

THE KINGSMAN NEWSLETTER

REAL.PRESENT.GOD. Psalm 46:1

January 11, 2019

www.trinitystjoe.org



Inside this issue

Devotion	1
School News	2-3
Athletics	4
Fundraising	4
ECC Connection	5
Lunch Menu	5
Calendar	5
Church News	6

The Kingsman Newsletter

Newsletter purpose

The Kingsman newsletter is a school publication printed weekly for parents, students, faculty and friends of Trinity Lutheran School. The newsletter serves as a communication vehicle for the school. Weekly editions are emailed to school families, and are available in the school and church offices, or at www.trinitystjoe.org. The article submission deadline is noon each Thursday, or noon on the next-to-last day of the school week.

Contact the Kingsman newsletter

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Trinity Lutheran School

The mission of Trinity Lutheran Church, School, and Early Childhood Center is to reach the world for Christ, making disciples by proclaiming the Gospel in Word and Sacrament through worship, Christian education, community outreach and contagious sharing of the faith in word and deed.

Path to Improved Health

Eating better (for children and families)

- Start the day with a healthy breakfast. It refuels the body and provides energy for the day.
- Let kids help plan and prepare 1 meal each week.
- Eat together as a family as often as possible.
- Take time eating, and chew slowly. It takes 20 minutes for the brain to tell the body that you are full.
- Eat more vegetables and fresh fruits. Aim for a total of 2 cups of fruit and 2 1/2 cups of vegetables each day.
- Eat more whole grains. Examples include oats, brown rice, rye, and whole-wheat pasta. Try to eat at least 3 ounces of whole grains each day.
- Drink plenty of fluids. Choose water, low-fat or nonfat milk, and low-calorie beverages.
- Serve a variety of foods.
- Serve food in small portions.

Eating better (for parents)

- Reward children with praise, not food.
- Do not demand or reward "a clean plate." Let your children ask for more if they are still hungry.
- Read **nutrition labels** for serving size. This information can help you select foods that fit your family's needs.
- Bake, broil, or grill foods to reduce
- Avoid cooking with butter or vegetable oil. Use healthier versions like olive, canola, or sunflower oil.
- Choose snacks that provide nutrients and energy. These are essential for active, growing children.
- Ask your doctor about vitamin supplements for you and your children.

Mrs. Bird

Taken From Family Doctor.org (More to follow next week)

SCHOOL NEWS

School information to help you stay up-to-date

National Lutheran Schools Week

National Lutheran Schools Week will be January 28th-February 3rd. The theme this year is "Real. Present. God". Get ready to celebrate being a part of Trinity Lutheran School!!!



Monday, Jan. 28th

- **Pancakes with Pastor** 7-8:30am
 - Preschool-8 still starts at 8:00am.
- **COIN WAR** starts
- **Pajama Day**
 - Slippers only in the Classrooms

Tuesday, Jan. 29th

- **Science Fair** 6:30-7:30pm
- **Vacation Day**
 - Dress for your favorite vacation

Wednesday, Jan. 30th

- **Dancing in the Gym** 2:15pm
- **Career Day/Community Helper Day**
 - Dress as a community helper or career

Thursday, Jan. 31st

- **Past or Future Day**
 - Dress like the past or future

Friday, Feb. 1st

- **Coin WAR** ends
- **Chapel** 9:45am
- **Half day** of school, dismissed at 11:15am
- **Chapel Dress**

Pancakes with the Pastor



Come and enjoy pancakes and sausage prepared and served by Pastor Roth and Vicar Andrzejewski, Deacon Scott Kizer and other staff members

From 7:00 – 8:30 am
Monday, January 28, 2019
In the Church Fellowship Hall

In honor of
National Lutheran Schools Week
January 28th – February 3rd

*This is for all our students and parents.
 The congregation and all alumni are invited as well.
 Free will donation to offset the cost is appreciated.*

January Chapel

January Chapel funds will benefit MI Hearts for Jesus. This program offers district-wide programs that provide their own framework for Lutheran School chapel services. The Hearts for Jesus recipient for 2019 is Lutheran Association of Missionary Pilots (LAMP). LAMP outreach programs include: Leading Vacation Bible Schools and providing special events such as women's retreats in communities in remote northern Ontario, Manitoba, Saskatchewan, and British Columbia. For more information you can visit their website at <https://www.lampministry.org/>.

December Chapel

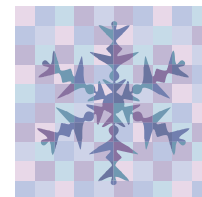
December's chapel funds totaled \$261.09 to support the Wish Tree families.



Daddy / Daughter Dance – Volunteers Needed! We are in need of a committee for the up-coming Daddy / Daughter Dance on February 22, 2019. If you are interested in helping out for this year's dance, please contact the school office. We will be looking for Western themed props to loan. If you have any, please let the office know.

Weather Closures

Trinity Day School and Traditional Preschool will close for weather conditions when the St. Joseph Public Schools close and will delay when St. Joseph Public Schools delay for weather. We will announce school closures through local television and radio announcements as well as Facebook and Fast Direct notifications. *If you would like to receive text or email alerts from Fast Direct when the notification is sent out please mark that in your parent information in Fast Direct or contact Jenna Wood.*

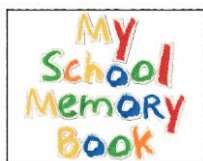


Cold-weather gear & NO snowballs

Please be sure your child has winter boots and cold-weather gear so they can stay warm and dry during their outside play time. Also, please help us ensure students' safety by reminding them of Trinity's no snowball rule.

Mom's in Prayer

"Mom's in Prayer" meets the last Thursday of every month at 2:00 p.m. in the downstairs Church Fellowship Hall. Childcare is provided and is free. Individual prayer requests may be turned into the School Office. Please join us in praying for our school, faculty, and students!



Get your Pictures in the Yearbook! The Yearbook Staff invites students and parents to submit photos for the yearbook. If you've got great photos of school and community events or you and your friends just having fun, we'd like to see them. Our photographers can't be everywhere. Help us get as many photos as possible to create a terrific book everyone will want to have.

Here is how you can submit photos online:

- Go to: <https://images.memoryebooks.com/login>
- If it does not automatically log you into the site, enter username: 411223672
- Browse to select the photo(s) you wish to upload.
- Enter information about the photo and provide contact information in case the staff needs additional information.
- Click "Save Details".

It's that easy! Submit your photos today!

The last day to submit photos is 06/10/2019.

KINGSMEN ATHLETICS

Athletic Events

Boys Basketball Club for 1st and 2nd Grade

The focus of this club is fundamentals and having fun learning about basketball. It will be Saturdays at 9:00am on January 12th, 19th and 26th. Contact Matt Koch at matthew6koch@gmail.com with any questions or to sign up.

Basketball Schedule

Thursday, January 17

4:15pm Girls 3rd-4th @ St. Paul's, Stevensville
5:15pm Girls 5th-6th @ St. Paul's, Stevensville

Tuesday, January 22

4:15pm 3rd-6th vs. LMC @ Trinity
5:15pm 5th-6th @ Girls vs. LMC @ Trinity

Thursday, January 24

4:15pm 3rd-6th @ Grace
5:15pm 5th-6th @ Grace

TLS

FUNDRAISING

Opportunities to raise money for Trinity and its students



Silver Beach Pizza Giveback Night – MONDAY!!

Join us on January 14, 2019 at Silver Beach Pizza. Present the flyer attached at the end of the Kingsman and SBP will donate 15% of your check to Trinity. The flyer is required to be shown (either paper or phone) to be given credit for the sale.



Box Tops, Aunt Millie's and Roger's: Remember to clip those Box Tops as you prepare holiday treats this season! Snip your bread and roll UPC codes from Aunt Millies, too! And while you're at it, save those Roger's Foodland receipts, too!



Spirit Wear for Sale

There are some left over shirts for sale: One black youth small long-sleeved for \$19 and two gray x-large t-shirts for \$16 each. Contact the school office if you would like to purchase one.

ECC CONNECTION

Early Childhood information to help you stay up-to-date.

Dad's Night: Weird Science will be Thursday, January 17th from 6:30-8:00pm in the school gym. We invite all Preschool 3's through Y5 students and their dads or special guest to join us for a fun night of exploration and science.

Construction Starts Today!!

- With the start of construction, the southern hallway, aka the Pearl Street Hallway will be closed off for the most part. This means that we will not be able to use the Red Door into the Adventurers/Explorers area and will have to access that space through the cafeteria by the milk cooler - going through the Explorers end. The green doors into the cafeteria/art space will also be unavailable, as will the back "secret stairway" to the gym located on that same wall by the drinking fountains.
- Remember that the Infant Room has moved to the room next to the office, the SAC room has moved to the Children's Ministry Room and Y5/K after school care has moved to the Traditional Preschool Room on the main floor. If you have any questions please see Robyn in the office or your child's lead teacher.

Thank you for your patience and understanding as we move forward with our renovation plans.



Policy Reminder

Winter brings lots of fun times, but it also brings germs. Please be aware of any issues your student may be having. Help us stay healthy by keeping your child home if they are sick and do not return them to care too soon. They should be 24 hours fever, vomit and diarrhea free without medicine before returning to school. For illness that requires a doctor visit, a note from the doctor saying your child can return to care is needed. We have seen cases of croup, ear infections, pink eye and the flu to name just a few. Thank you in advance for your help in keeping everyone healthy for the holidays and beyond.

LUNCH MENU: Week of January 14

Milk provided with each hot lunch order

- Mon: French toast sticks w/ syrup or berry topping, sausage, roasted potatoes, peaches
Tues: Sloppy joe on whole wheat bun, french fries, black beans, carrots, mixed fruit
Wed: Roasted turkey, mashed potatoes & gravy, wheat roll, broccoli, apple
Thur: Ravioli with meat sauce or pesto chicken, salad, pears
Fri: Hamburger on whole wheat bun, french fries, carrots w/ dip, apple sauce

CALENDAR

Jan. 18	End of 2 nd Quarter
Jan. 21	No School, MLK Day
Jan. 25	Report Cards Go Home
Jan. 28-	National Lutheran Schools Week (NLSW)
Feb. 1	(More details soon)
Jan. 29	Science Festival – 6:30pm
Feb. 1	Chapel – ½ day 11:15 Dismissal
Feb. 1	Enrollment Begins
Feb. 3	NLSW Sunday – ECC – 8 Sing 10:30am
Feb. 5, 7	Parent-Teacher Conferences
Feb. 18	No School, President's Day
Feb 22	Daddy/Daughter Dance

Check the lunch menu any time on the FastDirect website:
<https://ssl.fastdir.com/~fastdir/cgi/0138/Lunch.pl>

CHURCH NEWS

Worship information and upcoming church activities

Sundays 8:00 a.m. Worship Service
9:15 a.m. Contemporary Worship Service
9:15 a.m. Bible Study and Salvation Station Sunday School
10:30 a.m. Worship Service

Special Invitation For
All who wish to learn more about the
teachings of the Christian Church.

This class will also prepare people for
membership in the Lutheran Church. But you
are under no obligation to join the church.

It is also an excellent review for those who
were confirmed years ago.

Adult Instruction Class
Trinity Center for Ministry
(Corner of Main & Pearl)
619 Main Street, St. Joseph, MI 49085

Beginning Tuesday, January 8, 2019
6:30-8:00 p.m.
(10 week session)

Childcare will be provided.
All materials provided.

Please share this invitation with a friend.
Better yet, bring your friend with you to this class.

If you have any questions,
call Pastor Roth at 983-5000



IS PROUD TO SUPPORT

TRINITY LUTHERAN

With each flyer presented
on 1/14/2019,
SBP will donate 15% of your check to:
Trinity Lutheran
That's some serious dough!

The flyer is required to be shown (either paper or phone) with each check to be given credit for the sale. Offer only valid on date listed above. Tax, gratuity, + gift card sales not included. Dine in or carry-out sales are included. Flyers cannot be handed out or the event promoted within the building or parking lot of Silver Beach Pizza before or during the event.



Find us on Facebook! Search for "Trinity Lutheran School St. Joseph" and "TRINITY LUTHERAN SCHOOL" Non-Discrimination Policy: Trinity Lutheran Church and School, of St. Joseph, Michigan, admits students of any race, color, national or ethnic origin to all the rights, privileges, programs and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic or other school administered programs.