

North Idaho Christian School News

Christmas Traditions... We want to hear from you. Please let us know what your favorite holiday traditions are and how you celebrate Christ at Christmas. With so many distractions that can take our eyes of the true meaning of Christmas, let us encourage each other by sharing how we keep Jesus as our focus. If you wouldn't mind, let us know how you make the most of Christmas time by emailing your ideas to admissions@nicsroyals.com

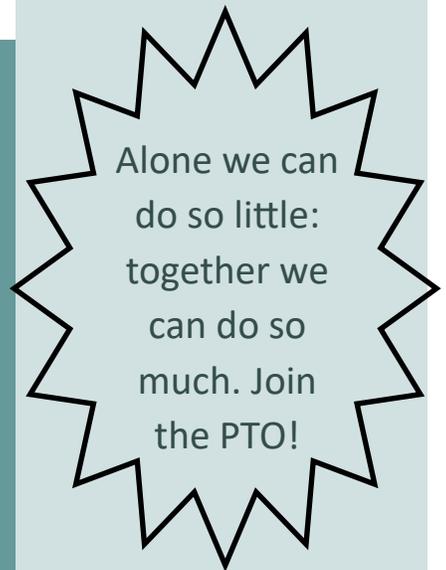
Important Update....We will be foregoing the Royal Auction as we know it, this year. We *may* have an online auction or a silent auction, more information is to come. However, we will be participating in Feed the Need. Feed the Need is a way to bless those who are less fortunate all while fundraising. Please view the video imbedded in the email next to this newsletter.

Teacher Recognition... It brings me great joy to announce that Mrs. Thurman is being recognized for her amazing teaching abilities. Side note: she was my son's first grade teacher and I am forever grateful for her! Mrs. Thurman is an outstanding teacher who demonstrates love and patience to our energetic 5th grade students. Her willingness to be flexible with change is appreciated as well. She has a gentle and quiet spirit but bold and courageous. We are blessed to have this NICS alumna now teaching our students. Thank you Mrs. Thurman!



NICS P.T.O.

Jennifer Scott.
208.691.8110



Alone we can
do so little:
together we
can do so
much. Join
the PTO!

3 things you need to know

Christmas Market

The NICS annual
Christmas Market is
here.

Let's gather!

Saturday,
December 1st

9 am-3 pm

Spelling Bee

Grade	time
4	8:00-8:20
5	8:20-8:50
6	8:55-9:00
1	9:00-9:20
2	9:20-9:40
3	9:40-10:00

NICS Needs

Thank you to all of
the families who give
so much. We really
do appreciate you!

NICS needs:

2 roasters

Updated microwave

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Smart Food for Smart Kids Fat has earned a bad reputation over the years. The Standard American diet (AKA the SAD diet) is high in fat. There are different kinds of fats. Some are very bad and some are very good. Unfortunately, Americans consume too much bad fat and not enough good fat. Some of the most common fats in the American diet come from corn oil, soybean oil, safflower oil, cottonseed oil, sunflower oil and other oils that are highly processed or refined. These oils are cheap to produce and are found in many if not almost all processed foods eaten today. Foods like fast food, candy, cookies, granola, snack bars, pizza, margarine and more contain these unhealthy, bad fats. They are pro-inflammatory. High amounts of these will cause too much inflammation in the body that will start to slowly brew inside of you causing illness. Good fats are essential for overall health but particularly essential for brain health. They are actually called essential fats because we can only get them via our diet. The body will not make these fats on its own. Did you know the brain is the fattiest organ in the body? It consists of about 60% fat. We need to eat the right kind of fat to feed those fatty brain cells. Some of the very best sources of healthy fats are from fish, especially salmon and sardines. You will also find good fats in nuts and seeds especially walnuts and flax seeds. Another source of good fat is from grass fed organic beef and wild game. And there is actually good brain boosting fats in green leafy veggies too like spinach, kale and other veggies like Brussels sprouts and cauliflower. So, including more fish, nuts and seeds and veggies in your diet is key to great brain health. Please visit www.NaturallyHeidi.com for my delicious salmon burger recipe. My kids love them and I pack the left overs in their lunch.

By Heidi Moreland, INHC, FNLP

College Campus Tour

Thank you everyone who contributed to make this field trip a success. We took 26 amazing, respectful students down to Moscow. The University provided all of the pertinent information regarding scholarships and admission requirements. Then led by a current UI student, we walked on the "Hello Walk." The rain did not stop us from seeing the campus. We saw the largest rock wall this side of the Mississippi (yet not beyond the Cascades). We had lunch with our very own Maty Frazier who graduated last year from NICS. And we were inspired by the research, technology, and clubs that are available to students. Thanks again.

In Case You Missed It...

SCRIP

Scrip is simply the name given to the process of buying a gift card from the school and using it to purchase everyday items. In return NICS receives a kickback which helps keep tuition rates lower. You can purchase gift cards in the office or online. Place orders online at shopwithscrip.com and use school code C8L336F229L94. Parents that buy scrip get to deduct one hour of service time for every \$100 they spend buying scrip!! Happy Scrip-ing!

Parent Service Hours

Each household is to provide a minimum of 15 hours of service for the school year. A single parent household only needs to meet half of that, or 7.5 hours. NICS provides a wide variety of service opportunities throughout the school year for families to choose their involvement. If you are ready to serve, please inquire with the ladies in the front office to receive more information about parent service hours.

Sports Schedules can be found on the NICS website.



New 2018-2019:

Find your students ID number (found on school ID badge) in the newsletter, send them to the new NICS office (next to the Staff Lounge/NOT FRONT OFFICE) for a fun size candy bar.