

PARENT BULLETIN

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

Issued September 6, 2019



Principal's Message:

Dear Parents,

I am excited about the partnership between our Home & School and Beautiful Minds

Wellness in being able to offer 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.

Your partner in Christian education,
Joe Fralick

The Iowa Assessment & CogAT will be administered to students in grades 3-12 next week, Sept. 16-20. Please help your child achieve their personal best by providing a good breakfast each morning and making certain each one is receiving plenty of rest each night. Items to bring for testing: Each student should bring an eraser and #2 pencils (no

mechanical pencils) for marking answers. High school students may use calculators. Healthy snacks will be provided by parents. It is also helpful to remember that this testing is only one of the methods used to see where each child stands in their learning journey. It is also a tool that is used to identify strengths & weaknesses for instructional purposes.

Prayer Calendar: Every day our faculty meet together for worship and prayer. During this time, we pray specifically for one of our students or staff members according to our [monthly Prayer Calendar](#). Feel free to join us in systematically praying for each of our students and staff members.



This Week's Student & Staff Birthdays:

- September 3 - Miss Cooke
- September 5 - Mrs. Gipson
- September 8 - Desiree Klingbeil
- September 9 - Riley Nehvatal
- September 10 - Mace Stokes
- September 13 - Jake Turner

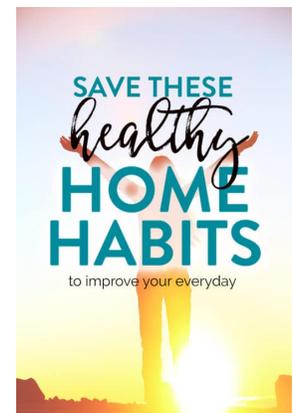
If your child is sick and has a fever he/she must be fever free for 24 hours before sending him/her back to school. Thank you in advance for taking this extra precaution to help keep all of our students well.



Friday Morning Prayer Walk: Join us in prayer! Every Friday morning after drop-off, we meet at the sports field and pray together for our school, staff, students, and families as we walk around the track. We meet from 8:15-9:00. Everyone is welcome to come and join us!

Home Habits: The staff at PHAA does everything they can to uphold and support the home. We want to communicate with you concerning your child, and encourage your involvement in the school program in whatever way is possible for your family. The following suggestions may help your child do his best in school each day.

- Provide a loving, caring, peaceful, and forgiving home atmosphere. "By beholding we become changed..."
- Make sure that your child has eaten an adequate breakfast each morning before coming to school.
- Limit reading materials, television, music, and video programming to selections that encourage positive Christian values.
- Make sure your child gets sufficient sleep, relaxation, and recreation.
- Have a definite time and quiet location where your child can do homework, undisturbed.
- Attend church with your child regularly to allow for the cooperation of home, school and church in your child's spiritual development.



Prayer Box: Does someone you know need prayer? Do you? Our Friday

morning prayer walking group will pray specifically for your needs. Just drop a note in the Prayer Box, located in the foyer.



Supporting School and Teachers:

Thank you for remembering not to criticize the school or teachers, especially in front of your child. The principles of Matthew 18 are the rule of action in addressing classroom concerns. If you have a classroom concern, discuss the matter with your child's teacher. Our teachers appreciate your input. If you feel that after talking with the teacher you are still concerned, talk to the principal. He will be happy to mediate the problem if you have first talked to the child's teacher.

The relationship between the parent and school is essential to the success of the child in all aspects of the school experience. The school recognizes that failure to maintain a positive working relationship between the parent and the school will have a negative effect on the child.

SAVE THE DATES

Adolescent Mental Health Series along with Sundown Worship and Gym night at Pine Hills Adventist Academy

Featuring: Beautiful Minds Wellness with Dr. Daniel Binus, MD & Amanda Anguish, LMFT

Worship Talks:

- September 14, 6:30-Media and the Adolescent Mind
- October 5, 6:00-IQ or EQ? What to cultivate to Promote Happiness.
- November 2, 5:30-The KEYS to Happiness By Amanda Anguish
- December 7, 5:30- Relational Connectedness in a Lonely World

We invite you to come and enjoy worship, music, fellowship, games, and refreshments!

[Click on the link](#) for more details or refer to the Principal's Message in this Parent Bulletin.



The most up to date school calendar can either be found on our website phaaonline.com, or Google subscribers can be accessed 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.

Parents, Thank you for stepping up to the plate to help out with our Wednesday Hot Lunch program! All dates have been assigned to the various home rooms and once again Wednesday hot lunch will be a consistent part of each week! Thanks again team members for your help in providing valuable time to make this service possible to our families. Our classroom teachers also appreciate your sacrifice of time as it helps generate a significant amount of money to each participating classroom. We couldn't do this without your help!



Hot Lunch for Wednesday, September 11th will be Sub Sandwiches. Students can bring \$5 or parents may choose to have their child bill their account. In an effort to make the serving of this hot lunch more efficient, we are requesting that you fill out this [Sub Sandwich Order Form](#) (which is a Google Form) before



9:00 AM on September 11th. If you are having difficulty, it is probably because you do not have a google account, paper order forms will be available in the office for your convenience. Please fill out a separate form for each child who is ordering.

Elementary Elements: News & Information for Grades K-8



We are excited to announce that our **screening auditions** for Mary Poppins children's roles will begin **Wednesday, September 11, 2019 at 4 pm** in the Music Classroom.

Things to consider:

1. Michael and Jane Banks are characters that appear in nearly every scene in Mary Poppins. They need to have stamina, enthusiasm and availability to attend rehearsals.
2. Rehearsals will be held at 7:20 am beginning October 21. They 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.
3. They will be working with high school actors. I have high expectations for my actors and the children will have those same high expectations. Because we have a tight rehearsal schedule, it is important that they are able to concentrate for long periods of time, follow directions and be where they are supposed to be.
4. Bottom line: This will be a BIG commitment. Consider carefully your family time, your transportation arrangements, etc. before auditioning.

How it works:

1. Each child will audition individually. Your child will be asked to sing the prepared selection in front of a committee of 3-5 adults. (We will be meeting in the music classroom and these auditions will be closed to parents/friends etc.) Each audition should take around 5-7 minutes.
2. We will be looking for eye contact, stage presence, acting ability, singing ability and general comfort in front of adults.
3. This will be a screening audition to decide who gets called back to the high school audition on **September 18 from 6:30-9 pm**.
4. **If your child is called back**, they will come to the open auditions in the gym on **September 18 from 6:30-9 pm**. 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.

I will be posting a sign-up sheet on my classroom door on Friday, Sept. 6 so your child can sign up for an audition time. We are holding screening auditions due to the large amount of interest in this play and the limited roles for children. I also believe that it is an important experience for kids to do an audition and see what it is all about. We will do our best to make it a fun and non-threatening experience for your kids. 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: there are very few roles for children and only 2 kids will be cast. Being gracious, kind and supportive of each other is truly the goal of this project. There are many other ways for kids to be involved: even being an audience member is very important!

I handed out packets to 5-6th grade and a few 4th graders. If your child is interested, and did not receive an audition packet, I have put extras in the office.

Thank you in advance for your help, enthusiasm and support as we embark on this journey together!

Jill Genobaga, Director

Chaplain's Corner:

Keeping You Informed Regarding Spiritual Development for grades K-12

High School Mission Trip: We are looking forward to our mission trip to Belize on March 12-24. We already have a few high school students who have expressed an interest in participating in this rewarding & memorable event. The deadline to register is September 25th, so please contact our chaplain if you have any questions or are interested in joining the group. We are still in need of an adult to help with the cooking of meals for our group.

Respect: as a school we are focusing on several aspects of Christian Character. Respect is the focus for this quarter. Last week the high school students had an opportunity to look at the story of Jeremiah being thrown into the cistern and how Ebed-Melek had respect for Jeremiah's life, despite the fact that supporting Jeremiah would bring with it many challenges. With the elementary students we looked at Genesis and how God has given us creation to rule over. We talked about how as rulers of the earth, we are to respect creation and we have a responsibility to care for it. Each student was challenged to think of a way that they can do their part, in being a righteous ruler.

Service: we are looking forward to our high school service day this coming October 11th. If you know of someone in the area that may be in need for some help, please let me know. We are always looking for people our students can serve.

Pastor Dana Rae De Tar's Contact Information: 530-305-5946 / danarae.detar@nccsda.com



High School Happenings:

NEWS AND INFORMATION FOR GRADES 9-12



Senior Games & Vespers this afternoon at Mrs. Maciel's house (2227 Ranch House Court, Auburn) beginning at 3:00. Supper will be provided!

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

The 2019 Cougar Volleyball Festival will be held this year at Chico Oaks on Friday, September 13th. Departure time is 6:00 a.m. with our first match beginning at 8:00 against Paradise Adventist Academy. At 10:00 our ladies will be playing PUC Prep. Pine Hills will be playing Westwood at 12:30. The final game for our team will be played at 3:00 against Sacramento Adventist Academy. We pray all participants will have a safe and fun experience!

Sports Calendar for this week:

- **Sunday, September 8**
 - 8:00 Flag Football Practice for Varsity Men
 - 10:00 Flag Football Practice for Junior High Boys
 - 4:00 Flag Football Practice for Junior High Girls
- **Monday September 9**
 - 4:00 Ladies Volley Ball Practice
 - 5:00 Mens Varsity Flag Football Game at Eldorado
- **Thursday, September 12**
 - 3:30 Flag Football Practice for Junior High Girls
 - 4:30 Flag Football Practice for Varsity Girls

**MARK YOUR
CALENDAR!**

- **Friday, September 13**
 - Ladies Cougar Volleyball Tournament at Chico Oaks
- **Sunday, September 15**
 - Varsity Flag Football Tournament at Modesto

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

Phone: 530.885.9447

Email: office@phaschool.org

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