



Dear Falcon Families,

March 30, 2020

I hope and pray that you are all well!

This weekend, NC Governor Cooper issued Executive Order 121 and President Trump issued a 30-day extension of *The President's Coronavirus Guidelines for America* that both extend the **"Stay at Home" orders/guidelines for an additional 30 days beginning Monday, March 30th.**

These orders **will extend our online distance learning through May 1, 2020.**

We will still plan to dismiss for Spring Break as scheduled on Thursday, April 9th at noon, with a return to online distance learning beginning April 20, 2020.

My hope is that we will be able to return to campus on Monday, May 4, 2020, and complete our school year as normal; however, we will continue to inform you of our schedule as we get closer to that time.

Information You Need to Know

What do these "Stay at Home" Orders/"Social Distancing" Guidelines mean for you?

For most of you, if you live in Mecklenburg County, it will not be a big change if you have been following the current hygiene and social distancing recommendations other than the length of time that we will be under these guidelines or orders. We will continue distance learning with your children, and teachers will still be able to come on campus for materials needed to prepare for that learning. We will still be able to secure and maintain our facilities, and essential functions of government and society will continue as long as you maintain safe social distancing.

Here is the link for the actual text of the order and its FAQ's so you can check out all the details of what you can and cannot do:

The President's Coronavirus Guidelines for America: [Coronavirus Guidelines for America](#)

NC Executive Order 121: [EO121 NC Stay at Home Order](#)

Mecklenburg County Order: [Mecklenburg County Stay at Home Order](#)

FAQs about the Order: [Mecklenburg County Stay at Home FAQs](#)

The best information on how to stay healthy and what to do if you think you have developed a COVID-19 infection can be found at: [CDC Coronavirus Guidelines](#). We encourage you to continue to follow credible resources for ongoing information on the global COVID-19 pandemic through agencies such as the [World Health Organization](#), the [CDC](#), the [U.S. Department of Health and Human Services](#), and state and local health departments. If you or any member of your household become ill and are recommended to self-quarantine or be hospitalized, please immediately inform us via an email to mireidy.carthen@ufca.org. Likewise, please continue to let us know through the use of our Travel Update Form (click [here](#)) if you travel outside of the immediate Greater Charlotte area.

Attached below are resources that may be useful as we all adjust to this unusual and temporary new way of life. While God calls us to comply with the officials He has placed over us, this does not mean that our compliance will be comfortable or convenient. These resources have activities and information that can aid us all in adapting to these unprecedented circumstances. I pray that each of you can rest in the peace that you are His and are covered by His love and the sacrifice of His Son, Jesus Christ. Please continue to join with me in prayer for a rapid resolution to this pandemic!

Blessings,

Susan R. Blumenthal, PhD, Head of School

"For this reason I remind you to fan into flame the gift of God, which is in you...for God gave us a spirit not of fear but of power and love and self-control" 2 Timothy 1:6-7 ESV

RESOURCES

TECHNOLOGY

Laptop Insurance – we are working on making insurance available for those who did not choose to have insurance previously. We will update you on this as soon as we have something set up!

PERSONAL SUPPORT

From Our Own Mrs. Bailey

Zoom meeting entitled “Mom Chat with Mrs. Bailey” Thursdays at 3:30PM – sharing a word of encouragement about a woman in scripture and then opening up for discussion: sharing successes, failures, questions, coping strategies, etc. in life at home

Topic: Mom Chat with Mrs. Bailey

Time: Apr 2, 2020 03:30 PM Eastern Time (US and Canada)

Join Zoom Meeting <https://us04web.zoom.us/j/898166480>

Meeting ID: 898 166 480

From a Fellow Falcon Parent:

I'm writing to provide encouragement and support as needed via the invitation below. My team one day was compelled to do something. Collectively, we channel our energy and many resources available to help the community and lift spirits by offering free online sessions to engage the community across a variety of topics. Feel free to share with parents, teachers, etc as needed. <https://CaringAgentsNCommunity.Eventbrite.com>

Sabrina Brown - Managing Director / Broker

Sabrina Brown Realty & Advisory Services - An affiliate of Wilkinson ERA

Office: (704) 256-0316 Mobile: (704) 560-5207

From Coach Finanger: ‘Let Yourself Off the Hook’: Advice for Teachers and Parents During COVID-19 - EdSurge News - [Let Yourself Off the Hook](#)

From Summit Ministries

Plagued by the fear of the unknown? Things out of control? Beaten down by circumstances?

Fear is a strong emotion that surfaces when we become aware of potential danger.

Dread is fear on steroids—an extreme uneasiness in the face of pain, uncertainty, and evil. Fear and dread are like armed robbers, forcing us to empty our emotional bank accounts while staring down the barrel of impending doom. *It's worse for kids.*

Dr. Jeff Myers has written an eBook with **10 steps to finding God's assurances for your family**. Included in the eBook are **50 Bible verse cards** to defeat fear and dread. [FREE eBook Download](#)

LEARNING WITH FUN

Character & Fitness Videos

[Boosterthon Character & Fitness Videos](#)

Register using Access Code: [AtHome](#)

Our K-8 families are really enjoying the videos at home, so we decided to make our platform available to all schools in America, for the rest of the school year. We're hoping we can all get through this thing stronger. – **FREE to register - 75+ streaming videos with character topics and fitness exercises (PBIS, SEL, STEAM, etc.)**

From Teacher Created Resources

We have many [free activities](#) on our website, and almost all of our books are available as E-books. We've also added easy-to-implement activities for parents and caregivers to our site.

[Teacher Created Resources](#)

EXERCISE AND OUTDOOR ACTIVITY

Claim your free Downdog membership (through July 1st):

1. Go to downdogapp.com to download any of the apps for smartphone or tablet or to use the apps on the web – Yoga, HIIT, Barre, 7 Minute
2. Open any of the apps and sign up with Email and Password - make sure to use your School email!
3. Or just click [here](#) for full instructions!

Immune system function improves by being in sunlight, opening the windows and letting in the fresh air and laughing! So go outside and read a book, tell some jokes, play a game (yes, even a board game outside!), have a dance-off to praise music, re-listen to Miss Rola's Wednesday message, take a walk, walk the dog, do a scavenger hunt in your neighborhood (keep your safe distance from other families while outside!), do a "science lesson" and look for how many different bugs, leaves, plants, and creatures you can spot (look them up for identification later, if you want!), and make the time to pray and praise wherever you are!

INDOOR ACTIVITY

The Knight School chess coaches have worked together to launch a unique, interactive, and kid-friendly online "WebParty" chess experience. *Offering a special rate for students to participate in our Chess Class "WebParty."* *They may pay the standard \$90 per month, or they may opt to pay \$70, \$50, \$30, \$0, or any amount whatsoever that fits in their budget.* All suggested tuition amounts are instantly welcomed. Once signed up, to join the WebParty simply click "Click Here for the WebParty" in the upper right hand side of the website or follow [THIS LINK](#) and enter the password! The weekly password is sent out to all enrolled families each Sunday.

Monday Beginners Class. Mondays at 4:00 PM, we are premiering a **Beginner WebParty** specifically designed for kids (and families) who have **never even played chess before**. To see exactly how it will be, view a recording of our dress-rehearsal from 3/23 [RIGHT HERE](#). [CLICK HERE to join](#)

Tuesday Elementary Class. The Tuesdays 4:00 WebParty is for kids who either play chess or know some about chess already. Each class includes a funny chess lesson, a higher-level coach vs. Fritz (our pet chess computer) game, kid-oriented movies/gags, and chess puzzlers. After the lesson, players compete against our other players. A recording of last week's webcast is [RIGHT HERE](#). [CLICK HERE to join](#)

Wednesday Kindergarten Class. The Wednesdays 4:00 PM WebParty is for preschool and kindergarten – with developmentally-targeted chess lessons. Little Geniuses is a fun chess video, puppet show introduction to chess featuring a new life lesson like "I Can Figure Stuff Out!" and "I Must Never Give Up!" After the chess lesson, players compete in a thrilling, 20-minute, live chess Tournament against other preschoolers. A recording of last week's first singing-dancing-puppet kindergarten webcast is [RIGHT HERE](#). [CLICK HERE to join](#)

Thursday Advanced Class. The Thursdays 4:00 PM WebParty is for advanced chess players providing in-depth, challenging lessons for those looking to sharpen their skills. Each class is hosted by top coaches and features a high-level coach vs. Fritz (our pet chess computer) game with illuminating explanations, entertaining chess gags, advanced puzzlers with live polling, and (of course) joke time! After the WebParty, players have a live chess tournament where they play other advanced players. [CLICK HERE to join](#)

Friday COACHES' CLUB. The Friday 4:00 PM WebParty is your chance to play against the coaches. Come watch our games as we work out who the best really is, and as we rank ourselves each week using the WebTourney leaderboard! And if you dare, join in the Coaches' Club and accept the challenge. We dare you. No lesson, just tournament!

How to Deal With Kids 24/7 During the Stay At Home Order

(2 min read)

Parents of young children, we are here for you! In this time of uncertainty, we know you are faced with a host of changes to daily life and routine. But rest assured, as a parenting intervention researcher and therapist, I want to share with you some fabulous insights on the positive outcomes that a stay-at-home order can produce for you and your children during this time. Knowing that you can promote continued health and wellness for your child(ren), I pray, will give you the strength and motivation to keep going. Here are some great reminders of what you are already doing to promote positive outcomes for your littles:

First, know that this is a sacred time to promote positive child emotional and behavioral outcomes. For instance, recent research on parent-child interaction patterns demonstrate that the number one remedy to child emotional/behavioral challenges is quality time with their loved ones, and most importantly, their attachment figures—aka, you! By carving out dinner times together, going on walks (while practicing that social distancing, of course) and engaging in their everyday play and activities, they grow in their security and trust with you. Attachment researchers also note that secure bonds are fostered in the most mundane of daily tasks, such as teaching them to follow a routine chart, engaging in their imaginative play, and having conversations with them about what they find interesting and important to them. Many children these days are bombarded with long days at school, followed by after school activities and the like. But what you are doing is what most matters in the hearts and minds of our precious little ones!

Secondly, you are nourishing the mental, spiritual, and psychological health your child(ren) right now. Children, like adults, also need breaks, vacation, and a time to rest and recuperate. Yes, school is important, but now is the time to support their understanding of caring for their bodies, their minds and their little souls. Promoting activities around mental health management, like learning how to cope through anxiety and stress, is one fabulous way to train your children to face hardship well. How can you teach your children to take deep breaths? To meditate on God's word? To exercise and take in the fresh air? Any creative idea to cope will do!

Finally, I know the day-to-day changes may stress the nerves and anxieties further, but just by you being there for them, having a positive and cheerful disposition, and holding hope that all will be well, is fantastic modeling on how to weather storms. In fact, social learning theory tells us that it is not so much what a parent says, but what they do-in action and real time, that trains the hearts and minds of our little ones, in the direction of trust in the Lord. They are watching how we respond to this, and by your own modeling, our children rest assured that they too will weather storms well because mommy and daddy showed them how.

So hang tight, our strong and courageous parents! We admire, love, and respect you for all that you do! If you need counseling to support you through this time, please contact us, and we would be happy to assist you via online counseling!

Dr Sarah Wolford, LMFT

Contact Sarah at: (646) 251-7476 or
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Dr. Sarah Wolford is a Licensed Marriage and Family Therapist and has been in the field for the last decade treating individuals, couples, families, teens and children. She has a deep desire to help people find hope and healing with Christ at the center of each therapy session, and believes that therapy is a sacred, special place for each person to feel heard, validated, and transformed by the overall healing process. Most importantly, when it comes to counseling, Dr. Wolford is most passionate about helping her clients identify the greater purpose in their pain, and the potential that God has given them to experience an incredible healing in their life.

Sarah enjoys working with trauma, PTSD, childhood wounds, depression, anxiety, stress management, relationships issue, infidelity, high conflict, grief and loss, parenting, spiritual concerns, financial stress and more.

How to Use the Quarantine for Change... It starts with Intentionality.

(2 min read)

“So how’s the quarantine going for you”? This is a question that seems to be the first thing out of everyone’s mouth these days. Kind of like the typical, “How’s the weather?” or “Did you see that the Panthers hired a new coach?” It seems to be our new norm right now. None of us know just how long this is going to last. Some seem to think it will last well into the end of the year, and others seem to think we are looking at being back to normal in a few short weeks.

This got me thinking.... What is “normal” anyway? Will we ever go back to “normal” after this? But how about this one... Do we even WANT to go back to “normal” after this?

I don’t know about you, but normal for a lot of people just isn’t cutting it. As clients sit on my couch, day in and day out, what most of them are working on is creating a new normal. They are sick of where their families and marriages are. They are sick of the faulty thinking that has kept them captive for most of their lives. They are sick of things like anxiety, depression, and fear. It takes a lot of work to actively change these things. Everything in us is drawn to just keep doing the norm. It is stressful to change, especially when we have stressful jobs, baseball practice every night of the week, and screaming toddlers. But what if I told you that this “quarantine” is exactly the perfect remedy to the excuses we make that keeps us from change? All we need is a little intentionality in this season.

Intentionality. That is my husband’s and my word for the year. I know, I know... what are the chances? Intentionality means to be deliberate or purposeful in daily mindsets and actions. Why do we need intentionality? And why on earth would we choose such a word? We chose this word because we found ourselves in a season at the end of last year where we were barely present. It was more about getting off the “going through the motions” train. You know, the one Matthew West sings about in his song “Motions.” We were in winging it mode...emotionally disconnected to everything mode... just not present mode... You feel me?

Really what got us there was life! In the past 5 years we had moved to Charlotte, both started new careers and on top of that in the past 2 years we have lost a dad, a sister, 2 grandmothers, and 2 dogs. Talk about change! We were forced to change. Kind of like what we are being forced to do today in our society. Our normal is changing, and we can either do it with an intentional mindset, or let it sweep us around until we completely lose sight of what we are doing or where we are going.

This is my encouragement to you.... Take this time and be intentional with it. In the next few weeks I will be blogging more specifically about how you can be more intentional with this time in regards to your marriage, your family, your friends, your mindsets and much more. For the time being, I leave you with this question... If you could wake up 3 months from now, what would be different? I know it is tempting to say that we would be back to normal... but is normal actually working in your life? If you could snap your fingers like Thanos (Where my nerds at?) what would life look like? Would you be closer to your kids? Would you be super hot and heavy with your spouse? Would you be eating better? Would your house be organized, FINALLY! Would you be prioritizing time with Jesus everyday? Would you be reading more vs spending all your time on social media? Would you be comparing yourself less to others? The sky’s the limit. The only thing getting in your way is not making a plan and then being intentional with your precious time during this season of quarantine.

Rachel Cunningham, MA, LCMHC

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Rachel is passionate about connecting with clients on a deeper level and believes that building trust and establishing a safe environment for clients to tell their stories empowers them to dive deeper into self-awareness and grow in Christ. She prides herself in being real with clients and is creative in finding the best approaches for treating them. She utilizes an authentic, eclectic approach to therapy with foundational underpinnings of the Soul Healing Love Model and enjoys seeing individuals and couples utilize the tools of the model to gain insight into their past pain and move in a healing direction.

Rachel works with individuals, teens, couples and families dealing with, Self-Esteem enhancement, Depression/Anxiety, Grief and loss, Trauma, Attachment issues, Relationship issues, Sexual addiction, Life transition/Identity issues, Spiritual formation, Chronic Illness, Adult children of narcissistic/borderline parents, and much more.