



Morningside Academy serves to nurture the spirit, educate the mind, and train the body to shape Christian citizen-servants for the next generation of leadership.

# Upper School Newsletter

Volume 07 Issue 01

August 24, 2020

## *Diet Plan!*

Good afternoon. For those of you new to Morningside Academy, welcome to the weekly newsletter. In the newsletter, you will see a variety of items: student achievements, stories, challenges, and staff bios. As always, I enjoy feedback and suggestions. – Mr. Gray

This summer, I was challenged to go on a diet. It was more of a dare with a “you-can’t- do- it” attached. So, I signed up for Fitness Pal and decided to prove that person wrong. I started with enthusiasm and determination. I lost 11 pounds over three weeks. With a touch of pride, I went to the person who had challenged me and told her my progress.

She looked at me and said, “now what? Will you keep it up?” Thinking that I would be able to continue losing weight and meeting my goal, I put the diet on cruise control.

I gained back six pounds. How often in life do we start off strong with a goal, a relationship, a plan, etc. and after a smooth start, we go into relax mode? Before we know it, we are back at where we started and give up.

Encourage your student, “start strong, finish stronger!”



2 Timothy 4:7

I have fought the good fight, I have finished the course, I have kept the faith;



## News and Dates.

### SICKNESS

Please, if your student has a fever, keep him/her home. Preventing sickness requires a group effort. Thank you for encouraging your child to wash his/her hands and to avoid touching his/her eyes, mouth, and face.

- Please return electronic use policy and Covid - 19 Waiver to your homeroom teacher.
- Hot lunch will start next week. Please see the attached menu.
- Fall sports tryout are today and tomorrow.
- If you have not followed us on Facebook, please do so. It is a great place to get information.
- Thank you for a great car line this morning. Please have your student stay in the car until his/her temperature has been taken!

Remember that communication is vital to everyone's success. Thank you for your patience as we have had a great first day traditionally and virtually. We will continue to fine-tune our product and look forward to serving you and your student!



August 24<sup>th</sup> – First Day of School

August 24<sup>th</sup> 7 25<sup>TH</sup> – Fall sports try outs

September 3<sup>rd</sup> – First streaming chapel

September 7<sup>th</sup> – No School



## JOIN US!

Please remember that we will not have guests in chapel this semester. Next week, September 3<sup>rd</sup> we will begin streaming chapel for you to enjoy from home! (Directions forthcoming).

If you do not have a church home, we invite you and your student to visit one of our three services at Morningside Church. Check out our website at