

Student Life Newsletter

SEPTEMBER/OCTOBER EDITION



“So then neither the one who plants nor the one who waters is anything, but God who causes the growth. Now he who plants, and he who waters are one; but each will receive his own reward according to his own labor. For we are God’s fellow workers; you are God’s field, God’s building.”

~1st Corinthians 3:7-9

Upcoming Events

- NO SCHOOL-
9/4
- Junior High
Retreat-
9/7
- CLT-8 Testing:
9/12-8th grade
9/13-7th grade
- High School
Retreat-
9/14
- Fall Break-
10/9-10/13
- PSAT-
10/19
(11th grade only)

Seniors

- Senior Consults-
9/5, 9/6 & 9/8
- Senior Pictures-
9/28
- SAT-
10/26
(12th grade only)

Raising Sturdy Kids

By Mr. Anthony Parla

This summer I had the opportunity to attend the Society for Classical Learning Conference in Dallas, Texas. It was a well-organized event with endless breakout sessions to attend. Being a parent to five kids, I found myself drawn to a particular session titled *Raising Sturdy Kids*. The presenter, Keith McCurdy, who is a licensed family therapist, started his talk with a story about the value of struggle. He shared how he and his teenage son went on an overlanding off-road adventure earlier in the summer and ended up losing a tire off their vehicle. After hiking down the side of a steep mountain covered in brush to retrieve the tire, his son was sitting on the tire with the biggest smile on his face having the time of his life!

Why are so many children today not able to handle the normal rigors of life? With all the advancements in psychiatric medicine, why are we seeing the highest levels of anxiety in children with no end in sight? Keith suggested that the popular “therapeutic” approach to parenting, where we minimize natural disappointments for our children as often as possible, is leaving them unprepared to face life’s challenges. He suggested that struggle is required in order for our children to grow into sturdy adults.

Many parents define successful parenting as keeping their children happy and comfortable. I admit, I have been there as a parent. One of my biggest fears in relocating my family from Oregon to Arizona was that it would be too difficult for my kids. This approach may help us win the short-term victory, but it comes at a great cost to the long-term goal of preparing our children for real life.

How do we instill this kind of sturdiness in our own children? What are the practical steps that all of us parents can begin taking now to ensure our children

mature and grow into adults who can face life’s challenges with resilience, and perseverance? Keith gave five practical parenting suggestions:

- 1. Provide clear boundaries** - What we say “yes” and “no” to creates a family identity.
- 2. Do less and require more** - Children who have chores become healthy functioning adults.
- 3. Connect “cause and effect”** - Natural consequences, the most basic teaching and learning tool of childhood.
- 4. Limit technology** - Extensive use of technology disrupts the learning process.
- 5. Maintain a healthy balance of activities** - Extracurricular activities are only healthy when they do not disrupt the family rhythms and schedule.

The Bible has some similar parenting advice in the book of James “Count it all joy, my brothers when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.” So, the next time your child is in a challenging or uncomfortable situation, learn to count it all joy knowing that struggle is essential for growth to happen!



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