

The Westside Herald

Westside Christian Academy in Waynesville, MO

January 2025

Issue 5

MONTHLY NEWS

December Review

December has gone by so fast! The elementary had their Christmas concert on the 19th. The preschool had their Christmas concert on the 17th. Spirit Week was on the 16th through the 20th. The teachers had an undercover spirit week on the 9th through the 13th and we got to see some pretty fantastic things. All the classes held a Christmas Celebration on the 20th to kick off the break. We had our winter break December 21st through January 6th. We wish you all a Merry Christmas and Happy New Year!

"IF A MAN CANNOT BE A CHRISTIAN IN PLACES WHERE HE IS, HE CANNOT BE A CHRISTIAN ANYWHERE."
-HENRY WARD BEECHERS



Theodore Baxter and Vivian Earl decorate their Christmas tree in Mrs. Bates' PreK4

Students of the Month

Each month a student of the month from high school/middle school, elementary, and preschool will be nominated and voted in by teachers. This month's character quality is Evangelist. Someone who is an Evangelist is "consistently reminding anyone saved or unsaved around them of Christ's place on the throne of their life." Other nominations included Alysia Novak, Bryce Box, Serenity Finley. Next month's character quality to exemplify for Student of the month will be Patience.



Preschool -
Arthur Kilroy



K- 2nd -
Josslynn Murrieta



3rd - 5th -
Arthello Brooks



Middle School -
Ruby Brockman



High School -
Henry Barnes

Dear Journal,

It is so hard to keep my New Year's Resolutions every year. How can I keep them in 2025?

Sincerely,
Ready to Change

Michael: "It depends on what your resolutions are, but you could start by slowly working your way into it so eventually when you're ready you'll already be doing it. Like starting to workout by just pushups, then adding more and more, and eventually you'll want to go to the gym instead of wishing you wanted to do it."

Niya: "If you need to go to rehab, just go. Keep your resolutions."

Izzy: "Invest in your resolutions and you will be motivated to work for the rewards. Like if you want to play an instrument, spend the money on one so you are motivated to make good use of that investment."

Liam: "Shia LaBeouf 'Just Do It' Motivational Speech (Original Video by LaBeouf, Rönkkö & Turner)
https://youtu.be/ZXsQAXx_ao0?si=nHg7xWGJbrSpZfrG"

Mykee: "My idea is to support others by subtly hinting to people to keep their resolution...like put ads on their phone related to what they want to do so it naturally occurs in their thoughts."

Adrienne: "Just do it. Its not that hard."

Miya: "I personally don't make a lot of resolutions. But if you do make them, make them reasonable. Don't make a resolution that you can't uphold because of your schedule and limitations. If you break it, just keep going and be consistent with it if you really want to improve because consistency is key."

Mrs. Austin: "Failing to plan is planning to fail. Ask for help from others as part of the plan you make--because to complete anything you have wanted a while and already been unable to accomplish, you need additional outside help! Also, you need to rely on reminders, scheduling, and applicable motivators depending on your goal and what inspires you to action. You have to know your real self to make yourself improve. Just be honest with your reality and reach out for help."

Upcoming Events

Jan. 1st - New Year's Day

Jan. 6th - Back To School

Jan. 20th - Martin Luther King Jr. Day (NO SCHOOL)

Jan. 20th - Inauguration Day

Jan. 24th - International Day of Education

Jan. 27th - International Holocaust Remembrance Day

Monthly Observances

Be Kind To Food Servers Month

National Glaucoma Awareness Month

Stalking Awareness Month

Birthdays

AdaJane Born - Jan. 1

Danielle Johnson - Jan. 3

Miya Summerhill - Jan. 4

Zariah Blanar - Jan. 9

Elizabeth Suarez-Amaya - Jan. 13

Hunter Emerson - Jan. 13

Jeremiah Washington - Jan. 13

Finley Tipton - Jan. 19

Annistyn Hawk - Jan. 20

Elaine King - Jan. 20

Katelyn Mansour - Jan 21

Landon Wagner - Jan. 25

Nash Clubb - Jan. 28

Bodie Clubb - Jan. 30

Gretchen Barnes - Jan. 30

Margaux Austin - Jan. 30

Campbell Kerrigan - Jan. 31



Thank you to Pastor and Mrs. Shaw for 25 years of service with the church and school.

Teacher of the Month

MRS. JENNY GREEN

A teacher is chosen each month to be featured as teacher of the month! For the month of January, Mrs. Green was chosen. Mrs. Green was an only child and was born in South Carolina. When she was younger, her most cherished memory was spending weekends with her grandparents. Mrs. Green has three pets, a dog named Rose, along with two cats named Mimmy and Kitty. In the spare time that she does have, Mrs. Green enjoys reading a good book with one of her cats laying on her lap. On the other hand, her pets would not be her only companions as in her freshman year of college she found her future husband. Mrs. Green knew he was the one when "He walked up to her in the cafeteria and introduced himself, while she was at a table of girls." This action impressed her because she thought that it took courage and that he was daring for doing that. Their first date was at a Mexican restaurant, food which they still continue to enjoy with their family now that they have children. They have four children: Andrew who is twenty, Luke who is eighteen, Eli who is fifteen, and Allie who is ten. Mrs. Green also told us during the interview that her children were the most influential people in her life because "they make her want to be a better person everyday since she had them." This love for her children drove her joy for teaching because she feels children are easier to talk to than adults. Mrs. Green always knew that she loved children and it shows! She has been proudly teaching since 2003 despite this being her first year at Westside Christian Academy. Mrs. Green has previously taught 2nd and 4th grade but now teaches Kindergarten. However, she would not have been able to do this so successfully, without God in her life. Mrs. Green got saved in middle school via a friend that would always invite her to church. Not only this, but she also attended a revival with her where "she found Christ and how important He is." Overall Mrs. Green is an amazing teacher who cherishes her children and her classes. She also is a Godly woman who is strong in the faith and we are so happy to have us here with us at Westside.



Mrs. Jenny Green – Kindergarten Teacher

**IF YOU HAD ONE THING TO SAY TO
ENCOURAGE THE NEXT GENERATION
WHAT WOULD IT BE?
"BE KIND, LOVE AND RESPECT ONE
ANOTHER"**

Interview by Liam Ordonez, Miya Summerhill, & Michael Parker

Article by Miya Summerhill

Staff Member Highlight of the Month

MISS MARY BARNES

Mary Barnes works as a Preschool Aide but we see her helping with everything from serving lunch to cleaning, helping any way she can, and checking children in and out for before/after care. She is one that makes everything run smoothly every day at WCA and has been here working hard for many years. She was born in Missouri on March 29, 1996. She has one brother and one sister, as well as three dogs named Dodger, Zeus, and Jasper. She has two nieces and nephews as well that are very special to her. We asked her what her best childhood memories were, and she said that they were "getting together with family." She likes to watch TV in her spare time. When she was a child, she watched a movie called "Heaven's Gates and Hell's Flames" and she said to us, "I remember thinking, 'I don't want to go to hell!'" Her dad, Mr. Steven Barnes who maintains the school, helped her understand and a couple days later he announced in church, "Our daughter Mary accepted Christ into her life!"

IF YOU HAD ONE THING TO SAY TO
ENCOURAGE THE NEXT GENERATION WHAT
WOULD IT BE?

"JESUS LOVES YOU" AND "FOR GOD SO
LOVED THE WORLD THAT HE GAVE HIS ONLY
BEGOTTEN SON THAT WHOEVER BELIEVES IN
HIM SHALL NOT PERISH BUT HAVE ETERNAL
LIFE. JOHN 3:16"



Miss Mary Barnes - Preschool Aide

She remembers being very embarrassed by him at the time, although while we were interviewing Mary, her dad walked by and proudly told us, "That's my daughter!" which shows that she is very loved and her family is quite proud of her then and now. The most influential person in her life is her grandma, because she always goes to church and never has anything negative to say about anyone. Miss Mary has been working here for eleven years and is 30 years old. Hopefully she will stay forever!

Article by Michael Parker & Izabella Torres
Interviewed with Adrienne King

Devotional

FAITH

In hard seasons,
we can sink our roots
deep into the soil of
faith, spread wide the
branches of trust, and
sprout new growth.

SHARON JAYNES

P31

Jesus Said:

“Therefore I tell you,
whatever you ask for in
prayer, believe that you have
received it, and it will be
yours.”

Mark 11:24

“Believe” = Faith

MEDHAN MULLINGH

God *doesn't* need
our PERFORMANCE
— He *wants* our
SURRENDER.

“And without faith it is impossible
to please God, because anyone who
comes to Him must believe that He
exists and that He rewards those
who earnestly seek Him.”

Hebrews 11:6

SEEN *and* **HEARD**

Good Reports

WORTHY OF PRAISE

"FINALLY, BROTHERS, WHATEVER IS TRUE,
WHATEVER IS HONORABLE, WHATEVER IS JUST,
WHATEVER IS PURE, WHATEVER IS LOVELY,
WHATEVER IS COMMENDABLE, IF THERE IS ANY
EXCELLENCE, IF THERE IS ANYTHING WORTHY OF
PRAISE, THINK ABOUT THESE THINGS."
PHILIPPIANS 4:8 ESV

- Mrs. Danielle Williams said people in class are helping each other put on their jackets on chilly days
 - Everyone came to help when a student spilled her water
 - Mrs. Williams offered us candy canes!
 - All students were nice to Mr. Dan Barnes
- Mrs. Renee Weaver said Phoenix Smith is helping before and after care.
 - Kopelyn Neville is patient with work she doesn't want to do.
 - Chloe Still is very task oriented and hardworking
 - Elias Hartley is quiet and well-behaved
 - Arthello Brooks is respectful
 - Ryan and Dylan Williams persevere
- Mr. Luke Morrison said Ayden Walsh helps with chairs during lunch with Miss Mary Barnes
 - Ayden Walsh and Henry Barnes helped pick up chairs and organize shelves in class
- Mrs. Conner said her class helped cheer up a nursing home with their Christmas carols.
 - Caleb Colitoy brought Mrs. Conner homemade cookies.
- Mrs. Heather Goldsmith said Mr. Mark Morrison got cookies for all of the teachers.
- Mrs. Laura Murrieta brought cookies in to share with the teachers.
- Mrs. Austin said Kiley Goldsmith paid for a student's lunch when the student didn't have money on a trip.
 - Mr. Luke Morrison helps clean up after lunch
 - Jonathan Sisco makes sure everyone has their books for English before class starts
 - Lorelei Ferrell helped clean up after her friend when her friend dropped their water bottle
 - Mrs. Anela Wagoner shared her craft supplies with all the classes
- Mrs. Gretchen Barnes said the preschoolers helped pick up trash in the bathroom.
 - Izzy Trower brought in a Jesus teddy bear for the preschool.
- Doctor Hartley said Mike Freeman let him borrow his truck to go pick up Jonathan from the WCC.
- Multiple people have been praying for Mrs. Box and her husband.

Please share your Good Reports with Adrienne King, Mykee Walsh, Miya Summerhill, and Izabella Torres to let the good be seen and heard!

Classes AT WORK



Teacher undercover spirit week: Anything But A Cup



Teacher undercover spirit week: Anything But A Cup



Mrs. Conner at a nursing home with an alpaca



Middle/High school Christmas concert



Chapel praise team 1st day



A preschool sculpture



Elementary won the color wars by wearing green



Middle School caroling to PreK

SEND YOUR CLASS PHOTOS TO BE FEATURED AND PUBLISHED!

Classes AT WORK



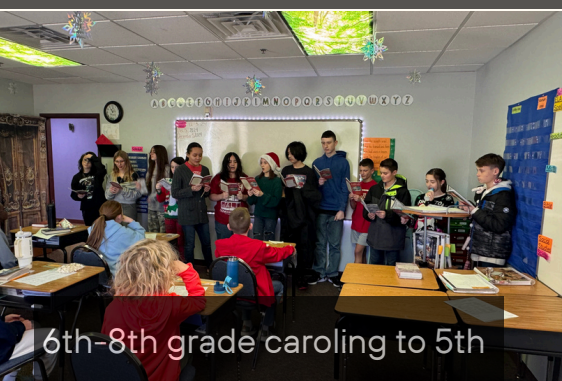
Miya Summerhill, Adrienne King, Izabella Torres, singing a trio



Chapel Praise Team singing for Chapel



Preschool making sculptures



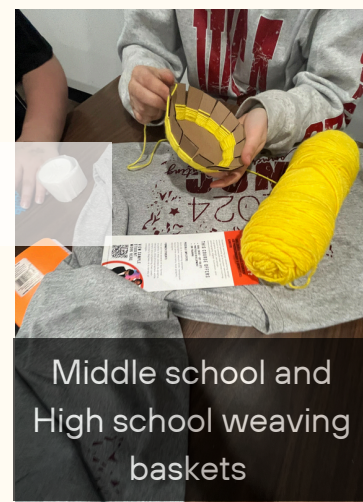
6th-8th grade caroling to 5th



Miya Summerhill playing the saxophone



Preschool putting beads on a string



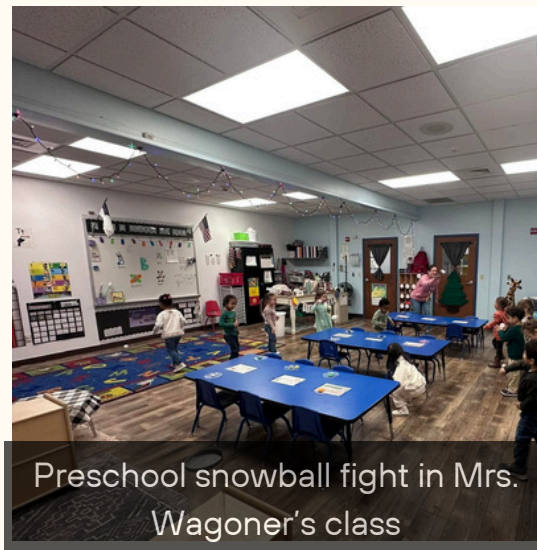
Middle school and High school weaving baskets



A Christmas ornament painted by Faith Sisco



Christmas ornaments painted by Rylee Vargas



Preschool snowball fight in Mrs. Wagoner's class



Undercover spirit week: festive lanyards

Redeeming the Time

SCREEN TIME

stefanbarbas 13h

I'm a therapist.

And I'm breaking the silence:

Screen addiction is destroying your mental health in ways you never imagined.

I've spent 100+ hours studying the neuroscience behind it, and what I discovered shocked me.

Here's the truth about what your phone is really doing to your brain (and how to fix it):

5.4K 271 825 2.1K

stefanbarbas 13h

Want to know something terrifying?

You'll spend 20 years of your life staring at your phone.

Studies show you check your phone 262 times per day.

That's once every 4 minutes you're awake.

This isn't normal.
This isn't healthy.
This is brain hijacking.

1K 6 57 64

stefanbarbas 13h

Here's what makes modern tech addiction different:

Old technology targeted one brain chemical: dopamine.

But today's phones? They're targeting your entire neural network.

They've become:

- Your sense of identity
- Your source of pleasure
- Your emotional regulation
- Your relationships

The more of your brain they capture, the harder it is to break free.

813 1 46 33

stefanbarbas 13h

Think of technology like an invasive species in your brain.

It starts innocently:

A quick check here, a quick scroll there

Until one day, you realise: It owns your entire life

The proof?

- 89% of people check their phones within 10 minutes of waking up
- 75% of people use their phones on the toilet
- 60% of people sleep with their phones
- 55% of people never go longer than 24 hours without their phone

stefanbarbas 13h

But here's what I see in my therapy practice that terrifies me:

Your phone isn't just distracting you. It's numbing your entire emotional system.

The science shows it suppresses your amygdala and limbic system.

In human terms?

You're using technology to shut down your feelings.

747 5 31 32

stefanbarbas 13h

This creates a devastating cycle:

- 1) Feel uncomfortable emotion
- 2) Reach for phone
- 3) Suppress feelings
- 4) Emotions build-up
- 5) Mental health suffers
- 6) Need more scrolling to cope

And it gets worse with each cycle.

694 1 19 20

stefanbarbas 13h

The root cause?

It's not technology.

It's not social media.

It's not even addiction.

It's your inability to sit with one simple emotion: Boredom.

991 8 34 29

stefanbarbas 13h

Your brain has forgotten how to just... exist. It's either:

- Stimulated
- Distracted
- Numb
- Or desperately seeking the above

There's no room left for processing real emotions.

780 3 22 18

stefanbarbas 13h

But there's hope.

You can't eliminate technology. But you can change your relationship with it.

Here's your battle plan:

- No phone 1 hour after waking
- No phone 1 hour before bed
- Tech-free zones in your home

1K 4 40 32

stefanbarbas 13h

But here's the truth about breaking free:

External changes are just band-aids. The real work? It's internal.

Master these 4 skills:

- Embrace discomfort (it's telling you something)
- Feel your emotions (they're messengers, not enemies)
- Welcome boredom (it's where creativity lives)
- Build human connections (they're irreplaceable)

Try this: (2-2-2 Method)

974 1 44 21

stefanbarbas 13h

- 2 minutes a day
- 2 times a day.
- 2 weeks straight

When the urge to scroll hits. Set a timer for 2 minutes. Just breathe. Notice what your running from.

825 8 26 25

stefanbarbas 13h

Because here's what I tell my clients:

Your attention is your life force.

Guard it like the treasure it is.

Your mind is too valuable to rent out for free.

694 3 30 15



PreK Christmas performance



Comic by Mykal Walsh

The Westside Herald Staff

Please direct any questions, comments, recommendations, corrections, photos, news, and good reports to the yearbook class at yearbook@wcaWaynesville.com.

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Liam Ordonez & Mrs. Johanna Austin

Layout, Art, Interviews, & Writers

Mykal Walsh, Adrienne King, Liam Ordonez, Miya Summerhill, Izabella Torres, Michael Parker, Niyana Fox, & Mrs. Johanna Austin

Correction: Apology to the family of Anela-Rae Toves-Woodruff for the name misspelling in the December issue.

Photos

Miss Jaden Jones, Mrs. Danielle Williams, Mrs. Anela Wagoner, Mrs. Julie Bates, Mrs. Amber Ferrell, Mrs. Johanna Austin, Miya Summerhill

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Book fair books have arrived! Our next book fair is in spring!