

HURRICANE WATCH

THE OFFICIAL NEWSLETTER OF FIRST BAPTIST SCHOOL

October 2021

Monthly Newsletter



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Head of School Update

By Dr. Justin Mitchell

Greetings, First Baptist Community!

It is hard to believe that fall is officially here. Time seems to be flying by and we are well on our way to another successful school year.

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Our Downtown Campus is bustling with learning and activities each day. Our teachers do a tremendous job preparing and implementing engaging lessons. We are so grateful for the support our community showed for our PTO fundraiser. This year's initiative is to enhance campus security, including gate automation, additional cameras, etc. The Charleston Wrap fundraiser ended September 15th and raised \$11,409.20. Thank you for your support and financial contributions to help us with this important cause. We are also scheduling Coffee and Cookies with Administrators beginning with K2-K5 on October 7th, 1st-3rd grades on October 21st, 4th-6th grades on October 28th, and 7th-8th grades on November 4th. Please contact Mrs. Brooks to register if you are interested in joining us. Our 8th graders are currently in the process of traveling to the James Island campus for their annual boat building and they are making great progress.

Our James Island Campus is also a stir with excitement between finding our rhythm with classes to also returning to in-person Chapel while following our COVID safety protocols. We are excited to host our inaugural 5K on the James Island Campus on Saturday, October 9th. This event is being coordinated by Mrs. Jackson. Registration is currently closed but will reopen on Monday, October 4th at 7 AM and it will again close on Wednesday, October 6th at 12 PM. If you have any questions, please contact Mrs. Jackson at jacksone@fbschool.org. On October 22, we will have a pep rally for grades 7-12 in preparation for our FBS Homecoming Game on the same day at 7:30 PM. We look forward to seeing you at the game!

We recently purchased the Parent Alert feature that is connected to RenWeb to increase our capabilities of communicating with our families. An email was sent out about a week ago with information regarding setup for this service. These alerts can be used for many reasons and will provide us a fast, efficient way to communicate with our FBS community for important reminders or in the case of an emergency. To ensure you are able to receive our alerts please text the keyword "START" to 22-383 from your mobile device. Any text alerts from our school will begin with "FBS INFO" and calls will show from (843) 722-6646. Per the Telephone Consumer Protection Act, we provide all recipients with the option to opt-out of receiving school alerts. Any time we send a text alert, you will see "Stop to End". If you reply "Stop" you will no longer receive our text alerts regardless if we select you as a recipient. If you have not received an email with this information, please contact Mrs. Debbie Mack at mackd@fbschool.org to get this set up.

Please note that Wednesday, October 13th will be a half-day professional development for our teachers. October 13th also signals the end of our first quarter. Another important reminder is that Thursday, October 14th and Friday, October 15th are FBS Fall Break.

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On September 30th, we hosted our first-ever FBS Community Virtual Town Hall. If you were unable to join us, [click here to visit our YouTube channel to view the recording](#). During this meeting, we heard some of the great things that are happening at FBS. Also in the meeting, we unveiled our new Portrait of a First Baptist School Graduate. The Portrait of a First Baptist School Graduate highlights the attributes of the students we aim to cultivate within our student community. I have had the pleasure of speaking to each high school English class about the Portrait of a First Baptist School Graduate and have communicated my desire to see each of our students develop these attributes by the time they graduate. [Here is a link to our Portrait of a FBS Graduate video](#) which features our students as well as a [link to our webpage which outlines each of these attributes](#).

We invite you to stay up-to-date with current events by following First Baptist School's social media and our school webpage. #WeAreFB

Be blessed,

A handwritten signature in black ink that reads "Justin Mitchell". The signature is written in a cursive, flowing style with a large initial 'J'.

OCTOBER 2021

School Calendar

- 2 Varsity Volleyball @ Oceanside Dig Pink Tournament
Swimming @ Wilson Hall
- 4-5 Golf SCISA State Championship @ Orangeburg Country Club
- 8 Varsity Football @ Hammond
- 9 JV Volleyball @ Porter Gaud JV Tournament
First Baptist Cross Country Home Meet
- 13 Half-Day, Staff Development
- 14-15 Fall Break
- 16 Swimming SCISA State Championship
- 22 Varsity Football Home vs. Pinewood
Homecoming, Alumni Night, Fine Arts Open House
- 26 Admissions Open House, K5-1st Grade (Parents Only)
- 30 Cross Country State Championship

FIRST BAPTIST SCHOOL of CHARLESTON

HOMECOMING 2021



OCT
22

HURRICANES

VS. PINWOOD PREP PANTHERS

7:30 PM | 2055 GEORGE GRIFFITH BLVD. CHARLESTON, SC 29412

Alumni Night

We look forward to welcoming back and celebrating our FBS Alumni! Join us for our Fine Arts Open House before the game, and be sure to check in at our Alumni table before cheering on the Hurricanes!



IN THE KNOW

school happenings



FINE ARTS MEZZANINE OPEN HOUSE

October 22, 6:30 pm (before Homecoming Game) - Drop-in to visit our arts facilities, speak with faculty, and see some student work! All are welcome!

COFFEE & COOKIES (DT CAMPUS)

Join us for a relaxing morning in our Senior Garden to enjoy coffee, cookies, and conversation! FBS Administration and PTO will be available to answer any questions and to chat about any FBS related topics! See dates and register [HERE](#)



FELLOWSHIP OF CHRISTIAN ATHLETES

FCA is back at First Baptist! Any high school athlete interested in joining, please contact Mr. Richter at richterm@fbschool.org. Also be sure to follow our new [FCA Instagram page](#)!



FIRST BAPTIST SOCIAL MEDIA

Follow along with our daily happenings on our social media pages! Below are the official school social media pages.

SCHOOL



FINE ARTS



ATHLETICS



WANT TO SHARE YOUR PHOTOS WITH US? BE SURE TO TAG US AND USE OUR SCHOOL HASHTAG!

#WeAreFB



The Playing Field

By Dr. Kupersmith, High School Principal

Students learn valuable lifelong lessons on the playing field. These experiences shape the character of the person that they grow into. They fully complement the academic legacy. In my view, an effective teacher is a coach through and through, motivating and chastising as if the world hangs in the balance. Similarly, all great coaches are mentors; they deliver content in memorable ways. They are skilled at differentiating, at recognizing that each player has his/her individual learning style and temperament. What are these lessons that students learn on the playing field?

1. **Learning to defer gratification.** Weeks of preparation precede the test. Luck and opportunity favor those who are prepared to seize them.
2. **No pain, no gain.** Everything worthwhile exacts a price. Valuable lesson.

3. **Athletes live for showtime.** They learn the importance of putting on a game face. Athletes rise to the occasion to achieve peak performance.

4. **Learn to cope with adversity.** Mistakes are inevitable. Move on. Look to the next play. Don't fixate on errors. Great coaches teach their players to immediately put mistakes behind them and focus on the next possession, the next opportunity to succeed. Athletes learn how to demonstrate composure and poise before an audience even when they are hurting or discouraged. Coping with failure is crucial for growth. Sidestepping shortcomings inhibits being all you can be.

5. **There is no "i" in team.** Largely true. Learning that everything is not about you challenges the inherent tendency of adolescents to be self-absorbed. Having acknowledged the value of teamwork and collaboration, no one succeeds who has an undernourished ego. The fatal effect of an overactive ego is a lack of self awareness and the inability to acknowledge deficiencies. Passion for improvement produces wins. A strong athletic program instills a TQM spirit.

6. **Sportsmanship and fair play.** The opponent is not the enemy. Competition should breed empathy. Players share the same vulnerabilities and aspirations as their opponents.

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7. Emphasis on fundamentals. Good teachers and good coaches instill the fundamental skills before moving to the more complex training. You can't make up for deficient fundamentals. Falling short on the basics will constantly inhibit optimal achievement.

8. Leaders emerge from the playing field.

If you consider the leaders of Fortune 500 companies, you will find irrespective of gender a preponderance of people who were high-school and college athletes.

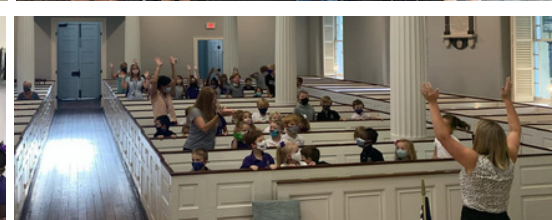
9. Athletes learn the importance of respecting legitimate authority.

Successful teams are not democratic. They are led by driven coaches who demand and command respect. Perhaps benevolent dictatorship applies to the leadership style of great coaches (and teachers).

10. Finally, competitive athletics build community within a school. Plus, sharing a field house or stadium with parents of the opposing team bolsters respect and understanding.



Around Campus



ADVANCEMENT OFFICE NEWS

Upcoming Events

High School Open House

October 19, 2021 | 5:30-6:30 pm
James Island Campus

Do you love FB High School?

If so, tell your neighbors and friends to join us for our Open House!



Alumni Night at Homecoming Football Game

October 22, 2021 | 7:30 pm
James Island Campus

We are excited to welcome home all FBS Alumni to our 2021 Homecoming football game! Please join us October 22, 2021 at 7:30 pm when our First Baptist Hurricanes take on the Pinewood Prep Panthers. Please stop by the Alumni table to check in and pick up a gift from our Alumni Director. Please email Beth Switzer at switzerb@fbschool.org if you have any questions.

FBS 10th Biennial Live and Silent Auction

Save the Date! March 5, 2022

Charleston Marriott
170 Lockwood Drive
Charleston, SC 29403

*Sponsorships
available!*



For more information or questions for the Advancement Office, please email
Beth Switzer at switzerb@fbschool.org

Lowcountry Maritime School Progress

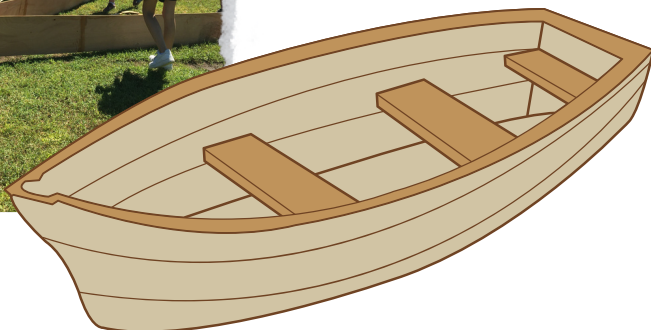


8th graders continue to visit the high school as they construct wooden boats with Lowcountry Maritime School! We have learned about simple and complex machines, scale models, and converting measurements. The students have assembled center frames and are in the process of attaching the sides, stem, and transom on their boats. It is amazing to watch the students collaborate, problem-solve, and communicate as a team!

If you would like to support this learning opportunity, donations can be made to First Baptist with the memo "8th Grade Boatbuilding" or directly to Lowcountry Maritime School. For more information about Lowcountry Maritime School, find them at www.lowcountrymaritimeschool.org or on social media @lowcountrymaritime. and heritage.

**Want to support
our project?**

If you would like to support this program, donations can be made to First Baptist with the memo "8th Grade Boatbuilding" or directly to Lowcountry Maritime School.





PTO Updates

NEWS & UPCOMING EVENTS FROM PTO

Charleston Wrap Fundraiser a Success!

OVER \$11,000 RAISED FOR FIRST BAPTIST

Hello First Baptist School!

The Charleston Wrap fundraiser was a success and we'd like to thank all of the First Baptist parents and students for taking the time (and money!) to help raise \$11,409.20. This was the third year in a row that we partnered with Charleston Wrap. Any feedback would be much appreciated as we begin planning for next year's fundraisers. (We are open ears to all suggestions!)

Fundraiser Highlights

- Conrad's 3rd Grade Class sold the most and had the highest participation rate - \$3766.50 and 81.8%
- Chilcote's 2nd Grade Class had an 80% participation rate
- Bayne's 3rd Grade Class had a 75% participation rate
- Ellison Semken in Ms. Gervais's class sold the most! - \$1,055
- High School students had a chance to win \$20 Chick-Fil-A gift cards for selling the most per grade. Winners were: Maggie Gunst, Thomas Utsey, Frankie King, and Robert Prause

Easy (free) ways to give back to FBS throughout the year:

- [Link your Harris Teeter VIC card](#) to First Baptist Church School (1341) - **This needs to be done every year to keep the donations coming.** There are currently 33 linked VIC cards (up from 17 before school started).
- [Link your Club Publix card](#) to First Baptist School. Click on the My Publix Partners in your profile (scroll to the right at the top of the page)
- Shop through smile.amazon.com (Let's try to support local businesses first, of course.)

Health & Wellness: Cognitive Distortion

*By Rose M. Cummings, LPC
First Baptist School Counselor*



As we are finishing up our 6th week of school, hopefully you and your child are adopting some routines and getting into a groove that feels more comfortable for you as the weeks progress. You might also see that your child is beginning to get more grades returned, and possibly a bit more stressed as report cards approach and Fall schedules are in full swing. This is a great time to acknowledge the changing of the seasons outside and in our lives. Some children may find themselves getting overly stressed and displaying some negative thinking patterns in response to inaccurate assessments of what is happening. These are very typical cognitive distortions. They can become sad or even depressed if they are too consumed in these thoughts.

"Some amount of cognitive distortion is normal," says Jeff DeRoche, LCSW, a clinical social worker. "We all make thinking mistakes. It's when that kind of thinking is chronic and entrenched that the thoughts are likely doing a number on a child's emotional life. I've never seen someone suffering under the weight of any kind of behavioral health problem who isn't making cognitive errors quite regularly."

In Cognitive Behavioral Therapy (CBT), kids are taught to recognize common cognitive distortions that may be contributing to them feeling bad. Whether or not your child sees it as a problem, it is beneficial to recognize and identify these distortions when you see them. In this article from Childmind, they are distilled into 11 common categories. DeRoche emphasizes that there's a lot of overlap among them.

[For all parents](#)

In this article, you will find the signs of depression and how you can help if your teenager is displaying these.

[For parents of 8th-12th graders](#)

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DeRoche stresses that noticing our own cognitive distortions and ways that we are only seeing the negative in a space in our lives is a good place to start. Pointing this out in a humble, non-judgmental way teaches by example to our children how to do this within themselves. Noticing our own negative thought patterns and admitting them outloud is not an easy task, but showing our children that it's ok to have shortcomings and flaws is a valuable lesson. Showing them that we are willing to put in the hard work, say it out loud for accountability and commit to doing better is the best example that we can set in this realm.



FIRST BAPTIST SCHOOL OF CHARLESTON

Loyalty Fund

The First Baptist School of Charleston Loyalty Fund exists solely for the betterment of our students. It helps to bridge the gap between tuition income and the actual costs of the high quality of education our students receive at FBS.

The future of our school relies on a strong and growing loyalty fund. The success of the Loyalty Fund depends on everyone making a donation to support our mission.

If you would like to make a donation to the FBS Loyalty Fund, please use the attached form, [donate online](#) or contact Beth Switzer at 843-410-6646 ext. 1107, or switzerb@fbschool.org.

FIRST BAPTIST SCHOOL

RESOURCES



RENWEB
LOGIN



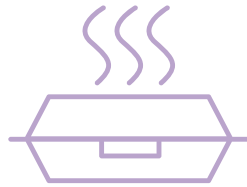
STUDENT
HANDBOOK



COVID POLICY



SMART TUITION
LOGIN



SCHOOLHOUSE
FARE LUNCH



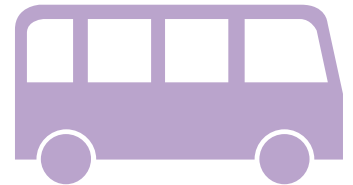
DRESS CODE



FACULTY/STAFF
DIRECTORY



ACADEMIC
CALENDAR



TRANSPORTATION

These resources can always be found on the [Resources](#) page of our website.