

FEBRUARY 2022

NEWSLETTER



Welcome to Grace Christian Academy!

School Contact

13000 Zekiah Dr
Waldorf, MD 20601

(301) 645-0406

Office Hours: 7:30-4:00 M-F

IMPORTANT DATES:

- 2/15 Tuesday: Class Photos
- 2/17 Thursday: TAG Day!
- 2/18 Friday: Half Day! No Aftercare!
- 2/21 Monday: President's Day- No School!
- 2/22 Tuesday: Black History Month Projects Due
- 2/23 Wednesday: Middle School Career Day
- 3/2 Wednesday: Half Day!
- 3/7-3/11: Book Fair
- 3/10 Thursday: TAG Day!
- 3/17 Thursday: End of Q3
- 3/18-3/21: No School!

STAY UP TO DATE ON THE SCHOOL
CALENDAR BY VISITING
[GRACEKNIGHTS.ORG!](http://graceknights.org)



Message From the Office

Hello Parents/Guardians:

We have been praying for the overall health of our students, staff, and families but unfortunately the stomach bug as well as the typical cold and allergies have hit some of our families hard. If your child is absent from school please email healthnotes@graceknights.org as well as the classroom teacher.

Please include the following:

- Name and grade/teacher of student
- Date(s) of absence
- List of symptoms (*Example: stomach hurting, fever, cough, headache, sore throat, etc*)

We follow guidance from the Charles County Health Department and the CDC when symptoms are provided to us. **We know not every sickness is COVID related.** Someone from the school will contact you and gather more information on your student to determine what is required for your student to return safely to school whether it be 24 hours spent at home to rest, doctor's note, a COVID test, etc.

In His Service,
Amanda Reed



Job Opportunity: Summer Camp!

We have openings for camp workers for our GCA Summer Camp! Positions can be full time, part time, only work certain days, specific weeks, etc.

Anyone 16 years old and above may apply! Each week consists of playing games, participating in activities, and chaperoning a weekly field trip. Trips last year included Pump it Up, Sky Zone, Scary Strokes, and many more exciting places! If you would like some more information, please reach out to michelle.goodson@graceknights.org.

Fever Free Reminder:

The weather is turning cold and many parents complete Fever Free screening in the car. It is best to complete the screening at home in the colder and hotter months. When thermometers are left in a car they tend to not work properly. Also, temperatures are often skewed by either the cold weather or heat from the vehicle. We cannot complete a temperature screening at the drop off doors. Any student with an invalid screening must be accompanied to the main office to check in.



Middle School Career Day February 23

Middle school students have an opportunity to hear from professionals working in a wide variety of careers. They will learn necessary experience levels, education and certification requirements, and training information. Each career will have a table set up in the gym where students can have Q&A sessions with each career of their choosing. There is still space to reserve your spot to spotlight your career. We are looking for a wide range of jobs! Please email Megan.schaniel@graceknights.org for more information.

Used Uniform Sales:

This is a reminder that there are many new and like-new uniform items for sale for only \$2 each. Contact the front office for a time to stop by and see what is available for your child.

GCA Athletics

Athletic Director: stacie.buhl@graceknights.org

We are starting to plan for Spring Sports. Our goal is to have flag football and track and field. The cheerleaders will cheer for the flag football games. If you or someone you know is interested in coaching flag football or track and field please contact Mrs. Stacie Buhl and Mrs. Megan Schaniel.

Go Knights!



Honor Roll Hoodies

POC: Keri Cohen

Students who made the honor roll have an opportunity to order an Honor Roll Hoodie!

Order forms are available in the main office.

Overflowing Lost and Found

*Located in front of elevator
by the Mezz*

There are MANY sweaters, jackets, hoodies, polos, and PE uniforms in the lost and found. Please encourage your child to stop by and see if anything belongs to them. Also, please LABEL all PE uniforms and outdoor wear so it can be returned to its owner.

Class Photos

Tuesday: 2/15

Students should wear their GCA navy/white polo or dress for pictures. Students will be asked to remove any hoodies/jackets.

Black history Month Paper/Poster Contest

Due Tuesday 2/22

The national theme for this year's Black History Month is Health and Wellness. The flyer for the theme is attached in this newsletter. To celebrate and honor Black History Month, students have an opportunity to create a poster or write a paper (details below) to enter for a chance to win prizes.

PK-3th Grade Poster Contest- Standard Poster Board size that illustrates the topic in a creative and colorful way. They should have captions with a short summary included.

Grades 4-8 Essay Contest- Essays should be 1-3 pages typed or neatly written.

Topic: Choose an invention or scientific/medical improvement developed by an African-American. Write about how that invention or improvement has made life easier. Include information about the inventor, the date the invention was created, and how it is used in everyday life. How has the invention impacted your life? Why is it important today?



OUR MISSION

*To provide academic excellence from a biblical perspective
in order to develop servant leaders of all walks of life who live and
love like Jesus Christ.*

Administrative Contacts

- Mr. Dwayne Johnson, Interim Director
dwayne.johnson@graceknights.org
- Amanda Reed, Director of Education
amanda.reed@graceknights.org
- Debbie Collignon, S.T.E.P Center, Homeschool Coordinator
debbie.collignon@graceknights.org
- Nancy Kemmerer, Comptroller
nancy.kemmerer@graceknights.org
- Lisa Johnson, Director of Admissions
lisa.johnson@graceknights.org
- Megan Schaniel, Academic Advisor
megan.schaniel@graceknights.org
- Michelle Goodson, Before & After Care
michelle.goodson@graceknights.org
- Mrs. Stacie Buhl, Athletic Director
stacie.buhl@graceknights.org
- Julie Turner, Office Manager
julie.turner@graceknights.org

School Uniform Orders

Polos, Gym Uniforms, Hoodies, etc.

Order forms are available in the front office for gym uniforms (grades 6-8) and sweatshirts/hoodies. With the weather becoming cooler, any outerwear worn in the school must have the Grace logo. Students are allowed to wear any outwear to school and when outside of the school, such as recess, but when in the building, any hoodie/jacket/etc. that does not have the official GCA logo must be kept in a locker or in a backpack. Any questions about ordering or current orders? Contact keriscohen@gmail.com.

We are GRACE!

- **G**rateful *Hebrews 12:28*
- **R**espectful *1 Peter 2:17*
- **A**ccountable *Galatians 6:4-5*
- **C**ourteous *Ephesians 4:32*
- **E**xcellence Driven *Colossians 3:23-24*

DRESS CODE

Now that school is in full swing, please take the time to remind yourself and your student of GCA's student dress code.

- **All hair should be a natural color. Please begin to plan for girls to have only natural hair colors (no pinks, purples, blues, etc).**
- Bottoms are to be an approved school uniform bottom. No jeggings or cargo pants allowed. Pants should not be skin tight.
- All students are to have on a school uniform top (a navy or white polo), even if they are wearing a GCA hoodie, sweatshirt.
- Crocs are not an approved shoe at GCA.

Students will first receive a verbal notice of any infraction. A second infraction will result in parent contact and the student will either be given a new article of clothing to wear or a parent will be called to bring appropriate clothing.



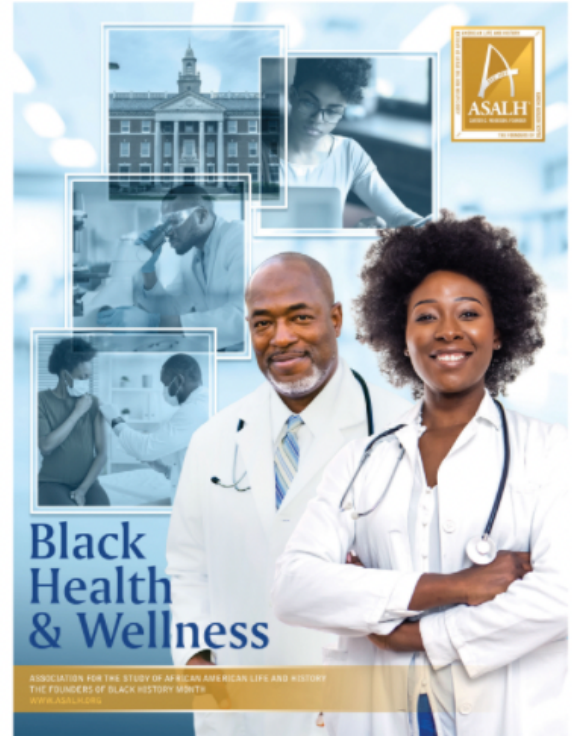
ASSOCIATION FOR THE STUDY OF AFRICAN AMERICAN LIFE AND HISTORY®

301 RHODE ISLAND AVENUE, NW | SUITE 2204 | WASHINGTON, DC 20001
202.238.5910 | ASALH.ORG

2022 Black History Theme Executive Summary Black Health and Wellness

The theme for 2022 focuses on the importance of Black Health and Wellness. This theme acknowledges the legacy of not only Black scholars and medical practitioners in Western medicine, but also other ways of knowing (e.g., birthworkers, doulas, midwives, naturopaths, herbalists, etc.) throughout the African Diaspora. The 2022 theme considers activities, rituals and initiatives that Black communities have done to be well.

In order to foster good health and wellness Black people have embarked on self-determination, mutual aid and social support initiatives to build hospitals, medical and nursing schools (i.e. Meharry Medical College, Howard University College of Medicine, Provident Hospital and Training School, Morehouse School of Medicine, etc.) and community clinics. Clinics were established by individuals, grassroots organizations and mutual aid societies, such as the African Union Society, National Association of Colored Women and Black Panther Party, to provide spaces for Black people to counter the economic and health disparities and discrimination that are found at mainstream institutions. These disparities and anti-Blackness led to communities developing phrases such as “When white folks catch a cold, Black folks get pneumonia.” Initiatives to help decrease disparities have centered several outcomes, including having more diverse practitioners and representation in all segments of the medical and health programs including such as the Ronald E. McNair Scholars. Even the impact of popular culture texts like *Doc McStuffins* cannot be dismissed.



The rise of fields, such as Public and Community Health and Health Informatics have led to a rise in preventive care and a focus on body positivity, physical exercise, nutrition, exploring other dietary options such as veganism and vegetarianism, and gardening. Black Health and Wellness not only includes one's physical body, but also emotional and mental health. At this point in the 21st century, our understanding of Black health and wellness is broader and more nuanced than ever. Social media and podcasts, such as *The Read*, hosted by Crissle and Kid Fury have normalized talking about mental health and going to therapy as well as initiatives such as Therapy for Black Girls. More of us understand the need to hold down, lift up, center, and fight fiercely for our beloved trans siblings and family. Black girls are doing breathwork, and there are whole yoga studios dedicated to people of color.

Mindful of Sister Audre Lorde's words, we are doing more to move forward holistically for the betterment of ourselves, our bodies, our relationships, our communities, and our planet.

We are determined to create a platform that shines a light on the multiple facets of Black health and wellness through education and activism. There is much to uncover, amplify, question, and correct.

In the still overhanging shadow of the COVID-19 pandemic, Black people should and do use data and other information-sharing modalities to document, decry, and agitate against the interconnected, intersecting inequalities intentionally baked into systems and structures in the U.S. for no other reason than to curtail, circumscribe, and destroy Black well-being in all forms and Black lives. Moreover, Black communities must look to the past to provide the light for our future, by embracing the rituals, traditions and healing modalities of our ancestors. These ways of knowing require a decolonization of thought and practice.

[LEARN MORE AT ASALH.ORG](http://ASALH.ORG)

ASALH MISSION

To promote, research, preserve, interpret and disseminate information about Black life, history and culture to the global community.