



Kindergarteners compete at their Charlotte's Web Day activities on Friday.

THE NEWSLETTER OF  
NEW COVENANT SCHOOLS

# QUID NOVI

OCTOBER 30, 2023  
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## THE FUNNEL—A GREAT PARENTING HACK

by Marion Patterson, Grammar School Principal

Have you ever noticed how much easier it is to pour salt into your favorite shaker with a funnel? That great shape helps avoid spills—the grains just go with the flow. This simple tool makes kitchen tasks much easier to handle.

This little discovery reminded me of a “funnel” that changed my parenting game when my own three children were young. I originally learned this idea from Gary Ezzo, who taught it in a parenting course, one which afterwards became quite controversial. Yet this small parenting hack stuck with me, because it made my children happier and my life as a mom much easier.

It's simply this: choices should be few when children are young and should broaden as they gain wisdom throughout their growing up years.

Let's picture how this might play out with preschoolers at the dinner table. Imagine a home in which each child has a particular seat; no one chooses daily where (or whether!) they want to sit. There's no pondering of color for plates or cups, or of what foods go on the plate. No one is learning to demand a certain placemat or cup. Thus, there are no arguments about who gets to sit by mom, or who uses the pink plate. No one is unhappy. The kids just go with the flow, having never been called upon to

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## WHAT'S NEW?

### Video Library



New Covenant has been developing a new portfolio of materials that will benefit you and your friends who might be interested in classical, Christian education. More than two years ago we launched a project we call “Affirming the Tradition,” and we set out to produce print materials and short videos

that break our philosophy into bite-sized pieces. All of these resources can be used with students, prospective parents, and current families in our community. Furthermore, we have aggregated these materials for easy access on a new Video Library page of our website, where the current productions are

arranged topically for viewing. A short printed magazine will be available this November and will be sent home automatically to you before Thanksgiving. Meanwhile, the video library can be found here: <https://www.newcovenantschools.org/about/video-library/>.

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# H O N O R A R I A

## POETRY RECITALS YIELD AMAZING PERFORMANCES



SOR is celebrated by their audience in the NCS courtyard under the stars on Tuesday.

### SOR POETRY RESULTS

Colin Mather was the Jefferson Cup winner.

9th Grade: **Joel Ng**, "The Microscopic Trout and the Machiavellian Fisherman" by Guy Wetmore Carryl

10th Grade: **Ryleigh Taylor**, "A Sea Dirge" by Lewis Carroll

11th Grade: **Corey Hackenbracht**, "Jest 'Fore Christmas" by Eugene Field

12th Grade: **Colin Mather**, "Casey at the Bat" by Ernest L. Thayer



MS grade winners and finalists receive a hearty ovation at the Moomaw Center on Friday night.

### MS LATTE POETRY RESULTS

Claire Reynolds was the Jefferson Cup winner.

5th grade: **Macy Vollmer**, "Which Are You?" by Ella Wheeler Wilcox

6th grade: **Alex Quaranta**, "Granny" by James Whitcomb Riley

7th grade: **Claire Reynolds**, "The Night Wind" by Eugene Field

8th grade: **Naomi Rigg**, "The Blind Men and the Elephant" by John Godfrey Saxe



## SPORTS SCORES

**Monday, October 23**

### Varsity Men's Soccer

New Covenant.....	0
Eastern Mennonite.....	1

### Varsity Women's Tennis

New Covenant.....	6
Miller School .....	3

**Thursday, October 26**

### Varsity Women's Tennis

New Covenant.....	2
North Cross .....	7

### JV Volleyball

North Cross .....	0
New Covenant.....	2

### Varsity Women's Volleyball

North Cross.....	0
New Covenant.....	3

**Friday, October 27**

### Varsity Men's Soccer

New Covenant.....	8
Fork Union Military .....	1

### YEARBOOK: SUMMER VACATION PHOTOS



If you would like to share a photo of your student or your family on summer vacation 2023, please send a JPG to Yearbook Advisor **Mark Hernandez** for consideration by the yearbook staff at [mhernandez@newcovenantschools.org](mailto:mhernandez@newcovenantschools.org).

# E T C E T E R A

## EVERYONE

### PARENT/TEACHER CONFERENCES

There will be **no school on Wednesday, November 1**. Parent/teacher conferences will be held that day from **12:30-6:00pm**. See email sent on October 24 for sign-up instructions and links. **The deadline to sign up is tomorrow at noon.**

### COMMUNITY LECTURE SERIES

Please RSVP to attend the Raising Sturdy Children discussion with **Keith McCurdy** on **Monday, November 6 at 7pm**. You may let us know you are coming through this link <https://bit.ly/CLSParenting2023>. See more details in today's QUID NOVI flyer.

### ATHLETIC AWARDS

Fall athletic awards for the School of Rhetoric will be presented **Wednesday, November 8 from 12:40-1:30pm** in the Workman Field House. Parents are welcome to attend.

### TUITION ASSISTANCE PROGRAM (TAP)

The tuition assistance program (TAP) for 2024-25 school year will be able to accept applications beginning on **Wednesday, November 1**, 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 apply early! Go to <https://online.factsmgt.com/aid> to apply. See email sent on **October 24** for more details and instructions.

### SUBSTITUTE TEACHERS

New Covenant is in urgent need of substitute teachers. If you are available during the school day, please consider being a substitute teacher. If interested, go to the "Join Our Team" page on the school website and submit a faculty application online, omitting the essays.

### 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. To order EXTRA yearbooks, use the following Sign-Up Genius link: [Yearbook 2023-2024](#). Additional yearbooks may be ordered for \$30 each through **October 31**. After October 31, additional yearbooks must be ordered directly through our vendor, Herff Jones, and will cost \$50.

### LUNCH ORDERING

It is time to order lunch for December. Lunch ordering opens this Friday and closes the Friday before Thanksgiving Break **November 17**. Please contact **Debbie Williamson** with any questions at [dwilliamson@newcovenantschools.org](mailto:dwilliamson@newcovenantschools.org).

### TEACHERS' FAVORITES

Each year faculty and staff fill out a "Favorites Sheet" listing interests, hobbies, favorite foods, etc. If you would like a copy of a teacher's favorites list, please check the resource documents section of the app, or stop by the lobby desk and ask to see the Favorites Book.

### WINTER UNIFORM CLARIFICATION

For young women: leggings are allowed, but should meet the socks, fit like tights (not sweatpants) and match the uniform. No wild and crazy colors—stick with blue, black, white or light grey. Leg warmers are not allowed. On days when the forecast high temperature is 40° or below, young women may wear Flynn & O'Hara uniform slacks, even on dress day, with their normal dress day tops. For young men and women: long-sleeved t-shirts may be worn under long-sleeved shirts for extra warmth. If the t-shirt is white or navy or light grey, it may be worn under a short-sleeved shirt as well. You may not wear a hoodie under your polo nor a shirt with writing on the sleeves.

### GIVENS BOOKS & LITTLE DICKENS

This holiday season, as you plan your gift list, consider supporting our school library through purchases made at Givens Books/Little Dickens. Here's how the program works: when your family (grandparents, too!) buy goods of any kind from Givens, we receive 3% of your pre-tax purchase total, which is given annually as a credit to our library. Please make sure that you mention New Covenant Schools to the cashier as you check out, and your purchase will be recorded.



## FUNDRAISING REPORT

	GOAL	RECEIVED
Annual Fund/Permanent Things	\$100,000	\$9,671
General Scholarship	\$10,000	\$4,836
Scholarship Foundation	\$300,000	<i>Pledged</i> \$138,100 <i>Received</i> \$54,051

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.

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make choices about routine matters, and the meal can proceed in a peaceful way. The children actually feel more in control when their environment is predictable and everyday events such as meals happen within a rhythm—and with few choices to be made.

The benefits of this low-choice plan become even more clear when we consider the opposite. In that environment, children come to the table with ready-made opportunities to say “I want,” to contend for the seat they think is best or covet the cup that is “mine.” Disappointment and unhappiness are baked in. The parent’s effort to keep peace are defeated by an environment that provides too many choices, and conflict erupts. The wisdom of the book of James is confirmed by our own observations:

*“What causes fights and quarrels among you?...You want something but don’t get it.” James 4:1-2.*

Now, let’s play these low-choice vs. high choice scenes out again in a classroom setting. Imagine a child entering a wide-open room that features lots of toys, colorful displays, streamers hanging from the ceiling, and no direction as to where to go or what to do. Options are open! The room says, “Choose where you want to go and what you want to do.” Contrast that with children who enter a warmly decorated room with lots of books and age-appropriate desks in rows, facing displays at the front. Each child’s name is on a particular desk, and each knows just where to go. Much about what will happen in the space has been communicated by furniture and décor. This begins with a sense of belonging, the basic notion that he/she has a place to be and a direction to face. From there, the low-choice supportive environment

elicits one response from students, while the open classroom conveys quite another message.

We tend to think that being able to choose one thing over another will make us happy, but current research (just Google it) as well as the wisdom of the Scriptures show us just the opposite. Too many choices weigh us down, provide disappointments when we can’t get what we want, and build a sense of entitlement when we do get the thing we choose.

Of course, even the youngest children have choices at school. There are times during the day when they can choose



their own books, activities or seats. While we use the influence of an environment with limited choices to help young students feel confident and secure in the world, we also recognize the need to

train them to make prudent decisions. As they progress through the grades at New Covenant, the funnel opens up with increasing levels of choice about daily schedules, the sports they will play, or the friends they will make. There is more unstructured time and personal freedom during the school day, and assignments can sometimes be chosen from a list of possible topics. Their ultimate project, the Senior Thesis, requires students to choose a topic and to live with it for many months, researching and constructing an argument from a variety of sources, also chosen by the student.

One final observation, just to encourage you to try limiting choices.

I’ve noticed that children will argue about many things that seem small and silly, like which shirt they want to wear, or how their hair must be arranged on a particular day. In our pickup lines at school, I’ve noticed that students rarely argue about sitting in their car seats. That’s something they’ve never had a choice about. Because it’s critical for their safety, we never think of giving a choice, so they routinely jump in and buckle up. They just go with the flow. This approach works for the less important choices that can cause chaos on a daily basis, too.

Setting up an environment which supports fitting behavior in each situation is one way we as parents can set our children up for more than success in school and beyond. We can set them up to thrive with the support we give them by limiting choices when they are young.

## QUID NOVI

### BOARD OF DIRECTORS

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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 maintaining healthy relationships, building strong marriages, and improving

parenting skills. 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 in the workplace 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](http://www.newcovenantschools.org)

**new covenant schools**  
THINK. LEARN. LOVE. LIVE.

122 Fleetwood Drive, Lynchburg, VA 24501  
434-847-8313 [www.newcovenantschools.org](http://www.newcovenantschools.org)

# On Being a Father

*A men's retreat for New Covenant Dads*

Marriage.  
Parenting.  
Being a good husband.  
Being a good dad.  
It's never been easy, but it's quite likely that it's never been this difficult.

Be encouraged. Come to the men's retreat at Bold Branch Farm hosted by our Headmaster, John Heaton. This gathering offers you the opportunity to meet other dads, enjoy great food, and hear from John as he shares from the Scriptures and from his experience of parenting and working with children of all ages.



## SCHEDULE

### FRIDAY

- 5:00 pm Registration (early arrivals welcome)
- 6:00 pm Dinner provided by Retreat Chefs, Scott Speakes and Mitch Copenhaver
- 7:30 pm Headmaster remarks and discussion
- 9:00 pm Campfire and conversation

### SATURDAY

- 8:00 am Breakfast
- 9:00 am Headmaster remarks
- 9:45 am Group activities

Sign up here to attend —  
[https://bit.ly/mens\\_retreat2023](https://bit.ly/mens_retreat2023)

## RETREAT VOLUNTEER COMMITTEE

*Adam Miller  
Scott Speakes  
Ben Hinson  
Adam Lancaster  
Mike Sharrett*

**NOVEMBER 10-11, 2023**  
Bold Branch Farm, Bedford, VA

Time: Friday 5:00 pm – Saturday 12:00 pm  
Cost: \$28 per person to cover food expenses