



Jason Song, Ed.D  
Principal  
*Quality Time*



Boys Volleyball Season  
April Calendar Items



Introducing Mrs. Esther Choi  
3rd Grade Teacher  
BA, M.Ed, UC Irvine

# New Covenant NEWS

## #3: QUALITY TIME



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

Dr. Chapman says that, to give teenagers quality time is to give "a portion of your life" to them. Dr. James Dobson also says that children feel loved when parents spend time with them. Yet, in our busy-busy-busy life, it's difficult to spend time with our loved ones. That is especially true with teenagers since they seem to have their own schedule and plans.

So, what does "quality time" look like? It's giving undivided attention to the child. It's being there, *really being there*. It's focusing on the child's need while temporarily putting aside the busy-ness of life. Put differently, being in the same space with your child but paying attention to TV or smartphone is NOT spending quality time with your child, especially a teenage child.

When your teenage child realizes

that you are completely focused on him or her, it may feel somewhat awkward at first. But, with time and effort, that kind of devotion will cause the child to respond to the parent with deeper questions and concerns, and greater desire for a meaningful connection. What parent wouldn't want such relations with his or her teenager?

So, how can parents express their love through quality time? Dr. Chapman suggests the following:

1. Maintain eye contact when your teenager is talking
2. Don't multitask while listening to your teenager
3. Listen for feelings
4. Observe body language
5. Refuse to interrupt
6. Ask reflective questions
7. Express understanding
8. Ask permission to share your perspective

Remember, the goal is to build better relations. Lecturing and/or preaching will not accomplish that goal.

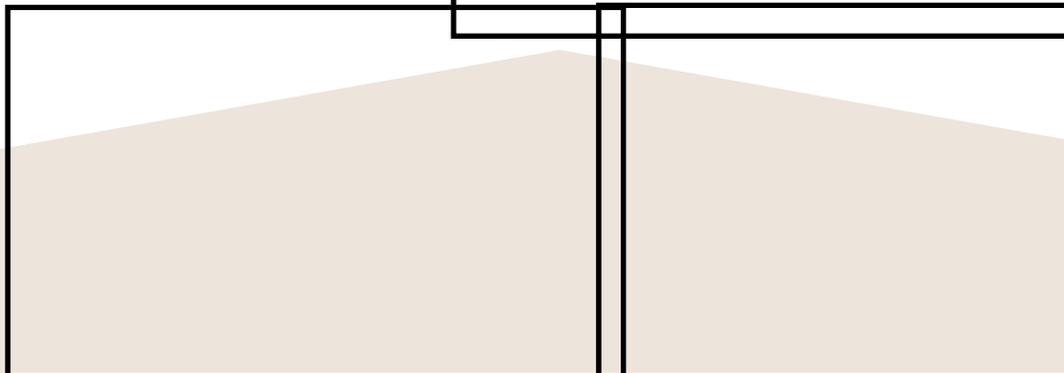
In addition to verbal communication, parents and teenager can engage in quality activities together. Since most teenagers crave for action and movement, parents must "get involved" in the teen's life. From school sports, to piano recitals, to going camping and fishing, etc., there are plenty of activities that teenagers and parents can both enjoy and share. The key here, again, is putting aside other items off the parents' agenda so that activities can be meaningful and significant.

When choosing events, Dr. Chapman suggests that parents:

1. choose events the teen likes
2. purposefully create an environment for quality time
3. consult the teen when planning
4. consider the teenager's interests

Life moves at a fast pace. I can't believe that my son, Timothy, is already 17 years old. Where did time go?? How many more days or months will he (and my daughter Tiffany) have with me before leaving for college? I feel somewhat overwhelmed by that thought. That is why I, and all parents of teenagers, must spend more quality time with their teens.

# BOYS VOLLEYBALL



With four weeks and five games remaining, the boys volleyball season is well into its second-half. Lead by coach Kristen Klein, the Huskies have four wins and three losses so far this season. They have been serving, diving, setting, and spiking hard on the court; training and conditioning even while on Easter Break. The next three games scheduled against Milken Community, Pilgrim, and New Roads are home games, so come out and support your Huskies to finish strong. Go Huskies!

## Calendar

### Items

April

2016



- Boys Volleyball
  - Milken Community (4/11)
  - Pilgrim (4/12)
  - New Roads (4/26)
  - AGBU/Canoga Park (4/28)
  - Pacific Hills (5/3)
- Terra Nova Assessment (4/18-4/21)
- Senior Grad Trip (4/18-4/22)
- 8th Grade Grad Trip (4/25-4/27)
- 5th Grade Grad Trip (4/27-4/29)

Introducing.....



B.A., M.Ed., UC Irvine  
Credentialed

## MRS. ESTHER CHOI

My name is Esther Choi, and I am the 3rd grade teacher at New Covenant Academy. It has been a pleasure and a privilege to serve and teach the students at NCA for the past three years. As each year goes by, I am reminded of how truly blessed I am to impact the students not only in their academic growth, but also in their spiritual growth.

I grew up in a Christian home with wonderful parents who played a vital role in strengthening my faith in God. My parents are missionaries who have been serving in the children's ministry for many years. Over the years, I had the privilege to go on multiple mission trips overseas including Uzbekistan, Kazakhstan, China, Ecuador, and Mexico. These trips have given me a greater desire to serve God and to

pursue my passion to go into teaching.

I graduated from UC Irvine with a Bachelor's degree in Cognitive Psychology with a double minor, as well as a Master's degree in Education. As a Christian educator, my mission is to integrate faith and learning in the classroom so that students will develop a strong Biblical foundation based on Christian worldview.

During my leisure time, I enjoy hiking, taking photos, playing the piano, and especially traveling. A few years ago, I had the opportunity to visit France, Czech Republic, and Austria. My favorite part about traveling is learning the history, culture, and trying out a wide variety of cuisines.

I would like to close by sharing one of my favorite Bible verses. My prayer is that all the students at NCA will personally "taste and see" God's goodness and faithfulness in their lives.