



Lion's Mane News

*Lutheran School Association
Educating for Tomorrow and Eternity*

September 19, 2014



WSOY Community Food Drive
Non-perishable food items - no pop or bottled water, no flour or sugar, no health or beauty supplies please.

**Sept. 22nd - 26th:
Homecoming Week
Teacher Competition**

The five teachers who receive the most weight of food in their box during the week will receive a pie to the face from a randomly chosen student from their class. If the school as a whole exceeds 2000lbs of food this week, the 3 administrators will each receive a pie to the face. The pies will be done at the pep rally on Friday.

Chapel on Wed., Sept. 24th will be led by Pastor Bruer of Concordia Lutheran Church. Chapel offerings for August - December will be going to the Northeast Community Fund.

**Homecoming Week
Elementary Dress-Up Days
September 22nd - 26th**
Monday - Twins Day
Tuesday - Spirit Day (Red, White, Black)
Wednesday - Dress Your Best
Thursday - PTL Jeans Day
Friday - Pajama Day



These are the themes for the elementary (K-8) only. Dress-Up Days must meet regular dress code requirements Monday - Thursday.

Looking Ahead...

- **Tues., Sept. 23rd**
Girls Basketball
Pictures - Wear White
- **Sept. 23rd - 25th**
K - 6th Grade
Book Fair
- **Oct. 9th & 10th**
Teacher Conference
NO SCHOOL
- **Oct. 13th**
Columbus Day
NO SCHOOL
- **Oct. 14th**
5th - 8th Boys
Basketball Meeting
5:30 Cafeteria
- **Oct. 15th**
Exclusion Date for
any K, 6th, & 9th
Grade Students
without Physicals
- **Oct. 14th**
Otis Spunkmeyer
Cookie Dough
Delivery Date
- **Oct. 16th**
Picture Day



2014 Dads, Grandpas, & Kids Campout

Saturday September 27th- Sunday September 28th at Camp CILCA (sponsored by St. Paul's Men's Ministry). See the attached flier for more details. Everyone is invited, you don't have to be a member of St. Paul's to attend. This is a fantastic fellowship opportunity!

Bus Driver Needed! We have one driver but need one or two more drivers as substitutes. Contact the school office at 233-2001 ext. 102 to learn more about the requirements for becoming a certified bus driver for LSA.



Today is mid-term.

Mid-term reports will be sent home with students on Friday, September 26th.

Coffee With Mr. Karsten

This week, I can't help but reflect on the positive things I hear within the school. I would like to share a recent conversation with an LSA student who just transferred from a local public school. I asked her how things were going and with a huge smile on her face, she said, "I love it here." I also ran into her mom and she said, "My daughter is a totally different kid!" Earlier this week, a mother of another student shared her own thoughts about the time she came into the office during our 4:00 prayer time. She said it warmed her heart to see that our teachers take time every afternoon to pray for our students. Testimonies like these warm my heart and showcase what this school is all about. I would love to hear YOUR testimony. Please share it with me sometime. I can't say it enough. Let's continue to be "One in Christ." -Mr. Karsten





FOR YOUR HEALTH...



As practical as backpacks are, they can strain muscles and joints and may cause back pain if they're too heavy or are used incorrectly. When a heavy weight, such as a backpack filled with books, is incorrectly placed on the shoulders, the weight's force can pull a child backward. To compensate, a child may bend forward at the hips or arch the back, which can cause the spine to compress unnaturally. The heavy weight might cause some kids to develop shoulder, neck, and back pain. Kids who wear their backpacks over just one shoulder — as many do, because they think it looks better or just feels easier — may end up leaning to one side to offset the extra weight. They might develop lower and upper back pain and strain their shoulders and neck. Improper backpack use can also lead to poor posture. Also, backpacks with tight, narrow straps that dig into the shoulders can interfere with circulation and nerves. Although packs on wheels may be good options for students who have to lug around really heavy load. Check with the school before buying a rolling pack; many schools don't allow them because they can pose a tripping hazard in the hallways.

To help kids prevent injury when using a backpack:

- Lighten the load. No matter how well-designed the backpack, doctors and physical therapists recommend that kids carry packs of no more than 10% to 15% of their body weight.
- Make sure kids use both shoulder straps. Bags that are slung over the shoulder or across the chest — or that only have one strap — aren't as effective at distributing the weight as bags with two wide shoulder straps, and therefore may strain muscles. Also tighten the straps enough for the backpack to fit closely to the body. The pack should rest evenly in the middle of the back and not sag down to the buttocks.

Reviewed by: Steven Dowshen, MD

Date reviewed: August 2013

PTL Denim Days are BACK!

The dates for this year's Denim Days are:

September 25th

October 24th

November 21st

December 19th

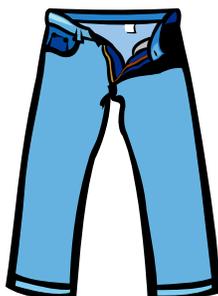
January 30th

February 27th

March 27th

April 24th

May 15th



The price for Denim Days is \$2.50 each day or you can pay for the entire year in advance for \$20.00.

Make checks payable to LSA and note "Denim Days" in the memo.

SCRIP News

Drop off by 9:00 AM

September 22

September 29

October 20

NO SCRIP THE WEEK OF OCTOBER 27

November 3

November 10

November 17

Pick up

September 26

October 3

October 24

November 7

November 14

November 21

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.

Picture Day is set for Thursday, October 16th. Students must be in dress code for these pictures. No exceptions!



Otis Spunkmeyer Cookie Dough Sales

Cookie dough will be delivered on October 14th.

Orders must be picked up promptly on that day as school does not have any extra freezer space for storage. Families are responsible for delivering and storing the cookie dough they sell.



Lunch Menu

	Mon.	Tues.	Weds.	Thurs.	Fri.
Week 1	Taco	Horse Shoe	Lasagna Roll Up	Chicken Nuggets	Grilled Cheese
Alt= Sandwich	Veggie	Veggie	Salad	Mashed Potatoes	Soup or Chili
	Fruit	Fruit	Veggie	Fruit	Fruit
	Churro	Graham Crackers	Fruit	Biscuit	Sherbet

Lions Sports News



Jr. High Girls Basketball is off to a great start! Both 7th and 8th grades won their first games against Garfield Montessori this week. They play Garfield again next week at home.
Go Lady Lions!

There will be an informational meeting for boys in grades 5-8 that are interested in playing basketball this year on **Tuesday, October 14th at 5:30 PM** in the cafeteria. Please bring a sports physical (if not already on file), insurance card, and the \$50 sports fee (make checks payable to LSA, no cash) to this meeting.

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

Jr. High Softball is raising money to build a new home softball field on-site at LSA. They are currently selling coupon cards from Subway. These cards cost \$10 and have a \$50 value. The coupons range from free cookies to lots of buy a 6" sub with a drink, and get a second 6" sub free. Ask any softball player if you are interested in purchasing one of these coupon cards to support the new softball field!



THIS WEEK IN LIONS SPORTS

Friday, September 19th - High School Football @ Cerro Gordo at 7:00 PM

Saturday, September 20th - High School JV Volleyball @ Crusader Classic

Jr. High Cross Country - LSA Invite

JFL Football @ Warrensburg Latham at 1:00 PM

High School Varsity Volleyball @ Windsor Invitational at 9:00 AM

High School Soccer VS Cornerstone Christian - **Home** at 11:00 AM

Monday, September 22nd - High School Golf @ LSA Invite - **Home** at 4:00 PM

High School Volleyball VS Judah Christian - **Home** at 6:00 PM

High School Soccer @ Mt. Zion at 4:30 PM

Tuesday, September 23rd - High School Golf @ Arcola at 4:00 PM

7th & 8th Grade Girls Basketball VS Garfield - **Home** at 6:00 PM

High School Soccer @ St. Teresa Tournament

Thursday, September 25th - High School Golf @ Maroa-Forsyth at 4:00 PM

High School Volleyball @ Arthur at 6:00 PM

High School Soccer @ St. Teresa Tournament

Friday, September 26th - Jr. high Cross Country @ Our Savior's at 4:30 PM

High School Football VS Argenta-Oreana - **Home** at 7:00 PM - **HOME COMING**

Volunteering Opportunities

Want to get some of your family service hours? High School Homecoming week (**September 22nd thru September 26th**) is the time to get them! There are several opportunities for a various array of talents from building & painting to decorating for the dance. Please contact the high school office at 233-2000 for more details.



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.

WSOY Community Food Drive will be held on October 10th. This is not only a great opportunity to volunteer and serve, but also a great opportunity to support our school.

The top 5 schools that generate the most food will be awarded a cash prize. Anyone can help support their favorite school by donating in the name of their school (such as the LSA). Parents, grandparents, booster clubs, bands, athletic teams and teachers can and will make a difference. All Macon County schools grades K-12 are eligible to participate.



Sign-Up Genius has been set up for all fall sporting events as well as lunchroom volunteers, and the sophomore class tailgate event for this year's homecoming. If you want to sign up to work at any of these events, you can go to our webpage www.lsadecatur.net and click the Sign-Up Genius link. Your student does not have to be involved in sports for you to help at sporting events. This is a fun way to meet other parents and support our school while earning your parent volunteer hours.



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.

PTL Meeting

All LSA parents are invited to the Parent/Teacher League (PTL) meeting on Friday, September 26th right after drop off at 8:45 AM in the LSA Conference Room. We're excited about planning new family events and continuing with fundraisers this year. Everyone is welcome. Bring your younger kids with you. If you have any questions about joining PTL or being on our mailing list for minutes and volunteer opportunities, please contact Sherri Vandermyde at lvandermyde@comcast.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. 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 K-12 Booster Club 2014-2015

Booster club needs volunteers. Please consider helping at our concession stands for high school volleyball games & football games. Our booster club sponsors our student athletes as well as additional programs here at the LSA. What a great way to meet new friends and spend time in fellowship (maybe over the popcorn popper or making loaded nachos.) We really do have a great time and have made life long friends. Give us a call or just go to sign up genius on our webpage.

Please contact Susan Keane at skeane@lsadecatur.net for more information.