

All School

Giving Tuesday 2019

On **Tuesday, Dec. 3**, Episcopal Collegiate will participate in Giving Tuesday, the national one-day giving campaign following Black Friday and Cyber Monday. Every gift, big or small, makes a huge impact on the lives of our students and our community. This year, we will use Facebook, Twitter, and Instagram to share the specific ways your support funds daily life at Episcopal.

[You can learn more about Giving Tuesday and the impact of your gift here.](#)

Calling All Future Wildcats!

As we enter the admissions season for the 2020-21 school year, we continue to see strong interest in Episcopal Collegiate from prospective families. This fall, we hosted numerous admission opportunities for future Wildcats, and we have additional upcoming opportunities this winter including Kindergarten observations beginning December 5 and Pre-K observations beginning in January. If you haven't completed an [application](#) for your child(ren), you may do so [here](#). We encourage you to visit our website to learn more about upcoming [admissions events](#).

Additionally, we are frequently asked, "How can I help with the admissions process?" The answer is simple: Keep spreading the positive word about your child's experiences at Episcopal, and feel free to share our [admissions events](#) with your friends and neighbors.

If you have any questions regarding Lower School Admissions, contact Mary Jane Briggs at 501-978-4404 or mjbriggs@episcopalcollegiate.org.

If you have any questions regarding Middle & Upper School Admissions, contact Matt Radtke at 501-978-4420 or mradtke@episcopalcollegiate.org.

Fall Percussion Concert

The Fall Percussion Concert will take place on Wednesday evening, December 4, at 7:00 p.m., in the MS/US Dining Hall. Our concert will mark the conclusion of Dr. Mike Vercelli's *African Drumming and Dance* three-day

residency with our students. We will also send you home singing Christmas carols performed by our steel band students!

We hope many of our Episcopal families can attend. Kids of all ages are welcome and encouraged to participate in the African drumming and dancing. We will even have extra sets of sleigh bells for the steel band songs!

Parents' Auxiliary Auction Raffle Tickets

Raffle Tickets - Raffle tickets are available for purchase from grade representatives. He or she will be contacting you! \$100 cash or check only. A chance to win a year of tuition for your youngest child!

Parents' Auxiliary Auction Circle of Excellence

Become a member of the Circle of Excellence for the 2020 Parents' Auxiliary Stay Wild Auction. Make a \$1,000 donation and receive two patron tickets to the auction, invitation to the Patron Party in February, have your names listed in the Circle of Excellence in the auction program, annual report, and on event signage. To become a member or for additional information, [please contact Katie Huff](#) or [sign up here](#). Current Circle of Excellence Members are [listed here](#).

Lower School

A Note from Mrs. Schuhmacher

As we enter this special time of Thanksgiving, I want to express my sincere gratitude to each of you for sharing your sweet children with us each day. We know that they are your most precious assets, so it requires a level of trust which we do not take lightly. I am grateful for your partnership and the support you offer in so many ways. I hope that you all have a wonderful Thanksgiving break with your family and friends. We will return on December 2 full steam ahead with Christmas program prep, Advent season celebrations, and many fun and engaging holiday lessons and activities.

Sincerely,

Catherine Schuhmacher
Head of Lower School

Co-Curricular News - Music

All of our Lower School students are busy preparing for our Christmas Programs! These are wonderful presentations that feature every student in Lower School. We will be filming the programs, and the DVDs are available for optional purchase. PreK3-1st graders perform once at 10:00 a.m. and 2nd-5th graders will perform the same show twice: 2:00 p.m. and 6:30 p.m. We hope you will make plans to come and enjoy our younger Wildcats sing and act for you! All performances will be held in the Erwin Performance Hall.

Lower School Christmas Program - Wednesday, December 18

The entire Episcopal Collegiate School community is warmly invited to attend the Lower School Christmas Programs on Wednesday, December 18 in the Erwin Performance Hall.

PreK - 1st Program at 10:00 a.m.

Silent Mice, Holy Mice tells the charming story of how the carol Silent Night was written. It's winter and the church mice need a new home. They find the church organ at St. Nicholas in Oberndorf, Austria and nestle in. Unfortunately those nibbly mice cause the organ to break just before Christmas Eve! What will they do? Can Pastor Mohr and his friend Franz Gruber come up with something in time?

2nd-5th Grade Program at 2:00 p.m. and 6:30 p.m.

Miracle at Bethlehem tells the story of Jesus' birth with humor and love. There are old and new stars, a swaggering Mayor of Bethlehem with his two sniveling assistants and a town full of citizens, shepherds from the countryside, an array of interesting angels, and even some overthinking wise men with a cantankerous camel! We hope to make your heart smile with this funny and touching rendition of the Christmas story!

PSL Basketball Schedules

Please contact [Coach Troy Jackson](#) with any questions regarding schedules.

3rd Boys – <https://scheduler.leaguelobster.com/645641/3rd-grade-boys/2019-2020/>

3rd Girls – <https://scheduler.leaguelobster.com/478065/3rd-grade-girls/2019-2020/>

4th Boys – <https://scheduler.leaguelobster.com/477054/4th-grade-boys/2019-2020/>

4th Girls – <https://scheduler.leaguelobster.com/477057/4th-grade-girls/2019-2020/>

5th Boys – <https://scheduler.leaguelobster.com/478374/5th-grade-boys/2019-2020/>

5th Girls – <https://scheduler.leaguelobster.com/479700/5th-grade-girls/2019-2020/>

6th Boys – <https://scheduler.leaguelobster.com/477061/6th-grade-boys/2019-2020/>

6th Girls – <https://scheduler.leaguelobster.com/477063/6th-grade-girls/2019-2020/>

Study Skills for the Week in 4th & 5th Grades - Scanning

Scanning is commonly combined with skimming, but they actually serve different purposes. Skimming is reading key words to get an overall idea of a passage. Scanning is looking over a passage to try to find a key word or phrase. In scanning, you don't really read, you just look for a specific item. In class, we will practice "taking a picture" in our mind of a word or phrase that we are looking for. Then, we will scan a text to find it. This can be a great tool for hunting down answers to comprehension questions. Next time your student has questions to answer at the end of a Social Studies chapter, have him/her highlight a key word or phrase in the question, then scan the text for that word or phrase!

Boys' Lacrosse Meeting - Grades 4-8, Monday, December 9

Lacrosse Club will have an informational meeting on Monday, December 9, 5pm, in the Middle School's Erwin Library. Dr. McCormick, Head of Middle School, is our school's boys' lacrosse club sponsor. He will also be coaching the 7-8 grade team for the Little Rock Lightning in-town lacrosse club, and he and a couple of lacrosse parents will share information about the upcoming spring season. If you have questions, please feel free to contact Dr. McCormick, cmccormick@episcopalcollegiate.org.

Christmas on the Tree

Being a Christmas ornament isn't just about hanging out and spreading joy during the most wonderful time of the year. Actually, the job is quite complicated. Plus, there are fears, dangers, and years you just don't fit in. Meet one endearing red Christmas ball and forevermore be filled with wonder about what really happens on the tree.

A sibling collaboration by Episcopal Collegiate students Claire, Leslie, Henry, and Charlie Wallace.

11 x 8.5, Premium Color, 32 pages. Available in paperback (\$12.95) and hardback (\$19.95).

[Order your copy here!](#) Orders close Friday, December 6, 2019! [Click here for a flyer!](#)

This book was a Heart of Gold Auction item, and \$1 from every sale will be donated by Et Alia Press to fund author visits for the Braunfisch-Stella Boyle Smith Lower School Library!

Chapel News

When we return from Thanksgiving Break, we will be making our Jesse Tree Ornaments and talking about the season of Advent. Our Jesse Tree Ornaments remind us of all the people whose lives pointed to God working in the world and how each of them hoped and looked for God's coming.

We will have a very special Advent chapel of Lessons and Carols. Lessons and Carols will have scripture passage that are paired with hymns. There will be songs sung by the Wildcat Chorale, alongside of carols for everyone to sing.

Chapel Readers: Stratton Robinson, Isabella Runyon, Emma McGraw, Rhys Wolter

Blessings,

Mother Curtis+

Counseling News

Next Parenting Rountable, Tuesday, December 3 at 12:00 p.m.

We are so excited to welcome Katie Bushmiaer on Tuesday, December 3 at 12:00 p.m. as our special guest speaker for the next Parenting Roundtable! Mrs. Bushmiaer is the owner of *Little Rock Paper Scissors*, a local professional organization company. She will be here to give us lots of great tips and tricks on ways to better organize our homes and make the most use of our spaces! Mrs. Bushmiaer will share new ideas on how to manage the ever growing amount of kids belongings, school materials, and keepsakes. We look forward to seeing you all on Dec. 3 in the Lower School Conference Room or Library.

Missed the last Parenting Roundtable? Find notes from the past meeting with Ashley O'Roark below:

We were so grateful to have Mrs. O'Roark speak at our November Parent Roundtable. Mrs. O'Roark was filled with information on nutrition, helpful tips on healthier choices for snacks and meals, and how different vitamins and minerals impact our health. Here are some notes from her visit:

- Children should have no more than approximately 25 grams of sugar a day. Breakfast should include 9 grams or less.
- Finding ways to include protein in the diet is important, especially at breakfast. Greek yogurt, peanut butter, and some waffle mixes can be good sources of protein. Smoothies can be another way to get a healthy, protein packed breakfast, but be careful if using protein powder that it does not have high sugar.
- She shared the “apple trick” she uses with her own kids that tests how hungry they really are for a snack. If you have already given them a snack after school and they complain they're still hungry, offer them a piece of fruit as their only option for more.
- Magnesium can help with emotional regulation, attention, migraines, and muscle cramps. It can be a great to supplement into diet.
- Low Omega 3's has been linked to some mental health issues. Walnuts and wild caught salmon are good sources of Omega 3's.
- Want to look for supplements that are USP approved (means they are also FDA approved).
- The importance of gut health is being emphasized today. Taking a prebiotic and probiotic can help with gut health. Consider especially if your child has been on frequent antibiotics.
- It is now known that Eating Disorders are 60-80% genetic. They are often times triggered by life circumstances and lack of coping skills. Developing a healthy way of understanding food and nutrition is important to begin at an early age. Not emphasizing weight but healthy choices is key (consider how often you weight yourself in front of your child).
- Being careful of the language you use at home to make sure you are not unknowingly encouraging unhealthy self talk- try not to use phrases like “I feel so fat”.

Mrs. O'Roark was filled with so much useful information that we hope to have her back some time to continue the discussion. As we know in this day and age, what we put in our bodies has a tremendous impact on our overall health and well being. It's important for us to continue to develop insights on what can help our families make healthy choices.

Mark Your Calendar

Monday, December 2

- Girls on the Run, 3:15-4:45pm
- Little Rockers, 3:15-3:55pm
- Taekwondo (K-1), 3:30-4pm; (PreK) 4-4:30pm; (2-5) 4:30-5pm

Tuesday, December 3

- Tiny Tumblers, PreK3-K, 3:30-4pm
- Cheer Time! Grades 1-5, 4-4:30pm
- Kids Cook Holiday Recipes, Grades 1-5, 3:30-5pm
- Elf Camp, 3:30-5pm

Wednesday, December 4

- Community Chapels
 - PreK 3, 8:45am-9am
 - PreK 4, 8:25am-8:40am
 - Kindergarten, 9:10am-9:25am
 - 1st-5th, 10:45am-11:15am
- Teeny Dancers, PreK3-K, 3:30-4pm
- Wee Little Arts, PreK3-4, 3:20-4pm
- Wee Little Arts, K-2, 4:10-4:50pm
- Elf Camp, 3:30-5pm

Thursday, December 5

- Chess Club, 3:15-4:30pm
- Teeny Dancers, 3:30-4pm
- Girls on the Run, 3:15-4:45pm
- Elf Camp, 3:30-5pm

Friday, December 6

Find the [LS Calendar](#) here.

Middle School

A Note from Dr. McCormick

Dear Parents,

I find it incomprehensible that we are on the cusp of Thanksgiving Break and the winter holiday season! On behalf of our faculty, I would like to wish you and your families a healthy and safe Thanksgiving holiday. At Thursday morning's meeting, I encouraged our students to be kind and safe when using technology and/or social media over the break, and relative to this, advisory groups participated on Thursday in our second, gamified social media lesson provided by the Social Institute. Mrs. Agee, coordinator of this curriculum, was kind enough to provide this update:

Middle School students learned how to “protect their privacy like they’re famous” by playing the #Winatsocial Game created by the The Social Institute. During advisory, the 6th grade students discussed the importance of strong passwords and keeping their information secure. Students were given scenarios where individuals were asked to give personal information online. Students discussed actions to take to keep their information safe. When we return from Thanksgiving break 6th grade students will practice making strong passwords with an online resource, <https://howsecureismypassword.net>. 7th grade students focused on photographs and videos online and how to protect the privacy of yourself and others. Students were given scenarios where individuals had embarrassing photos or videos taken on someone else's device. Students discussed why posting a photo or video of someone without their permission could be hurtful. When we return from Thanksgiving break 7th grade students will complete a scavenger hunt to determine why personal data is priceless. 8th grade students discussed how companies use your information and track online actions to create personally targeted ads. Students discussed the pros and cons of data collection and how to “opt out” of companies collecting personal info. When we return from Thanksgiving break 8th grade students will complete a survey to determine where they fall on the privacy spectrum and determine if they need to make changes to their privacy settings.

Best,

Chuck McCormick
Head of Middle School

**Middle School Destination Imagination (DI) Club
Fundraiser**

Destination Imagination is a club that focuses on innovation, leadership skills, and creative problem solving. Each team focuses on a challenge and presents at the state competition in March. The Wild Spacecats selected a service-learning project. They are focusing on students in middle school that are currently receiving treatment at Arkansas Children's Hospital. Through collaboration with Ronald McDonald House, the Destination Imagination Club is holding a drive for games and toys suitable for middle school students. These games will be delivered to the Ronald McDonald House in Little Rock, which will benefit middle school aged children staying at the facilities. Items might include legos, puzzles, board games, card games, or other items suitable for middle school students. Please bring your items to your advisor or the Middle School library by Friday, December 13.

Thank you,

Jennifer Agee
Faculty Sponsor

Middle School Winter Social - Friday, December 6, 7:00 - 9:00 p.m.

Friday, December 7, is the date for our Middle School social. Parents should drop off and pick up students at the entrance to the Middle/Upper School Dining Hall. Student dress is casual-appropriate. Sixth graders should bring snacks and seventh graders should bring drinks to share. Please pick up your child promptly at 9:00 p.m., as this is a long day for faculty!

Middle School Athletes of the Week

Our Co-Middle School Athletes of the Week for the winter season are seventh grade basketball players, Jayson McNeary and Maggie Ransdell. Both were instrumental in their respective teams' opening game victories against cross-town rival Little Rock Christian on Monday night. Congratulations, you two!

Summer Trip to Yosemite Park June 2020 with Mrs. Parker!

Summer Trip to Yosemite National Park June 2020 with Mrs. Parker!
Please [read this trip form](#) regarding this upcoming June's Middle School adventure. Trip is open to rising seventh and eighth graders (current sixth and seventh grade students). Questions? Please contact [Mrs. Parker](#).

Boys' Lacrosse Meeting - Grades 4-8, Monday, December 9

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Semester Exam Schedule

For your planning purposes, we have included the semester exam schedule here. We will include more information in the coming weeks around how we coach students to prepare for these. Monday, December 16, is our last, regular class day for the first semester. For those of you new to Episcopal or the Middle School, during exam days students are only present at school for their exam and possibly a review session for the next exam, if a given teacher schedules this. We do not hold classes, serve lunch, or provide after care during these days. Consequently, carpool pickup time is typically 10:00 a.m. most exam days.

Find the [MS Calendar](#) here.

Upper School

A Note from Mr. Urquhart

As we begin the Thanksgiving holiday, I want to thank you again for your kindness, your engagement, and the support that you offer to the school community. Our junior class has been selling “Gobble Grams” during lunchtime, and I’ve enjoyed seeing how many messages of gratitude have been exchanged among students, faculty, and staff.

When we return from the Thanksgiving break, we’ll have two weeks of classes, followed by our semester examinations. Those exams will begin on Tuesday, December 17, and conclude on Friday, December 20. You’ll find the schedule for exams by subject area [at this link](#). If you’re making travel plans for the Christmas holiday, please make sure that your travel plans don’t conflict with the semester exam schedule, as we require students to take their exams at the scheduled times.

I hope that the Thanksgiving holiday offers each of us a chance to enjoy time with family and friends and to reflect on the many blessings we have. Enjoy the week, and I look forward to seeing you back on campus on the 2nd!

Troy Urquhart
Head of Upper School

College Talks for Parents

We are continuing our series of College Talks for Upper School parents! Please mark your calendars for any of the meetings that interest you and that you have not attended previously. These College Talks are held yearly and will take place at 5:30 p.m. in Upper School Room 215

January 13

College Talk: Researching and Visiting Colleges. This is one of the most important steps your child can take to find the right fit and to create an appropriate college list. Learn how you can help your child in this crucial process.

February 12

Deans' Panel Four college admission deans from very different colleges around the country will answer all your questions about college admission and financial aid in a lively, frank discussion. This is a must attend event for you and your child!

2020 Washington D.C. Trip

Join us for a trip to Washington, D.C. to explore historic sites and the workings of the federal government. Highlights include the National Mall, Arlington National Cemetery, the White House, the Capitol Building, the Supreme Court, the Library of Congress, Mt. Vernon, and several museums--Holocaust Memorial Museum, International Spy Museum, Smithsonian Museum of American History, and the National Museum of African American History. The trip is all inclusive except daily lunches and personal souvenirs.

Dates: June 22-27, 2020

Leaders: Martene Campbell and Richie Marsh

Cost: \$1,945 (15+ participants), \$2,045 (10 participants)

Website: <https://tinyurl.com/episcopaldctrip>

Eligible to travel: Rising 9th- graduated Seniors

For more information, please contact [Martene Campbell](#).

Find the [US Calendar](#) here.

Athletics

Find the [Wildcat Athletic Calendar](#) here.