



Week-At-A-Glance

2022-2023 • Week 27 • March 12 - March 18

More than anything, keep loving each other actively

(1 Peter 4:8)

REFERENCE LINKS:

[LINKTREE](#)

[CCA PORTAL](#)

[LUNCH pay](#)

[Parent/Student HANDBOOK](#)

[HUB Afterschool](#)

March

Sunday 3/12	Monday 3/13	Tuesday 3/14	Wednesday 3/15	Thursday 3/16	Friday 3/17	Saturday 3/18
<p>DAYLIGHT SAVINGS</p>	<p>Play Rehearsal 3:15 - 5:00pm</p>	<p>Play Rehearsal 3:15 - 5:00pm</p> <p>PreK Open House 6:00 pm</p>	<p>Play Rehearsal 3:15 - 5:00pm</p>	<p>Play Rehearsal 3:15 - 5:00pm</p> <p>Clothes Closet open 2:45-3:15 pm</p>	<p>8:30-9:30 am room 313</p> <p>End of 3rd Quarter</p> <p>Spring Play RADIUM GIRLS 7:00 pm</p>	<p>Spring Play RADIUM GIRLS 7:00 pm</p>

CCA News & Notes

HS PING PONG CLUB Tuesdays and Thursdays from 3:15-4:15 in the wooden gym. If there are any questions, students should contact Sherry Yang or Rebekah Chang.

PREK OPEN HOUSE

Tuesday, 3/14, 6:00 pm. Flyers were sent home to families. Please pass these on to anyone you think may be interested. There are flyers in the Main Office to post at work, church, community places or if you need more for friends.

Join us!
OPEN HOUSE!
Pre-K
Plus Program
March 14 • 6 pm

SPRING PLAY

There is still time to Sponsor the Play! Donate or Share this [Link](#).

Grab [TICKETS](#) for Friday or Saturday night performances!

SENIOR COLLEGE ACCEPTANCES can be found in the [Guidance Counselor Corner!](#)

ECMEA ALL COUNTY FESTIVALS

THIS Saturday, March 11, is the Jr. High All-County Festival Concert at Ben Franklin Middle School beginning at 12pm. CCA has students performing in both SSA Choir and Band

NEXT Saturday, March 18, is the Elementary All-County Festival Concert at Kleinhans Music Hall at 3pm. CCA has two students performing in the All County Choir.

If you are interested in supporting these students, tickets are available at the door.

WINTER SPORTS BANQUET March 21 @ 6pm at Classics V on Niagara Falls Blvd. [SIGN UP HERE](#)

PARENT/TEACHER CONFERENCES • March 23rd MS/HS Teachers will reach out to request conferences this coming week. If you would like to request a conference, sign up links will be emailed. PLEASE check your email for these as the office will NOT call to inform parents.

Report cards will be handed out during Parent-Teacher Conferences. ALL communication will be via EMAIL.



Congratulations to February's Teacher of the Month: *Shannon Mariglia*

Mrs. Mariglia, is constantly seeking solutions. She desires to help CCA in any capacity that she can and constantly finds creative and new ways to solve problems. A quote from a parent "Mrs. Mariglia has such a heart for her students, she takes time to make sure they understand what's going on, and is always willing to take extra time to help them!"



Thank you to Glen Park Tavern for sponsoring February's "Teacher of the Month"

COMING UP

Christian Central Academy
DRAMA DEPARTMENT PRESENTS

**RADIUM
GIRLS**
BY D.W. GREGORY

MARCH 17-18

Grab [TICKETS](#) for Friday or Saturday night performances!

YOU ARE INVITED
FRIDAY, MARCH 24TH
BETWEEN 4PM AND 7PM



Join us Friday, March 24th at Christian Central Academy in Williamsville between 4-7pm for our Drive-Thru Easter Experience "Journey to the Cross."

Christian Central Academy presents:

**A COMMUNITY
EASTER EGG HUNT**

AN EGG-CITING MORNING FILLED WITH FREE CANDY,
GAMES, AND MUCH MORE

**SATURDAY, MARCH 25, 2023 AT 10AM
IN GARRISON PARK**

Celebrate the resurrection of Christ
with your family and your community!



CHRISTIAN CENTRAL ACADEMY'S

**Grace
RACE**

Family Friendly Event
5k run & 2k walk

June 2, 2023



Head Track Coach - Steve Napoli
snapoli@christianca.com



March

Sunday
3/12

Monday
3/13

Tuesday
3/14

Wednesday
3/15

Thursday
3/16

Friday
3/17

Saturday
3/18

**Track & Field
Practice**
3:15 - 5:30 pm
Emmanuel Gym

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Emmanuel Gym

Sports calendar information subject to change. Please subscribe to the Google [SPORTS](#) Calendar for live updates.

The CCA Crusader [Sports](#) Calendar is now on Google!
 Add this to your personal calendar to stay up to date



SPRING SPORTS

First Practice • March 13

Boys/Girls Track & Field

Boys Baseball

Girls Softball • TBD

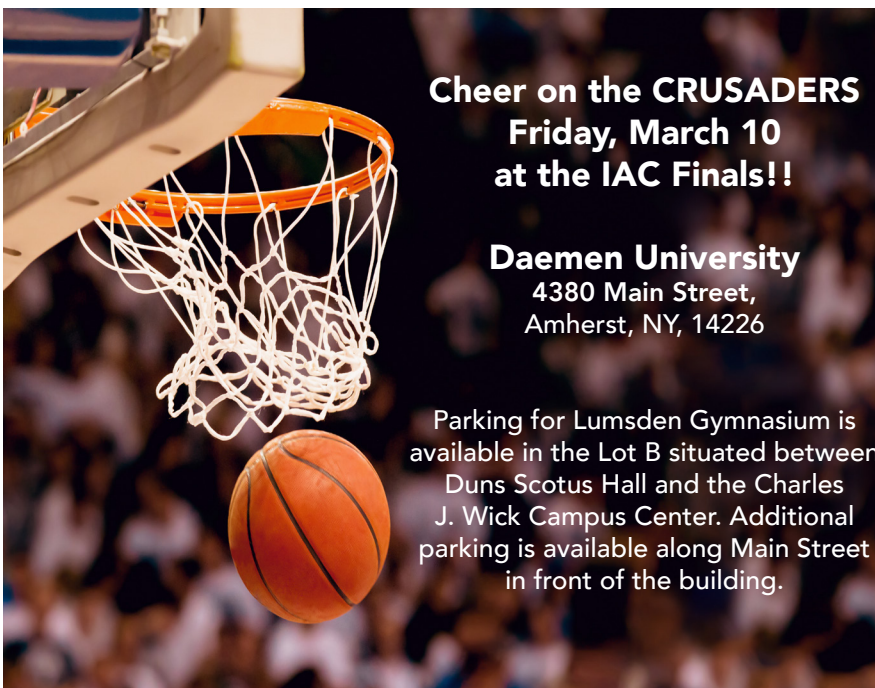
See Director Schopf as soon as possible if interested in playing Baseball or Softball this Spring.

Grades 7-12

**Cheer on the CRUSADERS
Friday, March 10
at the IAC Finals!!**

Daemen University
4380 Main Street,
Amherst, NY, 14226

Parking for Lumsden Gymnasium is available in the Lot B situated between Duns Scotus Hall and the Charles J. Wick Campus Center. Additional parking is available along Main Street in front of the building.



Uniquely Made

For most women and girls, monthly periods are an inconvenience. For some, it is debilitating. Here are some evidence based tips that ObGyns give their patients.

Hydrate. I know, "drink more water " sounds like the cure for everything, but here, I suggest an oral intake of a small bolus of water, versus sipping throughout the day. When you wake up in the morning, cramps will be worse because you're slightly dehydrated. The uterus is muscle, and will cramp more when dry, so drink 2-3 tall glasses of water in one sitting. Not chugging, more like over 15-30 minutes. Continue with normal sipping over the day.

Premedicate with ibuprofen 3 days before you expect your period. Why before? Because it blocks the release of the hormone-like chemical called prostaglandin, which causes the pain you feel. Blocking the release prevents the pain from getting to that terribly high level. You may still have cramps, but typically much less. Taking it twice a day leading up to your period usually suffices. When you get your period, typical dosing is weight and age based, usually 400-600 mg every 6 hours, taken with food to avoid stomach upset.

Magnesium is a mineral that acts as a natural muscle relaxant. It has too many benefits to discuss here, but it's used for migraines, poor sleep, and high blood pressure just to name a few. Whether you have side effects depends on which formulation you find, some of them can cause diarrhea, but magnesium glycinate tends to have little to no side effects. Although it is not a sedative, it can help with sleep quality so is best taken before bed. Talk with your doctor to be sure it doesn't interact with other medications or supplements you're taking.

Moist heat applied to the abdomen and lower back helps as well as medications in some studies, and now there are some commercial products with a sticky side that allow you to wear hot packs under your clothes.

Ginger powder was found in several studies to reduce inflammation and menstrual pain. Ginger teas and foods may help with nausea or stomach upset that some women have during periods.

Of course the usual : regular exercise, good sleep habits, and healthy eating all partner with these remedies to make the "monthly" more tolerable. Bloating happens and should resolve in a few days. Treatment is not typically necessary.

If we help young ladies understand God's design for our bodies and how to care specifically for ourselves as women, we will give honor to Him and encourage self care and respect for how we are uniquely made.

Rachel Schneider, R.N.

Guidance Counselor Corner

CONGRATULATIONS SENIORS!

SAT/ACT DATES

PREPARE FOR COLLEGE

SAT DATES

March 11, 2023

May 6, 2023

June 3, 2023

REGISTER BY:

February 28, 2023

April 7, 2023

May 4, 2023

REGISTER AT SAT.ORG

Next up!

ACT DATES

February 11, 2023

April 15, 2023

June 10, 2023

REGISTER BY:

January 6, 2023

March 10, 2023

May 5, 2023

REGISTER AT ACT.ORG

PLEASE NOTE THAT STUDENTS NEED TO REGISTER AT A DIFFERENT LOCATION FOR THESE TESTS AS CCA DOES NOT OFFER DURING THESE DATES

Nathan Chen

University of Washington Riverside

Omari Cunningham

University of Texas -Arlington, University of Northern Texas

Lauren Hughes

Daemen University

Ariana Marshall

Stony Brook University, University at Buffalo, Eckerd College, University of Tampa

Winston Martey

Niagara University, Cleveland State University

Sabrina Reverol

RIT, University at Buffalo

Shantanu Saxena

Alfred State University, Canisius College, George Mason University, Buffalo State College, Medaille University

Juliet Thuman

Jamestown Community College, Trocaire College

Rachel Yager

University at Buffalo, Ithaca College, RIT

Please let [Miss Kneeland](#) know if you have received college acceptance letters! We would love to celebrate you!

ALL families are contractually required to complete 20 volunteer hours per year. (10 hours for single family households). Grandparents and other family members are welcome to volunteer and contribute towards your families' hours! Email Questions to volunteer@christianca.com

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

- Set up • Water Stations • Race Route
- Bounce House • Face Painting • Concessions

March
17, 18 Spring Play

March
24 Easter Experience

March
25 Garrison Park Easter Egg Hunt

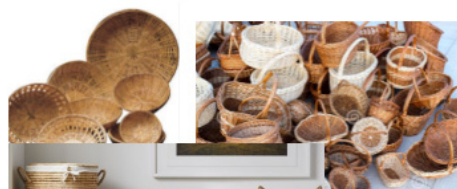


Really Important Volunteer NEEDS coming up later this month. Check your schedule today to see how you can help cultivate community at CCA. We couldn't have these events and experiences for the students without Volunteers!

Be on the Hunt



In *Need* of items like these for this year's Easter Experience!



BASKETS: ALL TYPES BROWN



5 large
heaters to
borrow



Clay Jars/Vases



If you have items to lend or donate please email [Mrs. Woodward](mailto:Mrs.Woodward)

LOST AND FOUND

A white cabinet is located down the stairs across from the cafeteria. Lost items will be gathered from around the school and placed in this cabinet. The cabinet will be emptied out quarterly.

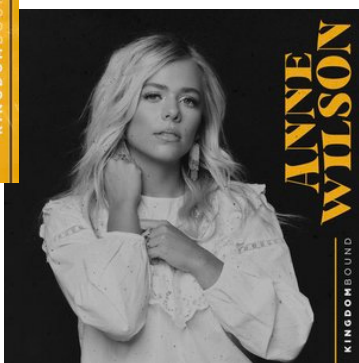
CHECK THIS WEEK!!

Feel free to contact [Amanda Buell](mailto:Amanda.Buell)



2023

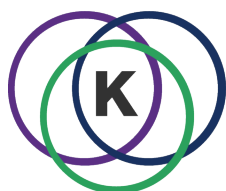
JULY 24-26



KINGDOM BOUND FESTIVAL



and more!



KALEIDOSCOPE
— OF WNY INC. —
555 Como Park Blvd

Looking for
outgoing teens!

March 11
5:30-8:45 pm

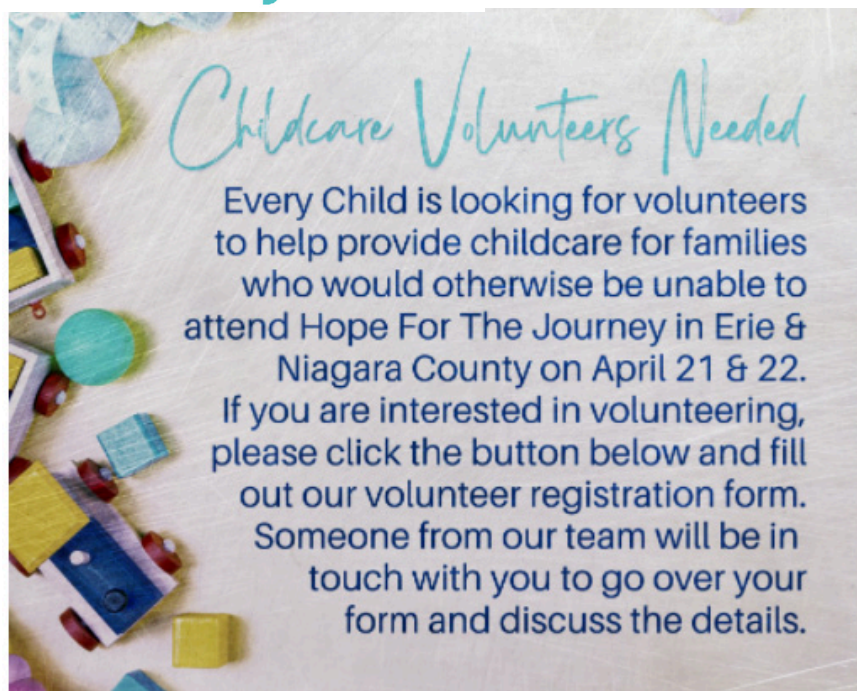
Helping with setup/cleanup, running
stations like easy games, temporary
tattoos, selling pizza, etc. Sometimes
participants need extra help.

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

Questions?
Email Jody Hares,
manager@kscopewny.org



everychild



SIGN-UP TO VOLUNTEER



Months-At-A-Glance

March • April • May

Subscribe to the CCA Calendars: [Calendar](#) [iCAL](#) [SPORTS](#)

[Elementary](#) • Middle School • [High School](#) • All CCA

Moms in Prayer • Fridays @ 8:30 am



S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

- 13 • FIRST Track & Field + Baseball Practice (3:15pm)
- 14 • [PreK Open House](#) (6 pm)
- 15 • [Bison Scholarship](#) Deadline (click for link)
- 17 & 18 • Spring Play "Radium Girls" (7pm)
- 21 • Winter Sports Banquet @ Classics V (6pm)
- 23 • [Early Dismissal 11:15am](#) (periods 5-9)
- 23 • Parent/Teacher *Conferences* (1-4 & 5-7pm)
- 23 • Evening Conversations over Coffee (5:30 pm)
- 24 • Easter Experience (4-7 pm)
- 25 • Community Easter Egg Hunt (10 am)



S	M	T	W	Th	F	S
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

- 03-06 • Easter Recess *No School* offices open 8am - 3pm
- 07 • Good Friday *School Closed*
- 09 • Easter Sunday
- 10 • Easter Monday *School Closed*
- 13 • Conversations over Coffee (8:30 am)
- 19-21 • Gr 4 & 8 NYS ELA Testing
- 21 • MS/HS Spring Musical (6:30 pm)
- 27 • [Gr 6-12 Career Forum](#) (11:24 am)
- 28 • Talent Show
- 28 • Taste of CCA (4-7pm)
- 28 • PTO Movie Night



S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

- 01 • Faculty/Staff Appreciation Week
- 02-04 • Gr 4 & 8 NYS Math test
- 03 • National Day of Prayer
- 05 • Volleyball Tournament
- 05-06 • [2023 -2024 Kindergarten Entrance Testing](#)
- 11 • Conversations over Coffee (8:30 am)
- 12 • [Grades 1-5 Spring Concert](#) (6:30 pm)
- 14 • *Mother's Day*
- 18 • Gr 7 SSAT (8:15-11:30 am)
- 19 • MS/HS Movie Mania Concert (6:30 pm)
- 21 • Senior Class Baccalaureate Service & Tea (3:00 pm)
- 22-26 • Gr 1-3, 5-6 Iowa Testing
- 25 • [Gr 9-12 Awards & Moving up Ceremony](#) (1:00 pm)
- 26 • [Early Dismissal 11:15am](#) (periods 1-4)
- 29 • Memorial Day *School Closed*