



Lion's Mane News

#itsgreattobeanLSALion

September 16, 2016



Chapel on Wed., Sept. 21st will be led by DCE Malinda of St. John's. Chapel offerings for September will be going to support the WSOY Community Food Drive.

Witt's Wisdom - Trust

Psalm 22: 4 "In You our fathers trusted; they trusted, and you delivered them."
Proverbs 3:5 "Trust in the Lord with all your heart, and do not lean on your own understanding."

In my younger years, when I was in a shape other than round, I spent more than a few summers employed by the town of Glenrock, Wyoming to teach swimming lessons and lifeguard at the pool. Serving as a lifeguard was no problem. However, while I enjoyed my time as an instructor, teaching children to master the basic elements of swimming did not come easily. Students were more than willing to dip their toes in the cool water, but when it came to floating on their back, sticking their head under water, or jumping from either the edge of the pool or diving board, things became difficult. For the most part, especially in the first lessons, I was a stranger to my students. No matter how often I asked them to trust me, trust was something they just weren't ready to give.

Trust is an interesting word, a great word. If you drop the s and then add an h to the end, you have another great word, truth. Trust and truth go together like peanut butter and jelly; they have a natural connection. You aren't going to trust something unless you know it to be truth. When you trust something you lean on it. When you lean on something that is not "truthful" you are in trouble.

If you decide to go sky diving (why anyone chooses to jump out of a perfectly good plane I don't know), before you jump, you are sure that you have a "true" parachute. If you go mountain climbing, you are sure that you have a "true" rope. When you are taking swimming lessons, you make sure that you have a "truthful" person before you make that leap off the board and take the big plunge. You have confidence in those things that are true and that allows you to trust.

The Bible tells us that we can trust in God (Proverbs 3:5) and it tells us that God has remained true to His people (Psalm 22:4) even though we often forget His faithfulness to us. The Bible is full of stories of the people of God who leaned on Him; Noah, Moses, Joseph, Abraham, Jacob, and so many more. God's love and faithfulness are clearly evident in the sending of Jesus as Messiah so that we can enjoy His promise of eternal life and peace.

Otis Spunkmeyer

The delivery date is Thursday, October 6th in the MPR. Families will be responsible for storing and delivering the cookie dough they sell. LSA does not have freezer space for cookie dough left at school.



Looking Ahead...

- **Sat., Sept. 17th**
St. John's 125th Anniversary Celebration
3:00 - 6:00 PM
- **Tues., Sept. 20th**
Junior High Girls Basketball Pictures
3:30 PM Wear White
- **Sept. 20th - 22nd**
K-6 Book Fair
Volunteers Needed
- **Fri., Sept. 23rd**
8th Grade Bug Project Due
- **Oct. 3rd - 7th**
Homecoming Week Activities
- **Weds., Oct. 5th**
2:00 Dismissal
- **Mon., Oct. 10th**
Columbus Day
NO SCHOOL
- **Tues., Oct. 11th**
4th - 8th Grade Boys Basketball Meeting
5:30 PM
- **Thurs., Oct. 13th**
School Pictures

Picture Day is set for Thursday, October 13th. Students must be in dress code for these pictures, no exceptions.





SCRIP News

Backpack Safety: It's Time to Lighten the Load!

When you move your child's backpack after he or she drops it at the door, does it feel like it contains 40 pounds of rocks? Maybe you've noticed your child struggling to put it on, bending forward while carrying it, or complaining of tingling or numbness.

Backpacks that are too heavy can cause a lot of problems for kids, like back, neck and shoulder pain, headaches, fatigue, poor posture and accidental falls that could potentially cause serious injury.

Important Backpack Points for Students

- Buckle chest and hip straps
- Adjust above your rear
- Wear backpack straps on both shoulders (even if it's not cool)
- Avoid packing unnecessary items
- Pick padded shoulder straps
- Arrange items by weight— heaviest towards the back lightest towards the front
- Use all compartments to help distribute the weight
- Limit carrying time
- Bend using both knees
- Consider carrying a couple of text books in your arms
- Purge and sort your backpack frequently to eliminate unnecessary items

What Can You Do?

Make sure your child's backpack weighs no more than 5 to 10 percent of his or her body weight. A heavier backpack will cause your child to bend forward in an attempt to support the weight on his or her back, rather than on the shoulders, by the straps.

The backpack should never hang more than four inches below the waistline. A backpack that hangs too low increases the weight on the shoulders, causing your child to lean forward when walking.

A backpack with individualized compartments helps in positioning the contents most effectively.

Bigger is not necessarily better. The more room there is in a backpack, the more your child will carry-and the heavier the backpack will be.

Urge your child to wear both shoulder straps. Lugging the backpack around by one strap can cause the disproportionate shift of weight to one side, leading to neck and muscle spasms, as well as low-back pain.

Wide, padded straps are very important. Non-padded straps are uncomfortable, and can dig into your child's shoulders. The shoulder straps should be adjustable so the backpack can be fitted to your child's body.

If the backpack is still too heavy, talk to your child's teacher. Ask if your child could leave the heaviest books at school, and bring home only lighter hand-out materials or workbooks.

Consider a wheeled bag if permitted (starting in 5th grade)

Schooling is a hard job. So pick up that pack from time to time, and let your children know you've got their back!

Drop off by 9:00 AM

- September 19th
- September 26th
- October 3rd
- NO SCRIP THE WEEK OF OCTOBER 10TH
- October 17th
- NO SCRIP THE WEEK OF OCTOBER 24TH
- October 31
- November 7
- November 14

Pick up

- September 23rd
- September 30th
- October 7th
- October 21st
- November 4
- November 11
- November 18

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Hamburger on Bun	Chicken Strips	Taco	Toasted Ravioli	Chicken Sandwich
Fries	Mashed Potatoes	Vegetable	Salad	Vegetable
Fruit	Fruit	Fruit	Vegetable	Fruit
Jello	Biscuit	Churro	Fruit	Pretzels

Washington D.C. 2018 Update:

Connie's Greenhouse will be delivering the flowers on Saturday, September 17th at 9:00 AM. If you are available to help unload the truck and sort orders, we could use some extra hands at 9:00 AM.

The plants will be available for pick-up at 10:00 AM on Saturday.

Combined – the group sold 1,046 mums.



The profit from each child's sales will be placed into your account at Brightspark, once your registration is completed. The \$50 deposit must be paid by check to the office with your registration form no later than 9/30. The mum sale profits will be applied to your first payment that is due in November. If you raised more than your 1st payment amount, you should receive an invoice with \$0 due, until your fundraising \$\$\$ are exhausted on account.

Lions Sports News

Little Lions Cheer Camp

Hosted by LSA Varsity Cheerleaders



Ages: Pre-K to 8th Grade

Camp: Thursday, September 22nd 3:30-6:00 PM

Meet on the Grey Court

Performance: Halftime of Football game Friday
September 23rd (7:00 start time)

Students from ANY school or church are invited!

Cost = \$20

Please bring:

Emergency information sheet (you will receive when you sign up by email.

Wear tennis shoes, have your hair pulled back, and be ready to have fun!

To sign up, please contact Coach Kelly Jansen to hold your spot and order a t-shirt, no later than September 16th.
(Provide child's name, grade, and t-shirt size)

Make checks payable to LSA and bring to camp day of.
Kelly Jansen - jansenkelly92@gmail.com

Congratulations to the LSA Middle School baseball team for defeating Argenta-Oreana in the Regional Quarterfinals 13-2 at LSA on Tuesday. The team will play Saturday, 9-17-16, at 10:00 AM at Meridian HS against Maroa-Forsyth MS.



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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. Eligibility will be checked every Friday. If a student receives a failing grade, the student and parents will be notified on Friday. 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/or games. Academics must come first.

THIS WEEK IN LIONS SPORTS

- Friday, September 16** - High School Girls Tennis VS St. Teresa @ Fairview at 4:00 PM
High School Football @ Arthur at 7:00 PM
- Saturday, September 17** - High School Golf VS Windsor @ Fox Prairie at 8:30 AM
High School Boys Soccer VS Cornerstone - Home at 11:00 AM
- Monday, September 19** - High School Volleyball VS Judah Christian - Home at 6:00 PM
High School Boys Soccer @ Mt. Zion at 4:30 PM
- Tuesday, September 20** - High School Girls Tennis VS Rantoul @ Wabash Park at 4:00 PM
Jr. High Cross Country VS Johns Hill @ Fairview Park at 4:00 PM
High School Golf VS Arcola @ Kaskaskia CC at 4:00 PM
7th Grade Girls Basketball VS Garfield - Home at 6:00 PM
- Thursday, September 22** - High School Golf VS Maroa-Forsyth @ Hickory Point at 4:00 PM
7th & 8th Grade Girls Basketball VS Arcola - Home at 6:00 PM
- Friday, September 23** - High School Football VS Sangamon Valley - Home at 7:00 PM
REAL MEN WEAR PINK GAME!



PTL Volunteer News

Get ready for our Papa Murphy's fundraiser on September 29th. The flier is attached but you don't need to bring it for us to get 20%. Just tell them "LSA" when you order. Free dress code passes will be handed out at Papa Murphy's if you stop by there after school and into the evening to make a purchase. We need volunteers to help pass out the free dress code passes so we can be there from 3:30 to 7:30 to greet more LSA guests. The more volunteers we have the more time we have to hand out free dress code passes. If you can spare an hour or even a half hour, please contact Sherri Vandermyde at 217-855-6257 or lvandermyde@comcast.net.

Upcoming PTL Events

* Del's Carmel Apples at home football games and after school on September 23, October 7 and 21

Volunteer Opportunity

LSA High School is looking for a parent or grandparent who would be willing to volunteer one day a week to cover a portion of a shared teacher's class. On Wednesdays, High School meets for Chapel/Prides from around 1:15 PM - 2:00 PM, and we have two high school teachers who have middle school classes that overlap during that timeframe. We would need a volunteer to watch the end of one class and cover the beginning of the next. Please contact the High School Office at 233-2000 or hsoffice@lsadecatur.net if you are interested. Please note that even though this is a volunteer position, we will be performing a background check on all who apply. Thank you!

ABC News

--ABC is in need of some donations! It's been a long summer, and ABC is in need of some additional items: Small items for BINGO prizes, card games, cars, big legos, and Wii games and accessories. We are also looking for some new bean bag chairs or lounge chairs for our reading area. Be sure to keep us in mind when you're cleaning out those closets!

--Please take time to make sure you have an ABC enrollment form filled out. This has all the information ABC would need if you would use the program. If you think there may be a chance you would use ABC, it's a good idea to have a form on file with us!

--Remember you need to pre pay to use ABC. The payment policy is laid out in the handbook should you need to look it over.

ZITS

BY JERRY SCOTT AND JIM BORGMAN



Thank you

This past weekend, LSA held our annual high school invitational volleyball tournament. We were host to 11 schools, hundreds of friends and family as well as officials and coaching staff. Without all of our parent support, through their cooking skills and their giving of time to work, we could not be host to tournaments throughout the school year. LSA has an outstanding reputation for its hospitality and once again we rose to the occasion. Many compliments to everyone who helped. Our parents and students are AMAZING! Thank you for all of your hard work this past weekend.
Kurt Younghouse
Susan Keane

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