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Principal's Corner, **Eagle's Eye**

April 2011 Newsletter

How Parents Can Help Prepare Their Children for Standardized Tests:

1. Proper Rest

Getting enough sleep the night before is helpful, but try adjusting your child's schedule starting a few days before exam week starts. By putting her/him to bed 15-30 minutes earlier than usual, you child will be truly well rested and you can gain those minutes in the morning to make sure suggestion #2 and #3 happens.

2. Healthy Food

During exam week, it is beneficial to pump up all the meals on the family menu with highly nutritious foods. Eating a healthy breakfast helps give your child the energy and stamina she/he will need to endure the long exam times. A healthy breakfast includes complex carbohydrates, protein, fat and fruit. Some options include:

- Juice, whole wheat toast, and scrambled egg
- Breakfast burrito and juice
- Bananas and milk.
- Oatmeal or high fiber cereal, fruit and protein.


It's also great to pack a healthy snack to keep your child's energy flowing.

(cont. on page 2)



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

Important Dates:

- ☺ Fri. April 8—Fruity Friday Gr.5/6
- ☺ Mon. April 11—Fourth Term begins
- ☺ April 11-15—SAT Testing for Gr. 1-6
- ☺ April 15 & 17 @ 7pm—
2011 Festival of Easter Glory Sanctuary Choir presents "HE IS RISEN"
- ☺ Fri. April 16—Fruity Friday
- ☺ Mon April 19 Report Cards
- ☺ Thur. April 21—1/2 Day noon dismissal & PTF Easter Egg Hunt
- ☺ Fri April 22—May 1—Easter Break - No School

HAPPY EASTER!

- ☺ Mon May 2—Classes Resume

SATs

SAT Testing will be the week of April 11th. Please ensure your child eats a good breakfast and is well rested to help them do their best during this testing period.





April Chapel
Monday
8:20—9:10 a.m.
in Sanctuary
April Chapel



4-Apr	Annette guest	Matthew 5:9
11-Apr	Paul Reynolds	Isaiah 53:5
18-Apr	Dr. Cross	1 Corinthians 11:26
25-Apr	No School	No School

April Birthdays

- April 11 Aakashi Jain
- April 17 Olivia Zimmer
- April 18 Alexander Finnikin
- April 23 Mikayah Howell
- April 24 Dylan Groome
- April 27 Sariah Lake
- April 28 Dylan Atkinson



How Parents can help prepare their Children for SAT's (cont)

3. On time Arrivals & Attendance Exam time is hard enough without being distracted by the panic involved with missing 15 minutes of test time. Some children will freeze up under pressure. Avoid scheduling any appointments that would take the student away during test time.

4. Materials Ready

Find out what materials your child needs for the exam and make sure they have them. Sharpened #2 pencils, an eraser, and calculators are commonly needed supplies.

5. Physical Activity

Standardized testing involves a lot of sitting still, concentration and stress. Scheduling some physical activity for your child gets the blood pumping and reduces tension. Go for a walk or bike ride together, visit a park, or play ball in the front yard.

6. Pep talk

Sometimes SAT's and the hype surrounding them make kids feel a large amount of pressure to perform well. Even if your child seems to be handling the situation with relative ease, it is a kind gesture to give her/him a little pep talk the morning of the exam. You will calm them & boost their confidence by saying something like: "I will be thinking about you during your exam today. Just do your best and know I love you no matter what."

H₂O-

Parents, as temperatures are warming up and we are entering our hot season we are asking you to please send a water bottle to school with your child. Your child may also need additional drinks if they consume a beverage at morning break, they will also need one for lunchtime.

Travel over Easter:

Dear parents, if you are planning on travelling over the Easter break or at any other time during the school year, and your child will be missing school days, please note that all absences must be approved in writing by Dr. Cross at least two weeks prior to the proposed trip. Dr. Cross should be your first point of contact, instead of the classroom teacher. The classroom teacher will be notified of approval by school administration. This is part of our school attendance policy, and can be found in the student handbook under "Pre-arranged Absences".

WEE Care News

Dates to Remember:

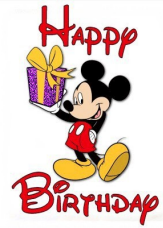
- ♦ Re- registration Forms for September 2011-2012 should be submitted by April 9, 2011
- ♦ Summer Enrolment Forms are due on May 31, 2011.
- ♦ Cayman Islands Early Childhood Association (CIECHA) Will be hosting various events as part of their week of the child celebrations: They include Pajama Party on Monday April 11, 2011 at Camana Bay 6-8pm

Easter Blessings to you all!

WEE Care April Birthdays

Students

Hunter Babb
Kayla Boney
Teeann Cowan
Solana Ebanks
Max Kelly
Vivienne Kidder
John Mark Lewis



Teachers

Casmine Blake
Deenell Smith
Ana Tibbets
Eunice Williamson



WEE Care fun!

