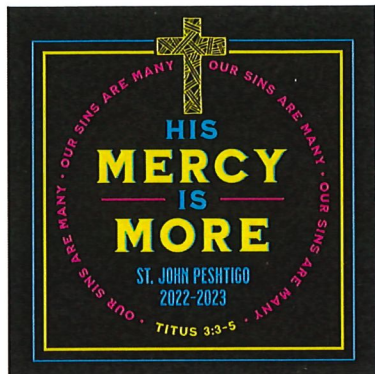


St. John Lutheran School

The Cardinal Chronicle

March 8, 2023



Spring Break

Next week, March 13th - 17th is our Spring Break. There will be no school on those days. We pray you all have a safe and relaxing week off of school. See you back on March 20th.

Upcoming Events

Mar. 8 - Lenten Service - 6:30 pm

Mar. 10 - Chapel devotion - 8:15 am

Mar. 10 - Hot Lunch

Mar. 13 - 17 - Spring Break - **NO SCHOOL**

Mar. 24 - End of 3rd Quarter

Mar. 28 - Joint Parent/Board of Education meeting - 6:30 pm

Mar. 31 - Seroogy candy bar sales money due

Apr. 2 - Grades 4K - 8 Sing in Church with Sunday School children for Palm Sunday



Seroogy Candy Bar Sale

Thank you once again to everyone for supporting our school and CEA through the Seroogy Candy Bar sale. For those who placed another order, we will let you know as soon as the order arrives, in two week's time. Please remember that all money from the sale should be given to Mrs. Sargent no later than **March 31st**. Any checks should be made payable to **St. John CEA**.



Hot Lunch

Hot lunch this week will be pancakes, cinnamon rolls, hash browns and mandarin oranges provided by Langebartels family in honor of Sam's birthday which was in February. The cost is \$2 per person.

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: *How can we protect kids without scaring them?* This article offers valuable insight into a difficult topic.

Family Entertainment Night

This year our Family Entertainment Night will be held on Friday, April 21st. This is an evening of entertainment provided by our school children as well as a fellowship and fundraising event. Please read the attached letter with more information regarding this special event.

Joint Parent/Board of Education Meeting

Parents are invited to attend a joint Board of Education meeting being held on Tuesday, March 28th beginning at 6:30 pm. Please take this opportunity to address any questions or concerns you may have with your Board members.

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 **\$35.01** bringing our total semester offering to **\$288.26**. 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.





ST. JOHN LUTHERAN
CHURCH & SCHOOL

Entertainment Night 2023

March 8, 2023

Dear St. John families,

Family Entertainment Night is an annual event held by our school. This year it will be on April 21st starting at 6:00 pm at Trinity Lutheran Church, Coleman (221 N Louis Ave) in their fellowship hall. The evening consists of entertainment by our school children performing musical selections, skits and/or plays with their classes. There will also be refreshments and a bucket raffle. It is a wonderful opportunity to meet together in fun and fellowship with our school families.

As well as the entertainment, this evening is also a big fundraiser for our CEA. The CEA raises funds to cover CEA outings and other school projects that are not covered in the school budget. Last year we raised money to help with the flooring in Mrs. Myslik's K - 2 classroom. This year, we will help with the flooring in the Grade 3 - 5 classroom. As in years' past, we hold a free will bucket raffle of donated items. Make a donation of any amount and receive an arm's length of raffle tickets to place in the buckets of any items you choose.

This is where we need **your** help! We are in need of donated new items for the raffle. Donation suggestions could be: baskets filled with food items, movie night, crafting kits, spa items, tools, gardening equipment, fishing/hunting items, crafts that you make, gift certificates to local businesses, etc! We will also have a special table for the children to put their names into. Item suggestions for this table could include: art and craft kits, food/movie baskets, toys, kids' fishing poles, games, outdoor playthings, etc. If you know a local business you could ask to donate items, that would be great also. We would greatly appreciate your help in getting these bucket raffle donations together. You can **bring your donations either to St. John's school on April 19th and 20th**, or right to Trinity Lutheran Church, Coleman when you pick up your children from practices (more information will be coming from the teachers regarding this soon). If you have any questions please contact Hanna Maedke at 920-591-1180 or Lisa Sargent in the school office. Looking forward to this wonderful evening with you all!!

Yours in Christ,
Lisa Sargent
St. John Lutheran School Secretary

Heart to heart: Parent conversations: How can we protect kids without scaring them?

 wells.net/heart-to-heart-parent-conversations-how-can-we-protect-kids-without-scaring-them



How can we protect kids without scaring them?

When I was a child, McGruff the crime dog taught us about “stranger danger,” and “Mr. Yuk” stickers alerted us to the phone number for poison control. Boom. My parents’ job was done. We kids knew how to handle dangerous situations.

That’s probably an exaggeration, but it’s how I remember my childhood. Today as a parent I feel like the dangers have multiplied. School shootings. Child trafficking. Cyber stalking. These are the new fears that prey on parents’ minds—and that are splashed on media outlets each day for our kids to hear about and see images of.

So, how do we alert our kids to the dangers around us without scaring them?

Dan Nommensen and Sarah Reik offer practical solutions that we can start incorporating into our lives today.

Nicole Balza

How can we protect our kids without scaring them? I think it’s possible to look at this question and focus on at least two different aspects. The first is the practical reality of communicating issues of safety in an age-appropriate way with our kids (for help with that, see Sarah Reik’s article). But the second part of this question involves my own reaction to

living in a sinful world with all its potential dangers, pitfalls, and challenges for my kids. As I look at this question with that in mind, I have to say, "Moms and Dads, I'm scared! I really am!"

In so many ways we can now get instant access to every newsfeed, channel, blog, app, and site that inconveniently keeps us up to date on all the stories of our broken and sinful world. Then, after all that, it's time to send our kids to the first day of kindergarten or high school or worse—college!

We not only hear all the detailed ways people's lives are hurt, but we also have our own life experiences and the hardships we have had to face. Unlike our kids and their developing brains, we are better able to appreciate consequences, dangers, and even our own mortality. Yep—not gonna lie. I get scared for my kids. At times I think, *How could I possibly do enough to keep them safe?*

An example to consider. Have you ever read the account in Exodus chapter 2 when Moses's mother hid Moses from the king of Egypt for three months when he sent out a decree to kill all the baby boys? Moses's mother did all she could do to keep Moses safe from this danger for the first three months of his life but then came to appreciate the reality that she simply couldn't guarantee he wouldn't be discovered and be put to death. So she made a basket and sent him adrift down the Nile River. By faith and trusting that God would protect her baby, she watched that basket float away. We know how the Lord protected Moses when he was discovered by the Pharaoh's daughter, who saved him from all that could have happened.

This example of a parent's trust in God has given me such relief from my own fear. It has reminded me that *God* is truly in control—not me. As much as I like to think that I have built an impenetrable fortress of safety around my kids, that fortress is nothing compared to the everlasting and immeasurable love God has for my kids.

A God to rely on. The reality of living in a broken and sinful world means that my kids won't be living in a protected bubble here on earth. The absence of all evil and danger will come in heaven. Until then, all the dangers of evil will be present in the lives of my children. Let's remember this—God loves my kids even more than I am capable of loving them. Remember he not only provides his protection, but he also sent his own Son to die for us *and* our children. When my kids feel the effect of their brokenness and face the results of sin, his love and forgiveness are still there.

"Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand" (Isaiah 41:10).

God is there when they start school or work or even their own family. God is there in the midst of all the joys. God is there at the school parties, on the dates, on the bus, in the subway, on the trip to study abroad. God is there to give strength to resist temptations. God

is there when the bad choices are made and consequences come. What a privilege that we have been given to foster faith in our children so they (and we) can always see the Lord's presence.

It seems to me that protecting our kids and talking with them about the scary things in life starts with our own recognition of fear and the opportunity we have to trust our Lord. Let the conversations and teachable moments with our kids flow from a parent's heart of confident trust in God.

Dan Nommensen and his wife, Kelly, have a teenage daughter and a pre-teen son. Dan is also a licensed professional counselor and the coordinator of the Member Assistance Program for WLCFS—Christian Family Solutions.

When my oldest child was very young, we were at our pediatrician's office for his yearly physical. As she was checking him all over, she reminded him that only doctors and Moms and Dads can look at private parts of his body. She said that if anyone else ever does, he should say, "No," and then tell Mom or Dad what happened.

I remember having a mixture of emotions at that time—fear that something so horrible might ever happen to my son, guilt that I hadn't thought to have that conversation with him before the doctor did, and sadness that it's a necessary conversation at all. I was also struck by how matter-of-fact she was as she said those things and how my son seemed unaffected while my own emotions were churning.

How do we talk to our children about staying safe without scaring them unnecessarily? It is an important part of our responsibility as parents to equip our children with tools to keep them safe, and in order to do that, we need to be realistic about dangerous situations they might face. At the same time, I have talked with adults who continue to struggle with fear and anxiety placed on them at an early age from well-meaning parents who were trying to be protective. So how do we achieve a healthy balance in our conversations?

I believe there are two important concepts to keep in mind.

Talk to your children about what they can control. We know as Christians that there has always been sin and evil in the world and there will be until Christ returns. We can't change that. When we focus on stories of bad things in this fallen world that are out of their control, that breeds worry. Let's talk to our children instead about what they *can* control.

Instead of asking, "What are the dangers?" ask, "What are safe choices?" Avoid the phrase "stranger danger," and focus on "stranger awareness." Discuss how to talk to strangers and how to get help from safe strangers. (Statistics tell us that most children are victimized by people they know, so strangers aren't the issue.)

Role-play with your children what they can do if they are in a potentially dangerous situation so that they have a chance to practice and feel confident. Make it fun. (I'm always a fan of role-playing with stuffed animals. They're cute, and then they serve a purpose other than cluttering my house.) Teach confident body language like smiling and eye contact. Teach assertiveness skills. "No, I don't keep secrets from Mom and Dad." "That's not okay, and I'm going to tell someone."

Here are a few clear safety guidelines we can share with our children from early on:

- Know your name, address, and phone number.
- Other than doctors or parents, don't let anyone touch your private parts or tell you to touch theirs.
- Tell a trusted adult if something or someone makes you uncomfortable. Keeping secrets is never safe.
- If you get lost, freeze and wait for the adult you were with to come back and find you.
- Don't share personal information online.
- Respect dangerous items like matches and weapons.

By teaching our children what they can say and do, we empower them instead of scare them.

Control your own fear. I am scared of heights. I am proud to say that my children are not. The few times I've been brave enough to go on a Ferris wheel with my children, I've taken deep, silent breaths, and smiled and gushed about how beautiful it is to be up so high.

When we talk to our children about staying safe, it is important first to be calm ourselves regarding the issue we are discussing. If you find it is difficult to keep your own anxiety at bay, either because you struggle with anxiety in general or because you were the victim of something yourself as a child, seek help from a trusted friend or professional so that you do not pass along your fears.

I can equip my children to help them stay safe, but I cannot protect them perfectly. It always comforts me to remember that my children are God's first. He claimed them by Baptism, forgave them, and made them his own. He has given them guardian angels, and he is working even harder than I am to protect them. Rest securely in that truth, and share it with your children.

Sarah Reik and her husband have four grade-school-aged children. Sarah is also a licensed professional counselor with WLCFS—Christian Family Solutions.

SUBMIT YOUR STORY

Do you have a manuscript, idea, or story from your own life you'd like to share for use in *Forward in Christ* or on wels.net? Use our online form to share it to our editorial office for consideration.

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