



“Gloria S. Friend Christian Academy”

08/30/2019

Welcome Back Parents!

Here we are about to embark on another school year! For some of our families this may be your first experience at Gloria S. Friend Christian Academy (G.S.F.C.A.), and for some of our families you are returning for another successful year! Either way we welcome you and pray that God continues to bless your families and especially your children as they learn all that God has purposed for them to learn this year.

- Renee McMillan-Jones
PTF President



EDUCATION CORNER

This year the PTF will support our families with study resources for your students while at home. The school does offer study programs such as MobyMax; but I would like to introduce you to some additional resources that you could use at home.

1. Khan Academy | www.khanacademy.com
2. Write Bonnie Rose | www.writebonnierose.com
3. Time4Learning | www.time4learning.com

***Please remember to work with your children at home with their homework and ensure that your students turn in their homework every day!**



Last year our families raised \$3,752.10! Isn't that amazing!! \$400 of this balance was raised by the student body alone! Isn't that wonderful? By teaching the children how to raise and save money at an early age; we are creating a life long habit of financial responsibility. Fundraising has a several benefits lets take a look at some of them below, and look forward to our upcoming fundraisers this year.

- Customer Service Skills: Smiling, making eye contact, and using clear direct speech when engaging a potential "customer" are just a few of the skills learned.
- Goal-Setting: Decision making, money management, and business ethics are



Lunch Tips for Students Who Pack/Healthy Eating Tips:

Did you know that there were certain guidelines that students should adhere to when packing their lunch? If not please see the list below for servings of food that should be included in your students lunch each day:

- Vegetables: A $\frac{3}{4}$ Cup Serving
- Fruits: A $\frac{1}{2}$ Cup Serving
- **Dairy(Milk) 1 Cup of 1% or Fat Free Milk
- Entrees: Must include whole grains and lean protein.

** Yogurt can also be served in place of milk, if packing Greek or Australian Yogurt, please keep in mind that constitutes 2 servings of dairy.

Eating Your Way through the Alphabet:



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learned using this skill.

- Connecting Fundraising and Academics: Fundraising allows our students, the opportunity to use their **math and reading skills**. Fundraising can also help children speak more clearly, when approaching potential "customers" to talk about what it is they are selling.

Upcoming Fundraisers 2019-2020

- G.S.F.C.A. PennyWars: beginning Sept. 16, 2019 (our students raised \$400 last year!)
- The Phlicia Pegram Walk From Obesity: Sept. 14, 2019 9:00am – Noon @ Livingston Park! ***This is a graded event***
- Anthony Thomas Candies (ATC): beginning Sept. 23 – Oct. 1, 2019
- G.S.F.C.A Christmas Fundraiser: beginning Nov. 1 – Nov. 29 2019 (our families/friends raised \$3,352.10 last year!)
- *G.S.F.C.A Skating Party Fundraiser: TBD the date I am looking to host the event at Skate Zone 71 is April 9, 2020 – I am awaiting a final response from the company.*



Important Reminders

- Sept. 2nd 2019 – No School
- Sept. 11th 2019 – Early Release & Open

Introduce your students to different types of food while fostering healthy eating habits by having a "Tasting Party"! Each week/weekend depending on your schedule, sit down with your family and try new or foods you've already tried that begin with a letter of the alphabet! For example:

A: Apricot, Avocado, Apples, Agave(to replace sugar), Asparagus. The tasting party also doubles as a learning experience as well, isn't that awesome?!

Eating Locally Grown Foods:

There are some amazing foods that are grown right here in Ohio; heres a list if you want to try some:

Fruits: Apples, Apricots, Blackberries, Blueberries(tame and wild) Cantaloupes and Muskmelons, Cherries(sweet and tart), Currants, Grapes, Honeydew Melons, Nectarines, Peaches, Pears, Persimmons, Plums, and Prunes, Raspberries, Rhubarb, Strawberries, and Watermelons.

Vegetables: Asapargus, Beans (green lima and snap), Beets, Broccoli, Brussels Sprouts, Cabbage (Chinese and head), Carrots, Cauliflower, Celery, Collard Greens, Cucumbers, and Pickles, Daikon, Eggplant, Escarole, Endive, Garlic Kale, Lettuce (head, leaf, and romaine), Mushrooms, Mustard Greens, Okra, Onions (dry and green) Parsley, Peas (Chinese and green), Peppers, Potatoes, Pumpkins, Radishes, Spinach, Squash (summer and winter), Sweet Corn, Sweet Potatoes, Tomatoes, Turnip Greens, and Turnips



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House

- Sept. 13th 2019 – First PTF Parent Meeting @ 6:00pm in Rm. 208
- Sept. 14th 2019 – The Philicia Pegram Walk from Obesity

Grains: Barley, Buckwheat, Corn for grain (i.e. flour, popcorn rye, wheat)

Protein: Almonds, Bass (hybrid striped), Beans(other than lima), Beef, Bison, Carp, Catfish, Chestnuts, Chicken, Duck, Eggs, Elk, Emu, Flaxseed, Goat, Goose, Hazelnuts(Filberts), Lamb, Partridge, Peas, Pecans, Perch, Pheasant, Pigeon or Squab, Pork, Prawns, Quail, Rabbit, Soybeans, Sunflower Seeds, Tilapia, Trout, Turkey, Venison, and Walnuts.

Dairy: Milk, Milk from Sheep and Goats.

OH Fun Facts:

State Beverage: Tomato Juice

State Mammal: White Tailed Deer

State Fruit: Tomato

Native Fruit: Pawpaw



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