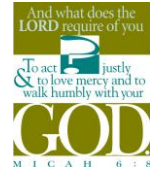


# Quisqueya Eagles Newsletter

<http://www.quisqueya.org>



Friday, November 19, 2010 A.D.

Worship = Walk the Talk

Give Thanks! QCS will be taking days off to observe and celebrate Days of Thanksgiving on



November 25 and 26. And there is so much to be thankful for that I hardly know where to start. I'm overflowing with gratitude for my family, my co-workers, students, and my friends. God has blessed me with a wonderful family and a dedicated, hard-working staff, with curious students and faithful friends - - I am awed every day by these blessings.

In my own personal prayer life, I thank God daily for his blessings - - life, creation, friends, QCS and the Salvation I have in Jesus Christ. And this attitude of thanksgiving keeps things in perspective, helping me have a thankful, optimistic outlook on life. There are many things you can do to help your children be thankful, too. Before I list a few things, we all know how unattractive those people are who have a sense of entitlement are. Those people who think that life owes them something and aren't filled with gratitude for the many good things that come their way. Let's not turn into those small sorts of people who fail to take delight in God's blessings.

Consider the following ideas:

1. Make lists together as a family for things you are thankful for.
2. Set the example for others by regularly expressing sincerely gratitude.
3. At school, take time to thank the ladies in the snack shop for the fine service they offer; tell the secretaries how much you like their faithful service; and students and parents alike should let teachers know how much they are appreciated.

When I am thankful, my attitude in general changes in positive ways, and I'm sure yours will as well. Join me in the coming week of intentionally being thankful!

This past week was Spirit Week for the Elementary school students. One of the days was a wannabe day. I wannabe just like . . . What follows was part of my ES chapel devotions last week.

One of my heroes is my Daniel. Remember him, in the king's court to be trained for the king's service for three years, eating the king's food? But Daniel made up his mind not to defile himself by eating the food and wine given by the king. Although Daniel was in a culture that did not obey God, he still obeyed God's laws.

Daniel found favour in the eyes of the king. We/I live in the King's presence each and every day. How do I dress myself each day? How do I put on the fruit of the Spirit? Let's wannabe a follower of Christ, having the attitude of gratitude with altitude, serving Him each day. May I be like Him more and more each day. I wannabe like Jesus.

Attitude. My attitude affects everything that I do. Your attitude affects everything that you do. How's your attitude? How do you carry yourself? What is your mood? How do you feel all the time? Consider the following 'tudes'.

Rude 'tude'

Are we polite and mannerly? Do we use the five fabulous phrases of 'Please', 'Thank you', 'You're welcome', 'Excuse me', 'I'm sorry'? A rude tude insists upon his own way and this vocabulary is not part of his daily speech.

Grati 'tude'

Last month the Canadians celebrated Thanksgiving Day. Next week, the Americans will celebrate their Thanksgiving Day. I must have an attitude of grati - 'tude'. I thank the Lord for setting aside a day that forces me to stop, to look and to listen and to see all what the Lord God has done for me. I need to say thank You Lord more often and I also need to say thanks to many others who have blessed me on my way. Can you list some of the things that you are thankful for? We need to list them at times because at times we have an attitude of pleni tude.

Pleni tude

How much stuff do we have? Soon it will be Christmas time and already we are making a list of the stuff we like to receive. Our stuff. What does it do to us? Make us better? Wiser? Smarter? It fills a need and we just continue to want more.

Lord, may we all have an attitude of gratitude with altitude for You are our LifeSource. Help us all to be GodStrong in our wannabe like Jesus.



## School Calendar

Nov 25 <sup>th</sup>	- American Thanksgiving – no school
Nov 26 <sup>th</sup>	- no school
Dec 4 <sup>th</sup>	- Christmas Bazaar
Dec 13 <sup>th</sup>	- HS exams – noon dismissal
Dec 14 <sup>th</sup>	- HS exams – noon dismissal
Dec 15 <sup>th</sup>	- HS exams – noon dismissal
	- last day of the first semester
Jan 4 <sup>th</sup>	- 2 <sup>nd</sup> semester – 3 <sup>rd</sup> quarter begins

## Educational Tip of the Week

**Make sure Your Child is Ready to Go on Gym Days**

Know which days your child has gym and see to it that s/he has a proper change of clothing or sneakers if they are required at her grade level.

Kids fail gym for three reasons: 1) They are not prepared; 2) They do not participate; and 3) They misbehave.

In some schools, students must take and pass four years of physical education to receive their high school diplomas. Students often fail high school gym because they developed poor habits in elementary and junior high school. Your child need not be a star athlete, but she'll avoid many hassles by developing good habits in the earlier grades.

## A Cheerful Heart is Good Medicine

How do elephants get up trees?

*They sit on an acorn and fall asleep.*

How do elephants get down from trees?

*They sit on a leaf and wait for Autumn.*

Why are crocodiles long, thin and flat?

*They walk under trees in Autumn.*



## Elementary Soccer Shirts!

It has been a wonderful fall for soccer after school. I want to thank Arthur Acra for providing the great soccer shirts the Elementary students received. If your child has not received their shirt, they will. I made a mistake on the ordering of sizes. The new shirts should be coming soon.

If you are interested in buying an additional soccer shirt, I have shirts in size 8. Each shirt is \$5US.

Thanks again and I look forward to more sports for the Elementary grades in the spring.

## Introducing . . .

Hi, my name is Ruth Van Dam. This is my second year serving on the board of QCS. However, since my children began attending QCS in 2001 I have been involved in a variety of ways. For the past 4 years I have served on the Parent Action Committee (PAC).



My husband, Howard and I have four children all of whom attend the school. Taressa, our oldest is in 11<sup>th</sup> grade, Natasha is in 9<sup>th</sup> grade and Micah and Malieke are in 6<sup>th</sup> grade. It is a real honor to serve the school in this capacity. The school has been an incredible support, blessing, and stability to our family.

My husband and I are originally from the United States. I come from the East and Howard is from the West and we met in the middle. We joined the Christian Reformed World Missions team in Haiti in 1992 and have been here ever since except for several evacuations and support raising stints. Our work here has changed a lot in the past 18 years. Today our mission here in Haiti is called Sous Espwa and it partners with 7 Haitian Christian organizations who are involved in a variety of ministries in a variety of places around Haiti. I work at our office on Delmas 77 in administration and communications.

I enjoy traveling, reading, and just hanging out with my family.



*Come and join us!*

*Plan to attend the 2010  
Christmas Bazaar  
Saturday, December 4<sup>th</sup>  
good food, good fun, good  
fellowship.*

We are still looking and accepting vendor applications. Do you know of someone? Tell them about our bazaar!!



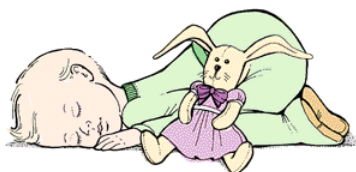
These Health facts have been covered before but they are good reminders. Use these as a check list to assess your health in the coming weeks.

- 1) Adults need between 7-8 hours of sleep per day. Children need closer to 9-10. Sure you can function with less sleep...but for how long?
- 2) Each person should drink 64oz (8 glasses) of water per day. Remember that all foods have water. A good rule is one glass of water with every meal. Do not feel you must consume 8 individual glasses of water each day.
- 3) Everyone needs exercise! How much? Adults should get as a minimum 3 -5 sessions of exercise per week. Each session should be a minimum of 30 minutes. For maximum benefits try to exercise 5 times a week at an hour each time.
- 4) 3500 calories equals one pound. Women should eat around 2000 calories per day. Men should eat 2500. If you want to lose weight, burn more calories than you put into your body. If you want to gain weight, eat more calories than you burn.
- 5) Do you know what the top 3 causes of death are for adults?
  - A) Heart Disease
  - B) Cancer
  - C) Stroke

The best ways to reduce your risk for these 3 diseases are:

- ✓ do not smoke
- ✓ maintain proper body weight
- ✓ exercise regularly
- ✓ get a good night's sleep!

Your body will thank you for it!



## Building Your Child's Self Esteem

One simple and effective way to build confidence in your child is to make sure that s/he can always call home. Teach your child your home phone number and an emergency number if you can not be reached. This would really help a child who is waiting for her/his ride to come and it is already 90 minutes past the time the ride is supposed to be here. A child who knows when and whom to call will feel less alone and afraid.

It will also greatly aid those on campus to make the call, to reassure the younger students that they are not alone. Help is on its way. Why not ask your child today if s/he knows what number to call should the need arise.

### A Student's Summary

The students in my Bible class are given a quiz each Wednesday on the previous work in class. However the first question on the quiz is always the same: *What was the message in chapel this morning?* The following is Anaelle Audant's answer:



*We are not put on earth by accident. We were her for three purposes. Number one is to serve God. God wants us to serve Him through our daily actions.*

*Purpose two was to love God. God wants us to love Him. We can show that love by loving others and giving them chances.*

*Purpose three was to glorify God in everything you do, whatever your talent is. It can be soccer like the Christian athlete Kaka, who every time he makes a goal, he points to God letting others know that it was through God he made this goal.*

*Another thing Mr. Kubo talked about was that you can do anything with your life, but if you do not use your life with the purpose that you were put on earth, it will eventually break. One example he gave was the guitar. A guitar's purpose is for music but you can use it for a baseball bat. Because it's use is not made for baseball, it will break. God wants to use our life with the purpose that it was made for!*