



ELITE ACADEMY

“Better together”

MENTAL HEALTH AWARENESS MONTH

May is a special month dedicated to taking care of our minds as much as we take care of our bodies. Just like we need exercise to keep our bodies fit, there are things we can do to keep our minds happy and healthy too!

This month is all about learning and sharing ways to support our mental health and the mental health of those around us. It's okay to talk about our feelings, ask for help when we need it, and do activities that make us feel good, like playing outside, drawing, or spending time with people who make us happy.



Let's use Mental Health Awareness Month as a reminder to be kind to ourselves and others. If you or a friend are feeling down, it's important to talk to a trusted adult, like a guardian, teacher, or counselor.

Together, we can spread positivity and make sure everyone knows it's okay to reach out for help. Remember, everyone has mental health, and taking care of it is a sign of strength, not weakness.

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AUTISM AWARENESS DAY

On April 10th the community came together and wore blue to spread kindness, acceptance, and support for all of our friends who may experience the world a little differently.

Autism is a spectrum, meaning it affects everyone uniquely, with some individuals facing more challenges than others. But one thing is for sure: everyone with autism has their own strengths, interests, and dreams, just like you and me! Remember, it's our differences that make us special, and every one of us has something wonderful to contribute to our school community.

By understanding and embracing our differences, we can build a stronger, more inclusive community where everyone feels valued and understood.



Did you know?

1 in 36 children are diagnosed with autism

People on the spectrum are less likely to “catch yawns”

Hyperlexia, the ability to read above grade level, commonly accompanies students with autism

Dogs have been shown to improve the quality of life for children with autism

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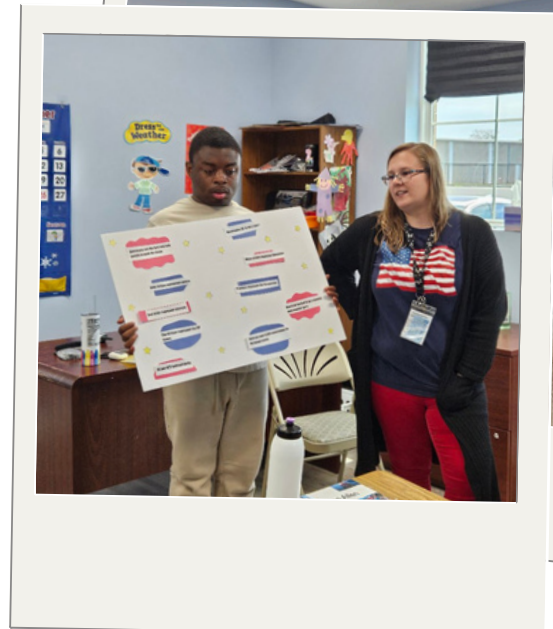
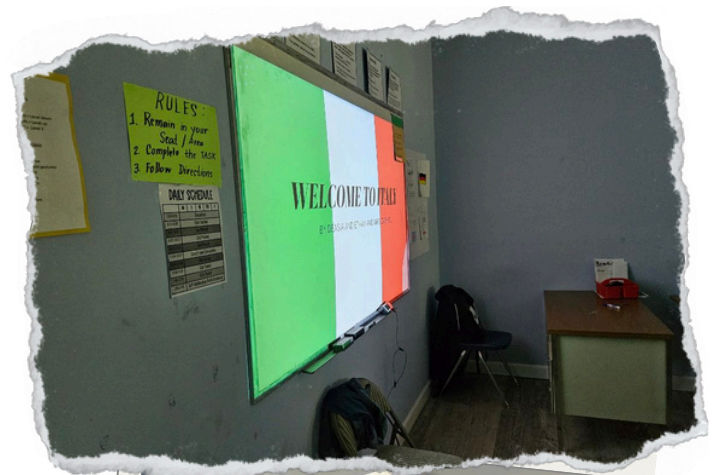


INTERNATIONAL DAY

There was a global takeover at Elite Academy on April 26! Every student turned into a globetrotter with their passports in hand, venturing into classrooms transformed into different countries.

From munching on exotic foods to diving deep into diverse cultures, our students soaked up knowledge as they hopped from Mexico to Italy to Germany, as represented by our high school students. A short flight later, our students found themselves between the United States and the Phillipines as represented by our middle school students, and lastly, our students visited China and Japan, thanks to our elementary kids!

Our students broadened their horizons beyond the community that they know. The world is their oyster, and they dove right in!



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STANDARDIZED TESTING

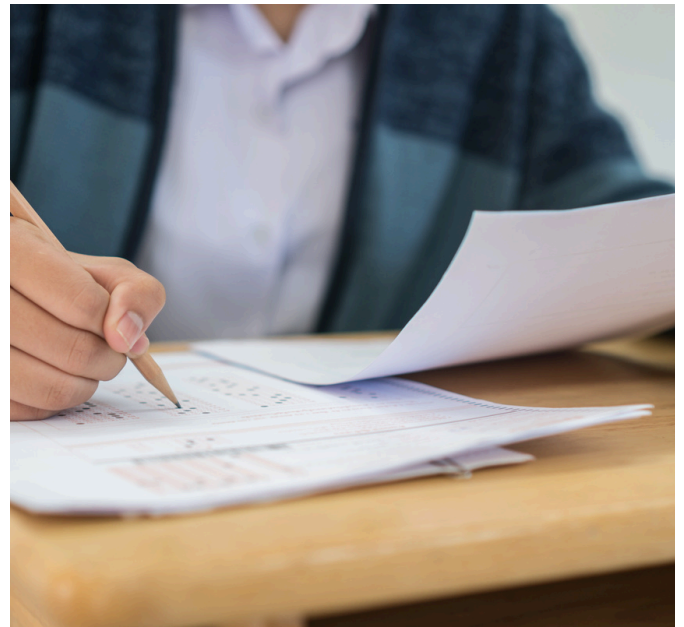
State tests are right around the corner and this is an opportunity for students to demonstrate their understanding, critical thinking, and problem-solving skills. These tests provide valuable feedback on student progress, and help teachers tailor to future teaching and learning strategies to ensure every student can achieve their full potential.

Students, we encourage you to view these tests not as challenges to fear, but as a chance to shine and demonstrate all that you've learned this year. Remember, each question is an opportunity to apply your knowledge and skills, reflecting your hard work throughout the year.

Parents and guardians, your encouragement and positive reinforcement play a crucial role in motivating and preparing our students for success.

Together, let's approach these tests with confidence, knowing that they are steps on the ladder of educational achievement, guiding us towards our ultimate goals.

Good luck!



QUICK TIPS

- Study early, often, and in a comfortable place (even with friends!)
- Eat healthy, stay hydrated, and sleep 7-8 hours
- Focus on positive thoughts
- Meditate or practice breathing exercises before and during the test
- Thank yourself for doing your best!

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TEACHER APPRECIATION WEEK

For the first full week of May we shine a spotlight on the incredible teachers who play a pivotal role in shaping the futures of our students. These remarkable individuals go above and beyond to inspire, challenge, and nurture young minds, often going the extra mile to ensure every student feels valued and empowered to achieve their full potential.

On May 7th we encourage every member of our community to take a moment to express their gratitude for the tireless efforts and unwavering commitment of our teachers. Whether it's a heartfelt note, a creative gift, or a simple "thank you", every gesture of appreciation means the world!



By showing our gratitude, we not only honor our teachers but also reinforce the importance of education within our community. Thank you teachers for your passion, your perseverance, and your profound impact on the lives of our students.

IMPORTANT DATES:

- May 24: Half Day, 11:30 dismissal
- May 27: Memorial Day - NO SCHOOL



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