

"The Lutheran School Association of Cole Camp is committed to equipping disciples of Jesus Christ by providing a Christ-centered education so that its students, firmly grounded in God's Word, may demonstrate and share God's grace in their lives at home, at school, and in our community."

KNIGHTS & DAYS

Volume 28, Issue 18

January 22, 2010



LUTHERAN SCHOOL ASSOCIATION SCHOOL CALENDAR

LEARN-BY-HEART MEMORY

Scripture: 01/25/2010
2 Corinthians 5:17

Catechism:
6th Petition with Explanation

Hymn of the Month:
#95 Father Welcomes

- Fri., Jan. 22 Trinity, Jefferson City Tournament, Grades 7/8, Girls
 Sat., Jan. 23 Trinity, Jefferson City Tournament, Grades 7/8, Girls
 Mon., Jan. 25 Family Hot Lunch
 Tues., Jan. 26 NO BOYS & GIRLS CLUB TODAY
 Concordia @ LSA- 7/8 Girls, 5:00 p.m.- 7/8 Boys, 6:00 p.m.
 Wed., Jan. 27 Chapel Service, Trinity Lutheran Church, 8:05 a.m.
 Thurs., Jan. 28 LSA @ St. Peters - 5/6 Boys, 5:30 p.m.- 7/8 girls, 6:30 p.m.
 7/8 Boys, 7:30 p.m.
 Fri., Jan. 29 KIDS Stamp Sales, 8:00 a.m.
 Pizza Delivery Pick-up, between 4:00-6:00 p.m.
 Santa Fe Basketball Tournament, Grades 5/6 Boys & Girls
 7/8 Grade Movie Night, LSA Gymnasium
 Sat., Jan. 30 Santa Fe Basketball Tournament, Grades 5/6 Boys & Girls

SPECIAL PRAYERS If you have special prayers you would like us to pray for during our devotions please let the office or your child's teacher know. Each week the staff at our A.M. Devotions will be praying for students, staff, Board Members and families. Prayers for the week of January 25-29 are for the following staff members and volunteers: Mrs. Simon, Mrs. Kroenke, Mrs. Hickman, Mrs. Stoermer and Mrs. Heimsoth; families with members receiving or recovering from treatments: Mrs. Kollbaum's mother, Pastor Kollbaum's uncle, Mrs. Debra Eckhoff's father, Mrs. Kroenke's father, Tracy Harms's father, Verna Smith, Linda Fox, Mrs. Andersen, Jeff Kullman's mother, and Dorothy Stoermer. Remember to pray for everyone that has been ill or needed to see a doctor this week.

CHAPEL LEADER for January 27, 2010, Mr. Andersen, Baptismal Remembrance
 Chapel offerings for January will go toward the Lutheran School Association Student Aid Fund. The Student Aid Fund was established to assist graduates of our school who are attending one of our synodical schools with the intention of entering into full-time church work.
 Offerings for January 20, 2010: \$45.13. Total offerings collected: \$115.88



LSA has a mid-size refrigerator and television that are available for a donation. Contact Mr. Andersen if you are interested in either of the items.



MARK YOUR CALENDARS! The annual LSA Father/Daughter dance is set for Saturday, March 6, 6:00-9:00 p.m. Tickets will start selling on February 4. \$20 for father/daughter and \$5 for each additional daughter. Includes a photo, crafts, a delicious lasagna dinner and dancing.

HELP! We need volunteers to help with decorating-cooking and clean-up of the Father/Daughter dance. We are also in need of door prizes for the girls for the dance, we appreciate any donation! If you are able to help with one of these areas, please contact Tracy Harms at 660-668-2449. Thank you!!

Little Caesar Pizza delivery is scheduled for Friday, January 29. Pizzas can be picked up at the front door at LSA between 4:00-6:00 p.m.

TIPS for BEDTIME BLISS and MORNING GLORY**BEDTIME**

by Kim Marxhausen

- ▶ Agree to a set bedtime and stick to it.
- ▶ Begin winding down an hour before bedtime by turning off the television.
- ▶ Keep caffeinated drinks away from your child especially in the evening.
- ▶ Prayer or devotion time is a great way to end the day.
- ▶ Children who want more control or choices can be redirected in a healthy way to choosing their clothes for the next day or making plans for how to spend it.

MORNING

- ▶ Agree to a morning wake-up time and stick to it. Do not use the snooze alarm.
- ▶ The more that can be done the night before (setting out clothes, packing school bags and lunches) the better, unless your family members are morning larks.
- ▶ Watching television or playing electronic games can be great ways to relax, but it's not recommended for early morning. Try quiet conversation or music.
- ▶ Breakfast is important for your child's growth and health.
- ▶ I am not a morning person, but I did find great benefit in making sure I was up and ready before I woke my young children. Mornings are less hectic this way.

GENERAL ROUTINE

- ▶ Try to avoid changing routine, except for set times of the year (like summer, the start of the school year, or birthdays).
- ▶ Pay attention to temperamental changes in your children. A morning shower might wake up some children, but a bedtime bath might be better to help others relax.
- ▶ Creating a check list is an excellent way to assure that tasks get done without parents hovering like helicopters. Abandon the lists when tasks become habitual.
- ▶ As they get older, give children more responsibility for taking care of themselves.
- ▶ While Saturdays can often break the routine, try to keep a routine for Sunday that is closer to the weekday routine.

LSA LUNCH MENU

Monday, Jan. 25-Family Hot Lunch Day- crispetto, lettuce or broccoli or corn, jell-o salad or applesauce, chocolate chewy bars, milk

Tuesday, Jan. 26-sub sandwich, chips, carrot sticks or corn, pears or peaches, milk

Wednesday, Jan. 27-baked potato w/various toppings, green beans or broccoli, mandarin oranges or pineapple, milk

Thursday, Jan. 28-chicken fingers, mashed potatoes w/gravy, green beans or corn, applesauce or orange half, roll, milk

Friday, Jan. 29-LSA beef & cheddar, French fries, lettuce, grapes, milk

Eat Right! Play Hard!**Balance is the Goal!****Easy Recipes for Family Fun! Eat Right!**

Bread Pudding (8 servings): Preheat oven to 350 degrees. In a greased 1 1/2 quart casserole dish, mix together 2 eggs, 1 1/4 c. milk, 1/2 c. sugar, 1 1/2 t. cinnamon. Add 8 oz (5 c.) cubed day old bread (plain or buns or French). Bake 40-45 minutes.

Optional additions: raisins, chopped apples, dried cranberries

Do It Together!**Recycle Christmas Cards**

1. Save the cards that will make pretty decorations for gift boxes next year.
2. Punch holes in cards to make them into lacing cards for young children. Use thick yarn with the end taped for easier lacing.

Make pretty 6" x 2" book marks from strips of cards glued to poster board.

Balance Is The Goal! Strategies for a Healthy Life

Use an internet BMI (body mass index) calculator to see if you are at a healthy weight. <http://www.cdc.gov/healthyweight/assessing/bmi/>

▶▶ The 2010 Census has jobs available in Benton County. These temporary, part-time jobs offer flexible hours, up to 40 hours per week. Wages start @ \$10/hr and up with mileage reimbursement. There are employment application/test sessions scheduled in Benton County in the coming weeks. For more information call 1-866-861-2010 or visit www.2010censusjobs.gov. A practice test is available at this website or may be picked up at the LSA office

LUTHERAN SCHOOL ASSOCIATION
204 E. Butterfield Trail
Cole Camp, MO 65325
Telephone: (660) 668-4614
Fax: (660) 668-2456
E-mail: office@lsaschool.com
Web site: www.lsaschool.com
Mr. Larry Andersen, Principal