



Panache Playmakers in a rousing number from their performance of Mary Poppins this past weekend.

THE NEWSLETTER OF
NEW COVENANT SCHOOLS

QUID NOVI

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SETTING YOUR CHILD UP FOR SUCCESS IN SCHOOL AND LIFE: THE SWINGING BRIDGE

by Marion Patterson, Grammar School Principal

There's a reason why so many stories involve journeys—walking through woods like Goldilocks, trying to get home after the Trojan Wars like Odysseus, or charging forward like the Knights of King Arthur to fulfill a quest. As characters travel, they meet challenges. Through these tough spots, they grow and change in ways that lead to success; they are wiser at the end.

The stories of our lives also unfold along the paths we walk each day.

From the earliest days, school serves as a safe and gradual path for children to walk, starting on the firm ground of home base and moving, stepwise, towards a new home they will establish as adults. In the youngest years, this path involves a bit of a leap for both parents and children as they learn to trust others to teach and care for the child. Children begin early to realize that they have responsibilities to others outside their home as well as to their families, and begin to obey teachers, cooperate with friends

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WHAT'S NEW?

Hands & Hearts Sponsorship Packets

It's that time again! Hands & Hearts sponsorship packets come home today with the youngest child in your family. Please return to your child's teacher the 20 signed letters and addressed envelopes by **Friday, March 8**. Each returned letter earns one ticket to place in our prize buckets. The list of items which can be won include a \$100 Sheets Z-Card, Stanley water tumbler, sterling silver necklace, NASCAR package, and much more. Funds raised in this year's efforts will provide supplies needed to complete the tasks at each of the organizations we serve and benefit the school's Permanent Things Campaign. Thank you for supporting this project.



H O N O R A R I A

SWIM TEAM HONORS

BLUE RIDGE ATHLETIC CONFERENCE CHAMPIONSHIPS

Addie Ruhl, Natalie Nivens, Leila Kenny and Emily Trautman placed fourth in the 200M Free with a state-qualifying time of 1:56.66.



Declund Stevenson won the Men's 200M Free at Conference with a time of 1:49.82, and placed second in Conference in the 100M Free with a time of 49.84.

Andrew Rogers placed second in the Men's 50M Free with a time of 24.57.

Addie Ruhl placed third in the Women's 50M Free with a time of 27.27.

Emily Trautman placed third in the Women's 100 Back with a time of 1:14.85.

VISAA STATE CHAMPIONSHIPS

Addie Ruhl, Faith Richardson, Natalie Nivens, and Emily Trautman were seeded 41st for the 200 Medley but had an amazing race, dropping 4 seconds from their entry time and ended up finishing 20th overall with time of 2:07.39.

Addie Ruhl was our only individual swimmer in the Women's events and set a school record in the 50M Free with a time of 27.17.

Declund Stevenson finished 12th overall in the 200M Free and set a school record with a time of 1:48.08. He also placed 9th overall in the 100M Free with another school record time of 48.50.

ANDRADE PERFORMS IN ALL-DISTRICT BAND

Elena Andrade (8th) represented our school at the 2024 Middle School All-District Band Concert on February 17 at Blacksburg High School. Elena ranked 17th out of the 97 clarinets who auditioned from our district. She participated in two full days of practice and performed Saturday evening. Congratulations to Elena on a job well done.



BWXT INTERNSHIP

Four SOR students participated in a special internship hosted by BWXT at Vector Space and Central Virginia Community College campuses. Well-prepared by their high school math, physics, and rhetoric coursework, Juniors **Graham Kowalski**, **Ellie Jacobs**, **Declund Stevenson**, and **John Scruggs** joined student peers from around the greater Lynchburg community and learned under the mentorship of local engineers. The five-session program engages interested students directly with the engineering process. From idea conception to prototype production, field testing, and product refinement, students collaborate to produce sturdy bridges or catapults, depending on their assigned task. We trust that this experience fosters deeper understanding of the dimensions of the engineering field of study and also an appreciation of our local community as supporters of our schools.

BASKETBALL CHAMPIONS & PLAYOFFS

JV GIRLS' BASKETBALL WINS BRAC CHAMPIONSHIP

On Saturday, February 24 the **New Covenant JV Girls' Basketball Team** defeated the top-seeded Covenant Eagles to capture the Blue Ridge Athletic Conference Championship. With a final score of 32-23, the team clinched New Covenant's fourth-ever conference championship in any sport.

JV BOYS' BASKETBALL - BRAC RUNNER-UP

On Saturday, February 24 the **New Covenant JV Boys' Basketball Team** came up just short against the top-seeded Blue Ridge School. New Covenant gave up two free throws in the final seconds to fall by a score of 34-32. The team finishes with a record of 15-3, the best JV record in NCS history.

VISAA STATE PLAYOFFS

The **New Covenant Varsity Women's**

Basketball Team has earned the #3 seed in VISAA Division III playoffs. The team will host a quarterfinal game here at New Covenant on **Wednesday, February 28 at 5:00pm.**

The **Varsity Men's Basketball Team** has earned the #2 seed in the VISAA Division IV playoffs. The team will host a quarterfinal game here at New Covenant on **Wednesday, February 28 at 6:30pm.**

E T C E T E R A

EVERYONE

PANACHE PRESENTS

The School of Rhetoric is proud to present *Mary Poppins* for a second weekend.

The response to the show resulted in four sold-out performances this past weekend. Get your tickets now! Tickets may be purchased online at <https://www.newcovenantschools.org/ncs-tickets/> or on the App under Forms. See box for show dates and times.

ART & SCIENCE FAIR

Plan to join us **Monday, March 11** for the Art & Science Fair. Come out and view the artistic endeavors of our students and enjoy watching them compete in various science challenges. Art viewing will begin at 5:30pm, and science challenges will start around 6:00pm. Hotdog combo meals will be available to purchase. This is an enjoyable event for the whole family and one not to miss.

GENERATIONS DAY

On the morning of **Friday, March 15**, grandparents and other special guests are invited to join students in class for Generations Day. **There will be an 11am dismissal on this day.**

mary poppins



February 29 7:00pm
March 1 7:00pm
March 2 2:00pm & 7:00pm

ILLNESS POLICIES

During cold and flu season, help New Covenant stop the spread of illness by practicing the following policies. Keep your student at home for:

- A fever greater than 100 degrees. The student may return to school when they are fever-free for 24 hours without medication.
- Vomiting or diarrhea.
- Wet, congested or croupy cough.

Consider keeping your child home if they have a mild sore throat, headache, stomach ache, or a very runny or stuffy nose and/or cough that could disrupt class. Thank you for your help with this. At this time NCS is not requiring you to follow the CDC recommendations with regard to COVID—students need to be fever-free for 24 hours without the use of

an antipyretic medication and symptoms are resolved or greatly improved to return to school.

SAVE THE DATE FOR HANDS & HEARTS

Our schoolwide service day will be **Wednesday, April 17**. Parents are welcome to work alongside students completing tasks for area nonprofit groups. Watch for more information in the next few weeks.

EVENSONG

All Saints will be hosting Evensong (sung Evening Prayer) every Wednesday in Lent beginning at 6.30pm in the school chapel. Each service will be followed by a soup and salad supper in the Grammar School Commons. Lukas Stock will give a Lenten meditation after the supper. All are invited!

SPRING BREAK

Spring Break will begin on **Monday, March 25** and continue through **Monday, April 1**. Students will return to school on **Tuesday, April 2**.

WINTER SPORTS AWARDS

The award ceremonies for our JV/Varsity winter sports teams and athletes will be held on **Wednesday, March 6 at 12:40pm**.



VARSITY WOMEN'S BASKETBALL TEAM QUARTERFINAL GAME

The varsity women will host a quarterfinal game here at New Covenant on **Wednesday, February 28 at 5:00pm**.



VARSITY MEN'S BASKETBALL TEAM QUARTERFINAL GAME

The varsity men will host a quarterfinal game here at New Covenant on **Wednesday, February 28 at 6:30pm**.



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and function as a part of a supportive class.

Just as in our favorite tales, challenges arise along the way. As children overcome them, they become stronger and more resilient. They learn to view themselves as capable and develop the skills they'll need as adults. Forget classic literature –just think about video games for a minute. When Mario jumps a large gap or defeats an enemy like Bowser, he learns skills and earns more lives, more playing time to fulfill his quest to rescue Princess Peach. One reason children enjoy such games is that they get to succeed, grow stronger and live to fight another day.

What if there were no gaps for Mario to jump and no enemies to smash? Would he grow and develop if his path were always smooth and easy? If he marches unobstructed through levels K-12, what happens when he gets to level 13, and all the difficulties are there as in the original game? He has had no practice and has not developed the skills he needs to accomplish the quest—and the journey itself has been no fun at all.



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No child's path through grades PreK through 12 is without challenges. Just as a path through the woods may open onto a scary swinging bridge, the path through school will lead to shifting friend groups, endless studies and sports at which they cannot win. Facing these challenges is scary, and children tend to respond emotionally. They feel the wind blowing that swinging bridge beneath them, and often wish to avoid the difficulties in any way they can - dropping classes, isolating themselves to avoid hurt feelings, quitting

the team or changing schools.

In such times, loving parents have a critical responsibility to stay off the swinging bridge. While listening to children's emotional pain is difficult, supporting them when they are upset means staying on firm ground, resisting the urge to remove appropriate challenges, and problem solving with them as to how to handle their stresses.

A wise principal at another classical Christian school once shared with me her best advice for helping parents raise strong, independent adults.

When children are unhappy, don't let them make you unhappy. Rather, provide a base of wisdom and stability for them by staying off the swinging bridge of their emotions. Equip them to meet and overcome challenges with confidence.



FUNDRAISING REPORT		
	GOAL	RECEIVED
Annual Fund/Permanent Things	\$100,000	\$88,378
General Scholarship	\$10,000	\$54,836
Scholarship Foundation	\$300,000	<i>Pledged</i> \$432,600 <i>Received</i> \$407,970

Thank you for considering 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.

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