

# WARRIOR MONTHLY

March 2026

## A Note From Mrs. Ferree

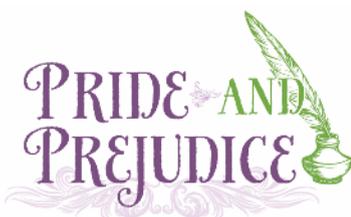
With the ever changing weather and much sickness in the air, we want to be mindful of how important it is to take care of bodies. In our life skills lesson this month, we discussed the importance of getting a good night of sleep each night. Some of the sleep tips we focused on were watching the amount of caffeine we consume during the day, avoiding any screen time at least 30 minutes prior to going to bed, getting exercise during the day, and establishing a healthy bedtime routine each night. Doing the same relaxing things before bed each night, like taking a warm shower, reading, listening to quiet music, and praying helps prepare our body to know it is time to get ready to sleep. Elementary students need somewhere between 9-11 hours of sleep each night. As spring approaches and daylight hours grow, we need to be more intentional about making sure we give our bodies the amount of rest needed.

Two verses in Proverbs come to mind when focusing on rest. Proverbs 3:24 says, "When you lie down, you will not be afraid; when you lie down, your sleep will be sweet." In class, we talked about the importance of giving God our worries and concerns as we pray at night so that we can rest peacefully. Then Proverbs 19:23 says, "The fear of the LORD leads to life; then one rests content, untouched by trouble." We will face difficult situations in life, but God wants us to trust Him to carry those concerns for us. Let's do what we can to encourage good sleep habits for ourselves and for our children. May God bless each and every one of you.

Keep pressing on (Philippians 3:12-14),

Mrs. Ferree

K-4 Life Skills Teacher



### HS Theater, *Pride & Prejudice* - March 5th-7th

Please come and see *Pride and Prejudice* on March 5th, 6th, and 7th at 7:00pm! We would love to see you there!

Purchase tickets [here](#).



### Red Cross Blood Drive - March 10th

The Red Cross Blood Drive will be taking place on Tuesday, March 10th, from 11am-5pm in the CAI Commons.

If a parent donates, their student(s) will receive a sweatpants day on Thursday, March 12th. Along with that, those who donate blood will also receive a \$15 e-gift card and free A1C testing!

You can sign up to donate [HERE](#).



### 3rd & 4th Grade Choir Concert - March 19th

**3rd Grade Program:** 6:00pm, students to their classroom by 5:40pm

**4th Grade Program:** 6:45pm, students to their classrooms by 6:25pm

After School Care will close at 5:30pm on this day.



### JA/K Grandparents Day - March 20th

Kindergarten Grandparents Day will be on Friday, March 20th from 12:30-1:30pm. **Please RSVP for your child's grandparent(s) by Wednesday, March 18th.** Lunch sign-ups will be closed due to the high number of visitors expected in the building.

[RSVP here.](#)



### World Down Syndrome Day - March 20th

Join us in celebrating World Down Syndrome Day (WDSO)!

On March 20th, we invite all Christian Academy students, teachers, staff, and families (JA-12) to participate by wearing a Christian Academy WDSO t-shirt, jeans, and your favorite silly socks.



### Spring into a Good Book - March 20th

Join us for our Family Literacy Event in the Elementary library from 3:15-4:30pm.



### Spring Break - March 23rd-27th

Enjoy your break!

# Library Note

## Who needs to bring their library books back next week (March 2-6)?

**Monday:** Laughlin, Gilligan, David, Duggan

**Tuesday:** Jones, Davis, Casey, Doane, Foster

**Wednesday:** Elliott, Cummings, Butler, Akers, Ballew

**Thursday:** Wright, Roy, Skaggs, Striegel

**Friday:** Sandefur, Mills, Epps, Johann, Ransom

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## Volunteer/Sign-Ups

- [Pastor Appreciation Volunteers](#)
  - [JA/K Grandparents Day Volunteers](#)
  - [Chapel Sign Up](#)
  - [Cafeteria Volunteer](#)
  - [Library Volunteer](#)
  - [Lunch Sign Up](#)
  - [WATCH D.O.G.S. Application](#)
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## Upcoming March Dates

- March 2nd-13th - IREAD 3rd Grade
  - March 5th-7th - HS Theater, *Pride and Prejudice*
  - March 10th - Red Cross Blood Drive 11am-5pm
  - March 12th - CASS Gala
  - March 19th - 3rd & 4th Grade Choir Concert, ASC Closes at 5:30pm
  - March 20th - JA/K Grandparents Day
  - March 20th - World Down Syndrome Day
  - March 20th - Literacy Event, *Spring into a Good Book*
  - March 23rd-27th - Spring Break, No School
  - March 31st - 2nd-4th Grade Global Warriors Meeting
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## Upcoming April Dates

- April 2nd - Resurrection Parties
- April 3rd - Good Friday, No School
- April 28th - 2nd-4th Grade Global Warriors Meeting



