

Warrior Weekly

Academic Excellence based on Biblical Principles



Volume 29 Number 6
September 18th, 2023



Parent-Teacher Conferences

Thursday, September 21st
Friday, September 22nd
**Noon Dismissal on
September 22nd**



**Wednesday
September 20th**



RETAKES

LUNCH

Week of 9/18 thru 9/22

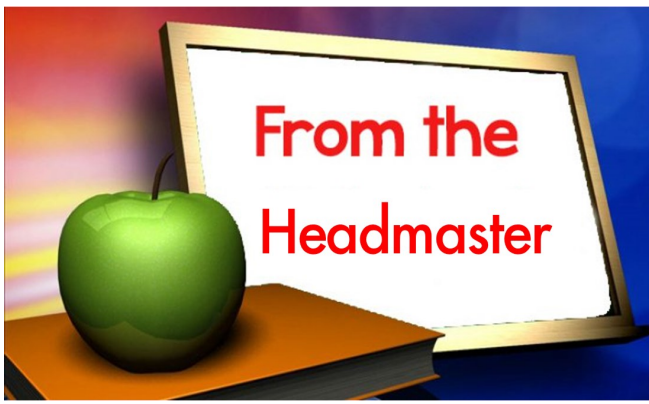
- ◆ Monday, Sep 18—Volleyball: Nacho Lunch (pay at table)
- ◆ Tuesday, Sep 19 —Little Caesar's: Pepperoni Pizza
- ◆ Wednesday, Sep 20—Chick-Fil-A: Chicken Strips, Chips, Cookie
- ◆ Thursday, Sep 21—BBQ Shack II: Pork Chip, Chips, Dessert
- ◆ Friday, Sep. 22—*****Noon Dismissal-Parent Conferences*****

Week of 9/25 thru 9/29

- ◆ Monday, Sep 25—Cross Country: Taco Lunch (pay at table)
- ◆ Tuesday, Sep 26—Señor Lopez: Chicken, Cheese, and Rice
- ◆ Wednesday, Sep 27—Chick-Fil-A: Chicken Sandwich, Chips, Cookie
- ◆ Thursday, Sep 28—4 Seasons: Spaghetti, Breadstick, Brownie
- ◆ Friday, Sep. 29—Bring Your Lunch

Prices:	Chick-Fil-A	\$7.00	Señor Lopez	\$7.00
	4 Seasons	\$7.00	BBQ Shack	\$7.00
	Cross Country & Soccer Lunch			\$6.00
	Pizza: 1 Slide	\$2.00	2 Slices	\$2.50
			3 Slices	\$3.00

**You can view the monthly lunch calendar on our website www.hcahopkinsville.org. All lunch order forms must be placed by 9:00 a.m. the day prior to the lunch of choice.



Why so much unkindness?

In the survey given last May, parents were invited to respond to the statement, “At HCA, students are generally safe from bullying.” Out of a possible score of 5, this item received a 3.3. Being almost a full point below the average of all of the other questions about the educational environment of HCA, this item stands out as statistically significant. Unfortunately, this score reflects not only the current experience of some students at Heritage, but it also represents the experiences of some former students as well. In other words, at times, students at HCA can be mean to each other. It would be ironic, if it were not so tragic, that “Christian” exists as part of our title (“By this everyone will know that you are my disciples, if you love one another” - John 13:35.)

I almost made a statement about this when we gathered together for Orientation before the school year began, but sincerely wanting the year to begin on a positive note and realizing that the issue doesn't impact every student in the building., I decided to refrain. The thought running through my mind at that time was this: “the students who exhibit unkind words and actions toward other students are sitting in this gym right now.” It is a sobering thought! With such a high level of parent involvement at HCA, more than 90% of the students enrolled in the school attend the annual orientation nights, which is why that statement resonates so loudly. The students who speak unkindly to or about others do not come from unknown addresses or unknown families.

Why do students act in such a way toward other students? After more than 20 years in education, I have developed some possible explanations, at least for students entering adolescence.

- **Chemical production in the brain.** A physician friend of mine once said that as students enter adolescence a chemical is introduced into the brain that derives pleasure from watching another person suffer. Ripping the work of another or purposefully damaging someone else's project for no apparent reason were among the examples that he provided. While this may not explain all of the observed behaviors, it does offer a possibility. In addition, when an adult asks the offender and the offender replies, “I don't know,” he or she is actually being honest.
- **Social status among peers.** Though it is a single phrase, this motivation appears in so many different ways.
 - **The need for attention** - Some students seek attention from their classmates, and they will use unkind words towards those who are perceived as inferior, or that are intended for the entertainment of other students.

- **The need for attention coupled with the concept of no accountability.** Similar to the situation above, this one dismisses the idea that any type of consequences will be issued for the behavior. Students sometimes draw this conclusion because they are the “good kids” of society or because their actions were “in good fun,” or were “never intended to hurt anyone.”. Other students draw this conclusion because they have seen similar behavior in public places and public spaces, including some that are seen at home, yet have not seen accountability in those locations. This one stings a bit, but most of us who are parents have seen our attitudes and actions, if not our very words and tone of voice, be replicated in our children. Still other students believe that they will not get caught because the behavior occurs outside of a supervised area. Even more dangerous is when there is a belief that their parents will “get them out” of a consequence or that they’re away from home so parents will never know.
- **The need to establish a “place” among peers.** Students who feel that they must compete for a place among their peers, for one reason or another, such as physical appearance, financial status, or specific friend-group membership may resort to unkind words or demonstrate unkind actions towards another student. Students with this motivation seek opportunities to show that they are “better” than someone else. Unfortunately, the status of “better” often comes not through personal achievement, but through critical comments that highlight perceived insufficiencies of another student.
- **The need to establish a place among peers by giving others a “dose of reality.”** Like the motivation described above, this one also prioritizes critical comments, but from the standpoint of making sure another student knows his or her “reality.” When one student informs another student that he or she does not have the right brand of shoes, does not have elite athletic, academic, or musical ability, does not possess desirable physical attributes or does not fit in a particular friend group, this type of motivation is in action. At times, in a twisted sense, this student believes that he or she is “helping” the other student or giving the student what he or she “deserves,” and feels completely justified with the critical words or actions. In a similar vein, students who feel jealous of other students will also resort to this justification.
- **The need to feel power or control.** While it is possible for students in this situation who want to exercise authority for external reasons, at times the need arises from deep within a student and has no connection with status among peers. If a student feels overwhelmed by everyday circumstances, he or she may use unkind words or actions because doing so provides a sense of stability that is lacking in other areas. Even if these behaviors result in consequences, students are willing to absorb that extra attention in order to fill a void. This is where the stereotypical idea emerges that those who were bullied become bullies. Experience has taught them that such behaviors are the currency of the world.

This list is not exhaustive but it does exist within the halls of Heritage, just like it is in many other schools across the nation. Of course, the next question is, “what do we do about it?”

- 1) Dismiss the notion that “my child would never do something like that.” The sting of the survey result is that these behaviors are both exhibited and experienced by the students at Heritage. With the expectation that HCA students regularly attend a local church and live in homes that honor the Word of God comes the temptation that only other people’s students act that way.
- 2) Specifically teach students to be empathetic. Sympathy means “I feel for you,” whereas empathy means “I feel with you.” The increase in the amount of digital communication has decreased the accountability for hurtful language, has decreased the amount of self-control typically present in a face-to-face conversation yet absent when behind a keyboard, and has decreased the ability to read facial expressions and body language. The result is that students lack the ability to understand the impact of words and actions on other people, and to predict the hurt that may be caused through comments made or actions taken. Empathy enables a student to analyze the outcome of words before they are spoken and to analyze the outcome of actions before they are taken so as to prioritize and preserve the dignity of the other person.
- 3) Encourage your students to be inclusive rather than exclusive with their friend groups. On the second day of school, students rushed in the lunchroom at lunchtime to “claim their spots.” Though unintentional, the result was that individuals and pairs had to find seats away from their friends, they were excluded. During Chapel the next day, I asked the MS/HS students a simple question: “In your rush to claim what was yours, who did you leave behind?” Consider these quotes:
 - Benjamin Franklin, tactless in his youth, became so diplomatic, so adroit at handling people, that he was made American Ambassador to France. The secret of his success? "I will speak ill of no man," he said, "...and speak all the good I know of everybody."
 - “Be a good listener. Encourage others to talk about themselves. Talk in terms of the other person's interests. Make the other person feel important.” - Dale Carnegie, *How to Win Friends and Influence People*
- 4) Listen for what is not being said. It has been my experience that when students recall events from a school day, they do so with an emphasis on what happened to them, but not how they participated in those events. While I realize that this is not always the case, I can say with confidence that the majority of stories that have come to my attention in the last 20 years have been an exchange of words or actions back and forth between students. Parents do not always receive both sides of the story.

In the end, the words chosen by students in these limited situations stem more from the need to enhance their sense of self-worth rather than inflict pain on another person, and most often are spoken without ill-intent. However, as with many choices that children make, unintended outcomes occur. We have a great group of students and we have an excellent educational environment. We have an awesome opportunity to impact the lives of this generation by being beacons of light in a dark world.

Volleyball

Varsity/Jr Varsity

Sep 19	Tue	UHA	Home	5:30
Sep 22-23		wRECK @ the Plex	TBA	
Sep 25	Mon	Foundation	Away	5:00
Sep 26	Tue	Todd County	Home	5:30
Sep 28	Thr	Hopkins Co.	Away	6:00
Oct 02	Mon	McLean Co.	Home	5:30
Oct 05	Thr	Hopkinsville	Home	5:30

Volleyball

Middle School

Sep 18	Mon	New Covenant	Home	5:00
Sep 21	Thr	Northside Bapt.	Away	5:30
Sep 25	Mon	Foundation	Away	5:00
Oct 03	Tue	UHA	Home	5:30
Oct 06	Fri	Christian Co	Away	5:30



Soccer

Middle School

Sep 28	Thr	Russellville	Home	7:00
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Soccer

Varsity/Jr Varsity

Sep 18	Mon	UHA	Away	6:00
Sep 22-23		All "A" Classic	Away	TBA
Sep 23	Sat	Logan Co.	Away	6:00
Sep 30	Sat	Edmonson Co.	Away	TBA

Cross Country

Sep 23	Sat	Marshall Co. Invitational
Oct 07	Sat	Daviess Co. Classic
Oct 13-14		KTCCCA Meet of Champions
Oct 14	Sat	King & Queen of West Invitational
Oct 20-21		KHSAA Region 2 Meet



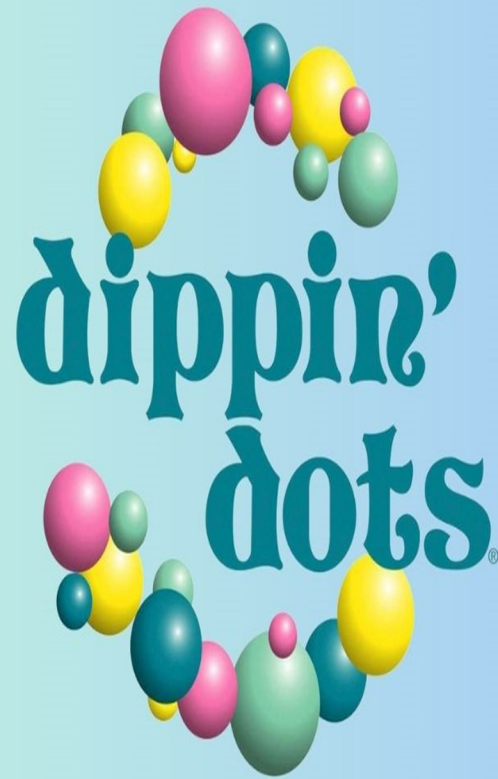
The Chess Club will meet after school
the 1st and 3rd Wednesday of each month



In Mr. Lassiter's Room

Happy Fall y'all!





 Ice Cream of the Future 

NOW AVAILABLE DURING LUNCH

\$5.00 EACH

SEE MRS. ERICA TO PURCHASE YOURS TODAY !!

****ONLY AVAILABLE TO MS/HS LUNCH.
MORE INFORMATION TO COME ABOUT
ELEMENTARY LUNCH AVAILABILITY.**



THE PENNY WARS

Fundraiser is sponsor by
Heritage Christian Academy Soccer Team.

Rules:

Penny Wars Starts September 5, 2023 to September 22, 2023

Buckets will be provided for each classroom. The object for the war is to win by having the most money in your bucket. You can make other classes lose point by putting dollar bills in their class buckets. The winner will receive a pizza party.

One winner per school in Elementary, Middle and High School.

Negative Points

\$1.00 Bill = -50 Points


\$5.00 Bill = -100 Points

\$10.00 Bill = - 200 Points

Positive Points

 Each Penny = +1 Point

 Each Nickel = +5 Points

 Each Dime = +10 Points

 Each Quarter = +25 Points

Booster Club will come by and count money on Mondays and Thursdays. We will hang totals outside the classroom doors for everyone to see.

Good Luck!!

PTF Shirt Order Form

Student's Name _____

Homeroom _____

Parent's Name _____

Phone Number _____

Parent's Email Address _____

ALL ORDER FORMS AND MONEY ARE DUE TO THE FRONT OFFICE BY THURSDAY, SEPTEMBER 28.

HCA's 30th ANNIVERSARY SHIRT

"WE ARE WARRIORS" SHIRTS



(Youth sizes only)

(Adult sizes only)

PRICES: ALL T-SHIRTS ARE \$15. ALL CREWNECK SWEATSHIRTS AND HOODIES ARE \$25.

PLEASE SEND CASH IN EXACT CHANGE OR MAKE CHECK PAYABLE TO HCA PTF.

Please write quantity needed in the appropriate box.

	Youth small	Youth medium	Youth large	Adult small	Adult medium	Adult large	Adult XL	Adult 2XL (add \$2)	Adult 3XL (add \$2)
30 th anniversary t-shirt									
30 th anniversary crewneck sweatshirt									
Gray "We Are Warriors" t-shirt (youth sizes only)				X	X	X	X	X	X
Blue "We Are Warriors" t-shirt (adult sizes only)	X	X	X						

More shirt options on the back

"WARRIORS" SHIRTS



Mauve with navy letters (Youth sizes ONLY) Light pink with navy letters (Adult sizes ONLY) Navy with white letters



White with navy letters Charcoal with white letters

Please write quantity needed in the appropriate box. (Shades of pink may vary based on company inventory.)

	Youth small	Youth medium	Youth large	Adult small	Adult medium	Adult large	Adult XL	Adult 2XL (add \$2)	Adult 3XL (add \$2)
Mauve crewneck sweatshirt (youth sizes only)				X	X	X	X	X	X
Light pink crewneck sweatshirt (adult sizes only)	X	X	X						
Navy crewneck sweatshirt									
White hoodie sweatshirt									
Charcoal hoodie sweatshirt									

Total number of shirts ordered _____ Total amount due _____

Cash _____ Check # _____

HCA Dress Code Approved Pull-Overs

(Orders Due Sept.22nd)



Women's or Men's pullovers: \$40.00 each

Name: _____

Homerroom: _____

Phone: _____

Woman's sizes: SM M L XL 2XL 3XL 4XL

Men's sizes: SM M L XL 2XL 3XL 4XL

*Adult sizes only- 2x add \$1.50, 3x add \$3.00, 4x add \$4.50

HOPTOWN NINJA WARRIOR

TICKET PRICES

FATHER & SON DUO - \$60

- \$30EA ADDL SON (\$120 MAX)

TEAM OF 4 COMPETITIONS - \$120

OPEN COURSE - \$30

*CO-ED OPTIONAL ON TEAMS & OPEN COURSE

**AGE MINIMUM IS 5 YEARS OLD

\$5 OFF TICKETS
CODE: 5OFF



TICKETS WILL ALSO INCLUDE:
***TSHIRTS, GOODIE BAGS, PRIZES AND MORE!**

SEPTEMBER 30, 2023 | 9:00-3:00

STADIUM OF CHAMPIONS | HOPKINSVILLE



*Subject to availability

The competition times and open course time spans will be determined on September 1st.
Prices will increase by \$5/person on September 1st. (ie. Father/Son Duo- \$60, Teams of 4- \$120)