



SOR students were presented in style at the annual Cotillion on Saturday night.

THE NEWSLETTER OF
NEW COVENANT SCHOOLS

QUID NOVI

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ADVICE TO CONSIDER: BASELINING CHILDREN WHO RECEIVE ADD DIAGNOSES

by John Heaton, Headmaster

The Centers for Disease Control statistics show that about 10% of all children under age 18 have been diagnosed with Attention Deficit Disorder or ADD. Even more children in the same age group meet some or most of the symptomatic criteria of for ADD, though they may not be formally diagnosed. It is so common that new parents don't need in-service on it—they know that they themselves, along with about half the kids in their own grade school were either labeled with the diagnosis, or could have been.

It should come as no surprise that my colleagues and I routinely address the matter with families

at New Covenant. My friend, Keith McCurdy, the President of Total Life Counseling, Inc., in Roanoke, who is a Licensed Professional Counselor and Licensed Marriage and Family Therapist, treats it also. I've known Keith for more than fifteen years and have found him to be a master at helping families build sturdy children. Recently, he and I had a conversation about ADD in young people. (Disclaimer: this article is *not* intended as medical advice or as a criticism to professionals who diagnose or prescribe ADD medication).

There is no clear research to explain the

continued on p.4

WHAT'S NEW?



Parents of students in grades 7-11 will soon receive a new publication from New Covenant entitled, *The School of Rhetoric Experience*. The magazine highlights all the features of the unique experience that students enjoy in grades 9-12. In addition to a menu of courses in classic literature, theology, history, language, math and science, there are additional electives in the newly developed J-Term, coming in 2024. Another feature of the high school experience at New Covenant is the Study Abroad Program, with four major international trips from which to choose. All of this, along with next-level placement and our academic profile, is put together in one place so that it is easily accessible. If you are wondering what classical education looks like for older students, this is the publication we urge you to read. You can obtain a paper copy at the front desk or view the electronic version online at the following link: bit.ly/SOR_Publication

THINK. LEARN. LOVE. LIVE.

H O N O R A R I A

JOEL NG PLACES FIRST IN REGIONAL ORCHESTRA AUDITIONS



Joel Ng

On Saturday, January 21, 171 orchestra students in grades 7 through 12 from the Virginia Band and Orchestra Director Association's South Central West Region auditioned at Journey Middle School in Charlottesville for the opportunity to participate in the annual Junior Regional Orchestra (JRO).

Of the 86 violinists who auditioned, **Joel Ng** placed first and received the position of concertmaster of the top orchestra (qualifying students are divided into two orchestras – Symphonic and Chamber). The JRO concert will be held the evening of **Saturday, March 25** at Patrick Henry High School in Roanoke after a marathon of rehearsals on March 24 and 25.

NEW COVENANT VARSITY MEN'S BASKETBALL BEATS DIVISION II VES

The New Covenant Varsity Boys (ranked #2 in the Division 4 VISAA State) faced off at Virginia Episcopal School (ranked #11 in the Division 2 VISAA State) on Saturday and came away with a thrilling 51-49 victory. After trailing early by as many as seven points, the Gryphons rallied to lead by as many as seven points in the 3rd Quarter. Leading by two going into the 4th Quarter, the game went back and forth until VES tied up the score with 13 seconds remaining. Off a perfect pass and set up from the Junior point guard **Cole Bowman**, Junior big man **Douglas Powell** made a tough move and scored in traffic with just 2 seconds left to win the game for New Covenant. The Gryphons were led by Junior guard **Luke Libbey** with 15 points on an astonishing 5 out of 6 effort from the 3pt line and supported by Freshman forward **Cole Murdock** who finished with 11 points. The Gryphons are now 16-4 on the year and 3-2 in conference play.

Douglas Powell



*Please call
847-8313
to reserve
your seats.*



A play by Thornton Wilder

OUR TOWN

Friday, February 24 – 7pm
Saturday, February 25 – 7pm
Friday, March 3 – 7pm
Saturday, March 4 – 7pm



ETCETERA

EVERYONE

CONTINUOUS ENROLLMENT CONTRACT

In order to simplify reenrollment, New Covenant uses a Continuous Enrollment Contract for students, allowing them to automatically be enrolled each year until graduation without having to sign a new contract. To maintain enrollment for next year, do nothing. **The opt-out deadline for enrollment for the 2023-24 school year is February 1, 2023.** The Continuous Enrollment Fee of \$150 will be charged to your account on that date if you do not opt out. Please contact **Linda Hackenbracht** at lhackenbracht@newcovenantschools.org if your plans for next school year have changed.

WINTER BREAK

School will be closed for Winter Break from **Thursday, February 9** through **Tuesday, February 14**. Students return on **Wednesday, February 15**.

MOMS IN PRAYER

All moms and grandmothers are invited to join us in this new year as we pray for our children, teachers, administration and the needs of our school community. The group meets every **Wednesday from 2-3pm** in the Marie Macdonald Chapel.

ART AND SCIENCE FAIR

Submissions for the Art Fair are now being accepted through **February 8**. Students in grades K-12 may submit two pieces of art in painting, mixed media, sculpture, photography, and/or film. Students' work in grades 4-12 will be in the judged art show. Artwork must be unframed and can be directly submitted to Mr. Dunaway. Parents who would like to volunteer to mat and hang work should contact **Michael Dunaway** at mdunaway@newcovenantschools.org. For more details see the flyer in the **January 9 QUID NOVI**.

MORNING DROP-OFF

The chapel side doors lock promptly at the 8am bell. If no faculty or staff members are on the sidewalk, the doors are locked, and parents should drive around to the school's front doors to gain entry.

SAVE THE DATE FOR HANDS & HEARTS

Our schoolwide service day will be **Wednesday, April 19**. Parents are welcome to work alongside students completing tasks for area nonprofit groups. Watch for more information in the next few weeks.

FUNDRAISING REPORT

	GOAL	RECEIVED
Permanent Things Campaign/Annual Fund	\$100,000	\$348,525
General Scholarship	\$10,000	\$24,324
Foundation	\$300,000	<i>Pledged</i> \$485,570 <i>Received</i> \$469,098

GIVING IS EASY

Thank you to all who have given so generously to New Covenant Schools. Your gifts are appreciated and will be used to further the mission of our school. Donations may be given throughout the year through cash, check, stock transfers, or IRA distributions. All gifts are tax-deductible to the extent that the law provides. Contact **Dayna Renalds** in the Development Office for more information.



BASKETBALL SCORES

Tuesday, January 24

JV GIRLS

New Covenant..... W
Westover Christian L

VARSITY WOMEN

New Covenant..... 47
Westover Christian 44

MS BOYS

Westover Christian..... 30
New Covenant..... 39

JV BOYS

Westover Christian 48
New Covenant..... 52

VARSITY MEN

Westover Christian..... 46
New Covenant..... 61

Thursday, January 26

MS GIRLS

New Covenant..... W
Timberlake L

MS BOYS

New Covenant..... W
Timberlake L

JV GIRLS

Miller School L
New Covenant..... W

VARSITY WOMEN

Miller School 67
New Covenant..... 19

JV BOYS

New Covenant..... W
Fishburne L

VARSITY MEN

New Covenant..... 63
Fishburne 52

Saturday, January 28

JV BOYS

New Covenant..... 40
VES 45

VARSITY MEN

New Covenant..... 51
VES 49



underlying causes of the grab-bag of symptoms associated with ADD; inattention, fidgeting, lack of focus, or acting without thinking. In order to diagnose ADD, professionals rely on interviews and checklists filled out by teachers and parents which identify troublesome behaviors related to focus and attention. Thus, ADD is not diagnosed with a blood test or other medical procedure.

There is research, however, on various pharmaceuticals that can mitigate or eliminate the symptoms. Keith is quick to warn that, “faced with a ‘grab bag’ of symptoms, we are being asked to prescribe drugs, the side-effects of which are not always fully known, and whose effectiveness may be less than 50%.” He reports that pediatricians refer hundreds of youngsters to him for counsel on student behavior in school, so he sees a lot of kids. Before considering medication, here is how he proceeds.

The first thing he tells parents is, “We need to baseline your child.” This means that before we consider using a drug, we need to get a child functioning biologically as normally as possible. A child’s body wants to function in keeping with how it’s designed, and to allow it to do that, we must make sure that we aren’t getting in the way. There is a three-month behavioral regimen we follow to move toward optimal function.

First, eliminate *all* use of video games, tablets, and phone exposure. There is plenty of research that points to the negative effects of back-lit devices, video graphics, and sustained use of social media platforms on brain development and function. These exposures disturb everything from attention spans to sleep patterns.

Second, put the child to bed at a regular bedtime every night including

weekends. The bedtimes should be set such that child gets at least nine hours of sleep every day for three months. Again, research is solid (see The Rested Child by W. Chris Winter, MD). Children benefit immensely from routine and from long, sustained, predictable periods of rest.

Third, ensure that the child gets three solid meals per day, *the most important of which is a nutritious breakfast* that does not include sugary morning snacks. Eliminate soft drinks and, to the extent possible, processed sugar from the diet. Enforce this rigidly.

Fourth, establish an after-school routine for the child which includes finishing homework when arriving home from school, doing all expected chores, and only then enjoying free-time. At a minimum, a half hour of outdoor play should be expected daily. Again, routine in this matter is important, so stick to it. (Note: New Covenant homework loads are designed such that they should not impede the implementation of this practice).

Parents who follow Keith’s advice and establish the baseline behavior for their “ADD” children return to his office and over 90% of them are completely disinclined to pursue medication for their children. A common report is, “Never mind the drugs; I have a different child than I did three months ago.” With the remaining 10% – those who now have a clearer baseline with a host of variables weeded out – he can then proceed to explore appropriate and fruitful treatment paths. For some, that may



entail medication.

It should be strongly noted, however, that there are some underlying medical conditions that manifest the exact same symptom profile as ADD, but which have completely different causes. In those cases, ADD medications are completely ineffective and should not be prescribed.

If your family is struggling with a child who has symptoms of ADD, we invite you to consider professional care in baselining your child. It’s good to know that there are options other than medications.

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 lifelong learner.

NEW COVENANT schools