

WEEKLY NEWSLETTER

CARROLL CHRISTIAN SCHOOLS

Issue 15

January 12, 2018



Word from the Administrator



Matthew Reisberg

Principal/
Administrator

New phones?

Just a reminder that if your student received a cell phone for Christmas, or if there have been any changes to your child's phone privileges, you will need to turn in a Cell Phone Agreement asap! These forms can be found on our website under the *Info Tab > Forms > New School Year Info > Cell Phone Agreement*.

Panera Fundraiser

The Athletic Department will be having a fundraiser at Panera in Westminster on January 15 from 6:00-9:00 pm. The office has Panera Scrip cards available for purchase. Be sure to get yours before they are gone!

Open House

Please share the Open House link on the CCS Facebook Page and tell your friends, neighbors, and families about our Open House on January 25 from 6:00-8:00 pm. In your Friday folders will be an open house handout that you can give to friends and neighbors. If you would like more, we have some in the school office on the counter.

Tuition Break for Referrals of New Families

Just a reminder that if you recommend CCS to another family, you are eligible for a tuition credit! You must first complete a form (available in the school office or from the "Info" tab) and turn it in to the office before the family comes to visit. You could be eligible for a \$500 tuition break for each family that you refer that enrolls at CCS. You are our best advertisement!

See you at the Altar

The Student Council will lead a "See You at the Altar" at 3:15 on Wednesday, January 17. Please come to the auditorium and join us as we pray for God to work in the upcoming Revival. All students, parents, siblings, etc. are welcome to join us.

Revival Invitations

Please invite your churches and youth groups to come to the revival services with Kenny Baldwin next Thursday and Friday. We would love to have all of our parents join us, as well. We will have services on Thursday (Jan 18) at 10:00, 1:00, and 7:00 PM and on Friday (Jan 19) at 10:00 and 1:00. All are welcome and encouraged to join us. Whenever Kenny Baldwin comes to preach, parents tell us that their children come home talking about how awesome the service was, but the parents miss out because they have to work. Here is your chance. We are having the special 7:00 PM service on the 18th. Please plan to come join us. You won't want to miss this whether your student is in preschool, elementary, or secondary!

WEEKLY NEWSLETTER

CARROLL CHRISTIAN SCHOOLS



A Word from the Administrator (*Continued*)

Spirit Week Reminders

Come join us for the homecoming games today:

MS girls 3:30

MS Boys 4:30

Varsity Girls 6:00

Varsity Boys. 7:30

The highlight of the evening will be our Homecoming Court at about 9:00.

Join us, too, for Alumni games on Saturday. The Varsity Girls play at 4:00, and the Varsity Boys play at 5:30.

Posters for Sale

We will have some of the 16" X 20" posters that have been up on the walls in the high school buildings (photos of students involved in a variety of CCS activities in past years) out on display in the Gym. They will be available to purchase for a \$5 donation on Friday throughout the evening. Payment should be made at the Admissions table.

PTF Appointments

We have Parent Teacher Meetings on Monday, January 22 from 5:00-8:00. We will start taking appointments on Monday, January 15. If your student has an average in a class that is below a 75%, if the teacher requests a meeting, or if you have any concerns or questions, please contact the office next week to schedule a meeting with the teacher.

If you have concerns, please don't wait until the fourth quarter. Every year, we have some students who struggle for 3 quarters, so teachers request meetings, but some parents do not come. Then they get to the fourth quarter and realize that the student may not pass a class. It's too late at that point to scramble to schedule meetings. It's beneficial to get the necessary support now before your child is in jeopardy of failing a course and having to repeat it to get the necessary credits.



Events Calendar Announcements

January Events

- 12 Homecoming—3:30—10 pm
- 13 Alumni Games 4:00 (Girls); 5:30 (Boys)
- 15 Panera Fundraiser (Westminster) 6-9 pm
- 18 Winter Revival w/Kenny Baldwin—10am, 1pm, 7pm
- 19 Winter Revival continues—10am, 1pm
- 22 Parent Teacher Meetings—Call office to schedule

CCS Sports Roundup

Please see the schedule for next week below and remember our athletic department fundraiser on Monday, January 15 from 6:00 to 9:00 at Panera in Westminster. The flyer does not need to be presented, but I've attached it below if you would like a reminder.

Practice Schedule:

Monday, January 15

MSG 3:15-5:00
MSB 3:15-5:00
VG 3:15-6:15
VB 3:15-6:30

***Fundraiser at Panera in Westminster 6:00-9:00**

Tuesday, January 16

MSG @ New
Life 3:45 Dismiss 1:45 Depart 2:00 Return 6:30
New Life Christian School
5909 Jefferson Pike
Frederick, MD 21703
MSB vs. St. Stephen's (B Team) 4:00
JVB @
Rosedale 4:00 Dismiss 1:45 Depart 2:00 Return 9:30
VG @
Rosedale 5:30 Dismiss 1:45 Depart 2:00 Return 9:30
VB @
Rosedale 7:00 Dismiss 1:45 Depart 2:00 Return 9:30
Rosedale Baptist School
9202 Philadelphia Road
Rosedale, MD 21237

Thursday, January 18 (Evening Revival Service at 7:00)

MSG 3:15-5:15
MSB 3:15-5:15
VG 3:15-5:15
VB 3:15-5:15

Friday, January 19

MSG vs. Gerstell (A 4:00, B 5:15)
MSB No Practice
VG No Practice
VB @ Living
Grace 4:30 Dismiss 2:30 Depart 2:45 Return 8:00
Living Grace Christian School
20300 Pleasant Ridge Drive
Montgomery Village, MD 20886





PTO Announcements



Thank you to everyone who has sent in Box Tops and supported our Sweet Frog fundraiser in Dec. Because of you, we were able to raise \$1,200 for our teachers! Keep sending in your Box Tops. Be sure your students names are on the bag so that we can apply them towards the next contest!





A Few Thoughts from the Discovery Center

By Pamela R. Delph, PCET, CDT

I wish parents could sit in my office with me as my students and I practice educational therapy techniques. Particularly, I would love for them to watch a student work with me who has had a restful night's sleep, and then observe that same student when he has not had enough sleep the night before. The difference is, quite frankly, *astounding*. If I had not witnessed this phenomenon over and over I would be skeptical that the difference is as dramatic as it is.

In an ideal educational therapy session, students will find some therapies quite challenging, while others are extremely easy. This is by design, allowing students (who have often found academics to be extremely frustrating) to experience success. When my students have had adequate rest, they will breeze through those areas that come “naturally” to them. In fact, they find their therapies of expertise to be quite entertaining. Of course, their brains are still working, but the students will enjoy the activity, e.g., think of people who enjoy working Sudoku or crossword puzzles or playing the alphabet game while riding in a car.

However, when my students have not had adequate rest, they will struggle with *every* technique. Those techniques that are normally mastered suddenly become tedious and too difficult. There are times when we must “give up” on a technique as it has become “too hard” for them, despite my best efforts to mediate the correct response. At this point, students will become extremely frustrated and fatigued. They will begin looking at the clock to see when they can leave. They will often complain and stop trying.

I am confident if parents could see what I see, they would be sure their children get adequate rest before sending them to school. But you don't have to take my word for it. According to the National Institutes for Health:

“... [sleep deprivation] SD induce[s] adverse changes in cognitive performance. First and foremost, ... SD impairs attention and working memory, but it also affects other functions, such as long-term memory and decision-making ... SD is found to influence attention, especially vigilance.” (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2656292/>)

The fact that sleep deprivation impairs attention means that it will be much harder for your child to focus on what the teacher is saying, what he is reading, what his assignment is, what comes next, expected behavior in the classroom, etc. Impaired working memory means that, once your child has used more effort and strength to focus on the task at hand, he will have a much harder time than normal manipulating facts in his brain to form a solution. Impairment in long-term memory means that whatever material is covered at school on a day when a student lacks proper rest will most likely be forgotten, at least in part. Next, impaired decision-making will affect your student's ability to make good academic decisions while completing schoolwork as well as deciding on proper behavior and attitude. Finally, drawing on the last part of this quote, impaired sleep means your child will give up much more quickly when faced with challenging tasks. Unfortunately, *all* the tasks your child attempts on a sleep-deprived day will be more challenging.

So how much rest should children get? The American Academy of Pediatrics supports the following Childhood Sleep Guidelines to promote optimal health.

Infants 4 months to 12 months – 12 to 16 hours per 24 hours (including naps)

Children 1 to 2 years of age – 11 to 14 hours per 24 hours (including naps)

Children 3 to 5 years of age – 10 to 13 hours per 24 hours (including naps)

Children 6 to 12 years of age – 9 to 12 hours per 24 hours

Teenagers 13 to 18 years of age – 8 to 10 hours per 24 hours

(<https://www.aap.org/en-us/about-the-aap/aap-press-room/pages/American-Academy-of-Pediatrics-Supports-Childhood-Sleep-Guidelines.aspx>)

Hopefully, this combined look of anecdotal and scientific data has convinced everyone to ensure their children get adequate rest. If you really want your child to do well in school, both academically and behaviorally, please have them get the sleep they need.



Preschool News

K2 - Mrs. Richardson

We've been having fun getting back into the swing of things and showing our school spirit! On Monday, we got to stay snuggly and come to school in our favorite pj's. Tuesday, we wore our craziest outfits for "Mismatch Day," and we had fun learning the difference between "same" and "different." On Wednesday, we showed off our silly socks. Thursday we represented our favorite teams and sports. And on Friday, it was all about the home team so we practiced our cheer: "Big G, Little O...Go, Go!" Yay, Patriots!

Check out what we did this week on our website!

<https://spark.adobe.com/page/IPjDXl6fs1pSk/>



K3 - Mrs. Myers

This week the K3 class learned about the letter L. We made a leaf picture and a lamb puppet. We also did some lacing with our big letter L. We used pretzels to turn our big letter L into a ladder. We also had spirit week. On Monday we came to school in our pajamas. Tuesday was clash day. Wednesday we wore our silliest socks. Thursday was sports day and Friday we showed our school spirit in our red, white, and blue. We also made a banner for our classroom showing our school spirit! Come and check it out!

Check out what we did this week on our website!

<https://spark.adobe.com/page/2nShumz2TPuoQ/>



K4 - Mrs. Crago

We are on the letter M this week we made marshmallow art. It was a big hit. We talked about my school spirit

Check out what we did this week on our website!

<https://spark.adobe.com/page/Arz4YkX9ccZ6q/>





Elementary Classes

Kindergarten—Mrs. Bassler and Mrs. Hendra

Happy New Year and welcome back to school! We are all having fun with Spirit week. Dressing up has made the days go by very fast! We have 100 % participation.....twins, cowboy and girls, superhero's, police officers, firemen, doctors, sports fans, grandmas, grandpas, and of course our very own CCS patriots....just to name a few. We are learning about Moses in Bible, and all the children loved when the plague of bugs was sent by God to warn mean Pharaoh to let Gods' people go! We are also learning about money and coins in Math. Thank you to all who helped us make our BIG senior servant purchase! We can't wait to have her in our classroom on Monday. We are moving along nicely in our readers and we have now switched to regular no. 2 pencils in handwriting! Again, we feel blessed to teach your beautiful children!



Check out what we did this week on our website!

<https://spark.adobe.com/page/kqY24RaaCnoh9/>

1st Grade—Mrs. Beard

It was great to see all my students after the Christmas break! Everyone looked rested and happy. Spirit Week has been so much fun, and it helped all of us ease back into our routine. Our class has done a super job. The participation is wonderful, and I have enjoyed their outfits every day. Special thanks to Mrs. Saulsbury for her efforts to make super hero day really great. Mrs. Goodwin and I looked "super." Our Student of the Week is Marissa Hoffman...nice work, Marissa! Congratulations to all those who have completed December Book-It. I hope you enjoyed your reading.



Check out what we did this week on our website!

<https://spark.adobe.com/page/fxKdh2BLOJqck/>

Elementary Continued

2nd Grade - Miss Sachs

Hello 2018! New year, new start! We thank the Lord for a fresh start each morning! Second grade closed 2017 with our class Christmas party and gift exchange! A special visitor came to our classroom as well! We finished off our academics for 2017 by learning a little about geometry and building our own 3D gum drop structures. They looked great..the ones that weren't eaten that is! Spirit week has been a blast so far with comfy pajama day, international/career/tourist day, and squad/hill billy/western day. We look forward to going to the gym each afternoon to see all the creativity in the costumes! Students are settling back into school routines and we anticipate a productive 2nd half of the year!



Check out what we did this week on our website!

<https://spark.adobe.com/page/Y8btiOnrIxNfd/>

3rd Grade - Mrs. McLaughlin

Monday, December 18, third grade was in charge of opening chapel. Austin Sterner held the American flag, Amelia Skidmore held the Christian flag, and Karah Richardson held the Bible. Anna Muller then led in prayer. The class quoted Micah 5:2 and Luke 2:11, and then sang "O Little Town of Bethlehem." Jazmin Echegoyen, Karah Richardson, Nate Praay, and Joshua Thomas each shared their talent by playing Christmas songs on the piano. We finished the week with a delightful Christmas breakfast and party.

Now we are back to school snoozing in our pajamas. At least that is how Spirit Week started. The students are enjoying getting into school spirit with the themes each day. We are finding time for fractions, letter writing, Columbus, and other academics, as well.



Check out what we did this week on our website!

<https://spark.adobe.com/page/mf06HnhBZIKLP/>

Elementary continued

4th Grade - Mrs. Eckard

Welcome back to school everyone. What an exciting week we have had. Monday the children and teachers wore shirts from their favorite sports teams or their PJ's. Tuesday the theme was future jobs, tourist or colors from another country. I am proud to say that 4th grade has had 100% participation both days and looking forward to the rest of the week. It is fun to dress up a little silly. Each day we end the day in the gym with all of the other students to play games. This is a great way to start the year. Thank you Lord for our school.



Check out what we did this week on our website!

<https://spark.adobe.com/page/Qj3h6F3PnHHis/>

5th Grade - Miss Castaneda

We have had a blast as we returned to school to celebrate Spirit Week. It was fun participating in a new theme each day. Of course, we fit in some academics, too! We are persevering to master long division in math and are working with adjectives in Language. We've continued with our Bible and Spelling lessons, as well and are ready to buckle down and work hard for the second half of the year!



Check out what we did this week on our website!

<https://spark.adobe.com/page/ORsSTgF92cYjT/>



Secondary: Middle & High School

From hillbillies to tourists and twins, middle and high schoolers had a blast celebrating Spirit Week. What a fun way to start back to school after Christmas break! We will finish the week with exciting Homecoming games followed by presentation of our Homecoming Court and crowning of the 2018 King and Queen.



Check out more secondary news by clicking the link below:

[\[Click Here\]](#)