

Quisqueya Eagles Newsletter

<http://www.quisqueya.org>



Friday, April 29, 2011 A.D.

Worship = Walk the Talk

Early first semester the Student Council was tasked with developing an honor code for QCS, a code that holds students to a high standard, a code that serves as a daily reminder to treat each other well and to maintain integrity. The idea was not to add more rules, but, rather, to simplify existing standards into a short, memorable, statement. The first idea students came up with was, "I will not, under any circumstances, take unfair advantage of my schoolmates or encourage any activity that takes unfair advantage of anyone."



This is a good place to start and covers everything from cutting in line at the snack shop, stealing, or copying homework. The code, after additional drafting and after administrative and faculty review, reads as follows:

"I agree that I will not, under any circumstances, take unfair advantage of my schoolmates or encourage any activity that takes unfair advantage of anyone. This means, in part, that I will not **lie, cheat, or steal** and I will discourage others from such actions.

I pledge to treat everyone with **courtesy and respect**, whether in the classroom, playing fields, chapel, school trips, basketball court, or the snack shop. Any behavior that harasses, bullies, humiliates or demeans someone is unacceptable."

The code supports the Board's desire, as expressed through the Policy Manual, that "Students will demonstrate good character, including . . . integrity and honesty . . . respect for self and others."

Through the rest of this year, and resuming at the start of next year, teachers will emphasize this code in classes, explaining how this works out in our day-to-day lives. Let's keep on pressing for integrity. I believe God will honor our desire to live honest, courteous lives.

Parents may be interested to know that we are currently exploring the theme of integrity in our weekly secondary Chapel services. Integrity was defined for us two weeks ago by Mr. McMahon as "obeying God's law, speaking only truth, and putting others ahead of oneself." What lofty, admirable goals!

Mr. McMahon asked a question that, if applied, could revolutionize our together-life on campus. He asked, "What would happen if we all decided to speak only truth? How would the line at the snackshop be different? How would the futsal game look?" Speaking as a principal, it would change the very nature of my job if I knew that every word from every mouth could be trusted. Quite frankly, my workload would be greatly reduced!

This week, following the same theme, I presented the story of David and Bathsheba to the secondary school. Honestly, it was a heavy piece of history to deliver. Parents, you may wish to discuss this Bible passage with your children; you can find it in Second Samuel, chapter 11. However, although it is important to come to terms with the dark potential of human nature, my goal was to show that David, in the end, was a man of integrity.

When confronted with his evil deeds, the mask dropped, and the man after God's own heart admitted to his sin. David showed great integrity in that he confessed to his mistakes. This led to punishment, forgiveness, and ultimately restoration.

We are not asking our students to be perfect! There could be no greater hypocrisy on our part. But we are asking for integrity: that bravery of heart that admits to wrong, is deeply repentant, and seeks to make things right. That is the culture I want at Quisqueya Christian School, and we thank you for your help in getting there.

Rod Meadth
Secondary Principal



School Calendar

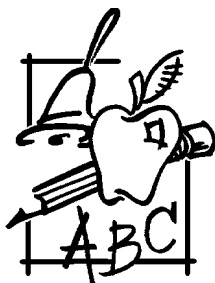
- Mon/May 2nd** - 'Labor Day' – no school ☺
Wed/May 18th - Flag Day – no school
M-W/May 23-25- High school exams
- noon dismissal for all
May 24th - K graduation & grade 6 Step-up
- last day for grades pre-k to 6
May 25th - Grade 8 graduation
T-F/May 26-27 - Staff work days
Sat/May 28th - Commencement Exercises at 4 P.M.
- Tues Aug 16** - 1st school day in the new school year
- noon dismissal

Educational Tip of the Week

Develop an Action Plan to Combat Poor Grades

Rather than punishing your child when she shows you a poor test paper or report card grade, develop an action plan to help her do better next time.

1. Determine the cause: Was it lack of preparation, inability to grasp the concepts, poor test-taking skills, or failure to know that the test was scheduled?
2. Develop a plan: Call the teacher. Ask her opinion about what caused the low grade. Tell her that you're committed to helping the child improve. Schedule fifteen to thirty minutes each night for studying with your child. Mark the test date on your calendar. Restrict TV or set a curfew if needed.
3. Word hard: Make studying a team effort, rather than a child's punishment. Prove that you're serious about wanting better grades by working with your child nightly. Read or review the textbook or do practice problems, even when homework isn't assigned. Studying each night will yield big rewards, compared to cramming the night before the test.
4. Celebrate the victory: When your child improves her grade, even slightly, celebrate the victory. Show her you are proud of her accomplishment.



Today's Smile — childish thinking
Catching her in the act, I confronted our 3-year-old granddaughter, "Are you eating your little sister's grapes?" I demanded.



"No," she innocently replied, "I'm helping her share."

In 5th Grade French class, we were learning French words related to Easter and I had two pictures for the kids to color while we watched part of The Jesus Film in French. One was a cross with flowers and the other was a fancy Easter egg design. Most of the kids put lots of bright colors in all the small shapes that made up the intricate Easter egg design, I was looking forward to using some of them to decorate my classroom. One student's Easter egg picture had only red and black—not very Easter-y colors. Then he asked if he could explain to the class why he used those colors. When he got up in front, he said that the black represented the dark sky when Jesus died and the red represented his blood.

Mrs. Mears



Today's the day of a big test at school, and you feel awful. Your stomach hurts and you have a headache. Maybe your muscles feel tense and you feel shaky or sweaty. You know you haven't been bitten by the flu bug — but you may have a case of the jitters, also known as test anxiety.

Here's how test anxiety works. Let's say you're worried about your math test because you didn't do so well on the last one. Or maybe you're kind of tense because you did great on the last one and you're the kind of kid who likes to get all A's. When you're feeling worried and tense, your whole body can be affected.

Test anxiety is actually a type of performance anxiety. Performance anxiety is when a person feels worried about how they will perform (do on something), especially when it's really important. For instance, you might feel performance anxiety when you're trying out for the school band or for the basketball team.

When you're taking a test, you might feel "butterflies," a stomachache, or a tension headache. Some people might feel shaky, sweaty, or feel their heart beating quickly as they wait for the test to be given out. A student with really strong test anxiety may even feel like he or she might pass out or throw up.

Sound familiar? You're not alone. Ask other people and you'll find that just about all people — adults and other kids — feel some anxiety before a test. In fact, a small dose of anxiety can be helpful, keeping you sharp and focused. But when your symptoms take over so that you can't function or when you're so anxious that you feel sick, you might not be able to do your best.

Of course, if you didn't study for the test, you might be worried — and for good reason. That kind of anxiety isn't as easy to tackle because even if you find a way to calm down, you still might not know what the right answers are. When you are prepared for a test and you get a handle on your anxiety, you'll be able to let your knowledge shine and score a good grade.



Sycamore Corner

Did you know that students can check their service hours on Sycamore?

Go to My School > My Service Logs on the left-hand side of the screen. High school students will see a list of all service hours logged to date, with a total!

If you think you are missing service hours, please contact Mrs Bataille. Don't forget that you are required to accumulate 30 hours of service every year.

May 1st is Fête du Travail or Labor Day, a national holiday in here in Haiti. It is an international workers day and one emphasis is always on the agriculture products of the land. The art students in the Elementary school got into the spirit of things with their art work on the agricultural theme – designing their art work with the produce of the land. Interesting! Just look and see their creations below.



Please take note – May 2nd is a non-school day. Since the Fête du travail falls on a Sunday, the students have a non-school day this Monday, May 2nd.

A group of students went to this center in Ganthier for 3 Saturdays. Barbara Mevs accompanied them one Saturday and took these pictures. Just thought you might want to see some of the pictures that she forwarded to me. This same group of students will be at another center in PV for 4 more Saturdays. They have been faithful and committed 7 of their Saturdays to these two children's centers.



Sports at QCS

Mission and Vision in every decision..

Why we do things at QCS must always be founded on the mission and vision of the school – why we are here. What follows is just part of why we have sports at QCS.

Learning to work together as a team is representative and instructive of God's vision for the body of Christ as explained in Romans 12:4-21, this section could almost be rephrased on a team basis: "For as we have many members on one team, and all team members do not have the same function, so we being many, are one team in Christ." Thus one team member does not rank themselves more highly than others, but simply functions in the talents God has given, contributing a part to the total team effort.

I Corinthians 9 also indicates the value of bodily training in stating that "I bring my body into subjection". One can have control over his/her body in a physical and in a moral way. A physically healthy body enables us as Christians to accomplish God-given tasks in a more efficient manner.

Finally, Paul indicates that every race has a goal. Our athletic programs need to be goal oriented. I Corinthians 9:26 states that "I run in such a way, as not without aim". Participation in athletics gives the boys and girls realistic and reachable goals, and rewards those who can focus on those goals and direct their efforts toward reaching their goals.