



Blessing of the Animals on Friday brought out furry friends of every kind.

THE NEWSLETTER OF
NEW COVENANT SCHOOLS

QUID NOVI

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BECOME A BETTER PARENT AND BUILD STURDY CHILDREN

by Keith McCurdy

Healthy struggle is the engine of growth and maturity. No parent wants to hear that their children will struggle emotionally, academically or in relationships with peers. Our society has taught us for decades that we must practice a more therapeutic kind of parenting, bringing in experts and appropriate medications in order to alleviate the things our children present to us. As we have gone further down the road of embracing this approach to parenting, we have lost both our ability to parent

well and raise children who can handle the normal rigors of life.

When parents, knowingly or unknowingly, minimize natural disappointments for their children, or intervene to rescue them from difficulty or relational conflict, they win a short-term victory at the cost of a much larger long-term goal. In the moment, easy feels great. But struggle is inherently uncomfortable and often upsetting to children. The

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WHAT'S NEW?

Become a Better Parent

The entire New Covenant Schools community is invited to hear **Keith McCurdy on Monday, November 6 at 7:00pm in the Moomaw Center.** Keith will be on campus for the day, presenting talks to students and conducting professional development for faculty members. His evening topic is "Building Sturdy Children," and he will address a range

of issues facing students and families today, including struggles, anxiety, and sexual orientation and gender identity (SOGI). Keith is a longtime friend of New Covenant and is a licensed marriage and family therapist at Total Life Counseling in Roanoke, VA. He provides consulting and coaching services nationally on maintaining healthy

relationships, building strong marriages, improving parenting skills, developing leaders and managing stress in the workplace. Keith holds the Master of Arts and Education Specialist degrees from James Madison University.

Childcare will be provided for children aged infant through four years.

H O N O R A R I A

NEW COVENANT ANNUAL MEN'S RETREAT

Attention dads of New Covenant Schools! Save the date for this year's annual Men's Retreat to be held **November 10-11 at Bold Branch Farm** in Bedford.

Headmaster Heaton invites all men to join him again on Friday evening for a good meal straight off the grill, a planned evening of discussion, and other activities.

Breakfast off the grill will be served on Saturday morning with events ending by noon. Bring your tents, hammocks, and even your campers to spend the night if you wish.

The cost for the weekend is \$28. You will not want to miss this relaxing time at the farm. Mark your calendars now and look for more details in the upcoming weeks.



SPORTS SCORES

Monday, October 2

JR GRYPHONS BOYS' SOCCER

New Covenant.....4
JRDS.....0

MS BOYS' SOCCER

New Covenant.....1
JRDS.....7

JV VOLLEYBALL

New Covenant.....2
Roanoke Catholic.....0

VARSITY VOLLEYBALL

New Covenant.....3
Roanoke Catholic.....0

Tuesday, October 3

JV VOLLEYBALL

Chatham Hall.....0
New Covenant.....2

VARSITY VOLLEYBALL

Chatham Hall.....0
New Covenant.....3

VARSITY MEN'S SOCCER

James River Homeschool.....0
New Covenant.....8

Thursday, October 5

MS VOLLEYBALL

James River Day.....2
New Covenant.....3

FUNDRAISING REPORT

	GOAL	RECEIVED
Annual Fund/Permanent Things	\$100,000	\$4,870
General Scholarship	\$10,000	\$3,836
Scholarship Foundation	\$300,000	<i>Pledged</i> \$122,100 <i>Received</i> \$44,051

Please consider New Covenant Schools in your giving. All gifts are tax-deductible to the extent that the law provides. Donations may be given through cash, check, stock transfers, or IRA distributions. Contact **Dayna Renalds** in the Development Office for more information.

E T C E T E R A

EVERYONE

TUITION ASSISTANCE PROGRAM (TAP)

TAP for 2024-25 school year will accept applications beginning on **Wednesday, November 1, 2023**, and will remain open until **January 15, 2024**. **There is high demand for assistance, and it is awarded on a first-come, first-served basis!** So do not delay! Be looking for a separate email on **October 24** with more detailed instructions.

LUNCH ORDERING IS NOW OPEN

November lunch ordering is now open and ends **October 20**. Featured items include spaghetti and meatballs, hot dogs, and our very own pancake and sausage breakfast sandwich called the Gryphon Griddler. Please direct any questions to **Debbie Williamson** at dwilliamson@newcovenantschools.org.

SCHOOL PHOTO RETAKES

Good Photos will be returning on **Thursday, October 19** for picture retakes. If your student was absent on picture day, they will automatically be rescheduled. If they were present but you would like their picture retaken, please email **Eliza Olson** at eolson@newcovenantschools.org.

END OF QUARTER

Mark your calendars for the end of the first quarter on **Tuesday, October 10** for the School of Rhetoric and **Friday, October 13** for Grammar and Middle Schools. Report cards will be emailed to parents on **Friday, October 27**.

LOST AND FOUND

The Lost and Found bins are purged at the end of each quarter. Be sure to check for any lost items before **Friday, October 13**.

FALL BREAK

There will be no school and the office will be closed for our Fall Break **Monday, October 16 - Wednesday, October 18**. Students return on **Thursday, October 19**.

YEARBOOK ORDERING

Each family will have one yearbook automatically ordered and designated for your oldest student. Families' FACTS account will be charged \$45 for the yearbook. If you do not want to receive the automatically ordered yearbook, please email **April Andrade** at aandrade@newcovenantschools.org before **October 19**. To order **EXTRA** yearbooks, use the following Sign-Up Genius link [2023-2024: Yearbook 2023-2024](https://signupgenius.com) (signupgenius.com). Additional yearbooks cost \$30 each and may be ordered through **October 31**. After October 31st, additional yearbooks must be ordered directly through our vendor, Herff Jones, and will cost \$50.

PRE-K/KINDERGARTEN 2024-25

Now is the time to submit a student application if you intend for your child to begin Pre-K or Kindergarten for the 2024-25 school year. New sibling applications for all other grades are also being accepted. Your application for a new sibling will receive priority in our admissions process until **October 12, 2023**. Simply use this link to our website to begin: <https://www.newcovenantschools.org/admissions/apply-here/>.

YOU'RE INVITED: FEAST OF ST. LUKE

All Saints Parish invites the New Covenant School community to a special service of thanks to God for all our healthcare providers on **Wednesday, October 18**, the Feast of St. Luke. St. Luke's is the time when we ask God's

special blessings upon our doctors, dentists, nurses, and assistants. We look forward to seeing you at our Holy Communion service at 7:00pm in the Marie MacDonald Chapel.

VISIT OUR NEW VIDEO LIBRARY WEB PAGE

Take advantage of resources on classical, Christian education and the New Covenant experience at a new page on our website. We have created a Video Library page consisting of a number of short videos that will help you or your friends understand education in our tradition. Some of the videos are older, but many have been newly developed. They are sorted and displayed for easy access here: <https://www.newcovenantschools.org/about/video-library/>



FINANCIAL STRATEGIES FOR FUNDING EDUCATION

Would you like to know more about the VA 529 Savings Plan and the VA Educational Improvement Tax Credits Scholarship Program? These programs offer ways for you to pay school tuition with tax-free savings or make a bigger impact with your charitable gift. Join us for breakfast **Wednesday October 11 or 25 at 7:45am** to hear from our Director of Development on how these programs work. You may reserve your spot here <https://bit.ly/FundingEducation2023>.



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reality is that struggle is required in order for children to grow into “sturdy adults” – adults who can face life’s challenges with maturity, resilience and perseverance.

If we want our children to be able to do hard things, we must allow them to struggle.

The irony is that despite all the effort we spend trying to make our children happy, what we are actually accomplishing is ensuring they are fragile and will never be able to experience true joy. When people are fragile, they shy away

from difficulty and challenge in order to protect themselves. But this means they miss out on the richest experiences life has to offer. Fragile people can’t handle the rigors of relationships and life, so they can’t experience true joy. The cycle perpetuates itself through generations. Adults who did not learn maturity through struggle themselves will raise children who do not know how to struggle well. The impacts of this progression are felt not only by individuals and families, but society at large. Children who learn

to struggle well throughout their school-age years will grow up to be the natural leaders of the next generation.

The eventual outcome of embracing the therapeutic paradigm is a student body and parent community that is naturally averse to being challenged, working hard, and yes, to struggling to overcome the routine difficulties life brings their way.



OUR SEASON TO CELEBRATE POETRY

*She calls us
outside
To tumble in
crunchy leaves.
She’s here!
Autumn’s here!
— Angela Heffer*

This delightful autumn haiku conjures images in our minds of cooling temperatures, crisp air, and leaves piled high on Lynchburg lawns.

Autumn is also harvest time for verse, with the entire student body learning and sharing classic poems each year. We pile into the storehouses of our minds and hearts a harvest of richly crafted language, language that builds our abilities to read, write, and dream. Each year, we become more familiar with poetry and enjoy it more abundantly.

This year’s celebration of poetry promises to be an outstanding one; with poems from the Victorian era being memorized and recited by Kindergarteners through seniors. Plan to join us for one or more of our upcoming poetry recitations.

Grammar School—Friday, October 13, 8:15am

Middle School—A Latte Poetry, Friday, October 27, 7:00pm

School of Rhetoric—Tuesday, October 24, 7:00pm



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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



COMMUNITY LECTURE SERIES

We invite you to be our guest

The Community Lecture Series is sponsored by New Covenant Schools as a forum for discussion of contemporary issues. Our guests will address subjects that benefit families, providing information, perspective, and meaningful conversation.



Raising Sturdy Children

Keith McCurdy ED.S., L.P.C., L.M.F.T.

NOVEMBER 6, 2023 | 7:00PM
MOOMAW CENTER

Childcare is available for children aged infant through 4 years.

Keith McCurdy has worked with families, children, parents, and individuals for over 35 years in the field of mental health. He received his Master of Arts and Education Specialist degrees from James Madison University. He is currently the President and CEO of Total Life Counseling, Inc., and is licensed in the state of Virginia as a Licensed Professional Counselor and Licensed Marriage and Family Therapist.

Keith provides counseling and consulting services as well as a variety of workshops on improving parenting skills, building strong marriages, and maintaining healthy

relationships. He has developed and regularly offers parenting retreats entitled "Raising Sturdy Kids" to help parents operate from the correct paradigm with their children, and has extended and customized this powerful program for schools and students.

For many years Keith has been a nationally recognized consultant and speaker to corporations and schools both within and outside of the world of Classical Education, and he is the founder of Live Sturdy, LLC. He is regularly featured on multiple podcasts including BaseCamp Live and the Circe Institute, speaking on

topics related to building sturdy marriages and raising sturdy kids. A significant part of his work has been helping parents understand the needed benefit of allowing their children to struggle to learn to do hard things.

He previously served as Chairman of the Board at Faith Christian School, a classical, Christian school in Roanoke, VA. Keith is an avid outdoorsman and previously has been actively involved with Boy Scouts of America and coaching high school basketball. He has been married for 27 years and has two adult children.

Watch our trailer at www.newcovenantschools.org

NEW COVENANT schools
THINK. LEARN. LOVE. LIVE.

122 Fleetwood Drive, Lynchburg, VA 24501
434-847-8313 www.newcovenantschools.org