

Shepherd's Staff



The Importance of Choral Participation at Church

By: Josie W.

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Have you ever sung in a choir before—whether at church, school, or elsewhere? At some point, you likely have, whether in an organized group or simply as part of a congregation. But did you know that singing biblically-based songs actually praises God and teaches others about Him? Many people are unaware of the significance of participating vocally in church services and choirs.

Why is singing in church so impactful? As Good Shepherd's music director, Mr. Stegman, explains, "Singing in church was God's idea. Job 38 discusses singing taking place at earth's creation—it's possible God sang creation into being! Angels sing at Jesus' birth and all will sing praises on the Last Day, as prophesied in Revelation."

Scripture repeatedly demonstrates how hymns are vital in worship. God desires us to glorify Him through song. For example, Good Shepherd's children's choir teaches young kids the Gospel so they can share it with the congregation, as Mr. Stegman notes: "Isaiah's vision of heaven in Chapter 6 details the ongoing song. These heavenly words are sung in our church services. Singing proclaims the Word, educates people, and exalts God." Many songs we sing connect us to the rich Biblical heritage of worship music and give us a taste of the heavenly chorus to come.

Why have choirs at all? "Choirs provide a great setting to learn music together, but mainly exist to bring God's Word through song to comfort others," shares Mr. Stegman. Singing hymns can help children comprehend Biblical truths. God gifts us voices to rightfully use, honoring Him and conveying Scripture. Mr. Stegman adds, "Some enjoy singing more

than others, but unlike other schools, we don't just sing for pleasure. We sing to fulfill the work God assigned—proclaiming His Word. Choirs help teach music and can perform more complex selections than congregations, but



Jr. High Choir Students

mostly, we teach the faith." While many choirs sing unrelated content, Good Shepherd's choirs focus on pieces reinforcing Godly messages, just as Christ directed in the Great Commission: "Go and make disciples of all nations...teaching them to obey everything I have commanded" (Matthew 28:19-20). As we sing in services or concerts, we announce the Gospel.

How does singing praise God exactly? Says Mr. Stegman: "God is pleased when choirs bring His Word to people. Instruments can support lyrics but are limited. Singing directly conveys God's Word. Most would guess choirs praise God—which is true—but choirs also lead prayer and teach faith to others." Carefully considering lyrics as we sing aids comprehension of hymns, psalms, and spiritual songs. Singing impacts worship more than we realize. Mr. Stegman elaborates, "When our choirs praise, we echo examples like Hannah and Mary praising

God by singing back what He said and repeating His saving acts. Even during praise, teaching happens as singers and listeners alike are reminded of God's work and strengthened." Singing reminds us, God, and others of His presence and miraculous acts. It is responding in gratitude through joyful noise.

How can children's choirs make families desire more church involvement, drawing them nearer to God? States Mr. Stegman: "Consider favorite destinations—a stadium, concert hall. You likely love that venue because you experienced its joys firsthand. In Divine Service, God directly gives us His gifts of Word, body, and blood. This personal encounter with Christ and

the heavenly reality it foreshadows pulls us to return more than any advertisement could." While not all relish church singing, we genuinely need these gifts of God accessible through regular worship. Our musical offerings simply respond accordingly.

In summary, singing may not enthrall everyone, but it remains critical Biblically. God urges, "Serve the Lord with gladness! Come before Him with joyful songs!" (Psalm 100:2). Participating vocally as best we can, individually or in groups, demonstrates gratitude to God as we glorify our praiseworthy Creator. Eighth-grader Lauren K. explains, "Singing gives me opportunities to share God's work using the gift He gave me." Let us applaud God wholeheartedly in song, fully recognizing the blessing choral participation provides.

Serving Christ By: Calista

At Good Shepherd, we are blessed to learn about Jesus daily. While this is crucial, have you wondered, "Do students get chances to help others?" Well, the answer is yes! Students from Preschool to 8th grade complete service projects, which provide great opportunities to serve others as a class, build teamwork, and most importantly, learn to serve Christ by serving others.

Throughout Good Shepherd, students participate in service opportunities. Each class does a different project, from sending cards to veterans to singing at a nursing home. These instill hope in less fortunate families in need.

At all grade levels, service projects benefit students. In Early Childhood, Mrs. Nobbe says, "It allows them to help others and be an example of God's love." Every student learns and grows in faith by following Christ's model of not just serving God but serving others, too. When discussing the 4's singing at the nursing home, Mrs. Nobbe adds, "Seeing the excitement

on the residents' faces when they hear the little voices singing and feel Christ's love is a blessing." This brightens the residents' day while spreading the Gospel.

In 1st and 5th grade, students thank veterans for sacrificing for our country's freedom by making cards and pictures. They learn about

others throughout life. Mrs. Robinson hopes they remember what veterans gave up to serve us, so they too can serve.

In 4th grade, students decorate gift bags for people confined indoors over Christmas. Besides modeling putting others first, Mrs. Batty says, "Most importantly, we discuss how God wants us to treat others - to share His love, compassion, and witness."

Additionally, there are many ways to represent our faith and assist those in need. Anyone can donate time, money, or goods to organizations.

In conclusion, this Christmas many will spend without family or food. For this reason, our school serves charities

like food pantries, nursing homes, homeless shelters, and more. Finally, service projects provide amazing chances to spread faith through actions.



military branches while recognizing veterans' selflessness. Explaining the importance of service, Mrs. Robinson says, "We do them so we don't become selfish and can learn to serve others." As students realize how fortunate we are to live freely, they grasp the concept of sacrifice for

"It allows them to help others and be an example of God's love." —Mrs. Nobbe

Spreading Holiday Cheer in the Collinsville Light Up Parade By: Owen T.

The Collinsville Light Up Parade is an annual event held on the first Saturday in December. Now in its sixth year, the festive nighttime parade brings the community together to celebrate the holiday season. People of all ages brave the cold temperatures to line the parade route and take part in the festivities.

The parade features local school bands with brightly lit instruments, glowing floats from community organizations and businesses, and an abundance of Santa hats. The grand finale is the arrival of Mr. and Mrs. Claus in a horse-drawn carriage. Activities continue after the parade at the historic D.D. Collins House.

For the GSLS marching band, the Light Up Parade provides a fun way to decorate instruments with lights and decorations. The 40 student musicians, ranging from fifth to eighth graders, perform a memorable section from their upcoming Christmas concert piece. Band director Mr. Stegman shares that preparing for the event allows students to practice memorization, playing songs, and

marching together as a group—all while building community spirit.

Eighth-grader and 3-year parade veteran Bradley W. plays alto saxophone in the band. He says the parade's holiday music is "fun, chal-



lenging, and helps us work together." Bradley gave his parade experience a perfect 10 rating, saying it "allows us to not only play music but glorify God." He strongly recommends participating in band to other students.

Similarly, seventh-grade trumpet player Liam D. rates the parade music as "pretty good" and calls the overall experience "a fun

opportunity in music." Liam has marched in the parade for 2 years and gives the event an 8 out of 10. Both students shine as examples of the outstanding musical education provided by band teacher Mr. Stegman.

Principal Mayhew shares that having a marching band has been a long-held vision for the school, made possible by Mr. Stegman's dedication and direction of the 5th-8th grade musicians. The band practices year-round, allowing student talents to shine at community events like the Light Up Parade. For Christians, the symbolic lights of the parade represent Jesus Christ, the Light of the World, who came to save people from darkness. By participating in and enjoying the event, parade-goers reflect His light as well.

The Collinsville Light Up Parade clearly brings holiday joy to participants and spectators alike. It provides a shining opportunity for GSLS students to use their musical gifts, engage with the community, and celebrate the reason for the season.

Bradley gave his parade experience a perfect 10 rating, saying it "allows us to not only play music but glorify God." —Bradley W.

Wi-Fi Troubles Fixed By: Marion H.

Good Shepherd faculty is constantly working to improve the school, from the drinking fountains to the education. One of the most recent updates is a new Wi-Fi system. In fact, the new school Wi-Fi has impacted many areas of Good Shepherd.

Last year, the Wi-Fi did not work well for lots of students and teachers. One 8th grader, Calista S., stated, "It didn't work. We never got on the internet and we always had to come out to the hall." Many students and teachers faced similar experiences to Calista's. The troubles slowed down the class and limited learning time. At last, everyone agreed it was time for new Wi-Fi. Mrs. Maske, the third-grade teacher and technology coordinator, with the help of Mr. Klaustermeier, a parent of a Good Shepherd graduate, and Mr. Buchanan, a student parent, installed a brand new Wi-Fi over the summer.

Aside from students, the

new Wi-Fi makes the teachers' jobs easier. They can easily transition from class to class and open new tabs



without waiting forever. Additionally, they do not have to deal with students getting kicked off the Wi-Fi. The new school Wi-Fi has positively impacted many experiences, including those of teachers at Good Shepherd.

Good Shepherd has blessed all of us with a wonderful education. We get to continually grow and learn through the teachers, staff, and parents who work hard to make our school great. For example, Mrs.

Maske, Mr. Mayhew, and Mr. Buchanan all helped install the new Wi-Fi over the summer. If you ever see someone helping the school like this, it never hurts just to say thank you!

Sometime in the future, the Wi-Fi will need to be replaced again. Good Shepherd will have to pay for these funds through various sources. The new, current Wi-Fi was paid for with money set aside in the budget for technology and the rest was paid for from a grant. Other updates and new items are paid for by fundraisers like Apex, the school auction, and BoBo's Pizza. Good Shepherd makes money from these fundraisers when parents, grandparents, and others donate to support the school. The funds from these events go to improvements like the new Wi-Fi system. In conclusion, Good Shepherd is constantly making the school a better place and experience for their treasured students.

Veterans Day Appreciation! By: Henrik G.

Why do we have school on Veterans Day? Veterans are very important because they fought for the freedom of US citizens. The US would not be here if it weren't for the veterans serving in the Revolutionary War, making them vital to our country.

Some parents may wonder why there's school on Veterans Day, which is reasonable because it's a holiday. For Veterans Day, GSLS sets up an assembly to appreciate our hardworking veterans. Our veterans fought for us and our safety. To set up an assembly all for them has to make them feel great. Making others feel good is a pleasant feeling, so why not? Veterans Day is a holiday and all, but appreciating our veterans is just as important as having a day off, if not more.

The people who serve in one of the branches do it for the citizens of the US. They feel appreciated and seen when they attend the assembly that was set up just for them. Ryan P., an 8th-grade student says, "It shows them that we care for them and appreciate them for all they do." It's important to show our gratitude for them rather than miss school. If we missed school on Veterans Day,

then they wouldn't feel as appreciated if we did have an assembly.

Although Americans may not realize it, Veterans Day is one of the most important holidays for Americans. Josh, an eighth-grade

Americans.

One thing you can do to learn more about why we have school is simply ask. Asking never hurt anybody, and the faculty most definitely wouldn't mind. Another thing you can do is research. Doing research could help figure out most things and maybe even more than what's included in this article. Telling others why there's school on Veterans Day could also save them the trouble of researching and asking.

To conclude, without veterans, the America we know today would not be possible. What veterans did and do for America's freedom is mind-blowing. Why there's school on Veterans Day could be mind-boggling for some. To prevent others from being confused, you could share the information in this article. Thanks for reading!



student, says, "Veterans are crucial to America's freedom, and I believe some overlook that fact." Veterans are some of the most important people in America because they are willing to sacrifice their lives to fight for America's freedom. Celebrating veterans is more important than getting a day off school because of all they do for

"It shows them that we care for them and appreciate them for all they do." —Ryan P.

Bring on the Book Fair!

By: Lauren K.

Do you like shopping? Maybe for...books? Well, if so, you're in luck! Our school book fair has kindled excitement for numerous Good Shepherd students. Before and after school, you may have seen backpacks lined against the library hallway with students eagerly waiting to see what books, pens, erasers, and more they can get their hands on! The books you read can take you to a whole other world when you get cozy and open up a good book. Book fair has given us the opportunity to find a book that you are glued to and feel as if you're friends with the characters. The results of the book fair deliver delighted and thrilled kids who are ready to dig into a good book!

Book Fair is a special event that our school holds to help finance our library and deliver books to students. The school uses a program called Follett to inventory our books and circulate them out to students. Since the cost of this program is high, our school has a book fair. All the proceeds from it go to pay that bill. If there is any extra money left over, it will go to support our library! It can help pay for birthday books, book repairs, decorations, and book covers. It's so important that we support our school book fair so that we can keep our library up and running. This fall, our book fair was from October 31st to November 3rd in our school library. Doors were open from 7:45-8:15 before school and 3:15-4:00 after school. We hope

you had the chance to stop by!

The books that are provided for Good Shepherd's students are only going to help them. You can find zero negative results of reading. 8th grader Josie Wright stated, "I think it is impor-



tant to read. It is very calming and I like to read before I go to bed because it calms me down. It is also educational and helps reading comprehension and vocabulary." Reading is healthy for your mental health and academics. When our school provides books that point our heads in the right direction, we can influence and help others with the knowledge and fun things we learned! Books can change our moods and how we feel about certain things. Third grader Ella Bates said, "My favorite books to buy at book fair are the Owl Rescue books." There are books for everyone and their interests! Several of us have gone from crying our hearts out to giggling and smiling because of our favorite character. Since our school will only give us the best books, we are sure to find emotions inside of the books we buy.

Not only is book fair fun, but it benefits you! Many of us have seen the lovely decorations in our library. But have you wondered how we get them? Notice any new books in the library? What about birthday books? Where do all those goodies come from? The short and simple answer is book fair! If we ever have any leftover money, we can take care of the fun things to have. Our extra money can also help pay for any damaged books. When we support our book fair, we are setting ourselves up for more fun in the library in the future! We are all blessed with the books that we can read.

What can you do? You can go buy from our book fair and read more books! Your teachers love the sight of a reading student. God has blessed so many of us with the ability to read, so why not use it? The book fair takes time and effort so that you can have a blast!

It is so important for all of us to read. As Mrs. Hasamear states, "I cannot stress enough how important it is to read; not only does it unlock success academically, but it helps us to think. As a society, we are not thinking as we used to. If we lose our ability to think, our country is going to be in trouble." Reading can unlock someone's thoughts into yours. We can always find peace through a calm book. They help us think and process things. This is why Book Fair is such an important event.



There's a New First-Grade Teacher

By: Rashiya T.



Yes, there's a new first-grade teacher at Good Shepherd - Mrs. Nehrt! You may be wondering what brought Mrs. Nehrt to GSLCS and more. First off, Mrs. Nehrt is very respectful, faithful, caring, and kindhearted. We are grateful to have this wonderful teacher educating our littlest learners about God.

What made Mrs. Nehrt accept the call to GSLCS? She replied, "I was led to accept the call to Good Shepherd Lutheran Church and School because I love working with children. I hadn't taught in a classroom for 40 years and missed the relationships between teachers and students. I especially enjoy sharing God's grace and the Bible stories." Mrs. Nehrt's favorite thing about GSLCS is the care teachers have for their students. She says, "GSLCS is friendly and caring. It's great

to see children and adults enjoying time together. I'm thankful I work where God's Word comes first and with people who love and respect God and others."

Where was Mrs. Nehrt before GSLCS? She has extensive teaching experience, replying, "I started at Lutheran Central School in Brownstown, IN, teaching 2nd grade for 4 years. After having a daughter, we moved to St. Louis for my husband's seminary. I homeschooled my three kids from 1st through 8th grade. For the past 8 years, I was the librarian for K-5 at Greenville Elementary." Mrs. Nehrt is a skilled reading teacher, saying, "As much as I love teaching reading, I love reading and discussing Bible stories more. Learn-

ing of God's love is quite a gift." Her favorite thing about GSLCS? The wonderful people and teachers united to care for each other.

Does Mrs. Nehrt have a favorite Bible verse? "My favorite is Philippians 4:13, 'I can do all things through Christ who strengthens me.' It was my mom's favorite, too. She's celebrating in heaven the victory Jesus won for believers. This verse reminds me of her faith and I'll see her again someday."

Mrs. Nehrt is a caring, devoted teacher. That's why we feel blessed to have her kindness and passion for educating our littlest Good Shepherd lambs!

We Welcome Ms. Eatherton!

By: Ally P.

When you walk through the halls of 3rd grade, you might hear the sound of laughter and creativity. That is most likely Ms. Eatherton's (our new teacher's) classroom. Ms. Eatherton is a passionate, skilled, young teacher who has been a blessing to Good Shepherd.

Ms. Eatherton is our new 3rd-grade teacher. She teaches the 3-1 class. Ms. Eatherton grew up in Dallas, Texas. She graduated from a huge public high school, L.V Berkner High School, in Richardson, Texas. Later, she went to college at Concordia University Nebraska. She says she chose Concordia because she knew she wanted to be a Lutheran teacher and get a good Lutheran, faithful education. She also said Concordia had a high concentration of Lutheran students and professors, which was important to her.

Ms. Eatherton is a passionate teacher. She states, "I enjoy teaching third grade and hope to continue teaching till God calls me somewhere else." She says her favorite part about teaching is coming up with creative and fun lessons for the children to learn. She shows her love and passion for teaching through her lessons and creativity. Not only is she passionate, but she is also skilled—don't be fooled because this is her first year. Ms. Eatherton is very

skilled. Her students love her and she is smart with teaching, always pointing it towards Christ.



Ms. Eatherton has been a blessing to Good Shepherd. She teaches her children well in the way of God. She does what God has called her to do to the best of her ability. She says she really enjoys teaching children in the way of God and that she enjoys doing Bible studies with her students. Her job is very important as she shapes these children's minds in a true righteous path. She has been a blessing to these children through the Word of God and has touched the hearts of many other teachers. Mrs. Maske, the 3-2 teacher, said Ms.

Eatherton is a very skilled teacher, and she has really enjoyed getting to know her this year. Mrs. Maske also states that not only is Ms. Eatherton a blessing to our school for her organized teaching, but she is also a blessing to our church as well, sometimes playing instruments for the service. We are very blessed to have such an amazing, skilled teacher.

It is important we realize the hard work teachers put into our everyday lives and how blessed we are to have a good, skilled Christian teacher like Ms. Eatherton. Good teachers who care about our souls and teach us in the way of God are so valuable, and sadly, they are getting harder to find. So we are very grateful for Ms. Eatherton's arrival and her amazing work at Good Shepherd.

Ms. Eatherton has been a great blessing for Good Shepherd and we can't wait to see what she will do next! We are so grateful to have such an amazing Lutheran faithful teacher who sincerely cares for her students. We hope Ms. Eatherton will be with us for a long while yet. We celebrate her arrival and are excited for her upcoming marriage this summer!

Get to Know Mrs. Cross

By Lily W.

Some people may be wondering, "Who is Mrs. Cross?" "What does she teach?" or "What is she like?" This article will answer those questions. Mrs. Cross is an amazing new addition to this year's faculty.

Mrs. Cross knew in high school that she wanted to teach. She substitute taught at Good Shepherd previously. She grew up in South Dakota and graduated from Concordia University with a degree in Elementary Education, her Lutheran Teaching Diploma, and a Special Education certificate. Though she considered becoming a veterinarian, she explains, "I always wanted to be either a teacher or a veterinarian as a kid. When I started high school, I began helping in the resource room and realized how much I loved teaching." After graduating, she moved to St. Louis and taught at two Lutheran schools. She married her husband in 2009, and they have three daughters - Vivian, Alison, and Annalynne.

Mrs. Cross aims to share God's love while helping students grow academically. One favorite part of teaching for her is interacting with

the kids and families. When students argue, she has them stand facing each other, ready to listen and take turns expressing their frustrations.



During free time, Mrs. Cross lets students read independently. If they struggle with a concept, she uses small groups for reteaching.

The kids love being in Mrs. Cross' class. They work on art projects - Tucker and Camrin enjoyed making a scarecrow, while Sam's favorite was the deer project. Camrin says her favorite thing about Mrs. Cross is that she's fun. Sam added, "She lets us play sports in the parking lot."

Mrs. Cross is a wonderful, joyful teacher. So if you see her, be sure to wave hello and welcome her, showing appreciation for how hard she works teaching the 2nd graders!

Welcoming Ms. Rebbe

By: Brady R.

What makes a good teacher? Good Shepherd is lucky that Ms. Kathleen Rebbe has joined our school this year. She has been a wonderful addition to our school family for many reasons. The students and other teachers all agree she does a great job teaching academics and about Jesus. I also think Ms. Rebbe joining Good Shepherd is an amazing gain for our school.

Ms. Rebbe has a niece and nephew who attend Good Shepherd who told her about it before she joined. When asked why she wanted to teach, Ms. Rebbe said, "I wanted to be a teacher because I wanted to make an impact on my community and future generations. I also like being around kids! Their curiosity about the world makes my days interesting while also reminding me there is always something new to learn." She also says, "My favorite thing about teaching is making positive connections with students. I hope to make a lifelong impact on them, as my former teachers did on me." This demonstrates Ms. Rebbe's passion for

teaching and learning.



Ms. Rebbe's teaching partner, Mrs. Batty, agrees she is doing great. When asked how Ms. Rebbe improves Good Shepherd, she says, "Ms. Rebbe is enthusiastic and loves her students. She shares Jesus and what He has done for us each day, and this is the greatest contribution teachers here can make. Ms. Rebbe works to make all students feel special and cared for. She enjoys

seeing them work together and learn new things. Ms. Rebbe looks for ways to make learning fun and meet her students' needs." Once again, this shows Ms. Rebbe is a valuable addition to our faculty. Another way Ms. Rebbe assists Good Shepherd is by coaching volleyball. When asked about the experience, she said, "Being the volleyball coach was fun! The girls worked hard on their skills, and I loved watching them grow as a team. We were mindful all season that we play to glorify God. Although winning isn't the priority, we did have some thrilling victories and even brought home a trophy." The team was fortunate to have her coach and teach Godly ideals.

I believe Ms. Rebbe is here to stay at Good Shepherd for years to come. We should all be grateful for this amazing new teacher. Ms. Rebbe will forever impact her students with her creative teaching style focused on faith and learning.

Getting to Know the New 6th-Grade Teacher, Mr. Lingel

By: Dylan L.

This year, 2023, GSLS added 9 new teachers to our faculty, increasing it by nearly 1/3. One of those teachers is Mr. Lingel, the new 6th-grade teacher. This interview will provide some background and personal details about him.

Diving into the interview, let's start with some basics. Mr. Lingel grew up in California and has three younger sisters. He went to college in Indiana. He began teaching when he was 23; he taught at schools in Chicago, Troy, and Effingham. This year marks his 20th year of teaching. He has been married for 15 years. At the time of the interview, Mr. Lingel liked the color green, and his favorite food was hamburgers, though he says "favorites change from time to time."

When asked to describe his personality, Mr. Lingel stated that he considers himself a teacher, actor, writer, gamer, and reader. He describes himself as kind, honest, and sarcastic. His favorite Bible verse is Philippians 4:4-7. He said this verse reminds him of what he needs from Scripture - to praise God.

Mr. Lingel came to GSLS when he was looking for a teaching position in this area and saw Mr. Mayhew was hiring. He had worked with Mr. Mayhew



previously and accepted the 6th grade position. His opinion so far is that GSLS is "Fine, 10 out of 10 rating," and we have been very welcoming. He also stated that "Mr. Mayhew was the real deal." Though his students can be chatty at times, Mr. Lingel sees them as mostly hardworking. He wants to hear that his students do well in their future jobs, school, and lives. Since Mr. Lingel is an actor, he

wishes GSLS had a theater class. Overall, he would like to stay at GSLS as long as he can.

We are fortunate to have passionate teachers like Mr. Lingel join the GSLS faculty. I'm sure his kindness, honesty, sarcasm, and love of gaming and reading will resonate with students. We welcome Mr. Lingel and all the new teachers to the GSLS family.

Ms. Wallace: The Newest Junior High Teacher

By: Bradley W.

Are there any new teachers at Good Shepherd? Yes! There are many new teachers. One of them is Ms. Wallace, who is the newest Junior High teacher at Good Shepherd. Ms. Wallace is a positive, helpful, and caring teacher, and we appreciate the work she has done for her students.

Ms. Wallace, along with Mrs. Hasamear, is a seventh-grade teacher. She teaches seventh-grade geography, math, health, art, and physical education. She also teaches eighth-grade science. Rashiya, one of the eighth-grade students, said, "I enjoy Ms. Wallace's science class. This is because she always does an exceptional job at explaining the day's lesson, which makes the homework much easier to comprehend." Ms. Wallace cares about her students. She does this by helping them to understand the lesson. Rashiya later said, "Ms. Wallace is very amiable in what she says and does. She is an amazing teacher to have!"

Ms. Wallace is a kind teacher who shows her students kindness and wants them to feel like they are being heard. Ms. Wallace said, "In seventh grade, the students are able to voice their opinions even if they are contrary to mine, and they feel safe to

share their opinion." Ms. Wallace wants her students to feel comfortable in having their own opinions, even if they disagree with her own. She wants her students to feel like their voice is heard. Rashiya said, "Ms.



Wallace impacts me by her kindness, she is very understanding and is always willing to help me on any assignment, she always gets me back on my feet."

Ms. Wallace also helps her students by being a Christian role model. According to Mrs. Hasamear, "As a colleague, Mrs. Wallace demonstrates empathy, approachability, and resourcefulness. She lends a

helping hand to struggling students and co-workers, leading by compassionate example. She embodies kindness and determination in equal measure," Rashiya stated, "Ms. Wallace has helped me grow in faith by her positive attitude. She displays the way a true Christian should speak and act."

To conclude, Ms. Wallace is the newest junior high teacher who is extremely kind and hardworking. She wants her students to feel heard, and she is an amazing colleague to many teachers. If you ever see Ms. Wallace in the hall or in your classroom, make her feel welcome. Smile, wave, or thank her for joining our Good Shepherd family.

Understanding ADHD in School

By: Olivia L.

In most cases, ADHD is inherited from one or both of the parents. In addition to genetics, scientists are studying other possible causes and risk factors, including brain injury. ADHD can cause students to have trouble focusing in class and trouble understanding what the teacher is teaching.

ADHD is most commonly diagnosed when children are in elementary school. It can present differently in different people. For some people, ADHD can cause problems like blurting out, difficulty focusing, or fidgeting. For others, it can cause issues like social anxiety, inability to focus, or constant movement. A couple of things teachers can do are allow quiet fidget toys like acupressure rings, bike chains, or marble mesh to help students focus. Teachers can also try to be more understanding when a student isn't grasping the material. I have experienced symptoms like difficulty focusing and not always understanding things right away. Most of the time, I get it, but sometimes I struggle to concentrate fully.

ADHD is one of the most common childhood neurodevelopmental disorders, usually first diagnosed in youth. It often continues into adulthood.



Children with ADHD may have issues paying attention for long periods, controlling impulses, or sitting still.

ADHD manifests differently in each person. In a 3-year-old, it could present as avoiding activities that require a sustained attention span. In a 6-year-old, it might show up as listening challenges, not following directions, making careless mistakes, getting easily distracted, daydreaming, losing belongings, not finishing work, and boredom. For teenage girls, it could include oversensitivity, daydreaming, losing focus, disorganization, and forgetfulness.

Not everyone with ADHD requires medication for treatment. There are many non-drug ways to manage ADHD, like sticking to healthy sleep routines, correcting nutritional deficiencies through diet, exercising regularly,

and using organizational tools/reminders. Since different things work for each person, it can help to try new strategies one at a time.

ADHD stems from differences in brain function that uniquely impact attention regulation and behavior. For instance, people with ADHD get distracted more easily than their peers. ADHD makes it harder to focus, listen, wait patiently, or work methodically. Having ADHD affects schoolwork, home life, and friendships. Some common school issues include tardiness, absenteeism, frequent mistakes, and trouble finishing expected work.

Here are some tips for teachers to help students with ADHD: Allow quiet fidget items to aid concentration during lessons; demonstrate patience when concepts aren't clicking right away; permit standing breaks as needed since movement helps some focus better; and seat the student up front to limit distractions from classmates. Implementing small adjustments can really support their learning and success.

Bullying Needs to Stop

By: Ryan P.

Bullying is very bad and should not happen. Why do students bully other students? I think bullying is terrible and needs to end. Bullying is an attempt to make yourself superior to others. Bullies only act this way to improve their own self-image.

Bullying involves repeated aggressive behavior where one or more people physically or emotionally abuse their peers. Many bullies do this for attention or to assert dominance. They want to control others and boost their social status.

If you witness bullying, don't just stand by - take action. As Henrik, an eighth-grade student, states, "If you see a bully picking on someone, you should tell a teacher or try to stop them. The right thing to do is tell a teacher, but if there isn't one around, you should intervene."

If you are being bullied, report it or stand up to the bully. As Brady, another eighth-grade student,



advises, "If you are being bullied, report it to your parents or teachers." Don't let the bully mess with you - fight back. If you let them get away with it, the bullying will likely continue.

You can help stop bullying. Report any incidents to a teacher or parent. You can also directly tell the bully to stop so they know their behavior is unacceptable. If parents are aware of bullying, they should notify the school. The school should suspend any student who bullies so that the negative interactions cease. As Henrik suggests, "The teacher should separate the bully from other students."

Without bullies, students will feel safer and able to focus on building positive connections. Removing bullying behavior ensures students can learn in a supportive environment free from fear.

The Importance of Personal Hygiene

By: Teagan W.

Personal Hygiene is one of the most important topics when it comes to being in public around others. Getting others sick because of bad hygiene is not kind. However, sometimes people don't realize they have bad hygiene, and that's okay. It's not your fault if you aren't getting the help you need, and no one is giving you tips on how to improve your hygiene. After learning about how to improve hygiene, it's not that hard to do. That's why personal hygiene is extremely important.

First off, personal hygiene doesn't just include showering and/or bathing, but other things too, like washing your hands, brushing your teeth, using deodorant morning and night, combing your hair, changing bed sheets at least twice a month, wearing clean clothes every day, etc. Many of these examples are forgotten by most people to an extent that it will start to affect physical well-being. Calista S. stated, "Personal hygiene is very important, and washing your hands is probably the easiest form of hygiene because it's so simple." As you can see, all forms of hygiene are easy because it's just self-care.

Secondly, when starting to notice changes because of your hygiene, that's when it has become a major issue. Caring for your health is very important, and deciding to ignore the signs of bad hygiene is not

okay. Marion H. stated, "When you don't care about hygiene or staying healthy, that can have a bad effect on physical and mental health. That doesn't only include yourself though. This can have an effect on others'

viruses, and parasites. Amanda Wilson says, "As a mom, my children's health is very important to me. I make sure that they always have good hygiene so that they don't get diseases. I think it's extremely important that other children get the same treatment from their parents, and that their parents will help them with their bodily changes as best they can." Parents do try their best most of the time, but when it comes to hygiene there is no excuse. Caring for your child so they don't get sick is not hard.

In conclusion, personal hygiene is vital for your physical and mental health. Bacteria build up from bad physical care is really unhealthy for your body and for others' well-being. Calista S., Marion H., and Amanda Wilson also agree that if bad hygiene starts affecting your daily life, it's time for a change.



mental health as well." Marion is entirely correct with this statement, because being around others who have terrible hygiene can start to affect your well-being, which is why it's extremely important to give that person suggestions on how to improve their physical hygiene.

Also, bad personal hygiene has a major impact on your body. For example, not washing your hands after touching a filthy surface such as a toilet, the ground, or a door handle can cause bacteria build up,

A Message from the Writers

By: The 8th-Grade Class of 2024

The students of the eighth-grade journalism class at Good Shepherd School want to express their sincere appreciation to all the readers who took valuable time to read the articles produced this semester. It was the first time many of these budding journalists tried their hand at this craft, but they dutifully researched relevant issues and events, conducted interviews, and synthesized the information into what they hope were engaging and informative pieces.

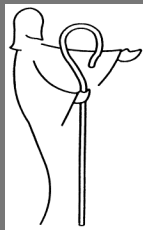
In highlighting school happenings, it was the students' inten-

tion to offer the community a window into the many wonderful things that make Good Shepherd a thriving learning environment



As we head into the Christmas season and the new year, these young writers wish readers joy and peace. They are proud to attend a school centered in Christian faith and values like compassion and

service, which now motivate them in small ways to make the world a little better. The skills and confidence they have gained fill them with excitement to continue creating quality journalism focused on community uplift. Please keep reading and please keep supporting the students of Good Shepherd now and in the future.



About *Shepherd's Staff* Writers

This edition of *Shepherd's Staff* was written, edited and published by Good Shepherd Lutheran School's Journalism 101 class, which is composed of eighth-grade students. The newspaper is a culminating project of this semester-long course. During this class, students analyzed many local and national news articles. They learned the key components of a news story, the importance of a good lead, and the value of citizen interviews.

Students were involved in every step of producing and publishing this newspaper. In addition to writing the stories, they also determined the newspaper layout and the arrangement of the articles.