



The Crusader – Parent Information Note (PIN) February 2020

UPCOMING DATES AND ACTIVITIES

Friday-Sunday, February 21-23	Girls & Boys C-Club Basketball Tournament @ Concordia, Seward
Sunday, March 1	Last Day for Early Registration Discount
Sunday-Saturday, March 1-7	National Lutheran Schools Week
Friday, March 6	Grandparents Day
Saturday, March 7	Pancake Feed in the gym from 7:00a-12:00p
Wednesday-Friday, March 25-27	NO SCHOOL – Spring Break

QUIZ BOWL

Congratulations to the Zion Quiz Bowl team for taking first place in the Horizon Middle School Quiz Bowl Invitational! The Zion Quiz Bowl team members are: Jase Blattner, Isaiah Gaunt, Addison Helmbrecht, Dillon Kusek, Abigail Lange, Ayleigh Porter, and Aadi Silwal. Zion went undefeated in the double-elimination tournament, defeating Kearney Catholic 8th grade 45-35; Horizon Middle School 60-50; and KCHS 8th again 85-30. This was the first of three quiz bowl tournaments that the team will participate in this spring. To God be the Glory! Soli Deo Gloria!



BOOK FAIR

The theme for the book fair is Book Fair Jungle-Elephants, Tigers, Books, Oh my!

The book fair is coming! It will be from March 2-7, 2020. Our students look forward to this great event during Lutheran Schools Week, March 1-7. Every year the proceeds help us add dozens of new titles to our school and classroom libraries.

Your help is needed to make this a fun and valuable event for our school. We need a lot of help this year! Here are some examples of opportunities to help:

- Setting up the displays
- Organizing the used book fair
- Donating single serve snacks
- Cashier before and after school
- Packing up the fair

Scholastic organizes a user-friendly fair for us. It's a fun, easy-going week! If you are able to participate or learn more, please contact Liz Gaunt (liz.gaunt@zionkearney.org – 308-234-3410). We are grateful for your help!

LENT SERVICE SCHEDULE

Wednesday, February 26 is Ash Wednesday. This will begin special Wednesday evening services through the Lent season. Each Wednesday beginning at 5:30 p.m. a different group will be serving a meal with worship beginning at 7:00 pm. Please feel free to come worship at Zion on Wednesday evenings during Lent.

All Zion Lutheran School families should have just received our P.E.A.C.E. Auction and Dinner donation letter. We ask for your support on this important fundraiser. A lot of help is required to have a successful auction. Below is a current list of ways you can volunteer:

- Collect auction items from businesses that have items to be picked up
- Call businesses to request donations
- Talk to your place of business and to see if they are able to donate to the auction. Close to 500 area businesses have also received the donation letter but personal connections usually help in receiving donations.
- Bundle and assemble silent auction baskets
- Provide ideas and help with procuring live auction packages
- Donate to the class baskets. In the following weeks, teachers will decide on a class theme and notes will be sent out requesting donations.
- Attend the auction and dinner as well as invite friends and family. The P.E.A.C.E. Auction and Dinner is a great time of fellowship and a great evening to celebrate the opportunity of Christian education. Reservations can be made at the office or online.

If you are interested in helping out with the auction in any way, please stop by the office or email

zionkearney@hotmail.com. Thank you.

REGISTRATION

Zion has begun registration for everyone. If you know of anyone that is interested in attending Zion please encourage them to register.

The last day for the early registration discount is March 1st, so don't delay. If you register your Kindergarten-8th grade student(s) before March 1st ½ of the registration fee will be applied toward your tuition.

PANCAKE FEED

On Saturday, March 7th the Zion School Foundation will hold their annual pancake feed on Saturday, March 7th in the Zion school gym from 7:00am-12:00pm. Plan on attending for good food and to support Zion Lutheran School!

TUITION PAYMENTS

Reminder to families who pay their tuition in 2 payments, second semester tuition is now due. Payments may be dropped off at the office.

SCHOOL LUNCHES & MILK

Student lunches will be \$2.60 and extra milk will be \$0.50. Adult lunches are \$3.75. There will be 18 meals served in February. If your child eats lunch every day the cost will be \$46.80. If your child has milk every day at snack the cost will be \$9.00. Both lunch and milk will be \$55.80.

PICTURES

We are collecting pictures that parents and staff have taken of field trips, classroom activities (gingerbread houses), parties (Thank You God, 50th Day of School), sporting events, etc. We would like to try to use these pictures for the slide show that is made for the PEACE Auction and Dinner and/or for the yearbook. If you have taken pictures and are willing to share, you can email them to school@zionkearney.org or bring a disk or memory card into the school office for Jessica to upload to our computer. The more pictures we have the better, so please share your pictures if you have them. Thank You!

CHAPEL OFFERING

The offering that is collected this year during chapel on Wednesday mornings will be going for different missions each quarter.

GRANDPARENTS DAY

We are excited to continue the tradition of celebrating Grandparent's Day this year on Friday, March 6 for all Kindergarten-8th grade students. Please invite your child's grandparents! If your child does not have a grandparent who is able to attend, you are welcome to invite a family friend. We also know many special friends of Zion who would be thrilled to spend the afternoon with your child, so we will be able to see that your child has someone to be with during the day.

GIFT CARDS/SCRIP

Zion currently carries gift cards for over 30 local businesses. You can use the gift cards for everyday expenses such as food, gas, clothing, etc. With every purchase you earn revenue for you and Zion School. Our organization buys the gift cards from Great Lakes Scrip Center at a discount and re-sells the certificates to families like yours for full face value. The discount – from two to fifteen percent or more – is our organization's revenue. When you enroll in Zion's Scrip Program, **you are able to apply 50% of the credit you earn toward tuition** and 50% to the Zion Lutheran Building Fund. There are several families that take advantage of this and this has paid for several months' tuition for their family. It is a great program. Stop by the school office to purchase gift cards or to find out more information!

PRAYER REQUESTS

The members of Zion Lutheran Church and other school families want to be able to pray for you and your family. Parents are asked to complete a prayer request form to inform the office staff if your family has a prayer request. Parents are able to choose to have their prayer request added to the school prayer list which will be included in the school newsletter; the school and church prayer list; or to only share with pastoral staff. Pastor DeLoach and Pastor Gaunt are also available to speak with if you so desire.

WORSHIP TIMES

Everyone is invited to attend worship services at Zion. Worship is at 9:00 a.m. each Sunday. Sunday school and adult Bible study meet at 10:30 a.m. There is also a Saturday evening worship service at 5:00 p.m. Pastor DeLoach or Pastor Gaunt are also available to speak with if you have any questions or are interested in learning more about Zion Lutheran Church or the Lutheran Church Missouri Synod.



Parent Pages

RESOURCES FOR CHRISTIAN PARENTS IN THE 21ST CENTURY



Concussion Awareness

As a parent, few things are more enjoyable than watching your children play, whether it's on the playground, the field or the court. By the same token, few things will cause as much instant anxiety as when we witness the injury of a child. When we were young and experienced a head injury, we were likely told to "shake it off" and pushed back into the game. Even today, when we have new information about the potential dangers of a concussion, our children may want to ignore such an injury to get back to playing. This is a time when we need to step in and teach our children how to keep their brains safe. We cannot, and should not, hover over our children like a helicopter, but we are wise to provide concussion awareness teaching.

Our children do not need to be playing an organized sport to experience a concussion. This brain injury happens when a blow to the head or body causes the brain to move or twist inside the skull. While most concussions are minor, some can cause other complications, and multiple concussions can be very dangerous. It is essential to teach your children to follow the recommended safety practices for the sports they love. Make sure coaches have been trained in concussion protocols and then make sure your children follow the directives of the coach. While teachers and coaches diligently watch for head injuries, it is a good idea to encourage your children to report any head bumps



and any body blows that cause their heads to snap back. These injuries happen quickly enough that adults watching might miss them.

Any head injury should at least temporarily remove a child from a game, allowing adults to monitor for possible symptoms of concussion. Even a brief loss of consciousness can be an indicator of a concussion. Clumsy movements and slow responses to questions provide further cause for concern. Watch for a loss of memory surrounding the event and mood or behavior changes. If these symptoms are present, do not hesitate to have your child examined by a healthcare professional. More severe symptoms might include uneven size of the pupils, slurred speech, agitation, vomiting or the inability to stay awake. These symptoms represent

an emergency. If the healthcare provider diagnoses your child with a concussion, that child should not play for a while to allow the brain to heal. Additionally, you should receive written instructions for safety measures for returning to school.

Effects from a concussion might not appear until hours or even days after the injury. Seek medical help if your child complains of a persistent headache, nausea, balance issues or blurry vision. Besides these symptoms, your child might experience confusion or unusual sensitivity to light or noise. Pay attention if your child protests that he just doesn't "feel right." A concussion will cause chemical changes in the brain that can result in unexpected symptoms.

In some instances, a child may experience post-concussion syndrome, a condition that can cause sleep, psychological and cognitive problems lasting for weeks or months after the initial injury. While this condition is rare, it is a reminder that we should not dismiss

the impact of a concussion on the developing brain of a child. A concussion is, after all, a traumatic brain injury.

In terms of team support, parents can join with coaches in keeping an eye out for possible concussion injuries during the game. Even low-contact sports can pose a risk for concussion. It should also be noted that helmets protect the skull from fracture but do not protect the brain from concussion. If your child falls from a bike and cracks her helmet, she should be checked for a concussion. Keep yourself trained in what symptoms to watch for and always support a coach's decision to remove a child from play.

The Center for Disease Control (cdc.gov/HEADSUP) has easy-to-understand handouts on concussion symptoms. Read over this information and review it with your child at the beginning of each sports season. Additionally, when your child has a sports checkup, ask the doctor to review this information with your child too. If handled correctly, this will not scare your child out of playing sports. Instead, like the repeated practice of a school fire drill, it will strengthen your child's awareness.

God, our perfect Creator, built our brains to be able to heal from most injuries. Brain plasticity refers to the characteristics of the brain that allow it to modify and adapt to changes, including recovery from injury. This adaptability is part of how our children learn and thrive in their environments. Being aware of concussions is a crucial way to support healthy brain development.

We are blessed to have playgrounds, fields and courts available for our children's enjoyment. Both unstructured play and organized sports contribute to our children having healthy, happy lives. Helping us to pay attention to injuries and symptoms are excellent ways that God keeps our children safe.



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