

THE CARDINAL

Wisdom begins with respect for the Lord.



Six Great Homework Tips

Strong study habits lead to good grades and lower stress. Here are some handy tips to optimize homework time.

Designate a homework-friendly space. There should be a place set aside to complete homework with good lighting, WiFi access (if necessary) and paper, pens and pencils handy. This area should be free from distractions such as TVs, loud music, phone calls or disruptive siblings who may break concentration.

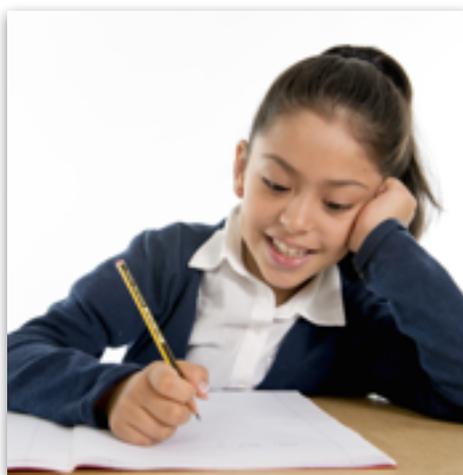
Use JupiterEd.

JupiterEd is a great tool to help students and parents plan homework during the week. Review the calendar weekly to know what the homework load will be each night. Help students plan their study time and space out assignments. For example, if there are three papers, two tests and a quiz on Friday, start the work on Monday and tackle a reasonable portion each night until the assignments are complete. Waiting until Thursday night could be a disaster.

Schedule Study Time. Students should be able to complete their homework before 9:00pm Monday through Thursday if

planned well. Homework should be started when students arrive home and finished as quickly as possible. Don't allow time for electronics or play until all homework is finished.

We recommend allowing snacks and a five-minute break for every twenty-five minutes. This technique, called the Pomodoro Method, is used in business to



maintain focus and efficiency. Students can use a Pomodoro App on the iPad to track their study time.

Don't overload your schedule with too many after-school activities, which may distract from academics. Extracurricular activities are exactly that: *extra*.

They should never take priority over mastering the curriculum.

Follow The Honor Code.

Students are expected to do their own homework. Parents and guardians can explain concepts and answer questions, but they should not be "doing" the students' work. Homework assignments are intended to reinforce student learning.

Sleep. A good night's sleep is critical for success in school. Set household rules to turn off all electronics at 9:00pm. Explain to students that is to rude to call, text or email friends after 9:00pm. Students need eight to twelve hours of sleep a night. Setting up a schedule which allows a good night's sleep will greatly improve students' ability to succeed.

Academic Success & Tutors. The FCS Academic Success Program is free to all full-paying Middle and High School students and available for a nominal fee for all others. Students meet from 2:45pm to 4:15pm, Monday through Thursday for specialized help. The school can also arrange for teachers to tutor specific subjects. Please call the school office at 703-759-5100 for details.

News & Events

Columbus Day

The Fairfax Christian School will be closed on Monday, October 12th, for Columbus Day.

PSAT Testing

Domestic students in the 10th Grade and all students in the 11th Grade will take the PSAT on Wednesday, October 14th. There will be a pre-administration session on Friday, October 9th.

Lower School Field Trip: Cox Farms

Students in Advanced Kindergarten through Fourth Grade will take a field trip to Cox Farms on Tuesday, October 6th, weather permitting.

Concert Band Field Trip

Students in Concert Band (5th-8th Grades) will take a field trip to the Washington National Cathedral on Wednesday, October 7th.

ESL Science Field Trip

Students in ESL Science will take a field trip to the Udvar-Hazy Center on Thursday, October 8th.

Senior Field Trip

The 12th Grade students will take a field trip to Mount Vernon on Wednesday, October 14th.

Lunch with Dr. Ted Baehr

Friends and families of the Fairfax Christian School are invited to a free lunch with Dr. Ted Baehr, founder and publisher of *Movieguide: The Family Guide to Movies and Entertainment* and Chairman of the Christian Film & Television Commission ministry. Dr. Baehr will be sharing details about his experience redeeming Hollywood while educating audiences about how to use discernment in selecting their entertainment.

The lunch will be held on Thursday, October 15, at 11:30am at the Hidden Creek Country Club (1711 Clubhouse Road, Reston VA 20190). RSVP to Mrs. Sheryl Hall at 703-759-5100 or hall@fairfaxchristianschool.com.

Tuesday Tours

Do you know someone who would make a great FCS student? The Fairfax Christian School conducts campus tours for potential families every Tuesday at 9:00am. Please help spread the word and tell your friends, family, co-workers and acquaintances to come to a tour and learn about FCS. Private tours and consultations are available by appointment by contacting the Main Office at 703-759-5100 or secretary@fairfaxchristianschool.com.



Club Feature: Art Club

On Thursday afternoons, students engage their creativity through drawing, painting and other artistic media.



Mount Vernon

Students in Advanced 1st, 2nd and 3rd Grade enjoyed an educational field trip to Mount Vernon, the historic home of George Washington. They looked at authentic displays of American colonial life, watched demonstrations of traditional practices and participated in interactive exhibits.



Virginia Living Award

The editors of *Virginia Living* magazine perform an annual review of the state's public and private high schools, and two- and four-year colleges. They publish the names of the most outstanding schools in their feature article, "State of Education."

Virginia Living has named the Fairfax Christian School as one of the Top High Schools & Colleges in Virginia for 2015.



Staff Spotlight: Miss Rosemary Thoburn



Miss Rosemary Thoburn is our Dean of Students. She is an alumna of the Fairfax Christian School and the granddaughter of the school's founders. She has worked for the school in various capacities for ten years. In the past she has taught World History, AP U.S. History and several ESL courses. She also filled the role of Dean of Academics for the 2014-15 year.

As the FCS Dean of Students, Miss Thoburn oversees school assemblies, special events and extracurricular activities. She works with students and parents to improve their overall school experience. Hers is one of the first smiles that prospective families and students see when they come to look at the school.

One of Miss Thoburn's favorite duties is providing new learning experiences by organizing field trips. Through visits to museums and special exhibits, students see the relevance of their studies in history and science. Participation in the band competition at Hershey Park allows students to demonstrate their musical performance skills. Students may also have the opportunity for hands-on learning at places like Mount Vernon, Gunston Hall and Cox Farms.

Miss Thoburn is particularly excited to plan the school trip to Disney World so that students can

take part in the Youth Education Series (YES). This program is an eye-opening experience of the science and ingenuity behind Disney's special effects. As a student, Miss Thoburn participated in this program. She is delighted at the chance to share this experience with our current High School students.

Miss Thoburn's favorite aspect of FCS is the uncompromising standard of quality. Students who attend the school are given an amazing foundation to become great scholars and leaders. They work hard, step up to challenges and ultimately thrive in top universities all over the country. Teachers and administrators work together to achieve the school's mission. "I find my job deeply rewarding," says Miss Thoburn. "The school leaves a lasting impression on students. They go on to do great things and to bring glory to God."

FCS Friends 2015 Fall Golf Scramble

The 2015 Fall Golf Scramble was a great success! Students, parents, alumni and friends joined in a round of golf at the Hidden Creek Country Club.

