

THE CALVARY CONNECTION



THE OFFICIAL NEWSLETTER OF CALVARY CHRISTIAN SCHOOL



SCHOOL PICTURE DAY SEPT. 10

Picture day for the entire school is scheduled for Sept. 10! Here are a few things you need to know to help make Picture Day a success!

- Students should wear a maroon or white polo. The light blue polo tends to blend in with the photographer's backdrop.
- Students should have their hair neat and tidy for the photo.
- If a student wears CCS outerwear to school, please remind him/her to remove it for the photo.
- These photos will be available for your purchase, but they are also the ones that will go in the yearbook!
- Fall sports athletes will also have their pictures taken and need to bring the appropriate jersey(s) and footwear.
- Students who are absent will have the opportunity to have their picture taken on make-up day: November 5.

WINNERS OF THE CPA BACK-TO-SCHOOL AUCTION

Thank you to everyone who participated in the CPA Back-to-School Online Auction on Facebook! This fundraiser helps the CPA be able to immediately fulfill teacher requests for classroom items.

The following people were the highest bidders:

- Principal for a Day | Kristen Nicole
- PE Coach for a Day | Heather Dilworth
- Student Parking Spot | Caroline Rohr
- Senior Graduation Reserved Seating | Adrienne Coggin and Rebekah Huffman
- K5 Graduation Reserved Seating | Steve Kuzma and Christopher Ellison
- Event Parking Spot | Jennifer Koen
- Christmas Program Seating | Denise Pyle Parker and Yvonne Pierce Salisbury
- Spring Program Seating | Caroline Rohr and Denise Pyle Parker

The CPA would like to extend sincere thanks and appreciation for everyone who participated in the auction and who attended the first Fall Festival planning meeting. There are still opportunities for you to serve in a variety of capacities if you are interested. Current volunteer needs:

- CCS Golf Tournament planning and execution
- Security Team
- Swap Shop/Lost and Found
- CPA Fall Festival planning and execution

For more information, contact the CPA via email at calvaryparentsassociation01@gmail.com or the front office at 843-650-2829.

SPIRITUAL EMPHASIS TRIP: THE WILDS

The 9th-12th grades are gearing up for the annual spiritual emphasis trip to The Wilds Christian Camp in North Carolina on Sept. 16-19. This is a four-day trip packed with fellowship, spiritual challenges, and fun times that always turns out to be one of the most memorable moments of the year for students. Parents of 9th-12th graders should refer to the packet of information given out at Orientation or to the email sent on August 26 for details and the link to register your high schooler.



QUICK CALVARY CALENDAR

Visit ccsmb.com/calendar-2 for updated calendar and Important Dates Calendar.

**Tuesday,
Sept. 9**

Varsity boys soccer home game, 4:30 p.m.

Volleyball practice, 3:30-5 p.m.

**Wednesday,
Sept. 10**

Picture Day for all students and staff.

Picture Day for all fall sports athletes.

7-12 Grade Girls Bible Study, 7:30 a.m.

**Thursday,
Sept. 11**

Student prayer meeting, 7:40 a.m.

Home JV and Varsity Volleyball games, 4 p.m.

Boys Soccer practice, 3:30-5 p.m.

XC Meet, Emmanuel, 5:30 p.m.

**Friday,
Sept. 12**

Away Soccer and Volleyball games, at Emmanuel, 4:30 p.m.

**Monday,
Sept. 15**

Maroon Monday!

Boys varsity soccer away game, 5 p.m.

Girls volleyball home game, 4 p.m.

SAVE THE DATE!

- See You at the Pole, Sept. 24
- SCACS Educators Conference, Sept. 25-26
- Ready Let's Read Book Fair, Sept. 29-October 13
- Grandparents Day, Oct. 17



ALUMNI CORNER

Two recent Calvary Christian School graduates have joined the family again as aides and Patriots Club workers! Riley McDowell (left) and Nicky Amaya both graduated in the past two years and are happy to be working at their high school alma mater in service to the Lord! They are both engaged to be married in the near future. Please join us in welcoming them both back to Calvary!



CCS STUDENT BODY ELECTS 2025-26 STUDENT BODY GOVERNMENT OFFICERS

The sixth- through 12th-graders have voted and selected the following students as the Student Body Government officers for 2025-2026:

- Isaac Lowery, senior, president
- Will Cowell, junior, vice president
- Braiden Roland, senior, chaplain
- Bella Haile, sophomore, secretary

The Student Body Government is comprised of these four officers plus the three class officers from each grade (6-12). These students work throughout the year to plan and execute events for the student body, including See You at the Pole, Spirit Week, bonfires, and more.

The officers for each class are voted on by members of each grade. Those officers are:



12TH GRADE:

- Braiden Roland, president
- Abigail Wood, vice president
- Andie Johnson, secretary

10TH GRADE:

- Chase Moore, president
- Abhi Balachandran, vice president
- Sophia Stier, secretary

8TH GRADE:

- Anna Richards, president
- Micah Peterson, vice president
- Josh Silveria, secretary

11TH GRADE:

- Emma Richards, president
- Haiden Causey, vice president
- Grace Silveira, secretary

9TH GRADE:

- Lilly Evans, president
- Aaron Rivers, vice president
- Karris Knight, secretary

7TH GRADE:

- Blayden Sessions, president
- Brycen Roland, vice president
- CeCe Weber, secretary

6TH GRADE:

- Mariah Clark, president
- Sydney Haile, vice president
- Emme Bruegger, secretary

HEALTHY HABITS

with Dr. Haile

What is the best way for our kids to “break” their “fast” when they wake up in the morning, before heading out to school? Breakfast refuels the body’s energy stores after fasting overnight and has been associated with higher nutrient adequacy and a lower risk of chronic disease (1). According to national survey data (NHANES 2017-2020), grains—primarily ready-to-eat cereals—are reported by the highest percentage (60%) of breakfast consumers (2).

While cereal may be convenient, not all breakfasts set the stage for learning. Refined carbohydrates and sugary foods can lead to an energy crash, making it harder for kids to focus. Meals high in refined carbs promote the release of calming substances in the brain, which may leave children feeling sluggish rather than alert. On the other hand, a well-balanced breakfast with whole grains, protein, and healthy fats provides steady fuel for the brain. Think of breakfast as an investment in your child’s focus, memory, and mood for the day. Foods such as oatmeal, eggs, berries, and avocados help balance blood sugar while supplying essential vitamins, minerals, and antioxidants that support brain health.

And yes—we know mornings are busy! The good news is that a little prep can go a long way. Here are some simple ideas to power up breakfast:

Overnight oats:
Combine oats, milk (or yogurt), and fruit the night before. Add nuts or chia seeds for extra protein and fiber.

Egg muffins:
Bake eggs with veggies and cheese in muffin tins for a grab-and-go option.

Smoothie packs:
Freeze bags of fruit and spinach in advance, then blend with milk or Greek yogurt for a quick nutrient boost.

Avocado toast:
Top whole-grain bread with smashed avocado and a sprinkle of hemp seeds or a fried egg.

By swapping sugary, refined breakfast foods for balanced, nutrient-rich options, you’re giving your kids more than just a meal—you’re fueling their brain power for success in school and beyond.

References:

1. Giménez-Legarre N, Flores-Barrantes P, Miguel-Berges ML, Moreno LA, Santaliestra-Pasías AM. Breakfast characteristics and their association with energy, macronutrients, and food intake in children and adolescents: a systematic review and meta-analysis. *Nutrients*. 2020;12(8):2460. doi:10.3390/nu12082460
2. Hoy MK, Sebastian RS, Murayi T, Goldman JD, Moshfegh AJ. Breakfast Consumption by U.S. Children and Adolescents: What We Eat in America, NHANES 2017-March 2020. Food Surveys Research Group Dietary Data Brief No. 58. April 2024.

Brain Foods for Kids: Starting the Morning Off Right



Dr. Haile is a licensed pharmacist, a certified health coach, and currently consults for dietary supplement companies in product development.

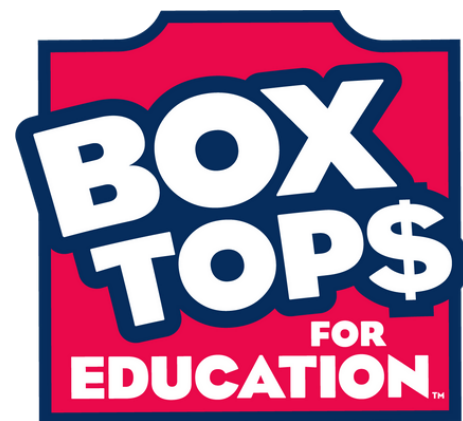
SNAP. SCAN. SUPPORT CCS!

Dear CCS Families,

Did you know you can help Calvary Christian School just by scanning your grocery receipts? 🛒 Simply download the Box Tops for Education app, choose Calvary Christian School as your school, and scan your receipt after shopping.

Every receipt = money for CCS! It’s quick, free, and makes a big difference for our classrooms.

Thank you for supporting our students in such a simple way!



ICYMI • (IN CASE YOU MISSED IT)

7TH-8TH GRADES

Forms for the Anchorage spiritual emphasis trip were sent home with students the first week of September. Hang on to those details and make sure you return the permission form by Sept. 15!

ALL GRADES

Make sure you are following our sports schedule and show up to support our CCS Patriots! Concessions offered at every home game. The boys varsity soccer team is currently undefeated!

ALL GRADES

We have received all of your T-shirt order forms and will be placing our order soon! Then the T-shirts will be delivered to students during the school day in 3-4 weeks!

ALL GRADES

Please mark your calendars for our online book fair coming up Sept. 29-Oct. 13!

We are also tallying up all the summer reading forms and will announce winners soon!

MALE STUDENTS

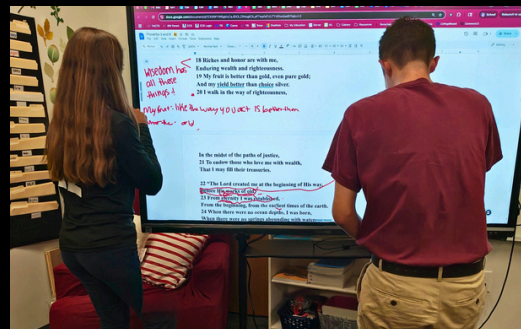
Please remember that the dress code requires that male students wear belts (grades 6-12) and keep their shirts tucked in (grades 4-12). Boys should not wear bracelets or necklaces of any kind to school.

VOLUNTEERS

If you are able and willing to volunteer at Calvary, please let us know! We could use helpers in the lunchroom, security, and with the Fall Festival. You can call the front office if you're interested in serving!

FRONT OFFICE: 843-650-2829
HANDBOOK: [CCSMB.COM/ABOUT-CCS/SCHOOL-HANDBOOK](https://ccsmb.com/about-ccs/school-handbook)

15 SMARTBOARDS PURCHASED; 5 MORE TO GO!



Thanks to the generosity of our school families, the school and the Calvary Parents Association have been blessed to be able to purchase 15 new smartboards and stands in the past six months for our classrooms! These interactive boards give teachers and students more opportunities for engaging, hands-on learning in the classroom. With the first nine boards, we were able to equip all modular classrooms with a smartboard, and we were also able to give one to our music department, both third grades, and secondary math. The next shipment of six boards will put four into the elementary department and two in the high school department!

SUPPORT THE CCS GOLF TOURNAMENT!

Thanks to all who volunteered, sponsored, or helped in any way to guarantee the success of our Calvary Golf Tournament last year. We contributed almost \$40,000 toward our new modular building! We are excited to try to exceed that goal this year as we continue to prepare to expand and upgrade our education building. We will have a planning meeting on Wednesday, September 24, at two different times so you can choose the time more convenient for you. We will meet at 8:30 a.m., after the See You At The Pole prayer time, or 5 p.m. after school. Both meetings will be in the lunchroom. Please plan to come out and support CCS!



KICKOFF MEETING: SEPT. 24, 8:30 A.M. OR 5 P.M.