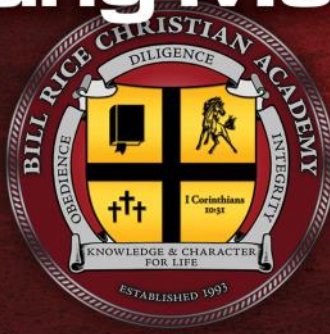


Mustang Message



October 2023

How Much is Too Much?

By Nathan Reeves

I remember when portable DVD players strapped to a vehicle headrest was a novel idea. I actually thought it was great that our boys could watch *Finding Nemo* on a trip! But times have changed. Now they come with the vehicle and are high definition and Wi-Fi enabled. Young kids can (and do) log into their parents' Netflix account and watch a show or movie on the way to school every day.

While screen time can be blessing at times, it can also be a curse. Screen time has a sweet spot in the middle with two ditches on each side. It can be enjoyable by all in the family or it can take the place of the family. It can hinder growing relationships on the way to school, for example. Screen time causes us to ask some questions. How much is too much? What content is appropriate? How is it becoming a weight in my family?

Screen time can be broken down into three areas for young people – movies/shows, video games, and social media. Parents' biggest struggles include time limits (boundaries), violence, language, adult content, and the social aspect.

So what are some things parents can do?

- Set some ground rules such as no phones at the table or in their bedroom, only E (Everyone) rated video games, all school work must be completed before screen time, etc.

- Impose screen time limits, including for yourself!
- If you allow video games, take an interest and play with them. This allows you to grow the relationship and have fun with something they're interested in.
- Teach internet safety, including telling you if they ever see anything inappropriate.

And what are some things parents should not do?

- Don't give your Elementary child their own smartphone. This is very dangerous! If you decide to, purchase a parental control subscription so you can set limits to time and content.
- Don't give your Elementary child access to apps known to be harmful (YouTube, TikTok, Instagram, etc.). You might think, "Nobody gives their first grader the YouTube app!" We've seen that and more!
- A good resource I recommend is Qustodio, a parental control app we've used for years in our home. You can set time restraints, restrict specific websites, etc.

Parents today have many more things to think about than our parents did. There are principles found both in the Bible and in common sense that can help us with our thinking. If we can be a help in any way along these lines, please let us know.



"Screen time has a sweet spot in the middle with two ditches on each side."

Current Events

Oct. 2 BOOK- IT Begins!



BRCA will once again participate in the Pizza Hut sponsored BOOK-IT! reading program to motivate our K5-5th graders to read both in the classroom and at home. This program motivates children by rewarding them for their reading accomplishments. Each teacher will set her own classroom goal

for each month. When your child reaches his or her goal, he or she will be given an award certificate good for a free one-topping personal pan pizza at Pizza Hut. You do not have to buy anything – you can even get it to go! Our desire is to work with you to cultivate a love for reading in your children. BOOK- IT! ends March 31.

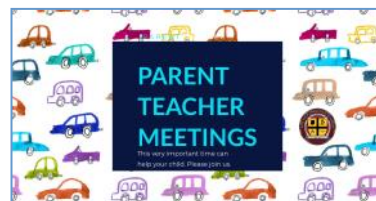
Oct. 27 Sports Day

Attention sports fans of all ages: Sports Day at BRCA is one fantastic day! All BRCA students and teachers will be dressed up in their favorite sports attire all day long, and at the end of the day, we will have class sporting activities!



Oct. 30 PTM

Come see how your child has done this quarter and how they can improve for next quarter. Many other points of interest will be given out as well. All Elementary meetings will begin at 4:30 and 7:00 p.m. in their respective classrooms. Middle School and High School are drop-in only. Please have at least one parent attend but no children, please.

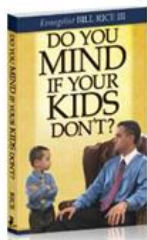


TACS - Train A Consistent Servant

I know, TACS actually stands for Tennessee Association of Christian Schools, but TACS also provides avenues to Train A Consistent Servant. These avenues are the fine arts and Bible competitions. Training is extremely important, and all of us train our children—whether for good or bad, whether we like it or not. Training takes place every day at home and at school. **We like TACS competition because it's all about training.** Not only does it take much training to be ready for the first level of competition in February, but if the competition is used properly, it also trains the student for his future. You see, any student can start two nights before a project is due and “put something together,” but what is that habit training our young people to do when they are adults? Does it not train them to procrastinate and then quickly do a job, even if it is not done to their potential? Does it not train them to only turn things in on time (and sometimes late), as opposed to early? Proper training truly is important. If parents will train their child to work on his area of competition early and a little at a time, he will learn the following vital life lessons: **hard work takes time, do the job right the first time, complete jobs early, a job well done brings satisfaction, and many others.** It is important that we train our children this way in every area of work — chores, homework, studying, etc. For if we are not consistent in our training, we deteriorate the foundation upon which we desire to build; we train our children to be inconsistent. This school year, whether your child is in the TACS competition or not, map out a plan to consistently train.

Book of the Month By Nathan Reeves

I am going to highlight a book most months that have had an impact on me as an educator, a father, or a human being. Each of these books are able to be purchased on eBay (where I get most of my books) or Amazon, but you can also borrow my copy (just text me). I hope you'll find them as helpful as I did.



Do You Mind if Your Kids Don't by Bill Rice III

Main Idea: Dr. Bill Rice III, the son of the founder, passionately argues that God's promises to parents are still true and that parents can still train godly, obedient children. It will challenge you and give you the tools to train your children. This has been one of the best parenting books I've ever read.

Favorite Quote: Proverbs 22:6 says, “Train up a child in the way he should go: and when he is old, he will not depart from it.” Dr. Bill says, “You take care of the training *now*. You take care of the discipline *now*. You teach *now*. You set up the fences *now*. You maintain them daily. If it is monotonous, so be it. If it is tiring, okay. The point is, keep at it.”

Picture This!



Fall Retreats



Elementary Students of the Month

- Kaia Forte:** Kaia has been an excellent example of obedience! Every time I have asked her to do something in class, she immediately does what I ask with a smile and a happy heart! Thank you, Kaia, for being so obedient in class!
- Emma Merkle:** Emma obeys the first time she's told with a happy heart. That makes for a great student of the month!
- Easton Yost:** Easton obeys right away with the right attitude. If I ask Easton to do something, he never argues with me about it. Thank you, Easton!
- Sawyer Davis:** Sawyer consistently shows obedience by immediately and joyfully doing what he is told. Often he thinks ahead to what is expected of him and does it without being asked, and he always does it with a good attitude and a smile!
- Aimee Wells:** Aimee has demonstrated all three parts of obedience since the first day of school. She obeys immediately, quickly, and completely. I can trust her to do what's right and lead her classmates through example. Way to go, Aimee!
- Johanna Garrett:** Johanna works hard to do right and does her very best to obey. I know she is obedient in class because she is completely following my instructions.
- Tarah Wells:** Tarah always obeys with a happy attitude! Her work is done thoroughly and neatly each time.

Character Trait of the Month:

RESPECT

Definition: to honor, to have consideration for

Examples:

1. Respect your teacher and parents with a quiet, humble attitude.
2. Never laugh when others make a mistake.
3. Be courteous to others.
4. Always say, "Yes, ma'am" and "Yes, sir."

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Middle School Student Highlight with Megan Hicks

Miss Perkins: Tell me about yourself, Megan.

Megan: I love acting and just got a part in a community theatre production of *Annie*. I also enjoy reading and running.

Miss Perkins: What is your favorite thing about your parents?

Megan: They are always there for me no matter what.

Miss Perkins: What do you like most about your teachers?

Megan: They are all funny and show mercy to us sometimes when we deserve a tally!

Miss Perkins: What is your favorite thing about Middle School at BRCA?

Megan: It's the kind of place where we feel free to be open with each other. Also, everyone is really friendly.

Miss Perkins: What do you hope to do when you grow up?

Megan: I would like to be a lawyer.



Middle School Teams

