



Women's Varsity Volleyball finds early season success with 3-0 win over VES last Tuesday.

THE NEWSLETTER OF
NEW COVENANT SCHOOLS

QUID NOVI

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PARENTING—USER'S MANUAL NOT INCLUDED

by Bridges Spiva, Grammar School Principal

On the way home from the hospital with our first son, I vividly remember my husband's and my admiring our tiny passenger in the backseat and remarking, "We can't believe they just let us take him home!" In that moment, the responsibility of raising another person seemed immense. We were inexperienced, felt unqualified for the job, and to our dismay, there was no user's manual in sight.

Most parents lean into childrearing with the best intentions, crafting a parenting approach shaped by personal experiences and guidance from family and friends. Yet, all too often, children have a knack for

thwarting even the best laid plans. Realistically, there are countless moments when we feel uncertain and realize just how few tools we actually have in our parenting toolbox.

Over the past several years, our school—and the classical education community at large —has benefited from the insightful parenting guidance of Licensed Professional Counselor and Family Therapist **Keith McCurdy**. His practical, no-nonsense approach has resonated deeply with me as an educator, but I was curious to see how his principles took shape in the day-to-day lives of families with

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WHAT'S NEW?

Take the Tour



Remember your first tour of New Covenant Schools? It was an hour of wonder filled with confidence that exceptional education existed in Lynchburg. Many parents do not realize that the admissions process for next year's school term begins in early September. Now is the time prospective families should start looking

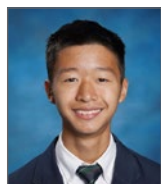
at New Covenant for placement in the 2026-27 term. The process begins with a tour of our classrooms and campus. The tours are offered weekly on Thursday mornings and are guided by administration. There is time for questions and answers in the library following the walkabout. If you know of families who are looking

for a quality education, encourage them to take the tour. They can use this link to schedule a tour <https://www.newcovenantschools.org/admissions/schedule-a-tour/> or contact **Eliza Olson** in the admissions office by emailing eolson@newcovenantschools.org to find a slot that fits their schedule.

THINK. LEARN. LOVE. LIVE.

H O N O R A R I A

JOEL NG NAME CLT DISTINGUISHED SCHOLAR



Congratulations to Junior **Joel Ng** who has been named a Distinguished Scholar by the Classic Learning Test. This test (CLT10) is given to students during the tenth grade year as a preparatory exam and alternative to the PSAT. Joel received the top score among the students participating at New Covenant, and participating schools nationally.

SNAPS FROM MS RETREAT LAST WEEK

The Middle School held their annual retreat last week at Watermarks Camp in Scottsville. Students enjoyed outdoor activities while spending time in a relaxed setting deepening relationships with each other and teachers.



STEWARDSHIP YOUR FINANCES

The terms of usage for anyone with a Virginia 529 educational savings account have been expanded. Join us to learn about the changes as well as the VA Educational Improvement Tax Credits Scholarship Program, and other tax strategies at an informational meeting on **September 24** (or any Wednesday during October) at **7:45am**. The meeting will last about 30 minutes. Sign up here to reserve your spot: <http://bit.ly/4p4aVs8>.



SPORTS RESULTS

MONDAY, SEPTEMBER 8

7/8 GIRLS' VOLLEYBALL	
New Covenant.....	2
Covenant.....	0

7/8 BOYS' SOCCER	
New Covenant.....	1
North Cross.....	4

JV GIRLS' VOLLEYBALL	
Jefferson Forest	2
New Covenant.....	0

VARSITY WOMEN'S VOLLEYBALL	
Jefferson Forest	3
New Covenant.....	0

TUESDAY, SEPTEMBER 9

7/8 BOYS' SOCCER	
Westover.....	6
New Covenant.....	1

VARSITY MEN'S SOCCER	
Westover.....	0
New Covenant.....	6

VARSITY WOMEN'S TENNIS	
New Covenant.....	0
VES	9

JV GIRLS' VOLLEYBALL	
New Covenant.....	2
VES	0

VARSITY WOMEN'S VOLLEYBALL	
New Covenant.....	3
VES	0

CROSS COUNTRY MEET AT SMLCA	
Varsity Men.....	5th Place
MS Boys	2nd Place
MS Girls	2nd Place

THURSDAY, SEPTEMBER 11

JR GRYPHONS BOYS' SOCCER	
Lynchburg Homeschool.....	5
New Covenant.....	5

FRIDAY, SEPTEMBER 12

7/8 BOYS' SOCCER	
SWVA Homeschool.....	6
New Covenant.....	1

VARSITY MEN'S SOCCER	
SWVA Homeschool	0
New Covenant.....	1

7/8 GIRLS' VOLLEYBALL	
New Covenant.....	2
SWVA Homeschool	0

JV GIRLS' VOLLEYBALL	
New Covenant.....	0
SWVA Homeschool	2

VARSITY WOMEN'S VOLLEYBALL	
New Covenant.....	3
SWVA Homeschool	1

EVERYONE

LUNCH ORDERING

Second quarter lunch ordering is open now through **Monday, September 29** and will cover lunch dates from **October 14 to December 17**. If you order milk and other lunch options by quarter, prices are heavily discounted. Please remember that quarterly orders only appear on the lunch calendar the first week of the quarter but apply to the entire quarter. Please log in to your FACTS app or desktop account to place your orders. Pizza does not have to be preordered unless you require a gluten-free or dairy-free pizza. Questions? Refer to the Lunch Times that was sent home last week, or contact **Debbie Williamson** at dwilliamson@newcovenantschools.org.

DC TRIP

The School of Rhetoric will be going on their annual trip to Washington DC on **Thursday, October 2 - Friday, October 3**. More details to follow.

SOR PANACHE CINDERELLA MEETING

A mandatory parent meeting will take place on **Friday, September 26** from 3:15-4:00pm in the library to discuss expectations of the cast and to prepare for the beginning of rehearsals.

PRE-K/KINDERGARTEN 2026-27

Now is the time to submit a new student application if you intend for your child to begin Pre-K or Kindergarten for the 2026-27 school year. We offer early enrollment to our current families. Sibling applications for all other grades are also being accepted. **Please note, if your child is currently enrolled in our Pre-K program you do not need to re-apply.**

Your application for a new sibling will receive priority in our admissions

process until **Friday, October 17**, but we encourage you to apply today! Application is easy. Simply log into your FACTS Family Portal on a desktop and select *Apply/Enroll* on the left-hand side menu then choose *Application*.

CONCESSIONS MANAGER NEEDED

Shifts would be 3-5 hours at a time depending on the number of games, and managers would be helped by parent volunteers. Parents or high school students interested in managing concession during the winter season can apply by emailing **Andrea Adams** at aadams@newcovenantschools.org.

SCHOOL PICTURE DAY

HJ Photo will be on campus **Tuesday, September 30** to take individual and classroom photos. **Please make every effort to have your student on time and do not plan any appointments on this day, if possible.** All photo ordering will be done online, and nothing is needed from you in advance. Senior class, individual,

formal and casual portraits will also be taken on this day, so please make sure to have a casual outfit in accordance with dress code guidelines, Tuesday's school uniform, and your cap and gown.

ROME TRIP MEETING

There will be a meeting about the Rome Trip for families who have signed up on **Wednesday, September 17 at 3:30pm** in room 405 (Ms. Eldridge's room).

MEN'S RETREAT

This year's Men's Retreat will be held on **November 14-15**. Watch for more details to come.

SOR PARENT COFFEE

This SOR Parent Coffee will discuss *Preparing Practically with Perspective* on **Tuesday, September 23 at 8:00am** in the Library (L1). Please come for a 30-minute introduction to our college preparation timeline, including testing, trends, and resources, followed by time for your questions.



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school-aged children. To explore this perspective further, I recently spoke with New Covenant parent ambassador, **Sarah Wittcop**, who generously shared her two years' experience working with and applying McCurdy's strategies at home.

Q: What led you to seek routine parenting support from Keith McCurdy?

A: As parents, we were conflicted on how to guide our children through certain struggles and overwhelmed with advice from family, friends, podcasts, and parenting books. The deluge of advice was unmanageable and often contradictory. We wanted a single trusted source we could rely on. Keith has been that steady coach—keeping us grounded and reshaping our perspective when parenting guilt creeps in or when we wonder whether we are being too strict or should hold the line. We have also learned ways to address the root of issues versus simply responding to the immediate behavior.

Q: Were you ever hesitant or even embarrassed to seek outside advice?

A: We were not reluctant to seek professional advice, but we did experience a surprising amount of pushback from others which revealed a subtle stigma around consulting professionals. Although this was uncomfortable at first, any uncertainty quickly faded as we began seeing positive results in our family.

Q: Would you explain a parenting response that has changed or been strengthened as a result of your conversations with Mr. McCurdy?

A: Keith was quick to stress that children need responsibility and accountability from a young age. They must be expected to contribute consistently to the household and take ownership of tasks beyond themselves. In our home, starting at ages 4 and 6, our children began opening their own

applesauce packets, opening and closing car doors, buckling seatbelts, packing and unpacking lunches, helping with laundry and trash, setting the table, cleaning the bathroom, and keeping their bedrooms tidy. This was (and still is) challenging—it takes time to train, supervise, and frequently require them to redo tasks. Additionally, I personally had to learn to let go of my perfectionist tendencies and accept the inevitable messes, imperfections, and complaints as necessary components of the process.

Q: When meeting with parents, they often express that consequences they've tried do not have much of an effect on their child. What strategies have you learned for addressing disobedience?

A: First, we realized that effective parenting starts with being present at home as a family. We intentionally cleared our schedules, carefully considered what we allowed back in, and said "no" to many good—but nonessential—activities. We created time to carry out discipline, encourage responsibility, and spend time together versus rushing to do X, Y, and Z. In terms of discipline itself, Keith taught us to establish a consistent and predictable response to misbehavior that is administered without drama, shame, or emotions. Our children know that misbehavior automatically results in a loss of freedom. This may be the loss of a toy or privilege but often includes work detail and an early bedtime. Keith also strongly supports a multi-day approach to discipline wherein children earn back their freedom after two days of good behavior.

Q: What realizations have you made regarding your personal posture towards parenting and disciplining school-aged children?

A: We've learned that it is imperative to have control over our own emotions and temper our reactions when our

children disobey or are upset. When it comes to school disciplinary issues, we must recognize that our child's version of the experience is often tainted and there is always more to the story. We seek to understand what is truly happening by speaking with teachers, backing the school, and avoiding jumping to the defense of our children. They are not allowed to shift the blame and are led to understand that their uncomfortable feelings are a result of their own negative choices. Additionally, we maintain a posture of thankfulness when our children's missteps and sins are brought to light. The earlier we can guide them through developmental struggles, the easier it will be for them (and us) when they are older.

Parenting isn't easy, and while there's no manual to follow, being open to the mature advice of others—even professionals—can turn the toughest moments into opportunities for both children and parents to grow and eventually pass that wisdom on to others.

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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