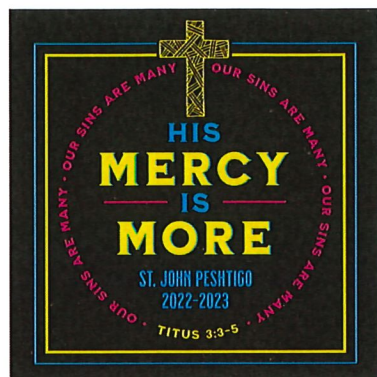


# St. John Lutheran School

## The Cardinal Chronicle

February 7, 2023



### LPS Basketball Tournament

Each year, the basketball team goes to Luther Preparatory School for a co-ed tournament to play against teams from all over the country. This year, the tournament is on March 3rd and 4th. We will still have school on March 3rd, however, as it says on our school calendar. Go Cardinals!

### Upcoming Events

Feb. 7 - Boys' Basketball at Bay City Christian, Green Bay - 5:30 pm

Feb. 8 - Seroogy candy bar **order forms due**

Feb. 9-10 - **NO SCHOOL** - Teachers' Conference

Feb. 10-12 - Lutheran Pioneers' Winter Campout at Camp Croix

Feb. 22 - Ash Wednesday Service - 6:30 pm

### Seroogy Candy Bar Orders

Please return any Seroogy Candy Bar order forms by tomorrow, **Wednesday, February 8th.**

### No School

Just a reminder that there is **NO SCHOOL** this week on **Thursday and Friday**, February 9 and 10, as the teachers will be attending the District Teachers' Conference at St. John Lutheran School in Two Rivers.

### Hot Lunch

There will be no hot lunch at school this week as there is no school on Friday.

## Heart to Heart

This month's *Heart to heart: Parent Conversations* featured in a previous issue of our WELS publication **Forward in Christ** article is entitled: *Bedtime Routines*. In this busy, chaotic world, it may be difficult to keep to a bedtime routine. This article offers some helpful suggestions.

## Optional Parent/Teacher Conferences

If you would like to meet with your teacher to discuss your child(ren)'s progress, please reach out to your child's teacher to set up a meeting. They would be happy to meet with you.

## Preschool/Kindergarten Open House

Our school will be holding a Preschool/Kindergarten Open House on **Thursday, March 2** at 5:00 pm for children that will be 3 years old by September 1, 2023 through those that will be entering Kindergarten next school year. If you know any family or friends that have children between the ages of 3 and 5 who are looking for a preschool or kindergarten, please let them know about this event.



## School Choice Update

Just a reminder that the open enrollment to apply for the Wisconsin Parental Choice Program has begun and goes through Thursday, April 20. You can address any questions you may have about the program to Hannah Langebartels, our School Choice Administrator, at [choiceadmin@stjohnpeshtigo.org](mailto:choiceadmin@stjohnpeshtigo.org) or phone (414) 758-8607.

## Mission Offering



Our second semester mission offering will be going to the family of Finneas Bater, the 2 year old son of a WELS pastor in Thousand Oaks, CA. Finneas was diagnosed with medulloblastoma, a form of brain cancer. He has been going through numerous chemotherapy treatments over the last few months. Our donations will help the family pay for the treatments that Finneas needs. Last week we collected **\$37** bringing our total semester offering to **\$177.25**. Mission offerings will be collected during our chapel service on Fridays. Thank you for your heartfelt gifts.

*2 Corinthians 9:11 – You will be made rich in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God.*

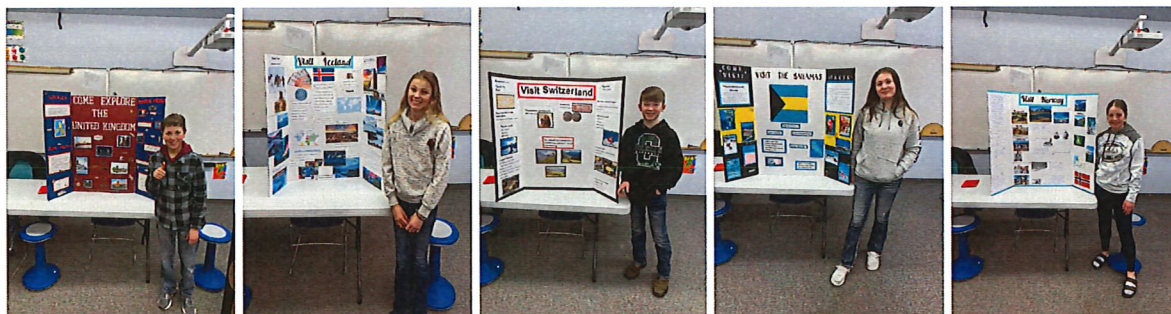
## **Social Studies Fair**

Thank you to everyone who came to our Social Studies Fair last week. The children did a great job with their projects and were excited to share them with all who came to see their work!

Here are the Grade 3 - 5 students with their State floats.



Some of the 6 - 8 grade students with their Country travel brochures.



## **Coleman-Pound Little League Sign Up**


The Coleman-Pound Little League will have online sign ups between February 13th and 27th for children ages 7 through 12 who are interested in playing baseball this summer. You can go to their website at <https://clubs.bluesombrero.com/colemanpound> to register. Or you can contact Lucas Meyer at [meyerplucas@yahoo.com](mailto:meyerplucas@yahoo.com) or 920-591-0776 if you have any questions.

## **Piano Needs a New Home - FREE**

We are still looking to find a home for the piano from the Grade 3 - 5 classroom. It is a good piano with nice sound, though a few keys occasionally stick, depending on the weather/humidity. If your family (or someone you know) would appreciate a free piano, call or email the school or contact Mrs. Ella Aguilar at 920-277-3367.

# Heart to heart: Parent conversations: Bedtime Routines

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 [wels.net/heart-to-heart-parent-conversations-bedtime-routines](http://wels.net/heart-to-heart-parent-conversations-bedtime-routines)



## ***What does your family's bedtime routine look like?***

I was considering titling this month's column, "How can I get my kids to bed without screaming (me) and crying (them)?" but that wouldn't fit in the title space. You see, by the time bedtime rolls around, I am done. I enjoy the books and the songs and the prayers—as long as my kids cooperate. And let's be honest. It's bedtime. They're done too. So most nights are not idyllic.

If you're still working on finding the right bedtime routine, consider the ideas shared by our authors this month. And don't be afraid to keep adjusting the routine. What works at one point in your family's life may not work at another. With that in mind, I'm going back to the drawing board.

*Nicole Balza*

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**When our oldest** child was a baby, we established a bedtime routine of stories, prayers, and hymns.

**We have a set of four prayers that we speak or sing each night.** We speak "Now I Lay Me Down to Sleep," sing stanzas two and three of "Now the Light Has Gone Away" (*Christian Worship* [CW] 593), sing a bedtime prayer that has been used by at least two generations in my family, and close with the Lord's Prayer. This was my childhood bedtime routine, and I'm happy that it is being passed down to my own children.

After these nightly prayers, everyone gives good-night hugs and kisses to one another, and then my husband or I tuck our two littlest children into their beds and sing them a hymn. Some favorites have been “Jesus, Shepherd of the Sheep” (CW 436), “Children of the Heavenly Father” (CW 449), and “I Am Jesus’ Little Lamb” (CW 432).

Sometimes we sing songs that match the seasons of the church year. Last fall, we often sang all four stanzas of “A Mighty Fortress Is Our God” (CW 200 and 201). The kids quickly memorized the entire hymn, and they joyfully sang along at the Reformation services we attended. At Christmastime, we **often** sing “Away in a Manger” (CW 68). Our three-year-old daughter loves “Hark, the Herald Angels Sing” (CW 61), while our five-year-old son’s favorite is “I Know that My Redeemer Lives” (CW 152). Now they request those hymns all year long!

**As our children have gotten older, we’ve added a new tradition after our nightly bedtime prayers. We help the kids to create their own prayers.** We ask them to share things for which they’re thankful and think of people for whom to pray. Then we put their thanks and requests into a prayer. As the children have gotten older, we encourage them to think of and speak their own prayers. Then, my husband and I also add our own prayers.

Sometimes the kids’ prayers reflect their age. After a Christmas of *Frozen*-themed gifts, our youngest daughter thanked Jesus for her *Frozen* castle, water bottle, and suitcase—for three months! But as they’ve grown, we have seen them learn to recognize that people around them need prayers. Our children pray for family members or friends who are hurting and people affected by disasters in the world. They also thank God for blessings big and small.

Busy family schedules sometimes keep all of us from participating in bedtime routines every night. So, we try to find a little time to connect with them every evening on a meaningful level before they go to bed. It doesn’t always work, but it is our goal. We hope that the habits we’ve established with our bedtime routine will last throughout our children’s lives, and they will create a bedtime routine for their children that helps them to pass on the faith too.

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*Emily Gresens Strey and her husband, Johnold, have four children ranging in age from 3 to 13.*

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**“Organized chaos”** may be the best way to describe our family’s bedtime routine. With six kids ages 2-11 (two girls and four boys), there’s bound to be noise. But we have a consistent routine that works for us.

### **The routine**

When we finish supper around 6:15, the kids are dismissed to do their evening jobs. Depending on their age, they tidy the playroom, wash bathroom counters, load the dishwasher, or start a load of laundry. Meanwhile, I clean up the kitchen while nagging — ahem—*encouraging* kids to finish their chores.

Around 6:30, my husband gets our toddler ready for bed and reads him a Bible story from *My First Bible*\* by Kenneth N. Taylor. After good-night songs and a prayer, our toddler goes to bed.

After the older kids finish their jobs, they change into pajamas, brush their teeth, and gather in the living room for an evening devotion.

We pile on our two couches, and my husband reads the Bible story. Currently we're re-reading the excellent book *Family Time*.\* After the reading we discuss the story, sing our good-night hymns, say our good-night prayer, and give hugs and kisses. The kids head upstairs.

By this time it's around 7 or 7:15 p.m. Our 4-year-old goes right to bed. The big kids (ages 6 and up) are allowed to read or play quietly in their rooms until 8. After that, it's lights out.

I suppose the big kids *could* stay downstairs and read or play until 8. But to both preserve my sanity and give me quiet time to work on my at-home business, the early bedtime is a good fit for our family.

## Variations

- On Saturdays, we go around the room as each family member offers a personal prayer.
- When we have a nursing baby, I feed him/her while my husband handles the evening routine himself. Unless he's at a meeting—then it's pure chaos while I try to juggle it all.
- At different periods we've had two separate Bible story times—one for the big kids and one for the littles. We have found that our 2- and 3-year-olds don't do as well with the whole family Bible story because they need more focused attention and a story written at their level.
- When we're out late at an evening event, we do our Bible story and songs in the car on the way home. Then the kids cango right to bed when we arrive home.
- Currently, instead of singing our regular good-night hymns, the kids take turns choosing from a songbook that I typed and printed. It includes familiar hymns as well as all the hymns they'll be expected to memorize at school.

## Challenges

Our routine is great on paper, but real life often intrudes. As the kids get ready for bed, the toddler has a meltdown, siblings squabble in the bathroom, or someone remembers that there's a paper for me to sign for school the next day. During their quiet time, kids argue

about whose turn it is with a book, our kindergartner is upset because his older siblings won't play a game with him, or the older kids come downstairs to tattle . . . one right after the other.

Even in the rough moments, I'm learning to remember that it's a blessing and privilege to serve the little souls right in my house—to forgive them, love them, and exercise patience with them. I thank God for the joy and privilege of raising his lambs!

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*Anna Geiger and her husband, Steve, are raising their six kids in Mequon, Wisconsin. Anna is the creator of The Measured Mom, an education website for parents and teachers. She recommends her family's favorite Bible story books at [themeasuredmom.com/favorite-childrens-bible-story-books/](http://themeasuredmom.com/favorite-childrens-bible-story-books/).*

\*Available at [nph.net](http://nph.net)

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