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PTF President's Message

Suzanne Osberg

February 2nd is Groundhog's Day. According to legend, spring is around the corner if the groundhog does not see his shadow. However, if he sees his shadow, we will have six more weeks of winter. In case of a shadow-sighting, here are some creative ideas to keep your family active and moving all winter long.

1. Discover Indoor Facilities

Visit an indoor pool, ice skating rink or basketball court at a local gym, school or community center.

2. Dance Your Heart Out!

Encourage your child to pick the music, crank it up and then dance away! March, box step, bounce, spin, shake it...it is a great way to burn calories.

3. Take it Outside

If we do see any white stuff this season, take the whole family outside to sled, build snow forts, throw snowballs or build a snow sculpture—anything that keeps the kids moving and having fun.

4. Walk the Mall

When it's too cold to venture outdoors, take the family for a brisk walk around the nearest mall. Walk up the stairs versus taking the escalators.

5. Keep it Clean

Recruit your kids to help with the house cleaning. Pick jobs based on age and capability: younger children can pick up toys while older kids can vacuum, sort laundry, or scrub the bathtub.

6. Visit the Library

Libraries are a great resource for children's fitness videos and books, which you can use to teach your child about indoor exercises. Best of all, it's free!

7. Hit the Trails

Go snow trekking, skiing or snowboarding with the kids for a fun aerobic workout. If you don't have the equipment, find a hill ideal for sledding or tubing. Climbing back up after each run will get hearts pumping.

8. Visit a Zoo or a Farm

Zoos and farms are fun winter destinations for learning how life changes through the seasons. Kids can also learn how animals are taken care of during winter.

9. Sign 'Em Up

Enroll your child in an instructional group class. Try dancing, gymnastics, martial arts, fencing, indoor swimming lessons—anything that will get him or her excited about staying active.

10. Find Middle Ground

If it's impossible to pry kids away from the TV, encourage them to do jumping jacks, sit-ups, and push-ups during commercial breaks.

BCA School Board

Christine Jouannet

Last month, we promised to feature articles about the BCA School Board. This month, we are pleased to introduce the School Board and let you know how they are elected.

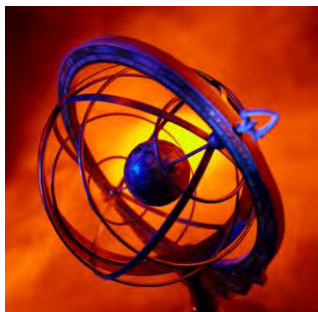
New Board members are nominated and elected by the current Board members. Members are nominated based on their talents and gifts in certain specialty areas that will be beneficial to both the Board and BCA (for example, marketing or financial experience) and an individual's desire/willingness to serve.

Board members are elected to a three-year term and may be re-elected to serve one successive three-year term.

BCA's 2011 - 2012 Board Members are:

- Candace Black, Chairperson
- Rhonda Kelley
- Ernie Jackson
- Bob Mishler
- Talmage Layton
- Stacie Hewett
- Joni Tanner
- Jacob Green, BBC Staff Representative
- Tony Manning
- Brenda Brown

Stay Tuned...
The March edition of Crusader Chronicles will highlight some of the Board's responsibilities!



Delights of BCA Talent Show Take this Show on the Road!



February 17th at 6:30pm
Bethesda Baptist Church Sanctuary



NOW ACCEPTING APPLICATIONS
Kindergarten - 8th Grade

Call 919.598.0190 or
 visit www.bcacrusaders.org
 for more information.

**Registration packets are being accepted for
 current and new students!**

- Turn in your registration packet before March 1st to **receive \$25 off the registration fee!!**
- Please encourage your friends and family to visit BCA at a monthly Open House on the first Tuesday of every month

Swap and Shop – FREE Event



Ready to get rid of the old and bring in the new???

PTF is holding its very first "SWAP & SHOP", where BCA families can donate their children's outgrown clothes and shop for some "new" ones. **This event is only open to BCA families** – we want to give BCA families an opportunity to pass along clothes that are no longer being used and to "shop" for some new ones. If you do not have any clothes to swap/donate, do not worry, you are still welcome to "shop".

Clothes Drop Off

Friday February 10th 3:00pm – 5:30pm

BCA Café

Please be sure that all clothes are clean and in good condition.

No holes, tears or ripped clothing please.

All Summer, Winter, Spring, Dressy, Casual, BCA & Name Brand clothing accepted.

Shopping Event

Saturday February 11th 10:00am -12:00pm

BCA Café

There are no fees associated with this shopping event.

All BCA families are invited to come and shop for clothes for their children.

Any clothing left over from the Swap & Shop will be donated to the Agape House.

Should you have any questions, please email ptfnews@bcacrusaders.org



Ms. McCracken is currently a 3rd grade teacher at BCA. She started her career teaching third grade at Bethel Christian Academy in Kinston, NC. She taught there for one year and then, in 1999, was called to move to Bethesda Christian Academy. Although this year she is teaching 3rd grade again, she has been a second grade teacher for the majority of her career at BCA. She is very excited to have followed her 2nd grade students into the 3rd grade and loves the challenge of all the new things they are learning about!

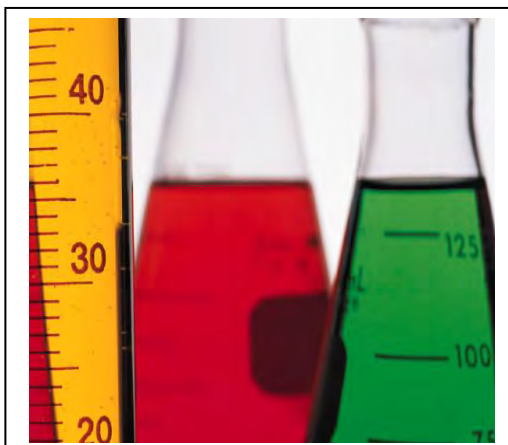
Ms. McCracken's family includes her ruggedly handsome husband, Daniel, her gorgeous daughter, Pascaline, and her beautiful baby, Emmalise.

When she is not at school, Ms. McCracken likes to spend her time being a mommy & wife. When she has time to herself, she enjoys shopping and cake decorating. She also love photos which are the favorite things in her house; her picture albums and photographs are her prized possessions next to her family.

Ms. McCracken's students would be surprised to learn that she is an expert at Sudoku.

She wants BCA parents to know that from the time she was a little girl, being a teacher is all she ever wanted to do! She looks forward each day to loving and teaching your child. Teaching is her calling!

Ms. McCracken's Favorite Quote is: "Well done is better than well said." Benjamin Franklin



2012 BCA Science Fair Winners

- 8th Grade: - 1st Place: Taylor Byers
2nd Place: Camber Woodell
3rd Place: Michal Swepson
- 7th Grade: 1st Place: Hannah Mishler
2nd Place: Laura Kate Niehaus
3rd Place: Karsen Lee
- 7th Grade: 1st Place: Dana Carlough
2nd Place: Noah Phelps
3rd Place: John Schneider & Abigail Ellis (tie)



Tech Talk

Kids' Typing & Education Websites

Elementary kids are learning to use computers, as well as how to type effectively. Please visit these websites with your children to help them practice their skills at home!



Keyboarding Practice

Learning typing is the focus of these keyboarding games. These free typing games are a great way to build typing skills. Keyboarding games teach important skills through a variety of online typing lessons and typing games..... oh yeah they're fun!

http://www.learninggamesforkids.com/keyboarding_games.html



Dance Mat Typing

This site offers an introduction to touch typing for children aged 7 - 11 years. Each of the 4 levels are divided into 3 stages. Begin at Level 1 and build up your skills gradually through to Level 4.

<http://www.bbc.co.uk/schools/typing/>

3 Tips for Game Time

Most elementary students and middle school students play video games or games on their phone or computer. It is very easy for the time spent on these gadgets to quickly get out of control. Here are some suggestions on ways balance game time with family time.



1. Tradeoffs and Time Limits

Choose games that do not last very long to reach a certain level. Consider having your child be active for 30 minutes before "earning" 10 minutes of video game time. Alternatively, have your child participate in active games, such as Wii sports.

2. Save the Game for Later

Many children and, more importantly, many parents do not realize that you can save a game for later. Be sure to review all the features of your child's gaming device and know how to save the game so your child can come back to it at a later time without losing all his "hard work" to get to a certain level. This will help with the "Just one more minute, Mom."

3. Be sure to schedule **non-electronic days**.

It is very easy to get into the routine of allowing your child to play DS or Wii while you watch TV or work around the house. Turn it all off and find something fun to do as a family without all the electronics.

For more tips on how to handle electronics and your kids, check out this great website: <http://familyfirst.com/8-tips-to-relieve-your-video-game-wars.html>

Upcoming Events

Girls & Boys Basketball February 2, 2012 4:00 & 5:15pm

BCA's last home basketball game is scheduled for Thursday, Feb. 2. Come and support the Crusaders at 4:00 pm (Girls) and 5:15 pm (Boys). The 8th grade athletes will be honored at this game.



Please Bring Your Sons
and Join the
Men of Bethesda Baptist Church
For

BOWLING WITH THE BOYS!!!

Monday, February 6th
7:30-10pm at BBC to Carpool



Two options for the night:

1. Bowl two games for \$8 including shoes and then enjoy each additional game at only \$1 per game.
2. Don't bowl at all and just come out for fun and fellowship to get to know the guys!

Let us consider how to stimulate one another to love and good deeds, not forsaking our own assembling together, as is the habit of some, but encouraging one another, and all the more as you see the day drawing near.
Hebrews 10:24-25

Join us for a
BCA Basketball Shootout Doubleheader
featuring...

**Boys vs Coaches
&
Girls vs Faculty**

Tuesday, February 21st
Game at 6:00pm - 8:00pm at Ruritan Gym
Game Admission - \$3 Adults / \$1 Kids (2-18)
Concessions Stand will be Open

GO Green and Help Conquer Kids' Cancer
Dress in Green from Head to Toe
All Day on Tuesday, February 21st

Be Bold and Go Bald
with the Bethesda Baldies
Register to become a Bethesda Baldy
&
Support the St. Baldrick's Foundation
Head Shaving Event at:
West 94th St Pub
Saturday, March 24th
12 Noon - 4pm
4711 Hope Valley Rd, Durham, NC 27707

Art Festival

BCA's Art Festival is February 13th – 17th. All students in 1st – 5th grade are required to turn in an art project. Middle school students may turn in a project for extra credit quiz grade.

Project categories: Paintings, Drawings, Crafts, Sculpture, Legos, Mixed Media
Project judging categories: Craftsmanship, Creativity, Color/Value, Composition/Design

PROJECTS ARE DUE FEBRUARY 13



Important Dates:

Final Basketball Game

February 2nd at 4pm & 5:15pm

Open House for the 2012 – 2013 School Year

February 7th at 9:00am

Prospective families are encouraged to come and tour BCA. Please encourage family and friends to look into BCA as their new home for their family's education!

Art Festival Week

February 13th - 17th

Students will participate in the Art Festival in order to demonstrate their understanding of the visual arts and its relation to scripture and the world.

Delights of BCA Talent Show

February 17th 6:30pm – BBC Sanctuary

The chosen students will perform their talents for the sold-out audience at the annual Delights of BCA Talent Show. Come out and support your students and their friends while providing the necessary monetary aid for the BCA graduating class of 2012.

Art Awards Chapel

February 20th

Science Fair – North Raleigh Christian Academy

February 24th

Students will travel to NRCA to participate in the ACSI Science Fair and demonstrate their success in the application of the sciences.

Last Day Before Winter Break to get a \$25 discount for early registration submission

February 24th

Winter Break - School Closed

February 27th - 29th

Congratulations to the 2012-2013 Pep Squad on their great half-time performances on January 24th.

A big thank you to all that made the Winter Beach Party such a great success!!!!



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