Excelsior Charter Schools
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Student Services News for Excelsior Families

EXCELSIOR TALON TIMES Newsletter

BLACK HISTORY MONTH

WINGS OF THE WORLD
CULTURE & DIVERSITY

February is Black History Month — a time to honor the achievements, courage, and contributions of Black Americans throughout history. Leaders such as Harriet Tubman, Frederick Douglass, Sojourner Truth, Martin Luther King Jr., Rosa Parks, Malcolm X, and John Lewis fought for freedom, equality, and justice. Innovators like Katherine Johnson and George Washington Carver made breakthroughs in science and technology, while artists and writers such as Maya Angelou and Langston Hughes shaped American culture with their creativity and vision. Black History Month encourages us to learn from these stories, reflect on the challenges they faced, and be inspired to make a positive impact in our own communities. By celebrating Black history, we honor the past and help build a more just and inclusive future.

UNSUNG HEROES OF BLACK HISTORY

February is Black History Month—a time to honor the achievements and courage of Black Americans, both famous and often overlooked. While names like Martin Luther King Jr. and Rosa Parks are well known, many others made incredible contributions that changed history. Claudette Colvin, at just 15, refused to give up her seat on a Montgomery bus months before Rosa Parks, helping spark the Civil Rights Movement. Bayard Rustin was a key organizer of the 1963 March on Washington, yet his role was often hidden because of prejudice. Henrietta Lacks' cells, taken without her consent, led to major medical breakthroughs that save millions of lives today.

These stories remind us that courage, innovation, and leadership come from people whose names aren't always in textbooks. Black History Month invites us to learn, reflect, and be inspired by all those who fought for justice and shaped our world.

Join the CELEBRATION!

Black History Month is a time to celebrate achievements, learn from the past, and support one another in meaningful ways. At our school, every student can play a role—no matter how big or small the action.

Students can show support by participating in school events, such as assemblies, art displays, trivia activities, or open-mic performances. Attending these events, encouraging friends to join, and showing appreciation for student work helps create a more inclusive school environment.

Another important way to support is by listening and learning. Taking time to read, watch, or listen to stories by Black creators—and engaging respectfully in class discussions—helps build understanding and empathy. Support also means speaking up. If you see stereotypes, misinformation, or unfair treatment, choosing to stand up for others or report concerns makes a difference. Kindness and respect, both in person and online, matter every day.

Black History Month reminds us that support doesn't end when February does. By staying curious, respectful, and involved, students can help make our school a place where everyone feels seen and valued.





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WELLNESS NEST

HEALTHY RELATIONSHIPS: IT'S MORE THAN JUST ROMANCE

When people hear "relationships," they often think of dating or romance–especially in February. But healthy relationships come in many forms, including friendships, family relationships, teammates, and even classmates. Learning how to build and maintain these connections is an important life skill that affects our mental health, confidence, and overall happiness.



What Makes a Relationship Healthy?

Healthy relationships are built on a few key qualities:

- **Respect**: Valuing each other's opinions, boundaries, and differences
- **Trust:** Feeling safe being yourself without fear of judgment
- **Communication**: Being honest and listening without interrupting or dismissing feelings
- **Support**: Encouraging each other's goals and being there during tough times
- **Boundaries**: Understanding it's okay to say no and take time for yourself

Friendships Matter

Strong friendships can be just as meaningful as romantic relationships. Friends help us laugh, cope with stress, and feel understood. A healthy friendship doesn't require constant texting, jealousy, or pressure to change who you are. Real friends respect your time, your choices, and your individuality.

Recognizing Unhealthy Signs

Not all relationships are positive. Warning signs of unhealthy relationships–romantic or platonic–can include Constant pressure or guilt, Lack of respect for boundaries, Manipulation or controlling behavior, and Fear of being yourself around someone.

If a relationship makes you feel drained, anxious, or unsafe, it's okay to step back and ask for help.

Healthy relationships start with self-respect, and learning these skills now can help you build stronger connections throughout your life.

If you ever need support or advice, remember–you're not alone.

Helpful Website Resources for Students

- Love Is Respect – **https://www.loveisrespect.org,** information on healthy relationships, and boundaries.
- Teens Health (Nemours) – **https://teenshealth.org**, articles written specifically for teens about friendships, mental health, and communication

Valentine's Day Fun

Whether you're a hopeless romantic, a low-key friend gift giver, or just here for the sweets, there's something for everyone to enjoy. Sure, some people think Valentine's Day is all about romance but it's also about friendship, appreciation, and maybe a little harmless silliness. Consider:



Secret Admirer Notes – Leave a funny or encouraging note for someone in your class. ANONYMOUS OF COURSE!

DIY Valentine Challenge - Make the silliest, punniest Valentine and share it with friends.

Heart Attack Walls – Stick paper hearts on lockers or doors with jokes, compliments, or fun facts about friends.

You don't need a crush to celebrate! Valentine's Day is all about friendship, laughter, and good vibes. So, grab some candy, make a silly card, and spread the love!

"Love yourself." — bts

"QUOTE OF THE MONTH"

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EXCELSIOR CHARTER DRAWS HUGE COMMUNITY SUPPORT



Excelsior Charter School filled the San Bernardino County Board of Education hearing room on Jan. 12, 2026, as students, alumni, parents, and staff came out in force to support the school's five-year renewal. Dozens spoke about how Excelsior has shaped their academics, career paths, and personal growth.

School leaders highlighted a 90.9% graduation rate, strong progress for English learners, and a hybrid learning model combining in-person and independent study. Programs like STAR, Freckle, and Canvas-based curriculum were credited with helping students stay on track, while supports for homeless students and county data tools track individual progress.

Excelsior's CFO outlined a conservative budget projecting $730,000 in expenditures but an estimated $44.78 million fund balance by June 2026. Career-technical programs, including the new Academy of Beauty cosmetology program, give students hands-on experience and licensure hours at no cost.

Board members asked about enrollment trends, English-learner outcomes, and program expansion. No decision was made at the hearing; the board will vote on the renewal March 9, keeping the public record open for community input until then. For full article visit: https://citizenportal.ai/articles/7282177/California/

New Menu Boards Make Lunchtime Easier for Students

Students may have noticed the new menu boards recently added to cafeterias across our school campuses. Created by your very own Student Services Department, these updated boards make it easier for students to see what's being served each day in a clear and simple way. With brighter displays and easy-to-read menus, students can quickly decide what they want before getting in line. This helps speed up lunch lines and gives students more time to eat and hang out with friends. The boards also make it easier to spot different meal options, including special or alternative choices.

Overall, the new menu boards are a small but helpful upgrade that improves the lunchtime experience and makes cafeterias more student friendly. To view our monthly breakfast and lunch schedules online please visit:

https://www.excelsior.com/parent-student-resources/breakfast-lunch-menus



(The lovely Ms. Bianca displaying the school lunch menu at Excelsior's SBI Campus)