



Love Language #3
Quality Time



Apologetics Event: Has Science
Buried God? Sept. 9 @ 7 PM



Introducing Ms. Helen Park
1st Grade Teacher

Issue 3

Volume 18

2016-17

New Covenant Academy
3119 W. 6th Street
Los Angeles, CA 90020
(213) 487-5437
www.e-nca.org
WASC Accredited
IB World School

New Covenant NEWS

LOVE LANGUAGE #3: QUALITY TIME



According to Dr. Gary Chapman, "To give your teenager quality time is to give your teenager a portion of your life." Whereas meaningful touch or words of affirmation can be given in relatively short time, quality time requires, well, more time--*a lot more time*. Yet, because life is so fast-paced, carving out time is not that easy.

As parents, we must be there, really be there, for our children. And, that is not about proximity but ample availability and complete attention. Some parents confuse time well spent with their child with just doing things together. Let's think about this. If you as a parent spent time with your son or daughter by watching a game on TV, that *seems* like quality time. Yet, if you were too focused on the game itself, or you didn't have any meaningful conversation or connection with your child, well, that's not quality time. *Quality time requires quality*

connection and conversation from the child's point of view.

So, how can parents have quality time with their child? Dr. Chapman recommends the following:

- ask relevant questions and listen--really listen
- maintain eye contact when your teenager is talking
- don't multi-task while listening to your teenager
- listen for feelings
- observe body language
- refuse to interrupt
- ask reflective questions
- express understanding
- ask permission to share your perspective

In addition, parents must keep the following in mind:

- maintaining a close relationship with your child is one of the most

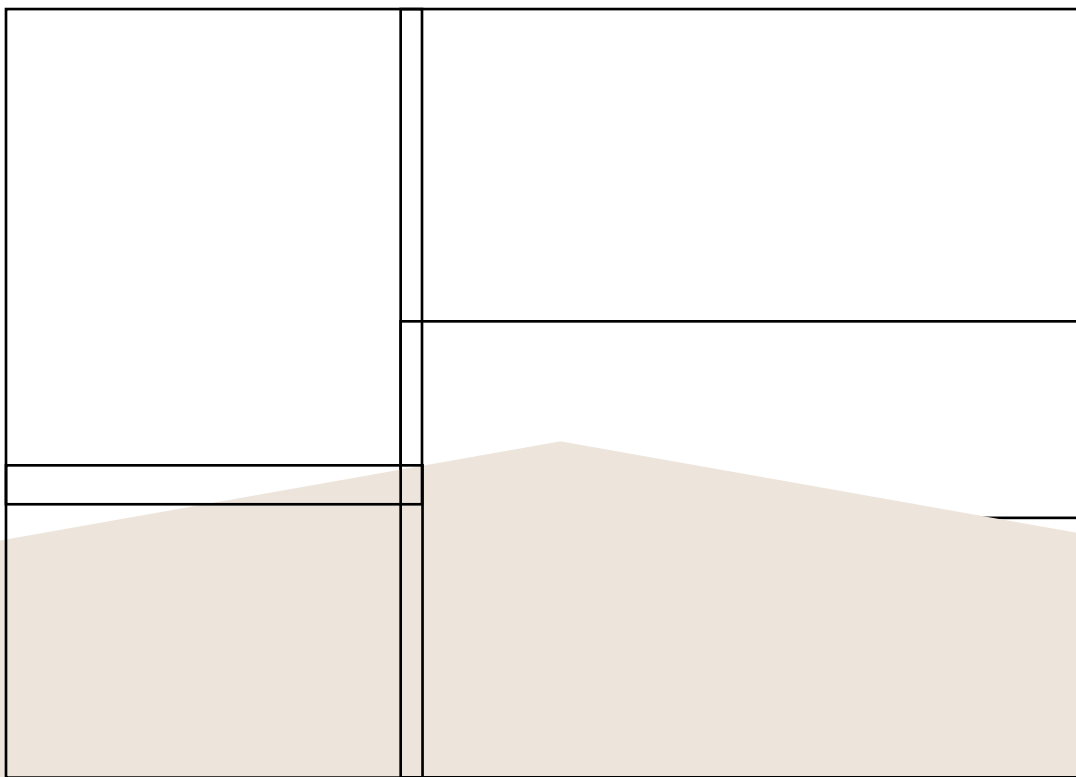
important goals of life

- learn to *teach* rather than *preach*
- offer explanations and reasons rather than saying something like "Because I said so" or "Don't ask why"
- plan to have quality activities that require meaningful interaction--these activities require the child's input, so ask what he/she would like to do

Now, it could be that your teenager reached a point where she doesn't want to spend time with you. Parents, keep in mind that this is just part of growing up--remember when you were a teenager and how you felt about spending time with your parents? Having said that, as long as you respect your child's need to be alone and/or spend time with friends, your teen will recognize that family time, especially time well spent with parents, is very important.

Whew! Who knew that parenting would be so challenging? But, providing quality time to your child will not only enhance your relationship, it will leave a long lasting memory and legacy. That's a challenge worth taking on!

DR. HUGH ROSS AT NCA



NCA hosted Dr. Hugh Ross of Reasons to Believe on September 9, 2016 for an apologetics seminar. Approximately 250+ attended the seminar, representing 30 different churches and organizations, not to mention NCA and many of our own students! Dr. Ross spoke on the topic of Improbable Planet, his latest book, and shared his knowledge, expertise, and insight on the latest scientific evidence that point to the Creator of the Universe, the God of the Bible. His talk was then followed by an engaging Q&A session where many were able to ask and get their questions answered.

Calendar

Items

OCTOBER

2016



- SAT Exam (10/1)
- Columbus Day (10/10: School Closed)
- PSAT Exam (10/19)
- 5th Annual Golf Tournament @ Westridge Golf Club (10/29)
- Girls Volleyball
 - Acaciawood @ NCA (10/4)
 - @ Alice M Baxter (10/6)
 - Alice M Baxter @ NCA (10/13)
 - @ Acaciawood (10/18)
- Open House/PTA Meeting (11/3)



MS. HELEN PARK

My name is Helen Park, and I am the 1st grade teacher at New Covenant Academy. I was born into a loving, Christian family and have lived in Los Angeles, California all my life. I attended NCA for seven years, completing high school, and went on to University of Southern California. During the four years at USC, I maintained my relationship with the teachers at NCA, and they continued to play an important role in my life.

In my Sophomore year in college, I went to Brazil and spent a few weeks spreading the Word, working with missionaries, and caring for the local children. It was definitely an experience that highlighted my passion for working with children.

When I graduated and knew that I would be pursuing education, it was clear where I would be headed--to my alma mater! Coming back to NCA as a teacher was, and still is, an amazing opportunity and privilege. Now, I am furthering my knowledge in teaching at Azusa Pacific

University by pursuing a Master's Degree in Education.

My goal is to have a positive influence on the academic and spiritual growth of my students. As a teacher, I love the idea of being able to build relationships that will foster growth and make impact for both myself and the student. The past two years at NCA have been a great joy and blessing for me, full of memories and lessons I will cherish for years to come. And, I look forward to many more years of being part of NCA.

Outside of school, I like to spend my time hiking, finding new places to eat, and exploring my hometown LA.

My prayer is that the students at NCA experience God's love and grace through learning more about our world. I am looking forward to getting to know all of you and seeing what God has in store for us this school year.

Ms. Helen Park
BA, USC
MA (In Progress), APU