



EMPOWERING KIDS TO LEARN LIFE LESSONS

by Joanne Miller www.parent@biblicalparenting.org

Kids bring their problems to parents. It's what they do. Kids want solutions and parents have answers. Sometimes this is appropriate. A young child who wants to cut up an apple or a teenager who needs a ride home from an activity should receive help from a parent. When children are young, they need to bring important problems to their parents because they're not yet mature enough to solve them. But as kids grow older, many problems they bring to their parents represent opportunities to seek solutions by themselves.

Experience is a valuable teacher. It teaches skills such as how to ride a bike, how to find lost shoes, and how to pay for something at the store. Experience teaches children what it feels like to be left out, to win or lose, or to be put on the spot. Experience can teach character qualities such as courage to try new foods, patience with a younger sibling, or perseverance to complete a project. But it's seldom easy to learn from experiences—particularly, challenging or painful ones.

Unfortunately, though, if parents aren't careful, they can rob their children of lessons that could be learned from experience because they believe that loving their kids means keeping them from struggles. Parents who continually rescue their children often short-circuit the learning process by intervening too soon.

Sometimes parents can accomplish more by doing less. When kids have to work through their problems on their own, experience becomes the teacher and parents function as the counselors or coaches. Many parents don't realize the benefit of allowing children to experience the consequences of their actions. Wanting to spare their kids from struggles, these parents step in unnecessarily and rob their children of excellent ways to learn key values, principles, and habits.

Practical Suggestion – Ask Open-ended Questions

A primary tool for helping children to solve problems for themselves is asking open-ended questions, such as "What's the matter?" "What's it supposed to look like?" "What are you going to do about it?" Open-ended questions help children learn a process for solving problems, give the responsibility for problems back to the children, and help them grow and mature.

If six-year-old Paul announces at dinner, "I don't have a fork," Mom may be tempted to get up and get one for him. But instead of solving this problem for him, she may wisely respond by saying, "I see you have a problem, Paul. What do you think you ought to do about it?"

Some parents feel that just reflecting the problem back to their children isn't loving. They think, I just couldn't do that. It doesn't seem right. Sometimes, though, the loving response is to demonstrate confidence in your child's ability to solve the problem. Rather than turning their backs and walking away, thoughtful parents can help children evaluate choices, offer suggestions, and give praise for accomplishments. Children grow in confidence as they learn to overcome challenges for themselves.

Paul may decide that a fork isn't necessary and be content to use a spoon. Then, his mom or dad could praise him for his flexibility. He may get up to get one out of the drawer only to discover that all the forks are gone. After all, solving problems isn't always easy. He may find a clean one not yet put away or choose to wash a fork that's dirty. A key is to offer just enough guidance to allow the child to feel the accomplishment of problem solving.

Consider these Ideas

To use open-ended questions effectively, make sure you consider these things. First, use the question to encourage discussion when appropriate. Sometimes some dialogue can help children think for themselves. Also, express sincere empathy when appropriate. This helps children realize that you do care and that you're not just being apathetic.

You might help a child with solutions when they can't think of one for themselves, but allowing them to choose the one they want to use can be empowering.

Jesus was a master at guiding people in this way. "What do you want me to do for you?" he asked the two blind men who were sitting by the roadside (Matt. 20:32). "Who do people say the Son of Man is?" and "Who do you say I am?" he asked the disciples (Matt. 16:13, 15). By asking open-ended questions, Jesus often moved to a deeper level with people, helping them to think for themselves.

Of course, Jesus used other tools to help people learn for themselves. Tools like natural consequences and logical consequences are also ways to help children learn from life. You'll learn more about these and other tools in the book [Home Improvement: The Parenting Book You Can Read To Your Kids](#) by Dr. Scott Turansky and Joanne Miller, RN, BSN. It's now available as an audio book as well as an ebook and paperback.

INSIDE THIS ISSUE

From The Director	Page 2
Class of 2022 School Selection	Page 2
School Calendar	Page 3
TRCHS Highlights	Page 4

From The Director

Happy New Year! This greeting seems misplaced during week 8 of Term 1. However, the beginning of the academic year was postponed until 23rd January, due to the KCSE 2022 marking carried out in schools across Kenya. Then, the Ministry of Education later announced that Form 1 students would report on Monday, 6th February. This week's half-term break is well placed for the majority of these siblings to return home to share their new experiences in boarding schools. Please listen carefully and pay attention to any unusual changes in behaviour or communication.

Our theme this year is **SUCCESS FOR ALL!** taken from Ecclesiastes 9:11, *The race is not to the swift, nor the battle to the strong, neither yet bread to the wise, nor yet riches to men of understanding, nor yet favour to men of skill: but time and chance happens to them all.*

This does not guarantee success IN all, but rather that each one of us has the time and opportunity to succeed in one area or another. God has given each of our students and staff members abilities and talents. These gifts are not necessarily given in equal number or in uniform quantity but we know that our Creator made us for a purpose. As we call on Him in prayer and seek to know His Word, He will guide us. Proverbs 3:5-6 has been quoted often, *Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.*

The heart of the CBC-curriculum is to reveal various areas of learning and co-curricular activities to our students so that they can identify both their strengths and limitations, their interests as well as limitations, their passions and indifferences. When parents and teachers are present to observe their children's keenness to work and to listen to their comments, then they can guide them knowingly and appropriately. No one should be left behind. More information about the three pathways in high school will be availed as we go forward together with Jr. High School.

We are looking forward to a full resumption of our annual activities in 2023. The academic terms are back to their normal length but the breaks will be two weeks instead of three weeks long. Let us have open channels of communication as we collaborate together – students, teachers and parents. Karibuni!

CLASS OF 2022

	NAME	SCHOOL SELECTION
1	HOPE WAITHERA NG'ANG'A	Happyland Girls' Senior School
2	RYAN MBAI MUGO	Damacrest Senior School
3	JAMES KIBE MAINA	St. John Kanunga High School
4	ABIGAELE WANGUI KARIUKI	Bishop Gatimu Ngandu Girls High School
5	BENJAMIN NZYOKI KITETU	Moi Forces Academy Nairobi
6	DAIZY WAIRIMU NDIRANGU	Moi Girls School Nairobi
7	DARREN NGUGI NJUGUNA	Njega boys' secondary school
8	JANET NYACOMBA KAGIRI	Precious Blood Juja
9	JAYDEN MUTURI ANDAI	Kianyaga High School
10	KYLA WAITHERA KIRIMA	Mount Laverna Secondary School
11	LEO NDEGWA WAWERU	Strathmore School
12	PATIENCE NG'ENDO GICHUKI	St. Anne's Girls Secondary School
13	RON MUUO KIMANTHI	Nyangwa Boys High School
14	RYAN WALLACE KINYANJUI	Rockfields Senior School
15	SHANICE NYAWIRA KANYI	Alliance Girls High School
16	YVONNE WAMBUI THIGA	TRCHS
17	FRIDAH WANJIRU NG'ANG'A	Machakos Girls High School
18	ADRIAN KAMWETI MUGI	TRCHS
19	AMANI MUTHONI KAMURI	Precious Blood Juja
20	ARNOLD THUMI MUNGAI	Moi High School Kabarak
21	BREDON BARRY MUSYOKI	Consolata School
22	DAVIS MWANGI WANGIGE	Oloolaiser High School
23	DEBRA PENDO MUTINDA	TRCHS
24	IAN MAINA MBURU	Moi High School - Mbiruri
25	IMANI MUHONJA WAFULA	TRCHS
26	JANET WANGUI MAINA	Pioneer Girls High School
27	JESLYNN WANJA KING'UKU	Bristar Girls High School
28	JOANNE NGONYO KIBATTA	Riara Springs Girls High School
29	JOE KIARIE MURUNGU	Kiamutugu Secondary School
30	WAWERU KENNEDY GATHOGO	Regis School
31	LEON ITOTIA KIROBI	Rockfields Senior School
32	JOHN GIFT ANN	Pioneer Girls High School
33	MATTHEW KIRETHI MAINA	Njiiri School
34	NEO KIHICO NGIGE	Githiga High School
35	PENDO ALENGA	Kaaga Girls' High School
36	RYAN KAMAU	Thika High School
37	SARAH MWAU NDUUME	Ngara Girls High School
38	TEDDY WACHIRA GICHERU	Merishaw School
39	TESSY WANJIRU MITHAMO	Bristar Girls High School
40	WESLEY MBURU MUNGAI	Chania High School
41	ZAWADI NJERI NJOROGE	Bishop Gatimu Ngandu Girls High School
42	ADRIAN KIBE GITAU	St. James Boys High School
43	ASHLEY NYAKIO MUKOBA	Anchor Leadership Academy (IGCSE)
44	GATHUA CHENELLE WANJIRA	Moi Forces Academy Lanet
45	CHRISTOPHER MUUO NGUGI	Thika High School
46	DANIEL KANG'ARA WAITITU	Anestar Secondary School
47	ELIANA TAMASHA WAWERU	TRCHS
48	ERICA MUMBI MUTURI	Kianda School
49	GRACE WANJERI GACHIGI	Mount Laverna Secondary School
50	KEVIN NJOROGE KABUCHO	Pioneer Girls High School
51	MICHELLE VUGUTZA LUGAKA	Ossen Girls' High School
52	SEANICE MWIHAKI WAMBUI	Bishop Gatimu Ngandu Girls High School
53	TIMOTHY MUNYUI KIHUYU	TRCHS
54	TRINA MUKAMI NJUKI	Mumbi Girls High School
55	WILLIS ABEDNEGO ABONGO	TRCHS
56	ALVIN KAREMERI NGURE	Murangā High School
57	JEREMY JABALI MUGENDI	Merishaw School
58	MUNGAI NICK IRUNGU	Merishaw School
59	GRACE ZAWADI MUGENYI	Nova Pioneer
60	AMY MUMO MUTUA	Starehe Girls Centre
61	ERIANA NGENDO MWETHI	PCEA Ongata Booth Girls High School

Continued on Pg. 4

SCHOOL CALENDAR

Wednesday	15/3	Newsletter Distributed
Thu-Fri	16-17/3	Half-Term Break, NO SCHOOL
Wednesday	22/3	Cluster Standard 8 S.S.T Quiz
Saturday	25/3	Cluster Swimming Gala
Wednesday	29/3	Cluster Chess Competition
Friday	31/3	Cluster Grade 2 CBC Contest
Friday	31/3	Pre-Primary Sports Day
Friday	7/4	Good Friday, PUBLIC HOLIDAY, NO SCHOOL
Monday	10/4	Easter Monday, PUBLIC HOLIDAY, NO SCHOOL
Tue-Fri	11-14/4	End-Of-Term Assessments
Tue-Thu	11-13/4	Cluster Pre-Trial KCPE Exam
Thursday	20/4	Term 1, Closing Day
Friday	21/4	Open Day, Parents and Teachers, 8AM - 4PM
Monday	8/5	Term 2, Opening Day, Transport Both Ways

2023 FEE STRUCTURE

Admission Fee	sh. 1,000/= paid on admission
Development Fund	sh. 10,000/= once per family
Bus Fund	sh. 10,000/= once per family

The School Board of Management has set the fees for 2023 from 4 terms per year back to 3 terms per year.

Headstart	@ sh. 15,000
PP1/PP2	@ sh. 18,000
Lower Primary Grades 1 - 3	@ sh. 35,000
Upper Primary Grades 4 - 6	@ sh. 40,000
Jr. High School Grades 7 - 9	@ sh. 45,000

Includes textbooks, Exercise Books, A Beka books. Swimming, Computer Lessons, Lunch and French.

TRANSPORTATION:

Round Trip	@ sh. 12,000
Return Only	@ sh. 6,000

For fee deposits use the following accounts:

Standard Chartered:	0102810663500
Absa Bank:	2037873767
Family Bank	Paybill 222111 Account 017000026428
Mpesa Paybill:	809700. Account no. is the admission no. written on every receipt

School Uniforms are sold in the office.

CONGRATULATIONS GRADE 6 C.R.E. QUIZ

Thika Road Christian School was placed position 2 out of 6 schools in Central Zone and position 8 out of 69 overall. Our team members were:

Grade	Out of 50
Grade 6T	
Alisa Wambui	46
Grade 6R	
Aimee Joy	48
Abigail Kayeli	47
Azariah Wambugu	48
Grade 6C	
Jesse Thuo	50
Grade 6S	
Courtney Wangui	48

Trainer: Mrs. Kariuki

SWIMMING DAY



Jr. High School members of St. John Ambulance were awarded certificates on Friday, 10th March, for completing a one-day training programme.

Continued from Pg.2

62	RUTH NTHENYA MUINDE	Ruai Girls Secondary
63	WEMA NTINYARI FUCHAKA	Alliance Girls High School
64	SIFA KARIUKI NJERI	Potter's House Girls' High School
65	STEPHANIE WAVINYA MBITHI	Limuru Girls School
66	PETER ELVIS NDERITU MUCHIRI	Merishaw School
67	MARK LEWIS WATHIKA	Nyeri Baptist High School
68	LEE NDERITU MUCHEMI	TRCHS
69	RYAN MUGUGU KAMAU	Mang'u High School
70	JAKES KIERU MACHARIA	Sacho High School
71	MELISA WAMUNGE KINYUA	Alliance Girls High School
72	LORETTA WANGUI KIMURI	Precious Blood Juja
73	PATIENCE MUTHONI MAINA	St. George's Girls' Secondary School
74	JOYMERCY KANANA MWENDA	Bishop Gatimu Ngandu Girls High School
75	ROHI IHERA GATERE	TRCHS
76	NJOROGE SETH GATHURU	Alliance High School
77	TISHA TEKONI OSUMBA	Alliance Girls High School
78	VIVIAN NYAMBURA KAMAU	Happyland Girls' Senior School
79	ELSIE NYAMBURA KINYANJUI	Pioneer Girls High School
80	ANGELA WANJIKU NJUGUNA	Moi High School Kabarak
81	EVANS MWANGAZA WAITHAKA	Matinyani Boys Secondary School
82	PRINCE NDIRANGU KIBOI	Dawamu School
83	KEVIN KAHIGA MUNENE	Nairobi School
84	PAUL WAMBUGU GICHOHI	Meru School
85	ETHAN KARIUKI GITHUI	Murangā High School
86	PRECIOUS MWENDWA GICHURU	Kabare Girls High School
87	JEANETTE MICHERE CHEGE	Precious Blood Juja
88	LISA WAIRIMU KINUTHIA	St. Francis Girls' High School Mang'u
89	WENDY WAMBUI NDIRANGU	TRCHS
90	MICHEAL MUTUNGI MULINGE	Nanyuki High School
91	SHEKINAH KAMAU NJERI	Gathirimu Girls Technical High School
92	GIAN MWANGI MUTHAMIA	Meru School
93	TRICIA ONEYA MBINJI	Limuru Girls School
94	ALLAN MUKUI NJOROGE	TRCHS
95	JEFF GITONGA MBUGUA	Mang'u High School

TRCHS HIGHLIGHT



Congratulations to Eunice Wanjiku Kariuki who qualified among 46 students to participate in Round 3 of the Kenya Mathematics Olympiad held on 18th February at the University of Nairobi. She emerged as the TOP JUNIOR in Kenya out of 11 competitors in Form 1 or 2.

Victor Kirubi Njoroge, our student from Nursery 3 in 2008 until Form 4 in 2022, was the top student in Kasarani Sub-County out of 3,600 students. He earned an A- grade with 80 points (ENG A-, KIS B+, MAT A, CHEM A, BIO A-, PHY A, CRE A, GEO A-). Victor was invited to join the Equity Bank mentorship training and on 27th February, He began a paid internship at the Garden City Branch.



The Jr. High School students collected sh. 207,615 for the annual Run-for-the-Bibleless Walk held on Saturday, 4th March. The combined total together with our staff and high students was sh. 446, 626. What a thrill to see students raising funds to translate the Bible for unreached language groups!



From 9th to 20th January, 34 Form 3 students completed ICDL modules for Documents plus Computer & Online Essentials. This digital training is paid by the school no extra cost to our parents. Thank you to our former parent Mr. David Kabute of Wangpoint Technologies for the facilitation.

