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MAJORIS

QUID NOVI

Young men from the senior Class pause for a picture at the 2019 Convocation.

THE NEWSLETTER OF NEW COVENANT SCHOOLS

THREE GREAT UNTRUTHS, PT. 1

by John Heaton, Headmaster

At the 2019 Convocation of New Covenant Schools, Headmaster Heaton addressed, "Three Great Untruths We Should Avoid Teaching our Children." This article is based upon notes from that address. You can listen to the whole address on the Headmaster's Blog at www.newcovenantschools.org.*

*W*e sometimes teach our children things that we don't intend. When I was a child we went to the beach often because Daytona was only about an hour away. My mother would routinely warn me about the undertow, you know, that current that pulls at your legs when you're standing in the surf. It frightened me and one particular beach outing I was hesitant to go into the water. Try as she might, my mother couldn't cajole me to join her even in the quiet surf. Finally, in exasperation, she said, "What's wrong?

Come in the water!" To which I replied, "No, I'm not getting in there with that big frog, the under toad!"

If only it were that harmless. What are we teaching our students? Let's think about who they are. Every student at New Covenant is part of the iGeneration (iGen's for short). Born between 1995 and 2013, they spend more time alone on an average day. Not surprisingly, nearly half report feeling left out of activities of friends, and they can see how left out they are because

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What's New?

BACK-TO-SCHOOL PICNIC

If you are in your first year of association with New Covenant, everything is new! We use this box in the weekly QUID NOVI to call attention to the latest new thing happening on campus. While the Back-to-School picnic is an old tradition, we want to make sure you get a personal invitation to the event. Full information is shown on the insert in this Quid Novi. In addition to a picnic style dinner, you and your whole family can run the Gryphon Growler, a 3K race/walk that takes you around the campus and through the woods behind the school. Bounce houses will be on hand for our youngest children and the junior class will staff the event. Athletic events are also scheduled for the evening as the men's varsity soccer team takes the field and the women's varsity takes the volleyball court, both at 6 pm.

Think.

Learn.

Love.

Live.

H O N O R A R I A

NEW FACULTY *New Covenant welcomes one new faculty member this fall, one returning faculty member, and one faculty member whose duties have expanded into a new area. Each of these teachers brings gifts and accomplishments to enrich our students' experiences at school. I know you and your children will enjoy getting to know them as the year unfolds.*



You may already know **Mr. Michael Dunaway** as the father of **Ella**, who is in first grade this year, or as the husband of **Stephanie**, who served on our substitute list last year. Michael is originally from Greenfield, Ohio and earned a BS in Art Education from the University of Indiana. For the past 9 years, he has taught elementary art in the Lynchburg City Schools and joins us to teach art from PreK through 12th grade. His love of art was sparked early in childhood. When his father read aloud to him, Michael illustrated stories from his imagination and learned to see art not only as images, but also as a language he could use. Michael has an unusual, although still artsy, hobby. He collects unique art mugs, including a Leonardo da Vinci mug – when you add coffee, the ear disappears; a LARGE one with a visual timeline of art history; and our personal favorite, a Bob Ross mug with the quote – “We don’t make mistakes, They’re happy accidents.”



Mrs. Starlet Baker returns to the faculty this semester, bringing 17 years of broad teaching experience. She has taught all ages from Pre K to College; and in many places, from California to the Czech Republic; and through a couple of different media - both online and brick and mortar classrooms. What you might find surprising in light of this breadth of experience is that her very favorite age to teach is Middle School. That’s where she will serve us this year, in addition to carrying some administrative editing responsibilities and working as a resource to the Senior Thesis Project. In case you’ve forgotten, she holds a Bachelor of Arts in English from Randolph Macon Woman’s College and a Master of Arts in Liberal Arts from St. John’s. She’s a great fan of all teams Pittsburgh, especially the Pirates and the Steelers, although, she tells me, they’re a mess right now.



Last year, **Mrs. Teresa Angell** joined the faculty to teach in our strings program. An accomplished cellist, she teaches 25 private students and performs locally with the Lynchburg Symphony, The James Chamber Players, and the Lynchburg College Orchestra, where she is also an Artist in Residence. This year at New Covenant, we are also benefitting from her skills and experience in nursing. She holds a Bachelor of Science in Nursing and is staffing the clinic each morning before teaching cello. Teresa is married to Jeffrey and has two children, Gabe and Tony. In her spare time – although it’s hard to see how she has any – she and her family collect and tumble native Virginia rocks. Perhaps she’ll even bring a few to add to the rock garden created by former faculty member, Janice Sharrett!

NEW COVENANT STUDENTS CONTINUE TO EXCEL ON AP EXAMS

New Covenant Schools offers Advanced Placement (AP) courses on a very selective basis. For many years AP has held sway in the imagination of college bound students and their parents, offering academic challenge with the promise of potential college credit down the road (think: tuition savings!). While the AP system does not completely align with the curricular objectives in our School of Rhetoric, students can choose from a limited menu of AP courses. Many students sit for AP exams in disciplines that are not offered and do well.

Last May, fifteen seniors and one junior took a total of twenty seven AP exams in English Language and Composition, English Literature and Composition, Calculus, and/or Latin. Twenty of the exams taken were in one of the two English exams and therefore have the best statistical basis for comparison. While the national pass rates for these exams hovers around 50%, our students’ pass rates were 77% for the Literature and 86% for the English Language exam.

From the group of fifteen seniors, two were named AP Scholars by the College Board. To earn this award, students had to have taken at least three AP exams (most of our students choose to take no more than two) and earned passing scores on all three. This year’s AP Scholars are **Chloe Ingersoll** and **Nick Toone**. Chloe is now at Harding University in Arkansas, majoring in biomedical engineering, and Nick is attending Virginia Military Institute, where he is studying electrical engineering.



E T C E T E R A

GRAMMAR

GRAMMAR SCHOOL parents are invited to Back to School Night Monday, **August 26 at 7:00 pm**. This special evening allows you to see up close what your student's school day looks like. You may sit at the desk and hear first-hand information from the teacher while viewing work already completed. It's a great time to learn all that you need to know to help your child succeed this year. Students / younger children do not attend – this event is for the parents only.

EVERYONE

FAMILY INFORMATION can be found on Renweb (School-Directory). We will also e-mail each family a pdf copy of the directory in a few weeks. This directory is provided as a service to New Covenant Families and is not to be used for professional solicitation. If you would like a hard copy, they can be purchased for \$5.00. There is a sign-up sheet on the lobby desk or you can contact the office and they'll add you to the list. Deadline to order a hard copy is **Thursday, August 29**.

STUDENT PICK-UP While early pick ups are discouraged, if you need to pick up a student early from school for an appointment, please send in a note indicating the teacher, the time the student should be in the lobby and the name of the person who is picking them up. This helps us to have your student ready, causing less interruption in the classroom.

RIDE SHARING Be sure to update Renweb in regards to who can pick up your child. If someone comes to pick up your child and you have not given them permission in Renweb, we will be calling you to confirm the dismissal. To indicate who can pick up your child, log into Renweb, and go to: School Information - Web Forms - Family Demographic Form Transportation - Transportation Form. Enter those individuals who are allowed to transport your child (again if someone is picking up during the school day – they still need a note). Click save when finished.

SCHOOL PICTURES TSS Photography will be on campus **Thursday, September 5** to take individual and classroom photos. We will also do senior individual formal

and casual portraits. All ordering is online and we need nothing from you in advance.

YEARBOOKS will be sold at the back to school picnic as a fundraiser for the Graphic Design Class. 2016-17 books will be \$5; 2017-18 books will \$25; and 2018-19 books will be \$50.

EVENTS can now be exported to personal calendars from the New Covenant Schools website. However, the user should bear in mind the 'view' that is displayed when exporting. For instance, if you are looking at the 'August month' view and you click the 'Export Events' button, you will only get an .ics file that has August's events on it. (By the way, you'll find that .ics file in your computer downloads folder and when you double-click on it that file opens your calendar.) **If you change to the 'List' view and click 'Export' you'll get events for the rest of the year.** If you switch to the 'Day' view you will only get events for that day. And so on. This may be a little different than users may expect. Don't hesitate to call **Beth Mayberry** in the office if you need help with your device.

THINGS TO WATCH FOR THIS YEAR AT NEW COVENANT

- New Covenant is a candidate school for accreditation with the Virginia Association of Independent Schools (VAIS). We expect to be fully accredited in February, 2020. This accreditation will replace our association with SACS/CASI and AdvancED.
- The men's varsity soccer team is better than ever with ten seniors on the squad. With technical skill at every position, the Gryphons will be fun to watch. See the full athletic line up and schedule at <https://www.newcovenantschools.org/experiences/athletics/>
- The Community Lecture Series with Dr. Tamara Long, PhD - Coming October 17, 2019 our guest will help moms and dads parent their students with insights from a college enrollment manager. Her research on students who are matriculating to college today provides fascinating look at the health and well-being of young people, and harmonizes with the findings discussed in the lead article in this *QUID NOVI*.
- A History of New Covenant Schools, written by a past board member and friend of the school, Mary Ruth Mizener, is due to be published sometime this year. The manuscript is with the final editor and layout specialist. We hope to see it all in print soon.

they can watch their friends live on their electronic devices. Nearly half of them report getting less than seven hours of sleep a night. Anxiety and depression are measurably higher with this group of children and the suicide rate for girls has doubled since 2007! iGenner's are the first **not** to know the world without the internet, and they are the first to have grown up on smartphones, which they use an average of almost three hours a day.

We, their parents, are contributors to this, of course. Broadly speaking, we are politically polarized, so much so that our emotional commitment tempts us to hate or despise those of the other party. Many of us practice paranoid parenting, by which I mean we overprotect, overschedule, and over supervise. We do this because the 24/7 news cycle causes us to perceive the world is more dangerous than it actually is, while we know statistically that the everyday world of your child is actually far safer than when I grew up in the 60's and 70's.

School age children today rarely have the experience of time to themselves, that is, time that is not scheduled and not supervised by adults. As a result, they've rarely had the free space to find something to play for its own sake. Over scheduling, over supervising and over protecting are now known to prevent children from learning autonomy, independence, conflict resolution, and social navigation.

According to the 2018 book, The Coddling of the American Mind, there are several untruths that we have taught our children. The first of these is **the Untruth of Fragility: what doesn't kill you makes you weaker**. The lesson we've accepted is that children are fragile. Some things *are* fragile, like tea cups; some things are resilient, like plastic sippy cups for children; and some things are antifragile, meaning that they actually require stressors and challenges in order to learn, adapt, and grow. Systems that are anti-fragile become rigid, weak and inefficient when nothing challenges them or pushes them to respond vigorously.

Students actually need age appropriate stress and social conflict. They should not be emotionally protected from it. Grossly expanded conceptions of trauma and safety are now used to justify the overprotection of children of all ages, and there is an increasing obsession with eliminating all real and imagined threats to the point at which people will not make reasonable trade-offs that are demanded by practical or other moral concerns. This makes children more fragile.

Childhood is the laboratory for learning to deal with distress, conflict and emotional difficulties. After all, as a child one's peers are far less self-governed than they are as adults, and they can be cruel. In the classroom be assured that, at some point, with eighteen students in a class and 430 students across the school, someone's child is going to hurt your child's feelings, say something inappropriate, or do something mean. It will also happen when the teacher is either not present, distracted or unaware in some other way.

Our response to conflict and stress in our children's lives is to help them find healthy ways to work through it. Seeking to protect students from all negative situations, both real and imagined, leads to what we call "safetyism" and is in full bloom on college campuses across the United States. Most of us watch students requiring safe spaces, stuffed animals, and freedom from any kind of "triggering" conflict, and struggle to understand their demands. The question we should think about is how are our parenting habits contributing to this kind of child development.

*Greg Lukianoff and Jonathan Haidt. The Coddling of the American Mind: How Good Intentions and Bad Ideas Are Setting Up a Generation for Failure. Penguin Press. New York, 2018

iGen FACTS

(students born between 1995 and 2013)

- They date/go out less;
- Fewer of them have summer jobs;
- As a group there is less underage drinking and other behaviors that are often associated with that; but....
- iGen HS students spend an average of nearly 3 hours a day on electronic devices;
- They spend more time alone on an average day; not surprisingly, nearly half report feeling left out of activities of friends;
- Nearly half of them report getting less than 7 hours of sleep a night;
- Anxiety and depression are measurably higher with this group of children and the suicide rate for girls has doubled since 2007; finally...
- As a group they are risk averse and less inclined "to adult."

QUID NOVI

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OUR MISSION

New Covenant Schools is an educational community serving families of Central Virginia, providing an exceptional education in a classical curriculum within the framework of historic Christianity, furnishing the student with the tools of education and the inspiration to be a life-long learner.



**gryphon
growler^{3k}**

8-23-19

Join us at the annual
Back to School Picnic

THIS FRIDAY

There will be plenty of
food and fun!

4:00 pm – Middle School Volleyball vs. Westover Christian

4:30 pm – Gryphon Growler on-site registration and bounce houses open
\$5 per runner/ \$15 per family

5:00 pm – Gryphon Growler 5K (suggested race for middle school through
adult runners)

Food service opens - \$5 hamburger/hot dog combo meals

5:30 pm – Gryphon Growler 3K (suggested race for middle school runners)

6:00 pm – Varsity Soccer vs. Tandem Friends School

6:00 pm – Varsity Volleyball vs. Westover Christian

6:00 pm – Gryphon Growler 1K (suggested race for grammar school students &
parents)

6:45 pm – Gryphon Growler awards ceremony

7:00 pm – Grammar School parent/student soccer game (grades PK – 4)

Proceeds from the evening will support the Junior Class

WANT MORE FAN GEAR?

New Covenant Schools works with Play It Again Sports to bring you fan gear and spirit wear. This can be found at the online store at the link below. There you will find a wide assortment of items offered in youth, women's and men's sizes as well as various colors to choose from. Each item has a particular screen or school logo embroidered.

Please note the fan/spirit gear is not intended to replace or serve as a substitute for required school dress as prescribed in the school handbook, but it does give you or your child more options for game nights.

The store is only open seasonally at the beginning of each athletic season. The store is open now and will continue through midnight on August 25, 2019. Orders will be filled 2-3 weeks after the store closes. You will be notified via email when your order is ready. Orders can be picked up at Play It Again Sports on 221 at 1033 Woodberry Square PL <https://newcovfall2019.itemorder.com/>