



# Pathways

Show me your ways, O Lord, teach me your paths. Ps. 25:4

A Newsletter for Holden Christian Academy

October 22, 2015

## Principal's Corner

So this morning, while eating breakfast, I disclosed yet another personal flaw to my husband. (That got your attention, didn't it?) While calling our dog, I heard myself say, what only recently I've noticed and vowed to stop saying,.... "come'eer". My sweet husband neither dismissed my revelation nor mocked it, rather he one-upped it..."in Melrose we'd say com-meah". Such is the banter of mornings with the Haywards, full of the little things, the stuff of life.

As you may have guessed by now, I have little first-hand news to report from the past week because I've been flattened and sick in bed for most of it. I have noticed some distinct stages of illness, as well as the corresponding self-talk, actions, and lessons learned from it.

Stage One: Pressing on or denial

"I think I might be coming down with something, but probably not... I have too much to do. I'll go to bed early after I do my regular day. (at full tilt).

Stage Two: Full blown illness

"I'll call in sick, sleep a little longer and work from home." Slept 18 hours...no work. Oblivion.

Stage Three: Still fighting

"I must be better because I slept so long yesterday and I really, really, really want to go to Amherst but even the thought of actually getting up and taking a shower is completely overwhelming." Five hours later work fading, spent a long time with God, got text messages from field trip, read a book, and found *Family Feud* enthralling!

Stage Four: One last gasp

"Now it's the weekend and I have so many household things to do. Is there anything that can wait? Why yes...everything can. What would God want now? Lord?" Spent a long time with the Lord, read a book, felt relaxed, still too much energy required for a shower. Filled bird-feeder... found birds, sun through leaves enthralling!

Stage Five: Surrender

"I am still too weak for church, but I can take a shower and spend more time with God!" Relaxed, clean, focused on God who gently reveals small blockages in my heart that restrict His Spirit from flowing freely. Confession, repentance, freedom and joy, walked around the neighborhood with hubby...found it connecting, beautiful, refreshing, exhausting!

Stage Six: Slow re-entry

"Because I have School Committee tonight, I'll work from home this morning, go in for two meetings, go to the movies to relax (*He Named Me Malala*) attend SC." Great time with God, school issues fuzzy.. distant... but slowly reappearing.

Stage Seven: Re-entry

"I'm going back, but feeling weak and taking it slowly. God is so good!" Heard various reports of Amherst trip...the enthusiasm, deep interest and learning from both students and adults was a gift to me. Trusting God.

Today: Pathways...

"I have nothing to report, I've been absent." But wait, God wasn't absent; in fact He gave me exactly what I needed and reminded me of the simple life lessons I know but may never fully realize. Here are some of them.

1. I am living in a fallen world and everything, including my body, is broken in some way. I am weak and vulnerable to illness, just like everyone else.
2. Despite knowing better, I do too much, run myself ragged, yet truly hope to get away with it.
3. When running, I miss the still small voice of God. I feel the separation on a soul level and anxiety creeps in.
4. I (we) NEED time away to think, reflect, ponder, question, create and just "be" with God. If Jesus needed this time away in a solitary place why do I think that a quick fix with God each morning is enough for me?
5. I create most of my own stress. Most of my choices are delivered in the self-serve, all-you-can-eat style.
6. I can choose peace, joy, love, patience, humility, kindness and generosity at any time. These too are being served in God's self-serve, all-you-can-eat line every minute, every day. We can heap our plates and go back for more!
7. It's all a matter of focus, choice, surrender and will. God's will be done!
8. I am not alone in this struggle. It is the struggle of life. My husband just showed me a video clip of one of our favorite singer-song writers, Sara Groves. She is with us as well. <https://www.youtube.com/watch?v=3y8JSNknIzE&feature=youtu.be> Enjoy!

We are all in this together: to share our journeys, to laugh and cry, to help one another make it to the finish line! It is great to have company and even better to follow the feet of the Good Shepherd who never gives up on His beloved, dumb sheep!

In Him,  
Susan Hayward, Principal

P.S. Christine showed me this...another clip from Sara Groves  
<https://www.facebook.com/saragroves/videos/10153109062145598/>

See Pathways issues in color and clickable links at  
[www.holdenchristianacademy.org](http://www.holdenchristianacademy.org)

~ Our Mission ~

Honoring God through Creative learning and strong Academics,  
in a caring, fun-filled school!

Holden Christian Academy  
508-829-4418  
[www.holdenchristianacademy.org](http://www.holdenchristianacademy.org)



## Mark Your Calendar!

October 23	Term 2 Development Day—NO SCHOOL
November 4	Equine Show @ Cornerstone Ranch, time TBD (for those participating in the equine elective this term)
November 6	Term 1 Ends
November 11	Veterans' Day—NO SCHOOL
November 18	Parent Teacher Conferences-afternoon
November 25-27	Thanksgiving Recess-NO SCHOOL
Nov. 30-Dec. 4	Scholastic Book Fair
December 1	Lifetouch Picture Retakes

### School Service Opportunities

Please call the office at 508-829-4418 or send in a note if you can help with these opportunities:

- Elective helpers—share a skill or talent with our students!
- Elective drivers—to drive students to/from our equine elective on Wednesday afternoons.
- Room Parents—being a point of contact for your child's classroom and helping at big events throughout the year.
- Help turning VHS into DVD's with our new machine!
- Recess monitors

### Scripture Memory Verses of the Week



Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.

Colossians 3:12-14



### **PRAYER (Psalm 68:19)**

Prayer requests may also be submitted in writing and our Parent Prayer group will cover these requests in prayer.

There is a prayer request box in the office; confidentiality will be maintained as requested.

- Continued prayer for KK and her mom, Tanya, as KK receives cancer treatment.
- For new families being called to HCA, that they will hear God's call and trust in Him.

### *Principal's Book of Excellence celebrates...*

#### Kindergarten

**Celine**, for consistently helping classmates set up for rest, and clean-up after!

#### First Grade

**Arden**, for helping a friend tie their shoes, without being asked.

#### Second Grade

**Maeve**, for having a great attitude while faithfully stacking the chairs for the whole class each Wednesday.

**Matthew**, for being generous and sharing his egg free bread with a kindergartner during center-time switch.

**Emma**, for working extra hard in her reading.

**Jocelyn**, for demonstrating she can learn from her mistakes and have an attitude of gratitude!

**Ryleigh**, for always trying her best on her math, even when it's hard.

#### Third Grade

**Daniel**, for waiting patiently for instructions.

**Daniel**, for using his Faith Kids experience by intentionally playing with new friends at recess.

**Will**, for using his Faith Kids experience by intentionally playing with new friends at recess.

**Nathan**, for showing care and concern for another student.

#### Fourth Grade

**Ethan**, for his kind and gentle servant heart.

**Carlie**, for her compassionate prayers.

**Adrianna**, for her compassionate prayers.

#### Fifth Grade

**Steven**, for consistently being attentive during math class.

**Alison**, for her servant heart, always offering help.

**David D.**, for working diligently to correct math problems.

**David D.**, for showing kindness to younger students, rebuilding a fort using keen engineering and creativity.

**Tanner**, for showing kindness to younger students, rebuilding a fort using keen engineering and creativity.

**HCA 2014-2015 Yearbooks are in!**

**The cost is \$15 per book**

**Stop by the office  
or send a check in and  
we will send one home  
with your child!**





# Classroom Happenings



## ~Preschool~

The preschoolers have been very busy over this past month! They have been learning about the circus, apples and how they grow, pumpkins, and playing outside with Nature Explore toys. They have made and tasted apple banana sauce, cleaned out a pumpkin and cooked the seeds. The children say they taste like popcorn! We had our circus party and have now moved on to study the dinosaurs! On November 1<sup>st</sup> from 2-4pm is the Hay Day celebration here at Holden Chapel. Please tell your friends and come enjoy this free community event. There will be lots of fun and free refreshments for all! Your children are AWESOME!!!! They are learning a lot and bring us more joy than we can say. Love, Mrs. Younger.



## Team A ~ Grades K, 1 and 2



We'd like to start by saying thank you to all of the parents that chaperoned for our field trip to the Aquarium. We had a fantastic trip. We had a little rain, but it didn't stop us from enjoying all of the exhibits. Some of the highlights were petting the rays, watching the sea lion show, and observing the penguins speed through the water. Our field trips are a big part of our curriculum, and we couldn't do them without you.

In social studies we have looked at the life of P.T. Barnum and how he contributed to the circus as we know it today. We learned how audiences enjoyed a snack from the newly invented portable steam popcorn maker. We also studied Alexander Graham Bell, and how his curiosity about sound led to his marvelous invention, the telephone. Can you imagine what life would be like today without this invention?



The change in the season has provided a wonderful opportunity for class discussions about this year's theme: change. This past Monday, Pastor Barber reminded us that not only are the leaves changing, but many things around us are changing too, including our bodies. But the one thing that doesn't change is God. We can count on His character to remain the same: He is faithful and His love endures forever. Amen!

Autumn Greetings from Team A

*Mrs. Torres, Mrs. Caron, and Mrs. Hughes*

P.S. Don't forget Friday is Development Day, NO SCHOOL!



# Classroom Happenings



## Team B ~ Grades 3 & 4

These fall days have been a wonderful blessing. Grade 3 students have been able to get outside to collect leaves and seeds. We cleaned out the garden beds and have enjoyed some outdoor classroom time. Students were commenting

on how glad they are that we have a garden at school. I agree!



Our latest science experiment/ project this week was creating the ocean in a tin pan using play-dough and jello!

Ask your child about the landscape of the ocean floor.

Blessings,  
Mrs. Jorritsma



Reading during Book Groups

Fourth grade has been working hard to finish our beautiful "levels of the ocean" box!! They did a great job researching and depicting God's amazing creations.

Please make sure that they keep their Book Group

books & Book Report books in

their backpacks at all times. Book Groups are every Thursday and the Historical Figure Book Reports are due next week of October 26th-30th.

We are moving right along in Math. We will start Chapter 4 (Multiplication) next week :) Remember to practice those facts any chance you can, even if it's 5-10 minutes.

Next week we will have our Science test on Tuesday and our History test on Thursday. All study sheets are in their binders.

Thank you for all your support in helping your children be the best they can be. I love them!!!  
~Ms. Reed



Book Discussion Groups

## Team C ~ Grades 5 & 6

The agriculture field trip was terrific! The students visited Emily Dickinson's garden first. We noted the great variety Emily had in her garden, with several plant choices that we do not have in our own gardens. Ms. Dickinson also had beautiful trees, including an uncommon variety of maple and oak, along with a growing apple and pear orchard.

Next stop was the Permaculture garden at UMass Amherst. The garden manager explained several of the main principles of a permaculture garden. It is a garden that mimics nature, or as we say, does it God's way—with minimal interference from us. The garden uses zones grouped according to similar needs and incorporates design principles that help each zone to work as part of a system. Our middle school was divided into 3 groups, each led by knowledgeable university students who explained what each of the zones contained and how they worked within the garden as a whole. The most interesting part of the garden may have been the shitake mushrooms they were growing in some old logs. It certainly gave food for thought on how to design our HCA garden! After a picnic lunch, students had the opportunity to hear from 3 students involved in a Christian campus organization. The students shared what it was like to be a Christian on a secular campus, and told us ways they are involved in the ministry. Our students also asked some questions about academics and learned about the shocking number of hours of studying involved in college life. Before leaving, we were blessed to pray for them and for their ministry.

Our last stop was at the corn maze. The students had 3 puzzles they could work to complete as they explored the maze. The weather was beautiful and the students were excellent, taking full advantage of the activity and the fun it provided. There was even a small petting zoo for students to enjoy when they were done. In the end, everyone earned a sugar pumpkin for their efforts and enjoyed a beautifully scenic bus ride home.

On another note, I want to thank parents for the excellent response regarding retakes. Mission accomplished thanks to a wonderful partnership! Next week, we will have a quiz on 3 more scientists and the Ten Commandments.

As noted in the email, math help begins next week. Tuesdays will be for grade 6 and Thursdays for grade 5. Please check the email for details.

Blessings!  
Mrs. Cleveland and Mr. Curtis



# Classroom Happenings



## Team D ~ Grades 7 & 8



Middle school enjoyed a fantastic field trip to Amherst last Friday. It was true integrated learning at its finest, combining FFL/ garden, spiritual development, History, Language Arts, and Theater. We are so blessed to learn in an environment of connectivity.

Speaking of that connectivity, the 8<sup>th</sup> grade students have been practicing their annotation skills while reading *The Great Wheel*, about the construction of George Washington Gale Ferris Jr.'s wheel for the Chicago World's Fair. This technique is most helpful for helping students to make connections to themselves, to other texts, and to the outside



world. Our supply of post-it notes is being put to excellent use. Thank you for your contributions. In 7<sup>th</sup> grade, we have started a close reading of *Fair Weather*. This novel is also set in the context of the Chicago World's Fair and provides a story line by which we can learn unique history about the fair.

Additionally, in both grades, our business letters for Geography/ Hands-on-History are approaching the final draft stage, as we prepare for mailing. In Spanish, the 7<sup>th</sup> graders are learning to conjugate "ar" verbs, as well as match adjectives with nouns in gender and number. The 8<sup>th</sup> graders have learned to use "acabar de" "venir de" and vocabulary related to telephone conversations. We are preparing for a chapter assessment next week.

Once again, I invite students to join me for Team D Language Arts/Spanish Help Club on Tuesdays from 3:00 to 3:30. This time is available to any Team D student who is in need of homework help, extra practice, and the like. It is a group setting. Please be aware that in order to participate, you must be willing to stay on task and work independently sometimes.

Blessings, Mrs. Campbell



Labs, Labs and more Labs! The 7<sup>th</sup> and 8<sup>th</sup> grade science classes have had their hands and minds busy tackling lab work. Last week both groups finished up a two-week lab on osmosis. The 7<sup>th</sup> graders explored all things small using microscopes this week. The 8<sup>th</sup> grade class finished up our year long study of grafted plants in different soil types. One of our grafted plants was named "ketchup and fries;" tomatoes above the ground (scion) and potatoes as roots. We harvested tomatoes and potatoes and

made and enjoyed eating ketchup and fries. Students turned in their final copies of their charts and report summaries this week. We captured lots of data about these "new to New England" grafted plants. We are sharing the results with Busy Bee Nurseries as they supplied us with our grafted plants. Very exciting!

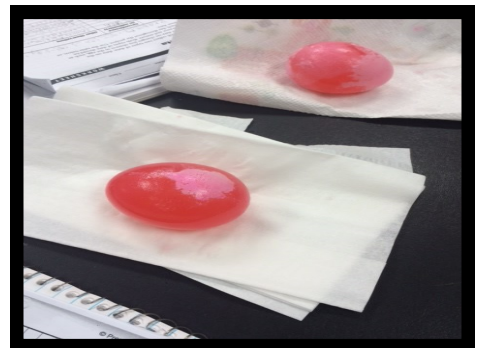


We picked a batch of kale this week and cleaned up our garden box. The frigid temps make it clear winter is on its way.

The 8<sup>th</sup> grade class heads to the ACSI Leadership conference in Lexington, MA next Friday 10/30/15 at 7:00am sharp. Snack and lunch are provided. We have discussed the dress code with students; no jeans or t-shirts. We want to make a good impression.

Math Boost will begin Monday 10/26/15 from 3:00- 3:30pm. All 7<sup>th</sup> & 8<sup>th</sup> grade students are welcome to attend. No need to RSVP.

Enjoy the beauty of this season! ~Mrs. Holgate



# ~Other HCA Updates~

## News from the Art Room



**SQUARE 1 ART**  
IT STARTS WITH THE ART!

Students have finished their Square 1 Art projects and order forms will be

coming home soon. Remember that HCA receives 33% of all sales. Square 1 Art makes great Christmas gifts for those family members that are often hard to buy for!

In Art class, we are learning about Impressionism, Pointillism, and soon Expressionism. Artists we are discussing are Seurat, Cassatt, and VanGogh. Much fun is being had by all!

~Mrs. M

## After School Program News

This time of year is so pretty that we finally took our After School Kids on a nature hike last Friday. We collected leaves and for those who showed an interest, I pointed out T-berry (wintergreen) and sassafras, as well as leaves with gorgeous colors. I told the students their ticket back to the playground was a leaf. We are collecting the prettiest ones to leaf press for a craft. Meanwhile, in the kitchen we are always cooking or inventing a new recipe--with funny ingredients that show our resourcefulness! In the gym, the students have loved playing stuck in the mud, line tag, and relay races. The students seem to want more computer time on the days when they feel tired or have colds and Mrs. Wheatley is often making us tea or hot drinks on those days. It is our goal to make this a happy and memorable experience for your precious children. It has been a wonderful group so far and feels like a home away from home to us.

~Mrs. Ravina & Mrs. Wheatley

## Important Notice Regarding Music Lessons

Music lessons bills for Term 2 are being sent home with students today. Payment is due by November 20. Unfortunately sometimes these bills get lost in backpacks or binders. Thank you for making sure that you see the bill and send in payment.

## Healthy Snack of the Week

CINNAMON Caramel Apple  
Energy  
Balls



### Ingredients

- ½ cup pitted dates
- 1 cup dried apples (not freeze dried, these are the chewy ones)
- ½ cup oats
- ½ teaspoon cinnamon

### Instructions

1. Combine all of the ingredients in a food processor and process until it forms a thick paste.
2. Using about a tablespoon of the mixture, roll into balls. If you want the little bites, use about ¼ teaspoon.

From: <http://thenymelrosefamily.com/2014/05/healthy-snacks-for-kids.html/2>

## HAYDAY HARVEST FEST

Sunday

November 1<sup>st</sup>

2- 4 pm



Join us for the fun!

**FREE** Harvest games, bouncy house, crafts, face painting, pie eating contest, cotton candy, cider donuts, campfire with s'mores, pumpkin patch storywalk & more!



We need some help with set up/ break down and running fun games!

Contact Eileen or sign up at the information desk to help!

[ecunsolo@holdenchapel.org](mailto:ecunsolo@holdenchapel.org)

508-829-4441