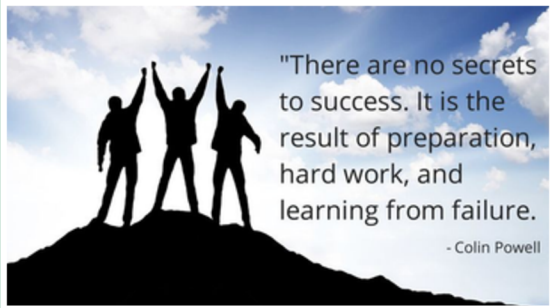


Eagle Eye News

presented by Excel Adventist Academy

United We Soar!



A Message From The Principal:

Philippians 3:13-14 - Forgetting what is behind and straining toward what is ahead, I press on toward the goal...

As we move into the final stretch of the school year, there is a growing sense of anticipation for what lies ahead. The excitement of a new school year begins to build, bringing fresh opportunities and new possibilities. At the same time, the finish line of this year is now in sight.

With that excitement can also come the temptation to slow down. Yet this part of the race matters just as much as the beginning. This is our moment to stay engaged, remain disciplined, and give our best effort through the very end—resisting the pull toward lethargy and choosing to finish with purpose.

Each day still carries value. Each effort still counts. When we stay focused now, we not only finish strong—we step confidently into what comes next, ready for the opportunities ahead.

United in allergies,
Ms. Ellis

CALENDAR

March

27 Friday Pizza

31 TEFA application window closes!

April

3 Easter Holiday (no school)

13-17 Week of Prayer



TEXAS EDUCATION FREEDOM ACCOUNTS
Freedom to learn your way.

EXTENDED

Extension for TEFA Applications. New Deadline: March 31

ALLERGY SEASON

To avoid sneezing and red eyes, seek allergy relief.

- Keep Windows and Doors Shut
- Change Clothes After Exposure
- Monitor Pollen Level Daily
- Shower Before Bed
- Wear an Allergy Mask
- Use Allergy Filters

Is it Allergies or a Cold?

Where are you experiencing the most irritation or aches?

← Eyes and throat → Body

Are you experiencing itchiness in these areas? Do you have a fever?

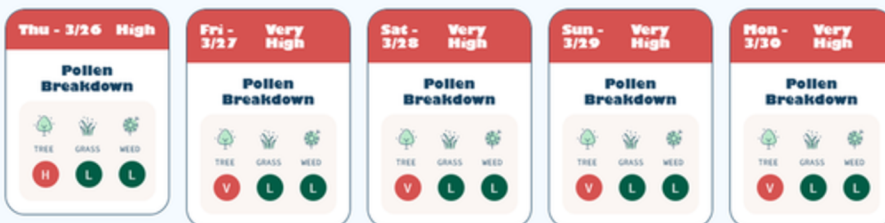
YES NO NO YES

How are your symptoms best described?

Symptoms occur seasonally for long periods of time Symptoms come on fast and taper off fairly quickly

You may have **allergies.** You may have **a cold.**

5-Day Pollen Forecast: Houston, TX



Meet our **EXCEL**ent Eagles!



Gracie
4th grade

Q: What's your favorite book series to read?

A: Billie B. Brown



Q: Would you rather visit every state by train or travel to each continent by boat?

A: Visit every state by train.



Q: Do you have any hobbies or activities you enjoy doing outside of school?

A: I like baking cakes and doing gymnastics!



Q: Do you have a favorite Bible text?

A: Philippians 4:13 - I can do all things through Christ which strengtheneth me.

Q: What made you want to volunteer at Excel?

A: My granddaughter graduated from Excel and I loved seeing the young Christian woman she grew to be. I always said I would come back and try to be a positive impact for the students - I love them!



Q: Tell us something we may not know about you!

A: I am a cruiser! My last trip was to Spain.



Ms. Wanda
Lunch & Recess Supervisor



A Pack of Worries

"What if I don't make the team, Dad?" Felix asked as they hiked a rugged trail. He had spent most of their backpacking trip finding things to worry about.

"Felix, all you've done today is worry," Dad said. "I could understand your concerns if we were fending off mountain lions or something, but the most dangerous animal we've seen was the timid gray squirrel that scurried across our path a few minutes ago."

Felix wasn't listening. He was too busy worrying. "What if I make the team but none of my friends do? I won't know anyone!"

When Felix stopped to take a drink from his water bottle, Dad picked up a handful of stones from the side of the trail. As they continued walking, he reached over and slipped a rock in an open pocket of Felix's backpack. Felix didn't even notice.

"What if I don't figure out the new stuff we're doing in my math class? It's so hard!" With each new worry Felix brought up, Dad managed to sneak a rock into his backpack.

"I'm getting kind of tired," Felix said after a while. "What if I get too tired to finish the hike? Maybe we should turn back."

Dad added another rock to the backpack. This time Felix noticed.

"What are you doing?" he asked. He stopped, took off his backpack, and opened it. "Dad!" he said with a groan. "My pack is heavy enough without these rocks! Why are you making it heavier?"

Dad shrugged. "It's not much different from what you're doing yourself, is it?"

"I'm not picking up rocks!" Felix said.

"No, but worrying about every little thing is kind of like carrying a load of rocks. It just makes you tired and doesn't solve anything." Dad took off his backpack. "Let's take a break. We'll dump the rocks from your backpack, and I think it would also be a good time to pray and give your burdens to Jesus. Don't you agree?" Felix nodded. "Good," said Dad. "He gave His life to save you and promises to take care of you. When you remember that, you'll be able to live life without being weighed down by worries."

-Mike Dize

How about you?

Do you spend a lot of time worrying? Has it ever helped you? Instead of fretting about things you have no control over, go to Jesus with your worries. He's in control of everything, and He loves you and cares about every detail of your life. Trust Him to handle the problems you face and to give you wisdom. Then you can live without the burden of worry weighing you down.

Give all your worries and cares to God, for he cares about you.

1 Peter 5:7

HAPPY BIRTHDAY



RIDDLE OF THE WEEK

A dog crosses the river without getting wet, and without using a bridge or boat. How?

Answer: The river was frozen!