



Zion Live Life in Christ Lutheran Panther Paws

Worship Opportunities

Saturday 5:00pm
Sunday 8:00 & 10:30am

Contact Information

School 618-635-3060 ext 1
Daycare 618-635-3060 ext 2
Church 618-635-2880
email office@zion-school.org

The mission at Zion Lutheran School is to guide students toward academic excellence and to be Christian Leaders!

September 26th, 2024

Bible Verse of the Week

"I can do all things through ^[1]Christ who strengthens me." - *Philippines 4:13*

From the Desk of the Principal:

Allowing Children Handle the Situation with Endurance and Perseverance.

As we continue to embrace our school theme this year, "Endure" from Hebrews 12:1-3, we are reminded of the importance of running with endurance the race set before us. The scripture encourages us to "lay aside every weight" and look to Jesus, who endured the cross and the challenges of this world with unwavering strength. In the same way, we are called to equip our children, from our youngest learners in PreK to our 8th graders, to endure and persevere through life's trials, both in the classroom and beyond.

This Friday, during our Faith Families meeting, we will focus on endurance—how it builds character and faith—and lay the groundwork for next month's focus on perseverance. These lessons are not only valuable for our older students but also critical for our youngest. Whether navigating a tough math problem, learning to share with friends, or managing disappointments, these skills of endurance and perseverance are essential for all ages.

Biblical Perspective on Endurance and Perseverance.

Romans 5:3-4 tells us that "we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope." When we allow children to face challenges head-on, we are helping them build character. Endurance isn't just about getting through something difficult—it's about growing stronger in the process. Perseverance is the continued commitment to endure, even when the outcome isn't immediate or easy.

In James 1:2-4, we read, "Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces perseverance. And let perseverance finish its work so that you may be mature and complete, not lacking anything." These verses are equally relevant for a PreK student learning to tie their shoes as they are for an 8th grader preparing for an exam. God uses all these trials, big and small, to help us grow.

Research on Over-Managing Parenting.

Studies show that while parents' natural instinct is to step in and fix their child's problems, doing so can have long-term negative consequences. Research published by the American Psychological Association found that children whose parents over-manage their lives may struggle with anxiety, a lack of

independence, and decreased problem-solving skills. Conversely, when parents take a step back and guide children through adversity rather than solving it for them, children develop resilience, confidence, and perseverance.

From the youngest PreK student who needs help learning to wait patiently, to the middle schooler tackling a group project, our goal is to foster endurance and perseverance. These qualities are not only academic tools, but essential life skills that we can nurture at every stage of development.

Scenarios: Coaching Through Challenges (PreK through 8th Grade)

Here are some common scenarios across different ages where coaching can foster endurance and perseverance:

For PreK Students: A child is frustrated trying to zip up their coat. Instead of zipping it for them, encourage them by saying, "You can do this, let's try again together." This teaches patience and perseverance in mastering basic skills.

For Elementary Students: A student is struggling with math homework and asks for help. Rather than giving them the answer, ask guiding questions like, "What do you think the next step is?" This fosters endurance in problem-solving.

For Middle School Students: A student is upset about not making the team or getting the role they wanted in a school play. Encourage them by saying, "This is tough, but what can you do to improve next time?" Remind them that perseverance often leads to growth and future success.

How to Coach Your Child

1. Listen First: Whether your child is in PreK or 8th grade, listening is the first step. Allow them to express frustration without immediately solving the problem for them.
2. Ask Questions: Encourage your child to think through the situation by asking guiding questions like "What could you do differently?" or "How can you improve next time?" This builds critical thinking and problem-solving skills across all age groups.
3. Support Without Solving: For every age, it's important to offer encouragement and support while allowing your child to work through the situation themselves. Whether it's learning to share toys in PreK or dealing with academic challenges in 8th grade, building endurance comes from practice.
4. Use Prayer and Scripture: Help your child turn to prayer and scripture when they feel overwhelmed. Remind them of Philippians 4:13: "I can do all things through Christ who strengthens me." Teaching children to rely on God's strength from an early age equips them to endure and persevere throughout life.

As a Zion Family, let's embrace this month's focus on "Endurance" and next month's on "Perseverance" by allowing our children, from PreK to 8th grade, to face challenges with courage, knowing they are not alone. God is with them, guiding and strengthening them through each obstacle. By stepping back and coaching, we give our children the chance to grow, not only in their character but also in their faith. Let us continue to run with endurance, looking to Jesus as our example and guiding our children to do the same.

In His Service,
Jamie Crouch
Zion Lutheran School
Principal

Announcements:

We are excited to announce that on October 1st and 2nd, Zion will be hosting a special team from the National Lutheran School Accreditation (NLSA) for our school's accreditation visit. This process is an amazing opportunity to validate and celebrate all the incredible things happening at our school and within our church. Over the past year, our dedicated staff and school board members have been working diligently to gather evidence, document our efforts, and demonstrate how we meet the seven NLSA standards.

As part of hosting the NLSA team, we have the privilege of providing meals and snacks to these wonderful leaders—principals from other Lutheran schools—who are graciously taking time away from their own schools to support ours. This is a chance to showcase the warmth and generosity of our Zion Family!

We're asking for your help with donations of food, snacks, or monetary contributions to cover items like Tuesday's lunch and a small thank-you gift for the team members. If you're able to, we would also love some helping hands to serve and clean up after the meals. Please use the Sign UP Genius link to sign up to donate items, your time, or donation. <https://www.signupgenius.com/go/60B044AA5AC29A2FA7-51620932-eats>

This is a perfect opportunity for us to come together and show our appreciation for Lutheran education and the hard work of these dedicated individuals. Thank you in advance for helping us extend Zion's hospitality and make this visit a memorable one.

Important Upcoming Dates

NOTE ATHLETIC DATES ARE LISTED UNDER SPORTS
Tuesday 10/1 NLSA Visit

Wednesday 10/2 NLSA Visit
Wednesday 10/2 Charleston Wrap Order Forms are Due.
Saturday 10/5 "Praise Him" sings at 5:00 Service.
Saturday 10/5 Youth Group Fall Festival 6p.m.
Monday 10/7 5th & 6th Grade Field Trip to Marcoot Dairy Farm
Wednesday 10/9 7th/8th day at MELHS 12:00
Thursday 10/10 Fall Picture Day
Friday 10/11 No school
Monday 10/14 No School-Columbus Day
Wednesday 10/23 Parent Teacher Conferences 2:00 dismissal.
Thursday 10/24 1st-4th grade Field Trip to the Science Center
Thursday 10/24 Parent Teacher Conferences 2:00 dismissal.
Friday 10/25 No School
Sunday 10/27 Trunk or Treat

Happy Birthday!

Birthday blessings to all of our friends this week!

Zoey Bond 09/26
Rachel Seelbach 09/27
Waylon Bangert 10/02
Kaiden Zaragoza 10/06

In our prayers this week

Zoey Bond, Waylon Bangert, and Kaiden Zaragoza. The Zion Teachers, support staff, school board, trustees, Zion congregation, the students and families as we prepare for the NLSA teams' arrival on Tuesday.

Lunch Bites

Ms. Tammy has added some new items to our lunch menu for the month of October. Make sure to take a look at what she has cooking in the kitchen and share with your kid(s) the new entrees and sides and encourage them to give it a try.

*Did you know that you no longer have to separate your lunch account payments into lunch and snacks? When you send a payment in the amount will be credited to your account and as your student eats lunch or grabs a snack it will automatically deduct the cost of each item from the lunch account. If you have any questions about the new lunch system, please contact the office. If you're not receiving the Sunday night emails to notify you that your students lunch balance is low please let the office know.

Thank you to everyone who has volunteered or has signed up to volunteer to help with serving the student lunches.

Lunch Volunteers for the week of Sept.26-Oct.3

Sept.26: Karen Brown

Sept 27: Pastor Phil

Sept 30: Jayne Wells

Oct 1: Jennifer Davis

Oct 2: Pam Hagarty

Oct 3: Pam Hagarty

We are in need of lunch volunteers for the month of October. If you have an hour of free time, please consider volunteering to help serve lunch to our students and staff.

If you would like to sign up for a future date, please sign up here if able to help:
<https://www.signupgenius.com/go/60B044AA5AC29A2FA7-50706609-serving>

Mark your calendars: Choir Dates

"Joyful Noise" 3rd-8th grade

"Praise Him" 4yr PreK-2nd grade

- October 5, 5:00 service, "Praise Him"
- October 20, 10:30 service, "Joyful Noise"
- November 3, 10:30, service "Praise Him"
- November 16, 5:00 service "Joyful Noise"

- December 15, Christmas Program
- December 20, Christmas Program

Sunday School Classes are every Sunday from 9:30-10:15d

In addition to adult classes, we have classes for Early Childhood (3 years old-1st grade), Elementary (2nd- 5th grade), and Youth Bible study (6th-12th grade). Early Childhood classes will meet in Mrs. Kleckner's Preschool room (off the gym). Elementary classes will meet in Mrs. Meadors classroom (on the main floor). The 6th-12th grade youth bible study class will meet in Mrs. Cook's classroom (on the main floor), and the adult class gathers in the school cafeteria (lower-level). Please consider joining us this fall!

Chapel Offerings

Every Wed. the students/staff attend chapel service at 8:30am in the church. Parents and friends are invited to join us as well. Offerings are collected weekly and given to a selected charity per quarter. This quarters offering will be assisting St. Paul's Lutheran Church in South India.

YOUTH GROUP (3rd-5th gr.)

Sunday October 20th 1p-3pm

Meet at the school You do not need to bring anything for our meeting. We will be baking and decorating fall sugar cookies for our snack, having a Bible study and playing games. Please contact Mrs. Kleckner with any questions. See you on the 20th.

YOUTH GROUP (6th-12th gr.)

October 5: Fall Festival 6 p.m.

October 13: Gathering paperwork & \$200 deposit is due

October 20: Bonfire at Zion with Good Shepherd's youth group 4-7 p.m.

October 27: MS & HS youth group/Trunk or
Treat 3 - 6 p.m.

Join us for a fun-filled Fall Festival!

Date: October 5

Time: 6 p.m.

Location: Zion Lutheran School (back
parking lot)

Celebrate the season with wagon rides,
food, games and glitter tattoos

Admission: \$1/ticket or \$20/25 tickets
Don't miss out on this festive event! Bring
your friends and family and make some
wonderful fall memories.
Proceeds will go towards the cost of the
Youth Gathering in New Orleans, July 2025.
We look forward to seeing you there!

Schedule Your Health Exams for the 2024- 2025 School Year.

*If you have not turned in your health forms,
please do so ASAP. Physicals and
vaccinations must be turned into the office
by October 15th or your student(s) may not
be able to return to school till submitted. If
you have any questions please contact the
school office.*

Sports/Activities Schedule

Sports Physical: As some 3rd graders may
play sports next year, we encourage them
to receive a sports physical as well.

Grades 4-8: Any student wanting to play a
sport will need a sports physical. Please
note 6th graders may use their health form
as a sports physical.

Any child playing a school sport needs to
complete the concussion information
sheet along with the sports handbook
policy waiver before they begin their sport.
This will be kept in their student file. Please
stop by the office if you need these.

Baseball Games

September 26 Conference
Tournament@MELHS

Girls Volleyball

Coaches: Mrs. Meador, Mrs. Mosser

Practices

Mon. Oct. 7 3:00-4:15 3rd-5th; 3:00-5:00 5th-
8th

Thurs. Oct. 10 3:00-4:15 3rd-5th; 3:00-5:00
5th-8th

Mon. Oct. 14 NO PRACTICE

Mon. Oct. 21 3:00-4:15 3rd-5th; 3:00-5:00
5th-8th

Games:

Thurs. Sept. 26 @ Good Shepherd D/C/A
5:00/6:00/7:00

Fri/Sat Sept. 27/28 Belleville B Team
Tournament

Boys Volleyball

Coaches: Josh Crouch and BJ Davis

Practices

Thurs. Sept. 26 3:00-5:00

Mon. Sept 30 3:00-5:00

Games:

Sat. Sept. 28 Opening Day Tourney @ Zion
Bethalto 11:45/2:45/TBD

Tues. Oct. 8 @ Trinity Edwardsville

Thurs. Oct. 10 @ Liberty Middle School vs.
Liberty and Lincoln 6:00/7:00

Thurs. Oct. 17 @ Holy Cross, Collinsville

Mon. Oct. 21 Home vs. Conference Schools

Thurs. Oct. 24 Home vs. Liberty and Lincoln
6:00/7:00

PTL Dates

We are excited for the new school year. At
our first meeting we elected new board
members.

President: Jennifer Davis

Vice President: Nikki Fraser

Secretary: Heather France

Treasurer: BJ Davis

*Thank you to Rachel Mosser and Alecia
Ray for their dedication to the PTL over the*

past years serving as secretary and treasurer.

The PTL functions primarily to support the students and school through fundraising. For example, some of the funds raised were used to support the security initiative recently completed for the church and school. We would love all parents to be involved. If anyone has any ideas for fundraisers or items to purchase with our fundraising efforts, please reach out to Any of the PTL board members. We would love to hear those ideas!

Our current fundraiser is Charleston Wrap. Packets were sent home last week with your child. Let the Charleston Wrap fundraiser be your one stop shop! There are so many options which would make great gifts for the holidays, birthdays or any occasion. Make sure to check out the chocolates and gourmet foods, wrapping paper, and the many customizable items. Orders can be sent in or done online. The sale runs through Oct 2nd and our goal is to raise \$4000. Please help us reach that goal but sending the information to family and friends for ordering.

Restaurant Fundraiser Dates

Please support our local merchants.

A percentage of your meal will be donated to support Zion! Thank you to our local merchants!

Dairy Queen Fundraiser Nights

1st Monday of Every Month- Flyers are available on the school website or Facebook page

EL Indio

2nd Wednesday of the Month

Little Italy's Fundraiser Nights

3rd Wed. of the month

Please turn proof of purchase for any **orders made during Little Italy's fundraiser** nights to the school office.

Asian Bistro-(dates to be announced)

RaiseRight (Formally Scrip)

Go to RaiseRight.com or download the new RaiseRight app on your phone to get started. The Zion enrollment code is FC3ALE174778. program.

Orders may be placed on line at RaiseRight.com or you may also call Michelle (618-660-5044) or e-mail her at michrant@gmail.com. You may drop off scrip orders and payments at the school, daycare, or church office during their regular hours. All orders placed by noon on Monday will be available for pickup by Thursday of each week. Orders may be available sooner if items requested are currently in stock. For immediate purchases, scrip is available during school office hours. We continue to carry our local retailers and our most popular national retailers in inventory.

If you have additional questions, please contact Michelle Rantanen. Remember, a percentage of all of your scrip purchases will be deducted from your monthly tuition!

7th and 8th grade Student Council

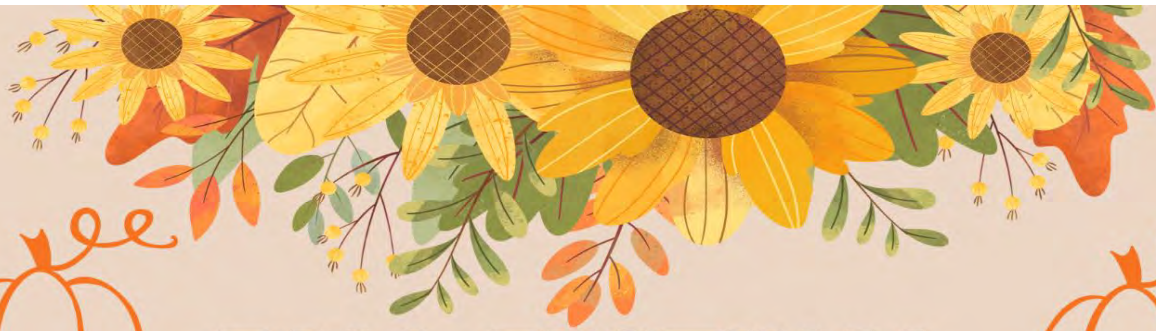
This year the 7th and 8th grade class wanted to have more voice in our school, so we asked if we could have a Student Council. Our teacher and our principal agreed so we got to work. We elected a president, who chose a vice president, then the vice president chose a secretary. After that we elected 4 representatives, 2 from 7th grade and 2 from 8th grade.

The president is Lucas Cook, the vice president is Anna Mosser, the secretary is Aleah Wyatt, the representatives for 7th grade are James Blessman and Luke Davis, and the representatives from 8th grade are Claire Mcalla and Brodie Knoche.

The Student Council will be working on various projects over the school year, but we are not set on any ideas quite yet. Our hope is to set a good example for the younger grade and promote leadership.

Our first goal is to improve our school with the purchase of playground equipment. We will be selling stickers to students for .25 cents a piece starting Oct 1, 2024. Our Student Council Store will be located in the lobby of our school. Please allow your child to purchase these great stickers for their Chromebooks and water bottles today! All profit will be going to purchase new balls and other playground equipment that all students can use. Thank you for your support.





FALL FESTIVAL

Oct. 5 at 6pm

Location: Zion Lutheran School
Back Parking Lot

~~~~~  
Wagon Rides~Food~

Games~Glitter Tattoos  
~~~~~

Price: \$1/ticket OR \$20 for 25
tickets
~~~~~

Proceeds support the youth  
attending the Youth Gathering  
in July 2025





# September 2024

| Monday                                                                                                            | Tuesday                                                                                                                   | Wednesday                                                                                                    | Thursday                                                                                                              | Friday                                                                                                             |
|-------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| <b>2</b><br><b>No School</b><br><b>Labor Day</b>                                                                  | <b>3</b><br>Chicken Pattie<br>Mashed<br>Potatoes/Gravy<br>Green Beans<br>Fruit Cocktail<br>Milk<br><b>V: Dana McQuade</b> | <b>4</b><br>BBQ Pork Sandwich<br>Cheese Fries<br>Baked Beans<br>Pineapple<br>Milk<br><b>V: Jayne Wells</b>   | <b>5</b><br>Lasagna Casserole<br>Garlic Bread<br>Corn<br>Poke Cake<br>Milk<br><b>V: Jayne Wells</b>                   | <b>6</b><br>Corn Dog<br>Tater Tots<br>Carrot/Celery Sticks<br>Pears Milk<br><b>V: Missy Sievers</b>                |
| <b>9</b><br>Chicken Nuggets<br>Garlic Buttered<br>Noodles<br>Carrots<br>Apricots<br>Milk<br><b>V: Pam Hagarly</b> | <b>10</b><br>Egg and Cheese<br>Biscuit<br>Bacon<br>Hash Browns<br>Peaches<br>Milk<br><b>V: Tamela Milkovich</b>           | <b>11</b><br>Riblet Sandwich<br>Fries<br>Green Beans<br>Applesauce<br>Milk<br><b>V: Shelly Manning</b>       | <b>12</b><br>Tacos<br>Mexican Rice<br>Corn<br>Cupcake<br>Milk<br><b>V: Tamela Milkovich</b>                           | <b>13</b><br>Hot Dog<br>Mac & Cheese<br>Broccoli<br>Jello<br>Milk<br><b>V: Stephani Diamond</b>                    |
| <b>16</b><br>Toasted Cheese<br>Fries<br>Peas<br>Pears<br>Milk<br><b>V: Pam Hagarly</b>                            | <b>17</b><br><b>TBA</b><br><br><b>V: Jessica Wade</b>                                                                     | <b>18</b><br>Hamburger or<br>Cheeseburger<br>Chips<br>Pasta Salad<br>Chocolate Fludding<br>Milk<br><b>V:</b> | <b>19</b><br><del>McGriddle</del> Muffins<br>Sausage Patties<br>Hash Browns<br>Peaches<br>Milk<br><b>V:</b>           | <b>20</b><br>Pizza Pasta<br>Garlic Stick<br>Lettuce Salad<br>Cinnamon Apples<br>Milk<br><b>V: Stephani Diamond</b> |
| <b>23</b><br>Ham Sandwich<br>Chips<br>Carrot/Celery Sticks<br>Banana Pudding<br>Milk<br><b>V: Pam Hagarly</b>     | <b>24</b><br>Taco Salad<br>Tortilla Chips<br>Corn<br>Pineapple<br>Milk<br><b>V:</b>                                       | <b>25</b><br>Sloppy Joes<br>Fries<br>Green Beans<br>Brownies<br>Milk<br><b>V: Heather France</b>             | <b>26</b><br>Chicken Nuggets<br>Loaded Mashed<br>Potatoes<br>Peas<br>Vanilla Pudding<br>Milk<br><b>V: Karen Brown</b> | <b>27</b><br>Hot Dog<br>Tater Tots<br>Carrots<br>Fruit Cocktail<br>Milk<br><b>V: Pastor Phil</b>                   |
| <b>30</b><br>Baked Pancakes<br>Bacon<br>Hash Browns<br>Cinnamon Apples<br>Milk<br><b>V: Jayne Wells</b>           |                                                                                                                           |                                                                                                              | <b>Entrée Alternate:</b><br><b>Peanut Butter &amp; Jelly</b>                                                          |                                                                                                                    |



# Lunch Menu

## October 2024

| Monday                                                                                     | Tuesday                                                                                     | Wednesday                                                                                 | Thursday                                                                                      | Friday                                                                              |
|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Entrée Alternate:<br>Peanut Butter & Jelly                                                 | 1<br>TBD<br>Milk<br>V: Jennifer Davis                                                       | 2<br>Chessy Chicken and Rice<br>Broccoli<br>Spice cake<br>Milk<br>V: Pam Hagarty          | 3<br>Spaghetti<br>Garlic Bread<br>Carrots<br>Fruit Cocktail<br>Milk<br>V: Pam Hagarty         | 4<br>Pork with Gravy<br>Mashed Potatoes<br>Green Beans<br>Pudding Pie<br>Milk<br>V: |
| 7<br>Corn Dog<br>Hash Browns<br>Peas<br>Applesauce<br>Milk<br>V:                           | 8<br>Chicken Tacos<br>Refried Beans<br>Corn<br>Pineapple<br>Milk<br>V:                      | 9<br>Riblet Sandwich<br>Sweet Potato Fries<br>Green Beans<br>Jello<br>Milk<br>V:          | 10<br>Pepperoni/Cheese Pizza<br>Lettuce Salad<br>Cookie Bar<br>Milk<br>V:                     | 11<br>No School                                                                     |
| 14<br>No School                                                                            | 15<br>Chicken and Noodles<br>Mashed Potatoes<br>Mixed Veggies<br>Peaches<br>Milk<br>V:      | 16<br>Hamburger or Cheeseburger<br>Fries<br>Baked Beans<br>Mandarin Oranges<br>Milk<br>V: | 17<br>Savory Breakfast Bake<br>Sausage Patties<br>Cinnamon<br>Applesauce<br>Milk<br>V:        | 18<br>Ham & Cheese Sliders<br>Tomato Soup<br>Peas<br>Blueberry Muffin<br>Milk<br>V: |
| 21<br>Chicken Sandwich<br>Italian Pasta Salad<br>Broccoli<br>Vanilla Pudding<br>Milk<br>V: | 22<br>Beefaroni<br>Cornbread<br>Carrots<br>Pears<br>Milk<br>V:                              | 23<br>Biscuits and Gravy<br>Sausage<br>Hash Browns<br>Blueberries & Peaches<br>Milk<br>V: | 24<br>Chicken and Cheese Crispitos<br>Fries<br>Green Beans<br>Chocolate Pudding<br>Milk<br>V: | 25<br>No School                                                                     |
| 28<br>Chicken Nuggets<br>Hashbrown<br>Casserole<br>Corn<br>Fruit Cocktail<br>Milk<br>V:    | 29<br>Cheeseburger<br>Maccaroni<br>Garlic Bread<br>Green Beans<br>Apple Crisp<br>Milk<br>V: | 30<br>Toasted Ravioli with Marinara Sauce<br>Lettuce Salad<br>Peaches<br>Milk<br>V:       | 31<br>Mummy Dogs<br>Sweet Potato Fries<br>Cole Slaw<br>Rice Krispie Treats<br>Milk<br>V:      |                                                                                     |

