

# PARENT BULLETIN

A weekly newsletter for parents, students, staff and  
volunteers at  
**PINE HILLS ADVENTIST ACADEMY**

Issued September 13, 2019



## **Principal's Message:**

*Dear Parents:*

As a parent, I am overwhelmed with gratitude for the many blessings that my own children experience daily as students at Pine Hills Adventist Academy. First of all I am delighted with the quality of instruction that they are receiving. As I look over the teacher's plans and spend time in their classrooms I realize that we have a very talented staff. Not only are our teachers first-rate at what they do, they are also dedicated to the academic, spiritual and social development of our children. This Christian discipleship subtly makes an impact on the eventual direction that my children and yours will take in the future.

I'm also excited about the many volunteers that rub shoulders with my children through the Pine Hills sports program. These coaches build relationships with our children and tell them through their actions that they are valuable. Junior High Girls' Coaches: Dave & Traci Van Zant; Junior High Boys' Coaches: Ariel Rodriguez & Justin Turner; Varsity Girls' Coaches: Jannell Wilson, Jinnell Erby and Chris Genobaga; Varsity Boys' Coaches: Chris Stokes, James Mason & Dave Van Zant; Varsity Girls' Volley Ball Coaches: Rhoben Dalusong, Darrin Dee & Abby McKee; and Varsity Boys' Volley Ball Coach: Darrin Dee.

I hope that you will join me in making each of these individuals feel appreciated by letting them know at some point this year how much you value their input in your child's life.

Your partner in Christian education,  
Joe Fralick

**We are striving for academic excellence at PHAA.** For the next week we will be conducting an academic excellence tournament (a.k.a. Iowa Assessments, which used to be called ITBS or ITED). This is a battery of standardized tests taken by millions of students in the U.S. The test results are used to inform decisions regarding our academic curriculum. Our teachers use test data to understand in which areas each student is strong or needs more focused help. (Sometimes we are tempted to use the test results to brag about our school, because our students tend to compare quite favorably with students in the rest of the U.S.) In order for the test data to be as useful as possible, it is best if our students are able to do their best on these tests. I would like to emphasize four things parents can do to help maximize student performance. Our students will be taking these tests during the next week. During this next week, please make sure your students come to school:

**Well Fed**

**Well Rested**

**Well Dressed**

**Well Blessed**



**Well Fed:** A substantial breakfast (low sugar) increases test performance.

**Well Rested:** Most students do better if they have at least 9 hours of sleep each night.

**Well Dressed:** Students tend to perform better on tests when they dress up for the occasion.

**Well blessed:** Students who are free of emotional anxiety have a tremendous advantage.



Today we had our first Duck & Run Drill, which is what we would implement if there was an active shooter on campus. The reason we have such a drill is to help our children know what to do when an emergency arises, to let them know that we have a well thought out plan of action. Our goal is not to instill fear through these drills, but instead we desire to create a sense of calm when students are exposed to situations that might typically create fear. This is done through exposure...over time. We also know that children react differently to these types of situations. We encourage you to talk about your child's

experience during today's drill. If they have some fear, help them work through it. We have tried to take some precautionary steps in that direction both yesterday & today in our various classrooms. Thank you for your continued support as we work through challenging situations, helping our children to be better prepared for the world in which we live.

Occasionally we will have the **opportunity to provide music for our constituent churches**. Without the financial subsidies provided by our constituent churches your monthly tuition costs would be much higher, almost double what you are paying now. Our constituent churches believe in Adventist Christian Education and provide these dollars to make tuition more affordable for families. In addition to these subsidies, the constituent churches also provide worthy student dollars which make it possible for even more families to choose a Christian Education at Pine Hills Adventist Academy. To show our appreciation for this support we try to make it to each of our constituent churches at least once a year. Your support with your child's attendance at these services is greatly appreciated! The following such performances are listed below:



- September - 21 Kinder.-Fourth Grade & Passionate Praise perform at Auburn SDA Church
- October 26 - High School Strings & Choir perform at Auburn SDA Church
- November 9 - Choralaires perform at Granite Bay SDA Church
- April 2 - Choralaires & Passionate Praise perform at Meadow Vista SDA Church
- May 9 - Choir, Band, & Choralaires perform at Alumni Sabbath at PHAA Gym
- June 6 - Choralaires perform for Baccalaureate at Auburn SDA Church

Mrs. Genobaga will send you detailed information regarding each performance. Thanks again for your continued support. Your family's presence for the whole service will be noticed!

**The Mid quarter marking period** is Friday, September 20. By Wednesday, September 26 teachers should have all grades entered into FACTS. Please take this opportunity to check your child's progress thus far during the quarter. Please remember, these are not final grades. But they should give you some indication as to how your child may perform at the end of the quarter, providing they continue to put forth the same amount of effort. There is also time to try to turn things around if needed.

**Urgent Help Needed for Roofing Project on Sunday:** On Monday the weather forecast is calling for rain. Why does this matter? Well, about a month ago during our school work bee, we took off the shingles of the LeBarres'



residence. Andy Gustin is willing to come this Sunday, September 15th to get the job completed if we can find a group of 4-5 people to help. Anyone available? He is thinking he would like to start at 9:00. Please give me a call or a text if you are available to help with this important project. Joe Fralick's contact information: 530-830-8156 or [joe.fralick@nccsda.com](mailto:joe.fralick@nccsda.com).

**Please do not park along the curb, leaving your car unattended** during drop off or dismissal. This slows down the dismissal process. If you need to come in to the building, please park in one of the vacant parking spots. This will assist with the flow of traffic, making it more efficient.

## SAVE THE DATES

**Our Home & School and Beautiful Minds Wellness** is offering a four part series on Adolescent Mental Health here at Pine Hills Adventist Academy. Psychiatrist Dr. Daniel Binus, MD, and therapist Amanda Anguish, LMFT, will be addressing relevant mental health issues for their favorite people...teenagers and emerging adults (and their parents).

- Saturday night September 14 at 6:30 PM
  - Media and the Adolescent Mind - Dr. Binus
- Saturday night, October 5 at 6:00 PM
  - IQ or EQ: What to Cultivate to Promote Happiness in Your Child - Amanda Anguish
- Saturday night, November 2 at 5:30 PM
  - The KEYS to Happiness - Amanda Anguish
- Saturday night, December 7 at 5:30 PM
  - Relational Connectedness in a Lonely World - Dr. Binus

Dr. Daniel Binus believes in addressing the emotional, physical, and spiritual factors that influence a person's well being. He has a special passion for adolescents and young adults. He is the founder and clinical director of Beautiful Minds Medical. Amanda Anguish, a licensed marriage and family therapist and international speaker, loves home and people improvement. Her counseling experience includes depression, teenage growing pains, spiritual development, and issues that affect relationships. She leads the intensive Outpatient Program at Beautiful Minds Medical.



**Beautiful Minds  
Wellness**

**This four part Adolescent Mental Health Series is specifically designed for 7th - 12th grade adolescents and their parents.** Thank you for providing alternate care options for children younger than 7th grade. If this event is perceived as an elementary event from our oldest students, they will most likely not come back for further sessions. Our time together will begin with worship through song. Feel free to bring your musical instruments to play along with the song service if you would like. At the conclusion of the seminar, the gym will be open for basketball & volleyball with snacks being sold by the Student Association in the kitchen and board games on the stage. Feel free to invite other friends to join you in this informative & fun time together.

**The most up to date school calendar** can either be found on our website [phaaonline.com](http://phaaonline.com), or Google subscribers can access by clicking on the link below (found in the Resources section of the Parent Bulletin). It is complete with field trips, vacations, activities, etc. Sports may be accessed by clicking on a separate link. If you use Google Calendar, each of these calendars can be synced with your personal calendar by following the directions in the Resource section.

**Rene Mendoza, one of our parent volunteers** has agreed to help be another set of eyes for our arrival & departure times. He will be in the lobby to monitor the coming & going of all individuals as well as be on the look-out for any suspicious activity.



**Hot Lunch for Wednesday, September 18th** will be Pasta Bar. Students can bring \$5 or parents may choose to have their child bill their account. This fundraising lunch is sponsored by the freshmen class.

**Pizza Hot Lunch will be on Thursday, September 19th.** Pizza is \$2 per slice. Order forms are available in the lobby on Thursday morning, or you can use the [online order form](#).

## *Elementary Elements:*

News & Information for Grades K-8

**Lice Checks:** As a proactive measure, we have implemented a plan to check students, who are leaving for an overnight trip, for lice at least two weeks prior to their departure. If your child has evidence of lice activity you will be contacted privately. This will allow you an opportunity to remedy the situation before sending your child on the overnight trip. Hopefully this will eliminate the issues that have developed in the past, where many students have come home with lice due to the increased contact in close quarters and have required immediate treatment plans. All of the 5th & 6th graders have been checked this week in preparation for their upcoming camping trip. If you have not received a call, your child is lice free. Thank you in advance for your help regarding this new procedure.

### **The eighth grade class officers are as follows:**

- President - Enzo Rasi
- Vice President - Lexi Lyman
- Secretary - Tyla Williams
- Pastor - Giovanna Burgos
- Treasurer - Kellyn Haggerty
- Worship Coordinator - Maddie Fox
- Sergeant-at-arms - Gage Gadreault
- Assistant Treasurer - Victoria Borlean
- Historian - Nathan Krussow

## *Chaplain's Corner:*

Keeping You Informed Regarding Spiritual Development for grades K-12

**Mission Trip!** Here is a brief rundown of our plan: Meet at the airport late Thursday Evening March 12, arriving Friday afternoon in Belize. We will be working in an area called Punta Gorda which has two churches, a Spanish church and an English church. While staying there, we will be staying at an inn with a kitchenette where we will be preparing all of our meals for the time there. Our projects through the week will be tile work, painting, and building a fence. We will celebrate and participate with both churches the Sabbaths that we are there. During the week we hope to also visit a ruins site and spend evenings playing soccer and getting to know local youth. Sunday the 21<sup>st</sup> we will depart from Punta Gorda and take in a snorkeling trip. This will give us a chance to enjoy the beautiful beach before our flight home Tuesday March 24th.

To register and save your spot I need the following:

1. A photocopy of a passport that is valid for at least one more year
2. The [Letter of Consent form](#) filled out and notarized (I need this even if one parent is traveling with us, I have also sent some of these home with students that said they were interested)
3. \$100 deposit

The Deadline to register is September 25 and I will need all three of the above items to complete your child's registration. The trip costs \$1,700 which includes flights, bus rentals, food, lodging, a little bit of spending money, and our snorkeling expedition. The good news is, we are already seeing that cost go down with donations and hope that with early planning we can lower it further. Once a student is registered I will meet with them to discuss fundraising options.

### **Week of Worship:**

Next week is our fall Week of Worship (WOW)! We are excited to have Mario Sanchez as our speaker. He will be speaking on the theme **Trust Fall**. Mario is a SOULS West Graduate and has worked many years in literature ministries in Hawaii, Arizona, California, New Mexico, Ohio, and Maryland. He is currently studying Theology at PUC, has a heart for evangelism, and loves animals! As a school family, let's keep Week of Worship in our prayers as we learn to **Trust** in God and **Fall** in love with his grace.

### **High School Vespers:**

Our First High School Vespers is coming up next Friday September 20, from 6:00 p.m. – 8:30 p.m., at the Stokes' house. We are looking forward to closing off Week of Worship with this vespers and continuing with our **trust-fall** theme. We will be serving dinner, have swimming fun while it is still warm, and welcome the Sabbath with music and worship! All High school students are invited! Be sure to bring a swim suit, towel, and a Bible. The address is: 1330 Squirrel Creek court, Auburn. Please reach out to Lisa Stokes if you have questions about directions (530) 863-7722.

Pastor Dana Rae DeTar's Contact Information: 530-305-5946 / [danarae.detar@nccsda.com](mailto:danarae.detar@nccsda.com)

## *High School Happenings:*

### NEWS AND INFORMATION FOR GRADES 9-12

**Parents who have new high school students:** During the elementary years you have no doubt had the opportunity to talk to your child's teacher on numerous occasions. You got involved when they received a poor grade or when they had conflict with another student and the list could go on. You have done what all good elementary parents are supposed to do! However, now that your child is in high school, we are hoping to instill more and more independence and responsibility. We would like for your child to learn these traits in the controlled environment of our high school. If your child is struggling academically with a particular class, we encourage your high school student to interface with his/her teacher and ask for help.

By no means are we saying that you can not be involved in your child's education. Your involvement is important, but it just may look a little different than it did in the past. Educational success consultations are one way that we can help facilitate this involvement. Teachers, administration, parents & your child may need to meet together to address needs or concerns, particularly those related to academic and social progress. Socially there will also be ways for you to get involved. One unique opportunity is volunteering for special events when you can get to know students and parents. Your spiritual influence is also of the utmost value. What you have done in your child's formative years will not be forgotten, but now is the time for your child to try this "God thing" on for themselves. Helping them find the time to connect with the living God of the Universe, personally, will be of the utmost importance! As parents we must remember that this personal walk with God will be what will help them to thrive in college and beyond.

We are excited to announce that our **auditions** for Mary Poppins will held on **Wednesday, September 18, 2019 from 6:30-9:00 pm** in the gym.

### Things to consider:

1. Rehearsals will be held at 7:20 am beginning October 21. Cast members need to be available Mondays, Wednesdays and Fridays for sure... but as the play gets closer, I need to have the flexibility to have them potentially every morning. Production week (dress rehearsal week) will involve after school time and evenings. I try my best to limit rehearsal time to in class only...but during production week, there will be extra rehearsals.
2. I have high expectations for my actors. There will be homework/assignments—this is a class. Because we have a tight rehearsal schedule, it is important that students are able to concentrate for long periods of time, follow directions and be where they are supposed to be.
3. Bottom line: This will be a BIG commitment. Consider carefully your family time, your transportation arrangements, etc. before auditioning.



### How it works:

- a. Auditions will be held in the PHAA gym.
- b. Auditions are open to high school students at PHAA. Also included in this audition will be the call backs from the screening children audition for the parts of Jane and Michael Banks.
- b. These auditions will be open to parents/friends, etc. , however, we would ask that any visitors remain quiet and in the designated section so the kids can focus on their auditions. These final auditions may or may not be as individuals...that decision depends upon the audition committee. Cast lists will be posted as soon as the audition committee has made their final determination. There may be need for an additional call-back for the high school students but I will post the list as soon as I hear from the committee.

**What is my role in the audition process?** Because I teach every student in the school as well as have my own child trying out for parts, **I am only an observer of the audition process.** This keeps bias to a minimum as well as giving a fair chance to everyone. I am also available, then, to help and coach your students in preparation for the auditions. I observe the auditions with great interest, obviously, as I will be working with the actors, but I do not make any decisions about casting. The only time I speak during audition deliberations is when specifically asked about classroom behavior, attention span, vocal range, etc. because I get to see your students in class every day.

### The Audition Packet

The packet contains several items:

1. A character breakdown and information about certain roles. Please study this as it will give you clues to the possible character choices.
2. A list of scenes and musical numbers. This will let you know how many songs your character sings.
3. Scene material and music. Each character has several small bits of dialogue and music. We are asking that you pick and prepare two contrasting scenes/music. In this show, there are several “reprises”. The committee will be looking to the actor to interpret each scene according to context and to show a **contrast** in feelings as indicated by the music or dialogue.
4. If you do not see a scene for your particular character, please prepare a male or female role of your choice from the audition materials.

We will do our best to make this a fun and non-threatening experience for your students. While we want to see serious, dedicated actors, we do not want this to be an experience that harms others or causes hurt feelings. Yes, there will be disappointment. Please help us keep things in perspective as we prepare for this play: not everyone will be cast in exactly the role they want. Being gracious, kind and supportive of each other is truly the goal of this project. There are many other ways for students to be involved: even being an audience member is very important!

I handed out packets to high school students in choir. If your student is interested, and did not receive an audition packet, they can stop by the music room to pick one up.  
Jill Genobaga, director



The **last day to drop a class and not have it recorded on the student's permanent record** for high school students is Wednesday, September 18th. If your child needs to make a schedule change, please contact Mrs. Wareham. For all others, classes dropped after the fourth week and before the close of the ninth week are recorded with a WP (withdrew, passing) or WF (withdrew, failing). The deadline for withdrawing from a class is the end of the ninth week of a semester. This permits the student to check his/her progress grades periodically on FACTS and decide whether or not he/she wants to continue. Withdrawals after the ninth week will be considered failures and must be recorded as an F for the semester.

## Sports Spotlight:

### NEWS AND INFORMATION FOR ATHLETES IN GRADES 7-12

**We thank you in advance for picking up your child on time** from the various sports activities that he/she participates in each week. This small act helps to show our volunteer coaches how much you appreciate the time that they sacrificially give to their team since coaches are required to stay until everyone is picked up.

#### Sports Calendar for this week:

- **Sunday, September 15**
  - Varsity Flag Football Tournament at Modesto
- **Monday September 16**
  - 3:30 Junior High Girls' Flag Football Game at Clarksburg
  - 4:30 Junior High Boys' Flag Football Game at Clarksburg
- **Tuesday, September 17**
  - 6:00 Ladies' Volleyball game at Ghidotti
- **Wednesday, September 18**
  - 4:00 Junior High Boys' Flag Football Home Game against Adventure Christian
- **Thursday, September 19**
  - 4:30 Varsity Ladies' Flag Football game at SAA
  - 5:45 Varsity Men's Flag Football game at SAA

MARK YOUR  
CALENDAR!

#### Central Valley Christian Academy Flagball Tournament Schedule for September 15, 2019:

8:30 - Worship (Field 1)

8:55- Coin toss and prayer

9:00 - Pine Hills Girls vs Central Valley Christian Academy (Field: East 1)

10:10 - Pine Hills Guys vs Central Valley Christian Academy (Field: East 1)  
11:15 - Pine Hills Girls vs Farmington Adventist Academy (Field: South 3)  
12:20 - Pine Hills Guys vs Farmington Adventist Academy (Field: South 3)  
1:25 - Pine Hills Girls vs Monterrey Bay Academy (Field: South 3)  
2:30 - Pine Hills Boys vs Monterrey Bay Academy (Field: South 3)

Don't forget to bring pop ups, umbrellas, sunscreen, coolers, ice, water, Gatorade, home & away jerseys, mouth guards, money for lunch & supper

10:00-2:00 - Vegeburgers along with chips, wate, Gatorade, candy and shaved ice will be available for purchase

**Sports Calendar:** For your convenience, our athletic director, Brad Ludwig, has created a Google Calendar just for sports events. You can access the sports calendar with the button below. Since this is the beginning of the school year, the sports calendar is considered tentative. It will continue to be updated as games are added and practice times are confirmed.

Also, if you have a Google account and would like to add the sports calendar, follow the instructions below. After the school year begins and the calendar is more established, you might want to change the notifications under "Settings" so you can be aware of changes or cancellations in the sports calendar.

## RESOURCES:

Quick Access to Useful Links

[Visit our website](#)

[FACTS \(District Code = PH-CA\)](#)

[SCHOOL CALENDAR--Click Here](#)

[SPORTS CALENDAR--Click Here](#)

**Do you have a Google account and use Google Calendar?** If so, you can add the school calendar and/or sports calendar by following these steps:

1. Login to your Google account and Open Google Calendar.
2. Open the school calendar and/or sports calendar with the buttons above.
3. In the bottom, right corner of the calendar screen(s) you opened click the "+ Google Calendar" icon.
4. Click the "Add" button to add the open calendar to your Google Calendar.



## PINE HILLS ADVENTIST ACADEMY

Website: [www.phaaonline.com](http://www.phaaonline.com)

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Online Login: **FACTS Family Portal** (District Code = PH-CA)