

Week-At-A-Glance

2022-2023 • Week 25 • February 26 - March 4

More than anything, keep loving each other actively

(1 Peter 4:8)

REFERENCE LINKS:

LINKTREE

CCA PORTAL

LUNCH pay

Parent/Student HANDBOOK

HUB Afterschool

Sunday 2/26	Monday 2/27	Tuesday 2/28	Wednesday 3/1	Thursday 3/2	Friday 3/3	Saturday 3/4
		Play Rehearsal 3:15 - 5:00pm	Play <i>Rehearsal</i> 3:15 - 5:00pm	Play Rehearsal 3:15 - 5:00pm Girls/Boys Varsity HOME	Moms in Prayer NTERNATIONAL TO 8:30-9:30 am room 313	Play Rehearsal 9:00 am - 1:00 pm

CCA News & Notes

SPONSOR THE PLAY The Drama Department is

asking for Patron sponsors for their costumes as well as offering Playbill Ad Space. Donate or Share the <u>Link</u>. Grab your <u>TICKETS</u> (here)



MUSIC DEPARTMENT

The Music Department has a new website that will have the most important and up to date information for the music department. Take a look here: CCA Music Department



MS/HS CONCERT Same place, same time - different day! The Movie Mania Concert for MS/HS

 different day! The Movie Mania Concert for MS/H students moved from May 18 to May 19

MARK YOUR CALENDAR

PreK Open House - Tuesday, March 14, 6:30 pm.

Evening Conversations over Coffee on Parent Teacher Conference Day - Thursday March 23, 5:30 pm.

TEACHER APPRECIATION

HUB

Congratulations to Deb Wade for being nominated for teacher of the week by coworkers for her spiritual leadership and endurance in hard times. "Mrs. Wade is kind, patient and always professional even in the midst of trials. She truly cares for her students, and prays for each and every one both past and present."



AFTERSCHOOL HUB Don't Forget to <u>SIGN UP</u> for the HUB for MARCH!

3:15- 6:00 pm Monday-Friday (when school is open)

MOMS IN PRAYER

Every Friday in room 313, 8:30-9:30 am. Prayer requests can be emailed to <u>tbaldi@christianca.com</u>.

THANK YOU! to everyone who has been blessing us with meals, gift cards, prayer and support through this difficult time. We love you all are so grateful for all you have done.

In Christ,

Jesse, Jenny, & Micah Van Schoonhoven

CRUSADERS ATHLETICS

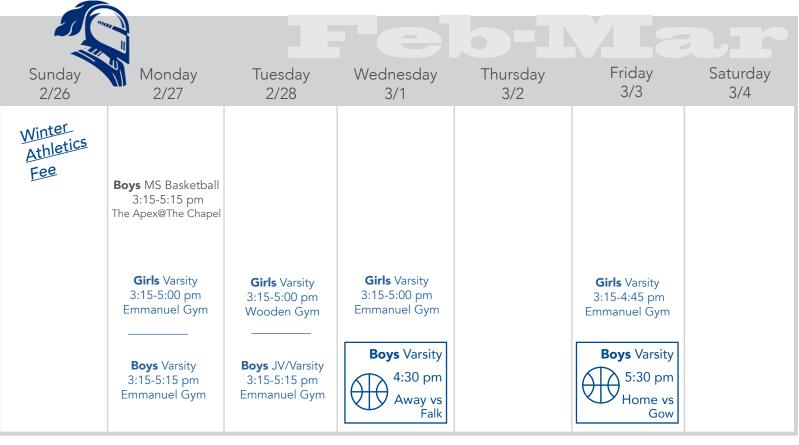
WINTER

Boys MS Basketball Coach - Tom Ford tford@christianca.com

Girls MS Basketball Coach - Katie Kneeland kkneeland@christianca.com

Boys Varsity Basketball Coach - Gerry Falgiano gfalgiano@yahoo.com

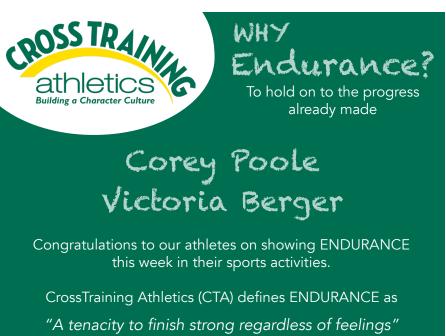
Girls Basketball Coach - Quintin Redfern qredfern@last1best1.com



Sports calendar information subject to change. Please subscribe to the Google SPORTS Calendar for live updates.

The CCA Crusader <u>Sports</u> Calendar is now on Google! Add this to your personal calendar to stay up to date















Volunteer Opportunities!

The School Year is OVER half way through and there are still a LOT of volunteer hours to sign up for to complete the annual contractual 20 hours a year for families and 10 hours a year for single parent households.

Boys Basketball
Scoreboard Operator

<u>Girls Basketball</u> <u>Scoreboard Operator</u>

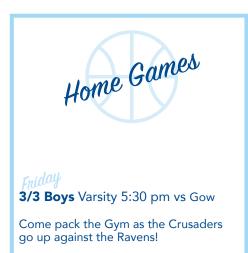


S - 5 Lunch
Montfor
10:30 am - 12:10 pm
February Lunch
March Lunch

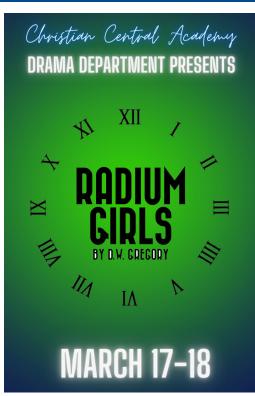
Mark your calendars for **June 2**, the *Grace Race* will be a day of volunteering!!

These are GREAT ways to CONNECT outside families with our CCA Family.

Invite your friends & neighbors!







DTO

** CCAPTO PRESENTS: ** ** Starry Night * Father Daughter Dance FRIDAY, MARCH 10TH 6:00pm - 9:00pm Transit Valley Country Club 8920 TRANSIT ROAD, EAST AMHERST, NY 14051 ** Tickets are \$25 per person Tickets must be purchased by Friday, March 3rd through https://christianca.redpodium.com/cca-fatherdaughter-dance-2023 Includes dinner service at 6:45pm followed by dancing & prizes **

Click image for link

Last Meeting: May 15, 6:30 pm

Health Office Hints

Would you describe your child, or one that you care for, as a "picky eater?" You feel compelled to make a separate dinner for them to be assured they actually eat a meal, and have some kind of solid food, but that becomes tiresome. They somehow sustain life on hot dogs and one brand of apple juice, and you worry that they aren't getting the proper nutrition. *This is a common concern for many parents. Take heart*! Most kids will assume a fairly normal diet as they develop, and there are things you may already be doing that will help this.

I would first suggest a conversation with their pediatrician, to assure that food aversions are not related to something medical in nature like allergies, acid reflux, or oral motor issues such as tongue tie or dental issues.

Secondly, remember that not all of our taste buds are the same. I have an adult family member who can't eat red meats like steak because she said it "tastes like blood" to her (so tragic, right?!). One of my kids would get watery eyes when he ate a sweet orange. My tongue burns when I eat even mild wings. We all perceive flavors, smells and textures differently.

The next point to consider would be that a child is reliant upon adults for nourishment. Parents can become annoyed when a child eats something daily for 2 weeks and then no longer likes it. As adults, we are allowed to decide we no longer have a taste for a food and change up our menu, our kids will naturally do this as well.

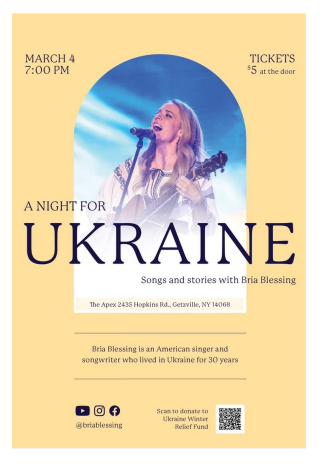
What do we do to get our kids to eat a healthy variety of foods? Let's start with what experts say not to do, and that is don't punish, shame or starve, for example, "you can't play outside until you've eaten your meatloaf", or "everyone ate their brussel sprouts except for you" or "you'll have nothing else to eat unless you eat your tuna." We want to subtly encourage trying new foods, and that starts with simply eating these foods in front of the child regularly. Not only does it role model that these foods are safe to eat, but it desensitizes the child to the food over time.

I'd also suggest making mealtimes pleasant. This is not the time to lecture the child on failing grades, discipline problems or family distress, as we want kids to like sitting at the table with the family. My family does something we call Best Part of Your Day, Worst Part of Your Day. We go around the table and share our great and not so great times of the day, for sort of an emotional release and conversation starter.

Offer your child choices. Two bites worth of 5 different things, on a plate with a dip like honey, ranch, or melted butter gives them the option to find a way to get that fruit or veg down the hatch.

A couple websites you may find helpful are solidstarts.com and yourkidstable.com.

I would love to hear from you on what has worked for your family. Email me at healthoffice@christianca.com.





Looking for outgoing teens!

March 11 5:30-8:45 pm

Helping with setup/cleanup, running stations like easy games, temporary tattoos, selling pizza, etc. Sometimes participants need extra help.

Working 1 on 1 with people of all abilities and being their friend.

Questions?
Email Jody Hares,
manager@kscopewny.org



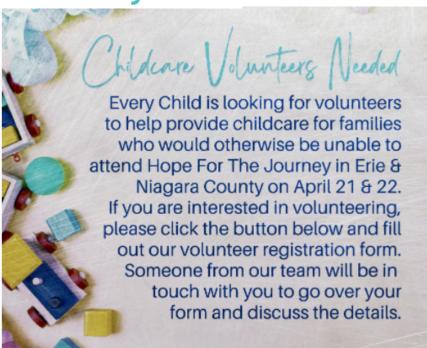
A discipleship program for High School and Middle School athletes in WNY

REGISTER NOW

March 5- June 13

When you register for <u>Training Camp</u>, you will be placed in a "huddle" with athletes from your school district or geographic location and will meet with them in person on the weeks we do not have an "all-athlete" gathering. Athletes will be given chances throughout the program to win special prizes (Bills tickets, signed gear, drones, gift cards, swag, etc.) for completing specific discipleship challenges. This year, FCA will read the books of Acts, Romans, and John through the exclusive FCA YouVersion Bible Plan.

everychild



SIGN-UP TO VOLUNTEER

CELEBRATE Abrhet Biru, mother of 3 CCA students, has opened "The Gate" restaurant in Buffalo where she makes and serves dishes from her home country of Eritrea. If you have never had Eritrean coffee and injera, you are truly missing out! Come visit for an authentic experience at 240 W. Ferry St. Buffalo, 14213.

No Menu yet, Just the Meal of the Day! Call ahead to let them know you are coming and whether you will dine in or take out (716-322-6952).





Months-At-A-Glance

February • March • April

Subscribe to the CCA Calendars: Calendar iCAL SPORTS

Elementary • Middle School • High School • All CCA

February

S	M	T	W	Th	F	S
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23 24 25 26 27 28 29
2023 30

Moms in Prayer • Fridays @ 8:30 am

March 1 is 20 days until the first day of SPRING!



- 09 Conversations over Coffee (8:30 am)
- 10 Grades 6-8 Science Fair (8:30-11:15 am)
- 10 Early *Dismissal* 11:15am (periods 1-4)
- 10 PTO Father-Daughter Dance (6-9 pm)
- **14 PreK Open House (6 pm)**
- 15 Bison Scholarship Deadline (click for link)
- 17 Quarter 3 ends
- 17 Spring Play "Radium Girls" (7pm)
- 18 Spring Play "Radium Girls" (7pm)
- 23 Early Dismissal 11:15am (periods 5-9)
- 23 Parent/Teacheer Conjerences (1-4 & 5-7pm)
- Evening Conversations over Coffee (5:30 pm)
- 24 Easter Experience (4-7 pm)
- 25 Community Easter Egg Hunt (10 am)
- 03 Easter Recess No School offices open 8am-3pm

4/3-4/6

- 7 Good Friday School Closed
- 09 Easter Sunday
- 10 Easter Monday School Closed
- 13 Conversations over Coffee (8:30 am)
- 19 Gr 4 & 8 NYS ELA Testing thru April 21
- 27 Gr 6-12 Career Forum (11:24 am)
- 28 Talent Show
- 28 PTO Movie Night
- 28 Taste of CCA (4-7pm)