

BAIS UPDATE

Dear BAIS Community,

As we head into this week-long break, my desire is that we can all get a full recharge before moving into the final five weeks of the school year, which are quite full of activities, reviews, exams, and programs. Rest is something we often overlook or do not prioritize in a success and results-driven society. We find ourselves filling up every moment of our lives with activities, tasks, and obligations. Is our busyness getting the best of us?

What does the Bible say about rest? We see in Genesis (2:1-3) that God rested on the seventh day after spending six days creating the world. In Matthew (8:24) we even see that in the midst of a violent storm at sea, Jesus was found sleeping peacefully amid the chaos. God also set aside the seventh day of the week for rest and refreshment, as stated in the ten commandments given to Moses and the Israelites (Exodus 23:12). While these three examples from the Bible are more commonly known, there are many, many more instances in God's word where we are pointed towards rest.

So, as we spend time with family and friends this next week, please try to find time for some quality rest and refreshment. It could be closing the laptop and going outside for a walk, going to bed earlier, or even setting aside work-related tasks for a full day. However it looks for you, remember that the Lord expects and encourages his people to take time for refreshment and rest.

Together,

Mr. Cantrall

MAY

2-6 Idul Fitri Holiday (No School)

2-12 AP Exams

7 SAT Test

9-13 Elementary MAP Test

14 8th Grade Banquet

16 Vesak National Holiday (No School)

17-20 Secondary MAP Test/
Senior Final Exams

20 Senior Banquet

23 Senior Exit Interview

21-25 Senior Trip

26 Ascension Day of Jesus Christ (No School)

27 Senior Graduation/Half Day

JUNE

1 Pancasila National Holiday (No School)

3 Fine Art Festival

8 Kindergarten Graduation

8 MS/HS Exams/Half Day

9 Last Day of School/4th Quarter Ends/Half Day

FINE ARTS DEPT.

Dear BAIS Community,

Thank you so much for your enthusiastic and continuous support of the BAIS drama program. For the fourth production in a row, we've sold out every performance! The cast, crew, and directors really appreciate and value the support and encouragement we get from the BAIS community. Working with the BAIS drama community is an absolute blessing for me, but I am looking for someone with theater experience who could step in and direct next year's production while I focus on writing my doctoral dissertation and completing my doctorate degree. If you would be interested in stepping in and directing the BAIS drama next year or in finding out more information about what this would entail, please contact me at elizabethlamertha@baisedu.org. I will happily meet and discuss this with you. Again, thank you to all the family members, students, faculty & staff, and friends of the BAIS drama community for your unwavering support over the past nine years.

Blessings,

Ms. Beth LaMertha



*Peter Pan
Drama Cast*

AP EXAMS NEXT WEEK

For those taking AP exams, please consider the traffic between Kota Baru Parahyangan to Bandung. Exams start **promptly** at **8:00** or **12:00**, depending on the exam you registered for. We recommend being in the testing room a full 15 minutes before the start time.

Good reminders as you prepare for the exams:

- Get a full 8 hours of sleep the two nights before the exam
- Eat a healthy breakfast and/or lunch
- Don't "cram" the day before the exam - make sure to get some exercise the day before the exam - stretch the body
- For those testing in the morning
 - Be awake for a full hour before you come to campus
 - Drink a glass of water when you wake up

Be sure to check your email for specific details related to your exam.