

September 28, 2018

# CENTRAL LUTHERAN

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## Changing Footprints - THANK YOU!

Central collected over 400 pairs of shoes during our drive! That is great! These shoes will be given to those in need or used to create mulch for playgrounds and playing fields. Thank you for donating!

## Ending Sunday - Old National Tools For Schools Grant

Central could win a \$1,000 grant from Old National!

Your vote will determine the winners! Voting runs through 11:59pm on September 30, 2018. To cast a vote in support of Central, please visit [oldnational.com/toolsforschools](http://oldnational.com/toolsforschools) daily! You can vote once each day! **We are currently in the top 3, so please keep voting!**

## Box Tops Buzz - Contest Time!

Contest time is finally here! We are ready to collect all those Box Tops you have been saving. Our goal is 8,000 Box Tops and if each student brings in 20 Box Tops throughout the collection period (October 1st - October 18th), we will meet our goal. This equals \$800 for new playground/recess equipment.

Each entry form requires 10 Box Tops. Students will be able to enter as many times as they like for a chance to win 1 of 3, \$10 gift cards. Look for the contest entry forms to be sent home today. Completed entry forms can be deposited into the collection boxes in the main hallway by the office as well as the preschool entrance.

As a bonus, if the school meets the 8,000 Box Tops goal, Mr. Weber has agreed to dress up in a silly costume for a day! Will he be a penguin, chicken, or a banana? Bring in your Box Tops to find out and thank you for your support!

## Parent Preppers

Looking to help out at school but just don't know where, or what, to do? Join us on Friday mornings from 8-10 and help us cut, staple, make copies-whatever teachers need done! We are meeting in the conference room of the early childhood wing. Bring a coffee and come ready to help! Please make sure you sign in at the front desk and get a badge. Any questions, please email Naomi Kline at [mrskline04@gmail.com](mailto:mrskline04@gmail.com).

## A Note From the Nurse - Sleep Habits

According to the American Association of Pediatrics, the following amounts of sleep are recommended to promote optimal health:

- 3-5 year olds should sleep 10-13 hours per 24 hours (including naps)
- 6-12 year olds should sleep 9-12 hours per 24 hours
- 13-18 year olds should sleep 8-10 hours per 24 hours

Adequate sleep durations for age on a regular basis leads to improved attention, behavior, learning, memory, emotional regulation, quality of life, and mental and physical health. Not getting enough sleep each night is associated with an increase in injuries, hypertension, obesity and depression, especially for teens who may experience increased risk of self-harm or suicidal thoughts.

## Church Information

### Emanuel | 749.2163

Services

8:00am, 10:30am, & 7:00pm

Contemporary

10:30am in CLS Auxiliary Gym

Sunday School & Bible Study

9:15am

- Rev. Paul Shoemaker
- Rev. David Stecker
- Rev. Scott Zeckzer

### Martini | 749.0014

Services

8:30am

Contemporary

10:45am

Devotional Service

Wednesdays 6:30pm

Sunday School & Bible Study

9:45am

- Rev. Jim Teasdale

### St. Paul | 749.5444

Services

8:00am & 10:30am

Sunday School & Bible Study

9:15am

- Rev. Michael Blodgett

## Chapel

### Wednesdays at 8:00am

Theme: Really Present

Leader: Rev. Teasdale

### 1st Quarter Chapel Offerings

This quarter we are supporting Operation Christmas Child! Money collected will be used to purchase items that will be sent to children in need around the world at Christmas.

### Total Collected Thus Far

\$253.52

## Lunch Next Week

### Monday

Quesadilla  
Mexican Rice  
Potato Rounds  
Mixed Fruit  
Cheese Stick

### Tuesday

Baked Potato Bar  
Sausage or Smokies  
Broccoli  
Breadstick  
Apple Crisp

### Wednesday

Chicken & Noodles  
Mashed Potatoes  
Corn  
Applesauce  
Bread  
Oreo Cookie

### Thursday

Hot Dog  
Baked Beans  
Fresh Vegetables  
Pears  
Frozen Sorbet Cup

### Friday

Salad Bar (Ch. Nuggets Pre-3rd)  
Bowtie Pasta  
Peanut Butter Sandwich  
Peaches  
Fruit Roll Up

## SCRIP

### Office Hours

**Tuesday** 7:30-8:15am  
**Friday** 7:30-8:15am  
**Friday** 2:00-2:45pm

Learn more about how our program can benefit both you and Central by visiting [cluth.org/parents/scrip](http://cluth.org/parents/scrip)

## Dates to Note

- Sunday, September 29 - CLS Sunday at Martini
- Monday & Tuesday, October 1-2 - Preschool Grandparents Day
- Thursday, October 4 - Concordia Coffee Chat (See Below)
- Thursday, October 4 - 4th Grade Recorder Concert
- Friday, October 5 - Preschool Movie Night

## Athletics

### Games Next Week:

- None
- But, parents need to be sure to attend the Mandatory Winter Sports Parent Meeting on Monday, October 15, at 6pm.

## Aluminum Can Collection

The sixth and seventh graders are always collecting aluminum cans for their Washington DC trip in October 2019. You can place your bagged cans behind either the paper gator or trash bins at Central along the fence. If you have scrap metal or a large amount that you would like picked up, please contact Renee' Spieth at 557-8663. Thank you for supporting the trip to DC!

## Concordia Coffee Chat

A "Concordia Coffee Chat" will take place in the Preschool Activity Room at Central following morning drop off (7:45am) on Thursday, October 4th. This event is for any parent to attend no matter what grade your student is in. We will cover information on financial aid and scholarships, application process, and timeline and then have a Q & A. **8th Grade Parents:** The Priority Deadline is December 14th this year, and if families apply by this date we will be able to send them their financial aid package by mid-February. We will still accept apps after December 14th, but they might not get their financial aid package until April. We look forward to seeing you there! If you cannot attend, please feel free to schedule an appointment with Dawn Schuller, Director of Admissions & Retention at 260-483-1102 ext. 298. We will also be holding Discover Concordia Night on Wednesday, November 14th from 6:30-8:00pm.

## St. Paul Fish Fry

St. Paul Gar Creek is hosting their annual fish fry on Saturday, October 6th, from 4:30-7:30pm. Dinner includes fish, french fries, applesauce, roll, dessert, and a drink. \$9 for adults and \$5 for kids. Children 3 and under are free. Kids can substitute a hot dog for fish. Carry out is available! All proceeds from this event will support The Hope Center, Woodburn Christian Children's Home, and Ascension Lutheran (Startup School) in Gary, IN.

