



Jason Song, Ed.D
Principal
Physical Touch



Boys Basketball Season
Boys Volleyball Season
March Calendar Items



Introducing Ms. Kristen Klein
HS History Teacher
Volleyball Coach

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New Covenant NEWS

#2: PHYSICAL TOUCH



This article is part of a series based on Gary Chapman's *The 5 Love Languages of Teenagers*

If you are a parent of teenagers, you may have noticed that they don't want to be "touched" as much as when they were young. In fact, your teenager might have asked you to "Stop touching me," or say, "I don't like it when you do that." Even if you have not heard such expressions, well, you may have witnessed your child avoiding your touch. I want to tell you that this is **NORMAL** for teenagers, so don't be saddened or shocked.

As teens seek independence and identity, they do not want to be treated like children. That means, they don't want you--parents--to touch them as you used to do, especially in front of others and peers. From putting your hand on the child's shoulder, to hugging, to holding hands, or giving a kiss on the cheek, teens might feel very

uncomfortable and tell/show you how they feel. Perceiving that, you might be asking, "What did I do wrong? Why does my child reject or disrespect me?" Parents, you should not be rattled by such reactions from teens--it's a **NORMAL** teenager reaction.

So, what should we do as parents? Dr. Chapman recommends the following:

1. timing is everything: don't touch or try to physically connect with your child when she is cranky--figure out the teen's mood and approach with caution
2. understand your teen's body language--you can tell a lot by folded arms or frowns or the "look" in the teen's eyes
3. when your child is angry, do not touch
4. do not show or require physical affection in front of teen's friends
5. showing physical affection in public settings is usually not

"cool" with your teenager

Then, when can parents actually engage in expressing love through physical touch?

1. when the child is in a good mood
2. when the child has succeeded in or achieved something
3. certain sports activities or events are suitable for physical touch
4. when your child approaches you to talk or sit next to you
5. in some cases, physical touch may comfort a teen when he/she is going through tough times (break up, failures, loss, etc.)

One final thing to remember is that there are inappropriate touches (physical or sexual abuse). Obviously, these types of touch do **NOT** convey love--rather, they produce fear, rejection, and even life-long mental issues.

According to Dr. Chapman, "The language of physical touch spoken at the right time in the right place and in the right manner speaks deeply to the teenage soul. Physical touch says, 'I recognize you as a person of importance. I'm with you. I care about you. I love you.'"

Parents, let us become skilled in appropriately expressing love to our teens.

13-6 SEASON BOYS BASKETBALL



NCA's Boys Basketball team had an outstanding season (13 wins and 6 losses). Coached by Mr. Jay Yoon, the team was successful in competing against much larger schools and often much taller/bigger bodies. The Huskies showed resilience and tenacity throughout the season, and the team had the best season ever in NCA's 17-year history. The team concluded its season by having a banquet, and the following students were honored: Jonathan Baek: Most Improved Player, Jigar Patel, Coaches Award, and Daniel Jung: Most Valuable Player. Great job, Huskies!

Calendar

Items

March

2016



- Boys Volleyball
 - Concordia (2/29, cancelled)
 - AGBU Pasadena (L)
 - Pacific Hills (3/8)
 - Pilgrim (away, 3/10)
 - St. Monica (3/14)
 - Miliken JV (away, 3/17)
 - Ambassador (away, 3/18)
 - Concordia (3/22)
- SAT Administration (3/5)
- Math Olympics (3/18)
- Good Friday Service (3/25)
- Easter Break (3/26-4/3)

Introducing.....

MS. KRISTEN KLEIN

This introduction was written by Crystal Yi, a Junior

Let me introduce Miss Kristen Klein, our awesome high school history teacher. She has been a crucial part of the student life at NCA. She is a dedicated, caring teacher who makes a difference at the school. Miss Klein graduated from Gordon College with a double major in history and secondary education. She also earned her master's degree from Concordia University in curriculum development and assessment.

Miss Klein is also an outstanding athlete. She played volleyball during her high school and college years. She has launched and

currently coaches NCA's very first boys and girls volleyball teams!

She loves sharing her baked goodies with the students and teachers from time to time. But most importantly, Miss Klein is a teacher who loves and deeply cares about all her students. She encourages her students to give 100% no matter the circumstance.

These are all the reasons as to why NCA loves Miss Klein!



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