

"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 17

January 15, 2010



LUTHERAN SCHOOL ASSOCIATION

SCHOOL CALENDAR

- Sat., Jan. 16 St. Peter's Basketball Tournament, Grades 5/6 Boys & Girls
Trinity, Jefferson City Tournament, Grades 7/8, Boys
- Mon., Jan. 18 M. L. King, Jr. Day- NO SCHOOL
- Tues., Jan. 19 School Mall Kick Off
Alma @ LSA- 5/6 Girls, 4:00 p.m.- 5/6 Boys, 5:00 p.m.
7/8 Girls, 6:00 p.m.- 7/8 Boys, 7:00 p.m.
- Wed., Jan. 20 Chapel Service, Trinity Lutheran Church, 8:05 a.m.
Return SchoolMall Booklets Today!
PIE Meeting, 7:00 p.m.
- Thurs., Jan. 21 Last day to return Little Caesar pizza orders
Higginsville @ LSA- 5/6 Girls, 5:30 p.m.- 5/6 Boys, 6:30 p.m.
7/8 Boys, 7:30 p.m.
- Fri., Jan. 22 KIDS Stamp Sales, 8:00 a.m.
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, R.S.V.P. by Wednesday, Jan. 20th

LEARN-BY-HEART MEMORY

Scripture: 01/19/2010
John 3:5-6

Catechism:
5th Petition with Explan-
ation

Hymn of the Month:
#95 Father Welcomes

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 19-22 are for the following staff members: Mrs. Andersen, Mrs. Schnakenberg, Mrs. Tammy Eckhoff, and Mrs. Logan; 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 20, 2010, Pastor Mehl, Concordia, Missouri
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 13, 2010: \$45.50
Total offerings collected: \$70.50



We have started the third quarter! If you are making quarterly registration payments the third payment is due. Letters will be mailed to families next week that still owe a balance on registration and/or tuition.

►► 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.

SchoolMall Kickoff

Keep your eyes open for a booklet of postcards that your child will bring home on Tuesday, January 19th. This is a very easy fundraiser that we have done at LSA for several years. Get your address books out and complete the postcard pages with the names of friends and relatives. There is no obligation to buy. The fundraiser usually earns the school several hundred dollars and if we meet this year's goal of 28 booklets we can earn an additional \$75.00. Please help your child fill out all the sections of the booklet and return it to school the next day, Wednesday, January 20th. If your child brings back the completed booklet of names and mailable addresses on Wednesday, they will receive two participation prizes and will also be entered into our school's drawing for a Razor Kick Scooter. If an incomplete booklet is returned one participation prize will be given. If two items are purchased from the mailings, (does not include Internet purchases) through SchoolMall, your child will receive a "Glow-In-The Dark Looney Tunes" t-shirt. If the person that placed the order had a Super Sponsor sticker on their postcard then your child will also receive a pair of "Rockin' Flashin' Sunglasses". But, most of all you are helping to support your child's education. Money raised from this fund raiser is used to purchase the school's Internet connection.



The next FAMILY HOT LUNCH DAY will be Monday, January 25. Contact the school office, 668-4614, by Wednesday, January 20 if you would like to eat that day. Cost of a meal is

\$3.00.

Partners In Education—Wednesday, January 20, 2010—7:00 p.m.—LSA Cafeteria

LSA MENU

Monday, Jan. 18-No School!

Tuesday, Jan. 19-pork cutlet, mashed potatoes w/gravy, corn or peas, apple-sauce or pears, roll milk

Wednesday, Jan. 20-chili or chicken noodle soup, mozzarella sticks, lettuce or green beans, blueberries or peaches, milk

Thursday, Jan. 21-Texas meatloaf, mashed potatoes w/gravy, green beans or glazed carrots, sautéed apples or banana, milk

Friday, Jan. 22-sloppy Joe, potato rounds, corn, orange half, milk



Benton County Taskforce to Reduce Obesity

Eat Right! Play Hard! Balance is the Goal!

Easy Recipes for Family Fun! Eat Right!

Microwave Cocoa (1 serving): Combine 1 t. cocoa and 2 t. sugar in microwave-safe cup. Add 2 t. cold milk; stir until smooth. Fill cup with milk. **Super quick way:** Mix chocolate syrup into milk. Microwave on HIGH 1 minute.

Cocoa Mix: 3 c. non-fat dry milk, 1/2 c. sugar, 1/2 c. unsweetened cocoa powder, 1/2 c. non-fat dairy creamer. Mix together.

For a single cup: Heat 3/4 c. water and mix in 1/3 c. mix

Play Hard!

Outdoor fun: Use beach toys in the snow. Make snow structures using unbreakable bowls and buckets as forms. Spraying with PAM helps with removal. It also helps on snow shovels. Get out and shovel together!

Balance is the Goal! Strategies for a Healthy Life

It's important that children and parents maintain a healthy weight. The way to do that is to balance the food we eat with work and play.



It is that time of year when it is possible that school could be cancelled or dismissed early when the weather deteriorates. If Benton County R-I does not have school because of bad weather, LSA will not have school. School cancellations will be announced on the following radio stations: In Sedalia- K SIS, KDRO 1490, KSDL 92.1, POWER 97.7: in Warsaw- The Lake 97.1. Cancellations will also be announced on the following TV stations: Springfield KYTV 3 and KOLR 10, Columbia KOMU 8 and ABC-17, and Jefferson City KRCG 13.

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