



Lion's Mane News

*Lutheran School Association
Educating for Tomorrow and Eternity*

October 17, 2014



CALENDAR UPDATE

NO SCHOOL -

Monday, November

3rd there will be no school for grades K-12. The teachers will be participating in an in-service that day.



Parent Teacher Conferences will be scheduled for Monday, October 27th and Tuesday, October 28th.

K-5 teachers will be scheduling conferences for each of their students. 6-8 teachers will have scheduled team meetings for those who request them on Monday, and drop-in meetings in their classrooms on Tuesday. If you wish to schedule a 6-8 team meeting, please contact your student's homeroom teacher.

Chapel on Wednesday, October 22nd

will be led by Mr. Younghouse. Chapel offerings for August - December will be going to the Northeast Community Fund. During October we will be collecting **instant potatoes**. You can send them in with your student and they will be delivered to NECF at the end of the month.

LSA Collected and delivered over 3000 pounds of food for WSOY.



There are a few changes to the lunch menu for the 2nd Quarter. Please see the updated menu attached. A couple of our "Try Day

Friday" items have made it into the rotation. Our next Try Day Friday is November 14th and we will be trying Beef Fiestada.

THANK YOU to all of the wonderful grandparents that took time to visit LSA today!

Looking Ahead...

- **Oct. 17th**
Grandparent's Day
End of 1st Quarter
Noon Dismissal
- **Oct. 27th - 28th**
Parent/Teacher Conferences
- **Oct. 29th**
High School Winter Sports Meeting
5:30 PM - Cafeteria
- **Oct. 30th**
8th Grade Challenger Field Trip
- **Oct. 31st**
No School
- **Nov 1st**
Taste of LSA
- **Nov. 3rd**
No School



Coffee With Mr. Karsten

So far this school year, we have seen a positive outpouring of volunteer help. Thank you for your part in this! As a church based, non-profit organization, you know that we rely heavily on help from our families to continue to make this place the best it can be. We truly appreciate all of the help that each and every one of you brings to LSA. However, we ALWAYS need volunteers. We ask that you continue to work on your family's minimum of ten hours for this school year, and we ask that you continue to help beyond those hours as your schedule allows. Look for opportunities on our website and in the newsletter each week. Also, watch for our first "family volunteer hours" update letter coming soon. It will include a log of the volunteer hours that we have received from your family through today, October 17th. We aim to send out updates on your hours at the end of each quarter. Again, thank you for your help, and we look forward to the continued partnership with you and your family throughout this year. -Mr. Karsten





FOR YOUR HEALTH...



SCRIP News

Cold, Flu, or Allergy?

Treatment depends on which you have. A health professional can help you choose the best therapy.

Common Cold

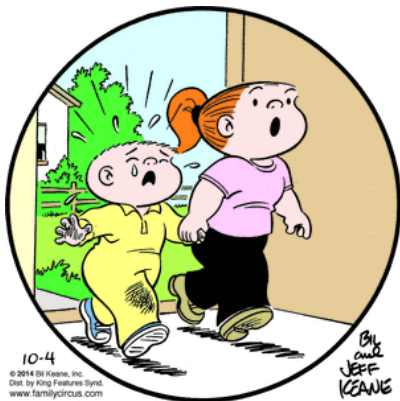
Symptoms last up to 2 weeks
 Stuffy, runny nose; sore throat; cough
 Treated with rest, fluids, over-the-counter (OTC) medicines to ease symptoms

Seasonal Flu

Symptoms usually last 1-2 weeks
 High fever (100-102 °F, or higher in youngsters), headache, aches and pains, weakness, exhaustion, cough, chest discomfort
 Treated with rest, fluids, OTC medicines, prescription antiviral drugs

Airborne Allergy

Lasts as long as allergens (such as pollen, pet dander) are present
 Stuffy, runny nose; itchy, watery eyes
 Treated with antihistamines, decongestants, nasal steroids.



10-4
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 www.familycircus.com
 "Mommy! PJ tried to wave hello to me while he was still swinging."
 By artist JEFF KEANE

"FAITHFUL FINISH LINES: RECREATE WHO YOU ARE"

On Friday, October 24, at 5:30 PM at the YMCA, St. John's is sponsoring a presentation by Sara Borgstede complete with door prizes and snacks. Sara is a wife, mother of 5, former middle school teacher, triathlete, motivational speaker and writer. After a lifetime of secret food obsessions, compulsive overeating and binging, Sara Borgstede learned to fix what matters. Grab a friend and plan to attend!



Drop off by 9:00 AM

October 20
 November 3
 November 10
 November 17

Pick up

October 24
 November 7
 November 14
 November 21

NO SCRIP THE WEEK OF OCTOBER 27

December 1
 December 8
 December 15

NO SCRIP THE WEEK OF NOVEMBER 24

December 5
 December 12
 December 19

My Scrip Wallet is now available! This is a great way to up your Scrip dollars earned. You can buy scrip on your phone while at the store or restaurant and then pay with your phone when you check out! My Scrip Wallet is for use with ScripNow only.

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.

The next trip will be in the spring of 2016 and will include both the 7th and 8th grades.



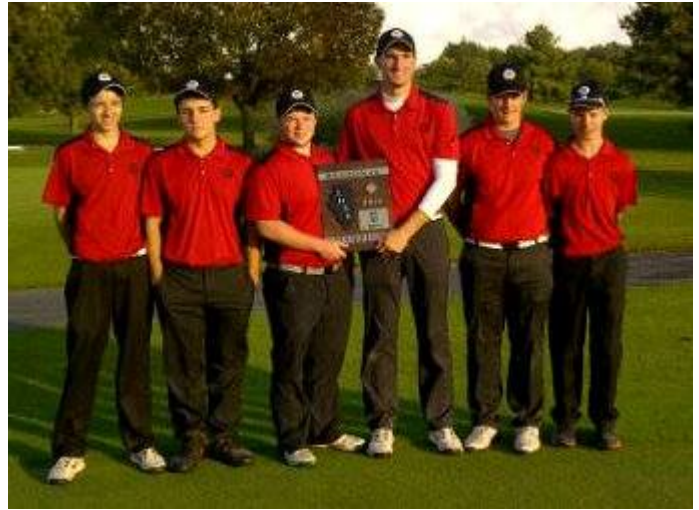
Lunch Menu

| | Mon | Tues | Weds | Thurs | Fri |
|-----------------------|--------|-----------------|-----------------|-----------------|----------------|
| Week 1 | Taco | Horse Shoe | Toasted Ravioli | Chicken Nuggets | Grilled Cheese |
| Alt - Sandwich | Veggie | Veggie | Salad | Mashed Potatoes | Soup or Chili |
| | Fruit | Fruit | Vegetable | Fruit | Fruit |
| | Churro | Graham Crackers | Fruit | Biscuit | Sherbet |

Lions Sports News

Congratulations to our high school golf team!

They won 1st place at Regionals, 2nd place at Sectionals, and are moving on to the State Championship Tournament this weekend. The LSA/AO Lions golf team going to State consists of:
 Hunter York - LSA Senior
 Griffin Sparks - AO Senior
 Austin Brown - AO Junior
 Dylan Ground - AO Junior
 Mitch Cremer - LSA Sophomore
 Dayton Pate - LSA Freshman



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 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.

Stay updated with all sports by following us on Twitter @LSA_Athletics!



THIS WEEK IN LIONS SPORTS

Friday, October 17th - High School Football @ Sangamon Valley at 7:00 PM
Saturday, October 18th - 5th - 8th Grade Girls Basketball VS Our Lady of Lourdes - **Home** at 9:00 AM
Tuesday, October 21st - High School Volleyball VS Argenta-Oreana - **Home** at 6:00 PM
 7th & 8th Grade Girls Basketball @ Sangamon Valley Middle School at 6:00 PM
Thursday, October 23rd - 5th & 6th Grade Girls Basketball @ Our Lady of Lourdes at 6:00 PM
 7th & 8th Grade Girls Basketball @ Judah Christian at 6:00 PM
 High School Volleyball VS Bement - **Home** at 6:00 PM
Friday, October 24th - High School Football VS Oblong - **Home** at 7:00 PM
Saturday, October 25th - 5th - 8th Grade Girls Basketball VS Holy Family - **Home** at 9:00 AM

Volunteering Opportunities

LA



The most important fundraising event for the Junior Class is the Annual Taste of LSA, to be held Saturday, November 1st. This event is crucial to providing the necessary funds needed to hold an amazing prom this year and graduation ceremony next year.

You can choose what you would like to do for the Taste. We need food prepared, served, donated, set-up, and break-down. Please remember that for each food or beverage item brought, there needs to be AT LEAST 50-100 "tastes". This means a small cup of soup, small slice of cake, or a small helping of a dish. Feel free to sign up for more than one item. If your item needs to be warmed, please bring what you need to keep it warm (crock pot, cord, etc).

Any and all help is appreciated! There is a Sign-Up Genius set up for this event. You can access it by going to our webpage www.lsadecatur.net and clicking the link on the bottom, right hand of the home page.

St. John's Lutheran Church Live Nativity is fast approaching! Saturday & Sunday, November 22 & 23, walk through is 4:30 - 5:15 PM and drive through is 5:30 - 8:00 PM. If you would like to help with this event, please contact the church office at 875-3656.



LSA ReSale Shop will be having work nights every Thursday at 5:30 PM. All adults and high school students are invited! If you are looking for a way to get started with this year's service hours, call Judy at 423-0122 to volunteer.

Camp CILCA Workday - We will prepare the camp for the winter on Saturday, October 25th. All help is appreciated. We will be moving many things to winter storage, as well as raking leaves, cleaning out storage areas, cleaning cabins, and doing minor repairs. We will begin at 9:00 AM and lunch will be provided.



The educational impact of parents involved with their children's school cannot be understated. We are requiring each family to serve a minimum of ten hours a year to the needs of the school. You can record your hours of service by logging it in the Family Participation Log in the office. In the event that your hours have not been served by May 15th, a \$10 charge for each hour not served will be added to your family's account. Thank you so much for partnering with us to make your child's experience at LSA the very best it can be! Questions? Email Rachel at rbishop@lsadecatur.net.

Lunchroom Volunteers

Our wonderful cafeteria staff is always looking for extra hands to help serve lunch. This is a good way to get your service hours in while getting to interact with the students and staff. You can come and serve lunch on a regular lunch day, or volunteer on a special day such as Try-day Friday. To volunteer, go to our website www.lsadecatur.net and click the Sign-Up Genius link on the bottom, right corner of the home page.



LSA Parent/Teacher League

Fall weather is upon us now and so are fall foods, like those from Del's Popcorn Shop. PTL is partnering with Del's to raise money for teacher grants. Order forms went out this week and orders will be accepted through October 24. Seven items to choose from including caramel apples, popcorn balls, caramel corn and 3 of a kind popcorn. Orders will be delivered Oct. 27-28 to the office or your child's classroom, as specified on the order form. Come to the LSA high school football game on October 24 and sample the caramel apples that night! Mark your calendar for November 20th -- Family Reading Night -- featuring Readiculous, from 7:00 - 8:00 PM in the grey court of the gym.