



Christian Academy
OF LOUISVILLE

CAL HIGH SCHOOL FAMILY NEWSLETTER FALL 2026-2027

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STUDENT
OF THE
WEEK

[CLICK
HERE FOR
THE VIDEO!](#)

RESOURCES & UPCOMING



CANVAS logon & tips
TECHNOLOGY FAQs

From Mr. Behnken...

Proven tips for better learning

As your student is at the $\frac{1}{3}$ point of the semester, the change in information or workload for the new school year has likely taken effect. As parents, one thing we all desire is to help our children learn "efficiently". We want them to put in the proper amount of time into the learning task, but want them to get a good return on the investment of that time also.

With that in mind, I want to share two tips that multiple neurological studies have shown:

First—the best time to study is at night—specifically immediately before sleep. There have been multiple studies demonstrating the benefits of acquiring or studying newly learned information directly prior to sleeping. It aids in processing data, improving memory and in data recall. One study showed that during slow-wave sleep, the memory-consolidation process does its best work. This means that studying before bedtime can help your brain learn new things, even in your sleep. During sleep, which heals the body and the brain, our brains file data from the day in reverse order (i.e. last info in, first info saved into the "hard drive"). There are many reasons not to use technology right before bed, but this may be the best of them all. When the study indicated "immediately before sleep"—there was no gap for phone use in between studying and sleep. So encourage your students to get 10 minutes of short review of notes just prior to bedtime.

Second—take "micro-breaks" (10-15 seconds) during learning and study. These short breaks taken after learning help the brain to consolidate new information most effectively. These are most effective when learning or practicing a new skill, but benefit the brain in content learning as well. What does that mean for your student? They should take short breaks while studying and learning—these will help their brain to work more effectively and make their learning more efficient. (Note: 10-15 seconds, no phone use allowed, because that activates the brain in other ways, and this is a miniature brain "break.")

I recommend you give these a shot. Both have been proven by studies to be effective for student learning. Have a great week!

FAMILY CALENDAR

You can always access the High school calendar online [HERE](#).

Major Dates

All Dates Subject to Change

9/17 - Parent Night

9/25 - Senior Carnival

10/5 - 10/9 - Fall Break

10/15 - Picture Retake Day
(All HS, including seniors)

10/20 - PSAT (10th and 11th)

10/30 - No School

11/2 - No School

11/25 - 11/27 - Thanksgiving Break

12/16 - Final Exams
(Periods 1, 4 and 7)

12/17 - Final Exams
(Periods 2 and 5)

12/18 - Final Exams
(Periods 3 and 6)

12/21 - 01/01 - Christmas Break

01/4 - No School

01/05 - Begin Second Semester

