



2019 GRAD  
LAURA REYNOLDS



FCA HELPS FAMILIES  
THROUGH CRISIS



PRAYER ITEMS FROM  
THE COMMUNITY

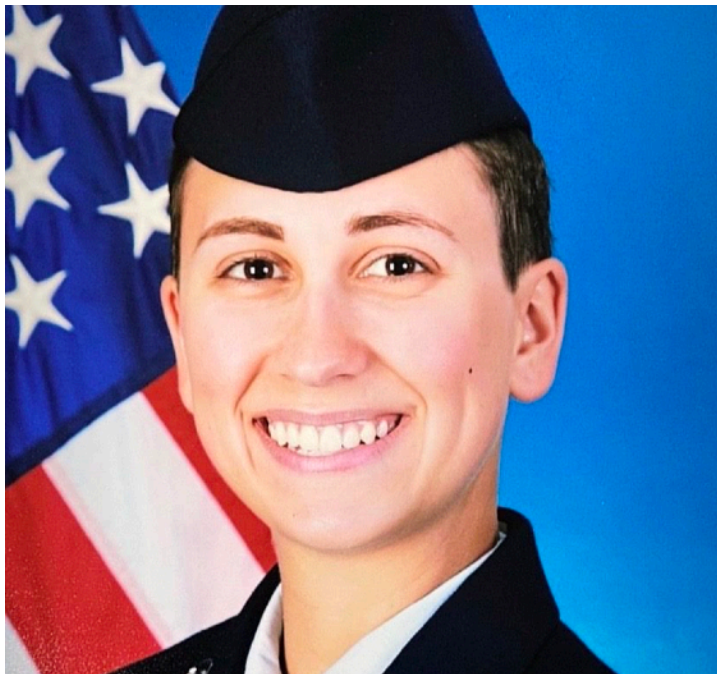


DIGGING ON CAMPUS  
& EARTH DAY DIY

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# FOOTSTEPS OF FAITH

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## Alumna completes basic training amid COVID-19 pandemic

Laura Reynolds, 2019 Faith Christian Academy alumna and daughter to Michael and Marsha Reynolds of Lynch Station, graduated from Lackland Air Force basic military training on Thursday, March 19.

Reynolds left for San Antonio, Texas on January 21, 2020 with all the hopes of any new trainee. She was in the 37th Training Squadron, flight group 222 (AFM 324

TRS/FLT 222). After eight weeks of basic training, the ninth week was the most grueling. Known as Beast Week, their training simulated active hostile deployment. Each trainee believed that once Beast Week was over, they would be reunited with their families and go through the glorious ceremony commemorating their efforts. COVID-19 changed the plan. New cadets were told their families would not be able to attend the graduation, known as the Airman's Coin Ceremony.

While they were given graduation recognitions, there was no ceremony. Reynolds' flight group was acknowledged as a "Flight of Excellence" out of 16 groups in training, a considerable recognition. Reynolds personally received the Thunderbolt Honor, for excellence in physical training. All new graduates then moved to other bases for their specialty training.

Now a USAF Airman, Reynolds is enrolled in security force training at Lackland Air Force Base. Like many other areas, Lackland is in full base lockdown, so Reynolds will eat via takeout facilities on base only. All mess halls have been closed. The three-month technical school graduation is set to be in early July, but they are reminded this is a "fluid situation."

# How FCA is helping families through the crisis

EDUCATION, AS A DISCIPLINE, MUST BE ADAPTABLE FOR THE SAKE OF STUDENTS.

As Christian educators, we teach all subjects through a biblical filter. Even now, we push forward, choosing to rejoice and be glad, because this too, is the day the Lord has made.

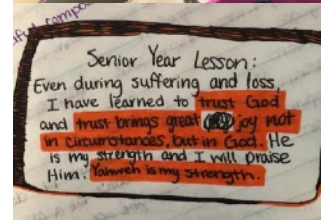
Faith Christian Academy is not an online program. We are, however, a community dedicated to better education and a lifestyle of discipleship. We recognize the divine nature within each student and work to encourage and edify each one.

Administrators were watching the spread of COVID19 and readily handled each wave of Virginia's legislative mandates. A collaborative spirit birthed a plan for continued online education. Students lost no time amidst the crisis and will be finishing school a week ahead of schedule!

Preschool families were gifted with four weeks of take-home curriculum and supplies! Do you know or have a preschooler at home? They will probably love an online art lesson, just like four year-old Cora did.

Elementary students continue their studies at home with an adapted curriculum. Each week starts with Moore on Mondays, a video greeting by Administrator Lisa Moore that includes stretching exercises, a fun challenge, and an exhortation for the next few days. Mrs. Moore knows the value of routine; it gifts a child with courage and confidence. She also appears as a surprise guest for each grade during weekly virtual class sessions. Students receive weekly assignments, individualized instruction, plus options to participate in music, art, computer, library, and gym known as Boredom Busters.

Our Middle and High Schoolers breathed a sigh of relief when finals week was replaced with projects and critical thinking assignments to encompass the units covered in their second semester. The goal is to finish well and finish strong, underscoring the core values that are foundational to the school's culture - especially grit, tenacity, and perseverance. Teens and their families have been able to help cultivate this new system and participate in problem-solving while teachers work remotely via Zoom sessions, YouTube videos, and phone calls with each and every student to give them the one-on-one attention they deserve.



## PLEASE PRAY FOR SHARON & HER FAMILY

Sharon Phillips, wife to John Phillips and grandmother to Scarlett Shelton and Ryder Howell, recently had a lengthy surgery to remove cancer in her mouth. Sharon's mother also passed away this month.

# Dealing with Kids and a Crisis

## GRACE-FILLED REMINDERS FOR STRESSFUL EVENTS

1. **If it upsets you, it will likely upset your kids.** Before discussing anything new, such as a press release or recent email, check your own thoughts and feelings. If you are upset, nervous or scared, this is not the time to talk to your children. Take a few minutes to calm down and let emotions settle before bringing them your chaos.

2. **Be honest about your feelings, but reassuring.** If you cannot manage your anxiety, it is okay to let your child know, “I am a little anxious/worried/angry about this, but I also know that God is in control.” This helps your child understand the context behind the emotions they are picking up from you and to not take it personally. Also, it teaches your child that you can have “big emotions” about something, but they are manageable. Your child will understand that regardless of what is happening in the world, all is not lost.

3. **Ask your child open-ended questions.** Questions like “Is anything bothering you today?” will help you understand what your child already knows and assess their level of understanding. Answer any questions they may have (even if your answer is “I don’t know”) and clear up misunderstandings. Keep your conversation short and use words your child will understand. It is best to talk about this during the day, not right before bedtime.

4. **Limit their access to news/information.** Constant exposure to a scary story can make your children more stressed. Do your best to limit their direct exposure to news surrounding any crisis, especially if it’s not affecting their daily routine.

5. **Focus on the things you can control.** This is a unique opportunity to empower your kids by taking things one step at a time. Modeling habits like prayer, biblical mantras, daily exercise, and making good food choices to keep your body strong is the best way to teach your child how to care for themselves. Physical health and mental/emotional health are undeniably connected.



### PLEASE PRAY FOR CLYDE & THE LESTER FAMILY

Ryan Lester's grandfather, Clyde Harris, lost his home to a landslide on April 13th. Unfortunately, insurance will not cover this particular type of loss. They covet your continual prayers more than anything else. The family has also created a GoFundMe page: [www.gofundme.com/f/clyde-harris-relief-fund](http://www.gofundme.com/f/clyde-harris-relief-fund)

## Why is there an excavation site at FCA?

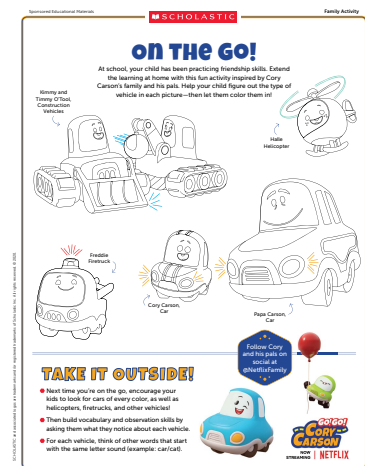
BECAUSE... THAT'S A LOT OF DIGGING

No, the school is not breaking ground for a new building. But we've been asked that question, believe it or not. Actually, there's a stream that runs under the athletic field. The pipes that carry the stream have rusted and collapsed to the point that a sink hole developed in the baseball and soccer fields. The pipes are currently being replaced.



## For little ones that enjoy big trucks, excavators and construction vehicles

There's a new program on Netflix you might want to check out! **Go! Go! Cory Carson** is all about being a good friend and building community. At school, your child has been practicing friendship skills. Extend the learning at home with this fun activity inspired by Cory Carson's family and his pals. Help your child figure out the type of vehicle in each picture—then let them color them in. Check out all kinds of fun videos, activities and more printable by clicking on the activity page or visiting [scholastic.com/gogocorycarson](https://www.scholastic.com/gogocorycarson)



## Today is Earth Day. What will you repurpose?

RECYCLING IS EASY. IN FACT, YOU ARE PROBABLY DOING MORE THAN YOU KNOW!



Here's an idea that we love! Repurpose plastic strawberry and rotisserie chicken containers as mini greenhouses for your seeds! It's a super easy way to start some seeds inside.

How-To: Plant seeds in plastic containers. Make sure they are the ones that are a bit taller, at least 3". Fill the bottom about 2/3 with a seed starting soil (not potting soil) and plant the seeds per the instructions on the package. Since the bottom already has holes, the water drains easily. The lid serves double duty, keeping a bit more moisture in to help the seeds germinate and discouraging little fingers from playing with tender shoots.

Just set them somewhere they can get some indirect sunlight, make sure they stay moist, and wait for the magic!

## Public Libraries Still Closed

HERE ARE SOME ALTERNATE RESOURCES YOU MAY ENJOY



Created and produced by parents of young children, **WBUR's Circle Round** adapts carefully-selected folktales from around the world into sound-and music-rich radio plays for kids ages 4 to 10. Each 10-20 minute episode explores important issues like kindness, persistence and generosity. And each episode ends with an activity that inspires a deeper conversation between children and grown-ups. [www.npr.org/podcasts](http://www.npr.org/podcasts)



**Stuff You Missed in History Class.** Little-known history comes alive three times a week in this fascinating, comprehensive podcast from the people at HowStuffWorks. You don't need to be a history buff to get hooked, but if you're not, you might become one after a few episodes. With a focus on weird events, overlooked stories, and underrepresented groups, this popular series is educational, too. Best for tweens & teens. [www.missedinhistory.com](http://www.missedinhistory.com)



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## Resources to Enrich Your Spirit

SCRIPTURALLY SOUND AND AVAILABLE ANYTIME



**NORTH POINT  
COMMUNITY CHURCH**

**FAMILY BIBLICAL ENRICHMENT.** Faith-based games and activities. [northpoint.org/online-family-content](http://northpoint.org/online-family-content)



**A MOVIE FROM REVELATION MEDIA.** An epic journey, faithfully adapted to modern-day. Christian faces distractions, challenges, and perils at every turn of the way. But ends victorious, with helpful guides, as he stays on the narrow path to the distant Celestial City. **Watch for free!**

[https://www.revelationmedia.com/watchpilgrims/?\\_thankyou=Y](https://www.revelationmedia.com/watchpilgrims/?_thankyou=Y)



**THE WORSHIP  
INITIATIVE**

**LEARN WORSHIP SONGS. LEARN YOUR INSTRUMENT.** This may look like a resource for worship leaders, but it is also a great place to learn to play your favorite songs, no matter your experience! <https://theworshipinitiative.com/>