

# Eagle Eye News

presented by Excel Adventist Academy

## United We Soar!

“Surround yourself with *only* people who are going to *lift you* HIGHER.”

*Oprah Winfrey*

### A Message From The Principal:

*Proverbs 17:17 – A friend loves at all times, and a brother is born for a time of adversity.*

Friendships are one of God’s greatest gifts. Good friends encourage us, stand beside us, and help us through life’s challenges. At school, friendships make learning more joyful and create a sense of belonging. This week, let’s focus on being a good friend. That means being honest, kind, and supportive, even when it’s not easy. A healthy friendship doesn’t just make us happy—it also reflects God’s love and strengthens our school community.

Blessings,  
Ms. Ellis 🙏

Random fact about me:  
I’m allergic to peanuts!



### CALENDAR

#### September

26 Friday Pizza

#### October

1-3 FALL BREAK, NO SCHOOL!

6-10 Week of Prayer

15 School Picture Day

17 Report cards issued

26 5K Run & Walk

28 Health Screenings



### ANNOUNCEMENTS

Please write your child’s name on their sweaters and ties. Many articles of clothing are left in the multipurpose room or on the playground and returning them would be a lot easier if there was a name on the label.

On Tuesday, Ms. Winsome sent out an email regarding various health screenings your child can receive on October 28. Please respond to that email as soon as possible.

Keep getting sponsors and registrants for our 2<sup>nd</sup> annual 5K Walk/Run!

Parents, you should have received an email from “Runsingup” confirming your child’s registration for the 5K. Our PTO President, Sara Vasquez, will also reach out to you.

Excel Adventist Academy  
2<sup>nd</sup> Annual 5K Walk/Run  
Fundraiser



Scan here by 9/15 to become a sponsor!

ONLINE REGISTRATION IS  
REQUIRED. PLEASE VISIT:



# Happy fall Y'all!

Welcome fall with gratitude, remembering Ecclesiastes 3:1, “to everything there is a season.” May this season remind us of God’s faithful care.

# Meet our **EXCEL**lent Eagles!



**Ihechi**  
**4th grade**



**Q: What is your favorite Bible story?**

**A:** Sodom and Gomorrah, because it shows us to turn from sin and trust in God.

**Q: Would you rather drive a firetruck or a racecar?**



**Q: If you had to eat the same food everyday, for ever and ever, what would you choose?**

**A:** Hamburgers!

**Q: What is your favorite Bible text?**

**A:** Cast all your anxiety on him because he cares for you.

~1 Peter 5:7

**Q: Why do you continue to support Excel Adventist Academy?**

**A:** I see the need and I always let the principal know that I am available to assist. I also like to see the development of the students, from Pre-K to graduating 8th grade, and beyond.

**Q: Are you a driving queen or a passenger princess?**

**A:** Passenger princess!



**Ms. Linda**  
**Teacher's Aide**





## Proper Balance

Ryan, Avery, and Mom took off on horseback down the dirt road—Ryan and Avery on Velvet, and Mom on Lady. Ryan glanced back toward the stable. “Look, Dad is feeding Buster his grain.” Buster was an older horse, and when he ate with the others, he often got pushed away from his own grain by Lady, who tried to be the boss of the barnyard.

“Oh, good,” said Avery. “I’m glad Dad’s making sure he gets enough to eat—he’s been looking thin lately.” She patted Velvet. “Not you, Velvet. You’re pretty plump!”

Mom nodded. “I noticed that too. It’s probably because all Velvet does is eat. She needs to be ridden or exercised every day.”

“Avery and I can do that,” said Ryan. “Can we canter? That would be good for Velvet.” Mom agreed, and they were off.

As they unsaddled the horses later, the kids told Dad about their ride. “One of us is going to exercise Velvet every day,” Ryan said, and Avery nodded.

“Good,” Dad said. “She needs it. And it’ll help remind us that we need to do the same thing.”

“You mean not eat too much and remember to exercise?” asked Avery.

“Well, yes, but I was thinking of spiritual diet and exercise,” said Dad. “As Christians, we feed our faith by learning about Jesus and spending time with Him. Praying, reading our Bibles, and going to church are spiritual foods that keep us full and help us grow. But we also need to exercise our faith to stay in good spiritual shape.”

“How do we do that?” asked Ryan.

“By putting our faith in action and doing things that show others the love of Jesus, like telling people about Him, serving those in need, and treating others with kindness.”

Mom nodded and patted Buster. “We also need to be careful not to become like this old horse. He gets enough exercise, but he doesn’t always get enough to eat. Christians like him may do many things to serve the Lord but not take time to get spiritual food. That leaves us spiritually hungry and makes it harder for us to live out our faith.”

“We need a proper balance between food and exercise,” said Dad. “Both physically and spiritually.”

–Tracy J. Ellifrets

### **How about you?**

Do you feed your faith by reading the Bible, going to church, and spending time with other Christians? That’s great! But are you also exercising your faith by living out what you believe and showing others Jesus’s love? There are lots of ways to put your faith in action, like helping someone in need or telling a friend about Jesus. Feed and exercise your faith to stay healthy spiritually.

**Do not merely listen to the word, and so deceive yourselves. Do what it says!**

**James 1:22**

## HAPPY BIRTHDAY

Austin - 10/6

Pamelo - 10/9

Weyimi - 10/23

Zeal - 10/25

Kaelynn - 10/30



## RIDDLE OF THE WEEK

**I sometimes run, but I cannot walk. What am I?**

Answer: Your nose!

