



...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



## PEACE BEGINS WITH ME

In teaching young children values such as kindness and getting along peacefully with others, a very simple message is effectively conveyed to children by a series of "I" statements. Each one is a small peacemaking action that a child can act upon in daily life. Statements such as:

- "I can help mommy at home"
- "I can help daddy work in the yard"
- "I can take care of my pets"
- "I try to make friends"
- "I am kind to others"
- "I share my things with others"

These statements are very empowering for children. They will discover that they have it "in" them already to be peacemakers. When a child is aware of how their actions affect others, they are able to make the connection between peace and caring for themselves, other people, their community and the environment. Establishing this at an early age becomes a life long skill.

--Cathy Towner



## RUN *the* RACE

Is it a bird? Is it a plane? No it's a discus!! Yes that's right HP, the long wait is over...TRACK & FIELD is here!!!!!! Amidst all the other new sports offerings this year, Track & Field will finally have its day in the light. The much anticipated & requested sport will be manned by both boys and girls grades 5-8 & looks to potentially be the most participated in sport on campus to date. Our athletes will lace it up against other schools in 3 meets over the next 2 1/2 months in 8 events such as the 100m dash, the 4x100 relay, and the long jump. Come see what all the excitement is about...

GOOOOOO LLLIIIOOOOONNNSSS!!!

--Coach Roy



## SNOOZE OR LOSE

Is your child getting enough sleep? Inadequate sleep causes daytime sleepiness, lack of concentration, irritability, depression, hyperactivity, and delayed illness recovery. The National Sleep Foundation guidelines are:

- Preschoolers (3-5 yrs) 11-13 hours
- School-aged Children (5-12 yrs) 10-11 hours
- Teens (13-17 yrs) 8.5-9.25 hours

### Tips:

- Establish regular sleep/wake schedules, including weekends
- Create consistent, relaxing routine 1/2 hour before bed time--reading, drawing, or soothing activity.
- Keep bedrooms conducive to sleep-- dark, cool and quiet (No TV, computers, or video games).
- Avoid caffeine

*National Sleep Awareness Week is March 1-8th  
Sweet Dreams!*

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



**JEFF SUTHERLAND**  
PHYSICAL ED & MATH

**Born and Raised:** Rancho Bernardo  
**College:** Azusa Pacific University, BS in International Business.  
**Family:** My mommy is Mrs. Sutherland (6th grade teacher). My cousin is Mr. Vontz (middle school teacher). Dad - Doug, Brother - Aaron, Sister - Lindsay, and cutest baby girl ever, my niece - Sienna  
**Teaching Experience:** 1st full year; 6th year coaching  
**Hobbies:** Volleyball, basketball, and lots of coaching.  
**Something you might not know:** I played volleyball in Nigeria this past summer with Athletes in Action, and had an amazing experience.

**VALERIE HOWE**  
KINDERGARTEN ASSISTANT  
& DAY CAMP COORDINATOR

**Born and Raised:** Born, Northern CA; San Diego, 17 years  
**College:** Biblical Counseling, Horizon College; Junior College; USD Marketing courses; Early Childhood Education Courses completed  
**Family:** Not married, no kids, but I have a really cool dog!  
**Teaching Experience:** Children's Ministry Coordinator, Horizon, 1 1/2 yrs; Preschool, 3 yrs; Kindergarten 2 yrs.  
**Hobbies:** Cooking; Traveling  
**Something you might not know:** I love missions! Lived & worked at a children's home in Chiang Sean, Northern Thailand for 7 mos.; been on mission trips to Mexico, local outreaches.



*"And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him." Colossians 3:17*

I am so thankful that we can use scripture to teach our kids, without it, how could we teach??? Many "life lessons" are learned at school: who to be friends with ("bad company corrupts good morals..." I Corinthians 15:33), establishing a work ethic ("whatever you do work at it with all of your heart..." Colossians 3:17), how to respond when wronged ("Do everything without grumbling or complaining." Phil 2:14), what to do when your anxious and worried ("but in everything by prayer and thanksgiving let your requests be made known to God..." Philipians 4:6-7), and how to treat other people ("love your neighbor as yourself." Mark 12:33). HOW is this possible when our flesh screams to do the opposite (especially kids!)? WE CAN'T! That's just it, without Jesus, we fail. "May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word." II Thessalonians 2:16-17. Did you see that, God promises to "encourage and strengthen our hearts and TO DO every good deed and word" ...because of His grace. Be reminded, precious family, of God's eternal encouragement. Now go encourage someone!

--Loving Your Kids,  
Miss Henning



Horizon Prep Presents  
**AN EVENING  
 BY THE BOARDWALK**  
 SPRING FUNDRAISER  
 TICKETS ON SALE NOW!

**MARCH CALENDAR**

- 3/3 · PANORAMIC K-8TH ALL-SCHOOL PHOTO (CHAPEL DRESS)
- 3/4 · PTF & FAMILY CHAPEL – EVERYONE INVITED!
- 3/6 · SPEECH MEET (MS)
- 3/12 · PAT & OSCAR'S NIGHT – EVERYONE INVITED!
- 3/18 · AUTHOR'S TEA (K – 8TH)
- 3/20 · SPRING FUNDRAISER
- 3/26 · DAD'S DAY (1ST – 8TH)
- 3/27 · MATH OLYMPICS (3RD – 8TH)

**SPIRIT RUN 2009  
 APRIL 9TH**



**“NEVER QUIT PARENTING”  
 PART ONE  
 BY PASTOR BOB**

I write this with some hesitation knowing that not all our school families have fully bought into the Faith upon which I and our school are founded. Nevertheless, having a soccer mom recently say, “PB, in the game of life I’m afraid I’ve screwed it up!” pushed me past all hesitation to write in defense of what I call ‘Never Quit Parenting.’ I pray it will be helpful. The reality is this; Christian or not, too many are shirking from their responsibilities and quitting on the job as Parents. Some from sheer exhaustion, others out of cluelessness having never been taught, while others, well taught are apt to settle for a “boys will be boys” or “my little girl would never” approach to their parental job. Parents please, let’s be clear; God has not called you to simply raise your girls and boys, He has called you to Raise Believers! To that end, let’s be honest; we fall short! We’re prone to pretend we know what’s best for our kid, but how can we? We are sinful and we struggle. We second guess a lot and shoot ourselves in the foot. We slip with every few steps taken. But that doesn’t mean we shrink from the task or retreat from the fight. And it certainly doesn’t mean we Quit. The old adage that “ignorance is bliss” is one of the quickest roads to failure a parent could possibly take. Instead, let’s find some trusted tools that can see this parenting project through to a praised and proud accomplishment. Let’s take our privileged role to its highest level of purpose and value. Dig in with me. Get your family plugged into God and look to Him to make you a better parent. We may struggle but it doesn’t mean we stop. We may even fail, but we never quit!

I’ve been at this ministry gig for over twenty-five years but more than anything I’ve seen or studied, it is what I have learned first hand in my own family that has taught me the most about God’s Grace, His unconditional Love and Mercy-filled forgiveness. Let me share a few things about kids (ours and yours). 1) They’re smarter and more cognizant of what’s happening in our lives than often we give them credit for being. 2) More than anything in life right now, they are seeking Authenticity. That requires for us as their parents (and church, and school, and society) to be Real and authentic with them (even when we don’t think they’re watching). 3. Our kids are prone to repeat the pattern being modeled before them. That means if you divorce, odds have it they’ll divorce. If you do Vegas, they’ll do Vegas. If you make God the center of your life, odds have it so will they. It’s more true today than when we were their age, and the mess of this society proves it. Conforming pressures upon our kids are stronger than ever. The glamorized TMZ Hollywood life, the confusing sexual messages, body image crisis, all begs a huge question to every parent; What are we raising them to become?

Never-Quit Parenting is parenting our kids the way God parents us. It means we don’t let sin slide and we love them too much to let them live how they want. It means rules are rooted in Relationship and it means not laughing off disobedience as expected behavior. Expect more! More of them, more of yourself, and more of God! After all, He’s never quit on you once. So Trust Him. Believe in His Ability more than your own. Pray to become a family who lives in contrast to the culture by not quitting. Next month I will be sharing even more principles on “Never Quit Parenting”. Until then may His Grace be sufficient.

Praying His best for you,  
 Pastor Bob Botsford