



Thursday, Jan. 6, 2010

Mon., Jan. 10

- Spirit Week: Sports Day

Tues., Jan. 11

- Spirit Week: Look Alike Day (Dress Like A Friend)

Wed., Jan. 12

- Spirit Week: Dressy Day

Thurs., Jan. 13

- Spirit Week: Hat Day

Fri., Jan. 14

- Spirit Week: School Spirit Day
- End of 2nd Qtr.

Mon., Jan. 16

- No School: Martin Luther King Jr. Day

Fri., Feb. 11

- Parent Transport Day - No Bussing

Mon., Feb. 14

- Parent Transport Day - No Bussing

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The Wildcat's Roar

FARIBAULT LUTHERAN SCHOOL—FARIBAULT, MN
FLS IS A SHARED MINISTRY OF
PEACE AND TRINITY LUTHERAN CHURCHES

Tools of the Trade

(Part 2)

"Thy rod and thy staff, they comfort me." Psalm 23:4b

A shepherd's staff is a long, slender stick with a "U" shaped crook at one end. The shepherd, while in the upper range, keeps this special tool with him at all times and it helps him to manage his flock.

Often the shepherd uses the staff to rescue a stray ewe or lamb from danger. While seeking sweet grass sheep can wander onto narrow rock ledges, into thickets of brambles or constricting rock crevices. The sheep find themselves in danger of falling, entangled or unable to back out. The shepherd rescues the sheep by reaching in with his staff

and pulling the wayward member of his flock back to safety.

Our sinful nature causes us to wander, seeking those things which we think we need. We fail to trust that our Shepherd has provided what is best for us. Quickly, we find ourselves ensnared in a situation of our own construction. On our own, we would be lost but our Shepherd intercedes for us and draws us back. The shepherd also uses the staff to gently guide the sheep or to pull them close for a tender grooming or examination. The sheep don't run from the touch of the staff but know to trust its guidance. Our Shepherd uses His Word and the Holy Spirit to guide us and keep us close.

A Note From Miss Nelson

Dear FLS families,

I wanted to give you an update on what has been happening. My recovery has gone very well and I continue to feel stronger every day. I met with my oncologist on Tuesday and I will be getting a port in on Thursday, Jan. 6th and will have my first chemo treatment on Tuesday, January 11. I will have to have a series of 12 treatments, 1 every 2 weeks. This process will take about 6 months. I still plan on coming back to school on January 24th and will teach as much as I can through my chemo treatments. The doctor did tell us that I am considered cancer free and the chemo treatments will reduce the chances of the cancer coming back. It will be a long 6 months but with some rough times, but I know I can get through this. I wanted to sincerely thank you for all of your love, support, and prayers. I consider you all part of my family and couldn't have made it this far without all of you! God's blessings to you all!

- Miss Nelson :o)

For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. Eph 2:8-10 (ESV)

FLS Basketball Tourney

Come and join in the excitement of watching our Mighty Wildcats go into head to head battle with basketball teams from the surrounding area. This event will start, January 14th. We have teams coming from Rochester Central Lutheran, MN State Academy for the Deaf (MSAD), Trinity Janesville, Grace Mankato, Bethlehem Academy and of course the MIGHTY - MIGHTY WILDCATS. This tournament will be held from Friday, January 14th – Sunday, January 16th.

In a showing of team spirit, the student council has requested a Spirit Week for Jan. 10-14:

Mon., Jan. 10 - Sports Day
Tues., Jan. 11 - Look Alike Day
(Dress like a friend)
Wed., Jan. 12 - Dressy Day
Thurs., Jan. 13 - Hat Day
Fri., Jan. 14 - Spirit Day!

Go Wildcats!

Grass for Recess

By: Jack Grevious, 5th Grade

Outside at our school we have no grass and a lot of cement. This cement is ok for playing basketball, but when it comes to other sports such as football, we can easily trip or fall and it can cause some injuries or even certain death. Each year in the United States, emergency departments treat more than 200,000 children for these types of injuries. That's a lot of injuries and we don't want it to happen here. My brother has already got a concussion from hitting his head on the cement. Not a major one but it's bad enough to hurt. About 45% of these 200,000 injuries are severe fractures, concussions, and dislocations. And remember when I said it can lead to death, it's true. Between 1990 and 2000, 147 children died from playground injuries. That's a lot of deaths happening for this reason and is very dangerous. For grass on our playground it would probably cost a lot of money but we could save marathon money. Families may be willing to give some money, at least I would. To me and everybody else, it would just be safer. That's why I think we should get grass in place of the cement.

Basketball Shooting Practice

The FLS gym at Trinity will be open and supervised for shooting practice for basketball players only on the following dates:



Sunday, January 9 - 1:00pm-2:30pm
Sunday, January 23 - 1:00pm-2:30pm
Sunday, February 6 - 1:00pm-2:30pm
Sunday, February 13 - 1:00pm-2:30pm



Please remember that these time is set for shooting practice for FLS boys and girls basketball players.

Healthy Tips

All of us will need to play a role if we are to minimize any illness in our schools. Here are a few things that you can do to help:

1. Teach your children to wash their hands often with soap and water or a hand sanitizer. You can set a good example by doing this yourself. Hands should be washed for at least 15 seconds.
2. Our children should not share personal items like drinks, food, or unwashed utensils.
3. We all need to cover our coughs and sneezes with tissue when possible. The arm or sleeve should be used when a tissue is not available.
4. Know the signs and symptoms of the flu. Symptoms include a fever of 100 degrees or higher, cough, sore throat, runny or stuffy nose, body aches, headaches, and feeling very tired. Some people may also vomit or have diarrhea.
5. **Keep sick children home for at least 24 hours after they no longer have fever or do not show signs of fever, without using fever-reducing drugs. This will help reduce the number of people who may get infected.**
Do not send children to school if they are sick. Any children determined to be sick at school will be sent home. Although school attendance is important, the health needs of our schools and community will likely result in a year where absences are more frequent. Since many of you work, you should give some thought to how a sick child can be attended to if you cannot be home.