



# RWCA PARENT NEWSLETTER

OCTOBER EDITION • 2020



Dear Parents and Guardians,

We are pleased to share with you RWCA's Parent Newsletter | October Edition. Periodically, we will be releasing our Parent Newsletter with informative tips and tools facilitating parent engagement and awareness as your child continues to excel academically at RWCA.

Should you have any questions or concerns, regarding any information in this newsletter, please do not hesitate to contact us at [support@rhemaschool.org](mailto:support@rhemaschool.org).

## RWCA PARENT NEWSLETTER

### TABLE OF CONTENTS

**Founder's Message • P. 2**

**Students of the Month • P. 3**

**Schoology • P. 4**

**Nutrition • P. 5**

# A MESSAGE FROM APOSTLE DALEY

I want to say thank you! Thank you for your hard work and dedication to fighting the good fight and pressing through this challenging season. Through all the changes and new technology, rest assured that your child's academic progress will reach new heights.

We are keeping current on the Broward County School reopening activities and ensuring that we provide you with the most recent updates. We understand the risks associated with reopening as COVID-19 is still out there. Therefore, adhering to social distancing procedures, making sure your children keep their masks on, and wash their hands is essential for their well-being and safety.

We do ask you, should your child not feel well, please keep your child home. We have virtual classes readily available to all students, should they be unable to attend class physically. We will always maintain our online platform for students enabling distancing learning for all students.

We are working diligently to provide you with full visibility of your child's academic achievements and therefore launched Schoology | Parent Portal - where you have access to all your children's classes, assignments, projects, tests, teacher communications, grades, and so much more. The Schoology App can be downloaded directly on your phone, providing recent notifications and student progress easily accessible with a bottom press. We have provided all parents with their login information and password directly to their emails.

As it is vital for RWCA for Parents to stay engaged in the school activities, our Parent Newsletter will provide more details and helpful tips to ensure your success as you guide your children through the academic year!



**RHEMA WORD**  
**CHRISTIAN ACADEMY**

# STUDENTS OF THE MONTH

We are pleased to announce the following students that have shown outstanding discipline, dedication, and determination. Help us celebrate these amazing children of God:

## KINDERGARTEN

FAITH MANTOCK  
SAMANDRA ROBERTS

## 1ST GRADE

AMOYA BLIDGEN  
JADEN CLARKE  
SILVANA SIERRA-PALACIOS

## 2ND GRADE

IMANI TAYLOR

## 3RD GRADE

MAHKYEL BROWNE

## 4TH GRADE

ABIGAILLE JASMIN

## 5TH GRADE

STESSIE CHARLES

## 6TH GRADE

MAYRA FLORES  
ASHENTTYS CEPEDA

## 7TH GRADE

RICHARD BARREDA

## 8TH GRADE

SAMARRA SMITH

## 9TH GRADE

DENSHIE ALUSMA  
MELINDA SCRIMA  
O'BRYAN MILLWOOD

## 10TH GRADE

SAMIA ROBERTS  
SAMANTHA CHOTO  
JEFFERY MOISE

## 11TH GRADE

NAYSHAWN PIERRE  
TYLER TAYLOR  
OLIVIA WALFORD

## 12TH GRADE

RASHIDA DALEY  
DIVONTE WILLIAMS  
TRAVEL SMITH



# SCHOOLGY



As part of Rhema Word Christian Academy's efforts to provide our students with academic excellence, we integrated a learning management system that enables course management, mobile learning, and system-wide communication support – Schoology. Schoology allows students, parents, and teachers to engage with learning materials and their school community from the classroom and beyond. Students can digitally submit homework assignments, participate in interactive discussions, receive announcements and feedback, take tests, write academic blogs, review grades, and so much more.

Intending to provide Parents with the visibility they need to follow their children's progress in school; we are pleased to announce that the Schoology Parent Accounts are ready! By accessing the system, you will view your child's grades, assignments, receive communications and notifications from the school and teachers, confirm if assignments have been submitted, and stay current on school news.

We encourage you to also download the Schoology App on your mobile device for easy access to the most recent news and notifications of your child's progress. We have sent directly to your email your parent account information detailing your login and password.

To login into Schoology, please follow these steps:

- Visit [www.schoology.com](http://www.schoology.com) and click on "Login."
- Enter your email address.
- Enter the password from the Schoology email.

For immediate assistance with accessing Schoology, please send us an email at [support@rhemaschool.org](mailto:support@rhemaschool.org).



# NUTRITION: FUN FACTS



## *Why is breakfast so important?*

You have probably heard the adage “breakfast is the most important meal of the day” a million times before, but it turns out that it may be true, especially when it comes to students. Eating a healthy breakfast before starting the school day is linked to improved concentration, better test scores, increased energy, a higher intake of vitamins and minerals, and even healthier body weight. Breakfast is especially crucial for young students whose brains use up about half of the body’s energy.

Here are some of the benefits of a good breakfast:

### **Improved Concentration**

Students who eat a healthy breakfast tend to have better concentration than students who skip breakfast altogether. When the day starts with breakfast, students can better focus on the task and become less distracted by outside influences and other students. They can also understand what is being taught more efficiently and retain that new information better than hungry students because they have skipped breakfast.

### **Better Test Scores**

Students who eat breakfast before starting their school day will not just concentrate better; they tend to score better on academic tests in math, reading, and science. According to a study published in the Journal of Economics, students in schools that offered free breakfasts before class scored about 25 percent higher on math, reading, and science tests. Researchers believe that this is because the breakfast provides the energy necessary to increase cognitive, or thinking, speed, and problem-solving skills.

## Increased Energy

When you sleep, you are technically fasting, since you have gone without food. Because of this, your blood sugar starts to drop overnight. When you wake up and eat breakfast, it provides the glucose your body needs for energy to get through the day. When students wake up after an overnight fast and go to school without eating breakfast, they start the day with low blood sugar that keeps getting shorter. This can leave them feeling slow and sluggish and make it more challenging to get through the day, or at least their morning classes. On the other hand, eating a healthy breakfast before school raises blood sugar to a healthy level and provides the necessary energy to perform well in class until lunchtime.

## Beyond Academics

It is not just about test scores and concentration, in any case. Eating breakfast can help students meet their daily nutrient needs more efficiently. According to a report published in the journal *Frontiers in Human Neuroscience*, children who regularly eat breakfast take approximately 20 to 60 percent more iron, B vitamins, and vitamin D than children who skip breakfast. Breakfast eaters also tend to take in more daily fiber and lower total fat and dietary cholesterol.

Regularly eating breakfast is also associated with a healthier body mass index, BMI, and a decreased likelihood of obesity. Research shows that students who regularly eat breakfast have an easier time maintaining a healthy body weight than regular breakfast skippers.



# COVID-19 TIPS

According to the U.S. Centers for Disease Control and Prevention (CDC), while children do not appear to be at a higher risk for COVID-19 than adults, preventive measures should still be practiced to help slow the virus' spread.

Here are some tips:

Ensuring your child knows how to wear their mask over their nose and mouth properly, and take the time to explain the reasons why wearing a mask is so important.

For example, masks help prevent germs from spreading to others when performing actions like talking, coughing, sneezing, or singing.

Another example to give your children is that wearing masks places them in safety and helps keep the family and community health. Remind children that teachers, staff, and other students will be following the same guidelines.

If you do not already have masks that are the right fit for your children, be sure to pick some up that have multiple layers, adjustable ear straps, and are targeted toward your child's age. Masks can be purchased or made.

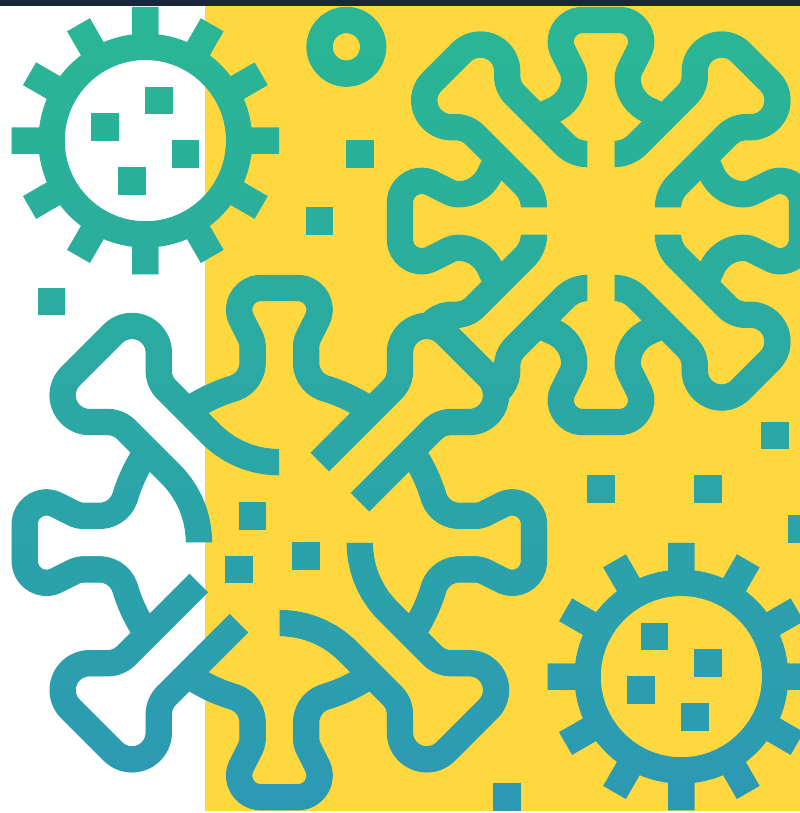
As a best practice, make sure to have enough masks for your child to go to school each day. Wash face coverings after each use and rotate them out throughout the week. For moments of forgetfulness, keep an extra set in your child's backpack or a few in the car. Remember, being prepared amid a pandemic always goes a long way.

Clean hands are in demand

When it comes to children, good hand hygiene cannot be emphasized enough. Help your child make this safety practice a habit by demonstrating the CDC's five hand-washing steps:

- Wet hands with warm or cold water and apply soap.
- Lather hands with soap, including the backs of each hand, between fingers and under nails.
- Scrub hands for at least 20 seconds.
- Rinse hands under running water.
- Dry hands with a clean towel or air dry them.

Be sure to encourage your children to wash their hands frequently throughout the day, including washing their hands and face once home at the end of the school day.





As an option, hand sanitizer that contains at least 60 percent alcohol can be used to cleanse hands when soap and water are not readily available. Younger children should always be supervised when using hand sanitizer, as swallowing even a small amount can lead to the potential risk of alcohol poisoning.

A key benefit to children returning to school is the socialization they receive from interacting with others. Being social this school year means being present but physically distant. To help younger children understand the meaning of physical distance:

1. Measure six feet with measuring tape and place a stuffed animal at the beginning and end of the distance.
2. Explain to your child that this is the best distance to keep to spread germs from one stuffed animal to another.
3. Simultaneously, coach your little ones that when reuniting with friends, smiles, and waves are the best and safe forms of greetings.

Here are some quick tips for every age group

### *Elementary Students*

The little ones (kindergarten and first grade) may need a little practice with face coverings and getting comfortable with it on their face. They should practice specifically not touching the mask or their face once it is on. Practice washing their hands. Coach them that when they come to school with their teachers and friends, they will have to keep their distance.

### *Middle School Students*

Practice keeping their face coverings on. Do not share their drinks or their phones with others. The phones are a frequently touched hard surface that respiratory droplets can land on. Wipe down your phone, iPad, or laptop.

### *High School Students*

They should begin now limiting their interactions with their friends. This could reduce the community spread of the virus. If you are at home and one friend or two comes over, it is essential to distance oneself even outside socially. This can be a safe get-together, especially at a time like this. Nevertheless, standing in groups and taking selfies together, that should be discouraged.





# FUN SCIENCE EXPERIMENT

Searching for kid-friendly science experiments to do at home? Whether you are preparing for RWCA Science Fair or you want something fun to do, here is a cool science experiment for all ages that is super easy and much fun. Who knows, mom and dad may end up becoming scientists too. Besides, children are born scientists. They always experiment with something, whether they are throwing a plate of spaghetti on the wall, blowing bubbles in the bathwater, or stacking blocks into an intricate tower only to destroy it in one big swipe. You can do some pretty mind-blowing, hands-on science experiments at home using stuff you probably have lying around the house.

## **Homemade Ice Cream in a Bag**

### **Ingredients**

1 cup of half-and-half  
2 tablespoon of granulated sugar  
½ teaspoon of pure vanilla extract  
3 cups of ice  
⅓ cup of kosher salt  
Toppings of your choice

### **Step 1**

Mix the half-and-half, sugar, and vanilla in a resealable bag. Push as much air as you can out of the bag before you seal it.

### **Step 2**

Place the ice and kosher salt in another resealable bag.

### **Step 3**

Place the sealed half-and-half mixture into the bag with the ice. Now seal up that outer bag.

### **Step 4**

Vigorously shake the bags for 10minutes. When finished, the half-and-half mixture will harden to form ice cream.

### **Step 5**

Add toppings and enjoy.



# INSTILLING CORE VALUES AT AN EARLY AGE: WHY PRETEND PLAY IS SO IMPORTANT FOR KIDS?

As families spend more time at home together due to the ongoing COVID-19 pandemic, preschoolers' parents have found themselves echoing a similar refrain: My kid wants to play pretend all the time. Some find it easy; others think it is tedious, but, as parents spend more and more time in their kids' pretend worlds, questions have popped up about what is expected and what is not when pretending to play.

The good news (or not, depending on your skills at imbibing fake tea), pretend play is enormously beneficial for kids. "A child's imaginative and creative play is essential for the development of their social, emotional, and cognitive skills, in addition to being a way to explore and discover the world," according to Donna Housman, E.D., founder and CEO of the Housman Institute. "There are so many benefits to this kind of play, including the development of self-control and self-regulation, increased concentration, the ability to explore developmental skills through an area of interest, and enjoyment of the process of learning rather than the product all while also fostering social-emotional development and academic success.

Pretend play is even more essential now, especially during periods of significant stress. Engaging in pretend play may very likely help your child release anxiety and stress and help your child feel more secure, safe, and reassured.



# UPCOMING SCHOOL EVENTS

October 9, 2020 | RWCA Student Government Association (SGA)  
Application Submission

October 13, 2020 | Introduction of RWCA SGA Candidates

October 20, 2020 | RWCA SGA Debate

October 27, 2020 | SGA Election Day

November 6, 2020 | Inauguration Day  
(Drive Thru at RWCA Main Campus)

November 20, 2020 | RWCA Presidential Ball (via [www.rwcalions.org](http://www.rwcalions.org))



# NWEA TESTING | SOFTWARE UPDATE

We would like to advise all Parents that November 2-6 will be the NWEA Testing. Here is the link to processing the software update on your children's electronic device:

- [PC Secure Browser](#)
- [Mac Secure Browser](#)
- [Chromebook App](#)
- [iPad App](#)

These links are also readily available on our website: [www.rwcalions.org](http://www.rwcalions.org)

Should you have any difficulties updating the software, please contact [support@rhemaschool.org](mailto:support@rhemaschool.org). We will go ahead and schedule a time and date to remotely access your device to update the information accordingly.

Should you have any questions or concerns, please do not hesitate to contact us.

