

# THE *Eagle Eye*



March 7, 2019

Eagle Ridge Academy

Volume 15 | Issue 12

## Board of Directors Seeking 2019 Election Nominations

Deadline March 15

Nominations for the upcoming Board of Directors election close next Friday, March 15. [Please read the full announcement on the Eagle Ridge Academy website](#) for more information regarding the election process and to nominate!

- **March 15:** Nominations Due
- **March 22:** Candidate Questionnaires Due
- **April 18:** Board Candidate Forum, 6:00 p.m.
- **April 18-22:** Election Open (Ballots Sent via Email)
- **April 23:** New Board Members Announced

You may contact those listed below with any questions.

- [Kathy Oberstar](#), Election Coordinator
- [Rahul Deep](#), Election Coordinator

**CollegeBoard**  
Advanced Placement Program  
*Exam Registration*  
*Due March 15*

## #GoGryphons

### Weather Make-Up Days

Please plan to be at school on:  
Friday, March 15  
Monday, May 6

## Upcoming Events | MARCH 7-21, 2019

- March 8** – 6th Grade Movie Night  
**POSTPONED TO APRIL 28** – PTO Roller Garden Event (Grades K-8)
- March 12-13** – Share Your Talent Day (Gr. 3-5)
- March 14** – Spirit Wear Day
- March 15** – School in Session (Weather Make-Up Day)
- March 15-16** – One Act Play: "The Importance of Being Earnest"
- March 20** – SEAC (Special Education Advisory Council) Meeting
- March 21** – School of Grammar Variety Show

*For more info and events, visit the [school calendar](#).*

## PENNIES FOR PATIENTS UPDATE

### *\$4,232.22 Raised!*

Thank you for a wonderful Pennies for Patients drive! As a school, Eagle Ridge, was able to raise \$4,232.22 with money still coming in. The top two classrooms in the Lower School were Ms. Lentz (\$686.97) and Ms. Oie (\$440.79). The top first hour classrooms in the Upper School were Mr. MacLennan (\$103.34) and Mr. Magnuson (\$20.00). Thank you also to **Ms. Erin Schmitz** for organizing the event! •

# Community Updates



## Register for Driver's Ed: April 1-12, 2019

[KAREN CONNER](#)  
*Operations Manager*

Eagle Ridge Academy will host a spring driver's education class for students ages 14-17 after school from April 1-12 (Monday-Friday) from 3:15-6:15 p.m. each day. To learn more and to register, view the [A+ Driving School flyer](#).



## School of Grammar News

[JANELLE MELLGREN](#)  
*Principal, School of Grammar*

A Classical, Liberal Arts Education prepares our students to be good at life. This is one reason we value our students, families and the work we do here each day. It's wonderful to learn about all the ways students bring this into other aspects of their lives.

Some of you have been able to see talents students are sharing during our Share Your Talent days organized by our Music teaching team. Our most popular club at ERA, Chess, recently had some great success during a Statewide Chess Tournament organized by the Minnesota State Chess Association. Congrats to Aarti K., Aditi K., Joshini G. S., Arjun V., and Tanish D. for the spectacular work! In January we had several students taking part in the Spelling Bee, and Vandana R. will be moving on to the Regional Bee in two weeks.

The joy of learning we seek to bring to our students each day translates outside our school walls in so many ways and it's great to see. Thanks to all the families, teachers, and volunteers who support our students in these outside endeavors!



## Special Education Advisory Council Meeting: March 20

[AMBER DAHLSTROM](#)  
*Special Services Coordinator*

Attention parents of students receiving special education services: please join us at our next Special Education Advisory Council (SEAC) meeting. SEAC meetings are an opportunity to learn about special education topics, connect with other parents and provide input.

Our next meeting is on **March 20 from 5:00-6:00 p.m.** with a light dinner and networking afterwards. The meeting will have information sessions on Basic Psychological Processes and Social Thinking and Communication.

Please RSVP by Friday, March 15 to Cathy Tryggestad at [ctryggestad@eagleridgeacademy.org](mailto:ctryggestad@eagleridgeacademy.org) or Sarah Soetanto at [ssoetanto@eagleridgeacademy.org](mailto:ssoetanto@eagleridgeacademy.org), so we are able to plan for the meal.



## Save the Date for Summer Excellence Club

[CATHY TRYGGESTAD](#)  
*Director of Special Services*

Summer Excellence Club and Credit Recovery Program dates are **June 11 – 27** (Monday-Thursday except the first week, which begins on a Tuesday) and **July 15 – Aug. 1** (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.



## To the Gryphon Girls Basketball Seniors

**KRIS BABLER**

*Activities Director*

On Saturday, Feb. 23, our girls varsity basketball team quietly closed out their season with a 39-23 win over Liberty Classical Academy in the Twin Cities Athletic Conference tourney. It closed out a 5-18 season, a year of challenges. It would be easy to dismiss the moment.

As the buzzer sounded, seniors Bea R. and Gabby C. embraced and could be heard across the gym remarking, “Can you believe it? We couldn’t even make a layup three years ago.”

Gabby C., Bea R., Clara H., Anusha R., Shamis M., Zamaria D., Shivani C., and Nitya S. are a senior class who will leave the program as trailblazers. They revived a dormant program and opened up varsity competitive opportunities for future generations of Gryphon girls. Ladies, great work this season. We are proud of your persistence and competitive spirit.



## Activities Corner

### SPRING SPORTS OPPORTUNITIES AVAILABLE

If you are interested in leaving your own legacy, there are new programs being formed – new opportunities arising. [Spring registrations are open](#). Boys and Girls Golf, Girls Badminton and a new strength program are being introduced. There is a push for middle school baseball happening. We are looking for ways to integrate more music opportunities into the activities department.

Visit the [school website](#) or contact Mr. Babler in the Activities Department for more information.



**Register for Spring Sports!**

EAGLE RIDGE ACADEMY PRESENTS

# The Importance of Being Earnest

Play by Oscar Wilde



March 15 at 7:00 p.m. • March 16 at 11:00 a.m. & 7:00 p.m.

**Tickets Available for Reservation**

# Spring Events Update



## Developing Connections

**KELLY SCHIFFMAN**

*Director of Development*

It's not too early to start thinking about nicer weather. With the spring and summer weather comes outdoor activity. Registration is open for the **Donut Dash 5K** (May 11) and the **Gryphon Classic Golf Tournament** (June 17). Runners, walkers, and golfers, no matter the skill level, are welcome to register for these two events supporting the students of Eagle Ridge Academy. Proceeds will help support Robotics and a new student Pep Band at Eagle Ridge Academy.

*We are 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 child and his/her classmates at Eagle Ridge Academy! And, don't forget to ask your employer if they match gifts ... you could double your donation.*

Any questions or organization referrals for sponsorship or donations may be directed to Kelly Schiffman at [kschiffman@eagleridgeacademy.org](mailto:kschiffman@eagleridgeacademy.org) or 952-746-7760, ext. 1107.

## GRYPHON CLASSIC GOLF TOURNAMENT:

*June 17 • Register Now*



## Order Special Spirit Wear by 3/8!

To celebrate the 5th annual Donut Dash 5k on May 11, we will have a special Donut Dash Spirit Wear Day in April. Don't have a Donut Dash shirt? Catch this year's new swag at [www.rambow.com](http://www.rambow.com), store code **DONUT**, to enter your order. New this year: hoodie sweatshirt, long sleeve sport tek shirt, and water bottle. **Order deadline is March 8, with all orders being delivered back to ERA at no charge.**



**Race on Saturday, May 11, 2019**

**Register Today for Only \$30!**

# 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 4 | 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](mailto:pto.eagleridge@gmail.com)

#### SEEKING 2019-2020 ERA PTO BOARD MEMBERS

Please [nominate yourself or another person](#) to join our 2019-2020 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—we hope you'll join us! [Nominations are due April 15, 2019](#) and will be published in the April 25 edition of the Eagle Eye. The new board will be voted on by attendees at our Quarterly PTO Community Meeting on April 29, 2019 at 6:30 p.m.

#### SEE IT... SAVE IT!

The "See it...Save it" contest results are in. Congratulations to Ms. Soerens' class and Ms. Pahl's advisory for being our top classrooms! Thank you to all who brought in so many items to earn money for our school. For those of you who collect Milk Moola, we have been informed that the program is ending. Please submit any tops that you have to your classroom or the bin by the Main Office as soon as possible to earn points toward the next contest. Only milk tops that are submitted by March 13 can be counted. Remember, the next contest starts now, so keep collecting those Box Tops, Coke Codes, Tyson Rewards, and Loaves4Learning!



**NEW DATE**  
**SUNDAY, APRIL 28**  
**5:00-7:00 PM**

***8th Annual Roller Skating Party***  
**April 28 • 5:00-7:00 p.m. • Roller Garden in**  
**St. Louis Park**

Due to impending winter weather, and our desire to keep all students and families safe, our **Roller Garden Party set for this Saturday has been rescheduled**. Please join us Sunday, April 28, from 5:00-7:00 p.m. at the Roller Garden! Cost: \$6 for students, including skate/rollerblade rental. Non-skating parents stay and visit for free (no drop offs!). All students receive a FREE glow necklace. Food and beverages are available for purchase.

## Harvest of the Month

### Strawberries



#### FUN FACTS:

Strawberries come in all sizes. The smallest varieties are usually the sweetest.

California, the major producer, grows over 2 billion pounds of strawberries a year.

Strawberries are the only fruit that wear their seeds on the outside. On the average, there are 200 edible seeds on each strawberry.

Rinse strawberries with the stem on or stem side down to keep the nutrients from washing away.

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### Small Changes Matter

When it comes to being physically active and eating right, small changes matter. Don't feel like you need to go all out to see results; taking positive gradual steps goes a long way in becoming healthy.

Keep it simple. Eating right doesn't have to be complicated:

- Eat, don't drink your calories
- Make the first meal of your day the biggest
- Choose whole foods rather than processed
- Don't bother with the "diet" or "low fat" version of the foods you love
- Eat in moderation

Find activities that you enjoy and be physically active most days of the week. Any activity is better than none; daily activities count such as shoveling snow, gardening, and climbing stairs.

Benefits of being physically active include:

- Feeling more energized
- Better sleep
- Increases concentration and focus
- Mood booster
- Decreases blood pressure and improves blood sugar

**Go ahead and leap toward health...  
one small step at a time.**

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

## HARVEST OF THE MONTH RECIPE—MARCH

### Strawberry Spinach Mint Feta Salad

Yield: 3 servings

#### DRESSING

- 1 orange, juiced
- 3 Tbs olive oil
- 2 Tbs apple cider vinegar
- ½ Tbs honey
- salt
- pepper

#### SALAD

- 6 oz bag baby spinach
- ¼ cup chopped mint
- ½ cup strawberries, quartered
- ¼ cup feta cheese crumbles

**For Dressing:** Juice the orange. Whisk together the ingredients and set aside.

**For Salad:** In a bowl, combine spinach, mint and strawberries.

Whisk the dressing just prior to serving and toss with the spinach, mint and strawberries.

Sprinkle the feta cheese crumbles on top.

#### NUTRITION SNAPSHOT ~ 1 serving

215 calories, 17g total fat, 4g sat. fat, 305mg sodium, 12g carbohydrate, 3g fiber, 17mg cholesterol, 5g protein, 8g sugar



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