

Lighthouse Lens

October & November 2017

Lighthouse Preparatory Academy

216 El Mercado Plaza

Jefferson City, MO 65109

(573) 645-5253

www.LPAJC.com



Inside This Issue

3

A Letter From the Administrator
Karen Crawford

4

Character Corner
Melissa Hatfield

5

For A Good Cause
Levi Y & Latin Club Members

6

Student Work Spotlight
**Ella B, Olivia N, Eden M, Grace T, Lou M,
& Caitlyn T**

10

Student Life

11

Adventures Abroad
Caleb S

13

A Lighthouse Original Comic
Gideon S



Self Esteem and the Effects of Shame

In this newsletter, we have a guest author, Melissa Hatfield, who wrote about shame for the “Character Corner”. Ms. Hatfield was one of our Character Ed speakers and presented to the students a very interesting look at shame. We appreciate her writing an article so that the parents can learn from her as well.

As I have been reading and learning more about shame and other emotions, I found a book called Gist by Michael W. Anderson and Timothy D. Johanson. One of the chapters is about self-esteem and how we, as parents and educators, can help students to develop a healthy self-esteem. The five foundations that Anderson and Johanson describe in the book are:

Love—Students need to know that they are loved by someone.

Accurate self-assessment—Students need to have an accurate self-assessment of their skills and talents.

Resilience—Students need to have the ability to continue persevering even when everything seems to be going against them.

Achievement—Sometimes students feel like they are “stuck” and not going anywhere. Small steps of achievement can help students to gain traction and feel better about themselves.

An understanding of the myth of specialness—Some students believe the myth of specialness and believe that average means defective; some believe that if they are not the best at something, then they aren’t worth anything.

I was able to discuss these foundations of self-esteem with several of the grades last semester. It was interesting to hear the students’ perspectives, and some of them pointed out that they should not settle for average when they are capable of more. I agree. I would hope that students would continue challenging themselves to improve, but I also hope that they do not beat themselves up when they are not the best player, the student with the highest grade, or whatever indicator of what “best” means to them.

As you know from our mission at Lighthouse Prep, we take academics seriously, but we are also concerned with the character of our students. We pray for the students and families and do the best we can to help the students to develop a healthy self-esteem.

It is a privilege for me to work with the students and the families at Lighthouse Prep. I look forward to seeing what God will do in and through us in 2018.



Blessings,
Karen Crawford
Administrator
Lighthouse Preparatory Academy



NO Shame Allowed

Shame is a difficult topic we don't often discuss openly even though it impacts every human. Each of us have experienced shame. God hard-wired us for relationships and nothing threatens our sense of belonging more than shame.

Renowned shame researcher and author Brené Brown defines "shame" as, "the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging – something we've experienced, done, or failed to do makes us unworthy of connection." Shame is different from guilt. Brown explains the difference as "the difference between 'I am bad' and 'I did something bad.'" While guilt can be productive, shame is not.

We must understand the difference and be vigilant against shame – both in our own lives and in the lives of others. Young people are easily susceptible to shame. Teens need to feel a sense of belonging to feel good about who they are. Shame whispers lies like, "You are worthless."; "No one loves you."; "If people know what you did, they'll never be your friend." Shame, more than any emotion, threatens our basic need to belong, to be loved.

Addressing shame isn't easy. For many of us, we aren't always aware of our own shame nor when we are using shame to try and elicit change in others. This holiday season be extra attentive to your thoughts and feelings as you deal with yourself and others. Try these reminders:

You are God's beloved. Repeat this truth over and over to whomever needs to hear. God's love is steadfast because of who God is. We don't have to hustle to be loved by God or others. When we believe this, we are free to love others without expectation or fear. We are free to make mistakes without worrying our worth is on the line. *But you, O Lord, are a God merciful and gracious, slow to anger and abounding in steadfast love and faithfulness.* Psalm 86:15 (NRSV)

You are forgiven. God is generous with grace and forgiveness. Sometimes it is easier to extend grace to others than ourselves. Talk to yourself and treat yourself with the same kindness and love you show a good friend or a beloved child. As we give thanks each day for God's grace in our lives, it leads us to extend grace to others as well. *Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive.* Colossians 3:13 (NRSV)

Trusting we are loved and forgiven by God because of who He is frees us from the power of shame. They can't coincide in the same heart. Reminding those we love to trust they are loved and forgiven by God will help them learn how to control their response to the instinctive emotion of shame as well.

Melissa Hatfield, Pastor of Youth and Missions
First Baptist Church, Jefferson City, Missouri



For A Good Cause

Latin Club

Members of Latin Club volunteered at the Samaritan Center. Students bagged fruit, made personal care kits, and decorated for Christmas.



Pictured above packing fruit: Lydia T, Grace E, Adam C, and Anna D



Pictured above decorating for Christmas: Caleb S., Jaida K., and Ariona B.



Pictured above stocking shelves: Grace E, Jaida K. and Lydia T

Emmy Kramer

5k Benefit

On Saturday, November 11th , Levi Y completed his first ever 5K! After lots of hard work and dedication, Levi was able to finish all 3.1 miles of the race. The 5K race was the third annual fundraiser for Emmy Kramer of Bonnots Mill, MO, who suffers from DiGeorge Syndrome.



Levi Y, 7th Grade



I'm Writing You This Letter

Operation: Bugle Boy Contest Recognition

Dear Richard August Broeker, Sargent:

I am writing you this letter because of how you have inspired me throughout the trials of your life. When you left the farm for your country during World War II, you left everything you ever knew. Since you were a little boy, to me that was a long time ago, you had worked on the farm keeping the crops and animals going. Then leaving it all behind not knowing what was going to happen you left on an adventure. Even though you were in the Philippines and the war was almost over you still played a role in the war.

The best story is the one about how you became a Sargent. You never saw any fighting, from what I hear, since you worked in the Artillery Shipping Warehouse. Working there, you were a Corporal, moving boxes and crates full of weapons and ammunition. The story goes that one of the forklift's brakes failed and they still needed it to move all the crates. All the men who could sue the forklifts because they were afraid. You, though, knew what to do from growing up on a farm where there were lots of failing breaks. So, climbing up you showed those boys just how to use a piece of machinery when things go wrong. Later in the day when things were going fine, since you were operating the machine the right way, someone came in. You did not remember what rank, but someone who was higher up. He asked you your name and rank, when you answered, the man's face starting turning red, "You are not supposed to be operating this forklift," the man said. When you started to get down off the

forklift, some of our buddies started explaining what had happened and why you were there. You were the only one who could drive the forklift. You stayed up there, but in five short minutes you had become a Sargent.

From what I hear, you came back from the war a different person, though you quickly got back into working the ground and raising your children. I always knew you from when I was little, but I never really knew you. I would always think of how strong you were when the grain auger spun you around and you landed in the hospital. We thought we were going to lose you right there and then, but you hung on. I have seen you working on a door and slamming the hammer down, on your thumb accidentally without even flinching. You and I worked on the old tractor's front end and that is my best memory of you.

I loved working alongside my Papa on the farm and not worrying what was happening anywhere else. Not thinking about the crazy politics of the world for a couple hours of my life. We were only thinking about getting the old tractor back out into the field and finishing the work that needed done.

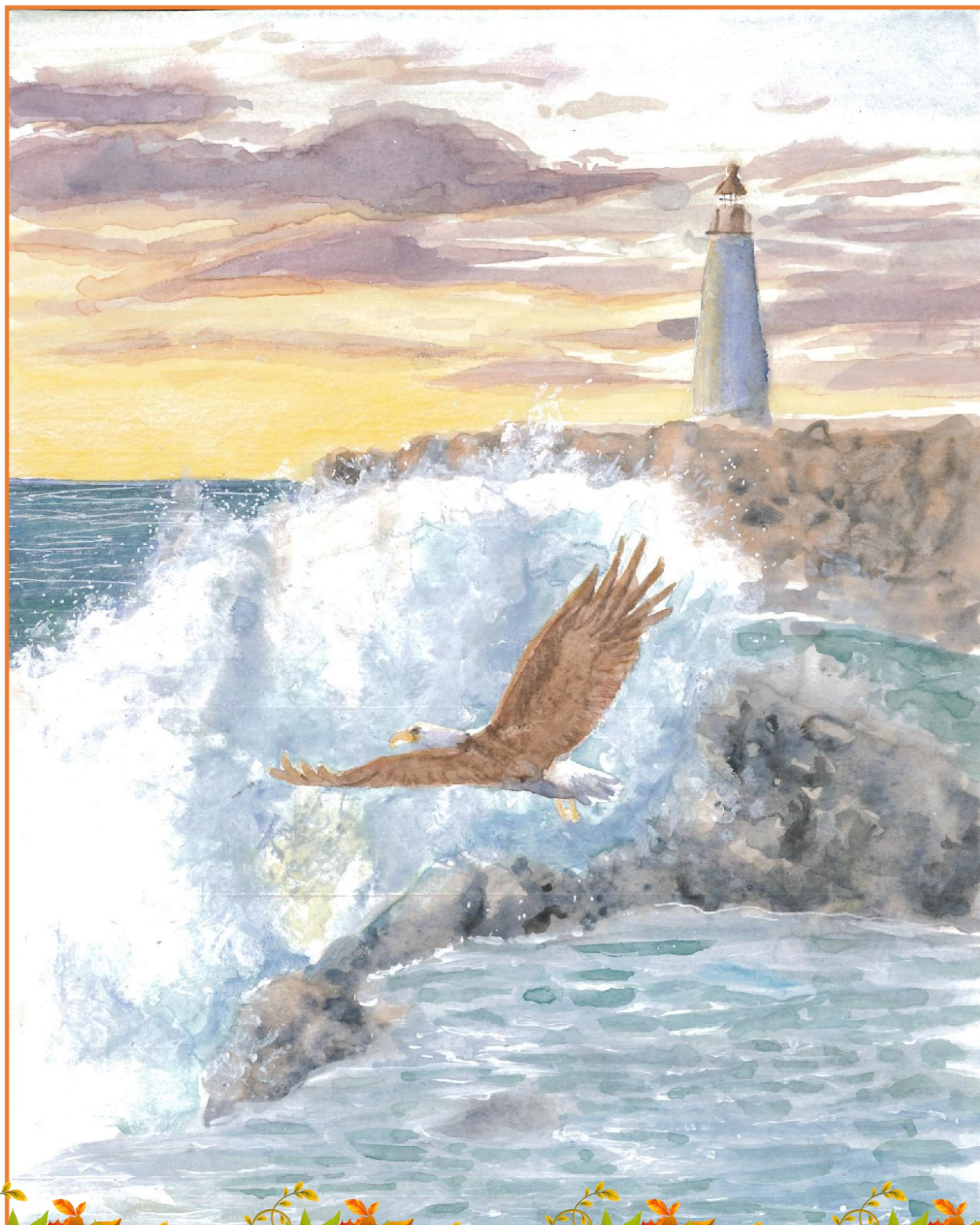
Thank you, Papa, for how you lived your life to the fullest, keeping the farm on track, and not giving up on your country. Though this world is not perfect, we can always make it better.

Sincerely,

Ella B, 9th Grade

2017-2018 Yearbook Cover Contest Winner

Congratulations to Olivia N, 10th Grade





Jesus is the Only Way

Is there one way to Heaven or many? This sounds like an easy question, but it is not. Steve Jobs stated,

“No one wants to die. Even people who want to go to heaven don't want to die to get there. And yet death is the destination we all share. No one has ever escaped it. And that is as it should be, because Death is very likely the single best invention of Life. It is Life's change agent. It clears out the old to make way for the new.”

Many people believe that you can ascend to Heaven by being a good person, doing kind things, or working hard. The only problem with this is that it does not include Jesus. The people, who believe they can get to Heaven through works, do not realize the sacrifice that Jesus made when He died on the cross to save us from our sins. He has given us the opportunity to live eternally with Him. The people that believe they can get to Heaven through worldly deeds do not realize the desire that Jesus has to have a relationship with them. They are missing out on that relationship on Earth as well as in Heaven. Isaiah 59:2 states, “But your iniquities have made a separation between you and your God, and your sins have hidden His face from you so that He does not hear.”

I believe that Jesus is the only way to heaven. Jesus Himself says in John 14:6, “I am the way, the truth, and the life. No one comes to the Father except through me.” If Jesus wasn't the only

way to heaven he would not have had to die on the cross. Because Jesus died on the cross, we are able to be forgiven, to follow His Word, and to praise God without having to make sacrifices, such as slaying a spotless lamb on an altar. We are able to repent, ask God for forgiveness, and have our sins forgiven, which enables us to live eternally in heaven with God.

We must have faith in Jesus in order to reach heaven. When Jesus was losing many of his followers, he asked the disciples, “Do you want to go away as well?” (John 6:67). Peter's replied, “Lord, to whom shall we go? You have the words of eternal life, and we have believed, and have come to know, that you are the Holy One of God” (John 6:68–69). The Bible tells us many times that Jesus is the only way to Heaven.

In conclusion, no man can achieve salvation or obtain heaven by being good or working hard. “For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.” [Ephesians 2:8-9](#)

Eden M, 10th Grade

The Power of Words

Choices

What do you choose?

To hurt, or to heal?

What will you do?

Give, or take?

What do you choose?

To uplift, or to put down?

It's your choice; go on.

Will you support, or will you leave?

Will you make people

Laugh, or cry?

Will you welcome or push away?

Here is the last, don't go too fast.

Will you words show

Love, or hate?

By: Grace T, 7th Grade

Over the Moon

The cow jumped over the moon,

What he always loved to do.

Until the fox came,

And told the cow he was rude.

The cow never jumped again.

Until the chicken said,

Do not worry about what the fox says.

Only do what you want.

The cow jumped over the moon,

What he loved to do.

By: Lou M, 7th Grade

The Good & Evil of Words

Words can be used for good.

Words can be used for evil.

Good words make you smile.

And your smile can be described with words.

White, sparkling, beautiful

Evil words can make you cry.

And your cry can be described with words.

Crystalline, sad, slow

Words can bring love and joy.

Words can bring anger and hatred.

Words can hurt, so explain your hurt with words.

Pain, sadness, tears

Words can build your joy, so express your joy with words.

Thanks, love, smiles

Words can be strong with hate or strong with love.

Make your choice for the words you say.

By: Caitlyn T, 7th Grade

Student Life



Adventures Abroad

Northern Ireland

By: Caleb S, 10th Grade

Belfast is the capital city of Northern Ireland, which is part of the United Kingdom along with Britain, Scotland, and Wales. There are two famous things that Belfast is known for, one being the infamous ocean liner, the Titanic, the other an author by the name of C.S. Lewis.

The **Titanic Museum** is incredibly large, with the front of it built the same size as the Titanic's hull. Once inside, the museum takes you to an



Titanic Museum

upper floor where you start by seeing the growth of Belfast as a ship building powerhouse. After learning the history of Belfast, the museum brings the construction of the

Titanic to life through photos, commentary, and videos. Next comes the story of the Titanic's maiden voyage across the Atlantic, ending with stories of great heartbreak and great heroics. Through a video presentation the story of the search for the Titanic is told, it took many expeditions and many men to finally reach its discovery in 1985.

C.S. Lewis is a big name in Belfast, because it is his birthplace. There is a park devoted to one of his most famous works, *The Lion, The Witch, and the Wardrobe*, from the Narnia series.

In the park there are sculptures of many different characters from the book. The largest one is none other than Aslan, the great lion.



Statue of Aslan

Belfast is a city with a tumultuous past as well. Those who grew up between the late 60's and 90's can probably remember Belfast being in the news for the political and religious conflict that struck the city. The conflict between Protestants and Catholics was so strong and resulted in the deaths of many innocent people. There were two main roads where the fighting was the most intense, yet they were only one block away from each other, one on the Protestant side and one on the Catholic side. There are still walls with gates that divide the Protestant and Catholic neighborhoods, and they close at 6:00 every night. The two most famous walls are in very different settings, one stands 45 feet tall and the other is 7 feet below ground in a cemetery. Neither side is completely ready for the walls to fall, but hopefully someday they will.



One wall dividing a Protestant and Catholic community.

Adventures Abroad

Ireland

By: Caleb S, 10th Grade

After our stay in Belfast we took the train down to Dublin. Once in Dublin we went to our first sight, the grandiose **St. Patrick's Cathedral**, the national cathedral of Ireland. The church is massive, and the stained-glass windows add a ma-

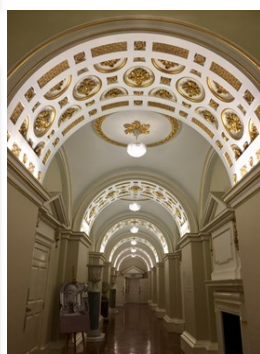


St. Patrick's Cathedral



Exterior of Dublin Castle

jestic touch to the interior. From St Patrick's we walked to Dublin's famous old town. The cobblestone streets and lively music really made us feel like we were in quintessential Ireland.



Interior of Dublin Castle

The next place we visited was **Dublin Castle**, situated right in the city center. The splendor of the royal apartments added to the experience.

Christ Church, Dublin's other great cathedral was only a 10-minute walk away. Like St Patrick's, it is large, beautiful, and regal. They had

just finished a service so there were hordes of tourists and churchgoers flooding in and out of the church.

In the basement there is a crypt, it was a little creepy, so we just went about exploring the church. Both cathedrals really make one feel small!

Trinity College was next on the agenda, along with having a charming campus, it also holds the Book of Kells. The Book of Kells is a manuscript containing the Gospels. The book was written in medieval Europe. The book has so many intricate details, from the words to the illustrations. Many of the illustrations were made from dyes, using natural resources from fruits to stones.



Christ Church Cathedral



Trinity College Library

★ COWBOY TOWN ★

A LIGHTHOUSE ORIGINAL COMIC

By: Gideon S, 9th Grade

