



# Good Shepherd Charger News

"Rooted in Christ" Colossians 2:6-7

All School Newsletter  
February 16, 2024

## Charger Headlines...

### Calendar of Events

#### Friday, February 16

- Boys Basketball C Team Staunton Tournament 4:30 p.m. vs Staunton
- Girls Basketball C Team Staunton Tournament 7:00 p.m. vs Zion Belleville

#### Saturday, February 17

- Boys Basketball C Team Staunton Tournament TBA
- Boys PeeWee Basketball 9:15-10:15 a.m.
- Girls Basketball C Team Staunton Tournament TBA

#### Sunday, February 18

- Boys Basketball C Team Staunton Tournament TBA
- Girls Basketball C Team Staunton Tournament TBA

#### Monday, February 19

- NO SCHOOL - Presidents' Day

#### Tuesday, February 20

- Boys PeeWee B-ball Game 6:30 p.m.

#### Wednesday, February 21

- Lenten Services 4:30 and 6:30 p.m.

#### Thursday, February 22

- Chapel Service 8:25 a.m. (Gr 2-8)
- Chapel Service 8:55 a.m. (ECC-Gr1)

For more information:  
[gslcs.org/calendars](https://gslcs.org/calendars)



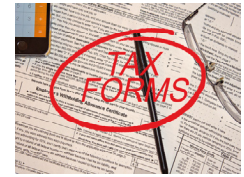
### NO SCHOOL - Presidents' Day - February 19

There will be no school Monday, February 19th in honor of Presidents Lincoln and Washington's birthdays.



### Tax Forms

Families needing to print statements for tax purposes, please follow the steps below. If you have trouble or need assistance please contact Mrs. Osborn in the school office.



Log into your FACTS account > Payment Plan & Billing > View Details > Select Correct Term > View Payment Summary > Print

### Resale Shop - February 24

Mark your calendar to stop by our **Resale Shop** on **Saturday, February 24th** from **9:00 a.m. to noon** in the school cafeteria. You'll find everything you need in all sizes for spring and fall! This is a great opportunity to purchase gently used standardized dress clothes and Good Shepherd Chargerwear at bargain prices.



**Parents**, if you have any clean, gently used, outgrown school clothes, you may drop them off at the office any time prior to the sale. Thank you.

### GSLCS Open House for Prospective Students

Parents, please share with your friends, neighbors, and others you know! Good Shepherd will host an open house on **Sunday, February 25th**, from **1:00 p.m. to 3:00 p.m.** Come visit our dynamic school, tour our campus, meet our faculty, and get answers to questions about everything from academics and extracurriculars to tuition and financial aid. For more information, call the school office at 618-344-3153.



### PeeWee Boys Basketball Game

Our pee-wee boys team has been working hard learning the basics of basketball. You are invited to attend their game on **Tuesday, February 20th** at **6:30 p.m.** Please support their efforts and come cheer our future Charger athletes!



PeeWee Basketball

# Charger Headlines Continued...

## Pastor's Corner

It's not too late to join our class Tuesdays at 6pm - A Simple Explanation of Christianity: What do we believe? Why do we believe it?

We will cover such topics as: What is God's Word? Is it still relevant? Does it matter what you believe? What do the Ten Commandments mean for us today? What is the Gospel? How is someone saved? What is Baptism? Who should get baptized? What is the Lord's Supper? Why do we need it? And more!

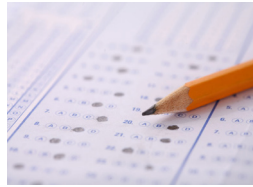
If you are interested in what we believe and confess, if you are looking for a church home, or even if you are just curious, we would love to have you! Please email Pastor Packer at [pastorandrewpacker@gmail.com](mailto:pastorandrewpacker@gmail.com) if

you have any questions, or if you plan on attending. We will meet in the lower level of the church.



## Achievement Testing

Achievement tests will be given **March 11-20** for all students in Kindergarten through Grade Eight.



## Substitute Teachers

Good Shepherd Lutheran School is looking for kind and caring substitute teachers to ensure our students continue to thrive when teachers need to be out of the classroom. Substitute teaching is a great opportunity for future teachers, stay at home parents, retirees, part-time employees and any adult who wants to make a difference.

We provide substitutes a flexible work schedule that can be tailored to your needs. This includes choosing the grade level(s) and/or subjects you'd like to teach. If you are interested or know someone who may be interested in being a substitute teacher for Good Shepherd, please call the school office 618-344-3153 and ask for Jennifer Osborn.



## Something to Consider...

**Can you depend on God?  
Promises about Who God is....  
God is Strong:**

**My flesh and my heart may fail,  
but God is the strength of my  
heart and my portion forever.  
Psalm 73:26**

**The name of the Lord is a strong  
tower; the righteous run to it  
and are safe.  
Proverbs 18:10**

**I love you, O Lord, my strength.  
Psalm 18:1**

**Blessed are those whose  
strength is in you, O Lord  
Psalm 84:5**

**The Sovereign Lord is my  
Strength; he makes my feet like  
the feet of a deer, he enables me  
to go on the heights.  
Habakkuk 3:19**

**Take the opportunity to share  
God's promises from holy  
scripture and allow the holy  
spirit to work in them.  
Blessings on your journey!**

**Robert Mayhew, Principal**



## In Our Prayers This Week

Each week this school year, the faculty will be praying for the students and their families. Next week we will be praying for Gavin G., Savannah G., Francesca H., Isla J., Lucy P., Amelia R., Holden W., and Grant W.

Please join us in prayer.

**The purpose of Good Shepherd Lutheran School is to provide each student with a quality Christian Education. We recognize that this begins with the premise that Jesus Christ is our Lord and Savior and in Him we have eternal life. The curriculum and all activities are developed around this premise.**

# Charger Headlines Continued...

## From Our Counselor

As a parent, you have likely witnessed emotional dysregulation. We may witness our child hitting, kicking, screaming, crying, holding their breath, etc. Emotional dysregulation can be similar in adolescents, but may be expressed differently. Usually there is no build-up that leads to emotional dysregulation. The car goes 0-60 in 2 seconds flat. Emotional regulation is not a skill that we are born with. Instead, it is a skill that we must practice and as children, it is important to have this skill modeled for us in as many areas of our lives as possible. The prefrontal cortex is the part of our brain responsible for focus/attention, predicting consequences of actions, coordinating/adjusting complex behaviors (I can't do a before b), impulse control/managing emotional reactions, and anticipating events that happen in the environment. The prefrontal cortex plays a big part in emotional regulation, so understanding that this part of the brain is not fully developed until 25 years of age, helps reframe negative thoughts many have developed about children experiencing emotional dysregulation. Just remember there are no kid-sized emotions. The same emotions that we experience as adults are the same emotions that our kids experience. Think of a time where you experienced intense anger/frustration. Think back to the way your body and mind experienced that emotion. Now imagine that same feeling being inside the body of a 5-year old. It's a lot to handle!

What can we do to help our kids through these more intense emotions? Deep breathing is a great way to help. There are so many fun ways to teach kids deep breathing from volcano breathing to cowabunga breathing techniques. Physical activity is another way to help reset the brain during emotional dysregulation. Jumping jacks or going for a quick run can help the brain snap back into action. For children who don't like to be touched or need space to calm down, creating a calm-down corner in your home can be beneficial. This is a safe place, usually filled with soft items and coping skills/options that a child can use to help deescalate. Once the child is calm, parents can enter the space and reflect on what happened. Name the emotion and make sure you explore ways to manage that emotion in the future. Our kids and adolescents need help naming emotions, so practicing this skill is incredibly helpful.

Finally, if you as the parent become dysregulated (hey, it happens!), remember to model healthy self-regulation. Give yourself grace because these skills take practice. Practicing these skills will increase self-awareness and emotional intelligence.

## School Tool Box

Please see flyer following the newsletter about ordering school supplies for next year and have them delivered directly to your home!

## Variety Show

The Variety Show is back! The GSLS Variety Show will be held **Friday, April 5th** at 7:00 p.m. We invite any students, families, and staff to participate! Please look for the audition form and information about auditioning for the show at the end of the newsletter. We are looking forward to seeing all the talent at Good Shepherd!



## Congratulations

The A-Team Boys' basketball team has been accepted to participate in the Lutheran State Tournament on March 1-3 at Arlington Heights, IL. More details about a Pep Assembly on February 29th will come later.



# Good Shepherd Lutheran School

This year's variety show will review the many talents of individual students, groups of students, or family acts. (Parents are invited to participate with their children.)

The variety show will be Friday, April 5, 2024 at 7:00 P.M.

## Audition information:

- We are accepting video auditions. If you would like, you may request an in-person audition. Email submissions to Mrs. Betty ([jbetty@gsles.org](mailto:jbetty@gsles.org)) or Mr. Lingel ([clingel@gsles.org](mailto:clingel@gsles.org))
- Audition forms must also be submitted to the school office, your child's teacher, or by email to Mrs. Betty or Mr. Lingel. Please complete the following information as it should appear in the program.
- All auditions must be submitted no later than Friday, March 8th.
- All acts should be presented just as they will be performed on the night of the Variety Show. If you are not prepared to perform your act as you would the night of the Variety Show, please save your act for next year.

## GUIDELINES:

- There will be a 4-minute time limit for each performance. (Some performances may, by their very nature, be such shorter than a full 4-minute slot.)
- All acts must exemplify the standards of Good Shepherd Lutheran School. (This includes musical selection, lyrics, and manner of dress.)
- Each act will be required to audition. Please have sheet music, CD, and a copy of the lyrics. (The Internet provides sites for hard-to-find lyrics.)
- Each person auditioning must turn in a permission slip signed by a parent/guardian.

Please plan to attend the dress rehearsal on Wednesday, April 3rd, beginning at 3:30 P.M.

**NO LATE FORMS WILL BE ACCEPTED!**

INDIVIDUAL       GROUP (Please list all participants): \_\_\_\_\_

Name \_\_\_\_\_ Phone # \_\_\_\_\_ Grade \_\_\_\_\_  Dance       Voice

Musical Instrument \_\_\_\_\_  Other (lights, etc.) \_\_\_\_\_

Musical Selection (Title and Composer/Artist)

\_\_\_\_\_

## Permission to perform:

I am aware of my child's intentions to perform in the GSLS Variety Show 2024 and will help my child prepare for his/her performance according to the guidelines outlined above.

I understand that the Variety Show Committee reserves the right to refuse my child's act.

Signature \_\_\_\_\_ Relationship to the child \_\_\_\_\_ Phone # \_\_\_\_\_

# Order online **today!**

## Dear parents,

We are happy to announce that we have chosen to sell prepackaged school supplies for the next school year through School Tool Box.

Want to avoid the back-to-school rush?

- Put your zip code in the box at **SchoolToolBox.com**
- Find the school, then choose your child's new grade

Each supply box matches your teacher's approved list. You can add extras or remove what you don't need. After you pay online, supplies are shipped directly to your home address.

**It doesn't get easier than that!**



**SCHOOL TOOL BOX**  
**schooltoolbox.com**  
800-952-1119

Your order supports



**One Box, One Meal**

## School Name:

Good Shepherd Lutheran School  
Collinsville, IL 62234

## Ordering Available:

February 15th

**Allow 10 days for processing.**



Notes



Scan here to view your school's boxes and place your order today!

