

# Quisqueya Eagles Newsletter

<http://www.quisqueya.org>



Friday, April 8, 2011 A.D.

Worship = Walk the Talk

If you have been around QCS much you know the mission.

QCS prepares students academically and spiritually to impact the world. All the activities we offer, from tae kwon do, chess, soccer, basketball, chapel, and table tennis to spelling, history, service projects, and math, are done with the goal of preparing students to impact the world for Jesus Christ.



Today I'd like to highlight sports, not just because I enjoy athletic competitions, both playing and cheering, but because exercise contributes to reaching our mission. Here's some research cited in Eric Jensen's *Enriching the Brain: How to Maximize Every Learner's Potential*.

First, "exercise supports learning and memory function and the repair and maintenance of neural circuits." Second, "it improves self-concept and reduces stress and aggression." Third, "it improves academic performance." A number of studies have shown significant relationships between academic achievement and physical fitness.

Of course, other factors such as nutrition, proper sleep, and good study habits play a role, but exercise is right up there. This is why QCS goes against the trend of cutting "extras" like PE out of the curriculum - - instead we celebrate and encourage activity and require 5 credits of PE in high school when many schools require a fraction of that.

I'm watched the soccer game on Wednesday, and I'm cheering the basketball team on Friday, but I'm also making sure that I'm joining the students in getting some exercise every week. It's all about maximizing our potential to impact the world.

Two weeks ago, I wrote an article here speaking of the privilege of taking one's Sabbath one day out of seven. The reason given in Exodus chapter 20 is that God worked for six days and then ceased from His work. The justification given in the parallel account in Deuteronomy chapter 5 is expanded further: remember that you were a slave in the land of Egypt, and God rescued you!

The counterpart to the Sabbath Principle is what is commonly called the Creation Mandate. God said to his newly created children, "Be fruitful and multiply; fill the earth and subdue it; have dominion over the fish of the sea, over the birds of the air, and over every living thing that moves on the earth." (NKJV) The Bible also says that Adam was put into the garden to "tend and keep it." In other words, man was created to work!

Although everything, including our work, was cursed as a result of the fall, the assignment to work was given before the fall! It is a good thing to work, to be hard at work, to be purposefully engaged, to think and move and create and design and maintain and explore.

What is your work that you have to do? How are you filling the earth and subduing it? How are you tending and keeping your garden? We could take this both literally and figuratively -- gardens, as I have found recently, are a good thing!

Allow me to give some final advice from an oft-maligned book: Ecclesiastes. The teacher tells all who will listen: "Whatever your hand finds to do, do it with your might." Paul might have had Solomon's words in mind when he wrote to the Corinthians: "Whether you eat or drink, or whatever you do, do all to the glory of God!"



Take your rest, by all means! And then, when the week begins, work as hard as you can for the Glory of our Almighty God.

Rod Meadth  
Secondary Principal

## School Calendar

Sat/April 16<sup>th</sup> - Sports Day 'Picnic'  
Thurs/April 21<sup>st</sup> - Maundy Thursday - noon dismissal  
F-M/April 22-25 - Easter Holiday  
Wed/May 18<sup>th</sup> - Flag Day - no school  
M-W/May 23-25 - High school exams  
- noon dismissal for all  
May 24<sup>th</sup> - K graduation & grade 6 Step-up  
May 25<sup>th</sup> - Grade 8 graduation  
T-F/May 26-27 - Staff work days  
Sat/May 28<sup>th</sup> - Commencement Exercises at 4 P.M.

## Educational Tip of the Week "Praise Your Child Every Day"

Comments like "I really like that you fed the dog without being asked" or "You did a fine job of selecting matching clothes today" go a long way in boosting self-esteem.

Children with high self esteem do better in school. You can boost your child's ego by giving legitimate praise and compliments. Kids do many things right every day. So, get in to the habit of looking for the goodness in your child, and practice giving "high fives" often.



Just as Mrs. Waldman hands out the spelling test, you see Jeff pull out a small piece of paper with a lot of little scribbling on it. Jeff tucks the note into his closed fist but soon takes it out again. While he's taking the test, you see him looking back and forth between the teacher and his paper. There's no mistaking it — he's cheating.

### What Exactly Is Cheating?

Cheating is when a person misleads, deceives, or acts dishonestly on purpose. For kids, cheating may happen at school, at home, or while playing a sport. If a baseball team is for kids who are 8 or younger, it's cheating for a 9-year-old to play on the team and hit home run after home run.

At school, in addition to cheating on a test, a kid might cheat by stealing someone else's idea for a science project or by copying a book report off the Internet and turning it in as if it's his or her original work. Copying someone else's words or work and saying they're yours is a type of cheating called plagiarizing.

## Today's Smile

Some Clever and Amusing Thoughts on Being a Christian

Under same management for over 2,000 years.

Tithe if you love Jesus! Anyone can honk.

You can give without loving, but you cannot love without giving.

Beat the Christmas rush, come to church this Sunday!

Don't wait for the hearse to take you to church.

We should be more concerned with the Rock Of Ages, instead of the age of rock.

Don't give up. Moses was once a basket case!

Come early for a good seat in the back.

Life has many choices, Eternity has two. What's yours?

The best vitamin for a Christian is B1.

Worry is interest paid on trouble before it is due.



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The following was taken from a note to the SS teachers by Mrs. Bataille the day after their service:



'As you know, I took a group of students to the CSI base in Croix de Bouquets on Wednesday for a day long service project. Two students worked at the eye clinic where they helped Tim DeYoung and his staff perform eye examinations. For the rest of the students (and myself), much was required (physically) and the field director, Greg Benson, made us work extremely hard. We moved a lot of metal building scaffolds and other materials that were disorganized around the property. We were required to move them (though heavy) to a container so that the construction workers could get better/easier access to them as they did their job. It felt like there at least 500+things to move. In addition all of the heavy lifting and hard labor, we helped to move things from the old orphanage to the new one that is currently being built. These things included bookshelves, children's books, school supplies, etc. We had very little interaction with the girls at the orphanage since the purpose of our trip was for building but when they did see us, they shared many hugs and kisses. CSI is almost done with the building of the orphanage and once completed, it will be beautiful. Overall, it was a good trip and I believe that Jeff Graham, Greg Benson, Tim and Toby really appreciated the help that they got from the students.'

Have you been to the Library lately? If not, why not come on in and check us out? We are constantly adding new books to our collection.



Middle/High School Students we have some great new books for you this week:

Donated by Mr. Meadth:  
*The Icarus Hunt* by Timothy Zahn

Donated by The Alec and Myrtle Chabot Memorial Fund:

*The Voice on the Radio*, by Caroline B. Cooney  
*What Janie Found*, by Caroline B. Cooney  
*Whatever Happened to Janie?*, by Caroline B. Cooney  
*The Face on the Milk Carton*, by Caroline B. Cooney  
*Bran Hambric - The Specter Key*, by Kaleb Nation  
*Horseradish*, by Lemony Snicket  
*The Sisters Grimm - The Problem Child*, by Michael Buckley  
*Simon Bloom, The Gravity Keeper*, by Michael Reisman  
*CRISPIN at the Edge of the World*, by AVI

The recently donated Forgotten Book Series by Ted Dekker has also been very popular amongst the high school students - in fact you almost need to get onto a waiting list if you'd like to check out one of the six books in the series it's so in demand.

Of interested to the Elementary Students we have also received the following books:

Donated by The Alec & Myrtle Chabot Memorial Fund:  
*Gulliver's Travels*, by Jonathan Swift  
*This Isn't What It Looks Like*, by Pseudonymous Bosch  
*The Cats of Roxville Station*, by Jean Craighead George  
*Tumtum & Nutmeg - Adventures Beyond Nutmouse Hall*, by Emily Bearn  
*Madeline and the Cats of Rome*, by John Bemelmans Marciano  
*Madeline and the White House*, by John Bemelmans Marciano  
*The Little Big Book of Family Classics*, by Disney  
*Sophie's Masterpiece - A Spider's Tale*, by Eileen Spinelli  
*Children's Teasury*, by Max Lucado

A special thank you to Karen Michel of grade 6 who donated:

*Best Birthday Party Ever*, by Claire Jordan  
*A Ride for Freedom*, by Victoria Saxon  
*High Sea Adventure*, by Rita Balducci  
*Three Cheers for Becky* - by Lynn Offerman

Mr. A. R. Chabot  
Librarian



Family Sports Day  
Saturday April 16, 2011  
10:00 AM to 2:00 PM

What an amazing response to the planned Family Sports Day!

Watch for the update of the events for the day early next week. It will be a day of fun and fellowship and food. The schedule of events will be in half hour blocks of time. Be on time in order to participate.

**Family Fun! Family Fun!**  
**A wise woman once told me,**  
*Families That Play Together, Stay Together.*



Chapel Presentation – Adam and Eve revisited

### Praise/Prayer Corner

- Thank You Lord for Your travelling mercies each and every day.
- Help us to finish this year well and at the same time make the proper preparations for the new school year.
- Thank you for the new horizons given to the graduating class by opening doors of new opportunities for their continuing education. Truly, an answer of many prayers.
- Open our eyes Lord that we may see You each day – Your presence as we live for Jesus.

In the grade 7/8 Bible program, I have been reading the book entitled *Witness* which gives a brief account how people lived for Jesus. During this Lent season, I will be using *The Twelve Voices of Easter*, which also describes the 'witness' of those for Christ or against Him. If you desire to listen to these stories, just visit the web at: <http://www.backtothebible.org/articles-by-woodrow-kroll/the-twelve-voices-of-easter.html>