

The ECHO



Mountain View Christian Academy's Weekly Newsletter

January 3, 2020

Important Upcoming Events

January 6	BACK TO SCHOOL
January 13-17	Spirit Week
January 18	Winter Formal

WELCOME TO 2020

School News

SCRIP Card orders are due January 8!

Getting Ready after the Break

Getting our students, your children, back into the routine of school after a long break, especially Christmas, can be a challenge. With all the new toys, the time spent with family and friends, and no homework, it can be a trying time for parents, and teachers, to get the kids re-focused on education. Here are a few tips that might help to make that easier.

- 1. Prepare ahead of time for the morning.** Have the lunch's, bookbags, and sport's bags ready to go. Get yourself ready first, so that you can help them get ready and you can all get out the door at the same time, and on time.
- 2. Re-establish bed times.** For the past two weeks it is likely that your children have not had a consistent bed time as they have been busy with holiday activities and the excitement that comes with Christmas. Children need more sleep than you would think in order to stay alert and focused through the busy school day. Turning off the TV and putting the toys away will help your child to wind down and prepare for an earlier bed time.
- 3. A Healthy Diet.** For the past two weeks cookies and other sweets have likely been around in abundance. To help prepare them for the rigors of returning to school, getting them back to eating a healthy diet is important. Re-introducing the fruits and veggies, are key. Use the cookies and sweets as rewards on the weekends. Also, don't let the end of the holidays be an end to family time. They are use to having family around most of the time, keeping that family time going will help them with the other things that they are now expected to do.

One more thing I would add here. Remember, you are not alone in raising your child and getting them re-focused. Your teacher can also be a wealth of helpful tips. We are partnering together in the education and well-being of your child.

(Tips are part of a blog by dancing-daisy.co.uk. - 5 Tips for Getting Back Into a Routine after Christmas)

Lunch

- Jan. 6 - Soup & Grilled Cheese
- Jan. 7 - Taco Tuesday
- Jan. 8 - Wings and Fries
- Jan. 9 - Hamburger or Hot Dog & Fries
- Jan. 10 - Pizza and ICE CREAM

Check Renweb for full menu and online ordering.

Birthdays



Belated Happy Birthday to:

- Dec. 27 - Allie Rogers, Kaydence Walker
- Jan. 1 - Kaelen Payne

Happy Birthday to:

- Jan. 5 - Rheanna Rudolph
- Jan. 6 - Elizabeth Ritter

DECEMBER Student of the Month

Hayley Adams



Wednesday Evening Fellowship Meal

Menu for January 8, 2020

To Be Determined

School News Cont.

ED Games Expo at The Kennedy Center

The ED Games Expo is the Department of Education's annual public showcase and celebration of educational learning games as well as innovative forms of learning technologies for children and students in education and special education. The Expo is free and open to the public, but attendees must RSVP online to gain entry.

You can take your children after school so they can play and ask questions of the games developers.

For more information and to RSVP go to ies.ed.gov/sbir/EdGamesExpo.asp.

MVCA uses Google Calendar.

Click the link to add to your Calendar

<https://calendar.google.com/calendar?cid=NjM1ZmlqNGhzMzZwNGt0YWhxanJ1cGNwdDBAZ3JvdXAuY2FsZW5kYXluZ229vZ2xlLmNvbQ>

SPIRIT WEEK IS COMING

Spirit week is January 13-17, 2020, so be prepared to "Raise the Roof" with your Conqueror Spirit.

As a part of this years SPIRIT WEEK festivities, we will also be choosing an honorary member to the Pep Squad and to the MS Cheer Team. This special member will be a teacher that you, our wonderful student body, will be voting for during the first week back from Christmas break. Kindergarten through sixth grade will vote for a Pep Squad member and 7-12 will vote for a MS Cheer member.

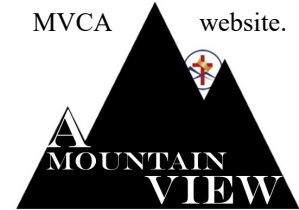
To vote for the Honorary Member, students will drop their "change" into the jar with the teachers name they would like to see cheering. One, five, ten, dollar bills can also be used, but paper money counts as negative votes. Only the "Change" will count as positive votes. So, if you want to see your teacher as the honorary cheerleader, bring in your change. Teachers, if you do not want to be the honorary cheerleader, "SHOW ME THE MONEY!" The teacher with the most points at the end of the day January 10 will be the honorary Cheerleader and will receive a t-shirt and assisted in several cheers throughout the game. Winners will be announced at the MS Girls game on January 13 at 3:30pm, and the MS Boys game at 4:30 on the same day. Money raised will go to the Conqueror cheerleaders activities.

GO CONQUEROR'S! GO, FIGHT, WIN! Yaaaaaaayyyyyy CONQUEROR'S!

Share Your Story

[Review](#)

The December edition of "A Mountain View" is available on the MVCA website.



Click [HERE](#) to View!

<http://sideline.bsnsports.com/schools/virginia/winchester/mountain-view-christian-school>.

You can also click on the tab on the MVCA website, mvca.cmv.com

Conqueror Sports



A NEW YEAR, a NEW ATTITUDE! Come out and cheer on our Conqueror's as they use 2020 to focus on VICTORY!

NEXT HOME GAMES:

Tuesday, January 7, 2020

MS Lady Conqueror's vs WCDS - 4:30
MS Conqueror's vs WCDS - 5:45
Varsity Lady Conqueror's vs FRCS - 7:00

Church of Christ at Mountain View News

Everyone is welcome to come and worship with us.

Service times are as follows:

Sunday Mornings: 9AM and 10:30AM. Sunday Evenings: 6PM: THE STORY

Sunday school classes run concurrently with both AM services.

Wednesday Evenings: 7PM

Youth Group: Wednesday Evenings at 7:00PM

Children's classes are offered during each service time.

We look forward to WORSHIPPING with YOU!



Coming September 2020 to CCMV:

the Landing
Celebrate Recovery for Students