

Student Services News for Excelsior Families

EXCELSIOR TALON TIMES

happy new year Newsletter

KICK OFF THE NEW YEAR WITH CONFIDENCE
EXCELSIOR'S STUDENT SERVICES DEPARTMENT HAS YOUR BACK!

Our team is here to help you feel your best, stay healthy, and stay connected all year long. We're proud to offer free breakfast and lunch every day to keep you fueled, along with wellness resources that support your mental health, social-emotional growth, and overall well-being.

Student Services also provides caring support for students experiencing homelessness or in foster care, ensuring everyone has access to what they need to thrive. We prioritize health and safety, offering guidance and a welcoming space to reach out with any concern. And for students planning ahead, our team is ready to help with scholarship support and graduation preparation, making sure you have the tools, deadlines, and encouragement to reach your goals.

No matter what this year brings, you're not in it alone — Student Services is here to help you shine! Visit our site at https://www.excelsior.com/departments/student-services for more information and the resources we offer.

WELLNESS NEST



JANUARY IS NATIONAL STAYING HEALTHY MONTH!

Happy New Year, students! January is the perfect time to focus on habits that keep your mind and body strong all year long. Here are a few simple ways to prioritize your health:

- Move Your Body: Aim for at least 30 minutes of activity a day—walk, stretch, or dance!
- Eat Well: Choose fruits, vegetables, whole grains, and stay hydrated.
- Prioritize Sleep: Try for 8–10 hours a night to help your body and brain function their best.
- Take Care of Your Mind: Manage stress through mindfulness, journaling, or talking with friends.
- Stay Connected: Strong relationships support your well-being.

Even small steps — like drinking more water, walking daily, or practicing mindfulness—can make a big difference. Remember, health is a journey, not a race—start small, stay consistent, and enjoy the benefits all year long!

Click here for 6 Steps for the Whole Family to be Healthy or visit https;//www.heart.org for resources.

BOX BREATHING EXERCISE

-INHALE, HOLD, EXHALE, HOLD- FOR 4 SECONDS EACH

This helps calm your mind, reduce stress, and improve focus. Use it before tests, presentations, sports, or anytime you need a quick reset. Just 1–3 mins can help you feel more relaxed and in control.

NEW YEAR, FRESH START: RESET FOR THE SEMESTER!

THE NEW YEAR IS THE PERFECT TIME TO HIT THE RESET BUTTON AND START THE SEMESTER STRONG! HERE ARE A FEW SIMPLE WAYS TO GET ORGANIZED AND SET YOURSELF UP FOR SUCCESS:

- CLEAN OUT YOUR BACKPACK: REMOVE OLD PAPERS, ORGANIZE SUPPLIES, AND MAKE SPACE FOR NEW MATERIALS.
- CHECK YOUR GRADES: REVIEW YOUR PROGRESS AND IDENTIFY AREAS WHERE YOU MIGHT NEED EXTRA SUPPORT.
- UPDATE YOUR CALENDAR: KEEP TRACK OF ASSIGNMENTS, DEADLINES, AND IMPORTANT EVENTS FOR THE SEMESTER.
- MAKE COUNSELING APPOINTMENTS: MEET WITH YOUR COUNSELOR IF YOU NEED HELP PLANNING OR ADJUSTING YOUR 2ND-SEMESTER CLASSES.

A LITTLE PREPARATION NOW CAN MAKE THE REST OF THE SEMESTER RUN SMOOTHLY. START FRESH, STAY ORGANIZED, AND MAKE THIS SEMESTER – YOUR BEST ONE YET! ATTACHED YOU WILL FIND A FAMILY NEW YEAR REST CHECKLIST TO HELP JUMPSTART YOUR YEAR!



"This year, dream big, work hard, and believe in yourself!" "QUOTE OF THE MONTH"



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EAGLE EYES SPOTLIGHT

EXCELSIOR SCHOOL OF CHOICE



School of Choice Week, celebrated in late January, is a nationwide event that recognizes families' freedom to choose the learning environment that best fits their children's needs where students can thrive in a setting that supports their goals, strengths, and interests. For Excelsior, this celebration carries special meaning. It's a moment to recognize that students and families actively chose us — not by chance, but because they believed in what our school offers:

- **A supportive, student-centered environment**
- **High academic standards**
- **Opportunities for personal growth**
- **A community that values every learner**

We are genuinely proud and honored that our students selected Excelsior as their school of choice. Their decision shows trust in our mission, our educators, and our commitment to helping every student succeed.

WINGS OF THE WORLD CULTURE & DIVERSITY

Living the Legacy: MLK's Call to Action



Each January, we honor Dr. Martin Luther King Jr., whose vision went beyond speeches and marches. He believed in the power of youth activism, service, and inclusion—principles that remain relevant today.

Young people were central to the Civil Rights Movement, leading sit-ins, voter registration drives, and peaceful protests. Their courage reminds us that students have the power to make meaningful change.

Martin Luther King Jr. Day is the only federal holiday designated as a National Day of Service.

Dr. King's work emphasized that everyone deserves to feel safe, valued, and heard. Through service, leadership, and everyday acts of kindness, students can carry forward his legacy and make a lasting impact in the community.

Martin Luther King Jr. dedicated his life to promoting justice, compassion, and equality. One way to honor his legacy is through small acts of kindness that make a big difference in our school and community.

Even simple actions—like holding the door, sharing a smile, helping a classmate, or leaving a kind note—reflect the values Dr. King stood for. These gestures remind us that everyone deserves to feel respected, included, and valued.

Students and staff are encouraged to participate in The Great Kindness Challenge, January 26-30, 2026,
Use the QR Code to get the Free App for the "School Edition" or "Family Edition" and start spreading kindness everywhere!!

FREE APP!

By spreading kindness in small but meaningful ways, we can all carry Dr. King's message forward and make our school and community a more welcoming place.