



SPOTLIGHT

LEARNING. GROWING. SHINING.

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

TOMORROW

---APCS Spirit Day, Hawaiian Day
---Early Dismissal, 12:00pm,
Teacher Study Group

Upcoming Dates

A full calendar is available on line.

March 2018

- 20 Spring Picture Day
- 22 APCS Board Mtg, 6:30pm
- 28 Devotions, 8:15am,
Pastor Will Labrenz
- 29-30 Music Festival, Grades 5th -8th
- 30 Chapel, 8:30am,
Pastor Jeff Wait

April 2018

- 6 Preview Day
- 6 Chapel, 8:30am,
Pastor Will Labrenz
- 7 Parents Night Out
- 11 3rd/4th Grade Field Trip,
Discovery Place, Charlotte, NC
- 15-19 8th grade class trip to FLA
- 16 NO SCHOOL—Teacher
Study Group in Charlotte, NC
- 18-20 5th/6th Grade Outdoor
Education class trip to GA
- 20 APCS Spirit Day, Crazy Sock Day
- 20 Chapel, 8:30am,
Pastor Patrick Williams

APCS Constituent Churches invite you to visit our worship services this Saturday, March 24th



Mount Pisgah Academy
Seventh-day Adventist Church
www.mpsda.org

9:30am: Prophecy Class: Focus on Prophecy Seminar
10:45am: New Beginnings, Speaker: Senior Class Sabbath



FOSTER CHURCH
www.fosterchurch.com

11:02am: 3/17 - Psalms of Grace/Communion, Speaker: Phil Rosburg

CREATION HEALTH

Nutrition is the fuel that drives the whole system. Take time to evaluate your food intake remembering that even small improvements, done regularly multiply the health benefits many times over. Research has consistently shown the importance of a good diet on your health, energy levels, and longevity.

Enrich Your Eating Experience

Imagine being able to add healthy, quality-filled years to your life. Consider all the smiles you could share, the new friends you could make, the many lives you could touch. Sound too good to be true? It doesn't have to be. With all of the strides made in medical advances, it's easy to forget nutrition's significant impact on health. The surgeon general's report on nutrition reveals that eight out of the ten leading causes of death in the United States have a nutritional or alcohol-related component. So nutrition is absolutely vital for creating and sustaining good health.

Eat for Health

You are what you eat and what you eat affects your mental well-being. Researchers at Harvard University have discovered that you can adjust serotonin, a brain chemical linked with depression, by varying the amount of carbohydrates in your diet. Not only that, but when you get depressed the brain triggers a craving for the carbohydrates that are capable of restoring serotonin levels back to normal. In other words, food can affect your mood, and your mood can influence which foods you choose.

From Creation Health website

I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst. John 6:35

Ask your students

- What are your favorite healthy foods?
- What foods make you feel good and have energy?
- What was the last new healthy food you tried?



3rd and 4th GRADE STUDY TAIWAN

The 3rd and 4th grades have been studying the country of Taiwan. We have learned how to greet people in Chinese as well as saying "please", "thank you" and "goodbye". We learned how to sing "Praise Ye the Lord" in Chinese. In groups, the children wrote puppet shows using authentic Chinese puppets. They were able to include much of the information they had learned into the puppet shows which they performed for the 1st and 2nd graders. It was a lot of fun!



Daniel R. has been at APCS for 10 years. (PreK thru 8th grades)

His favorite subject is 'recess'.

Daniel's favorite Bible text is Genesis 1:1, because "God created us."

His best field trip memory was the 7th grade trampoline trip because "it was lit." His best APCS memories are the old Fall Festivals because "it was fun and outside".

Daniel's favorite food is Taco Bell. His hobbies are dirt biking and Mountain biking. When asked what animal he is most like, he replied, "A monkey."

When asked what makes him special or unique, Daniel's reply was, "I have good balance and have never broke a bone."

For high school, Daniel plans to attend Mount Pisgah Academy. For a career, he would like to be a chiropractor. For summer he plans to go to get ready for high school.

Daniel shares these words of wisdom with younger APCS students: "Think before you speak."

8th Grade Reflections

8 weeks until graduation



In the beginning God created the heavens and the earth.

Genesis 1:1 NIV

Upcoming Lunch

Wednesday: March 28th

8th 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.

Thank you for helping us gather picture memories.

After School Care Hours

Monday - Thursday:
3:30pm - 6:00pm

★ Friday: ★
2:45pm - 5:00pm

Track and Field Will Start on April 5th at 3:30pm for Grades 2nd - 5th



Track and Field will meet each Tuesday and Thursday from Tuesday, April 5th through Thursday,

April 26th at 3:30-4:30pm. The focus will be on Sprints (short running races, 40yd & 100yd dash), Relay Races, Middle Distance (1/4 mile, 1/2 mile), Long Jump, and Disc Throwing.

If interested in participating, please sign-up in the office.



Spring Parents Night Out

The 8th graders at APCS are raising money for their class trip BY GIVING YOU A NIGHT OUT!! Here are the details --

Date: April 7, 2018 -Saturday night

Time: 6 pm - 10 pm

Activities Provided: Worship, Singing, Supper, Games and Crafts.

Child Care: provided by the 8th graders with adult supervision.

Cost: \$20.00 for 4 hours of excellent babysitting, fun with friends and supper!!



The Alive Youth Rally will take place in just 10 days, March 30 -31, at the Spartanburg Seventh -day Adventist Church. Guest speaker is Elder Roger Hernandez, Ministerial Director with the Southern Union Conference. For more information and to register visit: www.alivesc.com.

A Reminder from the Business Office

April's statement will include the \$40 dues fee for all 7th grade students and the \$60 dues fee for all 8th grade students.

If you have already paid for these fees at registration, you will not be invoiced again.

Learn, Grow, Shine...

John 6:35

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STUDENT SERIES
Learning to make pennies today



We have passed our goal of \$750!!! Next week is the last week to collect, do you think we can reach \$1000 by March 30th? Let's try!

You can add to your class total by eating at any NC Chipotle location TODAY Thursday, March 22nd. (Be sure to tell the cashier you are supporting the Leukemia & Lymphoma Society.) Students who submit a receipt to their teacher from that day will be entered in a drawing for a free Chipotle kids meal. Also the class that submits the most receipts will have the total Chipotle amount credited to APCS credited to their class total.

Class	Amount per	Overall Class
PreK/K	\$14.60	\$146.01
1st/2nd	\$25.71	\$257.11
3rd/4th	\$10.28	\$154.27
5th/6th	\$8.33	\$108.24
7th/8th	\$6.89	\$137.85
Whole School Total (as of 3/14/2018)		\$803.48