

THE *Eagle Eye*



February 6, 2020

Eagle Ridge Academy

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Executive Director News

JASON ULBRICH
Executive Director



MDE RECOGNIZES EAGLE RIDGE ACADEMY AS A HIGH QUALITY CHARTER SCHOOL

Eagle Ridge Academy has been recognized by the Minnesota Department of Education as a High Quality Charter

School for 2020. This is the seventh consecutive year our school has been honored, earning the distinction every year since 2014, the first year the award was given.

“The Minnesota Department of Education annually designates selected charter schools as High Quality based on school performance. To receive a High Quality designation, charter schools must exceed state averages in twelve academic measures in reading, math, and science, including proficiency, individual student growth, and closing the achievement gap,” shared Beth Topoluk, Executive Director of Friends of Education, our authorizer. “The charter schools must also meet financial and compliance benchmarks established by the state.”

For 2020, the MDE designated only 23 of Minnesota’s 171 charter schools—or 14%—as high quality, including Eagle Ridge Academy.

Upcoming Events |

FEB. 7 - FEB. 22

Feb. 7 – PTO Ski and Snowboard Club

Feb. 7 – Marilyn Strand Memorial Basketball Game

Feb. 8 – High School Winter Formal

Feb. 11 – Board of Directors Offsite Workshop

Feb. 13-14 – Parent Teacher Conferences

Feb. 13-14 – PTO Used Uniform Sale

Feb. 14 – PTO Ski and Snowboard Club

Feb. 14-15 – School of Grammar Drama
Production: *Alice in Wonderland*

Feb. 14-17 – No School; Conferences and Staff Development

Feb. 21 – PTO Ski and Snowboard Club

Feb. 22 – JCL Parents' Day Out

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

BOARD OF DIRECTORS APPROVED 2020-2022 SCHOOL CALENDARS

The Eagle Ridge Academy Board of Directors approved the 2020-21 and 2021-22 School Calendars during their January Board Meeting. The calendars combine some grading days and inclement weather make-up days to allow for a full two weeks of winter break. **Please view the 2020-22 calendars to plan ahead.**



February 24 - 28

Eagle Ridge Academy will be doing Pennies for Patients for the Leukemia and Lymphoma Society once again this year. The fundraiser will go from Monday, Feb. 24 - Friday, Feb. 28. The Leukemia and Lymphoma Society raises money to fund research towards finding a cure for blood cancers, educates and supports patients and their families affected by blood cancers, and advocates for policies at the state and federal level. The top two classrooms in the Lower School and top two first hour classes in the Upper School that raise the most money will earn a class party. Last year, Eagle Ridge Academy raised over \$4,200! • Submitted by Erin Schmitz



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 9) and the **Gryphon Classic Golf Tournament** (June 8). 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 a new 5,000 sq. ft. gymnasium 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 aiding and promoting either of these events and supporting your student(s) and his/her classmates at Eagle Ridge Academy!

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

Celebrate love

Shop for your valentine at smile.amazon.com, and Amazon donates.

amazonsmile





6th Annual **Donut Dash 5k**

2020

May 9, 2020

Register Today for Only \$25!

Early Bird Price Good Through Feb. 29

GRYPHON CLASSIC GOLF TOURNAMENT:

June 8 • Register Now



Community Updates



Sign Up for Parent/Teacher Conferences

KAREN CONNER

Operations Manager

Parent/Teacher Conferences will be held on the following dates: Thursday, Feb. 13, 2020 from 4:00-8:30 p.m. and Friday, Feb. 14, 2020 from 7:30 a.m.-1:00 p.m.

- All conferences should be scheduled using the [conference scheduler](#).
- The master password to access the scheduler is **Eagle7255**.
- The conference scheduler opened Wednesday, Feb. 5 at 7:00 a.m. and will close Wednesday, Feb. 12 at 9:00 p.m.
- Due to the limited number of conference times, we ask that families in the School of Grammar (Kindergarten-5th grade) schedule only with their child's home-room teacher and any specialists with whom they'd like to meet (Music, Art, Latin, and Phy. Ed.).
- Families in the Schools of Logic and Rhetoric (6th-12th grade) should leave some hallway travel time between their conferences.
- You will need to know the teachers with whom you would like to conference prior to entering the conference scheduler, as the scheduler will not have your child's teacher assignments. To see your child's schedule, please log in to the [Infinite Campus Parent Portal](#) and choose "schedule" in the left index. If you need assistance logging into your Parent Portal account, please contact Janice Gerheart: jgerheart@eagleridgeacademy.org.



The Next Monthly Volunteer Day is Tuesday, Feb. 11

DONNA CORNELIUS

Activities Specialist

Join our ERA community the 2nd Tuesday of each month for Volunteer Day. Volunteers will meet at school, work from home, or drop off requested classroom needs to complete teacher project requests. [Sign up now to help on Feb. 11.](#)





Schools of Logic & Rhetoric News

BART JOHNSON

Principal, Schools of Logic & Rhetoric

COURSE REGISTRATION

Students will be learning about the online course registration process this week. The registration window will be open from Monday, Feb. 10 to Friday, Feb. 14. The academic counseling staff will be walking students through the registration process in the computer labs during this time. Please work with your student at home as they [read through the course catalog and planning materials](#). It is recommended that students who will be in the School of Rhetoric next year work on a four-year plan with alternative choices for electives in case they are not able to register for their first choice. We are looking forward to a smooth registration process next week.

SECOND SEMESTER BEGINS

The Schools of Logic and Rhetoric had smooth starts to second semester. With the new semester comes a fresh start and some different classes and faces. We had very few schedule changes and adjusted with flexibility when new students joined classes. We continue to see students engaged and happy in their classes and teachers enjoying teaching and building relationships with students. Students have been studying diligently before school, during study halls, and after school. ERA is poised to continue in its pursuit of excellence during the second half of the school year.

CONFERENCES

Winter Parent/Teacher Conferences will be held on Feb. 13 from 4:00 – 8:30 pm and Feb. 14 from 7:30 am – 1:00 pm. We encourage all parents to attend conferences.



2020-21 School of Rhetoric Course Registration

**Current 8th-11th Graders will register
Feb. 10-14.**

[View the new course catalog now!](#)

Community Updates

Register Now for Spring Break TEL: 3/30-4/3



MINNESOTA ZOO
Changing how you see the world

Eagle Ridge Academy will be offering The Eagle's Lair (TEL) for students in Grades K-6 during Spring Break this year.

During Spring Break, we will be learning about different ecosystems, ending the week with a field trip to the Minnesota Zoo. [Registration is open Feb. 6-March 9](#), with a [\\$5/day late fee added for registrations after the deadline](#).

Hours: 7:30 a.m. - 6:00 p.m.

Cost: \$40* per day, 3/30-4/2
\$55* on 4/3 (includes field trip)

Payments will be posted March 10 and are due March 19. If a payment is not made by March 19, the student will not be accepted, with no exceptions.

**If students are not yet registered for TEL, they must be registered to join the camp (\$30 fee)*

Questions? Email Isabelle Kofflin, Student Program Specialist:

ikofflin@eagleridgeacademy.org

Photos courtesy of Sarah Pahl and
Christine Kelash, 6th grade teachers

6th Grade Winter Camp



The 6th grade class has spent the last week at **Eagle Bluff Environmental Learning Center**, a camp in Lanesboro, MN. From outdoor ropes courses to indoor rock-climbing, snowshoeing, and Ice Age history classes, the week has been filled with new adventures, new experiences, and new friendships. Enjoy this photo sneak peek of their week!



Community Updates



You're Invited: Marilyn Strand Memorial Game

KRIS BABLER

Activities Director

Join the Gryphons for our second annual Marilyn Strand Memorial Game on Friday, Feb. 7. Games begin at 4:30 (JV Boys), 6:00 (Varsity Boys), and 7:30 (Varsity Girls).

Proceeds and freewill donations from this game will go to support the new Marilyn Strand Memorial Scholarship fund. This \$1,000 Scholarship is nomination-based for a senior who embodies the values and spirit of Marilyn R. Strand. Marilyn was known for her love for others and the genuine joy she possessed. She led with a servant's heart both in the Eagle Ridge Academy and outside community. Intuitive to other's feelings and needs, she made everyone she met feel valued and loved in her presence. Not able to attend the game? You may still support this scholarship by donating! [For information about the opportunity to donate, click here.](#)

We hope to see you at this special evening to honor and remember Mrs. Strand's legacy at Eagle Ridge Academy.



JOIN US ON FEB. 29 FOR THE KICK-OFF!

Party with a Purpose is comprised of individual parties hosted through the school year by ERA parents, teachers, and staff. On Feb. 29, a Party with a Purpose Kick-Off will be held at ERA from 7:00-10:00 p.m. The Party with a Purpose Kick-Off is an adults-only event that parents/guardians, teachers, and staff attend. The ERA community is invited to gather for a fun evening filled with conversation, food, entertainment, and an opportunity to be the first to sign up for parties hosted by members of our ERA community.

Grab some friends and [RSVP for the kick-off today](#). After the kick-off, if there are any parties available, sign-ups will be made available to the entire ERA community. The Kick-Off is a great way to connect with friends and meet some new ones, as well. Volunteer to help at the kick-off by [signing up here](#).



Marilyn Strand Memorial Game

Friday, Feb. 7, 2020

4:30 p.m. - Boys JV Game
6:00 p.m. - Boys Varsity Game
7:30 p.m. - Girls Varsity Game

Proceeds and freewill donations at this game will go to support the **Marilyn Strand Memorial Scholarship.**



Eagle Ridge Academy Presents:

Written by
Randy Wyatt

Alice in Wonderland AND BACK AGAIN

Directed by Sylvia Michels

F
E
B
R
U
A
R
Y

14th

7pm

15th

2pm

T
I
C
K
E
T
S

Adults

\$6

Students/Seniors

\$5

Children 5 and under

Free



*Tickets available for
purchase at the door.
Cash or check
payment accepted.*



PTO News

PARENT TEACHER ORGANIZATION

pto.eagleridge@gmail.com

PTO QUARTERLY MEETING

The PTO Quarterly Meeting was held on Thursday, Jan. 30. Check our PTO page of the school website for meeting minutes. Save the Date for our next PTO Quarterly Meeting on Thursday, April 16 at 6:30 p.m. in the ERA Forum. We welcome all ERA parents and community members to participate!

SEE IT... SAVE IT!

Now is the time to turn in Box Tops, Coke codes, and Loaves4Learning UPCs! The winter contest concludes on February 26. The class/advisory to bring in the most items wins a fantastic prize! If you haven't done so yet, be sure to download and start using the Box Tops app. More and more Box Tops are becoming available exclusively through the app. Find more information on the [PTO page](#) under See it...Save it! We also have two volunteer opportunities in the month of February; [click here for info](#).

SKI & SNOWBOARD CLUB

The upcoming Ski & Snowboard Club dates are Feb. 7, 14, 21, and 28 at Hyland Ski Area in Bloomington. Please feel free to come on any club dates that works for you with no commitment required.

Pricing for Tickets and Rentals:

- Daily Lift Ticket: \$23
- Ski Rental: \$17
- Snowboard Rental: \$17
- Helmet Rental: \$8
- Lesson: \$13

To get started, we ask each family to sign the waiver for the year, which may be [found here](#) or signed when you purchase your discount lift ticket and/or rental package from our ERA volunteer sitting upstairs in the Hyland Chalet from 4:00 - 6:30 p.m.

Ski and snowboard group lessons are held on Friday evenings from 5:00-6:30 p.m. for \$13 per person. All waivers and lesson pre-payments must be turned in to the Main Office in an envelope labeled "Ski & Snowboard Club, Child's Name, type of lesson (ski or snowboard)" by 3:30 p.m. on the Thursday one week before the lesson. Please note that the Feb. 14 lesson payment is due on Thursday, Feb. 6. Hyland reserves the right to cancel lessons if we do not have enough students to meet their minimum requirements. If you have any questions, please contact [Kelli TenPas](#).

Community Updates

USED UNIFORM SALE: FEB. 13 & 14 DURING PARENT TEACHER CONFERENCES

- Thursday, Feb. 13, from 5:00-8:30 p.m.
- Friday, Feb. 14, from 8:00 a.m.-1:00 p.m.

This is a reminder, parents! If you have gently used, outgrown uniforms at home, please consider selling them at our PTO Used Uniform Sale. Otherwise you may choose to donate uniform items, with proceeds to benefit your ERA PTO. Labeled uniforms may be dropped off in the Main Office near Door 2 anytime during office hours.

Information for Uniform Sellers:

- Please carefully read our uniform sale policy [HERE](#).
- In addition to labeling each item for sale, sellers must also register their information on [THIS FORM](#) in order to receive a mailed check of their proceeds.
- Feel free to use our printable [GARMENT LABELS](#) to clearly label your uniform items for sale.
- Any unlabeled items will be considered a donation to the PTO.





Eagle Ridge Academy

February
2020

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pancakes (V) Strawberry Topping Or Syrup Biscuits and Turkey Gravy Hummus and Veggies (V) Chicken Caesar Salad	4 BBQ Chicken Sandwich Grilled Cheese (V) Fruited Spinach Salad Turkey Deli Sub Sandwich Homemade Tomato Soup	5 Crispy Chicken Nugget Basket Crispy Fish Nugget Basket Chips, Salsa, and Cheese Cubes (V) Turkey Cranberry Wrap Tri Tater	6 Beef Chili Lentil Chili (V) Baked Potato Bar (V) Turkey Munchable Cornbread	7 Cheese Pizza (V) Chef's Choice Turkey BLT Salad Crispy Chicken Wrap Garden Green Beans
10 Beef & Cheese Quesadilla Cheese Quesadilla (V) Chef Salad Pretzel Pack Brown Rice	11 Mac and Cheese (V) Sloppy Joe on a Bun Beef Taco Salad Turkey Cranberry Wrap Roasted Broccoli	12 HOM Mushroom Homemade Salisbury Steak Hot Turkey Sandwich Yogurt Pack (V) Southwest Chicken Salad Mashed Potatoes Mushroom Gravy	13 Cheese Pizza Bagel (V) Buffalo Chicken Fajita Harvest Chicken Salad Turkey BLT Wrap Chocolate Chip Cookie	14 Valentine's Day No School
17 Acts of Kindness WK No School	18 Beef Hotdog on Whole Grain Bun Moroccan Lemon Chicken Chicken Waldorf Salad Pretzel with Cheese (V) Brown Rice	19 Chicken Ranch Flatbread Philly Flatbread Cheese Pizza Munchable (V) Chicken Caesar Salad	20 Crispy Chicken Sandwich Thai Chicken Curry (V) Black Bean Burger (V) Cravin Craisin Salad	21 Cheese Pizza (V) Chef's Choice Buffalo Chicken Salad Chicken Banh Mi Sandwich Vegetarian Baked Beans
24 French Toast (V) Syrup Breakfast Flatbread (V) Crispy Chicken Salad Hummus and Veggies (V)	25 Cheeseburger on Bun Crispy Chicken Tenders Yogurt Pack (V) Buffalo Chicken Salad Kettle Potato Chips	26 Soft Beef Tacos Chicken Soft Shell Tacos Chips, Salsa, Cheese Cubes (V) Turkey Deli Sandwich Corn	27 Pasta w/ Meatsauce (V) Chicken Alfredo w/Pasta Egg Salad Sandwich (V) Chicken Salad Sandwich	28 Cheese Pizza (V) Chef's Choice Turkey BLT Salad Buffalo Chicken Wrap
				 Choose MyPlate .gov

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

EXTRA INFO
If you have questions; contact Brittany Radtke
Email: bradtke@eagleridgeacademy.org
Pork-Free Menu



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.



Harvest of the Month

Blood Orange

Calories 62

Total Fat 0g

Sodium 0mg

Sugars 12g

FUN FACTS:

Originating in Sicily, the blood orange is the primary orange still grown in Italy today. In the U.S., California and Florida produce blood oranges that peak from winter to spring.

They contain a pigment called anthocyanin which gives them their deep red color.

Compared to other oranges, their flavor is stronger and sweeter with a hint of raspberry. They have a thin skin, few seeds and are most often used for their juice or a garnish on a salad.

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The Experts Have Decided: The Best and Worst Diets for 2020

Well, 25 health and wellness experts weighed in on the best and worst diets for 2020 and there are some popular ones that are listed as the worst. Before we dig in to see what the experts had to say, we need to know what the criteria is for the 'best' diet. Experts considered balance, maintainability, palatability, family-friendliness, sustainability and healthfulness when ranking the diets.

The winner, for the third year in a row, is the well-researched Mediterranean diet because it checks all the boxes and emphasizes simple, tasty, plant-based cooking. Following closely behind are the DASH, flexitarian, WW (rebranded Weight Watchers) and MIND diets.

What about the diets listed as the worst? Some may find it upsetting that the trendy keto diet came in next to last, just behind the obscure Dukan diet. The diets listed as the worst are lacking in maintainability, family-friendliness, sustainability and healthfulness just to name a few, and omit a food group rather than encouraging moderation and balance.

To read the full article and learn more about the best diets please visit <https://www.cnn.com/2020/01/02/health/best-diet-worst-diet-2020-wellness/index.html>.

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

Reference:
CNN Health, 1/2/2020



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HARVEST OF THE MONTH RECIPE — ♥ FEBRUARY

Blood Orange Ricotta Salad

Yield: 4 servings

3 each	Cara Cara Oranges
4 each	Blood Oranges
4 cups	Spring Lettuce Mix
6 oz	Ricotta
¼ cup	Olive Oil
1 tsp	Black Pepper

RECIPE NUTRITION SNAPSHOT ~ 1 serving
265 calories, 14g total fat, 2.5g saturated fat
0g trans fat, 13mg cholesterol, 7g fiber, 19g sugar
30g carbohydrate, 7g protein

1. Peel Cara Cara oranges and 3 of the 4 blood oranges (reserve 1 for juice).
2. Juice the reserved blood orange in a small bowl and set aside.
3. Thinly slice oranges crosswise.
4. Arrange orange slices in a shallow serving bowl. Top with lettuce mix and sprinkle ricotta on top.
5. Add olive oil and black pepper to the blood orange juice. Sprinkle on top of salad. *Enjoy!*