

# SPOTLIGHT

LEARNING. GROWING. SHINING.

And Jesus increased in wisdom and stature and in favor with God and all people. Luke 2:52

## TOMORROW

- Chapel, 8:30am,  
Pastor Patrick Williams
- Spirit & Pride shirt orders due  
(see ordering info on back)

## Upcoming Dates

A full calendar is available on line.

### January 2018

- 29 APCS Board Mtg, 7:00pm
- 31 Devotions, 8:15am  
Pastor Will Labrenz

### February 2018

- 1 Art Classes,  
PreK—4th grades
- 2 Chapel, 8:30am,  
Pastor Jeff Wait
- 5 Art Classes,  
5th—8th grades
- 9 Chapel, 8:30am,  
Pastor Jonathan Michael
- 9 APCS Spirit Day,  
Teddy Bear Day
- 9 Early Dismissal, 12:00pm,  
Teacher Study Group
- 14 Devotions, 8:15am  
Pastor Patrick Williams
- 16 Chapel, 8:30am,  
Pastor Josia Flores

APCS Constituent Churches invite you to visit our worship services this Saturday, January 27th



9:30am: Prophecy Class:  
Focus on Prophecy Seminar

10:45am: Walking With  
Jesus, Speaker: Jimmy Estrada

www.mpsada.org



11:02am: Let Them  
Make Me a Sanctuary,  
Does God really need  
a house of worship?  
Speaker: Pastor  
Patrick Williams

www.fosterchurch.com

## CREATION HEALTH

APCS is celebrating Creation Health for the next two months. This week we focus on REST. We will talk about it in the classrooms and during devotionals and chapel.

REST enjoying replenishing sleep and relaxation

“Rest is incredibly powerful. It refreshes, rejuvenates, regenerates and rebuilds the mind, body and soul. Rest empowers you to function at your best. Optimally, rest includes a good night’s sleep as well as time to relax and rejuvenate daily, weekly and annually.

The true benefits of rest are misunderstood and often unappreciated. The stress and pressures of life can accumulate over time and can create a generalized "dis-ease" with life. Proper rest is a powerful antidote for this common problem.” (creationhealth.com)

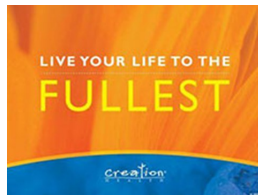
Studies tell us what promotes optimal growth in school aged children. They need 9-11 hours of sleep without the light or flickers of TV or devices.

**Be still, and know that I am God. Psalms 46:10**

### Questions to ask your children about REST:

- What are things we can do to make sure we are each getting the best rest possible?
- How does lack of sleep affect us?
- What specific stresses in your lives drain you?
- What are your favorite ways to relax?

### CREATION Health



You were born to live life to the fullest through CREATION Health.

**"...I have come that they may live life to the fullest." -John 10:10.**

God offers abundant life to anyone who wants to be fully alive today and forevermore. The Greek word used for life is "zoe", which means the absolute fullness of life... genuine life... a life that is active, satisfying, and filled with joy.

This is why CREATION Health encompasses the whole person--mentally, physical, and spiritually-- with the eight universal principles of health. The CREATION Health Lifestyle has a long, proven history of wellness and longevity, world wide.

People just like you are making a few simple changes in their lives and living longer, fuller lives. They're not only staying healthy, but they're also able to do the things they love well into their later years.

Now you can join them by trading in your bad habits for healthy ones. CREATION Health will show you how!

## MEET MRS. BRUNS

Mrs Bruns is already known to our students as Ms. Judi the basketball and soccer coach. She has been helping with our afterschool sports for the last year.

Mrs. Bruns has lived in the Asheville area for over 15 years. She learned to speak Spanish when she moved to Argentina and studied there. She has taught high school Spanish since then.

When Mrs. Bruns is not at APCS she is substitute teaching around Buncombe County. She is also a ski instructor in Gatlinburg and Cataloochee.

We are so excited to have Judi Bruns with us adding Spanish to our APCS curriculum.



## MORE NEWS.....

# BEFORE SCHOOL CARE

Before School care is a fun way to start the day. Some students finish eating their breakfast there. Many get a start on their homework for the day. Some talk or play a game. Right now we are all happy for a warm and cozy room to be in!



**School Closing or Delays** - Severe weather may require the closing of the school. *All notices relative to closing will be made on Channel 13, WLOS-TV, by 6:30 a.m. One can also check the WLOS website at [www.wlos.com](http://www.wlos.com) where you can sign up to receive text message weather alerts/school closings from WLOS. Make sure you select Asheville-Pisgah Christian School. Be sure to listen for delayed openings. Please use your discretion about bringing your child to school when road conditions in your area are questionable. Absences and tardies will be excused due to extreme weather related conditions.*



Our 1st & 2nd grade students were asked: What helps you sleep at night?

I sleep with my star wars stuffed animals – Micah

My Abraham Lincoln stuffed doll – Ava

My stuffed animal bull dog – Hudson C

My dog Droopal – Mazzy

I sneak into my older sisters' room to sleep – Milana

My teddy bear – Brooklyn

Listening to the radio – Hudson G

Stories from my mom and dad – lots of the class

Prayers – lots of the class



## Upcoming Lunch

**Wednesday: January 31st**

**8<sup>th</sup> grade Fundraiser Lunch**

- \$1.50 per pizza slice
- \$0.50 Juice Box
- \$0.50 fruit cup
- \$0.50 chips

## Pictures Wanted for Yearbook

Email pictures of APCS events to [apcspictures@gmail.com](mailto:apcspictures@gmail.com).

Thank you for helping us gather picture memories.

## Spirit and Pride Spring Clearance Sale!

See the attached flier for details.

**3 ways to order:**

Online ([spiritandpride.com](http://spiritandpride.com))

Calling Spirit and Pride  
(1-800-854-4452)

Return completed order form to APCS office

**Order deadline:**

**Friday, January 26th**  
**School ID # 3472**

Spanish Classes for 3rd—8th grade students are on Tuesdays & Thursdays!

SE HABLA ESPAÑOL



Learn, Grow, Shine...

**Psalms 46:10**

*Be still, and know that I am God.*