

Dear Parents,

Mesilla Valley Christian School is very blessed to have families such as yours involved with our school.

As the school continues to grow there are several key initiatives that we have actively pursued for the well being of our students, their families and our staff. Part of MVCS's mission statement is to train our children to "serve our savior daily in every aspect of life." MVCS is committed to that task not only spiritually and academically, but physically as well. Paul in 1 Corinthians 6:19-20 reminds us that our bodies are God's "temple" and that it is our duty to take care of it. On that note, we are very proud to have constructed a Fitness-Wellness Weight Training Center for our students and staff here at the MVCS school site.

The center is a state of the art facility with outstanding exercise equipment and attention to safety. We have trained staff on the proper use of the equipment and have incorporated the use of this facility into our HS student's curriculum this semester.

The American Academy of Pediatrics has indicated that proper strength training in adolescents has beneficial effects in many areas including cardiovascular fitness, body composition, blood lipid profiles (cholesterol), bone density and mental health. These benefits will enable our students to compete at a highest levels in all sporting events at MVCS including football, basketball, baseball, softball, golf, swimming, track, volleyball, tennis, archery, etc . In addition to reducing the risk of sports related injuries, the discipline that is acquired from regular strength training benefits all students by promoting overall health and lifestyle choices. Maintaining good wellness and fitness is a lifetime choice that we want our children to carry into their adult lives.

We will be having a grand opening ceremony February 1 at 6:00 pm for this new addition to our campus and would like to invite you and your family to attend this event. The cost of this new facility was \$50,000 and we are currently raising the funds to pay for this. We have a group of families that are spearheading the fundraising campaign this year to raise funds to pay this amount back as quickly as possible, we hope you will participate in this important endeavor. This is not a liability that is being carried by the school, it is a private effort by involved parents, so your participation is very important. Your contribution will be recognized in many different ways, and we are offering a one time membership in our exclusive club for those that help. Please review the attached brochure for more information, but keep in mind that donations of any amount are appreciated. For contributions, please call Charles Glegghorn at 635-6675 or Gary Coppedge at 649-4084.

Once again, we are blessed to have your family as part of our school family. We look forward to seeing you on February 1.

Thank you,