



# IHAS NEWS

Educating for a Life of Service

## Breakfast

Life is busy! It can be a real challenge to get out the door on time in order to get to work and school. Often in the hustle and bustle certain things can be omitted even though they are very important. I appeal to you to please make sure your children are getting a good breakfast each morning. We wouldn't attempt to go on a trip without putting fuel in the car, so we can't expect to have a good educational "trip" if we don't put fuel in the stomach tank. I would suggest having fresh fruit that is handy to grab like apples and bananas and some whole grains like cooked oatmeal (not sugary instant packets) or whole wheat toast. Your child's mind and body will be in a much better position to learn and grow.

## Let's Move with a Mission

Grades 3-9 is planning to make a tradition of our Let's Move Day activity from last year—biking around the trail surrounding the Rec Center. Students should bring their bicycles and helmets to school on Monday, September 23. Our outing will be that afternoon (weather permitting). To add some "mission" to our "moving," we

ask that each student find at least one person to sponsor them as they ride. It can be for any amount. A donor may choose to pledge a flat amount or a certain amount per mile pedalled. Finally, we will end the day at YUM Froyo just off of State Ave. Please read the permission slip carefully for details.

## School Portraits

On this coming Tuesday (September 10) we will be going Hope Christian Academy to get our school portraits taken. **Students should wear light blue, royal blue, or dark blue polo shirts.** Since it is LifeTouch taking the portraits, I think you will receive proofs with an order form following the portrait day.

## Outdoor School

Permission slips were sent home in last week's Thursday folders—If you haven't returned yours, please do so! We will leave on Tuesday and return Friday afternoon (September 17-20). Kindergarteners will not be attending which means they will have only one day of school that week (Monday).

## Upcoming Events

- Tuesday, Sept. 10  
School Portraits at Hope Christian and Happy Birthday, Kaj!
- Tuesday, Sept. 17  
Happy Birthday, Katelynn!
- Sept. 17-20  
Outdoor School for grades 1-9;  
KINDERGARTEN  
NO SCHOOL
- Sabbath, Sept 21  
Little Lights sing for church
- Monday, Sept. 23  
Let's Move! Day
- Sept. 23-26  
ITBS testing for Grades 3-8
- Tuesday, Oct. 1  
Distribute bags for food collection
- Thursday, Oct. 3  
Gather bags distributed on Tuesday
- Saturday, Oct. 5  
Open house

## Reminders for Grades 3-8

- Typing Pal: 30 min/week  
[typingpal.com](http://typingpal.com)
- Reading: 150 min/week
- Check progress daily:  
[login.jupitered.com](http://login.jupitered.com)  
(ask Mrs. Wright for your password)
- Book report due first school day each month.

## FRANCISCO JAVIER MONTHLY GOAL: \$30

Received this week:  
\$3

Received so far for  
September: \$18.54

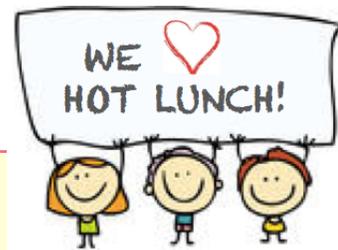
## MATH MINUTE PROGRESS

### \_\_\_Add/Subtract\_\_\_

Level 1: Jacob  
Level 3: Princess, Ebnay  
Level 4: Brianna, Fortunate  
Level 8: Mo

### \_\_\_Multiply/Divide\_\_\_

Level 16: Princess, Ebnay,  
Fortunate  
Level 18: Mosheh



**Wednesday, Sept. 11 – Mazidra**

- Hale: 1 lb. bag lentils
- Mo & Kaj: 1 lb. bag lentils
- Kuzvinzwa: 1 can diced tomatoes
- Fortunate: 1 packet taco seasoning
- Princess: 1 15-oz. can tomato sauce
- Reiss: 2 red onions
- Ratliff: 1 head green leaf lettuce
- Mtonga: 2 red or yellow bell peppers
- Atira: 1 15-oz. can tomato sauce
- Mrs. Wright: kale, guacamole
- Mrs. Hay: brown rice (already provided)

**Wednesday, Sept. 25 – Soup & Sandwiches**

- Hale: 1 package breakfast strips
- Mo & Kaj: 1 loaf 100% whole wheat bread
- Kuzvinzwa: 1 red onion, 1 jar dill pickles
- Fortunate: 1 loaf 100% whole wheat bread
- Princess: 1 English cucumber
- Reiss: 3 avocados
- Ratliff: 1 bunch green leaf lettuce
- Mtonga: 1 package alfalfa sprouts
- Atira: 1 pint mayonnaise
- Mrs. Wright: Soup, tomatoes
- Mrs. Hay: Soup



**Getting to Know You Better**

- Favorite Bible character: Ruth & David
- Favorite Bible passage: Ephesians 6:1
- Favorite color: yellow
- Favorite kind of pet: puppy
- Favorite food: eggs and peaches
- Least favorite food: broccoli
- Favorite sweet treat: lollipops
- Favorite smell: food and popcorn
- Worst smell: rotten stuff
- A hero of mine: God and my family because they both help me
- Something I was happy to accomplish was: learning about God and riding a bike
- Interesting person from history: Abraham Lincoln
- If I renamed myself I would choose: Ami
- Best age to be is 0 because you get to cry for no reason.
- Future career possibility: writer and singer
- I am afraid of: Satan
- My mom and dad and God make me happy.
- It makes me feel loved when people tell jokes.
- I like to give gifts to people.
- Best way to travel for me is in style.
- Favorite outdoor activity: riding bike and playing at the park
- Best materials to build a fort at my house: pillows, blankets, chairs
- Something that bugs me: my little brother
- Another language I wish I could speak: Shona
- If I were a teacher, I'd teach my students to write or history.

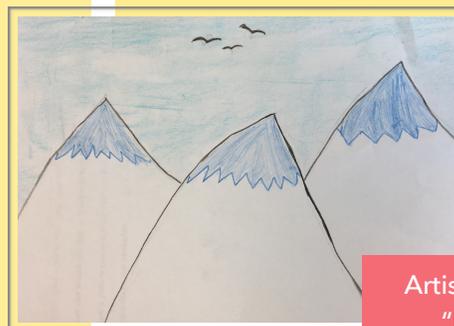


**Ebnay Kuzvinzwa**

The thing I'm most eager to do when I grow up is be a mom.  
 If I were a mom/dad, my top three rules would be:

- 1) no fighting
- 2) bed time is 8:00
- 3) make sure homework is done first!

If I had a store, I'd sell: bracelets I like God and Mom.



**Artist: Ebnay Kuzvinzwa**  
 "Blue Mountains"



**CHUCKLE BIT:**

Q: What did one wall say to the other?  
 A: Let's meet at the corner.

**QUOTE OF THE WEEK:**

Our character is but the stamp on our souls of the free choices of good and evil we have made through life.

