

CHRISTIAN ACADEMY HIGH SCHOOL

Family Newsletter

2023-2024 – Quarter 3



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CAL HS Family Calendar

You can always access the High School calendar [online](#). If you are a Google user, you are able to add it to your personal calendar.

Major Dates

All Dates Subject to Change

- 1/3 – Teacher Workday
- 1/4 – Begin 2nd Semester
- 1/13 – Practice ACT (Juniors)
- 1/15 – Dr. King Day – No School
- 1/18 – Core Groups Meet
- 1/20 – Winter Dance (7:30)
- 1/22 – SOA Senior Recital (6:30)
- 1/23 – HOSA Red Cross Blood Drive
- 1/29 – Senior Lunch (12:40-1:40)
- 2/5 – Remote Learning Day
- 2/15-16 – Teacher PD – No School
- 2/19 – President’s Day – No School
- 3/1 & 2 – Spring Musical “Mary Poppins”
- 3/7 – Core Groups
- 3/8 & 9 – Spring Musical “Mary Poppins”
- 3/14 -
- 3/20 – Career Day
- 3/20 – EL/MS Conference Day
- 3/29 – Good Friday – No School
- 4/1-5 – Spring Break
- 4/8-12 – Senior Trip
- 4/26 – Jr/Sr Prom (7:00-11:00)
- 5/3 – Recess Day
- 5/8-17 – AP Testing
- 5/21-24 – Final Exams
- 5/24 – Graduation (7:00)
- 5/27 – Memorial Day

Are You Emotionally Secure?

In a recent [article](#), psychologist Cortney Warren offers a simple quiz to determine if someone is emotionally secure. While this comes from a secular perspective, it is easy to draw parallels to our calling to live a Christ-centered life. As parents, we first need to ask ourselves if we can say yes to these questions and then help our children to live emotionally secure lives.

1. Can you listen to different perspectives you disagree with?

Emotionally secure people are able to hear other points of view without reacting to them in an aggressive way.

2. Can you set healthy boundaries?

Emotional security is associated with knowing yourself and setting limits based on your values. Consequently, emotionally secure people can articulate how they want to be treated and set guidelines for how they will respond if those boundaries are not respected.

3. Can you admit when you’re wrong?

All of us are wrong sometimes, but it can be very difficult to own up to it. Emotionally secure people can acknowledge when they’ve made a mistake, take responsibility, and apologize for their actions.

4. Do you know your core values and beliefs?

Emotional security is associated with being authentic, knowing one’s values and acting in a way that’s consistent with them in all life situations.

5. Can you express negative emotions respectfully?

Being emotionally secure means communicating your feelings in a respectful way that focuses on your internal experience. Often, this is reflected by using “I” statements, like “I feel” or “I think,” instead of blaming others for your circumstances.

6. Can you take criticism from others?

Receiving constructive feedback without immediately rejecting it or lashing out is a key sign of emotional security. It means you have a strong sense of self that takes into consideration other people’s perspectives and opinions about your approach to things, without taking them personally.

7. Do you continually strive to change and grow?

The most emotionally secure people have an appreciation for the journey of life and the process of evolving over time. They are not afraid to embrace change. They find joy and satisfaction in the idea of learning and becoming the best version of themselves.

8. Can you stop yourself from reacting impulsively?

Emotionally secure people tend to be skilled at deliberately choosing their responses to difficult situations. In this way, they aren’t usually reactive or impulsive in their relationships and can articulate themselves clearly, even when they are angry or upset.

9. Do you trust that you’ll be okay, no matter what challenges come your way?

Emotionally secure people know that life can be difficult, and they have a general acceptance that they will deal with hardship as it comes. They also have a deep sense of gratitude for what is important to them, which helps them through the rough patches.

Mr. Brown

Winter Dance

Winter Dance will take place on Saturday January 20th at Louisville Slugger Field from 7:30 - 10:30 pm. This dance is open to all Christian Academy High School students. Please review the email you received on December 20th for all the specific information.

Here are a few reminders:

- [CAL Dance FAQs](#)
- Tickets: \$30 per person and will be available starting on January 16. The price goes up to \$35 on the 18th.
- Refer to the FAQs and the separate email on January 4th for dress code clarifications.
- Gentlemen are expected to keep their shirts tucked in and ties on throughout the dance.
- If a student is bringing a guest from outside of CAL, they must submit a completed permission form.
- Parking, student drop off, and pick up are at the East entrance of Slugger Field.
- Parents may pick up students at any time. Students who drive themselves will not be permitted to leave before 10:00 pm.

REMINDERS

The start of a new semester is a good time to remind students of expectations.

- Find everything you need to know about Canvas [HERE](#).
- Water bottles must be translucent and able to seal... sorry, no Stanley cups.
- Uniform polos must be worn at all times. Boys' Chapel shirts and ties must be visible under quarter-zips.
- [CASS Uniform & Dress Code Page](#)
- Detention hours must be served when assigned. Failure to serve hours can result in additional consequences.
- Any student who drives to school must register for a parking permit. Forms available in the HS Office.

CAREER DAY

Every other year we host a Career Day. Students will spend the morning exploring careers and will then be dismissed to complete a shadowing experience. This is the only day students will be given to shadow, but can complete it on days that we don't have school such as President's Day weekend. See the email from Jill Blount on October 26 for more details.

**SEMESTER 2 FINALS
MAY 21-24**

DESTINATION COLLEGE

Thursday, March 14 – The Financial Aid Seminar is at 6:00 p.m., followed by a panel discussion between Admissions representatives at 7:00 p.m. Students from the junior class will address the panel with questions about the college search process, sports in college, finding scholarships, college life and more. All juniors and their parents are highly encouraged to attend. Interested underclassmen and parents are also invited. We think you will find this to be a very informative event!

CASS TECHNOLOGY FAQ

BLOOD DRIVE

The HOSA Club is hosting our annual Red Cross Blood Drive on Tuesday, January 23rd in the Media Center. Click [HERE](#) for more details. Parents can email cprice@caschools.us to register.

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