

ELITE ACADEMY

"Better together"

ELITE HIGHLIGHTS IN APRIL

* Academic Honors

Last month, we proudly celebrated over 50% of our students for their academic achievement in the third quarter. We are incredibly proud of our scholars!

* SOL Testing

Students are currently undergoing SOL testing, putting forth their best effort to excel. We are incredibly proud of their dedication and hard work during this challenging time.

* ESY Planning

Staff has been brainstorming summer opportunities in the community for our students to practice their socio-emotional skills. We have a lot of great ideas, but we want to hear yours!

If you have a trip idea for ESY, please reach out to Mx. Ky at the address below:

 [kymanis@
eliteacademyburg.org](mailto:kymanis@eliteacademyburg.org)



Letter from Administration

Elite School Year

As we conclude another successful school year, we take great pride in reflecting on the incredible growth and resilience our students have shown. This year, we celebrated the graduation of some students, while others made the transition back to public schools, and we were delighted to welcome new friends into our community. Each of these milestones is a testament to the hard work and perseverance of our students and staff.

As we look forward to the summer, we encourage all students to make the most of this time. Whether you're staying with us for the Extended School Year (ESY) at Elite, traveling with family, or simply relaxing with friends, embrace the opportunities that come your way. Have a wonderful summer, and we look forward to seeing all the amazing things you will accomplish in the future!



History Feature

Mental Health Awareness Month

May is designated as **Mental Health Awareness Month**. This year's theme, *More Good Days, Together*, invites us to contemplate what a "good" day means for ourselves and for our communities.

We have the opportunity to unite as a community, utilizing our insights to connect individuals with appropriate support. Together, we can shape advocacy, education, and engagement to create more good days that are achievable for everyone.



What is a good day?



What does a good day look like for you? "Good" doesn't necessarily always mean busy or productive. Sometimes a good day is a chill day, a day hanging out with your friends or binge watching a tv show while eating pizza rolls and Takis. Only **you** can define what a good day looks like to you. No matter how you are feeling, always remember: **more good days are possible, help is available, and you are not alone.**

If you're in crisis or need immediate support, help is available now.

Call or text 988 or chat via [988lifeline.org](https://www.988lifeline.org) for free, confidential support 24/7.

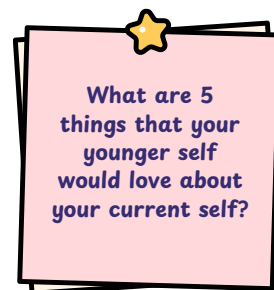
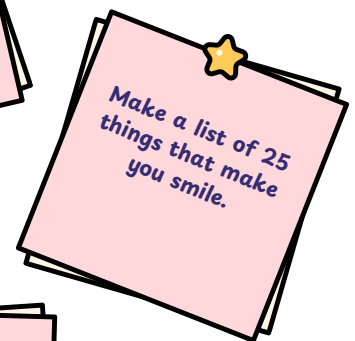
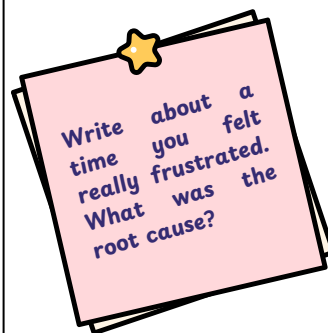


Mindfulness

Journal Prompts for More Good Days

Journaling helps us think about our experiences and notice the good stuff in everyday life that we often miss. Besides making us feel better emotionally, writing by hand is great for our brains and helps with learning and memory.

Try using the prompts below to think about your thoughts and feelings as you aim for more good days.



Academic Feature

SOL Support at Home

State testing is in full swing and it's important that student's mental health is taken care of.

Adults can support students during this time by fostering a calm, positive environment and by focusing on effort rather than scores.



Emotional & Mental Support



Normalize Anxiety

Feeling nervous is normal, and it is totally okay to feel overwhelmed.

Focus on Effort, Not Results

Remind them that the goal is to do their best, not to be perfect! Scores do not define intelligence.

Positive Reinforcement

Offer encouragement such as notes of confidence or a supportive text message.

Physical & Routine Support

Prioritize Sleep

Ensure students get adequate, consistent sleep the week of testing.

Healthy Breakfast

Provide a nutritious breakfast or encourage school breakfast, as it helps with focus and energy.

Maintain Routine

Keep routines as consistent as possible to reduce anxiety.



End-of-Year Celebration

Our End-of-the-Year Celebration will kick off on June 9 at 10:00AM. Doors will open at 9:30 for families and guests.

We invite you all to join us to celebrate our students as we shine a light on their academic success. In addition to the usual awards, we will be recognizing students for student and staff-voted superlatives, and we will recognize our staff for student-voted awards.

Following the assembly, we invite everyone to stay afterward for cookout styled treats, and to enjoy an arrangement of family-friendly activities such as the photobooth and bounce house.

This year has been a great year, and we look forward to celebrating it with you all on June 9th.

Important Dates

- May 22** ½ Day
- May 25** Memorial Day - No School
- June 9** End-Of-Year Celebration

***“If you get tired,
learn to rest, not to
quit.”***

Banksy