



Reformation Lutheran School Newsletter
Week 7 – 10/21/2016

Message from the Principal: Don't Be Afraid

One time, a science teacher and I decided to go spelunking in a cave on the Apache Reservation in Arizona. We packed some lunch, headlamps and water. We thought we were ready. We climbed up a cliff that lead to the cave and started spelunking down into the cave. There were very narrow passages followed by “rooms” that you could stand up in. There weren't any stalagmites or stalactites, but each room was unique in its own way. After lunch, we started exploring again. Soon, my headlamp was dead. The other teacher said we should make our way out because he didn't have an extra battery. It wasn't too long after deciding to leave that his headlamp went dead as well.

I can only speak for myself, but my heart started to race and panic started to set in. I'm sure my breathing started to speed up. After crawling through a few small spaces, we were so thankful to see a light that was penetrating the darkness. It was a way out!

Think of this world. What a dark place! Pick up a newspaper, watch the news, read some news on the internet or any other source and you may agree, the world is a dark place. We see abuse in homes, battles all over the world and news that just makes you cringe. If I allow myself, I get scared thinking about the future of my children and the students here at Reformation. It is during those times that I reflect on the cross.

Jesus came into this world to overcome the darkness. No matter how evil man may be, Jesus defeated death, the devil and the grave. He tells us, as he told his disciples, "DO NOT BE AFRAID, LITTLE FLOCK, FOR YOUR FATHER HAS BEEN PLEASED TO GIVE YOU THE KINGDOM." LUKE 12:32

Update from Mike Ash

The students in grades 3-4 finished our school testing a week ago. They were excited to show what they know about many subject areas like math, reading, science, grammar and social studies. The testing took a whole week, but the students had a wonderful attitude about the testing and worked really hard.

Our class will be attending the musical Elf Jr. this month. The musical is presented by Christian Youth Theater. The kids get to watch a musical that is very well performed and they are able to see how other kids who are in the performing arts use their talents to the fullest.

Basketball practices have begun for the kids in grades 3-8. My 3-4 graders are getting to learn the game of basketball. They get to experience the benefits of working together on a team and working towards a common goal. The boys' games will begin in November in the St. Paul's basketball league.

My 3-4 grade class will be singing God's praises this Sunday, Oct. 23, at the 10:30 service. They will be singing Psalm 91. Come and see them use their God-given singing abilities!

As you can see, Reformation's 3-4 graders are being equipped for their soul, mind, and body with the many opportunities they have this month.

Important Updates:

Candy Donations Are Still Needed for Family Fun Night

We are asking for candy donations to be used as prizes for the kids that attend Family Fun Night. Please bring bags of individually wrapped candy to the office. Thank you!

Almost there! You can do it! We need just a few more volunteers for Family Fun Night!

Family Fun Night is a wonderful, family-friendly outreach event at Reformation with costume contests, cake walks, games, jumpies, food, and so much more. Family Fun Night will take place on Friday, October 28, from 6:00-8:00 P.M. Wristbands for the children are \$5.00. Concession stands will be open so don't forget to bring money for food.

If you would like to volunteer for Family Fun Night, just follow the steps below. It is easy and painless. Here's how it works in 3 easy steps:

1. Click this link to go to our invitation page on SignUp.com: <http://signup.com/go/ANaBrq>
 2. Enter your email address: (You will NOT need to register an account on SignUp.com)
 3. Sign up! Choose your spots - SignUp.com will send you an automated confirmation and reminders.
- Easy!

Note: SignUp.com does not share your email address with anyone. If you prefer not to use your email address, please contact [Mike Ash](#) and he can sign you up manually.

Helpful Hint on Preventing the Flu: Good Health Habits Can Help Stop Germs

1. Avoid close contact. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick. If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

3. Cover your mouth and nose. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. Clean your hands. Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

5. Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs **and then touches his or her eyes, nose, or mouth.**

6. Practice other good health habits. Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

For more helpful information, visit <http://www.cdc.gov/flu/protect/habits.htm> for the Centers for Disease Control and Prevention.

Upcoming Events:

October 23 – Grades 3-4 sing at the 10:30 am service

October 28 – Family Fun Night 6-8 pm

October 30 – Preschool & K-2 sing at 10:30 am service

November 2-4 – No Grade School (Teachers at AZ/CA Teachers' Conference in New Mexico)

November 11 – No Grade School or Preschool (Veterans' Day)

**REFORMATION LUTHERAN
SCHOOL & PRESCHOOL**
COME JOIN OUR FAMILY!
ENROLLING NOW

