

A Balancing Act... What's a student to do?

by Jessica Matthews, CCA student

A ramped epidemic of perpetual busyness is sweeping the population; symptoms include stress, lack of sleep, and amnesia. Today's generation hightails on a track of activities and to-do lists, and high school students face extra pressure in these academically critical years. In attempting to cover the academic, social and spiritual aspects of life, the days blur together into weeks, months, and years; the minute hand of the universal clock winds faster and faster.

Though the activities in which students participate may be constructive and edifying, not "everything that is permissible" is "beneficial" (1 Cor. 6:12). Just as a diet must be well balanced to promote health, we must reserve time for academics, socialization and God to gain proper spiritual nutrients. Drama, band, sports, academic classes, jobs, and outings to the movies with friends are wonderful activities, but juggling all these could leave our arms in knots. Sadly, we tend to cram God into the middle of our never-ending to-do lists.

Regarding time management, high school teacher Laura Quinn emphasizes the following verse: *"But seek first His kingdom and His righteousness,*

and all these things will be given to you as well" (Matt. 6:33). The Lord must take top priority in our lives even when the opportunity to pray, read the Bible or have a devotion does not automatically fit into the day's schedule. "I don't want to live a busy life, but a full life," says Quinn. Billy Graham's wife, Ruth Graham, once told Quinn, "If the devil cannot make you bad, he'll make you busy."

Our Heavenly Father does a much better job at managing our lives than we ever could, and when He is our ultimate goal, the cacophony of life translates into a sweet melody. Socialization provides a necessary caprice from academic pressure, though academics are crucial in developing our intellect to radiate Christ in a world that highly values intelligence. Mrs. Quinn quotes: *"For everything there is a season, and a time for every purpose under heaven,"* (Eccl. 3:1). Academics may take more priority in one season, while an after-school job takes more priority in another. Prayer is essential to appreciating God's seasonal climates for our lives; He will equip us with the patience and stamina we need to pursue His will. We cannot become so overwhelmed in pursuing the gifts



What's the secret to succeeding in every aspect of your life? Lots of prayer!

Jesus has given us that we lose sight of the Giver. God is not found in the earthquakes, howling winds, and fire of our daily lives; we must stop and listen to His "still, small voice," (1 Kings 19). We will only find peace throughout the chaos by trusting in Jesus.

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CCA School Office 954.905.5100
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School News for everyone

Uniform Bank November 1, 2007

The Uniform Bank will be held on Thursday, November 1, 2007. The plan is for the Bank to be open for EXCHANGES ONLY from 2:00pm- 3:00pm. Purchases and exchanges will be from 3:00pm - 4:00pm. The Bank will be located in the hallway right outside the new CCA reception area. Check in with reception and they will direct you. The Uniform Bank is run completely by volunteers. If you have items to deposit for CREDIT, you can drop bagged items off in the CCA reception area in the new building. In order to receive credit, please be sure your name is in the bag. If you would like to volunteer or have any questions, please contact Heather Leutzinger at 954-974-4402 or hleutz@hotmail.com

School Note On Illness

As a school, we desire to maintain a healthy school environment to prevent the spread of communicable diseases. As a simple guideline, we ask that you please refrain from bringing sick children to school. If your child has had a fever in the past 24 hours, has been coughing constantly, has diarrhea or has been vomiting, shows any signs of any contagious disease such as a skin rash or irritated pink eye with discharge or any other signs of illness, we ask that you keep your child home. Children with any of these symptoms need to rest and seek proper treatment. **Students must go 24 hours without a fever before returning to school.** CCA wants to provide a healthy environment for our students. Please, help us keep the spread of sickness to a minimum.

What Causes Sports Injuries Among Children?

Kids can be particularly susceptible to sports injuries for a variety of reasons. Kids, particularly those who are younger than 8 years old, are less coordinated and have slower reaction times than adults because they are still growing and developing. In

We encourage students and parents to submit their questions to *StraightTalk*. Although we can't promise your questions will be published in the next *Weekly*, we will do our best to respond. Please send your questions to David Salvatelli at davids@ccaeagles.org and write "StraightTalk" on the Subject Line.



StraightTalk

5 minutes with
David Salvatelli

What kinds of hands-on experience does CCA provide high school students to help them prepare for college?

This past Homecoming Week I had the chance to talk one-on-one with a dozen of last year's 60 CCA graduates. Each one of them shared that they felt well-prepared for their college classes. How cool is that? Those attending Christian colleges are fitting right in, and those attending secular schools express they have the tools to navigate those waters. I was so blessed to hear they feel spiritually and academically prepared.

Spiritual and academic preparation starts with our community. Our students do school within a community of highly committed and talented Christian role models. That's going to rub off onto them, and that's no small preparation for college and life. Next, I'd mention curriculum. Core content courses that are biblically integrated, Bible classes, small groups, outreach, chapels-- that's the foundation. Honors and Advanced Placement classes to meet the needs of our most advanced students. After academics, there's lots of opportunity at CCA to get involved—from Performing Arts to Athletics to Student Government and National Honor Society—these will cultivate a young man or woman's gifts and colleges love it, too. They also love high test scores. Preparation for the SAT and ACT in the form of pre-tests and developing test-taking skills is really important, and that's an area we're focusing on more. We've added test practice questions to our math and English classes, and are offering an SAT Prep course twice a year as an elective. We're doing some significant things and that'll only increase. Our commitment is that every CCA student has the opportunity to get into the college of their choice, and, by God and a lot of good work in this community, we're getting there.

In His service and yours,

David Salvatelli
Director of Christian Education



Fifth graders joined the fun festivities on International Day by dressing up in their best international attire.

addition, kids mature at different rates. Often there's a substantial difference in height and weight between kids of the same age. And when kids of varying sizes play sports together, there may be an increased risk of injury. As kids grow bigger and stronger, the potential for injury increases, largely because of the amount of force involved. Also, kids may not assess the risks of certain activities as fully as adults might. So they may unknowingly take risks that may cause them to get injured. To learn more, go to www.kidshealth.org.

School News for secondary

Middle School 1st Quarter Award Presentations

It has been a fruitful season in the CCA Middle School. Our students have faithfully devoted time and effort to their studies, and we desire to acknowledge what the Lord has blessed! The awards that will be distributed will be Honor Roll, Principal's Honor Roll, Most Improved, and Christian Character. All presentations will take place in the Green Room, at the Youth Bldg.

- 6th Grade, Monday, Nov. 12th, 8:20-9:00
- 7th Grade, Monday, Nov. 12th, 9:10-9:50
- 8th Grade, Friday, Nov. 16th, 8:20-9:00

Life is pretty tough at times, isn't it? There's pressure on every side to conform to what the world around you wants rather than to what God wants.

There's pressure to wear the right thing, act the right way, go to the right places. Let's face it. Life is just not easy.

Hebrews 4:15 tells us that Jesus was tempted in every way, just as we are. Yeah. Sure. He didn't live in this time! How could He know what it's like?

Because Jesus was a true human being as well as God. He felt every pressure you feel. He knew disappointment and heartbreak.

That's why you can bring everything to Him. He does know what you're going through.

And He cares.

—Teen Study Bible, NIV



School News for elementary

Let's Talk!

We want to know what you think so we have a page on the CCA website, www.ccaeagles.org, called "Let's Talk." Go there frequently to see the current question and to give your thoughts about the topic at hand or give your thoughts to one of the posted responses that you perhaps agree or disagree with. The current question on Let's Talk is: **What do you like best about CCA and what would you most like to change about CCA?**



This little lady likes to dress up for International Day at CCA. Here she is singing to the Lord at chapel time!

Kindergarten students praised the Lord with song and dance at a special performance during chapel time on International Wear Day. We do have cute kids!!!!

Science Lab Needs Your Help!

Great things are happening in the elementary science lab. If you would like to help make it even better, here is how you can help. The science lab is in need of volunteers (any time, any day, for any duration). In addition, we need:

- Large plastic or glass terrarium with cover
- 2-20 or 25 gallon fish tanks
- An ant farm
- 30-magnifying glasses—at least 3" in diameter
- A paper cutter
- Animal magazines
- 1 small bag of charcoal
- 1 small bag of sand
- 8 clipboards
- Fifty 3" styrene balls
- 8-battery operated kitchen timers
- 8-compasses
- 5-boxes of tin foil
- K through 4th grade science genre books for the science lab library (new or gently used)
- Sixty 1/4" dowels

If you would like to volunteer, please contact Pam Sturman at PamelaS@CCAEagles.org or 954.905.5177. Items can be dropped off at the new school office. For more information, contact Jeanne Lozano at JeanneL@CCAEagles.org or 954.556.4510.

Upcoming Events

- THU, OCT. 25 - Teacher Professional Day
No school for students.
- FRI, OCT. 26 - No School
- WED, OCT. 31 - School Pictures Retake Day
for Elementary School
- WED, NOV. 7 - School Pictures Retake Day
for Secondary School
- WED, NOV. 7 - Fall Drama
J.B., A Play in Verse will be showing at CCA's
Black Box Theater. Don't miss it!
- THU, NOV. 8 - Report Cards Issued
- FRI, NOV. 9 - No School for K - 8th Grade
Parent/Teacher Conferences
- FRI, NOV. 12 - 6th/7th Grade Award Presentations
- FRI, NOV. 16 - Elementary Awards Chapel/
8th Grade Awards Presentation
- FRI, NOV. 19 - 23 - Thanksgiving Break
No School

Virtue of the Month

October: *Fairness*

Memory Verse: "But God said this about his Son: "God, your throne will last forever and ever. You will rule your kingdom with fairness."
(Hebrews 1:8 ICB)

cca weekly

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Middle School Ready, Set...Read!

By Lauren Kostoff, CCA Student

"The major differences between poor and good readers is the difference in the quantity of total time they spend reading."—National Reading Panel

CCA teachers, administrators, and parents continuously strive to encourage students to read books not only for school, but outside of school as well. On October 5, CCA kicked off their first season of the Lamplighter Award, a reading program that is sure to inspire our middle school students.

The Lamplighter Award is a nationwide organization that was started by a Christian librarian in search of a system that would encourage students to read more books. Now all sixth, seventh, and eighth grade CCA students are eligible to participate and can earn prestigious awards and awesome prizes upon the completion of books outside of their curriculum.

The schools that participate in the Lamplighter Award offer students the same list of ten novels. This list includes both fiction and nonfiction and range

in length and difficulty. Once students have completed a listed book, they will be tested and must score at least an 80 percent. Students who complete all 10 books will receive an honorary medal at the end of the school year. Other prizes will be announced throughout the following months as CCA strives to have the Lamplighter Award be continuously interwoven into the academic year. Students may also receive special benefits from English classes, depending on their individual teachers.

"The more you read, the more things you will know. The more you learn, the more places you'll go."—Dr. Seuss

According to Kathryn Nguyen, CCA's library media specialist, forty books have already been completed in just two weeks. "By implementing this program, CCA hopes to encourage middle school students to enjoy adventures found in reading," Nguyen says, adding that students have until April 15, 2008, to complete the reading. So, middle schoolers... what are you waiting for? Get ready, set...READ!"

"We read to learn we are not alone."—C.S. Lewis



Sixth Grade Football

CCA vs. Benjamin

Game Results: 16-0 – CCA Loss,

Record 4-3

Six grader, Sam Cudmore led with a 30 yard sweep. Good job!!



Varsity Volleyball

CCA vs. Zion Lutheran

25-21, 25-19, 26-24

Overall Record: 14-9

District Record: 6-4

The Eagles finished up their last game in the regular season last night beating Zion in 3 games. Allie Mullen had 12 assists, 9 service points, 1 ace, and 3 digs. Candice Klipfel had 2 service points, 2 kills, and 2 digs. Kim Kelly had 1 assist, 5 kills, and 1 dig. Great season girls!!!!



Varsity Golf

District Golf Tournament

Final Score: 346, CCA came in 6th place!

Overall Record: 13-5

District Record: 2-2

Low scores for CCA: Tyler Middlebrooks-78; Adam Ridenour-81; Matt Deso-85
Other scores: Allison Ridenour-101 (Girls); Dustin Dowling-102; Tyler Duame-104

Middle School Football

CCA vs. Glades Day

44-0 / Overall Record: 7-0

Javan Shashaty had 11 of 13 passing for 141 yards and 4 touchdown passes. Passes were completed to 8 different receivers. Ryan Reilly had 2 catches for 84 yards and 2 touchdowns. Shawn Lashbrook had 2 catches for 22 yards and a touchdown. Jacob Rogan rushed 5 times for 11 yards and had 1 catch for 7 yards. Andrew Liberty had 2 catches for 14 yards. Ulises Garcia had 1 catch for 3 yards and a touchdown. Jahlani Calender had 2 rushes for 40 yards and a 3 yard reception. Stephen Barnett and Evan Dahdah each had a reception.



JV Volleyball

CCA vs. Highlands Christian & Westminster Academy

Highlands-28-26 & 25-13 (WIN)

Westminster-22-25 & 23-25 (LOSS)

Overall Record: 14-4

Coral Morris led the day with 6 service points, 2 aces, 12 kills, and 3 digs. Jen Flutie contributed 8 service points, 3 aces, and 5 digs. Jessie Wilkie added 10 service points, 3 aces, 15 assists, and 1 kill. Gabbie Pyle had 7 service points, 1 ace, 10 assists, 2 kills, and 3 digs. Chloe Lyon contributed 6 service points, 4 aces, and 7 digs. Laura Foreman added 10 service points and 2 digs. Go team!

Basketball Season Cheerleading

Do you have the gift of encouragement?

Do you have a lot of school spirit? Then, try out for cheerleading!

See Coach Reeder

Monday, October 29, in Portable 7A at 3:00pm!

- beginners are welcome
- no try-out necessary
- 2 teams —Middle/High School

Sports Schedule: 10/29-11/2

Mon, Oct. 29 - Wed, Oct. 31, 2007-no games scheduled

Thurs, Nov. 1 2007-JV Football vs. Dade Christian 3:30pm

Fri, Nov. 2, 2007-V Football @ St Edwards-7:00pm

Home Games
in **RED!**