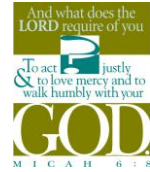


Quisqueya Eagles Newsletter

<http://www.quisqueya.org>



Friday, October 1, 2010 A.D.

Worship = Walk the Talk

Last Friday, a sudden, unexpected storm ripped through Port-au-Prince with winds as high as 65 mph. Roads were blocked, traffic was horrible, and most parents were delayed in picking up their children. Once again QCS teachers did the right thing, calming and reassuring students, and keeping them occupied until the last students were picked up at 6:30 pm. Parents have entrusted their children to our care, and we hold this trust sacred, whether it is in the classroom, on the playing field, or during an emergency such as the storm. So many times teachers have gone the extra mile - - make sure to thank a teacher!



The storm left a mess on campus - - trees down, leaves everywhere, branches all over. Fortunately, a month ago Sylva Rayes, Marie Charlot, and Sonia Angus started planning a Beautification Day, a work day to help make QCS look a little better. So, a day after the storm these three parents, along with a number of teachers and around 25 students joined together to clean up the campus, haul limbs away, and place plants, outside the elementary building and along the walkway in the planters behind the Administration Building.

This was a great example of parent, teacher, student partnership to work toward making QCS a more pleasant place, and I'm committed to building on this initiative, continuing to make improvements in the physical plant and all around the campus. Together, in partnership, we can accomplish a lot. So I'd like to extend a big thank you to Sylva Rayes, Sonia Angus, and Marie Charlot for the donated plants, the hard work, and the commitment to QCS.

Yours, for excellence in Christian schooling,

Steve Hersey
Director

Steve Hersey, Art McMahon, Tim Banks and myself spent five days last week in North Carolina, sitting under the guidance of some of the best minds in Christian schooling. QCS highly encourages any form of professional development for staff, with a view to increasing the strength of our faculty.

One of the concepts taught at this conference was that of the "hedgehog" principle. The name comes



from an old fable, describing the interaction of a crafty fox and a simple hedgehog. The fox sets out to devour the poor hedgehog, who immediately bunches into ball of spiky quills. The fox invents all sorts of tricks to get at the hedgehog, but his prey responds in exactly the same way each time: roll into a ball. The moral of the story is that it is better to be very good at one thing, than to have an abundance of tricks.

The question that we all must ask ourselves is this: what is the one thing that we are really good at? What is it that we do well -- that we do better than anybody else in the world? Whatever your answer, this is the thing that you should do with all your might to the Glory of God.

The administration will be working hard over the next few weeks to begin integrating this principle, and many others, into the life of the school. What is it that QCS excels at? What is it that we do better than anyone else? What are our primary strengths that we may build on them?

Yours faithfully,
committed to preparing and equipping your children to impact their world for the Glory of God,

Rod Meadth

School Calendar

- Mon/Oct 4 – 8 - Spirit Week for the MS/HS**
Fri/Oct 15 – 17 - Senior trip to Seguin
Oct 15th - last day of First Quarter
- a non-uniform day ☺
Oct 18th - Staff PD Day – no school for students
Oct 19th - 2nd quarter begins
Oct 22nd - Parent Teacher conferences
- no school for the students
Nov 1st - All Saints Day – no school
Nov 2nd - All Souls Day – no school
Nov 18th - Battle of Vertieres – no school
Nov 25th - American Thanksgiving – no school
Nov 26th - no school
Dec 4th - Christmas Bazaar
Dec 13th - HS exams – noon dismissal
Dec 14th - HS exams – noon dismissal
Dec 15th - HS exams – noon dismissal
- last day of the first semester
Jan 4th - 2nd semester – 3rd quarter begins

Educational Tip of the Week

"Volunteer in Your Child's Classroom"

It's a jungle in there! Some teachers openly ask for parent volunteers, others don't. But if you've ever hosted a child's birthday party with a dozen small guests running through your house, you'll appreciate why a teacher welcomes a second set of hands. Teachers often ask for help during field trips and holiday parties, but there are at least 175 other days when your help may be appreciated. If you're really brave, volunteer to chaperone a field trip or a school event.

Being a guest reader is rewarding to both you and the children. Choose a book with a tie-in to your work or hobby (ask the teacher's assistance if needed). After reading the book, talk about your own experiences as they relate to the book. Then be prepared to answer questions about a subject you already know well. It really is fun.

Volunteering also allows you to meet the other children. That way, when your child talks about her friends, you can say, "Oh, yeah, I know who Julianne is. I met her the day I volunteered in your classroom."

PAC – Parent Action Committee

Monday, October 4th at 3:15 P.M. the PAC meets once again to discuss the Christmas Bazaar. If you desire to help with the organization of this event, we could certainly use your presence. We will meet in room 25 of the High School building. Many hands make light work and many minds are able to come up with new and improved ideas.

The Lighter Side

The Sunday School teacher was describing how Lot 's wife looked back and turned into a pillar of salt, when little Jason interrupted, 'My Mommy looked back once while she was driving,' he announced triumphantly, 'and she turned into a telephone pole!.'

From the Guidance Department

The **PSAT** test will be given at school Wed. Oct. 13. It is a good practice test for the SAT exam. Scholarships from the results of the test are also possible. This test is open to Juniors and Sophomores.

The cost of the test is \$18 (US). Payment should be made at the office and students should keep their receipt for the day of the test to show the testing supervisor that they indeed paid. Next, students should come to the Guidance Office and get a practice booklet to help them prepare for the test.

Introducing . . . Katie Kilpatrick



Hello! I was born and raised in Dallas, Texas. I have one little brother, Matthew, who is currently serving in the Marine Corps. I attended Baylor University in Texas

where I majored in Religion with a focus on African studies (including two years of Swahili!). In college I had the amazing experience of living for a summer in Washington, DC as an intern in the US Senate. I fell in love with that beautiful, historic city, and that is why my husband and I are so excited to lead the Quisqueya in Washington DC trip for a group of 10th - 12th graders next March.

After graduating from Baylor I married my handsome husband, Ben, in 2008 and settled back in Dallas. We spent some time in Dallas working in the corporate world, but felt that we were being called to serve overseas. We moved to Haiti right after last Christmas - just two weeks before the earthquake. After January 12 we continued teaching at Quisqueya, and I now teach English for grades 9 - 11 plus the 12th grade homeroom and life skills elective "Senior Transitions".

My favorite ways to spend time are eating Mexican food, reading, travel, and worship. My current dreams are to learn more Spanish and Kreyol, backpack in Europe, visit Africa, and one day adopt. My favorite Scripture is Micah 6:8: "And what does the Lord require of you? To act justly and love mercy and to walk humbly with your God."

Simple Ways to Build Your Child's Confidence

Please and Thank You both to and from your child

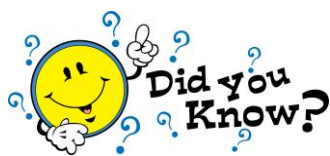
Remember the poem of last week? *When You Thought I Wasn't Looking?* Our children learn a lot from our actions, even when we think they aren't looking.

Good manners are not only a subject for parents to teach children. They are actions for parents to show their children.

As a parent, do you say *Please* when you make a request of your child? Do you say *Thank you* when your child has completed errands for you or finished a specific task? Are you a parent, modeling the behaviour that we expect our children to model? Our display of good manners says to our children that we treat all people from all walks of life with dignity. When our children use the words of *Please, Thank you, Excuse me, I had a good time*, they will represent their families well, and also show that they respect others they meet and greet. Treating others with dignity will also help build your child's self-esteem.

Starting with this newsletter . . .

there will a lighter side which will hopefully bring a smile to your face. Proverbs 15:13 states *A glad heart makes a happy face*. The preacher said in Ecclesiastes 3 *there is a time to laugh*. Therefore I do read jokes in my class and together we laugh. This will be included as part of the newsletter. Laughter is good for you as stated by the following:



Medical studies have shown that laughter utilizes muscles throughout the body. For instance, laughter exercises the lungs and circulatory system and increases the amount of oxygen in the blood. Laughter also:

- Reduces muscle tension
- Boosts levels of endorphins, the body's natural painkillers
- Reduces levels of hormones and neuro-chemicals
- Stabilizes blood pressure
- Increases heart rate
- Provides a natural boost to the immune system

Amazingly, laughter also reduces stress. Levels of epinephrine, the stress hormone which constricts blood vessels and suppresses immune activity--decrease in the body as a result of laughter. In other words, laughter is a good way for people to relax! It is beneficial from the inside-out, and has no side effects.

F.I.T.T. PRINCIPLE?

Feeling Stressed? Not sleeping well? Maybe lacking energy? There are many benefits from engaging in a regular exercise program.

The following is a good guide to make sure you are getting the maximum effort from your exercise program each week.

F = Frequency of exercise. It is recommended that all people exercise at least 5 times a week.

I = Intensity of exercise. For exercise to be beneficial the heart rate must get into one's "target zone"

Target Zone? Follow this equation:

220 - your age then multiply by .6 = bottom end of the "target zone"

220 - your age then multiply by .9 = top end of the "target zone"

Example: Someone is forty years old needs to get their heart rate within the follow zone

$$220 - 40 = 180 \times .6 = 108$$

$$220 - 40 = 180 \times .9 = 162$$

T = Time or length of exercise. It is recommended that each exercise session last a minimum of 30 minutes.

T = Type of exercise. Exercise can be muscular strength training, muscular endurance training, cardiovascular or increasing flexibility.



It is important to exercise in all 4 of these areas.

Spirit Week

With anticipation, the students are looking forward to next week, October 4th – 8th Spirit Week - a time to show an energetic support and enthusiasm for QCS. The focus is certainly on our students – our learners.

Spirit week serves as a unifying force, bringing together our diverse student body. Let's all make this a cooperative effort.

Monday – PJ Day!

Tuesday - Mix and Match!

Wednesday - WannaBe

Thursday - Formal Day!

Friday - School Colors Day!