Excelsior Charter Schools
Volume 2, Issue 3: Pg. 1
October 2026

Student Services News for Excelsior Families

# EXCELSIOR TALON TIMES Newsletter

## WELLNESS-NEST




### You Don't Have to Go Through It Alone

October is a time to recognize the importance of mental health and depression awareness. High school can be an exciting time, but it can also come with stress, pressure, changes in friendships, schoolwork, family situations, and figuring out who you are. Sometimes, those feelings can become overwhelming.

### Mental health is just as important as physical health.

Feeling stressed, sad, worried, or overwhelmed from time to time is a normal part of life. However, when difficult feelings last for a long time or begin to affect your everyday life, it may be time to reach out for support.

### Know the Signs

Depression doesn't always look the same for everyone.
Some possible signs include:

- Feeling sad, empty, hopeless, or unusually irritable
- Losing interest in things you normally enjoy
- Feeling tired or having little energy
- Having trouble concentrating or keeping up with schoolwork
- Changes in sleeping or eating habits
- Pulling away from friends or family
- Feeling like you're not good enough or that things won't get better




### Check In with Yourself — and Your Friends

You never know what someone else may be going through.
A simple ***"Are you okay?"*** or ***"I'm here if you want to talk"*** can make a difference.

### Do You Need Someone to Talk To?

You don't have to go through difficult times alone. If you're feeling overwhelmed, depressed, hopeless, or struggling emotionally, reach out to someone you trust—a parent, teacher, counselor, or another trusted adult.

***Call or text 988 to connect with the 988 Suicide & Crisis Lifeline, available 24/7.***

Learn more about teen depression: National Institute of Mental Health - Teen Depression: More Than Just Moodiness at **https://www.nimh.nih.gov/health/publications/teen-depression**

You can also view or download the attached fact sheet, intended for teens, young adults with information on how to recognize the symptoms of depression and how to get help.

### You matter, your feelings matter, and you deserve support.

This October, take a moment to check in with yourself and the people around you. Be kind. Listen without judgment. And remember that reaching out for help can be the first step toward feeling better.

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## National Bullying Prevention Month

October is National Bullying Prevention Month, a time to remind each other that everyone deserves to feel safe, respected, and included at school and online.

Bullying can include name-calling, spreading rumors, exclusion, threats, physical behavior, or hurtful online messages. What may seem like "just a joke" can have a lasting impact on someone else.

What Can You Do?

**Speak Up:** Tell a trusted adult if you see or experience bullying.

**Include Others:** Invite someone to join you or simply check in and ask, "Are you okay?"

**Think Before You Post:** Remember that words online can hurt just as much as words spoken in person.

**Be an Upstander:** You don't have to handle bullying alone. Supporting someone and getting help can make a difference.

***This October, choose kindness, show respect, and help make our school a place where everyone feels welcome.***

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## Frightfully Friendly: 31 Days of Kindness

***Small Acts. Big Impact.***

This October, take the 31 Days of Kindness Challenge! Each day, complete a simple act of kindness and check it off your calendar. Challenge yourself, a friend, your class, club, or team to join in!

**Be Honest—Kindness Feels Good!**

Doing something kind for someone else can make you feel good, too! A compliment, helping someone out, including someone, or simply making someone smile can brighten their day—and yours.

When you complete each day, take a moment to be proud of yourself. You chose to make a positive difference! "I chose kindness today. I made a difference. And I'm proud of myself for that."

**Finish All 31 Days? Celebrate!**

Give yourself credit for completing the challenge! Treat yourself to your favorite snack, movie, hobby, or some well-deserved relaxation.

**Teachers, clubs, and teams:** Consider celebrating students who complete all 31 days with a kindness certificate, shout-out, small treat, homework pass, or ***"Kindness Champion"*** recognition.

*Remember, kindness isn't about getting a reward—it's about knowing you made someone's day a little better.*

***Be kind. Be proud. Be FRIGHTFULLY FRIENDLY!***

Ready to spread some kindness? Click on the Newsletter attachment below to **download** your **"Frightfully Friendly" 31 Days of Kindness Calendar!**



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## NUTRITION CORNER

### Why Breakfast Matters!

Breakfast isn't called the most important meal of the day for nothing! After going all night without eating, your body and brain need fuel to get you ready for the school day.




### Eating breakfast can help you:

- Stay focused and ready to learn
- Boost your energy for classes and activities
- Improve your mood and help you feel your best
- Get important nutrients your body needs to grow
- and stay healthy
- Avoid getting overly hungry later in the day

Even if you're not a big breakfast person, something is better than nothing! Grab a quick option like fruit, yogurt, whole-grain cereal, eggs, or a breakfast sandwich.

### Don't Skip It—Fuel Your Day!

A good breakfast can help you start your day feeling energized, focused, and ready to take on whatever comes your way!

And remember: **Breakfast is FREE for all Excelsior students!** Stop by your campus nutrition program and fuel up for a great day!

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### Breakfast Is Better with Unity Meals!

Start your school day with a breakfast you'll actually look forward to! Unity Meals is serving up a variety of tasty breakfast options throughout October, including Fun & Fruity Waffles, Mini Pancakes, Egg & Cheese on a Whole Grain Muffin, Breakfast Quesadillas, Chocolate Waffles, Bagel Dots, and Maple Beef Sausage Breakfast Sandwiches.

And there's plenty of variety for cereal lovers too, including ***Cheerios***, ***TRIX, Cinnamon Toast Crunch***, and ***Apple Cinnamon*** cereal bowls.

All breakfasts are served with fruit and a choice of milk, with whole-grain options included. Want to see what's being served? Visit the Excelsior Charter Schools website to view the monthly Breakfast and Lunch Menus from Unity Meals and plan ahead for your favorite meals!

unity meals

***Don't skip breakfast—grab a meal, fuel your morning, and get ready for a great day!***

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**Fall Break Is Almost Here!**

No school means it's time to relax, recharge, and enjoy some quality time with family and friends. Whether you're staying home or heading out for an adventure, there are plenty of fun ways to make the most of your Fall Break!

**Fun Family Ideas**

- Have a pumpkin-carving night and see who can create the most creative design.
- Plan a family movie marathon with cozy blankets and your favorite snacks.
- Bake a fall treat together—try cookies, muffins, or a homemade pie.
- Go on a fall hike or nature walk and enjoy the cooler weather.
- Have a family photo day with a fun fall theme.
- Host a family game night with cards, board games, or a friendly competition.
- Try a family cook-off and let everyone create their own dish.
- Do something kind for someone else—bake treats for a neighbor, donate items, or volunteer as a family.

Most importantly, take time to unplug, laugh, spend time together, and make memories! Fall Break is a great opportunity to rest and return to school refreshed and ready for what's ahead.

Enjoy your Fall Break, Eagles!

## Community Resources During Fall Break

Fall Break is a great time for students and families to connect with helpful resources in their community. Local libraries, recreation centers, food assistance programs, community organizations, and youth programs may offer free or low-cost activities, meals, and support during the break. Take a few minutes to explore what is available in your area and make the most of Fall Break together!

ConnectIE is for everyone — no matter your insurance or income. Visit [www.ConnectIE.org](http://www.ConnectIE.org) to look for resources like medical care, food, and more in your area.

Your Local Food Bank
FEEDING AMERICA
RIVERSIDE | SAN BERNARDINO

Feeding America Riverside | San Bernardino distributes over 20 million meals a year with the help of nearly 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 their website at: [www.feedingamericaie.org/get-help](http://www.feedingamericaie.org/get-help) to help determine which service is right for you.