

**Hello Scholars,**

Happy Wednesday and Happy March! March is a busy time around the EA office and maybe it's a busy time for you too- school, sports, leadership, family commitments- it can all add up. Quick breathing exercises and guided meditations are an easy way to access some peace when life feels overwhelming. Here's one option: <https://insighttimer.com/davidji/guided-meditations/stress-buster-two-minute-mindful-release>

Cone Health shares four ideas for stress relief: <https://www.conehealth.com/services/rehabilitation/4-tips-for-instant-stress-relief/?fbclid=IwAR0ieS8FgUZ1V17J-lpnlzpqSfAdKIPi-6yVltjibfdYaJ9TTaQXJ8N7bp4>

**Next Saturday Program:** Saturday, March 19th for all scholars and Xi families. Due to Elon University shifting to an indoor mask-optional policy on March 14th, the Saturday program will also be mask optional.

**CAT Mentoring:** It's time to schedule your March meeting.

**Academic Coaching:** We have coaches for math and Spanish- please email Mr. Pickett if you have need for coaching in those subjects.

#### **Summer COVID-19 Vaccine Requirement**

**Scholars must be fully vaccinated before our summer residential program (June 12-July 1),** which is defined as a two-shot vaccine and a booster shot (if eligible). If scholars require an exemption for medical or religious reasons, please email the Elon Academy office at [elonacademy@elon.edu](mailto:elonacademy@elon.edu). Either an exemption form (completed by a guardian) or a copy of your vaccine card must be submitted to the EA office via the email address above) by May 13th. Please direct any questions to Mrs. Denise Teeters at 336-278-6109. **Thank you for your cooperation in helping to keep all our scholars, faculty, and staff safe on campus this summer!**

#### **On-Campus Fun:**

**Elon Women's Basketball** - Last home game is Thursday (tomorrow) at 5 pm vs. William & Mary at the Schar Center.

**Elon Baseball**- Friday 4 pm, Saturday 2 pm, and Sunday 12 pm

#### **Turner Theatre Schedule**



Stay Well!