as a teenager. After escaping, he returned to Ireland as a missionary, spreading his faith across the island. Legends say he used the shamrock to symbolize faith, education, and perseverance. His life and work made him a lasting emblem of Irish identity and devotion.

Observing St. Patrick's Day Today

Modern celebrations include Parades, performances, marching bands, Irish dancers, and cultural floats to showcase Irish history and arts. Symbols of Ireland include the shamrock, green clothing, and Irish flags reflect pride in Irish heritage. Cultural Foods and traditional dishes like corned beef and cabbage are served alongside contemporary Irish-inspired cuisine. Community events at schools, churches, and local organizations often host educational programs highlighting Irish history and contributions.

A Day of Reflection and Pride

Beyond the festivities, St. Patrick's Day provides an opportunity to reflect on Irish history, culture, and global influence. It honors the resilience and dedication of Irish people and reminds communities worldwide of the values of faith, perseverance, and heritage.
As students, taking time to understand the historical significance behind the celebration allows us to appreciate its importance beyond the parades and parties. St. Patrick's Day is, at its heart, a day to honor the legacy of a man whose life shaped a nation and inspired generations.

5 Ways to Boost Your "Luck" Mindset

Ever wonder why some people seem luckier than others? Science shows that luck isn't just random—it's closely linked to your mindset and behavior. Here's how to create your own luck every day:

1. **Stay Positive**: Optimism isn't just feel-good fluff. Students with a positive outlook notice more opportunities and handle setbacks better, making good things more likely to happen.
2. **Take Action:** Opportunities favor the proactive. Whether it's joining a club, studying a little extra, or practicing for a game, action increases your chances of success.
3. **Notice the Unexpected:** Being "lucky" often means spotting chances others miss. Pay attention to small details—like a last-minute opening in a team or a study tip from a friend.
4. **Learn From Setbacks:** Mistakes aren't the opposite of luck—they can lead to future wins. Reflecting on challenges helps you improve and opens doors you didn't expect.
5. **Boost Your Confidence:** Little rituals, like wearing a favorite outfit or carrying a charm, can improve focus and reduce stress. Feeling confident makes you more likely to perform well when it counts.



Bottom line: *Luck isn't magic— it's preparation, awareness, and mindset. Cultivating positivity and taking action is the real "secret" to making your own luck.*
This St. Patrick's Day, skip waiting for a four-leaf clover—start creating your own luck instead.

"THE MORE I PRACTICE, THE LUCKIER I GET."
– KOBE BRYANT

"QUOTE OF THE MONTH"

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Spring Break

March 23rd – 27th, 2026



SBC Fairgrounds Night Market - Spring Break

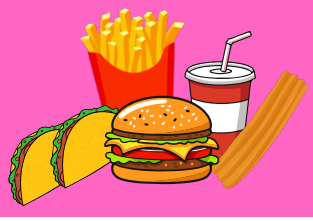
GET READY TO EXPERIENCE A LIVELY SPRING BREAK NIGHT MARKET FILLED WITH DELICIOUS FOOD, UNIQUE VENDORS, AND FUN ACTIVITIES AT SBC FAIRGROUNDS

THE NIGHT MARKET IS BACK! CELEBRATING SPRING BREAK

LOOKING FOR THE ULTIMATE FAMILY NIGHT OUT? JOIN US FOR AN UNFORGETTABLE EVENING UNDER THE LIGHTS! WE'VE CURATED A ONE-OF-A-KIND EXPERIENCE FEATURING:

EXCLUSIVE EATS: TRY DISHES YOU WON'T FIND ANYWHERE ELSE! FROM BIRRIA CHEESE BALLS TO UNIQUE DESSERTS, COME HUNGRY. BOUTIQUE SHOPPING: SUPPORT LOCAL WITH OUR LINEUP OF EXCLUSIVE MAKERS AND VENDORS.

LIVE MUSIC & MORE!



- WHERE: SBC FAIRGROUNDS - 14800 7TH ST, VICTORVILLE, CA
- WHEN: MARCH 21ST 2026 | 4PM-11PM
- ADMISSION: $5 (FIRST 1500 PEOPLE GET A FREE TICKET)

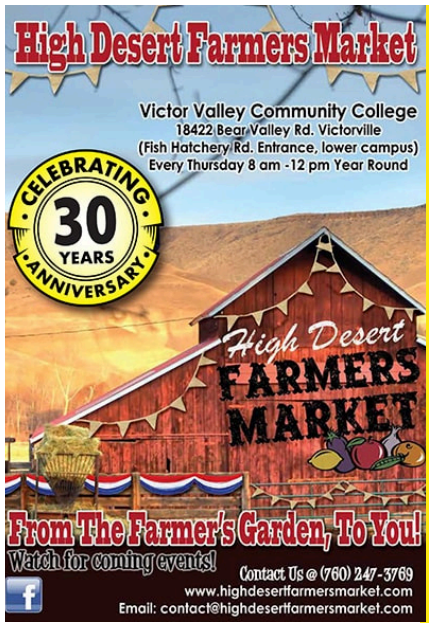
CORONA & RIVERSIDE FARMERS MARKET

Visit the Corona & Riverside Certified Farmer's Market! Discover a delightful selection of fresh produce, artisanal goods, and local specialties while supporting local farmers and vendors. It's the perfect way to start your weekend with a taste of the vibrant community spirit - RAIN or SHINE.

CORONA FARMER'S MARKET
Where: 480 S. Main St. Corona
When: Every Saturday, year-round 8am - 12:30pm

DOWNTOWN RIVERSIDE FARMER'S MARKET
Where: 4080 Lemon St, Riverside
When: Every Saturday, year-round 8am - 1:30pm





HIGH DESERT FARMERS MARKET

Looking for something fun, local, and different to do over spring break? Check out the High Desert Farmers Market at Victor Valley Community College!

Every Thursday — rain or shine — the market transforms the lower campus into a lively, family-friendly gathering space filled with fresh food, unique gifts, and community activities. It's a great place to hang out with friends, support local businesses, and enjoy the spring weather.

Visitors can explore farm-fresh produce, homemade treats, handcrafted items, and booths hosted by local non-profit organizations. The market's mission is to bring the community together in a positive and festive atmosphere while connecting "Farms to Families."

- Where: Lower campus of Victor Valley Community College
  18422 Bear Valley Road off Fish Hatchery Rd)
- When: Every Thursday, year-round — RAIN or SHINE

Whether you're looking for a new snack, a cool handmade gift, or just a relaxing way to spend the afternoon, the High Desert Farmers Market is a perfect spring break outing close to home. Grab a friend and check it out!