



IHAS NEWS

That they may be called trees of righteousness, the planting of the Lord, that He may be glorified. Isaiah 61:3

Educating for a Life of Service

Upcoming Events

Mon., Feb. 15	No School— Presidents' Day
Tues., Mar. 2	Ididaread Skate
Thurs., Mar.11	End 3rd Qtr
Mar.15-18	Spring Break— No School
Tues., Mar. 23	Parent-Tchr Conf—Dismiss at Noon

Francisco Javier

Offerings taken each Thursday

Monthly Goal:
\$30

Received so far for February :
\$23.61

Mad Minute Progress

Addition & Subtraction	16 AR, JK
Level	17 SV
6 SM, OR	18 SM
7 JK	19 FM, SC, KS, OR
9 AR	20
10	22 EK
11 SV	23 PR
12	25
13 FM, KS, SC	26 MC, DC
14 EK	27
Multiplication & Division	28 BR
Level	



Happy Heart Banquet

Each year, the school and church hold a banquet at which the students in the 3-8 grade class help serve and clean-up. This year's banquet will be Saturday evening, February 20, at 7 pm. The students should wear all black or as close to all black as they can. We hope your whole family can come and enjoy the tasty food and fellowship together. If you can attend, please sign up on the list at church or contact Mrs. Wright. In lieu of an admission fee, we ask that each family bring some items for the dinner; these items are listed on the sign-up sheet.

Nutrition and School Performance

Since there was some extra space in this issue of IHAS News, I decided to highlight an issue that I believe is very important for the health and success of our students. Please take the time to read these few paragraphs and take a mental inventory of how much quality nutrition (fresh, unprocessed fruits, vegetables, whole grains, beans) your child is eating regularly. If the answer is "none" or "not many", your child may be well on his/her way to a life of mental and physical disease and less likely to do as well academically and spiritually as if he/she had the proper nutrients.

"There is a direct link between adequate nutrition and proper brain development. The lack of nutrition and healthy diet options can lead to stunted mental and physical development in young children.

Nutrition also plays a large part in school performance. Children who have diets lacking in fruits, vegetables, and healthy proteins tend to have lower test scores than their peer and can lead to children missing school or having to repeat grades. When children have access to adequate nutrition and healthy food options, there is an overall increase in academic performance, but especially in math and reading."



Hot Lunch

Wednesday, February 17

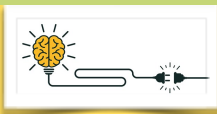
Mazidra

- Mo & Kaj: 2 lb. green or brown lentils
- Contreras: 3 lb. brown rice
- Osvald: 2 15 oz. cans diced tomatoes
- Fortunate: 2 15-oz. cans tomato sauce
- Kuzvinzwa: 3 cucumbers
- Princess: 1 large red onion
- Kaylee: 5 Roma tomatoes
- Ratliff: 5 Roma tomatoes
- Mtonga: 1 bag grated carrots
- Hale: 24 oz. sour cream
- Mitchell: 1 jar mild salsa
- Carter/Skyler: 4 stalks celery
- Ms. Hay: 2 red/yellow bell peppers
- Mrs. Wright: 4 avocados

Wednesday, February 10

Taco-in-a-Basket

- Mo & Kaj: 9 Roma tomatoes
- Contreras: 2 cans nonfat refried beans
- Osvald: 2 cans nonfat refried beans
- Fortunate: 2 red onions
- Kuzvinzwa: 1 bunch green leaf lettuce
- Princess: 2 cans nonfat refried beans
- Kaylee: 16-oz. sour cream
- Ratliff: 1 jar mild salsa
- Mtonga: 2 cans sliced olives
- Hale: 4 ripe avocados
- Mitchell: 3 cucumbers
- Car/Sky: 1 red bell pepper
- Ms. Hay: taco baskets
- Mrs. Wright: 1 bell pepper, tortillas



Point to Ponder

“The greater the difficulty to be overcome, the more will it be seen to the glory of God how much can be done by prayer and faith.”

-George Müller



Chuckle Bits

Q: What kind of button won't unbutton?

A: A belly button

Ready...Set...Mush!

The month is about half over, so hopefully your reading musher is close to halfway through with the trek to Nome. Please continue to bring your reading logs to school regularly to move your sled.



Dilcia Contreras
8th Grader

IHAS Friends

Favorite Bible character: David because he was brave in the Lord and had no fear.

Favorite Bible verse: Psalm 23 because it's the first one I ever learned.

Favorite color: blue

Pet I'd like: dog

Favorite food: pasta

Least-liked food: Brussels sprouts

Favorite sweet treat: milk candy

Favorite scent: vanilla Worst scent: wet dog

Favorite hymn: *Amazing Grace* Favorite hot lunch: breakfast

My dad is my hero because he served to protect me and the country. An accomplishment in my life I'm most pleased with is learning so many languages.

I think an interesting person from history is Alexander Hamilton because he did not hide his voice; he was outspoken for good causes. If I could choose a name for myself, I'd choose Dilcia.

I think 18 is the best age to be because it shows how much you have learned.

In the future, I'd like to be an attorney.

I am afraid of spiders but my family makes me happy.

The Lord makes me feel loved.

I like to give kindness to people.

Airplanes are my favorite ways to travel.

If I get to spend all day outside, I'd do gymnastics.

It bugs me when things are messy.

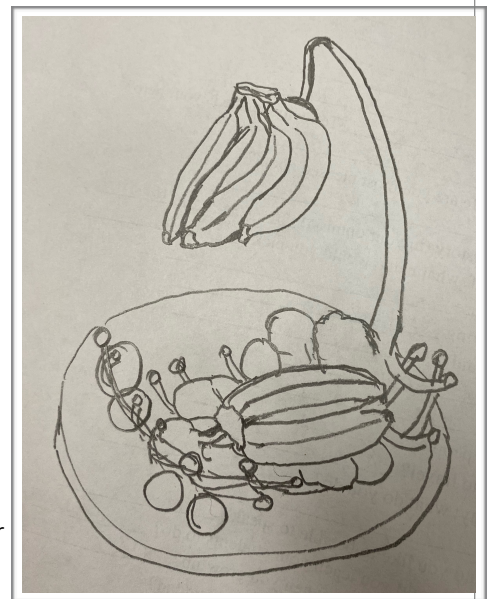
A language I wish I could speak is Hebrew.

If I were a teacher, I'd teach my students to be respectful.

When I grow up, I am most eager to work.

If I were a parent, these would be my top three rules: 1) pick up after yourself; 2) be mannerful; 3) be respectful

If I had a store, I'd sell baked items.



"Fruit Stand"



S