

THE *Eagle Eye*



September 5, 2019

Eagle Ridge Academy

Volume 16 | Issue 1



Upcoming Events

SEPT. 5 - SEPT. 23

- Sept. 10** – ERA Monthly Volunteer Day
- Sept. 12** – Curriculum Night for Gr. 1-5
- Sept. 13** – Spirit Wear Day
- Sept. 18** – Formal Dress Day for All Students K-12
- Sept. 18** – School of Grammar Portrait Day
- Sept. 23** – College Boot Camp for Seniors

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



Welcome Back, Gryphons!

JASON ULBRICH

Executive Director

2018-19 MCA Scores Show Excellence Across Schools

With the release of 2018-2019 Minnesota Comprehensive Assessment (MCA) scores, we are excited to announce that Eagle Ridge Academy is amongst the top school districts in Minnesota. The Academy outscored our local comparison districts (Edina, Eden Prairie, and Hopkins) and is now in the top 1% of all school districts. 2018-2019 MCA scores for all public school districts have been released and are now [viewable online through the Minnesota Report Card](#).

This year, ERA has been recognized as the 4th highest performing district by [SchoolDigger](#), a third party source that aggregates data from the National Center for Educational Statistics, the U.S. Department of Education, the U.S. Census Bureau, and the Minnesota Department of Education. This year, SchoolDigger ranked the Eagle Ridge Academy Upper School as the #1 high school in the state, climbing eight spots over last year. The Eagle Ridge Academy Lower School ranked #16, climbing 16 spots over last year. Congratulations, Gryphons!

Students are Invited to Join Flag Detail

Five years ago, Eagle Ridge Academy started a Flag Detail Team comprised of students of all ages. By honoring the American Flag, we represent Eagle Ridge Academy to the

United States of America in a way that would make our Founding Fathers proud. This year, the Flag Detail Team is led by junior Mitchell Orr.

We are accepting volunteers of all ages to join the Flag Detail Team for 2019-2020. The responsibilities of the Flag Detail Team are to post the American Flag the first day of every week and safely recover and fold the flag at the end of the week. A ceremonial team will be formed to present the colors at special events like Veterans Day and graduation. We will have at least two Flag Detail Teams. One team will meet at 8:00 a.m. on the first day of the week to post the colors and another team will meet at 2:45 p.m. on the last day of the week to recover the colors. We are looking for individuals who are trustworthy and who uphold the pillars in their daily and scholastic lives. Please respond to Mitchell via email at mitchell.orr.history@gmail.com if you are interested in undertaking this patriotic endeavor by answering the following questions by Monday, September 16. Feel free to ask any clarifying questions you may have.

In your e-mail, please include and answer the following:

1. Name, Grade, and Homeroom or Advisory Teacher. (All ages are welcome!)
2. What does the American Flag mean to you, and how does it relate to Eagle Ridge Academy and the United States of America?
3. What team would you prefer to join? Posting the colors on the first day of the week at 8:00 a.m. or recovering the colors the last day of the week at 2:45 p.m.?

Community Updates



Schools of Logic & Rhetoric News

BART JOHNSON

Principal, Schools of Logic & Rhetoric

Welcome back to school! We have had a very productive first week in the Schools of Logic and Rhetoric. Students have started in quickly: reading challenging texts, engaging in discourse, and learning how to navigate school processes and meet expectations.

As I sit and look out at the upper commons in the School of Rhetoric, I see students working on kinematics problems, reading Kafka and Dostoyevsky, diagramming cell organelles, drawing masks representing their personalities, and talking about tonight's volleyball game. In the classrooms, students are re-creating Paleolithic art, reciting Latin phrases, making stem and leaf diagrams in statistics, reading Huckleberry Finn, and learning their instruments in orchestra.

We have addressed some requests from students and staff, adding homeroom four times a week and study hall once a week. In homeroom last week, students got acquainted with each other and their teachers, and reviewed the student handbook. Parents should also read the [student handbook](#). There is important information in it that all parents should know.

Please talk to your students about participating in extracurricular activities, including our new pep band, our many club offerings, and athletics. We want all students to have opportunities to participate in a variety of activities throughout their career at Eagle Ridge Academy.

The level of academic challenge and the demands we place on our students is by design and clearly stated in our mission. We, as parents and staff, must continue to reaffirm our belief in students' capacity to succeed, while also monitoring and offering support. Remember to check in periodically with your children to see how things are going. Asking specific questions about classes is usually a route that works. Continue to remind them that the door is always open to them for help if they need it. Let's have a great year of learning at Eagle Ridge! Go Gryphons!



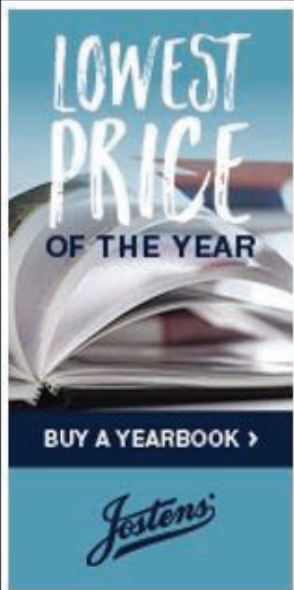
School of Grammar Notes

JANELLE MELLGREN

Principal, School of Grammar

It has been a great start to the school year here in the School of Grammar. I am thankful to our staff and families who support our students and the work we do here with them each day. I would also like to recognize our students who have started the year by showing exemplary behavior. I've had more than one adult in the school comment on how well behaved and respectful our students have been as we begin our year together. It's also been heartening to see many of our Schools of Logic and Rhetoric students assisting their siblings or cousins in the morning and afternoon. We have a strong community here, which I believe is so important for the work we do supporting our students in reaching their highest potential. Thank you for your time and efforts and for the privilege of working with your children this year!

Gr. K-5 Yearbook Sale:



LOWEST PRICE OF THE YEAR

BUY A YEARBOOK >

Jostens

828 school portraits make for one amazing yearbook!

Back to School YEARBOOK SALE

ORDER YOURS NOW!

ONLY \$25 ~ Save \$3

Online Sales Only

www.jostensyearbooks.com

> Buy Your Yearbook:
Eagle Ridge Academy Lower School K-5

Call: 1-877-767-5217

Sale Price Ends 10/18/2019

Grades 9-12 | Homecoming Dance on Friday, Oct. 4

Register by Sept. 27 for the \$40 ticket price: [Click Here for Permission Slip](#)

Questions? Ask [Ms. Donna Cornelius](#)

Community Updates



Gr. 12 College Boot Camp: New Date Sept. 23!

NICOLE CECKA

Academic Counselor School of Rhetoric

Eagle Ridge Academy's third annual Senior College Boot Camp is rescheduled for Monday, Sept. 23 after school from 3:30 – 8:00 p.m. The seminar will be led by Independent Educational Consultant, Beth Kreush. Attendance is strongly encouraged as the material covered cannot be made up on a one-on-one basis. Eagle Ridge Academy will cover the cost of this event including dinner. *Please bring your own dinner if you have specific dietary needs. [Read more about how to prepare for the boot camp here!](#)

If your student is not able to make it, please let Ms. Cecka know by Friday, Sept. 20: ncecka@eagleridgeacademy.org



Gr. 6-12 Yearbook Notes: Senior Photos and a Sale!

EMMA CONNER

Art Teacher, Schools of Logic & Rhetoric

Seniors: Photos and Quotes Due by Dec. 20

Senior photos, baby photos and senior quotes for the 2020 ERA Yearbook must be emailed to Ms. Conner by Friday Dec. 20. Please attached the photos in the form of a JPEG with the file labeled with the Last Name. The JPEG resolution should be no smaller than 350ppi. If you have any questions, please contact Ms. Conner at econner@eagleridgeacademy.org.

Fall Sale: Get Your Yearbook for the Lowest Price

Back to School Yearbook Offer! For a limited time only the ERA Upper School Yearbooks will be only \$40. Please go to Jostens.com and type in Eagle Ridge Academy. Be sure to select Upper School for 6-12 and Lower School for K-5. This offer is only available through Sept. 27, so act fast!

CLICK HERE TO ORDER!
YEARBOOK
CELEBRATING MOMENTS THAT MATTER

Jostens



Formal Dress Day for K-12: Sept. 18
[View Details on the ERA Website](#)

**School of Rhetoric Students:
Looking for a job?**

TEL
The Eagle's Lair
AFTER SCHOOL CARE • EAGLE RIDGE ACADEMY
is hiring!

Calling ERA 9th-12th Graders! Are you interested in working with kids in your school? TEL is accepting applications for TEL assistants! We are looking for individuals who are motivated and enjoy doing fun activities like making crafts, playing games, and more. Starting pay is \$10/ hour. Submit your [application online](#) or email Isabelle Kofflin at ikofflin@eagleridgeacademy.org for more information.



Individual 2018-19 MCA Scores Available Soon

SUSAN BLOOMGREN

Director of Academics

Individual student MCA scores will be mailed home by Sept. 15. Students new to Eagle Ridge Academy will receive their scores from their previous district.

Community Updates



Gryphons Fly Forward

KRIS BABLER

Activities Director

The school year is here and students at Eagle Ridge Academy continue to have new and exciting activities opportunities opening up to them. We are proud to announce a new athletic conference for our varsity athletics, the Minnesota Classic Athletic Association, in which we will be competing in starting this fall.

We are joining a league that includes North Lakes Academy, PACT Charter, Heritage Christian, West Lutheran, Spectrum Charter, Lester Prairie-Holy Trinity, and Legacy Christian Academy. These are excellent Class A programs across the north and west metro that we look forward to competing with for years to come.

Entering the new conference is also the beginning of a new era of Gryphon athletics. Our students will be met by stiffer competition. We must prepare them for the challenge. As we continue to fly forward, it is critical for our young people to focus on perseverance and excellence—pillars of ERA. Practice and preparation are the key to this.

I look forward to seeing you out in the arena, at our Gryphon Youth Sports offerings, or at our co-curricular events such as Drama and Robotics. Enjoy the flight!



First Monthly Volunteer Day is Tuesday, Sept. 10

DONNA CORNELIUS

Activities Specialist

Join our ERA community the 2nd Tuesday of each month for Volunteer Day. On Volunteer Day we will join efforts, at school, from home, and through item drop-off. These efforts will support our teachers, classrooms, and students by performing tasks that build a stronger Eagle Ridge Academy. Please let us know you are able to join us by [signing up here](#).

Check-in at the Main Office and meet us in the Forum.



The Girls Varsity Volleyball team huddles during their match against Cristo Rey on Aug. 28. They won 3-0. | PHOTO BY JEFF MAGNUSON



Stay Connected

K-12 PARENT DIRECTORY APP!

My School Anywhere is NOW

Membership

**TOOL
KIT**

Step 1:

- Create an account at eagleridgeacademy.membershiptoolkit.com
- If you **already have an account** from last year, using My School Anywhere, you can use the **same email and password** to login. You can then confirm or edit your information.

Step 2:

- Click "**verify my email**" and check your email for a link to complete the process.

Questions? Please contact Anu Philip at anu.philip@gmail.com or Jodie Greer at jodielynn20@yahoo.com

\$10 Pre-reg (5+yrs)
\$15 at the door

Zumba® for the Ridge

Eagle Ridge Academy
11111 Bren Road West, Minnetonka, MN
Zumba.com/event/view/era-Zumbathon

Saturday 10/12
9:00 check-in
9:30 Zumba® Party



Join the Eagle Ridge Academy community on Saturday, Oct. 12 for a crazy Zumbathon® where everyone is welcome to come shake it and no move is wrong! ERA parent and master Zumba® instructor, Eryn Stennes, will take us on a trip around the world with international music and sweat like crazy, all while supporting the students of Eagle Ridge Academy. Pre-register for \$10 per person (ages 4 and under are free.) Cost to participate is \$15 after Oct. 10 to day of event. [To register online, click here!](#)



Friday, November 22, 2019
6:00 – 11:00 p.m. • Hazeltine National Golf Club

Join us as we head back to the Roaring 20s for the Cat's Meow of events including cocktail hour, silent auction, games, live music by Belle Amour, a seated dinner, live auction, and dancing. [Register now!](#)

Dress to impress in your spiffiest 20s attire – you may win best dressed in our costume contest.

Guys and gals, don't be a wet blanket. Only 200 tickets will be sold so grab your friends and [reserve your spots today](#). For sponsorship opportunities, including VIP tables of 10, please contact kschiffman@eagleridgeacademy.org.



Ways to Get Involved & Give Back!

[KELLY SCHIFFMAN](#)
[Director of Development](#)

Eagle Ridge Academy is blessed to have philanthropic partners who support us. There are a number of ways to support the Academy using your heart and hands.

- Make a 100% tax-deductible gift [online](#), with cash or by check written to Friends of Eagle Ridge Academy
- Ask your employer to match your gift
- Attend an event
- Contribute an item for silent or live auction. Currently accepting donations for the gala silent auction:
 - Product
 - Experience
 - Sports Tickets (Vikings, Timberwolves, Twins, Lynx, Wild, college athletics)
 - Gift Certificate (favorite store, restaurant, spa, etc.)
 - Big Ticket item (Vacation home, timeshare, equipment/technology, etc.)
- Sponsor an event or ask your employer to sponsor
- Donate the precious gift of time and volunteer-through classroom assistance, event planning, in the Gryphon Garden or the Lunchroom, or to play the piano! [Sign up here](#).



PTO News

PARENT TEACHER ORGANIZATION

pto.eagleridge@gmail.com


PTO SPIRIT WEAR

Still looking for a soft and stylish ERA Spirit Wear tee? We've got you covered! We'll be selling the last of our 2019-20 PTO Spirit Wear near the ticket sales and will call area at Rockin' the Ridge on Saturday, Sept. 28 from 3:00-7:00 p.m. Come see us and grab some new gear!




SEE IT...SAVE IT!

Eagle Ridge Academy earns money for valuable programs and projects through our "See it...Save it!" program, and we need your help! Find info on redeeming Box Tops, My Coke Rewards and Loaves4Learning on the [PTO website](#). The Box Tops program has changed, so take a minute to download the app and learn how it's easier than ever to earn money for ERA.



SEE THIS...
CLIP IT



SEE THIS...
SCAN YOUR RECEIPT

SATURDAY, SEPT. 28, 3-7pm



SCHOOL CARNIVAL

for K-5 @ERA

GAMES-FOOD-FUN-FRIENDS

ROCKIN' THE RIDGE

Rockin' the Ridge, our highly anticipated annual school carnival event for K-5 families, is on for Saturday, Sept. 28 from 3:00-7:00 p.m. at ERA! We pull out all the stops to create a fun and memorable evening for the whole family. We're excited to bring back many well-loved events including Laser Tag, Inflatable Slide and Obstacle Course, Game Truck, Carnival Games, Face Painting, Crazy Hair, and so much more! Additionally, we have a delicious food truck lineup, including the Purple People Feeder, Medbox Grill, and Addie's Mini Donuts, along with Culver's Custard and Popped Corn popcorn. Don't miss the debut of our all-new ERA collector water bottle with bottomless lemonade for \$6! See our links below for important information, including Unlimited Fun Wristband ordering.

RTR INFO SHEET | RTR FAQs **ORDER YOUR UNLIMITED FUN WRISTBANDS**

Did you know that RTR is staffed almost exclusively by wonderful parent and Upper School student volunteers? It's a great place to meet other ERA parents, log some volunteer hours, and have fun while doing it. We have many opportunities that only require 1-2 hours of your time and suit a wide variety of skills and interests. Parent help in the 2nd half of the evening is especially appreciated to ensure our activities are open to the end of the event. [Sign up here today!](#)

ANNUAL FAMILY CONTRIBUTION

We are committed NOT to ask students to participate in any fundraising activities (such as selling food or gift items). For this reason, we ask for an annual tax deductible donation of \$25 per family, but we appreciate donations of any amount. Please make checks out to ERA PTO and drop them in the school office, or make your contribution online at our [Square Store](#).



Eagle Ridge Academy

September
2019

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School- Labor Day	3 Turkey Hot Dog on a Bun Grilled Cheese Sandwich (V) Turkey BLT Salad Turkey Deli Tator Tots	4 BBQ Chicken Sandwich Cheeseburger on Bun Chicken Salad Sandwich Pretzel Bites with Cheese (V) Baked Beans Broccoli Salad	5 Orange Chicken Brown Rice Sloppy Joe on a Bun Yogurt Pack (V) Turkey Cranberry Wrap	6 Cheese Pizza (V) Chicken Gyro Beef Taco Salad Southwest Chicken Salad
9 Italian Meatball Sub Cheese Bosco Stick with Sauce (V) Harvest Chicken Salad Turkey BLT Wrap	10 Buffalo Chicken Fajita Wrap Beef Quesadilla Kale Salad Pretzel Bites w/ Cheese (V) Chicken Caesar Salad	11 Crispy Chicken Sandwich Turkey BLT Flatbread Hummus and Veggies (V) Chef Salad Golden French Fries	12 French Toast Sticks (V) Syrup Egg and Cheese Sandwich (V) Chicken Waldorf Salad Turkey Deli Sandwich Breakfast Potatoes	13 Cheese Pizza (V) Chicken Philly Flatbread Chicken Turkey Bacon Ranch Wrap Chicken Caesar Salad Glazed Carrots
16 Cheesy Italian Flatbread (V) Cheeseburger Flatbread Cravin Craisin Salad Chicken Caesar Wrap Seasoned Ranch Wedges	17 Crispy Chicken Nuggets Turkey Corn Dog Greek Salad with Chicken Cheese Pizza Munchable (V) Garden Salad	18 Chicken Fajitas Baja Fish Tacos Fruited Spinach Salad (V) WG Chips, Salsa, and Cheese (V) Brown Rice	19 Meatloaf Roast Turkey & Gravy Hummus and Veggies (V) Turkey Deli Mashed Potatoes Whole Grain Dinner Roll	20 Cheese Pizza (V) Southern Chicken Biscuit Crispy Chicken Salad Turkey Wrap Coleslaw
23 Mac and Cheese (V) Chicken Gyro Buffalo Chicken Wrap Chicken Caesar Salad Tomato & Cucumber Salad	24 Crispy Chicken Tenders Fish Nuggets Hummus and Veggies (V) Crispy Chicken Wrap Kettle Potato Chips	25 Beefy Nachos with Cheese Sauce (V) Chicken and Cheese Quesadilla Pretzels with Cheese (V) Chef Salad Refried Beans	26 Pancake (V) Syrup Scrambled Eggs Biscuits & Gravy Turkey Deli Turkey Cranberry Wrap Breakfast Potatoes	27 Cheese Pizza (V) Chicken Fried Rice Yogurt Pack (V) Southwest Chicken Salad
30 No School				 <p>Choose MyPlate.gov</p>

PRICES

K-5th Grade	3.25
6th-12th Grade	3.60
Allergen Meal	3.75
Milk	0.50
Adult Meal	3.75

EXTRA INFO

If you have questions; contact Brittany Radtke:
Email: bradtke@eagleridgeacademy.org

HARVEST OF



THE MONTH

Your **MENUS** plus more
information on our app
Taher Food4Life®



www.taher.com

Menus are subject to change without notice. This institution is an equal opportunity provider.



HEALTHY to a "T"

September 2019

Focus on Health Not Size!

Social media seems to show everyone's lives perfectly, which can be very discouraging. Wondering how everybody, or what seems to be, looks so fit, healthy and happy. Scrolling through these feeds can leave a person with negative feelings about their own body and self, which is extremely destructive to our own mental and physical health. Each of us are made uniquely and are beautiful in our own way...we just need to find it and focus on being healthy rather than what size or weight we are. Sounds harder than it seems? Here are a few ways to promote a positive body image:

- Stop repeating the negative phrases "I feel fat," "I hate the way I look," "She looks so much better than me" and focus on your positive qualities.
- Appreciate yourself. Celebrate the things you can do.
- Remember everyone is different and that is what makes you, you.
- Don't go to the extreme; you don't need to be a kale smoothie and cauliflower pizza person to be healthy. It is okay to enjoy real pizza crust!
- Compliment others on their successes and what makes them great.
- Engage in hobbies and activities you love and do them often.
- Be active! Don't exercise to lose weight, do it to be healthy.

As you strive to live in these ways, you'll find your self-image is more positive which will make you a more confident, happy and fulfilled person who people will want to spend more time with.

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

Reference: Academy of Nutrition and Dietetics, Food & Nutrition Magazine

Harvest of the Month

Nectarine

Calories
57

Total Fat
0g

1 Small

Sodium
0mg

Sugars
10g

FUN FACTS:

This sweet, juicy treat is a relative of the peach. They differ by a single gene, the gene for skin texture. Peaches are fuzzy and dull, while nectarines are shiny and smooth.

California grows 95% of the nectarines produced in the United States.

Nectarines continue to ripen off the tree.

There's no need to peel a nectarine ~ you can eat it with the skin on!

This institution is an equal opportunity provider.

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HARVEST OF THE MONTH RECIPE—SEPTEMBER

Nectarine Jalapeño Salsa

Yield: 2 servings

- 1 cup diced nectarine
- 1/2 cup fine diced red pepper
- 1/3 cup fine diced yellow onion
- 2 Tbs fine diced jalapeños
- 1 Tbs chopped cilantro
- 1 Tbs fresh lime juice
- 1/2 tsp kosher salt
- 1/4 tsp cayenne pepper
- 1/4 tsp black pepper

1. Fold all ingredients in a bowl.
2. Let marinate for a minimum of 1 hour prior to serving.
3. Enjoy!

RECIPE NUTRITION SNAPSHOT ~ 2 servings
94 calories, 0g fat, 3g fiber, 8g sugar, 555mg sodium, 22.5g carbohydrate, 2g protein