



# The Royals Hope Weekly

May 14, 2018

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## Chapel (Grades K-5)

Today in chapel, Mr. Bradley talked to the students about Philippians 2:3, which says, "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves". He encouraged the students to make the most out of the remainder of the school year by putting others first and building them up.

## Chapel (Grades 6-12)

Today Seth Moerkerke from DSU Fellowship of Christian Athletes came and spoke to the students about a recent mission trip he took to Uganda. He talked about Matthew 18:2-5 which states, "He called a little child to him, and placed the child among them. And he said: "Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven. Therefore, whoever takes the lowly position of this child is the greatest in the kingdom of heaven. And whoever welcomes one such child in my name welcomes me." He shared about how God loves us, and He wants us to trust Him like a child would trust.

## Upcoming Events

18 sHOPpE  
23 HCA Senior Banquet  
24 Last Day of Preschool  
25 Mentor Lunch  
28 Memorial Day, NO SCHOOL  
29 HCA Awards Night @ 7 p.m.  
29 Last Day of Kindergarten & Daycare  
30 Grad Practice @ 1 p.m. (Seniors Only)  
31 Last Day of School/End of 4<sup>th</sup> Quarter  
June 3 High School Graduation @ 2 p.m.

## Hot Lunch Menu for Wednesday

- Garlic Bread Pepperoni Pizza
- Carrots
- Bananas
- Bars

## Hot Lunch Menu for Thursday

- Pancakes
- Sausage
- Apples

## Spring Program Circle Lists & Duties

The Spring Program and Awards Ceremony will be Tuesday, May 29 at 7 p.m. here at the school. The Spring Program Circle List & Duties is being sent home with your students and will also be attached to this email. Please contact the HCA Office if you have any questions.

## Library Notes

The last day of library will be this Wednesday, May 16.

All books will be due on Wednesday, May 23. Please make sure that all overdue books and fines are paid for by Wednesday, May 23 so we can have all loose ends tied up before the school year ends.

## Teacher Appreciation Week-Thank You!

The teachers and staff at HCA want to say a huge "Thank You" to all of the students and parents who helped make our staff feel appreciated and loved during Teacher Appreciation Week. Thank you families for loving us so well! Also, special thanks to Mrs. Sackman who helped chair the Teacher Appreciation Week activities.

## Nutrition Nibble: The Family Table

by Jo Marie Kadrmas, RD  
Did You Know?

- Only about one-third of families eat together at least once a day.
- On average, about 29 percent of kids make their own dinner at times.

It is critical that parents stay involved in the lives of their children, and sharing a meal is an opportunity to talk with your kids and listen to their ideas, experiences, and challenges. Choose at least one meal every day where you eat and connect together. Children grow up so quickly; choose to spend time with them while you have the opportunity.

Here is a healthy recipe that my daughter made for our family with a little help. It was delicious!

## Mega Omega Farfalle with Salmon

1 ½ lbs. fresh or thawed salmon fillet  
1 tsp salt  
½ tsp black pepper  
1 cup fresh basil leaves  
¼ cup grated Parmesan cheese  
1 clove garlic  
3 tbsps olive oil  
2 tbsps warm water  
1 lb. farfalle (bowtie) pasta  
1 bunch asparagus, washed and trimmed

1. Heat oven to 400 degrees. Bring a large pot of salted water to a boil. On a large baking sheet lined with non-stick foil, season salmon with ¼ tsp each salt and pepper. Place asparagus on the other side of the pan. Drizzle with olive oil, sprinkle with salt and pepper. Place in the oven. Bake asparagus for about 10-12 minutes, remove from oven and put on a plate. Bake

salmon for another 10 minutes (about 20 minutes total) or until baked thoroughly (look for opaque meat).

2. Combine ½ tsp. salt, ¼ tsp. pepper, the basil, Parmesan, and garlic in a food processor or blender until finely chopped. Gradually add olive oil and water and blend until smooth and forms a pesto.

3. Add pasta to boiling water, cook until al dente (about 10 minutes) and then drain.

4. Place the pasta in a large bowl. Cut asparagus into 2 inch pieces and add to pasta. Toss with pesto.

5. Serve pasta mix on a plate and top with salmon.

Makes 4-5 servings

### **Ways to Give Back to HCA-Final Classroom Contest**

Listed below are the many ways to continue giving back to HCA on a daily basis! **Please send in all box tops, UPC codes, and receipts to your students' classrooms by next Friday, May 25.**

- **AmazonSmile** Amazon donates a portion of your purchase automatically!  
<http://smile.amazon.com/ch/45-0372825>
- **MORE School Rewards (Cash Wise)** Sign up for the "MORE School Rewards" program at [moreRewards.com](http://moreRewards.com) or at Cash Wise. Designate HCA as your preferred school.
- **Our Family Labels for Learning (Family Fare)** Save the UPC codes from Our Family products.  
<http://ourfamilyfoods.com/labels-for-learning>
- **Direct Your Dollars (Family Fare)** Save your entire grocery receipt from Family Fare.
- **Box Tops for Education** Collect Box Top labels from participating products.  
<http://www.boxtops4education.com/participating-products>
- **Loaves 4 Learning** Collect the UPC's from Country & Village Hearth breads.

### **Dress Code**

Unfortunately, we are still seeing blue jeans worn on chapel days. **Blue jeans ARE NOT approved for chapel days!** Colored jeans are okay for chapel days, but please no blue jeans. Since Monday is a chapel day, we wear clothes that are dressier to honor the Lord. Please see the dress code guidelines below from the HCA student handbook.

### **Dress Code Guidelines:**

Chapel dress for all students in K-12 is required on the first day of the school week. This includes **no** sweatshirts or jeans. Denim skirts/dresses are acceptable.

- Acceptable PANTS at HCA are pants with a zipper or snap on the front or side and with pockets on the backside. (Loose fitting slacks do not require pockets on the back.) **No visible tears or holes in pants.**

- All other leg coverings (including skinny jeans) **MUST** be worn with a skirt, dress, tunic, or long shirt that goes to the tips of the fingers when arms are down (both the front AND the back of the top/skirt). Tops may not be tied back or tucked in. Unless pants or slacks as defined above are worn, bottoms and front sides must be covered 100% when standing, sitting, bending, etc.
- All shorts and skirts should be no shorter than two inches above the knee. No jogging shorts or short shorts may be worn on campus at any time. If you need to change for a sport, it must be done in the bathroom and then covered while on school grounds.
- As the dress code states, no tank tops are permitted. Sleeve-less tops **ARE** permitted (tops that cover most, or all, of the shoulder).
- Pictures, symbols or slogans on all clothing must be consistent with Christian principles.
- Appropriate footwear must be worn at all times in school.

### **Bake Day Frosting**

Just a reminder we **STILL** have bags of Bake Day frosting available for \$5 per gallon bag! Please contact the school office if you would like one.

### **Prayers and Praises**

#### **Please Pray for:**

- Students and staff to finish out the school year strong.
- Ashlee Armstrong, our lunchroom monitor and the mom of Priscilla and Wylie here at HCA. She will be going to the Ukraine to bring home their adopted son, Rostik. Please pray for all of the final steps regarding his adoption to go smoothly so they can bring him to his forever home!

#### **Praise God for:**

- The beautiful weather!
- The many blessings we have at our school!
- Another great school year almost in the books!