

P.O. Box 10275 KY1-1003  
920 Crewe Road,  
Grand Cayman,  
Cayman Islands, BWI



Phone: 345-945-7906  
Fax: 345-945-5758  
Email: fbcs@fbcs.edu.ky  
Website: www.fbcs.edu.ky  
WEE Care: Ph: 345 949 0691



# Eagle's Eye

April 2010 Newsletter

From the heart of the principal

"And Jesus increased in Wisdom (Academics) and stature (Physical) and in favor with God (Spiritual) and men (Social) Love 2:52"

Our mission at FBCS is to offer a uniquely Christ based model of education, utilizing the example of Jesus in Luke 2:55 as a model in this passage. We read that Jesus grew in Wisdom, in stature, in favor with God and man. Therefore, FBCS is dedicated to seeing our students grow in Wisdom (academic growth), in stature (principal growth) in favor with God (spiritual growth) and favor with man (social growth)

Our objective is to create a learning environment that is challenging, supportive, and dedicated to the total growth of the student. At FBCS we seek to discover, encourage, and cultivate the gifts each student possesses; to deepen each students faith in Jesus Christ and to inspire each student to realize his or her full potential in serving the Lord.

Our desire is that our students will develop a passion to impact the world with excellence and to glorify God in every area of their lives spiritually, physically, academically and socially. Our purpose is to see students become lifelong learners and disciples of Jesus Christ. (cont. pg2)



*The mission of First Baptist Christian School is to provide academic excellence in a Christ centered environment, which meets the educational and spiritual needs of each individual, and to develop confident, disciplined, caring responsible citizens, and life-long learners who exemplify grace, knowledge, integrity, and godliness.*

*From God's Word....*

✝ **Matthew 28-5:7** <sup>8</sup>So the women hurried away from the tomb, afraid yet filled with joy, and ran to tell his disciples. <sup>9</sup>Suddenly Jesus met them. "Greetings," he said. They came to him, clasped his feet and worshiped him. <sup>10</sup>Then Jesus said to them, "Do not be afraid. Go and tell my brothers to go to Galilee; there they will see me."

## Important Dates:

- ☺ Mon April 12—Classes Resume
- ☺ Fri April 16 - Bake Sale Gr. K & Special Dress Down Day for World Autism Day—Karate Club begins
- ☺ Mon April 19 Report Cards
- ☺ Fri April 23 — Bake Sale 1/2 Gr.1
- ☺ Week of April 26—SAT Testing for Gr.1—6
- ☺ Fri April 30—Bale Sale 1/2 Gr.1
- ☺ Fri May 7— Dress Down Day

Please take time and read through the entire newsletter it helps in staying abreast of what's going on at FBCS

Have you  
re-registered  
for the  
2010-11  
school year?



## World Autism Awareness Day

Thursday the 2nd of April was World Autism Awareness Day, and for the first time ever the Cayman Island's Government joined the United Nations in declaration of this important day. FBCS will have a special Dress Down Day to support this day. Please send in \$1.00 or a donation of your choice with your child on Friday April 16th to help FBCS support Autism.

**ALL proceeds will go to support Autism!**

## PTF NEWS

- ◆ Next PTF Meeting will be Thursday April 22nd @ 5:30. Please come out & join us and help plan for our next big event, our annual family fun day in May, new date TBA
- ◆ We would like to thank all who participated in making The **Movie Night** a success; amount earned was a little over \$700.00

## SATs



SAT Testing will be the week of April 26th. Please ensure your child eats a good breakfast and is well rested to help them do their best during this testing period.

(From the heart of the principal cont.)

**In Wisdom (Academic): SHARING** with the excitement of discovery through learning with students.

**Stature (Physical): SHARING** that physical attributes are a gift from the Lord

**Favor with God (Spiritual) SOWING** the word of God in a way that penetrates students minds and hearts.

**Favor with Man (Social)** sending students out to be witnesses for Jesus at home, in our community, and abroad.

In closing, as a Christian educator it is my desire to provide this type of education at FBCS and my prayer that God will continue to use this ministry for His glory.

Dr. Linda Cross

## April Chapel



**Monday**

**8:20—9:10 a.m.**

**in Sanctuary**

**April Chapel**

**12th—Mrs. Janet Durksen**

**19th—Mr. Paul Reynolds**

**25th—Pastor Bentley Robinson**

## FBCS Reading Week 2010

May 3rd - 7th will be our annual Reading Week.

Come walk through the wardrobe and enter the wonderful world of books!

'The Lion, the Witch and the Wardrobe' by C.S. Lewis will be our theme book. The students will be able to 'kidnap' an adult to read, do buddy reading, enjoy various activities and dress up as their favourite book character from C.S. Lewis.

Any parents wishing to help with this week, to come in and read or help out with an activity. Please email [jnyyssonen@fbc.edu.ky](mailto:jnyyssonen@fbc.edu.ky)



# P. E. News

## TERM 4

### Grades K - 3

**Net/wall games** small sided games against a wall or over a net such as introductions to tennis, squash and volleyball.

**Basketball 5 weeks** basics such as passing, shooting and dribbling.

**Indoor soccer 5 weeks** introduction to kicking, goal keeping, passing and dribbling.

### Grades 4-6

**Squash** we are fortunate to have Squash Coach Karen Cheung coming into school to teach us some squash basics. We are hoping to end this coaching session by going to south sound squash club. To be confirmed, watch this space.

**Basketball / orienteering** 5 week block

**Cricket / Hockey** 5 week block



## **FBCS SWIM GALA 2010**

**Friday June 18th 9-11:30am Lions Pool  
HALF DAY – for all Grades.**



## **FBCS SPORTS DAY**

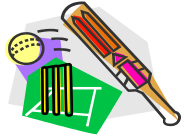
Well done to everyone who participated in our Sports Day! We had a great morning doing long jump, water relay, high jump, sack race, tennis ball throwing and sprinting.



**Extra curricular activities.**



**Indoor soccer** - Wednesdays 2:30 – 3:30pm. All grades.



**Cricket Club.** Quik Cricket is a fun, non stop form of cricket that's great to play! Grades 2 – 6. Thursdays 2:30 – 3:30pm in the gym



Introduction to **Karate** with guest Instructor Stacy Boxwell. Fridays 4pm – 5pm April 23<sup>rd</sup> – May 28<sup>th</sup> Ages 5-12.



**Sailing Club** Friday May 7<sup>th</sup> – June 11<sup>th</sup> at the Cayman Islands Sailing Club 3 – 5pm

Please sign up for all clubs in the school office.

Please feel free to contact me anytime [chughes@fbc.edu.ky](mailto:chughes@fbc.edu.ky)

**Be Active & Eat Smart! - Coach Claire**

**No Nuts**  
**Allowed**  
**FBCS is**  
**nut free.**



**We care about every aspect of your child's well being  
including mind, body and spirit.**



**WEB SITE OF THE MONTH**      [www.drgreene.com](http://www.drgreene.com)

The foods children should avoid and why:

It's hard to compete against fast-food kids' meals--salty, fatty food, served quickly, in a bright, exciting place--and they come with [toys](#)! It's no wonder trips to fast-food restaurants have become the pinnacle of gastronomic delight for most preschool children in the United States. But here, in these fast-food restaurants, children miss out on important nutrients and fill their tummies (and arteries) with things they don't need.

Children do not need to eat large amounts of sugar. In the 1800s, the average American consumed 12 pounds of sugar per year. By 1975, however, after the overwhelming success of the refined-food industry, the 12 pounds had jumped to a world-leading 118 pounds per year, and jumped again to 154 pounds per capita (for every man, woman, and child) by 1997. This amounts to 53 teaspoonfuls of added sugar per person per day. This is in contrast to the recommended 6-18 teaspoonfuls per day, depending on total calories in an individual's diet, recommended by the USDA (*Food Consumption, Prices and Expenditures*, United States Department of Agriculture, 1999).

Sugar is not just found in sweets or junk cereal. It's in almost everything. When you look at labels, you find sugar, sucrose, glucose, dextrose, sorbitol, or corn syrup on almost every label. The more simple meals from whole foods contain much less sugar.

Children do not need large amounts of refined white flour. Again, in this century, white flour has become a major part of our diets. This simple carbohydrate acts in our bodies much like white sugar--empty calories that disrupt energy levels and insulin levels and increase body fat. The risk for [diabetes](#) increases with consumption of white bread, white rice, mashed potatoes, and French-fried potatoes (*Journal of the American Medical Association*, February 12, 1997). White flour can easily be replaced with whole-grain flours. Whole-grain cereals can replace breakfast cereals made from white flour. Which are whole-grain cereals? Special K? Product 19? Corn Flakes? Cream of Wheat? No. No. No. But the following are: Cheerios, Raisin Bran, Total, Wheaties, Spoon-Size Shredded Wheat, Grape Nuts, and oatmeal. When selecting among whole-grain cereals, try to minimize sugar and chemical additives.

Don't let the names of products fool you. Names like Pepperidge Farm Light Style Seven Grain, and Arnold Bran'ola Nutty Grains Bread sound like they would be made mostly from whole-grain flour. Nope. Arnold

Bran'ola Nutty Grains Bread sound like they would be made mostly from whole-grain flour. Nope. Arnold Country Wheat and Pepperidge Farm Natural Whole Grain Nine Grain breads are, however. Nabisco Reduced Fat Triscuits and Wheat Thins are primarily whole wheat.

Check the first ingredient on the ingredients lists of breads and crackers. It should say "whole wheat" or some other whole grain, such as oats. "Wheat flour" or "enriched wheat flour" are not what you are looking for--they are essentially plain white flour.

If the front label says, "Made with whole wheat" or "Made with whole grain," get suspicious! Usually the product is mostly refined white flour with a touch of whole grain thrown in to fool you! Front labels can easily deceive. These breads are made with mostly refined flours:

- Cracked wheat
- Multi-grain
- Oat bran
- Oatmeal
- Pumpernickel
- Rye
- Seven bran (or twelve bran)
- Seven grain (or nine grain)
- Stoned wheat
- Wheat
- Wheatberry
- Whole bran (bran is just the outer part of the grain kernel)

(Source: *Nutrition Action Healthletter*, The Center for Science in the Public Interest, March 1997) Some of these names are enough to make you think that the manufacturers are trying to fool us into thinking that their products are healthy when they are not.

Children do not need large amounts of fat--although fat by itself isn't quite the culprit that most people think. Fat in combination with simple carbohydrates (such as sugar, white flour, white rice, or potatoes) is far more dangerous than fat alone because the fat is handled by the body so differently. French fries, potato chips, cheeseburgers on white-flour buns, donuts, candy bars, and the like are particularly bad. Butter on vegetables is much better for us than butter on white toast. Children do not need partially hydrogenated anything. These artificial fats, so commonly found in items on grocery store shelves, are not found anywhere in nature. It pays to take an honest look at what your children are eating.

Taken from <http://www.drgreene.com/article/healthy-eating-part-ii-what-foods-do-children-need-what-foods-should-be-avoided?tid=146>

**Next month – what foods children need and an online site to help you.**

**Be Active & Eat Smart! – Coach Claire**



# NEW CLUBS FOR THE FINAL TERM

Teacher/Parent Name	Club Name	Club day + Dates + Time Start & end date	Cost to Student	Club open to Grades
Mrs. B. Wilson/ Ms. K. Cilliers	Brownies	Monday 3 – 4 pm Oct 19 <sup>th</sup> – All year	\$25. + guiding fees	2 – 6
Mr. Brent Durksen	Linux Computer Club	Monday 3 – 4 April 26 <sup>th</sup> – June 21 <sup>st</sup>	\$10	4 - 6
Mrs. D. Monroe	Spanish	Tuesday 3:00p – 4:00p April 20 <sup>th</sup> – May 25 <sup>th</sup>	\$10	K - 6
Coach Claire	Indoor Soccer	Wednesday 2:30p – 3:30p April 21 <sup>st</sup> – June 16 <sup>th</sup>	\$10	K – 6
Ms. J. Hurst	Choir for NCFA	Wednesday 11:30a-12p Feb 3 <sup>rd</sup> –May 12 <sup>th</sup>	Free	2-6
Mrs. T. Suckoo/ Mrs. Audrey Lewis	Art	Thursday 3:00 – 4:00p May 6 <sup>th</sup> – June 3 <sup>rd</sup>	\$10	1-2
Coach Claire	Cricket	Thursday 2:30 – 3:30 pm April 22 <sup>nd</sup> – June 17 <sup>th</sup>	\$10	2 – 6
Stacy Boxwell/ Coach Claire	Karate	Friday 4 – 5pm April 16 <sup>th</sup> – May 21 <sup>st</sup>	\$25	K - 6
Coach Claire	Sailing Club (minimum 6 students)	Friday 3:00 – 5:00p May 7 <sup>th</sup> – June 11 <sup>th</sup>	\$120.00	Ages 7 - 12



# Health Tip

## De-Stress -Stop Emotional Eating Before It Starts

The most common problems that most dieters face when trying to lose weight are:

- ✓ Emotional eating.
- ✓ Will power.
- ✓ Temptation.

Emotional eating top the list. That is because it takes so much more than good intentions and information about nutrition and exercise to be successful.

The ability to manage difficult situations and feelings effectively--without turning to food and eating--is a necessary foundation of a successful weight loss plan and healthy life-style.

Here are some steps you can take to keep functioning during tough times:

Relaxation techniques

The development of a reliable support network.

Keeping a food journal to help you identify your emotional eating triggers

## April Birthdays



- April 16 Johanan Eugene
- April 17 Olivia Zimmer
- April 17 Stephen Lewis
- April 18 Alexander Finnikin
- April 23 Mikaiah Howell
- April 28 Dylan Atkinson

## FBCS School Calendar 09-10



- April 12 School Resumes K-6
- May 17 **Discovery Day – School Closed**
- May 18 **Inset Day—No school for students**
- June 14 **Queens Birthday – School Closed**
- June 24 School Closes at Noon for summer  
Report Cards – Parent Pick-up
- June 25 Last Day for Staff

## April Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Easter Break no school K-6	2 Easter Break no school K-6	3 
4	5 Easter Break no school K-6	6 Easter Break no school K-6	7 Easter Break no school K-6	8 Easter Break no school K-6	9 Easter Break no school K-6	10
11	12 <i>Chapel</i>	13	14	15	16 Bake Sale K Dress Down for world Autism day 1\$ or any donation	17
18	19 <i>Chapel</i>	20	21	22	23 Bake sale 1/2 of Gr. 1	24
25	26 <i>Chapel</i> SAT Testing	27 SAT Testing	28 SAT Testing	29 SAT Testing	30 Bake sale 1/2 of Gr. 1	