

— September 2025 —

Elite Academy

"Better together"



INSIDE, WE ALSO TALK ABOUT:

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Dear Students,

We are so happy to have you all back in the building!

This year is a new book waiting to be written, and you're the author of your own story! Each day is a new opportunity to learn something new. Imagine this school year as your own personal journey, where knowledge and growth are the ultimate prizes!

Remember, learning is about growth, exploration, and fun! Choose to make this year full of laughter, unforgettable memories, and experiences. We believe in your potential and can't wait to celebrate your achievements.

Cheers to a fantastic school year!



Elite Academy Staff

Hispanic Heritage Month

Hispanic Heritage Month honors the histories, cultures, and contributions of people from Spain, Mexico, the Caribbean, and Central and South America.

The celebration starts on September 15th because it marks the independence days of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. Mexico and Chile also celebrate their independence days during this period.

During Hispanic Heritage Month, people enjoy festivals, music, dance, and delicious food, while learning about critical Hispanic figures and their impact on history and society.

It's a time to recognize the rich tapestry of traditions and the vibrant influence Hispanic communities have woven into the cultural fabric of the world.

Hispanic Heritage Month is an opportunity to reflect on the past and look forward to future contributions. Embracing this month means celebrating diversity, fostering understanding, and cherishing the unique stories that each culture brings to the global narrative.

"There is nothing harder than the softness of indifference."
- Juan Montalvo -



History of Labor Day

By American Workers

Labor Day is a special holiday celebrated on the first Monday in September in the United States.

It started in the late 1800s when workers were having a tough time. They worked long hours in unsafe conditions for little pay. People began to protest and form groups, known as unions, to fight for better working conditions.

In 1882, a parade was organized in New York City to honor these workers and their efforts. This event became popular, and more states started to celebrate it.

In 1894, the U.S. government made it an official holiday. Labor Day honors the hard work and achievements of American workers. It's a day when many people relax, have barbecues, and spend time with family and friends, marking the unofficial end of summer.

Labor Day serves as a reminder of the progress made through collective action and the ongoing efforts needed to ensure fair labor practices. Whether it's enjoying a day off from work, participating in community events, or simply reflecting on the contributions of workers, Labor Day is a time to appreciate the strength and resilience of those who have fought for the rights and protections we often take for granted today.



"Start where you are. Use what you have. Do what you can."
- Arthur Ashe -





Fitness Challenge

Fitness challenges are a fantastic way to improve your health and physical activity.

Check out the equipment-free workout below and challenge yourself to complete it every Monday, Wednesday, and Friday of September!

MONDAY:

- Jumping jacks: 3 sets of 30 seconds
- Plank hold: 3 sets of 20 seconds

WEDNESDAY:

- Squats: 3 sets of 10
- High knees: 3 sets of 30 seconds

FRIDAY:

- Push ups: 4 sets of 5-10
- Superman holds: 3 sets of 20 seconds

You got this!

Autumn Equinox

The autumn equinox marks the moment when day and night are nearly equal. It signals the start of fall, bringing cooler temperatures, colorful leaves, and a time for reflection and balance in nature.

This years equinox is on September 22.

"Fall is the season of cozy"
- Anonymous -



Mindful Walking

By Beyore Best

Hey there! Let's talk about a really cool mindfulness activity called "Mindful Walking." It's a fun way to combine being active and staying present in the moment. Mindful walking is all about paying close attention to each step you take and noticing what's happening around you as you walk.

First, find a quiet place like a park or your backyard. Start by standing still and taking a few deep breaths. Feel your feet touching the ground and notice how your body feels. Then, start walking slowly. As you walk, pay attention to the sensation of your feet lifting and touching the ground. Listen to the sounds around you—maybe the rustling of leaves or the chirping of birds. Notice how the air feels on your skin or the warmth of the sun.

If your mind starts to wander, gently bring your focus back to your steps and what you're experiencing. This activity helps you feel more relaxed and connected to the world around you. Plus, it's a great way to enjoy nature and get some exercise! Give it a try and see how it makes you feel.



Important Dates

September 12

Interims
Half Day