



THE NEWSLETTER OF
NEW COVENANT SCHOOLS

QUID NOVI

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VOL. 27 NO. 21 MAJORIS

WHO DOESN'T WANT HAPPY CHILDREN?

by Kathryn Martin, School of Dialectic Principal

For decades, the wider society has taught that parents must approach parenting therapeutically and, as a result, many parents lack confidence in their ability to lead their children through the predictably turbulent middle school years. After having taught over 1,000 students journeying through this stage of life, I have learned a little about what predictable turbulence can look like for most students in the middle school years and the kind of parental support that is most helpful to them.

In fifth grade, students are still generally compliant and eager to learn new things. They might struggle with organization and at times be careless with their words and play, but they are usually

easily redirected.

But when they reach the sixth and seventh grades, students begin to become true middle school students. They are changing intellectually, emotionally, physically, and socially, if at varying rates. It's not hard to see why middle school is tough. Students who were once "always compliant" can take on a more argumentative posture. Ultimately, this is healthy, as we do not want them to grow into blindly compliant adults. Adults can question. But young children are not yet well-versed in logic and the need that all thinking people have to live rationally as well as emotionally.

Consider the following scenarios: watching a

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WHAT'S NEW?

Lukas Stock Ordination

New Covenant is pleased to announce that **Lukas Stock** will be ordained to the Diaconate on **Sunday, March 16**. This is a significant milestone in his life and a moment in which our school community may share. You are cordially invited to the service which will take place in the chapel at 9:00am. In the Anglican communion, ordination to the Diaconate is a significant step toward becoming a minister, and as such this office is not viewed quite the same as in most denominations. It is an investiture of authority and a distinct pastoral office in the church. Mr. Stock is currently serving as Instructor in Greek and Theology in the School of Rhetoric, and is also the designated school Chaplain. Those of you who know him may wish to attend and witness his ordination.



THINK. LEARN. LOVE. LIVE.

H O N O R A R I A

VISAA BASKETBALL PLAYOFFS FOR GRYPHON VARSITY TEAMS



Varsity Men finished regular season ranked #5 in VISAA Division 3. They will host #12 Christ Chapel Academy from Woodbridge, VA at **6:00pm on Tuesday, February 25.**

Varsity Women finished regular season ranked #4 in VISAA Division 3. They will host a quarterfinal game on **Wednesday, February 26 at 5:30pm.**

For both games, VISAA mandates that we charge \$5 admission for everyone over the age of 12. As always, New Covenant will cover the charges for all NCS students and faculty. Come out and support our teams this week. Go Gryphons!



SPORTS SCORES



MONDAY, FEBRUARY 10

JV BOYS' BASKETBALL

Central Virginia Christian	21
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VARSITY WOMEN'S BASKETBALL

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VARSITY MEN'S BASKETBALL

Carlisle School.....	30
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VARSITY WOMEN'S BASKETBALL

New Covenant.....	44
Chatham Hall	10

THURSDAY, FEBRUARY 13

VARSITY MEN'S BASKETBALL

New Covenant.....	67
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ABOUT FLEETWOOD DRIVE

by John Heaton, Headmaster

Returning to school as we did today felt like coming back from summer vacation. Between sickness, snow and scheduled breaks, we have missed your children and we're glad to be back in session. Each of the unscheduled days we missed were due to circumstances beyond our control.

And then there was last Friday. While all the roads in Lynchburg were remarkably dry and clear, there was one road that was absolutely impassible—Fleetwood Drive. I was in Atlanta on school business, but **Kathryn Martin** sent me videos of the skating rink that was our road. The snow had been packed down by traffic during the precipitation and had frozen overnight to solid ice all the way up and down the grade. By 8:00am our Facilities

Manager **Darren Johnson** was assisting neighbors who attempted to navigate it. Unfortunately, two of them spun out into the ditch blocking the road. Had we attempted to put 200 cars on that stretch, there would have been significant problems and likely damage or even injury.

It is a quirk of Lynchburg that this particular road that serves as the only access to the school is shaded and has a northern exposure. Moreover, it is not on the "plow map" of the city. I am going to speak with the traffic engineer at City Hall to see if I can rectify that going forward. It was a frustration and an unnecessary inconvenience to cancel school (and the opening night of the play), simply because the road had not been pushed or treated. Thanks for your understanding and patience.



E T C E T E R A

EVERYONE

PANACHE PRESENTS

The School of Rhetoric is proud to present *Little Women*. Tickets are on sale now and may be purchased online at <https://www.newcovenantschools.org/ncs-tickets/> or on the app under Forms. See flyer for show dates and times and a special invitation for 1-4 graders to participate in a *Tea with the Cast* event.

LUNCH ORDERING

Lunch ordering for April opens this **Friday, February 28**. In addition to the regular menu, some of the entrées include creamy chicken and noodles, soft chicken tacos, baked pasta, southern-style chicken nuggets, loaded baked potatoes and chili, and breakfast burritos. On the Tuesday before Easter Break ham with mashed potatoes and green beans will be available. There will be a break during the ordering period, so place your orders early.

CHILDCARE TAX DOCUMENTS

Need payment details for Pre-K or Aftercare for tax purposes? Access them easily through your FACTS Family Portal (District Code: NCS-VA):

- Go to Financial > Financial Home
- Under Payment Plans & Billing, select View Details
- Click View Payment Summary and choose the tax year

Your payment summary and New Covenant's Federal Tax ID will be displayed. For assistance, contact **April Andrade** at aandrade@newcovenantschools.org.

ART & SCIENCE FAIR

Plan to join us **Monday, March 10** 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.

SPRING ATHLETIC REGISTRATION

If your Middle School or SOR student plans to participate in a spring sport, please complete the registration form using the following link: <https://www.newcovenantschools.org/athletic-sign-up-form/>. Students must be registered to participate. For more details, including practice start dates, please see last week's announcement email attachment.

WINTER SPORTS AWARDS

The award ceremonies for our JV/Varsity winter sports teams and athletes will be held on **Wednesday, March 5 at 12:40pm**.

GENERATIONS DAY

Generations Day will be held on **Friday, March 14**. Grandparents and other special guests are invited to join students in class for the morning. There will be an **11:00am dismissal** on this day.

WORKOUT AND TRAINING PROGRAM

New Covenant alum **Janna Renalds** ('21) is offering a workout & training program for NCS moms at New Covenant on Wednesday evenings and Saturday mornings. Sessions include strength

ASH WEDNESDAY

The season of Lent begins next week on **Ash Wednesday, March 5**. New Covenant Schools with its affiliate parish, All Saints Church, offers an early service at 7:00am for all faculty, staff and members of our school community. The service ends promptly at 7:40am so everyone may attend to the duties of the day. The service has been very well supported over the years with robust attendance. You are encouraged to join us as we begin the Lenten journey to Easter!

training, cardio, and flexibility. Childcare is not available. For details and pricing, contact Janna at jrenaldj828@lynchburg.edu.

SPRING BREAK

Spring Break will begin on **Monday, March 17** and continue through **Friday, March 21**. Students will return to school on **Monday, March 24**.

SAVE THE DATE FOR HANDS & HEARTS

Our schoolwide service day will be **Wednesday, April 23**. 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
Annual Fund	\$120,000	\$146,659
General Scholarship	\$10,000	\$4,540
Scholarship Foundation	\$300,000	<i>Pledged</i> \$480,300 <i>Received</i> \$286,989
Hands and Hearts	\$50,000	\$25

Thank you for your gifts to New Covenant Schools. Donations continue to be accepted throughout the year and may be given 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.

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scary movie versus encountering a scary situation in real life. Only one of those presents a real danger. But our emotions don't differentiate. Our body responds in the same way; our hearts might beat faster, our breathing becomes shallow. Similarly what students at this age **feel** becomes reality. Logic, however, does differentiate.

Or imagine middle school students on a swinging bridge where they are being rocked back and forth by their emotions. One seemingly insignificant interaction with a classmate or teacher can send them rocking, and they can feel unable to regain their balance. Students can become anxious, emotional, forgetful, work-avoidant and, overall, developmentally distracted. Often they search out a vehicle for their struggles. They can attribute their unhappiness to the struggles at hand: who is or who is not in their class, popular, tall, or athletic; or maybe it's a particular teacher. They might consider that it's just this school: "If I were at my friend's school, I'd be happier."

They do not consider that others struggle as they do. It's understandable for them to think this; they do not have the long history of seeing other children handle these challenges and come out on the other side. Worse, well-meaning, empathetic parents see the unhappiness of their children and before they know it, they themselves are on the swinging bridge, sharing the children's perceptions and suddenly feeling unequipped to deal with the situation and fearing for their child's emotional well-being.

But middle school is a time of messy development. In fact, we teach logic at this age for a reason: to help students not to live solely in their emotions, which is central to the development of virtue. This is a thread we pull through every

lesson we teach and every interaction we have with students. There is, however, something parents can do long before their children enter middle school to help prepare them for that swinging bridge.

Avoid rescuing them from naturally-occurring inconveniences or disappointments. When parents minimize these for their children, or when they



intervene to rescue them from difficulty, they interrupt the growth by which children learn to be resilient. Instead, without meaning to do so, they help to form fragile children who believe hard things are to be avoided, that comfort and pleasure are the highest values.

If we do not allow children to experience struggle, not only will they not do hard things, but they will not believe they can do them at all, and when parents get on that swinging bridge with their children, they affirm to them that things really are as bad as the children think they are. And healthy struggle suddenly turns unhealthy with fears all around that the child is being harmed, or will be harmed, unless the external obstacles are removed, whether that be switching to a different class, moving away from that difficult classmate, having a different teacher, or even transferring to a different school.

My advice to parents whose children are swaying on the swinging bridge: Listen compassionately. Share with them all the

copied skills that you have developed. You have advice to give, and so do your child's teachers. Talk to them; they've seen hundreds of students your child's age who've experienced the same struggles. Build trust in those relationships. Make it easy for your child's teachers to give you honest feedback. Make family time a priority. Get together with like-minded families. Create out-of-school down time with family.

Remember: the goal is not to eliminate the struggle but to help them experience it fruitfully and realize that they can survive it. Boston College psychology professor Peter Gray puts a fine point on this idea: "Of course it's natural to want to see kids happy. But the real secret to happiness isn't more high-fives; it's developing emotional resilience."

Middle school ought to be a time when our thinking begins to check our feelings and to become the primary guide of our lives. As parents and teachers both, we can help.

QUID NOVI

BOARD OF DIRECTORS

CLASS OF 2025 — Neil Bohnert, Leslie Moeller, Bob Price, Leland Seckman, Dan Vollmer

CLASS OF 2026 — John Gauger, Nancy Hall, Chris Misiano, Sam Mizener, Tom Rogers,

Anne Umbarger | CLASS OF 2027 — Dusty Miller, Court Shipman, Davidson Morse, Warden

EX OFFICIO

John Heaton—Headmaster

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



Louisa May Alcott's

Tickets
go on
sale
Feb. 3

Little Women



Feb 21 — 7:00pm
Feb 22 — 2:00pm
Feb 22 — 7:00pm

Feb 28 — 7:00pm
Mar 1 — 2:00pm
Mar 1 — 7:00pm



Home

2024-25 Drama Season | New Covenant Schools



STUDENTS IN FIRST-TO-FOURTH GRADE
YOU'RE INVITED



Tea with the cast of

Little Women

12:30PM SATURDAY, FEBRUARY 22
12:30PM SATURDAY, MARCH 1

\$17
students

includes price of
admission to the play
and the tea

\$12
parents

includes the price for
the play only; parents
must accompany
students to the play,
but are welcome to
stay and attend the
tea as well

- Tea and light refreshments
- Time with the cast
- Dance lesson after tea
- Event time 12:30-1:30pm
- Grammar School Commons

