IN’s & OUT’s

Our Ins and Outs this week starts with a riddle poem, given to us by an RCS parent, John McMullin:

I am your constant companion.  
I am your greatest helper or heaviest burden.  
I will push you onward or drag you down to failure.  
I am completely at your command.  
Half of the things you do might as well turn over to me and I will do them - quickly and correctly.  
I am easily managed - you must be firm with me.  
Show me exactly how you want something done and after a few lessons, I will do it automatically.  
I am the servant of great people, and alas, of all failures as well.  
Those who are great, I have made great.  
Those who are failures, I have made failures.  
I am not a machine though I work with the precision of a machine plus the intelligence of a person.  
You may run me for profit or run me for ruin - it makes no difference to me.  
Take me, train me, be firm with me, and I will place the world at your feet.  
Be easy with me and I will destroy you.  
Who am I?  I am HABIT!

Many weeks of school, report cards, Parent-Teacher Conferences, and progress reports are behind us.  
Ahead of us lies a future resolve to do better, work harder, get better grades, be more organized, be more involved, and step up the parenting skills.  
But how does that happen?  Some of us would like to think we can just will those great things into our lives.  
However, in his excellent book, “The Power of Habit”, Charles Duhigg says that making such changes become a regular routine needs to become a HABIT.  
In fact, such changes happen when a CUE

The Power of The One
or some form of signal leads us to some ROUTINE which brings about a REWARD.

Becoming a better student, becoming a healthier individual, becoming a more involved parent requires a CUE, a stimulus which creates the HABIT, the routine. Don’t forget that REWARD keeps that HABIT going.

For example, if the goal is to get better grades, then one of the habits a student might need to develop is to turn off the video games or computer right after supper (the CUE) and sit by the table with a study plan in mind (the HABIT). When finished with homework, the REWARD can be dessert, time on computer, or something that keeps the habit fun! The ultimate reward is getting the grades to go up! By following these simple steps, those goals we have before us will become REALITY.

Gail DeYoung,
Middle School Counselor

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**MIDDLE SCHOOL MATTERS**

**Extra Work Time** – Many of the middle school students have requested work time to get their homework and projects completed at school. Every Monday, Tuesday, Wednesday, and Thursday there will be a classroom that will be open during lunch for students to work. They can eat their lunch, get work done, and ask the teacher for assistance. Mr. Jack Ippel has also volunteered to stay after school on Mondays until 4pm for students who need extra work time or help on assignments. If your child is behind on his/her work or could benefit from this time, please encourage her/him to attend.

**Progress Report 2**

Progress Reports have been compiled and mailed out. They should arrive in your mailbox prior to Thanksgiving break.

**Spelling Bee** – Last week Friday, the middle school students were treated to a fantastic spelling bee! Not only were correct spellings asked for, but vocabulary, too. Jalen Boyd sealed his victory with the correct spelling of the word “extinguished” in the 18th round. Jennabah Platero came in a close second. Congratulations to all of the participants who made it a wonderful event!

**Peter Fish** – Thanks to everyone who took an orange Peter Fish to help raise money for the causes of
World Hunger and our Christmas Basket Program. Please get those turned in by Thursday, December 5. Thanks for your help!

**Band Concert** – The middle school band students will be performing with the high school band at a concert on Wednesday, December 4 at 7:00 PM. A note went home with the students this week discussing the details of the concert.

**Wal-Mart Trip** – On December 9 the middle school students will be hopping on a bus bound for Wal-Mart to spend part of the money that was raised. They will be purchasing items to put together Christmas Baskets for people within our community. We need your help in giving us names of families that might need extra food, clothing and Christmas gifts this year. If you know of a family that could use a Christmas Basket, would you please let Mrs. De Young know? Call her at 505-726-9693 or email gdeyoung@rcsnm.org. Thanks!

**Upcoming dates:**
- Thurs., Nov. 21  MS Basketball AWAY at Wingate @4pm
- Nov. 27 – 29  NO SCHOOL— Thanksgiving Break
- Mon., Dec. 2  MS Basketball AWAY at Gallup Catholic (A Teams) @4pm  MS Basketball HOME vs. St. Anthony (B Teams) @4pm
- Wed., Dec. 4  Middle School & High School Band Concert @7pm at the SFC
- Mon., Dec. 9  Christmas Basket Shopping at Wal-Mart

Chris Huizinga,  
Middle School Head Teacher

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**Senior Photos**

Seniors and Parents of Seniors: this is a reminder that the senior photo deadline for the yearbook is fast approaching. Please remember that senior pictures must be submitted by December 2. Thank you in advance!

**The end of the Semester is approaching**

Its time to take a deep breath as we prepare for the flurry of wonderful activity in and out of the classroom leading up to the end of the first semester! Here is a sampling of what will be happening before the end of the semester:

- There are a number of Boys and Girls basketball games leading up to the end of the semester. I encourage you to take in a few of the games happening at our Boys Tournament taking place the first weekend of December.

- Both the Band and Choir will be performing Christmas concerts before the end of the semester. Try to attend both as each gives you the opportunity to see our students showcase the talent and hard work they have been putting forth all semester.

- High School students and teachers are both preparing for the culmination of all their hard work this semester during exam week which begins on December 16. I ask that you support your high school student as they wrap up their last projects, papers, and tests for this semester. I also hope you remind them to begin studying for their exams now.

It seems like this semester has just flown by and with all that is going on over the next few weeks Christmas will be here sooner than we know it!

**HS Events**

- Nov. 27 – 29  NO SCHOOL— Thanksgiving Break
- Wed., Dec. 4  Middle School & High School Band Concert @7pm at the SFC
- Sun., Dec. 15  Christmas Concert at Sacred Heart @4pm
- Mon., Dec. 16  Exam Week Begins

Chris VanSlooten, High School Principal

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**The Power of The One**
Honor Band
Congratulations to the following students who were selected to participate in the Northwest New Mexico Music Educators Music Association District honor band: Gabe Aparacio, Lauren Cope, Austin Wilson, Elgin Avery, Hyliah Milford, and Sarah Silva.

Denver Cantabile Tour
The Rehoboth Cantabile choir will be traveling to Colorado from November 23-26. Please pray for them as they travel and as they share their love for the Triune God through music. If you have friends or relatives in Colorado, please let them know about the following concerts:

**Sunday, November 24**
- 8:30am Village Seven Presbyterian Church - Colorado Springs
- 9:30am Cragmoor CRC – Colorado Springs
- 6pm Third CRC – Denver

**Monday, November 25**
- 9am Denver Christian Schools, Van Dellen Campus
- 11am Denver Christian High School
- 1:30pm Denver Christian Schools, Highland Ranch Campus

Middle School & High School Band Concert
Wednesday, Dec. 4, 7pm in the SFC.

Choir Concert
The Rehoboth Christian High School Choir invites you to their annual Christmas concert at Sacred Heart Cathedral on Sunday, December 15 at 4pm. The cathedral is located at 415 E Green Street. We know that younger children do not enjoy sitting through a concert that requires a quiet audience, so we are offering free childcare (more details will be provided in the next Parent News). The alumni association will be hosting a time of fellowship and refreshments in the Family Center following the concert. A free will offering will be taken to help support the ministry of the Rehoboth Christian School Choir.

We are very thankful to Sacred Heart Cathedral for allowing us to use this beautiful facility. The Cathedral is a special place of worship and the building must be treated with respect. Here are few reminders:
1. Do not bring any food or drink into the sanctuary.
2. Gentlemen, do not wear hats or caps in the sanctuary.
3. Do not tamper with any of the Christmas decorations you find adorning the sanctuary.
4. Do not disturb those around you with talking and walking in and out during the concert.
5. Turn your cell phones off or to vibrate when entering the sanctuary.

ADMISSIONS/TUITION

District Meetings
What is a District Meeting? All parents of RCS students are placed in a geographical district. The purpose of the meetings is to receive information about the school, provide input on different issues, and express concerns and/or appreciation about various aspects of the school. Your participation in district meetings is encouraged and appreciated. Usually, each district will meet twice a year - once in the fall and once in the spring. We have eight districts: Crownpoint, Window Rock, West I-40, East I-40, Zuni, Gallup, T-T-T (Twin Lakes, Tohlakai, Tohatchi), and Rehoboth.

Upcoming District Meetings
Who: East I-40 District Families
When: Monday, November 25, 2013 @6:30pm
Where: Churchrock Christian Reformed Church
East I-40 District Representative: Christine Castillo

Who: Zuni District Families
When: Monday, November 25, 2013 @6pm
Where: White Water Bible Church (south of Gallup)
Zuni District Representative: Ray Francisco

Who: Gallup & Rehoboth District Families
When: Monday, November 25, 2013 @6:30pm
Where: RCS Fellowship Hall
Gallup District Representative: Eric Begay
Rehoboth District Representative: Nadine Briggs
ATHLETICS

Basketball Concession Stand Donations Needed!
Hotdogs, White Crinkle Hot Dog Trays, 16.9oz Aquafina Water, 20oz Gatorade, Mrs. Klein’s Pickles (regular & hot), Assorted Candy Bars, Corn Nuts, Charms Blow Pops, Ring Pops, Airheads, Assorted single-serving chips bags, sliced Jalapeños, Ketchup, Mustard, Relish, Ground Beef, Bueno Frozen Mild or Hot Green Chili, Nacho Trays (size 100), Wrapped Straws, and napkins. Please drop off your donations at Lorretta Smith’s office in the Administration Building.

Come out and support our teams, GO LYNX!

Friday, November 22
- Girls Basketball AWAY at Wingate (C, JV, V) @4pm

Tuesday, November 26
- Boys Basketball AWAY at Wingate (JV, V) @5pm
- Girls Basketball HOME vs. Thoreau (C, JV, V) @4pm

Tuesday, December 3
- Girls Basketball HOME vs. Gallup JV (JV, V) @4:30pm

December 5 - 7
- Boys Basketball HOME—RCS Tournament (JV, V*)
*These games will be aired on 104.9FM KWIM, 880AM KHAC, and online at khacradio.com and westernindian.net.

ALL SCHOOL ANNOUNCEMENTS

Thanksgiving Break
Reminder—School offices will be closed during Thanksgiving Break, November 27 – 29. There will be no Parent News next week due to the short week.

The Power of The One
Saturday Sales

Saturday Sales is open for one more Saturday this year – November 23. We will reopen in February 2014. All items are $1 or less or fill a bag for only $5. All proceeds go to the tuition assistance fund of Rehoboth Christian School. We are located in the Old Rehoboth Church. Hope to see you there!

Red Rock Balloon Run

The Rehoboth Choirs will be benefiting from this year’s Pyramid Run during the balloon festival weekend on Saturday, December 7. Please consider running in this exciting race. Participants will receive a free shirt and refreshments at the end of the race. Prizes will be awarded for various age groups. The cost is only $20 if you want to register ahead. Registration forms are below, and can also be found on the rcsnm.org website and at the administration building. The race will begin at 9:30am. Participants can also sign up on the day of the race for $25. The race begins at the CHURCH ROCK POST OFFICE and will end by the RED ROCK PARK ARENA.

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