



Eagle Edition

November 30, 2017

"It's Still All About Jesus"

Upcoming Events....

Dec. 1, Friday
Nutcracker– Grand Theater– 2nd-8th grade
9:15 a.m. 3K-4K to Newby's Tree Farm
Field-trip, 9:15 a.m.

Dec. 4, Monday
K-8 sings at Senior Christmas Party

Dec. 5, Tuesday

Dec. 6, Wednesday
Chapel– 8 a.m.

Dec. 10, Sunday
Christmas Cantata– 3 p.m. –St. John Students

Dec. 11, Monday
Staff Bible Study– 3 p.m.

Dec. 12, Tuesday
School Board Meeting– 6 p.m.– School Library

Christmas Card Contest Winner Announced

St. John Lutheran School K-8 students have recently completed a Christmas Card project, whereby students were asked to design a card cover containing artwork and a Christmas message. As part of a contest within the school, students took part in designing and revising multiple card drafts. The inside of the card will highlight Christmas worship service times at St.

John Lutheran Church.

5th grade Dawson Hahn has been named the winner of the contest and will receive a gift card for his efforts. Judges of the card contest included four members of the St. John Church Council. All other student-created cards will be dropped off at local nursing homes and rehabilitation facilities.



Dawson Hahn was named winner of the recent school Christmas Card contest.

Pastor's Corner

Grace, mercy, and peace to you from God our Father and our Lord and Savior Jesus Christ; on behalf of the members of St. John we wish you a blessed and joy filled Thanksgiving.

As the pastor at St. John, I am thankful for all the opportunities I have to share the saving message of Jesus Christ with our students. Each week in the St. John 4K - 8 classrooms I get to share about the upcoming weeks Bible lessons. On Wednesday's our chapel services are focused on Jesus and what he has done for each of us.

As you look back at your year there are likely a lot of things you too are thankful for. In the Gospel of Luke Jesus reminds us that we are to always return thanks to God for what he gives us. Jesus had just given 10 lepers the gift of new life through healing their disease; yet only one returned to Him to give thanks for healing. We are not unlike the 9 lepers who did not return, forgetting to thank God for all he gives to us, from our health, family, friends, to our jobs and finances.



Our Lord wants us to give thanks, but when we forget; He does not turn his back on us; He continues to love us. He holds the best gift of all for us, and eternity in heaven with Him. May your Thanksgiving be filled with many wonderful times and memories.

God Bless,
Pastor John

Notes from the Administrator

By Mary Jo Prah

Advent Program Slated

The Advent program for St. John Lutheran School will be held on Sunday, December 10, at 3:00 PM. A soup supper, sponsored by the PTL, will follow the program. The program will be held in the Church, while the soup-supper will follow in the gym.

Christmas Caroling

K-8 students are going Christmas caroling to several assisted living places on Friday, December 15. Students are to wear black pants and white shirts if possible.

Annual Family Feast

Mark your calendars for the Annual St. John Lutheran

School Family Feast for Friday, December 22, beginning at 11 a.m. Families are invited to come for lunch with their children and bring their favorite family Christmas recipe to share at the potluck. We hope to see you there!

No Hot Lunch on Monday, December 4, and Friday, December 15.



Leader's Ledger: *Research on student smart phone use*

By Jeff Reiche,
St. John Lutheran School
Instructional Leader

Smart phones are great, right? There is much to be said about the many conveniences of having access to a mailbox, radio, photo album, library, TV, and newspaper in one small device that can be carried in a pocket. Not to mention the quick access it provides us to family members and emergency services.

However, as you look to provide your children with mobile devices, please take a few minutes to watch **Gary Turk's** You Tube Video entitled "**Look Up.**" His message puts use of smart phones in perspective. The link is below and is a short 4 minute video.

<http://garyturk.com/portfolio-item/lookup/>

The research on smart phone use among students is daunting. In a recent Wall Street Journal article, Nicholas Carr states that smart phones can foster anxiety and undermine performance in students. Even hearing one ring or a vibrate produces distractions that make it harder to concentrate on a difficult problem.



In a recent periodical entitled

"The Marshal Memo," researchers have identified several problems with student smart phone use that I want parents to be aware of.

Test performance – In a 2015 experiment at the University of California/San Diego, 520 undergraduates took tests of fluid intelligence and available cognitive capacity. Subjects were divided into three groups: - The first placed their cell phones in front of them on the desk. - The second stowed their phones in pockets or handbags. - The third left their phones in another room. Students whose phones were in view got the lowest scores; those whose phones were in another room did best; and students whose phones were in their pockets or handbags scored in the middle. Interviewed afterward, almost all students said they hadn't been distracted by or even thought about their phones while taking the tests – but that obviously wasn't true for two thirds of them. A similar study found that students with smart phones in sight made more errors on a test.

Although this research is linked more to high school

students, it certainly should be alarming enough to us that we take the right measures to ensure that our children develop proper use/habits with smart phones.

Sleep Problems— With computers and mobile devices producing a certain amount of "blue light," these light emissions are directly linked to suppressing melatonin, which is our body's sleep hormone. Working on a computer and/or mobile device just prior to bedtime sends a signal to the brain to turn off the production of melatonin, thereby keeping your child awake. Experts maintain that children should not be on computers or in front of TVs for 2-3 hours prior to bedtime to avoid the suppression of melatonin.

FOMO– This acronym stands for "FEAR-OF-MISSING-OUT. It is actually recognized as a self-induced anxiety produced from the thinking that one is missing out on an exciting or interesting event which may be currently happening elsewhere. If you have ever seen someone checking on their phone for messages within minutes of checking earlier, it may be a sign that the phone owns the person and FOMO is controlling the user.

I hope these research insights help you consider guidelines for your child's use of their smart phone in the future!

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Board takes steps to discuss school needs

At the October School Board meeting, members took part in an activity which had them identify the various needs our school will have over the next five years. Each board member took 15 minutes to individually compile their lists before they began to categorize a comprehensive needs list for future consideration.

Needs were then categorized into the following areas including: **Buildings & Grounds, Funding & Finance, Marketing & Public Relations, Leadership & Human Resources, and Instructional Programs.** Over the course of the

next two months, the board will look at developing its core values, governing principles, vital signs, as well as reviewing/revising its mission and vision statements.

In early 2018, the board will decide whether to pursue next steps of a long-range strategic planning initiative with representation from parents, teachers, and congregational members.

