

— November 2025 —

Elite Academy

"Better together"



Airplanes, Haunted Hangers, and Education

Last month, Elite collaborated with Shannon Airport to immerse our students in the thrilling world of aviation! We all walked together as a united school, ensuring that nobody was left behind. It was a bright and exhilarating day, filled with anticipation as we made our way to the airport.

Upon arrival, we had the chance to board a plane featured in the movie **Hidden Figures**! Stepping inside felt like stepping into a scene from the film. But that wasn't the end of our adventure—students also enjoyed the incredible opportunity to explore a military aircraft! Witnessing the interior of such a powerful plane up close was truly remarkable.

INSIDE, WE ALSO TALK ABOUT:

Veteran's Day

Marine Corp Birthday

Thanksgiving Feast

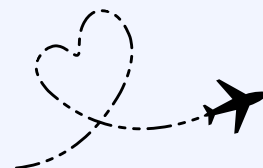
Fitness Challenge

Mindfulness

Our journey continued with a guided tour of the airport museum, where we discovered a wealth of knowledge about the history of aviation and the significant role Shannon Airport has played over the years. The exhibits were captivating, and we relished seeing the vintage uniforms and equipment.

One of the most thrilling highlights of the trip was walking through the Haunted Hangar! It was both spooky and entertaining as we listened to tales of mysterious occurrences and sightings in the historic hangar.

The field trip to Shannon Airport was an unforgettable experience, brimming with learning and excitement. We all had an amazing time and eagerly look forward to our next educational adventure!





Veteran's Day

Veterans Day is celebrated every year on November 11. On this day, Americans say thank you to all the people who served in the U.S. military to help protect our country.

This day was introduced as a way to remember the end of World War 1, which officially ended on November 11, 1918. Originally, this holiday was introduced as Armistice Day. The name was changed to Veterans Day in 1954 to honor all veterans, not just those who fought in World War 1.

Veterans Day reminds us not only to honor those who have served but also to strive for a future where peace is possible, and where the sacrifices made by so many are not in vain. It's a day to reflect on our shared responsibility to support veterans as they transition back into civilian life, ensuring they receive the respect, care, and opportunities they deserve.

Marine Corp 250th Anniversary

Every year on November 10th, we honor the Corps' rich history, its legacy of honor and valor, and the bonds between Marines past and present.

Marines differ from other branches of the military due to their unique mission as an expeditionary force. They are known for their rigorous training, culture of discipline and honor, and a specialized role that includes rapid deployment for amphibious operations.

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

John Fitzgerald Kennedy





November Fitness Challenge

Get ready to leap into a month of fun and fitness with our November fitness challenge! This no-equipment workout will keep you active and entertained. Try to complete these challenges every Monday, Wednesday, and Friday!

- **Squirrel Jumps:** Jump side to side like a squirrel hopping from tree to tree (15x each side)
- **Owl Twists:** Stand tall and twist your upper body left and right, like an owl turning its head (10x each side)
- **Pumpkin Squats:** Pretend to hold a giant pumpkin above your head and squat down, then rise again (15x)
- **Leaf Pile Jumps:** Imagine jumping into a pile of leaves by jumping up and down 20x
- **Windmill Swirls:** Spin your arms in big circles like windmills in the autumn breeze (10x each way)

You got this!

Thanksgiving Feast

Students are invited to our annual Thanksgiving Feast on Tuesday, November 25.

It is customary for us to gather and give thanks while enjoying a delicious meal filled with traditional favorites such as turkey, mashed potatoes, mac and cheese, and warm pumpkin pie.

We're excited to celebrate this heartwarming annual event together, fostering a sense of community and gratitude among students and staff.



Fall Reset

By Beyore Best

The days following Thanksgiving are perfect days to relax and unwind. Here are some fun ideas to reset and feel refreshed:

Mindful Coloring: Grab some coloring pages or a coloring book and your favorite crayons or markers. Find a comfy, quiet spot and start coloring. As you color, focus on how the colors look and feel. Let your mind relax and enjoy the activity.

Nature Walks: Take a stroll in a nearby park or around your neighborhood. Pay attention to the cool breeze, the sound of leaves crunching under your feet, and the crisp scents of autumn. Let nature clear your mind.

Reading Adventure: Dive into a good book. Let the story take you to another world and spark your imagination.

Stargazing: On a clear night, lay a blanket outside and look at the stars. See if you can find any constellations. Let the vastness of the sky help you unwind.

Remember, taking time to relax is important. Enjoy these activities and return to school from break feeling rejuvenated!



DID YOU KNOW?



Spending time outdoors can have a very calming effect. The fresh air and natural surroundings can help reduce stress and improve your mood.



Dates to Remember



November 19	Interims
November 25	Thanksgiving Feast ½ day