



Lion's Mane News

*Lutheran School Association
Educating for Tomorrow and Eternity*

December 13, 2013

Christmas Worship Opportunities

Concordia:

Christmas Eve Worship 7:00 PM

Mt. Calvary:

Christmas Eve Worship 7:00 PM
New Year's Eve Worship 7:00 PM

St. John's:

Christmas Eve Worship 4:30 PM,
7:00 PM, & 10:00 PM
Christmas Day Worship 9:30 AM
New Year's Eve Worship 6:30 PM

St. Paul's:

Christmas Eve Worship: 5:00 PM,
7:00 PM & 9:00 PM
Christmas Day Worship 10:00 AM
New Year's Eve
Worship 7:00 PM

Trinity:

Christmas Eve
Worship 7:00 PM



Chapel on Friday,
December 20th will be led
by Pastor Adam Ray.



December Denim Days will be the 6th and 20th. The funds from these days will go to the LCFS Share the Gift Program. The cost is \$2.50 per day or \$5.00 for the month. We are supporting 46 LCFS children this year so any donations above and beyond the minimum will be appreciated. Make checks payable to LSA.

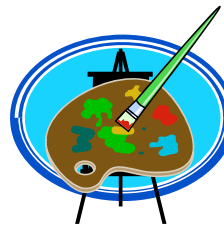


The 5th-8th Grade Band and Choir Concert is this Sunday, December 15th at 3:00 PM.

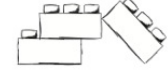
Details regarding dress code and arrival times were sent home with students.

Young Artists Showcase

5th-8th grade artists from LSA and from surrounding area schools will be competing in the 2014 Young Artists Showcase judged exhibition. During the entire month of January the award winning artists will have their best work on display at the Madden Arts Center. Please congratulate the following artists: Christian Stoner, Grant Karsten, Kierra Young, Sabrina Spolarich, Mikalia Cunningham, Sebastian Taylor, Foster Schroat, Gabi Henkel, Jared Gregory, Dustin Reynolds, Tee Brown.



BUILD EACH OTHER
UP
IN CHRIST
1 THESSALONIANS 5:11



Looking Ahead...

- **December 15th**
5-8 Concert 3:00 PM
- **December 18th**
Elementary Choir at St. John's 6:30 PM
- **December 19th**
Jr. High Volleyball Pictures 2:45 PM
- **December 20th**
End of 2nd Quarter Noon Dismissal
- **December 23rd - January 3rd**
CHRISTMAS BREAK
NO SCHOOL / ABC
LSA OFFICES
CLOSED
- **January 6th**
School Resumes

Lost and Found is full! Wednesday is the day that all lost and found items will be taken to the LSA ReSale Shop. If your student is missing anything, please check the rack in the main hallway.

Coffee Talk

Next Friday, December 20th, at 7:45 AM, join us in the elementary library for the last "Coffee with Mr. Karsten" before Christmas break. Our special guests will be Mrs. Hoaglund and Mr. Gallegos, there to talk about the music program from grades K-12. Be sure to also watch for a new series on "Coffee with Mr. Karsten" on our YouTube page in which Mr. Karsten will be traveling the halls and visiting various areas of the school. First up will be the music department to go hand-and-hand with our theme for Friday's meeting. Also check out last week's minutes attached to the newsletter and available on our website.





FOR YOUR HEALTH...



With cold and flu season upon us, it is important to do our best to keep our children healthy. It is almost impossible to keep them away from germs. But we can keep them healthy by boosting their immune system which is what creates, stores, and distributes the white blood cells that fight bacteria and viruses that enter the body. When the body encounter germs, it's better able to fight the illness.

Some ways to help boost the immune system:

- 1) Eat many and various fruits and veggies. The vitamins and nutrients in them are essential for a strong immune system.
- 2) Get plenty of sleep. Most people don't get enough sleep. It is necessary for the body to have restorative sleep, which means enough sleep to get the body back into fighting shape. Most adults need 7-8 hrs/night, teens need 9-10 hrs/night, and school-aged kids need at least 10 hours.
- 3) Keep a positive attitude. A good outlook is good for your health. When we are worried, the immune system slows down, sleep may be compromised and we may eat unhealthily. Find ways for your child to relax and de-stress. Praying together can help them understand to put all worries in God's hands.
- 4) Encourage healthy habits. Wash hands frequently and try to stay away from other sick children.
- 5) Mega-dosing on vitamins isn't necessary or proven to help the immune system. In fact, giving a child an excessive amount of any vitamin may be toxic. Most balanced diets should give a child all the necessary nutrients. If you are concerned, a daily vitamin may be recommended by your doctor.
- 6) Making activity and exercise a priority. This keeps blood pressure lower, controls weight, builds muscle and is a great outlet for stress release. Get them off the couch and take a break from the video games!

Need to wash your car?

Use [Rainstorm Express Car Wash](#) next to Thornton's on MLK Drive or next to Wal-Mart East on Maryland St. Scan this barcode or enter "2013" when you buy a wash, and Rainstorm with donate \$1.25 to the LSA junior high class trip to Washington D.C. Cards are reusable with no expiration. Don't have a card yet? Pick one up in the office!

THANK YOU for you SUPPORT!!



Drop off
 December 16
 January 2
 January 13
 January 27
 February 3
 February 10
NO SCRIP THE WEEK OF JANUARY 20
NO SCRIP WITH WEEK OF FEBRUARY 17
 Now available to order - University Service at 5%

Pick-up
 December 20
 January 6
 January 17
 January 31
 February 7
 February 14

LAST SCRIP SHOPPING WEEK BEFORE CHRISTMAS!

LSA School Closings

In the event of circumstances that cause us to cancel school at LSA, please view or listen in to one of the local medias (radio or tv). LSA makes its own decision as to whether to close school or not. It does not follow one school district or another. We will make every effort to make any decision to cancel school as early as possible on a given morning or the night before (if we can). Certainly parents need to always be safe as they drive if weather is questionable and school is not officially canceled.



Please plan to attend Advent Services.

- St. Paul's Lutheran:** 12:15 PM
Dinner 6:00 PM, Service 7:00 PM
- Trinity Lutheran:** Dinner 5:30 PM, Service 7:00 PM
- Concordia Lutheran:** Dinner 6:00 PM, Service 7:00 PM
- St. John's Lutheran:** 1:00 PM
Dinner 5:00, Service 6:30
- Mt. Calvary Lutheran:** Dinner 6:00 PM
Service 7:00 PM

LSA FUNDRAISER

SCAN THIS CARD WHEN YOU BUY A WASH AND RAINSTORM WILL DONATE A \$1.25 TO THE 8TH GRADE CLASS TRIP!

3840 MLK DRIVE
 DECATUR, IL
 4707 E. MARYLAND ST.
 DECATUR, IL




SCAN BARCODE TO HELP!

OPEN
 MON - SAT
 7:30AM - 7PM
 SUNDAY
 8AM - 6PM



REUSABLE
 NO EXPIRATION
 NOT VALID WITH ANY OTHER OFFERS

* 2 0 1 3 *

Lions Sports News



Congratulations to LSA Alumni Morganne Criswell who was named to the Academic All-Big 10. Morganne is a junior at University of Illinois majoring in Recreation, Sport and Tourism.

She is also an outstanding member of the Fighting Illini volleyball team. To be eligible for Academic All-Big Ten selection, student-athletes must be letter winners who are in at least their second academic year at their institution and carry a cumulative grade-point average of 3.0 or higher.

7th & 8th grade girls basketball recognition night will be on **Friday, December 13th** during halftime of the Varsity girls game VS University Laboratory High. All 7th & 8th grade girls basketball players should arrive at 6:00 PM and will get free admission to the games.



Sign Up Genius is set up for all of our sports that are currently in season. **Parents of student athletes are required to work at least two home games per season** either in the concession stand or at the gate. Click on this [link](#) (also on our homepage) to sign up for your chosen shifts.

Extra Curricular eligibility will be checked on a weekly basis in accordance with IESA guidelines. Eligibility is based on the grades available at the time of the check. If a student is brings home an ineligibility slip on Friday, they are ineligible from Monday through the next Sunday. Changes in grades from the day of the check to any day within the time limit of the ineligibility will not change the length of the suspension from practices and games. **Notices must be signed and returned to the school office.** Academics must come first.

Booster Club needs all parents of 5th - 8th grade boys basketball players and cheerleaders to go online and sign up for their two shifts right away. The concession stand cannot operate without volunteers. We do not want to have to play games with no concessions so we need your help! Anyone is welcome to sign up to help and gate, book and clock workers are needed as well.



THIS WEEK IN LIONS SPORTS

- Friday, December 13th** - High School Boys Basketball @ Arthur JV at 6:00, Varsity at 7:00 PM
High School Girls Basketball VS Uni High - **Home** JV at 6:15, Varsity at 7:30 PM
- Saturday, December 14th** - 5th & 6th Grade Boys Basketball @ Argenta 5th at 1:00, 6th at 2:00 PM
- Monday, December 16th** - High School Girls Basketball @ Springfield Lutheran JV at 6:15, Varsity at 7:30 PM
7th & 8th Grade Boys Basketball VS Garfield - **Home** 7th at 6:15, 8th at 7:30 PM
- Thursday, December 19th** - High School Girls Basketball @ Mt. Pulaski JV at 6:15, Varsity at 7:30 PM
High School Boys Basketball VS Argenta-Oreana - **Home** JV at 6:15, Varsity at 7:00 PM



Lunch Menu for the Week of December 16th - L



Did you know that you can pay your lunch money online? Go to the website www.lsadecatur.net and click the “*Make a Payment*” button at the bottom of the page.

Because we are so close to Christmas break, lunch reminder slips will not go home this week. They will go home with students early next week so families are aware of their account balances before the break.



High School Ala Carte Lunch Program Due to our vendors increasing their rates for food, we will no longer be serving any of the outside vendor meals (such as Krekel’s and Culver’s) for high school students in the cafeteria. At the start of second semester students will still have the hot lunch, salad bar, and vending machines as options for lunch. Thank you for your understanding in this matter.

LIBRARY NEWS— (Dec. 17,18,19)

Students should have brought home a blue packet for Six Flags Read to Succeed! Students are to record their hours on the Reading Log and turn it into their teacher by January 21st. All students who record 6 or more hours of reading time will earn a free ticket for admission to Six Flags - St. Louis! (The tickets will not be distributed until May 2014).



LIBRARY VOLUNTEERS

DEC. 17,18,19	Tuesday	Wednesday	Thursday
Morning	Lindsay Creviston	Sherri Vandermide (9:15)	Amy Roenfanfz
Afternoon		Andrea Templeton (2:00)	Bobbi Parsons (2:45)

Make plans for the 2014-2015 school year. Registration will begin February 1st at \$50.00 per student and then will increase at \$50.00 increments until August.

ABC NEWS

--There will be half day care on Friday, December 20. We will have a Christmas party with hot chocolate and cookies, Christmas movies, games and crafts. **Please remember to bring your own lunch**, and sign up in the multi-purpose Room!!

--No care during Christmas Break: There will **NOT** be ABC care during Christmas break, Monday, December 23rd – Friday January 3rd.

--Thank you to those who have donated! ABC gives a big thank you to those parents who have made donations of toys, craft items and other supplies in the past couple weeks! We are especially thankful for the new Barbies, blocks and board games! The kids love them. We are still in need of a few items: Wii games, Ping Pong Balls and Paddles, Indoor sport equipment, board and card games. With the weather turning cold and dreary, we need to keep the kids occupied with indoor activities!

Monday 12-16	Tuesday 12-17	Wednesday 12-18	Thursday 12-19	Friday 12-20
<u>Crafty Monday</u> Snack: Pudding Craft: Handprint Santas	<u>Coloring Page Day</u> Snack: Nachos Craft: Christmas Trees Ornament	<u>Wii Wednesday</u> Snack: Chex Mix	<u>BINGO Thursday</u> Snack: Leftovers	<u>HALF DAY CARE</u> Snack: Cookies and Cocoa BRING YOUR OWN LUNCH!!!