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The 5 Love Languages of Teenagers



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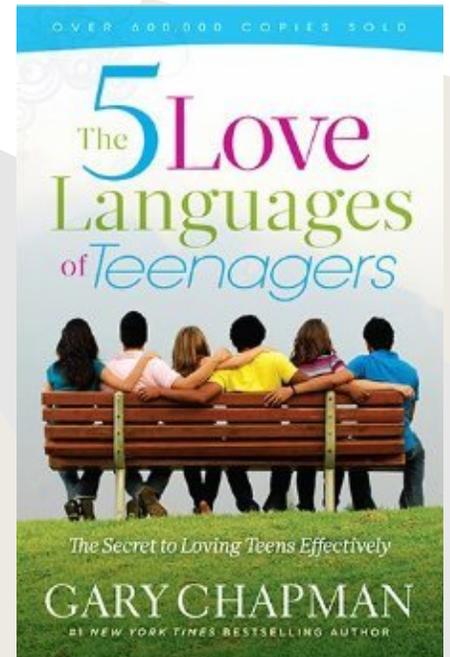
New Covenant NEWS

THE 5 LOVE LANGUAGES OF TEENAGERS

Parents need to love their children whether young or old. But, loving a teenager is difficult and different than loving a young child. That's because a teenager is going through radical changes. Since teenagers seek *independence* from parents and search for *self-identity* while undergoing physical, psychological, hormonal, and emotional changes, parents of teenagers must first understand that "love" should be expressed more "fittingly" or "appropriately."

A teenager, for example, may no longer desire mom or dad to tell her what to do in every situation. Another teenager may not want to be touched by his parents. So, when a teen avoids mom or dad, how should parents react without feeling rejected? If a teenager wants his/her own space, freedom, and independence, how can parents value and nurture independence without feeling like "losing" their child? These are just some of the many tough questions that all parents of teenagers wrestle with. Thank God for Dr. Gary Chapman's book *The 5 Love Languages of Teenagers*!

In this book, Dr. Chapman accurately and incisively points out the nature of conflicts between teenagers and parents. First, parents do not recognize that their teens desire independence. Many parents often confuse independence as rebellion or rejection, and they (parents) are wounded by their teenager's actions and words. Second, parents continue to treat their teens like children, but when the teens do not respond with respect or obedience as in the past, parents are shocked, surprised, confused, and troubled. Third, while teens want greater freedom, they are not as responsible as they think they are. Thus, the demand for independence without earning the parents' trust and respect naturally results in friction. Fourth, teenagers want their parents to treat them more like equals or grown-ups, but they still need affection from the grown ups. So, how should parents balance respect and affection to their teens without losing their sanity? Dr. Chapman recommends "the 5 love languages," and they are: *words of affirmation*, *physical touch*, *quality time*, *acts of sacrifice*, and (gulp!) *gifts*. Now, they may sound too obvious, but Dr.



Chapman details as to how each of these love languages should be expressed appropriately to teenagers. There is also a section that helps parents to identify their own child's love language. Plus, a bonus section on how parents must combat anger and set up boundaries is insightful and transformative.

Take courage parents of teenagers! You children love you although they don't talk or act like they do! I will be sharing the summaries of the 5 love languages in future newsletters, so stay tuned!

REVISED BASKETBALL SCHEDULE

Opponent	Date	Time	Home/Away	Address / Record
Environ'tal Chart	11/30	6:45 PM	Away	Loss
Ambassador	12/1	4:00 PM	Home	Win
AGBU Pasadena	12/9	4:00 PM	Away	Loss
Environ'tal Chart	12/18	6:45 PM	Away	Win
Pilgrim	1/6/16	4:00 PM	Home	Win
St. Monica	1/8	3:45 PM	Away	855 N. Orange Grove Blvd. Pasadena,
Concordia	1/11	4:00 PM	Away	12890 Harding St. Sylmar, 91342
AGBU Pasadena	1/13	4:00 PM	Home	
Acaciawood	1/14	4:00 PM	Home	
Pilgrim	1/19	6:30 PM	Away	@ Pilgrim
Ambassador	1/20	3:15 PM	Away	540 Maple Ave, Torrance, 90503
Zinsmeyer Academ.	1/25	4:00 PM	Home	
Concordia	2/1	4:00 PM	Home	
Bethel Baptist	2/4	4:00 PM	Home	
Mesrobian	2/5	4 PM	Away	236 S Taylor Ave., Montebello
Judson Int'l	2/8	4 PM	Home	
Waverly School	2/9	4 PM	Home	
Acaciawood	2/11	5:30 PM	Away	2200 West Sequoia Ave. Anaheim, 92801

Calendar

Items

January

2016



- 1/4 School Resumes
- 1/5 College Seminar for 9-11th Graders and Parents
- 1/6 DongHwa Students Arrive
- 1/18 MLK Day (School is closed)
- 1/21 Open House
- 1/22 Spelling Bee
- 1/23 SAT Administration
- 1/25 DongHwa Students Depart
- 1/27-29 Winter Camp at The Oaks

Introducing.....

MRS.
TORRES



Hello, my name is Elizabeth Torres, and I am the Middle School Math Teacher at NCA. I grew up in Santa Fe Springs, CA. After graduating high school, I spent five years at UC Santa Barbara, but I wasn't sure what was ahead of me after college; I knew I wanted to be in education, but I didn't want to be a teacher. As life would have it, I ended up being in the classroom; first as a tutor for elementary school, then as a GED Instructor, and now here at NCA.

It has been a wonderful experience being able to involve God in my workplace. I am learning a lot in so many ways, and I know I will continue to keep learning and growing here at NCA. Although I am a math teacher, I hope that the students can also see me as an "older" sister in Christ.

SPRING OPEN
HOUSE @
JAN. 21

NCA's Spring Open House for 2016-2017 prospectives will take place on January 21st, Thursday, at 7 PM. This is an important event for all students and families considering enrolling at NCA. Current parents, please invite interested students and families to this event! At the same event, NCA's current families will have their regular PTA meeting.

All of NCA's teachers and administrators will be present to answer questions that prospective families and students might have.