



**PARENT NOTE – January 6, 2025**

**“Creation Caretakers”**

**Genesis 2:15**

**SCHOOL NEWS:**

- **Thank you! Thank you!** The faculty and staff of Highland Christian would like to thank all of our HCS families for the wonderful goodies, gifts, and Christmas wishes this holiday season. **We pray that all of you had a joyous Christmas season!**
- **We are HIRING!** Please check out our current list of [employment opportunities](#). If you or someone you know would be a great fit, you may submit your application/resume to Andrea Harvey at [aharvey@highlandchristian.org](mailto:aharvey@highlandchristian.org)
- **Report Cards** will be available for parents to view via OnCampus on **Monday, January 13**.
- **Everyone is invited to our All-School Chapel this Friday at 8:30 a.m. in the gym!**
- **Parent Information Night for Philadelphia Trip 2026:** There will be an informational meeting about the Philadelphia Trip for current 7th graders on **Monday, Jan 13, from 2 pm until 7**. Parents can come and get information and ask questions about the trip. Trip costs and fundraisers will be explained. It is not necessary to be there to sign up for the trip, especially if you have had former students who have already been to Philadelphia. There will be pictures, and all you will need to feel fully informed about this event. Hopefully we will see you there!
- **Donut Day:** Donut day was such a success that we are going to have donut day once a month through the end of the year. **January donut day will be Wednesday, Jan. 22.** The donuts will be frosted chocolate, strawberry, vanilla and glazed. Thank you for helping with this fundraiser!
- **Girls on the Run:** Mark your calendars! Our spring season starts Monday, March 3. **Registration for the girls opens February 3.** The 5K will take place on May 17! This program is for girls in 3rd-5th grade. We are looking for coaches! No running experience needed. If you're interested please contact Amber Powell at [apowell@highlandchristian.org](mailto:apowell@highlandchristian.org). We love having junior coaches as well. If you have a teen 16+ who is interested please let me know.
- **Saturday Serve:** January's Saturday Serve will focus on supporting the HCS community by serving at our thrift store. **Come as a family and gather at etc. . . Thrift Store to sort, hang, size, and color code clothing.** Since we will gather before the store opens, we may have the opportunity to organize and clean some of the displays. This is a great family event! What a great way to show our support and thanks to this organization who gives back to the families of HCS. Thank you for your work in bringing God's Kingdom on earth. Questions? Contact Vicki Huiizenga at [vhuiizenga@highlandchristian.org](mailto:vhuiizenga@highlandchristian.org)  
**Date:** Saturday, January 25  
**Time:** 9 - 11 am  
**Place:** etc . . . Thrift Store 1650 US-41, Schererville, IN 46375  
**Link to Sign up:** [January Saturday Serve Signup](#)

## **ATHLETIC NEWS:**

**Girls Basketball Tryouts** will be starting on Tuesday, January 7th and concluding on Wednesday, January 8th. **Students MUST attend both days of try-outs.** Student-athletes do not need a physical form to try out, but any student-athlete who makes the team will not be able to practice or play in any games until a physical is turned in. Physical forms can be picked up in the office.

The times for each grade's tryouts are listed below. Practices throughout the year will be at the same time as tryouts for each team.

**6th grade - 3:15-4:30**

**7th grade - 4:30-5:45**

**8th grade - 5:45-7:00**

We have a large number of girls signed up to tryout, which unfortunately means we will have to make cuts to each team. Please know this is a difficult process and that each coach is going to use their best judgement when selecting the team.

If you have any questions or concerns, please reach out to Mr. Hillegonds.

## **COUNSELOR CONNECTION:**

What a wonderful Christmas break! It was unbelievable! Or were there aspects that fell short of your expectations? Sometimes we feel disappointment, embarrassment, sorrow, loneliness, or jealousy and try to avoid these feelings. It is OK to have emotions other than happiness. Using strategies from ACT (Acceptance and Commitment Therapy) can help identify those emotions and work through them. Identify the emotion you are experiencing and allow yourself to feel that emotion. It may be helpful to defuse the emotion you're feeling. Defusing your current emotion can be done through breathing activities as well as noticing your 5 senses.

A couple of resources:

- [The Little ACT Workbook](#) by Dr. Michael Sinclair and Dr. Matthew Beadman
- 5 Sense Grounding  
<https://cdn.bcm.edu/sites/default/files/2023-04/grounding-5-4-3-2-1-worksheet.pdf>

## **FAITH CORNER:**

Happy New Year! It's 2025! A new year is a great time to reflect on how we can grow in faith, serve others, and deepen our walk with Jesus. Faith practices will help us accomplish our goals.

Faith practices are repeated actions that help us:  
grow in our love for God and our neighbor,  
listen to the Holy Spirit, and  
become more like Jesus.

We can't make ourselves more Christlike by our own efforts. We need the Holy Spirit to lead us, to shape our character, to transform our relationships, and to give birth to new desires in us. Faith practices help us recognize and respond to the Holy Spirit.

Let's begin by exploring the Faith practice of **Sabbath**. **Sabbath** is God's gift to us. It is a time set apart to rest from work so that we can worship God, tend to our soul, and bless others. Here are some ways to practice Sabbath rest this week.

1. **Gather with God's people for worship** - go to church together as a family.
2. **Enjoy God's creation** - take a walk in a park or forest preserve, watch the snow fall, stand outside and view the stars.
3. **Turn off technology** - invite God to speak to your heart.

4. **Connect with family** around the dinner table. Make a simple meal (grab a pizza) and talk about your day, talk about things that bring you joy, talk about your plans for this year, talk about friends, remember special celebrations, etc.
5. **Pray gratefully** - name a person/place/ thing/experience for which you are grateful, or to name something you can hear/see/taste/touch/ smell for which you are grateful and incorporate these into prayer.
6. **Notice God's gifts** - jot your thoughts on sticky notes and post them on a Gratitude Wall; express your thankfulness on paper squares placed in a Gratitude Jar; create a paper chain of thankfulness strips, etc.
7. **Put the past week to rest** - don't try to do **ALL** of this in one week! Take this slowly. Incorporate this prayer into the end of your week: "What has been done has been done; what has not been done has not been done; let it be."

### **PTO NEWS:**

The 6th-8th grade family fun night is on Friday January 17th. This will be a fun night of games and trivia for our junior high students and their families! More information will be coming home this week!

### **TRIP NEWS:**

**TRIP orders** for physical gift cards are due (online and paper order forms) this week, Thurs., Jan. 9th by 10 a.m. TRIP will be accepting physical gift card orders on Jan. 9, 16, 23 and 30. Online ordering is available 24/7. Contact Ann Lynch at [trip@highlandchristian.org](mailto:trip@highlandchristian.org) for more information

**TRIP Teams for Stuffing Orders:** Team D – Jan. 14; Team A – Jan. 21; Team B – Jan. 28; Team C – Feb. 4

### **COMMUNITY NEWS:**

- Highland Baseball will have conditioning open to all Highland Middle School, Highland Christian and all 6th, 7th and 8th grade aged boys starting January 6th from 7:15-9:15 pm. Wear baseball pants, hat and bring your glove and bat. These will run every Monday and Wednesday starting on 1/6 and will continue until our tryouts at the end of March. They will take place in the Main HS Gym. Any questions? Please reach out to Sam Michel [sam@wjob1230.com](mailto:sam@wjob1230.com)