

October 2025

Elite Academy

"Better together"



INSIDE, WE ALSO TALK ABOUT:

October field trips

Indigenous People's Day

Halloween Bash

Fitness Challenge

Mindfulness

ADHD Awareness Month

Every October we shine a light on Attention Deficit Hyperactivity Disorder (ADHD) to spread awareness, reduce stigma, and promote understanding. By dedicating an entire month to ADHD, we hope to encourage people to learn more about it, support those who have it, and advocate for better resources and treatment options.

People with ADHD may find difficulty with organization and time management, following instructions, focusing and completing tasks, coping with stress, impulsive behaviors, and/or may have

difficulty maintaining healthy relationships. At Elite Academy, we celebrate these differences and implement appropriate accommodations to help our students succeed.

We celebrate ADHD Awareness Month to acknowledge the challenges faced by those diagnosed, celebrate their strengths, and promote acceptance. This month is dedicated to educating communities and dispelling myths. By increasing awareness, we can help those with ADHD lead fulfilling lives and reach their full potential.

Notable People:



Simone Biles

Her 11 Olympic medals and 30 World Championship medals make her the most decorated gymnast in history.

YoungBoy Never Broke Again

Popular American rapper who has achieved four number one albums on the Billboard 200.





Indigenous People's Day

Indigenous People's Day honors the history, culture, and contributions of the Indigenous people of America. This day was formerly known as Columbus Day, and the name change reflects the shift in focus to acknowledge the impact of European colonization on Indigenous communities.

The purpose of this day is to recognize and celebrate the rich heritage of Indigenous peoples, their resilience, and their contributions to society, while also raising awareness about the challenges they continue to face.

This holiday is observed every year on the second Monday of October.

DID YOU KNOW?

Native Americans spoke more than 300 languages

There are 574 federally recognized tribes in the United States

There are more Indigenous people in elected positions in the U.S. government than ever before.

"Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect."

Chief Seattle of the Suquamish





October Fitness Challenge

Get ready for a spooktacular fitness challenge that will have you moving like your favorite Halloween creatures! No equipment is needed, just your energy and imagination. Try to complete these challenges every Monday, Wednesday, and Friday to stay fit and have a frightfully good time!

- **Zombie Walks:** Keep your legs straight and your arms outstretched. March 15 steps forward and 15 steps back. Repeat three times!
- **Jack-o-Lantern Jumps:** Imagine you're jumping over a giant pumpkin and do 10 big jumps to make it over. Repeat three times.
- **Creepy Crawls:** Get down like a spider and crawl forward 10 steps, then backward 10 steps. Repeat three times.

You got this!

Halloween Bash

Join us for the school's Spooktacular Halloween Bash on October 31! Students can don their creepiest (or cutest) costumes and enjoy an afternoon filled with eerie fun, ghoulish games, and spine-chilling snacks. We're absolutely thrilled to celebrate this hauntingly delightful yearly event!

How can you tell a vampire has a cold?

He starts coffin.



Mindful Walking

By Beyore Best

Hey there! Let's explore a fun and calming activity called "Mindful Drawing." It's a creative way to relax and focus your mind.

Start by gathering some paper and your favorite drawing tools, like colored pencils or markers. Find a cozy spot where you can sit comfortably. Begin by taking a few deep breaths to help you settle into the moment.

Now, let your hand move freely across the paper. You don't need to draw anything specific—just let your imagination guide you. Focus on the feel of the pencil or marker gliding over the paper. Notice the colors and shapes that appear.

As you draw, pay attention to your thoughts and emotions. If your mind starts to wander, gently bring your focus back to the drawing and the sensations of creating art.

This activity can help you unwind and express yourself. Plus, it's a wonderful way to spend some quiet time and enjoy being creative. Give it a try and see how it makes you feel!



Dates to Remember



October 3

Rainbow Room field trip

October 10

Elementary Field Trip – Braehead Farm

October 15

½ Day, 11:30 dismissal

October 16

Report Cards

October 17

Middle School Field Trip – Braehead Farm