

# Gap Rap Newsletter

Growing in academic, social, physical and spiritual maturity.

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## STUDENT SABBATH & PICNIC LUNCH

On May 15th, Standifer Gap students (in all grades) will be leading out Sabbath at the church. After the service, all families are welcome to enjoy a picnic lunch with the church community. Bring a change of clothes and lunch food for your individual family. The church will provide drinks and snacks!

## SUMMER TUTORING

Ron Malloch (M. Ed, Learning Specialist with 45 years of experience) is offering his services to give your child a boost in the basics. Sessions begin this summer and are one hour per day, 2 days a week (M-Th) for 6 weeks. His rate is \$35/hr. Call Ron for more details or to sign up:

423-305-3995

423-396-4409

## TEACHER APPRECIATION

We love our teachers and we want to celebrate them over the week of May 10-14! Home and School would like to ask for a small donation of \$5 from each family to offset the cost for this week of appreciation! Please drop off your \$5 at the front office.

## MUSIC PROGRAM

We will have our End of Year Program on Wednesday, May 13th at 7pm. This will be held at the church pavilion.

## GRADUATION

Kindergarten Graduation will be held on May 17th at the church. 8th grade graduation will be on May 19th at the church pavilion.

## HOME & SCHOOL

Our Home & School leader, Leah Parris-Gray, is looking for two individuals to help her with Home & School next year. She is excited to get started with planning for the new year ASAP! Please contact Leah if you would like to be involved!

207-751-5740

[sghomeandschool@gmail.com](mailto:sghomeandschool@gmail.com)

## NEW CONTENT

We have posted new content to our website! If you navigate to the "Students" tab, you will see some fresh items on the dropdown menu, like our Education Fair videos (where the students present their projects) and the Week of Prayer messages by Kaleigh Bengé. You can also find updated tuition prices and important calendar dates for next school year!

## REMEMBER THIS

**enroll now**

Enrollment for the 2021-2022 school year is open! If you pre-register by April 30, you will get a discount of \$25! Pay \$50 to secure your spot today! After April 30, the pre-registration fee is \$75.

### \* Immunization Record

Upcoming 7th graders need to have their immunizations records updated with the school office by the start of the new school year.

### \* Pay Tuition Online

You can pay your tuition online by ACH/check or by credit/debit card through the Adventist School Pay option found on our website!

### \* Hot Lunch

As our school year wraps up, please check on your student's hot lunch account balance! If you owe money, now is the time to settle up and to make sure there is enough money to last through the end of the year. You can text Stephanie at 423-653-1557 for your current balance.

## STUDENT FEATURE



**Name:** Katie Grant  
**Grade:** 5th  
**Birthday:** October 5th  
**Fav food:** Ramen noodles  
**Characteristic:** Creative  
**Aspiration:** Cosmetologist  
**Fav subject:** Math

Katie is the kind of friend one wants to have. She is loyal and helpful to others. She is responsible, careful and trustworthy. A creative, artistic student, Katie has been a pleasure to have at Standifer Gap for 6 years.

## HAPPY BIRTHDAY!



APRIL



HOSEA FUKOFUKA	1ST
KYLE SPRAYBERRY	15TH
LOTOA JR FUKOFUKA	16TH

## CALENDAR REMINDERS

- April 30 - Early bird pre-registration fee discount due date
- May 4 - 7 - Regular Hot Lunch Schedule
- May 10 - 14 - Teacher Appreciation Week
- May 13 - End of Year Program 7pm
- May 15 - Student Sabbath (ALL GRADES)
- May 17 & 19 - K & 8th Grade Graduations

jmcquistan@gccsda.com

## PRINCIPAL'S CORNER

423-618-6062

Greetings Parents and Grandparents!

This week, I came across a great article that outlines a parenting technique in dealing with our kids about on-going issues such as whining. With the extra stresses we have had over this past year, it can be difficult sometimes to respond to a whiny child in a positive, proactive way. On-going complaining and whining is a big energy drainer for parents. I like the advice given to parents by Dr. Charles Fay of Love and Logic. He says it helps to remember that whining is just a way for kids to try and get what they want. We don't want to encourage or reward it because it doesn't work well in life. When you find yourself at wits end because of whining or other energy draining behavior, try these steps.

**Step #1:** Say with empathy, "When you \_\_\_\_\_, it really drains my energy. We'll talk about this later."

**Step #2:** Give yourself some time to calm down and think about the situation.

**Step #3:** Ask your child how they plan to replace the energy they drained from you. (Kids can replace energy by doing extra chores, staying at home while you rest, cook dinner, clean the bathroom, etc.)

**Step #4:** Give them a deadline for "energy replacement," and enforce it if they forget or refuse to do it. Some parents find it necessary to take away a toy or do an automatic allowance withdrawal if their energy isn't replaced by the deadline.

You may say that this is just another way for giving consequences. Yes it is, except that this approaches on-going problems in a way that puts the responsibility back on the children. Some parents have found using this technique very helpful. In fact, parents have reported significant behavior change in just a couple weeks. You can find more information about using this technique at [loveandlogic.com](http://loveandlogic.com) and search "Love and Logic Magic When Kids Drain Your Energy."

I like the advice that Paul gave concerning whining and negative talk. He says in Philippians 2:14-15, "Do everything without complaining and arguing, so that no one can criticize you." This is one of our goals as parents, to help our kids learn to be productive and effective witnesses for Jesus with everyone they interact. When we use techniques such as this, it helps us to better reflect Jesus' spirit in us. We are better able to communicate in a way that creates cooperation. In Proverbs 15:1, Solomon says that "a gentle answer deflects anger, but harsh words make tempers flare." We can reduce our stress and the temptation to show irritation toward our kids when we respond and model to them peaceful methods of communication. I encourage you to take your parenting challenges to Jesus and ask Him to speak through you when guiding your children and shaping their character.

In Christ,

*Joel R. McQuistan*