

THE CLASSICAL ACADEMY EXISTS TO ASSIST PARENTS IN THEIR MISSION TO DEVELOP EXEMPLARY CITIZENS EQUIPPED WITH ANALYTICAL THINKING SKILLS, VIRTUOUS CHARACTER, AND A PASSION FOR LEARNING, ALL BUILT UPON A SOLID FOUNDATION OF KNOWLEDGE.

PALMARIUM

TITAN OF THE YEAR: Call for Nominations

Is there a special TCA teacher or staff member that has made a difference in your child's life this school year? Each year parents, students, and staff have the privilege of nominating a teacher or staff member who they believe has gone above and beyond to inspire and encourage our students. We are looking for someone who is dedicated to developing strong character, setting high academic standards, and igniting a love for learning in their student's hearts - someone who embodies the mission, values, and spirit of TCA.

Nominating someone for *Titan of the Year* is the greatest honor a staff member can receive, and sends a message that what they do is noticed, appreciated, and stands out in a significant way. Whether you are a parent, student, or TCA staff member, you are able to submit a nomination on who you think is worthy of the title *Titan of the Year* for the 2018-2019 school year. To submit your nomination and share your story, please fill out the short form on the TCA website by clicking [here](#). Nominations must be submitted by **March 4, 2019**. Previous recipients of *Titan of the Year* honors include: [2017-2018] **Nikki Upchurch**, Educational Philosophy + Health and Wellness Teacher; [2016-2017] **Christina Schwartz-Soper**, Secondary Bands Director; [2015-2016] **Lora Hendricks**, North Elementary Tutor; [2014-2015] **Candus Muir**, Junior High Science Teacher; [2013-2014] **Don Stump**, Central Elementary Principal; [2012-2013] **Brenda White**, East 3rd Grade Teacher; [2011-2012] **Russ Sojourner**, Junior High Principal; [2010-2011] **John Knuth**, High School Math Teacher and Golf Coach; [2009-2010] **Diana Burditt**, East Elementary Principal; [2008-2009] **Mindy Heard**, Central Elementary Kindergarten Teacher; [2007-2008] **Sarah Meyers**, East Kindergarten Teacher; [2006-2007] **Kay Goble**, East 1st Grade Teacher; [2005-2006] **Carrie Stedman**, Secondary Music Director; [2004-2005] **Leesa Waliszewski**, Instructional Philosophy Director; [2003-2004] **Bobby Silva**, Interim TCA President.



Our Kids.
Their Future.
Our Challenge.

20 Years and Counting

Donate today by clicking here.



This month our *idea centered* focus was written by Jennifer Walker, Elementary Mentor Teacher. Last month we discussed the *fruitful work* we are involved in as parents and educators. For this entry, join with Jennifer as she shares about the beautiful banquet table we are privileged to gather at every day in the classroom.



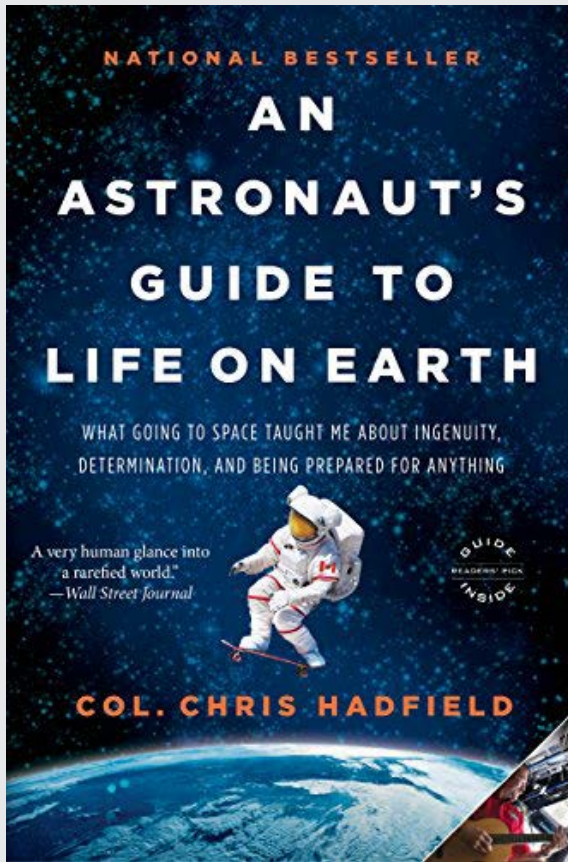
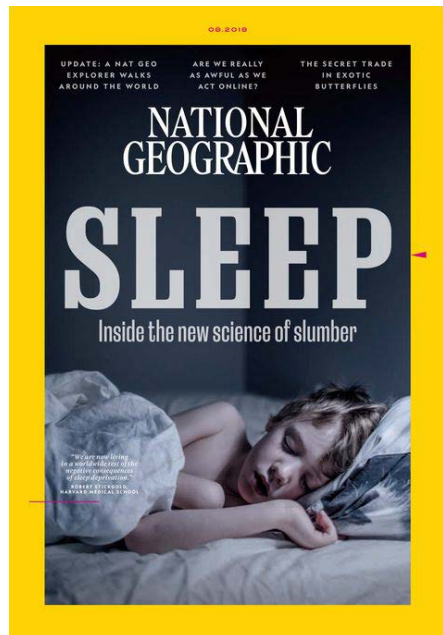
The Editor

SEVEN SCHOOLS • THREE CAMPUSES • ONE VISION
20 Years and Counting - Our Kids, Their Future, Our Challenge





All taken from a recent National Geographic article on sleep. Thomas Edison said “sleep is an absurdity, a bad habit.” In the year 350 B.C. Aristotle even wrote “On Sleep and Sleeplessness.” We as “Americans sleep less than seven hours a night, about two hours less than a century ago. In our restless floodlit society, we often think of sleep as an adversary.” A Rand study from 2017 found that lack of sleep in the U.S. results in reduced productivity of \$411 billion per year or 2.28% of GDP. This topic will continue to garner interest in our fast paced, instantly connected, never stop society. To learn more from the August 2018 National Geographic issue click on the image below - *note: requires an e-mail address to access.*



Engaging Minds: Beyond the Book Club title for the April 2019 study session.

ENGAGING MINDS:

The last **Beyond the Book Club** meetings of the school year will take place between **April 23-25, 2019** from 4:00-5:30 pm in a location still to be determined. We will be discussing **An Astronaut’s Guide to Life on Earth: What Going to Space Taught Me About Ingenuity, Determination, and Being Prepared for Anything** by Colonel Chris Hadfield. If you would like to join us for the **Astronaut’s Guide** discussion please send an e-mail request to me at wjolly@asd20.org and I’ll add you to the RSVP list. Staff and parents are both welcome to participate in the studies. For staff, I do have a few copies of the book available if you’d like to stop by and pick up a copy - or send me an e-mail and I can put it into distribution to your school. See you in April.



Dr. Mayfield

Seen and Secure: The Importance of Active Parenting

To help teach and encourage parents to actively and intentionally engage with their children, which is the single most important thing a parent can do for a child's development.

Synopsis:

In his talk “Seen and Secure”, Dr. Mayfield explores the importance of relational attachment on the developing child. He discusses the magnitude of connecting with your child in consistent and healthy ways. Dr. Mayfield will also show how secure relational attachment helps in the reduction of stress, depression, and anxiety while developing resiliency and a growth mindset that will lay the groundwork for your children’s ability to thrive.

Monday, March 4 [Secondary parents] **6:00-7:30 pm**

Tuesday, March 5 [Elementary parents] **6:00-7:30 pm**

at TCA’s Brown Center for the Arts

Sign-up by clicking this link:

<https://www.signupgenius.com/go/70a044faaa82aabfa7-drmayfield>



Gather for an important event and there is bound to be a beautiful banquet of sweet and savory food and tables adorned with centerpieces that draw attention, make a statement, or start a conversation. Regardless of the reason, the gathering of friends and family for a special occasion provides life-giving opportunities to develop deep relationships as we share the richness displayed before us.

In the classical classroom, ideas are the life-giving centerpieces around which we gather and the main staple of the banquet set before us. We experience special occasions daily as we spend time with great authors, historians and scientists of the past. Charlotte Mason encourages teachers to "Spread an abundant and delicate feast and each small guest assimilates what he can" (Vol. 6, p. 183). As we prepare this table centered around classical literature, scientific concepts, and rich history, we provide opportunities for students to consider ideas from the greatest minds of all time, strengthening their ability to build relationships and formulate ideas of their own.

Engagement in discussion around big ideas allows us to understand one another on a deeper level as we discover how truth and beauty influences each of us in various ways. J.R.R. Tolkien observed, "True education is a kind of never ending story — a matter of continual beginnings, of habitual fresh starts, of persistent newness." We refer to our chosen texts as "living books" for this very reason. Through generations of thinkers and philosophers, students recognize and pursue truth, beauty, and goodness as they build a foundation of knowledge. Simply covering facts and presenting ideas as information to be mastered takes the joy out of learning and limits the impact of meaningful interaction.

Thoughts from Jennifer

Elementary Mentor Teacher

Approaching ideas as inferences to examine, explore and validate inspires learning and reminds us that we naturally find joy in knowing and sharing knowledge with others.

In an idea centered classroom students do the work of learning as they consider thoughts and ideas that shape and challenge their thinking. Pondering the ideas of those who have gone before us nurtures our sense of wonder. In the words of Mortimer Adler, "We are tied down, all our days and for the greater part of our days, to the commonplace. This is where contact with great thinkers, great literature helps. In their company we are still in the ordinary world, but it is the ordinary world transfigured and seen through the eyes of wisdom and genius." Encountering extraordinary ideas influences our fullness of living.

Come Gather at our Table

From the deep philosophical musings of Aristotle and Plato to Edison's practical concept of a filament, ideas have changed the course of history. When we immerse ourselves in the thinking that influenced history and recognize the power of ideas, we ignite our desire to learn and gain a sense of humility, which brings a deeper understanding of who we are as participants in the story of the world. In his book, *The Life of the Mind*, James V. Schall says, "Pride means, quite literally, that we are closed to everything but

ourselves." Humbly listening to the voices of the past allows us to better formulate our own ideas and make connections with the world around us.

As a mentor teacher, I have the great privilege of observing teachers as they present their prepared feasts of ideas. Students in second grade ponder the idea of immigrants coming to America in search of a better life. Listening to seven year olds discussing what defines a good life and what one might risk to obtain it is truly



astounding. As one of their first introductions to Socratic Seminar, fourth graders discuss the ideas contained in our Constitution to gain a better understanding of what it means to form a "more perfect union".



Thoughts from Jennifer

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It is awe-inspiring to listen to them debate how the phrases of this important document define us as a nation. Fifth graders pause to discuss a line in "My Side of the Mountain" about earthworms causing a "little stir" and consider how even our smallest stirs can make a huge impact on our relationships. After reading the *Odyssey*, sixth grade students examine the idea of heroism as they debate which character deserves the title of most honorable. Throughout their careers at TCA, students cross paths with some of the most influential people and important events in history as they wrestle with life's most contemplated ideas. Having graduated two seniors I can say with certainty that as students gather around the tables lavishly furnished by the senior teachers, they are fully prepared for the critical contemplation of the ideas laid before them.

Teaching classically is a long tradition of encountering ideas, asking questions and searching for answers. It is joining the "Great Conversation" by reading and studying the great books, pondering influential ideas and digging through worthy texts for gems to examine. It is a tradition of awakening wonder and fostering our desire to connect. It is offering the wholesome food necessary to journey on the well-tread path of tried and proven ideas. In the classical sense, centering our focus on foundational truths allows us to nourish the souls of our students on the good and the beautiful as we pass on a tradition, impart virtue, and prepare our students for their futures. I know I speak for many in saying I appreciate the encouragement of TCA's mission to gather together around tables set with ideas "that nurture a passion for learning that will last a lifetime through the context of human relationships and a foundational knowledge base."



Sleep graphic to the left best viewed in PDF view [from thegoodbody.com]

SLEEP STATISTICS

KEY FACTS

Each night the average American sleeps:

6.8 hours

In 1910, each night the average person slept:

9 hours

Since 1985 the percentage of adults getting less than six hours sleep each night has increased by:

31%

35% of Americans don't get the recommended seven hours of sleep each night

THE PREVALENCE OF SLEEP DISORDERS IN AMERICA

Approximately 2 out of every 10 Americans suffer from a sleep disorder.

INSOMNIA IS THE MOST COMMON SLEEP DISORDER

Figures show the approximate number of Americans affected by each sleep disorder.

60M INSOMNIA	22M SLEEP APNEA	12M RESTLESS LEGS SYNDROME	3M REM SLEEP BEHAVIOR DISORDER	0.2M NARCOLEPSY
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SLEEP DEPRIVATION IS LINKED TO OBESITY

Studies show that there are increased odds of suffering from obesity if you are sleep deprived.

This is more prevalent in obese children, where 13% could be attributable to short sleep.

13% OF OBESITY IN CHILDREN	5% OF OBESITY IN ADULTS
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45-54 YEAR OLDS ARE GETTING THE LEAST SLEEP

18-24 YEAR OLDS	32%
25-34 YEAR OLDS	38%
35-44 YEAR OLDS	38%
45-54 YEAR OLDS	39%
55-64 YEAR OLDS	36%
65+ YEAR OLDS	26%

A recent study conducted by the CDC in to short sleep duration, which is classed as less than 7 hours in a 24 hour period, found that the 45-54 year old age group are getting the least sleep.

DEPRESSION AND LACK OF SLEEP ARE CONNECTED

75%

Three quarters of those who suffer from depression also suffer from a lack of sleep.

CAR CRASHES ARE ASSOCIATED WITH DRIVER SLEEPINESS

20%

Nearly 20% of all serious car crash injuries are associated with driver sleepiness.

PAIN IS A COMMON CAUSE OF DISRUPTED SLEEP

Approximately 20% of American adults report that pain or physical discomfort disrupts their sleep at least a few nights a week.

20%

97% OF TEENAGERS DO NOT GET ENOUGH SLEEP

97% get less than the recommended amount	3% get the recommended amount
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06:30

A study found that although teenagers need around nine hours of sleep each night, the average teenager gets just 8 and a half hours every weekday night.

For Parents of students receiving Student Support Services assistance.



MONDAY, FEBRUARY 25TH GRADE LEVEL TRANSITION NIGHT

Student Support Services Department

We are offering an informational evening for Parents of students who are transitioning to Jr. High & High school next year!

Please join us for continued conversations about how our programs work, how we partner with you to support your student, and answer any questions you may have.

Our Case Managers and other service providers will be available to meet as well. This is an evening designed for parents. We have a day planned later this Spring for the students. More information to follow.

When: Monday February 25th

Time: Rising 7th grade parents 6-7pm

Rising 9th grade parents 7-8pm



Student Support
Services
Department

Grade Level
Transition Night!

Rising 7th grade:
6-7:00 pm
Jr. High Resource Room

Rising 9th grade:
7-8:00 pm
High School Resource
Room

Meet and talk with
new Case Manager
and Service
Providers

JENNY COMBS
Director
Student Support Services

jcombs@asd20.org

719-488-6435

True education is
a kind of never
ending story -
a matter of
continual
beginnings,
of habitual
fresh starts,
of persistent
newness.

J.R.R. Tolkien.

**J.R.R.
Tolkien**

