



# H O N O R A R I A

## VIRGINIA SPACE GRANT SUMMER ACADEMY PARTICIPANTS

Three New Covenant students were selected to participate in weeklong academies with NASA this past summer.

Juniors **Andre Frenchik** and **Enoch Tan** participated in the Virginia Space Coast Scholars program for Virginia high school sophomores that studied NASA's missions that are conducted or launched from Virginia's Space Coast. Because of their excellent performance in the course, they were invited to a weeklong summer academy at NASA Wallops Flight Facility where they toured the launch pads, designed a mission, and presented it with their team to NASA professionals.

Senior **Cora Helm** was selected to participate in the Virginia Earth System Science Scholars (VESSS) program, an online course for Virginia high school juniors and seniors on NASA's satellite missions that use remote sensing to study Earth's systems. As a top-performing scholar in the course, she was invited to

the summer academy at NASA's Langley Research Center.

She was the applied scientist for the lithosphere team as they designed a satellite mission to study crustal subsistence to present to NASA scientists and engineers.

Senior **Ellie Jacobs** was selected for the Virginia Aerospace Science and Technology Scholars (VASTS), an online NASA-developed course for juniors and seniors. Through this program she designed a tool (a magnetic glove) to be used on the International Space Station (ISS), planned manned and unmanned missions to Mars, and designed a base on the moon.

These free programs are accepting applications through **October 26** and are available at <https://vsgc.edu.edu/>

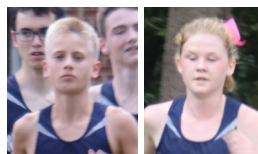


**Cora Helm**



## SECKMAN AND BARLOW LEAD VARSITY CROSS COUNTRY TIMES

The Varsity Cross Country Team competed in Salem at the Knights Crossing Invitational. They ran with over 2,000 total runners and over 100 different schools. **Michael Seckman** and **Gia Barlow** paced the Gryphons with respective times of 18:37 and 22:24. The men finished in 20th place and the women placed 23rd.



**Michael Seckman (left) and Gia Barlow.**



## SPORTS SCORES

### TUESDAY, SEPTEMBER 3

#### 7/8 BOYS' SOCCER

Timberlake Christian .....	1
New Covenant.....	4

#### VARSITY MEN'S SOCCER

Timberlake Christian .....	2
New Covenant.....	8

### THURSDAY, SEPTEMBER 5

#### 7/8 GIRLS' VOLLEYBALL

Timberlake Christian .....	2
New Covenant.....	0

#### JV GIRLS' VOLLEYBALL

Timberlake Christian .....	2
New Covenant.....	0

#### VARSITY WOMEN'S VOLLEYBALL

Timberlake Christian .....	3
New Covenant.....	0

### FRIDAY, SEPTEMBER 6

#### 7/8 BOYS' SOCCER

Grace Christian .....	0
New Covenant.....	6

#### VARSITY MEN'S SOCCER

Grace Christian .....	0
New Covenant.....	4

#### 7/8 GIRLS' VOLLEYBALL

SWVA .....	1
New Covenant.....	2

#### JV GIRLS' VOLLEYBALL

SWVA .....	2
New Covenant.....	0

#### VARSITY WOMEN'S VOLLEYBALL

SWVA .....	0
New Covenant.....	3

### HIGHLIGHTS THIS WEEK

9/10 | Varsity Cross Country at 4:30pm

9/12 | Varsity Women's Volleyball against Eastern Mennonite at 5:45pm

9/13 | Varsity Men's Soccer against Eastern Mennonite at 4:30pm

*Be sure to check out the complete athletic schedule on the Gryphon's App under Athletics.*

## EVERYONE

### LUNCH ORDERING

October lunch ordering is open now through **Friday, September 20**. Please log in to your FACTS app or desktop account to place your orders. Pizza **does not** have to be preordered unless you require a gluten-free or dairy-free pizza. Items featured in October are potatoes and chili, baked pasta, spaghetti & meatballs, soft beef tacos, chicken pot pie, breakfast burritos, and more. Questions? Contact **Debbie Williamson** at [dwilliamson@newcovenantschools.org](mailto:dwilliamson@newcovenantschools.org).

### MS RETREAT LUNCHES

Due to the Middle School retreat this week, all lunch preorders for 7th/8th grade students attending on Thursday and 5th/6th grade students attending on Friday will be canceled. The amounts will be credited to your child's Prepay Lunch Account.

### TEXT NOTIFICATION

New Covenant Schools uses the Remind texting service to communicate with parents in the event of an emergency. Parents who opted in last year remain enrolled, while new parents received a text invitation to opt in on Friday, August 30. We will conduct a test of the Remind emergency texting service **tomorrow, Tuesday, September 10**. If you have any questions, please contact **Eliza Olson** at [eolson@newcovenantschools.org](mailto:eolson@newcovenantschools.org)

### SCHOOL PICTURE DAY

HJ Photo will be on campus **Thursday, September 26** to take individual and classroom photos. Please make every effort to **have your student on time and do not plan any appointments on this day, if possible**. All photo ordering will be done online, and nothing is needed from

you in advance. Senior class, individual, formal and casual portraits will also be taken on this day, so please make sure to have a casual outfit in accordance with dress code guidelines, Thursday's school uniform, and your cap and gown.

### EASY WAYS TO HELP NEW COVENANT RAISE MONEY!

- **Kroger Plus Card.** You can help New Covenant earn money simply by linking your Kroger account to our school. Simply log in to your Kroger account online and select New Covenant Schools to receive your community rewards. Our organization number is IX901.
- **Givens/Little Dickens.** This local bookstore has a rebate program that has provided our library with hundreds of free books. New Covenant Schools receives 3% of your pre-tax purchase total when you simply mention New Covenant Schools to the cashier as you check out. Any family member or friend can participate.

### TECHNOLOGY AND WATCH POLICIES

Middle School sports are in full swing! Do you have questions about how to keep in touch with your student athlete after school hours or when they are playing away games? Check out the MS cell phone/smart watch policies and the informative Q&A found under the **Resources** icon on the app to have your questions answered.

### FINANCIAL STRATEGIES FOR FUNDING EDUCATION

Would you like to know more about the VA 529 Savings Plan and the VA Educational Improvement Tax Credits Scholarship Program? These programs offer ways for you to pay school tuition with tax-free savings or make a bigger



## IN STEP

*In Step is a new feature in QUID NOVI offering ancient wisdom and up-to-date research for parenting and community life. More from Jonathan Haidt's, The Anxious Generation, p. 65-66*

Childhood is an apprenticeship for learning the skills for success in one's culture. Free play is as essential for developing social skills, like conflict resolution, as it is for developing physical skills.

Children learn through play to connect, synchronize, and take turns. Then enjoy attunement and need enormous quantities of it. Attunement and synchrony bond pairs, groups, and whole communities. Social media, in contrast, is mostly asynchronous and performative. It inhibits attunement and leaves heavy users starving for social connection.

Social learning occurs throughout childhood, but there may be a sensitive period for cultural learning that spans roughly ages 9-15. Lessons learned and identities formed in these years are likely to imprint, or stick, more than at other ages. These are crucial sensitive years of puberty. They are also the years in which most adolescents in developed countries get their own phones and move their social lives online.

impact with your charitable gift. Join us for breakfast in the library **Wednesday, September 18 at 7:45am** to hear from our Director of Development on how these programs work.

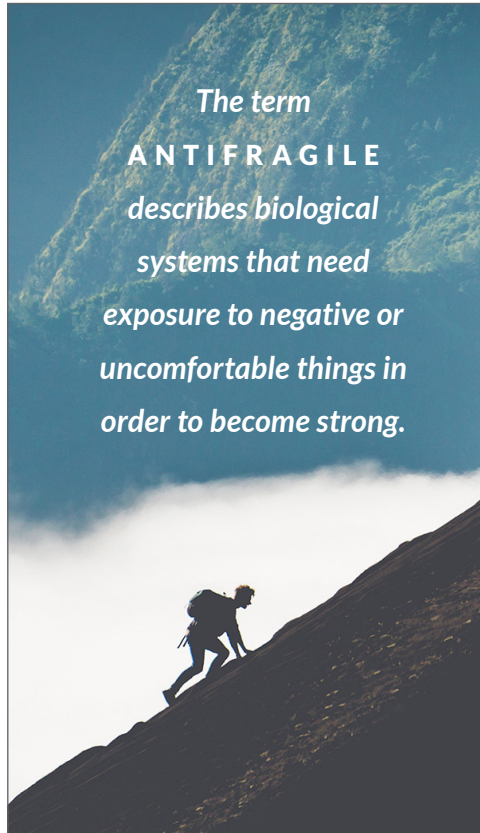
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I felt terrible. Thankfully, another New Covenant mom came beside me, patted me on the shoulder, and said, “Good job. Hang in there.” Did my son feel awkward and left out while all his friends made and ate cupcakes? Of course. But it was through this struggle that the foundation of his understanding of choices and consequences began to form.

It is natural and good to want to protect children, but we have to be careful that in doing so, we are not inadvertently denying them the negative experiences and struggles necessary for them to develop essential life skills. In his book, *The Anxious Generation*, **Jonathan Haidt** explains the term “antifragile” to describe biological systems that need exposure to negative or uncomfortable things in order to become strong—a healthy immune system requires exposure to dirt and bacteria; muscles need strength training; learning demands study. The same dynamic applies to what Haidt calls our “psychological immune system” which is the ability of children to handle, process, and get past frustrations, minor accidents, teasing, exclusion, perceived injustices, and normal conflicts without falling prey to hours, days, or even a lifetime of inner turmoil. As parents, we can and should help our children, but we cannot, nor should we, take away their problems.

**Dr. John Gray**, in *Children Are From Heaven*, reminds parents:

- Children cannot develop patience or learn to delay gratification if everything comes their way when they want it.
- Children cannot learn to cooperate if everything always goes their way.
- Children cannot learn compassion and respect unless they also feel pain and loss.



- Children cannot develop persistence and strength if everything is easy.
- Children cannot learn to self-correct unless they experience difficulty, failure, or mistakes.
- Children cannot develop self-sufficiency unless they experience exclusion or rejection.

Consider ways you can introduce healthy struggle into your child’s school day.

- When your child forgets his water bottle, snack, or lunch, allow him to experience the inconvenience of using the water fountain, missing snack, or eating an alternate lunch.
- When your child forgets her homework, gym bag, or instrument, allow her to admit this error to her teacher and accept the minor consequences.
- When your child describes a conflict with a peer, guide him in seeing the

other person’s point of view and direct him in healthy conflict resolution.

- When your child receives a consequence from a teacher or coach, support the adult and guide your child in identifying how to prevent similar situations from occurring.

Instead of removing obstacles, distress, or pain, parents need to allow children to have negative experiences and be there to support them in overcoming and ultimately growing from the challenges.

One final note: when parents decide to allow their kids opportunities to struggle, we need to be prepared to struggle too. Sixteen years later, I still remember my fear that I made the wrong decision in the cupcake incident, but when I called Wagner to ask his permission to publicly highlight his disobedience in the *QUID NOVI*, he simply laughed and said, “Yep, I deserved it. And I’m probably better off because of it!”

## QUID NOVI

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### EX OFFICIO

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### OUR MISSION

New Covenant Schools is an educational community serving families of Central Virginia, providing an exceptional education in a classical curriculum within the framework of historic Christianity, furnishing the student with the tools of education and the inspiration to be a lifelong learner.

**NEW COVENANT SCHOOLS**