

# AA Weekly

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February 5, 2016

## Health Emphasis Week

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**AA Front Office Hours:**  
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The week of Feb. 1 - 5, 2016 was Health Emphasis Week at Andrews Academy. This week is designed to help each of us focus on our health and choices we make, with the purpose to improve our choices about health.

Prior to the presentation on Monday, Mrs Francisco shared some details of the lead water contamination in the Flint water supply. Being a nurse she shared some of the life long health consequences people suffer from lead poisoning. She challenged students to help by bringing water to give to those who live in Flint. Students have rallied behind the project and have brought hundreds of water bottles to share with those in Flint.



Mrs Mills shared this week's theme, of "23 1/2 hours". The idea is to prioritize physical exercise of at least 1/2 hour each day. To try to keep work, play, relaxing, and sleeping to just 23 1/2 hours each day. A must see video was shared showing the positive results of exercising 1/2 each day. Everyone should go to this online video to better understand why this 1/2 hour is so important. <http://youtu.be/aUalnS6HiGo>.



# AA Highlights

## International Festival



The International Festival was part of the International Appreciation Week held at Andrews Academy Jan. 25 - 29, 2016. International Appreciation Week is an opportunity for each student and faculty to learn more about the many cultures here at Andrews Academy. Each day we had a guest speaker present insights from their culture or discuss spiritual insights learnt from their culture or international experience.

Friday morning we rearranged class periods so we could combine the chapel and assembly time so we could have a longer time for the International Assembly and so that it would end near the lunch hour so we could enjoy the international food potluck together. We truly celebrated the cultural diversity that the Andrews Academy Family enjoys each day.

For more photos from this event please go to our [facebook](#) page.

Thank you Keila Sanchez and the others involved in organizing this special week. Mrs. Sanchez created this Academy tradition ten years ago. October 24, 2006 was the first International Festival held here at the school.





# AA Highlights



# AA Highlights

## Adventist Retirees of Michiana Dinner

Each year Andrews Academy hosts a dinner for the Adventist Retirees of Michiana (ARM). The president of ARM is Mr. Cleon White, retired Andrews Academy Principal, expressed his appreciation for Andrews Academy hosting this dinner and encouraged each member to keep Andrews Academy in their prayers, asking for blessings on this school year.



Andrews Academy appreciates the service of the retirees, many who have been missionaries at various places around the world and many having served in our community for many years. We also appreciate the support of the Adventist Retirees who have volunteered their time at Andrews Academy and have given financial support to help send students to Andrews Academy. This organization has helped many students attend

AA.

Thank you John Kent, Dwight Huslin, and Josiah Everett for saying thank you to this group on behalf of AA students. Thanks to the many students & teachers who volunteered for this program by either presenting music, making the food, serving food, hosting, as well as setting up and cleaning up after the program. Your service in helping with the retirees dinner is appreciated and is an expression of the unique school spirit that we enjoy here at Andrews Academy.

For more photos please go to our [facebook](#) page.



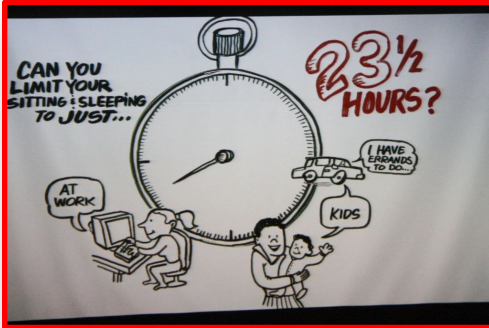


# AA Highlights

## Chapels This Week—Health Emphasis Week

This week the Health Class organized morning devotions. Thank you Mrs. Samantha Mills, AA'S PE and health teacher, for organizing the informative programs of this

week. I was impressed with how prepared and organized the students were. For example last Friday, before everyone had cleaned up after international food potluck, the health class had torn down the old bulletin board and put up their creative theme for health week. The health class students led in singing each chapel program.



Tuesday, Gabi Fernandez, who works with Health and Wellness at Andrews University came to share her testimony with us. She told us how, when she was diagnosed with a disorder linked to arthritis at age 9, instead of letting the disease take over, she exercised every day to battle it. She shifted her entire lifestyle and ended up getting rid of her disorder completely. She also shared some statistics about emotional health. It is one of the most common disorders in the US today. She explained how anxiety affects people on a daily basis. She encouraged us to start now onto the path of a healthy life.



On Wednesday, Mrs Wakefield talked about heart disease- the number one killer in the US. She is the newly appointed Health and Wellness director at Andrews University. She described the four main lifestyle factors that contribute to heart disease; smoking, inactivity, bad nutrition, and alcohol consumption. Around 3.2 million people die globally due to physical inactivity. All of these deaths could be helped with just a bit of exercise every day. She told us that God created us to move and have fun, not sit all day, every day.



# AA Highlights

## Chapel

Mrs. Monique Miller, registered nutritionist from Lakeland and parent of a student at AA presented chapel and assembly. She shared some texts that describes the foods God designed us to eat (Gen. 1:29, Dan. 1:8 Rev. 22:2). As Seventh-day Adventist's we have often heard of the Health message and it is so interesting to see how science is now proving so many aspects of the health message that we have known about for years. As AA's theme expresses "The truth shall set you free", it is so true as we understand God's design for nutrition. He wants to set us free, free from the health problems that plagues our society.



Her main emphasis of the presentation was of the rising epidemic - diabetes, even among teenagers. An excellent video was presented that deals with the life style choices that can be made to prevent or even reverse diabetes. At the close she had two students read drink labels



to discover how much sugar is actually in drinks. She then had them scoop out 13 teaspoons of sugar from the sugar container to illustrate how much sugar is consumed while drinking a soft drink.



Friday morning Mr. Graves, AA band teacher, presented the closing talk for the week. He shared his passion of outdoor activities such as hiking, canoeing and mountain climbing. These activities are one of the ways he honors God as described in I Cor. 6: 19 - 20, by having physical, mental and spiritual health. He shared that the, "best way to be with God is when you're outside with His creation". Students were impressed with the many challenges he has accomplished such as canoeing a 1000 mile trip, hiking various trails and climbing some of the tallest mountains in mainland USA.



Please go to [facebook](#) for more pictures from health emphasis week.

# Announcements

## CHAPEL

Black History chapels will begin at 8:50 am to provide more time for the special programs. Those with 8:00 am CSA's please plan accordingly for chapel.

## SENIOR PORTFOLIOS

Senior portfolios due February 18.

## TUITION

Tuition payment #7 is due on or before February 25th.

## SENIOR VS. SCHOOL BASKETBALL

On Tuesday, February 9, 2016 starting at 6:30 pm Andrews Academy will be hosting The school versus senior basketball game in the school gym. The girls game will start at 6:30 followed immediately by the boys game. Please come and enjoy watching a fun game of basketball and cheering for your class representatives.

## ATTENDANCE REMINDERS

If a teacher asks you to do work on a school project or prepare something for chapel please do not skip a class or portion of a class without first having the requesting teacher make arrangements with the teacher you have a class with. For example if you are asked to do a special music the assumption is that you would practice after school, at lunch time, or if needed during study hall that you would not be skipping a class to prepare.