



The SCOOP

August 2019

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Balance between Extracurricular Activities and Education

By Monika King



Parents often struggle to find a balance between providing their children with every possible opportunity and worrying about harming their children by overscheduling them. The number of activity options seems to be expanding by the minute, as well as the cost and time commitment of activities. While every family and child is different, the following ideas can help your family create a routine that works best for you.

Benefits of Extracurricular Activities

- ✓ Children involved in a variety of activities have the **opportunity to meet, work with, learn from, and enjoy many diverse people.**
- ✓ Enrichment activities not only **provide new learning** but also **enhance children's core learning.** For example, music supports mathematical thinking.
- ✓ Being involved in extracurricular activities can **develop a lot of important life skills and abilities** such as responsibility, initiative, team-building, time management, and perseverance.
- ✓ For children who don't always experience success in school, extracurricular activities can provide them with opportunities to **build their self-confidence.**

Drawbacks of Extracurricular Activities

- ✓ When children are rushing from one thing to the other, the **learning and benefit can sometimes be lost.**
- ✓ **Unscheduled free time has its benefits.** Unguided creative free play builds imagination, creativity, and innovation.
- ✓ Even if your child is enjoying the activities, **if the schedule causes you stress it is likely not worth it.**
- ✓ **A busy schedule can impact a child's overall health.** Drive-thru dinners and later bedtimes impact your child's physical growth and development.



Story continues on page 7.

"Whoever receives and welcomes one child such as this in My name receives Me; and whoever receives Me receives not only Me, but Him who sent Me." Mark 9:37 AMP



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A+ for Aleah Coleman

By Juanita Toole

August is a special month for so many reasons. Let's start with all the happy kids living in Texas; school is about to start at all levels, be it elementary, middle school, high school, or even college. This is the month school bells are ringing with anticipation.

Our very own **Aleah Coleman** has answered that call and will resume her role as a 1st grade teacher in GISD. Aleah has known since the age of five that she wanted to become a teacher. An agent of change in the very district that she was educated in, Aleah will be entering her fifth year as an educator.



Aleah not only teaches professionally 1st grade, she also imparts her knowledge in our Christian Education Ministry teaching 3rd and 4th graders.

During our recent interview, I asked Ms. Aleah to share with **The Scoop** the teacher who inspired her to become a teacher and why. "My 5th grade teacher, Mr. Roper. He understood the importance of teaching to the whole student. The importance of learning your student—how they learn, their love language, and wanting what was best for them."

Aleah goes on to say, **"Teaching is my calling. It's hard sometimes, but I'm going to stick with it. I love it."**



I also asked Aleah to give a report on her strengths and weaknesses. I was not surprised when she responded with, "My strength would be I am a very patient, calm, no drama teacher; however, my weakness would be sometimes I can be a little disorganized and behind on my grading, but this year I pledge to get better." We also spoke about some of the challenges facing the teaching profession and Aleah stated the lack of parental support and lack of funds for supplies are some of her biggest challenges.

To Aleah and all of the teachers of NGBF: thank you for answering the call. Thank you for preparing our children for success in the classroom academically and in life.



2019 Prayer



To release the things that have me bound like fear and uncertainty.

Favorite Ice Cream



Butter Pecan

Hobbies



Reading, journaling, listening to music and exercising

Favorite Scripture



He replied, "Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there', and it will move. Nothing will be impossible for you." Matthew 17:20 (NIV)

Kid's Corner

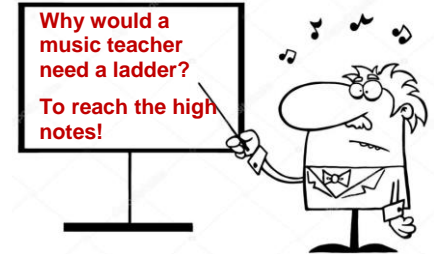
Back to School Scramble



Everything was almost ready to start the new school year, but the labels for the classroom got jumbled. Can you unscramble the letters to form the names of 24 things you might find in your classroom? Watch out! One of the objects is formed from two words.

- IRCAH _____
- FGAL _____
- BKOENOTO _____
- CDLNARAE _____
- REEARS _____
- LSARTPE _____
- EGLU _____
- IRFLEAAMR _____
- CNLEPI _____
- KSED _____
- OASOCBEK _____
- TXOKBTOE _____

- CRTOLUALCA _____
- RRAMEK _____
- KACKCBAP _____
- ROSSSICS _____
- CKALH _____
- OLCKC _____
- CATEEHR _____
- MSOACPS _____
- ENDUSTT _____
- GLEBO _____
- NIBDRE _____
- APPRE _____



What food do math teachers eat?
Square meals!



What did you learn in school today, son?
Not enough, Dad. I have to go back tomorrow!



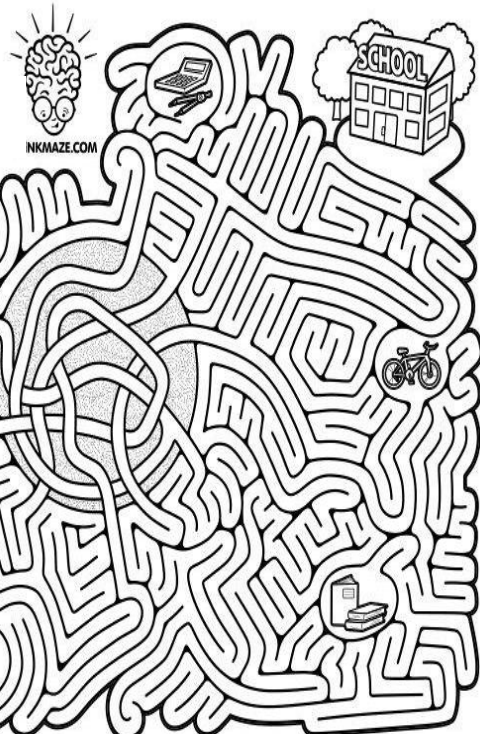
BACK TO SCHOOL...COOL!

Is it cool to be back in school? Not if you're confused!
Find the 10 things that are different between the two pictures.



TRIP TO SCHOOL

Help young chap get to school, but first pick up all the things he needs along the way. Hurry up, he's late!



Homeschooling - The Parent's Perspective

By Monika King

Homeschooling is a progressive movement around the country and the world in which parents choose to educate their children at home instead of sending them to a traditional public or private school. Families choose to homeschool for a variety of reasons, including dissatisfaction with the educational options available, different religious beliefs, or educational philosophies, and the belief that children are not progressing within the traditional school structure.



The homeschooling movement began growing in the 1970s, when some popular authors and researchers, such as John Holt and Dorothy and Raymond Moore, started writing about educational reform. They suggested homeschooling as an alternative educational option. **According to the National Home Education Research Institute, there are now more than two million children being homeschooled in the U.S., with the percentage rapidly increasing by seven percent to 15 percent each year.** Homeschooling is legal in all 50 states and in many foreign countries.

At NGBF, there are many families homeschooling their children. Some have tried traditional and/or private schools and some have chosen to fully commit to homeschooling. I spoke with Terri Earls about her experience homeschooling her children and this is what she had to say.

Here's the scoop...

Why did you decide to homeschool? Well, it's a pretty simple story. Homeschooling was always a point of conversation for Jason and I, it was just the matter of when. Our oldest three children started out in the Washington State Public School system and attended until we relocated back to Texas where we enrolled them at Quana's Academy, during the last semester of its tenure. It was then, after that door was literally closed, that our eldest son, Aaron, expressed his desire to stay in Christian school or be homeschooled, simply so he could read his bible during school. Well, it was a no brainer decision after that.

Education must not simply teach work - it must teach Life. ~ W. E. B. Du Bois



What are some advantages to homeschooling? We have found that over the last seven years, our family has had the priceless gift of seeing each other grow, mature, and bond in ways that sometimes are missed when you only have a few hours together each day. Homeschooling has allowed our family to nurture the individual needs of each child according to their learning style and spend time walking through the Bible. Time that surely would have been swiped away by countless hours of school and extracurricular activities. An added perk is the availability to travel during off seasons.

What are some challenges to homeschooling? Homeschooling is not all sunshine and roses of course, as with anything there are challenges. For starters many stereotypes come with the decision to homeschool. Social awkwardness, not smart or overly smart, weird, undisciplined, and no friends to name a few. Now, don't get me wrong, those homeschoolers do exist, but the vast majority are anything but. Other challenges, after grasping your own self-confidence in your decision, is picking the style and curriculum for your "school". This is

an overwhelming decision for many, with literally hundreds to choose from, but finding just the right one for each child brings immense gratification.

What advice would you give parents who are considering homeschooling? As so well stated by author Steve Goodier, "I've learned that the safest path is not always the best path, and I've learned the voice of fear is not to always be trusted." It is not our belief that homeschooling is the answer for every family, for every man must give an answer to God for himself. However, it is our belief that if you make Christ the center of your decision, whether it be public, private, or homeschool, you will be in the will of the Lord concerning you.

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.
(James 1:5 NIV)

Homeschooling - What the Kids Have to Say

By Michelle Chester

Awkward. Weird. Not smart. Doesn't like sports. No social skills... Those are just a few of the stereotypes homeschooled children face. However, homeschooled kids have the same access to online learning, friendships, and extracurricular activities as the typical public school student but without many of the drawbacks, like standardized lesson plans and bullying.



One research study concluded, "The socialization of home-educated students was often better than that of their school peers." The research provides homeschoolers surpass standard social expectations, and in exceeding them, they fall short of social mediocrity.

http://www.homefires.com/articles/odd_children.asp

If you don't believe the research, then listen to a few of the homeschooled kids I interviewed.

Here's the scoop...

When your parents told you they were going to homeschool you, what were your first thoughts?

Haley, 16: I honestly had no idea what that entailed. I figured it would be fun because I would get to sleep in. 😊

Jordan, 16: I have homeschooled from the beginning and don't know anything different.

Erick, 14: I did not have an opinion about homeschool until I got a little older. I briefly thought about going to public school.

Elijah, 14: I've been homeschooled for my whole life, so I never really knew anything different.

What do you like about homeschooling?

Haley, 16: I love the flexibility it provides me. I could go at my own pace without feeling left behind or too far ahead. I could skip grades or repeat a section or lesson without feeling judged. It really allowed me to grow and thrive at my own pace; a pace comfortable for me at my own intellectual level, so I didn't feel slowed down or rushed.

Jordan, 16: Working at my own pace and having time to focus on areas that I am passionate about.

Erick, 14: What I like about homeschooling is the fact that I can do my school work at home, eat at home, and that my mom is my teacher.

Elijah, 14: I'm more flexible with my time.

What do you dislike about homeschooling?

Haley, 16: That's a good question. I guess the thing I liked the least at first was the lack of structure but later on, that was so so helpful for college. To be able to handle my business without needing anybody or any reminders or helicopter supervisors.

Jordan, 16: Spending the majority of my time at our home.

Erick, 14: Most of my friends are from Church and CoOp. This is great, but I would like to have more time to meet people who are not homeschooled.

Elijah, 14: There is a very high standard in being homeschooled.

What advice would you give a kid who will be homeschooled?

Haley, 16: Go at your own pace and don't be ashamed about that. It doesn't matter what other people think you know. You and you alone know your abilities. And if you don't know your abilities, push and test yourself to figure out where you are at.

Jordan, 16: My advice would be to give homeschooling a chance and then decide. Homeschooling can be an enriching experience.

Erick, 14: Homeschooling is not weird. It's just different but over time, you will adapt and have lots and lots of fun!

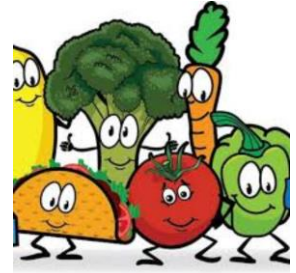
Elijah, 14: Get your work done early so you can focus on your interests.

Read bios on these amazing children on page 9.

Tips for Packing a Healthy Lunch

By Michelle Chester

For those parents who need tips on packing healthy school lunches, we have **5 simple tips** to make it easy and enjoyable for everyone.



Tip #1: Get the Kids Involved

- Give your kids healthy food options from each food group and let them make the final decisions on what goes in their lunch.
- Take your children grocery shopping with you and let them have a say (to a certain extent) in what goes into the cart. This promotes feelings of responsibility and empowerment.
- Designate a part of your kitchen as the “lunch packing station” and spend some time there with your kids the night before to get lunch ready for the next day.

Tip #2: Turn Healthy Foods into Fun Foods

- Use cookie cutters to make shapes out of bread, deli meat, cheese, or a melon-baller for fruit.
- Use kid-friendly skewers to make colorful food kebabs.
- Create a theme for the day and have all of the foods in their lunch relate to the theme.



Cookie cutters for bread



Kid-friendly skewers

Tip #3: Make Your Own Snacks and Limit Processed Ones

Kids rely on snacks to keep their energy up, but the type of snack is important to consider. Packaged snacks tend to lack important nutrients and can be high in sugar, sodium, and saturated fats. Take control of what is in your kids’ snacks by making wise decisions! Here are some great examples: **veggie chips**, **whole grain crackers with cheese**, **popcorn**, **apple slices**.

Tip #4: Incorporate all Food Groups

A balanced diet includes all of the food groups. Luckily, there are so many different ways to enjoy each food group:

- **Fruits:** fresh, frozen, dried, canned, baked (think apple chips!) or pureed.
- **Vegetables:** fresh, frozen, or baked (think kale chips!)
- **Lean protein:** baked chicken, deli meats, hard boiled eggs, beans, or nuts (be aware of nut allergy regulations at your child’s school).
- **Low-fat dairy:** milk, cheese, or yogurt
- **Whole Grains:** pita, sandwich bread, tortillas, wraps, and pastas



Tip #5: Encourage Hydration

It’s recommended that **school-aged kids drink between 6-8 cups of water a day** (even more in hot weather or if their activity level is high).

- Let your child pick out their favorite water bottle and encourage them to drink the whole thing at least twice at school. They’ll be more inclined to do it if they feel like they are completing a challenge!
- If the “flavor” of water is too boring for them, throw in a few pieces of frozen fruit to sweeten it up—and keep it cooler.

With these tips in mind, you and your child are ready to start out the school year on the right foot. Good luck and happy packing!

Source for article: <https://www.cooksmarts.com/articles/tips-packing-healthy-school-lunch/>

10 Ideas to Help you Prepare for School

By Micah King

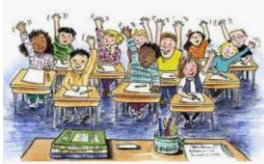
1. **Get cool school supplies!**



2. **Start going to bed earlier.**



3. **Try to have a positive attitude. School can be fun!**



4. **Find your favorite subject.**



5. **Study hard.**



6. **Start reading and working on math during the summer.**



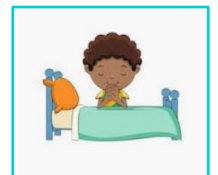
7. **Don't act like you don't know anything!**



8. **If you bring your lunch, plan a weekly menu.**



9. **Make the morning go well by packing your backpack the night before and having your parent's sign any papers the night before.**



10. **Pray for a good school year!**

Continue from Page 1...

Finding the Right Balance for Your Family

The next step toward making decisions about your child's schedule is to ask yourself a few questions:

- ✓ Do I allow my child to choose the activities they are involved in?
- ✓ Am I able to function as a parent and fan, rather than a coach or critic?
- ✓ Does my child enjoy the activities?
- ✓ Do the activities put a stressful burden on me in any way?
- ✓ Does the schedule allow my child to still participate in typical childhood activities like birthday parties, a play date at a friend's house, or family gatherings?
- ✓ Is my child able to learn and maintain healthy habits such as eating balanced meals, experiencing daily exercise, getting adequate rest, and for older children, keeping up with homework?
- ✓ If my child wanted to quit his activity, would I be okay with that?

In the end, the best routine for your child will be the one you create with his/her unique personality and interests in mind.

Information provided by Bright Horizons.

Back to School Prayer for Students & Teachers

Student's Prayer

Lord, thank You for the **unique gifts** of every child as they transition into a new school year. Fill each student with **fresh enthusiasm** and a heart that is excited to learn and grow. Cover them with your **enduring love**, give them **confidence and grace**, and equip them with the ability to **persevere** through trials. Bless their teachers with **wisdom, understanding, and a heart to serve** as they embrace on the journey together.

May the presence of Your **Spirit fill their hearts**. Help us to **mature as parents and caregivers**.

Bless each family, oh Lord.

In the name of the greatest son of all, Jesus Christ. Amen

Teacher's Prayer

Lord, please bless my students
And help them so they grow.

May I teach them faithfully
The things they need to know.

So they may face the future

Knowing they're prepared,

And when they think of school days

May they know their teacher cared.

Amen

1. How many books are in the New Testament?
a. 25 c. 27
b. 26 d. 28
2. Finish this verse. "In every battle you will need faith as your _____ to stop the fiery arrows aimed at you by Satan."
a. shield c. guide
b. armor d. weapon

Bible Trivia



Answers can be found on the last page.

3. What type of insect did John the Baptist eat in the desert?
a. ant c. cricket
b. locust d. dragonfly
4. Which book of the Bible did Jesus directly write?
a. Colossians c. Hebrews
b. Galatians d. None

Did you know...

The word "school" meaning "place of instruction" comes from the Latin "scola", itself derived from the Greek "skhole", meaning "lecture or discussion". Interestingly the Greek word "skhole" originally meant "leisure, free time".

Church Contacts

Have you ever wondered who to contact with questions or suggestions for various ministries under the Children's Church umbrella? Well, look no further than below for a list of contacts.

AWANA & CHILDREN'S CHURCH/SPECIAL EVENTS
Juanita Toole | 469-328-4152 | jtoole21@yahoo.com

CHILDREN'S CHOIR
Joslyn Blocker | 469-329-9242 | joslynblocker@gmail.com

SUNDAY SCHOOL/CHRISTIAN EDUCATION
Arthur Nickerson | 972-978-8926 | artnickerson41@msn.com

What's Happening



August 14 – AWANA Teacher's Meeting
6:30 p.m.



Coming In September...

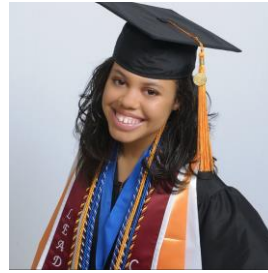
September 4 – AWANA Starts
6:30 p.m. – 8:00 p.m.



September 8 – Mustard Seed Café Reopens
10:00 a.m. until food runs out!



Bios on the Homeschool Kids



Haley Taylor Schultz: At 16 years old, Haley was a senior at Texas Woman's University. Homeschooling allowed her to advance through high-school at her own pace, graduating at age 13. Haley has excelled as an honors student and graduated in May 2019 with a Bachelor's of Science in Interdisciplinary Studies. She has been accepted into multiple law schools and will attend SMU School of Law this fall.

Jordan, Erick, and Elijah Jones: The Jones' kids have been homeschooled their entire lives. That has allowed them to be entrepreneurs. They are the owners of Jones Lawn Care, a teenage run landscaping business in NE Oklahoma City, OK. They have been in business since 2013 and donates a portion of their earnings each year to a charity. In 2016, they won the Youth Alliance Award from The Neighborhood Alliance of Central Oklahoma.



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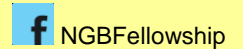
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Bible Trivia answers

1. c – 27
2. a – Shield (Ephesians 6:16 TLB)
3. b – locust (Matthew 3:4)
4. d – None

Scramble answers

Chair	Calculator
Flag	Marker
Notebook	Backpack
Calendar	Scissors
Eraser	Chalk
Stapler	Clock
Glue	Teacher
Fire alarm	Compass
Pencil	Student
Desk	Globe
Bookcase	Binder
Textbook	Paper

Fun Facts for August

Every day is a special day but some days require a certain type of celebration. Below are some fun facts about August. For a complete list, visit <https://nationaldaycalendar.com/august/>

- August 1** – National Respect for Parents Day
- August 4** – National Chocolate Chip Cookie Day
- August 6** – National Fresh Breath Day
- August 9** – National Book Lovers Day
- August 12** – National Middle Child Day
- August 13** – National Left Handers Day
- August 16** – National Tell a Joke Day
- August 21** – National Senior Citizen's Day
- August 22** – National Tooth Fairy Day
- August 24** – National Waffle Day
- August 28** – National Power Ranger Day

Interested in learning more about Homeschooling, check out the book, *The Homeschool Alternative: Incorporating a Homeschool Mindset for the Benefit of Black Children in America* by Dr. Myiesha Taylor and Haley Taylor Schlitz.

You can purchase the book from Amazon.com.

