



BEREA JR. ACADEMY

February – March 2026 Newsletter

Excellence • Character • Faith



PRINCIPAL'S CORNER

Dear Berea Jr. Academy Families,

As we move through the months of February and March, I am filled with gratitude for the continued partnership between our school, our parents, and our community. Berea Jr. Academy continues to grow as a place where students are challenged academically, nurtured spiritually, and encouraged to develop strong character.

February reminds us to reflect on the legacy of Black history and the many individuals who helped shape the opportunities we enjoy today. Throughout the month, our students will learn about influential leaders, inventors, and pioneers who demonstrated perseverance, intelligence, and courage.

One of the most important things happening right now is **re-enrollment for the 2026–2027 school year**. Families are encouraged to secure their child's place early. Because our school offers a nurturing environment with small class sizes and strong academic support, spaces fill quickly.

Many families may also qualify for the **South Carolina Education Scholarship Trust Fund (SC ESTF)**, which can assist with tuition costs and help make Christian education more accessible.

Additionally, Berea Jr. Academy proudly participates in **Title I programs**, which support student learning and family engagement through additional academic resources and parent engagement opportunities.

I encourage every family to remain engaged in your child's learning journey and to take advantage of the many opportunities our school offers.

Thank you for trusting Berea Jr. Academy with your children. Together we will continue building a strong future for every student.

*Warm regards,
Mrs. Fields, Principal
Berea Jr. Academy*

SC Scholarships Available for Eligible Families! ✈️

 **NOW OPEN!**
**BJA Registration for
School Year 2026–2027**

Secure your child's place for the upcoming school year!

 

✓ Families may qualify for the South Carolina Education Scholarship Trust Fund (ESTF) which can help cover tuition costs.

Scholarships Available!
SC ESTF

Register Today and Apply for Your Scholarships

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Visit: www.bjaschool.org

Registration Now Open

School Year 2026–2027

Secure your child's place early.
Spaces are limited.

Scholarships available through
SC Education Scholarship Trust Fund
(SC ESTF)

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www.bjaschool.org
Berea Jr. Academy



CELEBRATING BLACK HISTORY MONTH

Honoring the Leaders, Pioneers & Innovators Who Shaped Our World

Dr. Patricia Bath

A Hidden Figure in Medical Innovation

Dr. Patricia Bath was a remarkable physician, scientist, and inventor who made groundbreaking contributions to medicine. She became the **first African American woman to receive a medical patent** for her invention known as the Laserphaco Probe, a device used to treat cataracts and restore vision.

Her invention revolutionized eye surgery and has helped restore sight to thousands of people around the world. Dr. Bath believed that access to eye care should be available to everyone and dedicated her life to improving vision care for underserved communities.

Her story reminds us that **determination, education, and service can change the world.**

At Berea Jr. Academy we encourage students to learn about individuals like Dr. Bath who used their knowledge and talents to serve humanity and leave a lasting legacy.



BLACK HISTORY PROGRAM

February 21

Families are invited to join us as our students celebrate through presentations, music & historical reflections.

STUDENT ACHIEVEMENT SPOTLIGHT

Spelling Bee Champions

Grades 1–2

1st Camiyah Myers

2nd Mariah Brunson

3rd Samani Brown

Grades 3–5

1st Tyler Junious

2nd Tiana Reid

3rd Gabrielle Dillon

Grades 6–7

1st Jakaii Glasscho

2nd Amani Mayrant

3rd Brad Reid

Congratulations to all participants!

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Health & Wellness Feature

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Every parent wants their child to succeed in school. We invest in backpacks, school supplies, tutoring, and extracurricular activities to give our children every possible advantage. But one of the most powerful tools for academic success is sitting right on the kitchen table every single day. **What your child eats directly affects how their brain works, how well they focus, and how much they are able to learn and retain in the classroom.**

At Berea Jr. Academy, we believe that nurturing the whole child means paying attention to physical health just as much as academic achievement. This article is written to help families understand the powerful connection between nutrition and learning, and why the food choices our children make every day truly matter.

The Brain is Always Hungry

The human brain is one of the most energy-demanding organs in the body. Even when your child is sitting quietly in class, their brain is working constantly, processing information, forming memories, solving problems, and regulating emotions. To do all of this effectively, the brain requires a steady supply of nutrients from the food we eat.

When students eat balanced meals rich in **fruits, vegetables, whole grains, lean proteins, and healthy fats**, they are giving their brains the exact building blocks needed for peak performance. Key nutrients like omega-3 fatty acids found in fish support healthy brain development and improve memory. Antioxidants found in blueberries and other dark fruits protect brain cells and sharpen focus. Protein found in eggs, beans, and nuts helps build neurotransmitters, the chemicals in the brain responsible for mood, motivation, and concentration. Iron found in leafy greens helps carry oxygen to the brain, keeping students alert and energized. Complex carbohydrates found in whole grains provide a slow and steady release of glucose, the brain's preferred fuel source.

Key Brain-Boosting Nutrients:

- **Omega-3 fatty acids (fish, walnuts) for memory and brain development**
- **Antioxidants (blueberries, spinach) for focus and cell protection**
- **Protein (eggs, beans, nuts) for mood and concentration**
- **Iron (leafy greens) for alertness and oxygen flow to the brain**
- **Complex carbohydrates (whole grains, oats) for sustained energy**

The Serious Problem with Junk Food

One of the most important conversations we can have as a school community is about the very real dangers of **junk food and its impact on learning**. Many families may not realize just how harmful a diet

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Health & Wellness Feature

high in processed foods, sugary snacks, fast food, and artificially flavored products can be, not just for the body, but specifically for the developing brain.

When children eat foods that are high in refined sugar, such as candy, soda, cookies, and flavored drinks, their blood sugar spikes rapidly and then crashes just as fast. This cycle is known as a **sugar crash**, and it causes children to feel tired, irritable, foggy, and unable to concentrate. A student who had a bag of chips and a juice box for breakfast is going to struggle far more in class than a student who had oatmeal with fruit and a glass of water.

Research has consistently shown that diets high in processed junk food are linked to **lower academic performance, increased behavioral issues, poor memory, and difficulty managing emotions** in children. Artificial food dyes, preservatives, and high-fructose corn syrup found in many popular snack foods have been connected to increased hyperactivity, reduced attention spans, and even disrupted sleep patterns, all of which make it harder for a child to function well in school.

The habit of reaching for junk food also displaces the nutrients children actually need. A child who fills up on chips and candy between meals is less likely to eat the fruits, vegetables, and proteins that feed their brain. Over time, these nutritional gaps can affect brain development, slow cognitive growth, and make learning more difficult across the board.

What Junk Food Does to the Learning Brain:

- **Causes blood sugar spikes and crashes that lead to fatigue and brain fog**
- **Reduces ability to focus and stay on task in the classroom**
- **Increases hyperactivity and emotional dysregulation**
- **Disrupts sleep, which is critical for memory and brain development**
- **Blocks the absorption of nutrients the brain needs to grow and function**

Breakfast: The Most Important Meal for Student Success

Skipping breakfast is one of the most common and most damaging habits for student learning. After a full night of sleep, a child's brain and body are running on empty. Without a nutritious breakfast, students arrive at school already depleted, making it nearly impossible to focus, engage, or perform well during those critical morning hours.

Studies consistently show that students who eat a healthy breakfast have **better memory recall, stronger problem-solving skills, improved behavior, and higher test scores** compared to students who skip the morning meal. A breakfast that includes protein, fiber, and complex carbohydrates will stabilize blood sugar and fuel the brain for hours, giving your child the best possible start to every school day.

Simple Steps Families Can Take

Building healthier eating habits does not have to be complicated or expensive. Small consistent changes can make a meaningful difference in how your child feels and performs at school. Start by swapping

sugary cereals for oatmeal topped with fruit. Replace chips and candy in the lunchbox with nuts, cheese, and sliced vegetables. Choose water or low-fat milk instead of juice or soda. Make sure your child eats something nutritious before leaving the house each morning, even if it is something quick like a boiled egg and a piece of fruit or peanut butter on whole grain toast.

The goal is not perfection. The goal is **progress**. Every healthy choice your family makes is a direct investment in your child's ability to think clearly, learn deeply, and thrive academically.

At Berea Jr. Academy, we are committed to supporting the whole child, academically, spiritually, and physically. We encourage every family to be intentional about the foods being placed in front of our children, because what we feed them today shapes the students, thinkers, and leaders they will become tomorrow.

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HEALTHY LIVING CORNER

Brain Foods That Help Students Learn

Healthy eating habits play an important role in helping students stay focused, energized, and ready to learn. Certain foods are especially beneficial for brain health and can improve concentration, memory, and overall academic performance. Encouraging students to eat nutritious meals helps them remain attentive and engaged throughout the school day.

Blueberries

Rich in antioxidants that support memory and cognitive function. Often called "brain berries" by nutritionists.

Eggs

Packed with protein and choline, a key nutrient that supports brain development and sustained focus.

Leafy Greens

Spinach, kale, and collards contain vitamins that support cognitive function and overall brain health.

Fish

Salmon and other fish contain omega-3 fatty acids, essential nutrients for healthy brain development.

Nuts & Seeds

Provide healthy fats and long-lasting energy that keeps students alert and mentally sharp.

Title I at Berea Jr. Academy



Berea Jr. Academy proudly participates in the Title I program, which allows us to provide additional academic resources, family engagement opportunities, and enrichment programs that strengthen student success. Through Title I, we are better equipped to support every learner on their educational journey and ensure no student is left behind.



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FEBRUARY EVENTS

- Feb 16** Presidents Day
- Feb 17** Home and School Meeting
- Feb 18** Field Trip
- Feb 21** Black History Program

MARCH EVENTS

- Mar 2** Donuts Across America
- Mar 11** Donuts with Dad
- Mar 15** Festival Expo
- Mar 16** School Closed
- Mar 17** Home and School Meeting
- Mar 23–27** Spring Week of Prayer

Spring Week of Prayer March 23 – 27

We invite all families to join us in a week of spiritual renewal and prayer.

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★ SC ESTF ★

Register Today and Apply for Your Scholars.

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Enroll Today!

Berea Jr. Academy is now accepting registrations for the **2026–2027 school year**. Families are encouraged to complete the enrollment process early to secure their child's placement.

Scholarships may be available through the **South Carolina Education Scholarship Trust Fund (SC ESTF)**.

Visit www.bjaschool.org or scan the QR code to begin your registration today.

Preparing students to lead, serve, and succeed. | Excellence • Character • Faith