



N O V E M B E R 2 0 0 8

# On the Horizon

Friday, November 21st – Half Day  
November 24th – 28th – Thanksgiving Break

*Preschool – K Thanksgiving Program  
Calling all Parents and Grandparents!*

*You're invited to the Preschool – K*

*Thanksgiving Program*

Friday, November 21st  
10:30 am in the Sanctuary  
*Refreshments to follow*



## Happy Thanksgiving!

Happy Thanksgiving from the Horizon Prep Faculty and Administration!

As you gather with your family during this season of harvest, may you know how grateful we are to have you in the Horizon Prep family.

*May the Lord bless you this Thanksgiving!*

## “THE LORD IS MY SHEPHERD, I SHALL NOT WANT...”

November—Thanksgiving! I can almost smell the pumpkin pie and feel the warmth of family. Are you ready for the Holidays? I know I am. I'm ready for the perspective I often find only during the Holidays—especially at Thanksgiving.

Of course, Thanksgiving 2008 means Election 2008 is over. The campaign signs are gone, the confetti has settled and the counting of the “First 100 Days” in office is set to begin. So how did you do? Chances are, November 4th left you wanting: wanting for another choice, a better candidate, perhaps a different outcome. Chances are, the political promises and constant bickering did nothing to refresh your soul or give you confidence. In fact, Consumer Confidence Index™ numbers show consumer confidence plummeting to an all-time low of 38.0 for October 2008.

Which begs the question, “Where are you putting your confidence?”

The Lord wants you to put your confidence in HIM. Perhaps King David said it best when he penned Psalm 23:1-3a, *“The LORD is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul;”*

Did you catch that? He restores my soul. I'm guessing a lot of us could use some restoring during this Thanksgiving Season. I'm not talking about the kind of “restoring” that comes from a good, solid, 8-hours of shut-eye. I'm talking about the kind of returning, reinstating, bringing-back of stillness and peace that comes only from The LORD, my shepherd. Now that sounds like Thanksgiving to me.

As you gather around your Thanksgiving table, I would encourage you to do more than just go around the circle and ask each member what they're thankful for this year. Do that, by all means recount HIS blessings! Then open up the Bible to Psalm 23. It's short; the turkey won't get too cold. Look at what The Lord has to offer: comfort, leading, anointing, freedom from fear, abundance, goodness, mercy, & dwelling with Him forever. What more could you want? Sounds like True Thanksgiving to me.

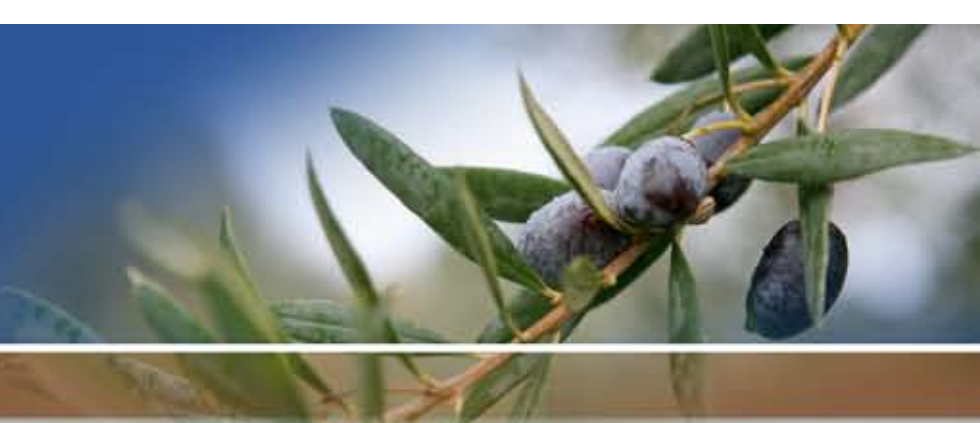
Dr. K





...being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ.

*Philippians 1:6*



## NEW BUZZ WORDS AT PREP

Are you hearing some new “buzz” words around our 1st – 8th campus? I’m excited to introduce Reading Plus, AR, and ACSI. Reading Plus is a comprehensive, evidence-based software solution for reading assessment and improvement that develops foundational fluency skills for students of all ages. Currently, we are able to offer it to our students at school and at home. It has the ability to catch vision problems that usually go undetected and change the “visual world” of our kids. AR, Accelerated Reader, is another reading program that is helping our students “fall in love with reading” – a HUGE passion of mine. We have implemented a school-wide incentive program in which students can earn points for books that they read by taking a computerized comprehension test after each book! The kids LOVE this. This year we have partnered with ACSI to offer many events for our students including the Spelling Bee, Speech Meet, and Math Olympics. It will be exciting to watch our students compete with other schools and impress others with the gifts that God has truly given them. It is our prayer that our students are challenged and encouraged as they each have opportunity to participate in these programs. For more information about any of these programs, please contact your child’s teacher.

*Loving Your Kids,  
Heather Henning*



## PLAY WHAT YOU PRAY

It has been such a blessing to watch our students be Godly examples leading on the courts and fields with integrity in how they play, talk, and act. Godly sportsmanship is constantly being taught, modeled, and developed by our coaches. It has been mentioned on more than one occasion by different coaches around the county about the “difference” they see in our students. Praying before a game with both teams in some schools is unheard of, but at Horizon Prep we make it our goal to cover each game with prayer and teams are noticing. Keep up the good work LIONS, we are so proud of you!

**“SPIRIT BOWL 2008  
Huge Success! Thank You Volunteers!  
Over \$4,500 Raised for Camp Alandale!”**

**GO LIONS!**

## DO YOUR PART...**BE FLU SMART**

What is Influenza? A contagious disease spread by coughing, sneezing, and nasal secretions. Why get the flu shot? Because every year the flu kills 36,000 people and is responsible for 226,000 hospitalizations. It can cause fever, cough, sore throat, muscle aches, fatigue, chills, headache, diarrhea and seizures.

*You should get the flu shot if you...*

- Are over 50 or between 6 months–18 years of age
- Have chronic medical conditions
- Are a pregnant woman
- Are on chronic aspirin therapy
- Are a health care worker
- Are a nursing home resident
- Give care to children & elderly

*-Nurse Tina Misel, School Nurse, F.N.P.*



**JESSE SYKES**  
LATIN, GEOMETRY, BIBLE,  
LOGIC/RHETORIC  
CROSS-COUNTRY COACH

**Born and raised in:** Escondido, CA  
**College:** UCSD, Talbot Seminary, APU  
**Family:** Wife Katie and Son Daniel (16 months)  
**Teaching/Educational Experience:** 5 years  
**Hobbies:** Cross-country running, hiking, reading (history, poetry), languages, mountain biking, making Katie laugh  
**Fun Factoid:** “I think: the best way to eat a mango is standing in the ocean, few things compare to butter on toast, and Star Trek the Next Generation was an excellent TV series!”



**VALERIE VAN WIENEN**  
LEAD PRE-K TEACHER

**Born and raised in:** Redlands, CA  
**College:** Palomar Community College & Laguna Tech College  
**Family:** Daughters, Jenni-Rebecca & Vanessa  
**Teaching/Educational Experience:** Solana Beach Presbyterian Preschool  
**Hobbies:** Anything creative, home décor, travel, cooking  
**Fun Factoid:** “I was on ‘The Price is Right’ many years ago, taped a cable TV show for two years similar to HGTV, where I demonstrated crafts.”



## “PLANNING REST FOR YOUR PRESCHOOLER”

Psalm 23:2a, “He makes me to lie down in green pastures;” reminds us that there is a time to take a break from our activities. With all the opportunities available to our children today, is important to ask, “Is my preschooler getting enough rest?” When deciding on which activities are right for your preschooler, consider that children of this age need some structured time and some unstructured time. It isn’t good for every hour of your child’s day to be spent in activities over which they have no control. Blocks of time in which a preschooler is allowed to simply play and use their own imagination, strengthens their creativity. Just as preschoolers need time for running, jumping and playing, they also need down time. Some young children still require daily naps. Setting a quiet time in which a preschooler can rest and even sleep, is very important. Preschoolers need time to get away from stimulation. This can only be accomplished at points during the day when the scheduled activities stop, and the free, quiet time begins. Quality time with family is priceless. It is important preschoolers don’t feel pressured to perform, especially at a level above the other children of their age. As a parent, you can keep a child’s real needs of unstructured play, quiet time, and quality time in mind when planning activities for your preschooler. In doing so, you will help grow them into their full potential.

*By Cathy Towner*

