



The Cardinal

Wisdom begins with respect for the Lord.

Sports Safety

The opportunity to play sports is important for students of all ages. Participation in sports promotes discipline, teamwork and social skills as well as physical fitness. However, student safety is our top priority at the Fairfax Christian School; in order to protect our students, we are selective about the sports we offer. The sports examined below represent a risk too great for FCS to sponsor in good conscience.

TACKLE FOOTBALL

Tackle football is the sport most notorious for injury to its players. According to the National Center for Catastrophic Sport Injury Research (NCCSI), which keeps records of sports injuries from the 1930s to the present day, football consistently produces a higher rate of catastrophic injuries than any other high school sport. Fatalities have decreased over the surveyed period, due largely to improvements in safety equipment, but injuries that cause permanent disability are still prevalent among high school football players.

Serious injuries from tackle football with short- and long-term consequences include knee injuries, fractures and concussions. Knee injuries often involve tears to vital ligaments and/or cartilage.



A tear to the anterior cruciate ligament (ACL) causes knee weakness and instability, and may require surgical reconstruction and lengthy rehabilitation. ACL injuries often occur in conjunction with medial collateral ligament (MCL) injuries, compounding the sufferer's discomfort and weakness. Likewise, damage to the meniscus cartilage in the knee may occur alone or alongside a ligament tear, raising the likelihood of a need for surgery. Injuries of this nature often have repercussions for years afterwards; the damage to ligaments and surrounding cartilage worsens over time to

create chronic pain, weakness, and mild to severe joint damage, including osteoarthritis of the knees.

The majority of serious injuries in tackle football result from physical contact between players. The nature of the game encourages high-velocity impact, which naturally increases the risks of ligament tears and concussive force. FCS offers flag football as a no-contact alternative to tackle football, greatly decreasing the risk of catastrophic injury and debilitation.

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LACROSSE

An increasingly popular sport in Northern Virginia, lacrosse combines the risks of a running sport with the dangers of heavy equipment. The coincidence of two types of risk factors drastically increases the likelihood of serious injury to high school players.

Because of the fast-paced, torsion-heavy action of the game, lacrosse carries the risk of sprains to the ACL and MCL, the same ligaments frequently damaged in tackle football. Sprains to these ligaments, while less severe than outright tearing, still cause serious pain and incur lengthy recovery time for young athletes.

Like football, lacrosse also boasts

a high incidence of concussions and fractures. The lacrosse stick is the underlying cause of both types of injury; throughout the game, and especially while scrapping for the ball, players and sticks collide in a mêlée of potential trauma. According to data published by the University of Pittsburgh Medical Center, rib fractures and moderate concussions are the most common serious injuries among high school lacrosse players. Female players are especially at risk of head injuries, whereas male players have a greater risk of rib fractures.

GYMNASTICS

The rigorous sport of gymnastics is a leading cause of catastrophic sports-related injuries in girls, second only to cheerleading. Most of these injuries involve the spine

and neck, incurred through mistakes in body alignment during dismount and at other occasions of stress or impact. Fatalities are uncommon, but the lasting impact on the cartilage between vertebrae may lead to long-term pain and disability.

Another severe injury associated with gymnastics is the stress fracture. Recurring incidence of impact or trauma to the same bone in the body, which typically results from repeatedly practicing the same routine, causes a serious weakening or incomplete break of the bone. Unlike a sudden and complete break, stress fractures may be mistaken for less serious injuries, increasing the possibility of compounding the injury and causing chronic pain or bone weakness for years afterwards.



Flag football is a safer alternative to contact sports.



News & Events

Welcome Our New Mascot

Fairfax Christian School is proud to announce that we have adopted the cardinal, the state bird of Virginia, as our new mascot.

Admissions Open House

Students and their families who would like to learn more about our school are invited to attend an Admissions Open House event on Saturday, March 15th, at 10:00am. Attendees should meet in the Main Building. If you have any questions or would like more information, email our Admissions Director, Mrs. Liz McCoy: mccoy@fairfaxchristianschool.com.

Spring Sports

Spring sports will begin in March. This spring, students will have the opportunity to participate in the boys' flag football team and the girls' varsity soccer team. Middle and High School girls who would like to play soccer are invited to participate. Boys who are in grades 6-8 are invited to attend the first football practice on Monday, March 10, from 2:45pm to 4:00pm, at FCS. For more information, please contact Mr. Randy Marrs, our Athletic Director, at marrs@fairfaxchristianschool.com.

Skate Night

On Wednesday, February 5th, FCS students and their families enjoyed an evening of ice skating at the Reston Town Center Ice Skating Pavilion. Admission and skate rentals were free. A good time was had by all!



Science Fair

The 2014 Science Fair will be held on Tuesday, March 11th. The Science Fair Packet was distributed to all 3rd-12th grade students. The packet includes all of the information needed to participate in the Science Fair. The Registration form and Participation Agreement must be turned in to the school office by Friday, March 7th.

Spring Forward

Daylight Saving Time will begin on Sunday, March 9th. Please remember to move your clocks ahead one hour!

Spring Scramble

Students, parents, alumni and friends are invited to join us for our annual Spring Scramble Golf Tournament. The tournament will be held on Friday, May 2nd, at Hidden Creek Country Club. The tournament begins with a shotgun start at 9:00am (registration begins at 8:00am). FCS parents and students play for free. Fees for individuals and foursomes are available. For more information and to register online, visit golf.fairfaxchristianschool.com. Please register by Friday, April 25th.

Field Day

Field Day will be held on Friday, April 25th.

ParentsNET

To better serve our parents and students, all information which was on ParentsNET is now available on the main school website or in JupiterGrades. ParentsNET has been discontinued.

A Special Visit from Susan Allen

In honor of Presidents' Day, former Virginia First Lady Susan Allen shared excerpts from her new children's book, *The Remarkable Ronald Reagan: Cowboy and Commander in Chief*, with our Lower School students.



She then signed copies of her book, which were provided free for all Lower School students. Parents, students and teachers all enjoyed this special event!

Teacher Feature: Dr. Walter W. Hays



One of his strengths as a teacher is his Christian conviction. He knows that a successful student (and future citizen in our society) needs to develop spiritually as well as academically in order to function at the highest possible level. To facilitate their spiritual growth, Dr. Hays emphasizes Christian principles in his classroom, such as honesty and the power of prayer.

Another great strength is his ability to recognize and appreciate the differences between individual students. He chooses a variety of approaches to learning in order to help his students realize their potential. His classes inevitably include real-world, skill-building activities related to the subject, from abstract (thinking and analysis) to more concrete (writing and sketching). The goal of these activities is to prepare the student for a successful life in a rapidly changing world.

"My favorite thing about the Fairfax Christian School is the 'FCS kids' individually and collectively. Each one is given the opportunity of a lifetime to grow spiritually, emotionally and academically. ... FCS is a synonym for what Almighty God has done for 53 years, is still doing today, and will continue to do tomorrow."

Even the most cursory glance over Dr. Walter Hays's résumé inspires respect and admiration. As the Deputy Chief for Research Applications in the Office of Earthquakes, Volcanoes and Engineering of the United States Geological Survey (USGS), he worked on many cooperative international projects, particularly with China regarding earthquake disasters and the engineering of Three Gorges Dam. After 26 years of public service with the USGS, Dr. Hays began teaching at FCS in 2001; the 2013-2014 school year is his thirteenth year as a member of our faculty.

He has had the privilege of seeing a few of his students graduate from FCS, attend college and return as members of our faculty and administration. Because he simultaneously taught at FCS and George Mason

University for eight years, he has sometimes taught the same students in high school and college courses successively.

"After 13 years, I still like the challenge of teaching. Helping a class of new students to reach their potential is a difficult task because success or failure hangs in the balance every year."

Dr. Hays currently teaches physics and advanced mathematics classes at FCS. Previous years have seen him teaching earth science, algebra, geometry, chemistry and business math classes. He still relishes the challenge of bringing another class of students to their full potential. "Teaching," he says, "always requires the very best spiritual, emotional, and academic attributes of a teacher."