



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!

October 24, 2024

Bible Verse of the Week:

"Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go."
Joshua 1:9

From the Desk of the Principal:

Dear Zion Family,

We hear a lot today about living in an "anxious generation." Whether or not our kids experience more anxiety than we did, the reality is that every child will face anxiety at some point—it's part of being human. As a parent, teacher, and principal, I'm always seeking ways to better support children in managing anxiety, stress, and attention challenges, as these are often deeply connected. Together, we can help our children develop resilience in the face of these challenges.

As we reflect on our journey, let us be reminded of our school theme verse for this year, Hebrews 12:1-3: "And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart."

I want to share a playlist of four videos by a therapist that focuses on helping parents support anxious children. [How to Help a Child With Anxiety: A Parent-Centered Approach to Managing Children's Anxiety Part 1/4](#) These videos address the struggles many of us have seen: whether it's difficulty going to school, shyness, physical symptoms like headaches, or tears at bedtime. These videos will help you learn effective ways to manage anxiety, starting with your own mindset as parents. The series begins by exploring a new perspective on anxiety and then provides practical steps to help your child through the challenges they face.

I encourage you to watch and reflect on these principles as we help our children grow and build.

In His Service,
Jamie Crouch
Zion Lutheran School
Principal

Announcements:

>The trustees have been busy around the church and school grounds with many projects. Currently, they are working on repairs in Mrs. Crouch's 3rd floor classroom. When renovations are done with the walls (sealing the brick and covering), they will need help with finishing the drop ceiling. Since Mrs. Crouch has moved to the Art Room while remodeling is ongoing, work on the drop ceilings can be done during the day, evenings, or

weekends. If you are someone with these skills, please reach out to Craig Neuhaus or Jamie Crouch to coordinate the project.

>Friday, October 25-**No School**- Daycare will be Open. Sack lunch and drink needed. Please sign up on the clipboard on the daycare desk if your child will be attending.

State Bound

Zion Boys and Girls Volleyball teams are heading to State! Come help send off our boys and girl volleyball teams as they head to state on Friday November 1st. Pep-Rally Friday 11/1 at 8:30 in the school's gymnasium.

Thanksgiving Feast

Our annual Thanksgiving feast will be held on Friday, November 22. We will need volunteers to help with desserts and serving, please contact Heather in the school office if you're able to volunteer.

We are asking each class to bring an item to help make our Thanksgiving Feast.

4am Preschool- 2 cans of Corn

Kindergarten- 2 Cans of Fruit

First Grade- 2 Cans of Fruit

Second Grade- Butter (Make Their Own. **No supplies needed**)

Third and Fourth Grade- Ready to Eat Rolls

Fifth Grade- Brownies

Sixth Grade- Pumpkin Pie

Seventh Grade- Chicken or Turkey Stove Top stuffing

Eighth Grade- Chex Mix Ingredients

Upcoming Picture Day:

Fall picture retakes for students and staff: Tuesday November 19th.

Fall Sports Pictures: Tuesday November 19th.

Candid Club Pictures: Tuesday November 19th.

Metro-East Lutheran High School invites you to an Open House on Sunday, Oct. 27. Stop by anytime between 1 p.m. and 3 p.m. to tour our campus, meet our teachers, chat with administrators, and get answers to all of your questions about the Knight life. For more information, call the school office at 618-656-0043 or email admissions@melhs.org.

Metro-East Lutheran High School Theater Company invites you to this year's fall production of "Cheaper by the Dozen." The performances will be on Nov. 8 and Nov. 9 at 7 p.m. Follow this link to get your tickets today!

<https://www.onthestage.tickets/show/metro-east-lutheran-high-school/66d9db1f6bd8600e3b4c5bf>

Important Upcoming Dates

NOTE ATHLETIC DATES ARE LISTED UNDER SPORTS

Friday 10/25 **No School**

Sunday 10/27 Trunk or Treat at Zion 4pm-6pm

Sunday 10/27 MELHS Open House 1pm-3pm

Friday 11/1 Boys and Girls Volleyball State Pep- Rally and Send off

Friday 11/1 Reformation Day Service Zion Lutheran Church 7pm

Saturday 11/2 Family Bingo Night Fundraiser Doors open at 6pm

Happy Birthday!

Birthday blessings to all of our friends this week!

Katie Meador 10/26

Violet Bono 10/28

In our prayers this week

Katie Meador, Violet Bono, and our Zion Church Family. The medical staff, first responders, search and rescue crews, military, lineman and volunteers who continue to work to help aid with the recovery following the recent hurricanes and natural disasters.

Lunch Bites

Ms. Tammy has added some new items to our lunch menu for the month of October. Make sure to 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. Some of the favorites so far that will be added to upcoming menus include breakfast quesadillas, Salisbury steak meatballs, baked pancakes with fresh fruit syrups, and cheesy chicken and rice.

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 Oct.24-Oct 31

Thurs. 10/24: Tamela Milkovich

Fri. 10/25: NO SCHOOL

Mon. 10/28: Heather France

Tues. 10/29: Tamela Milkovich

Weds. 10/30: Tamela Milkovich

Thurs. 10/31: Missy Sievers

Let's start filling up November's lunchroom volunteer calendar. 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>

Student Council



The Student Council is also proud to report that we have made \$265.52 for playground equipment so far. It is our hope to improve the basketball hoops on the

playground and to provide equipment for all ages.

We will be having "face painting" for \$1.00 at all home games. This not only supports our teams but will also promote school spirit!

We are beginning to collect family photos and a family Bible verse from each family, for the "**Zion Family Wall**". It is so important that your family send your Bible verse and photograph via email to cheryl.best@zion-school.org by November 18. We really want to share our love of Christ and our families here at Zion for the holiday seasons.

Again, Thank you for all your support. Our Student Council is really trying to make our school even better!

Mark your calendars: Choir Dates

"Joyful Noise" 3rd-8th grade

"Praise Him" 4yr PreK-2nd grade

- November 3, 10:30, service "Praise Him"
- November 10, 10:00 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 (6th-12th gr.)

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

Save the Date: Join the Fun at Family Bingo Night! Saturday November 2rd come and enjoy a night filled with great prizes, delicious snacks, and a silent auction! Proceeds will go to the Zion Lutheran Youth Group.

*Help us make our fundraising goal by donating to our silent auction at bingo night. Your generous contributions will directly benefit the youth who will be attending the youth gathering in New Orleans next July. We would appreciate donations of gift baskets, gift cards, merchandise, etc. **Please bring donations to the school office by Monday, October 28.** Please contact Kristi Cook with any questions. Thank you in advance for helping us make this event a success!*

Sports/Activities Schedule

Sports Physical: 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.

Girls Volleyball

Coaches: Mrs. Meador, Mrs. Mosser

Practices:

Tue. 10/29 3:00-5:00 A Team

Thurs. 10/31 3:00-5:00 A Team

Games:

Oct. 22/26 A Team Conference Tournament

Mon. Oct. 28 @ Belleville D/C/A 5:00/6:00/7:00

Nov 1-Nov 3 State Tournament

Boys Volleyball

Coaches: Josh Crouch and BJ Davis

Practices

Tue. 10/29 3:00-5:00

Thurs. 10/31 3:00-5:00

Games:

Thurs. Oct.24 Home vs. Liberty and Lincoln 6:00/7:00 **8th Grade Night**

Saturday Oct.26 Conference Tournament MELHS9:45/12:00/2:25/3:45

Nov 1-Nov 3 State Tournament

Basketball Parent Meeting Monday 11/4 5:00pm

There will be an informational meeting for parents of any student in 3rd-8th grade that is interested or planning on playing basketball this year. Practice and game schedules will be sent out following this meeting and, in the weeks, to come.

Boys Basketball

Coaches: BJ Davis, Andrew Robertson

Practices:

Mon. 10/28 3:00-5:00 Open Gym 5th-8th

Weds.10/30 3:00-5:00 Open Gym 5th-8th

PTL

2025 Cardinals Calendar fundraiser is currently taking place. At just \$20 each, the calendars make great gifts. Order forms were sent home with students last week and need to be returned November 12th.

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

EL Indio

2nd Wednesday of the Month

Little Italy's Fundraiser Nights

3rd Wed. of the month

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!

Thank you all for participating in our first Idiom Parade. It was a great success! Who knew we had such clever families and friends!



Zion Trunk or Treat

October 27th, 2024 - 4-6pm



Save The Date: On Sunday, October 27 from 4-6pm Zion will hold its annual Trunk or Treat on the backlot of the school. We will need both school and congregation members to enter decorated cars and pass out candy. Please contact Mrs. Kleckner if you are able to have a car in our event. If you are not able to have a car but would like to provide candy, please feel free to drop off wrapped candy or other small treats to either the church or school office.

REFORMATION HYMN SING

Come celebrate the Reformation with Circuit 1 as we sing together as the Body of Christ, rejoicing in the work He has done in the past and continues to do!

Reformation Hymn Sing will be held at:
Zion Lutheran Church
311 South Elm; Staunton, IL. 62088
Rev. Chris Prumm to preach

Nov. 1 at 7:00 with dessert social to follow

SOLA FIDE · SOLA GRATIA · SOLA SCRIPTURA



ZION YOUTH GROUP IS
HOSTING A
BINGO NIGHT

Saturday, November 2nd
6:30 p.m. doors open at 6

Location: Zion school gym

**THIS IS A FAMILY FRIENDLY
EVENT, ANYONE CAN PLAY,
EVEN KIDS!!!**

CONCESSIONS CAN BE
PURCHASED: CHEF SHOPPE
POPCORN & THE CUP CUPCAKES

~~~~~  
PRICE: FREE WILL OFFERING WILL  
BE COLLECTED AT THE DOOR

**CONCESSIONS ~ SILENT AUCTION  
~ BINGO ~ 50/50 RAFFLE**

MONEY RAISED WILL SUPPORT YOUTH  
ATTENDING THE NATIONAL YOUTH  
GATHERING THIS SUMMER



Zion's "Better Together" Sunday will be November 10<sup>th</sup> @ 10:00 a.m. Invitations have been mailed out and for the annual "Better Together" Sunday service and dinner.

This special event will be held at Zion Staunton. There will only be one worship service that weekend, followed by the "Better Together" Dinner and Program to be held in the Zion School Gym.

The focus this year will be on the many gifts of music that we enjoy at Zion. If you would like to participate as an instrumental or vocalist during the service and/or the dinner program, please contact Pastor Phil Girardin. Friends of Zion are also welcome to join us on this special day. **We are blessed, and we are Better when we are Together!!**

Help Support Zion Lutheran School by purchasing a St Louis Cardinals 2025 Calendar!

They make AMAZING Christmas Gifts!

Featuring the Cardinals' regular season and spring training schedules, making it the most practical, usable calendar for Cardinals fans!

Combines all traditional holidays with important baseball-related dates of note.

Cost: ONLY \$20 with a portion benefiting ZLS.

Orders are due by Tuesday, Nov 12<sup>th</sup>

**THE OFFICIAL**

# St. Louis Cardinals

**2025 CALENDAR**

- Featuring the Cardinals' regular-season and spring-training schedules, making it the most practical, usable calendar for Cardinals fans!
- Beautiful design, extraordinary photos and premium quality presented in an oversized (15" wide x 22" tall), easy-to-read format.
- Spotlighting top photos from the Cardinals' team photographers and classic images from the club's storied archives.
- Combines all traditional holidays with important baseball-related dates of note.
- Only \$20!

SUPPORTING: .....

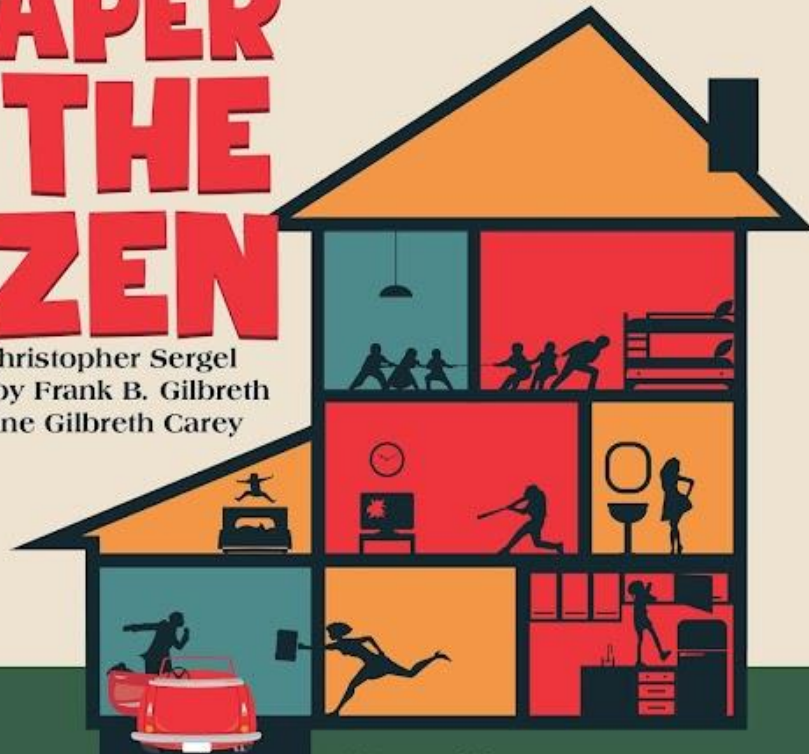
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METRO EAST LUTHERAN HIGH SCHOOL THEATRE COMPANY

PRESENTS

# CHEAPER BY THE DOZEN

Adapted by Christopher Sergel  
From the book by Frank B. Gilbreth  
Jr. and Ernestine Gilbreth Carey



Directed By:  
Judy Brown &  
Benjamin Ettling

Friday, November 8 @ 7pm  
Saturday, November 9 @ 7pm

Ticket Link:

<https://our.show/melhs-theatre-cheaper-12>



Produced by special arrangement with  
THE DRAMATIC PUBLISHING COMPANY of Woodstock, Illinois

# Lunch Menu

## October 2024

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



## Thanksgiving Feast

Our annual Thanksgiving feast will be held on Friday, November 22. We will need volunteers to help with desserts and serving, please contact Heather in the school office if you're able to volunteer.

We are asking each class to bring an item to help make our Thanksgiving Feast.

**4am Preschool-** 2 cans of Corn

**Kindergarten-** 2 Cans of Fruit

**First Grade-** 2 Cans of Fruit

**Second Grade-** Butter (Make their own **NO SUPPLIES NEEDED**)

**Third and Fourth Grade-** Ready to Eat Rolls

**Fifth Grade-** Brownies

**Sixth Grade-** Pumpkin Pie

**Seventh Grade-** Chicken or Turkey Stove Top stuffing

**Eighth Grade-** Chex Mix Ingredients

