



Forest Hills

Lutheran Christian School

Forest Hills Friday News
October 14, 2016

Many of you know that one of the activities I enjoy the most is swimming. I find it to be quite relaxing, and it gives me a lot of time just to think. As you go back and forth in the lanes, you have time to think about how you'll approach your day, or anything else that might be on your mind. On top of it, it's just a good thing to do in general; a great way to keep in shape!

I typically go to the pool 3-4 times per week. I was doing great, staying within that routine until this past June. Once summer hit, I was inconsistent at best, and then when the new school year started, I just stopped going all together. I had no good reason, I just wasn't going. However, this week, I finally decided it was time to go back. It was time to get up the strength and the endurance, and simply say, "I'm going to do it!" So I did. This past Monday, I went back to the pool. Wow - what a swim. What a TERRIBLE swim! I truly felt like a log floating down a river. My energy was gone, my timing was awful, and I didn't even complete my full workout. It felt like quite the failure. However, my determination trumped the feeling of failure, and I went back Wednesday. I had a much better swim the second time, and I'm sure it will continue to get easier and easier until I'm finally back in full form!

As I was thinking during my Monday swim, I had the thought that the experience I was having was quite similar to our walk of faith. How easy it is to find excuses that keep us from being in the word of God, lifting our prayers up to Him, attending church, and being in fellowship with the body of Christ. Just like working out for our physical bodies, we need to work out our spiritual minds with the word of God. We need to be in His word each day, hearing His promises and receiving His good gifts. There are times that we all make excuses about why we can't do this, but the reality is that we need His Word in order to stay in fine form for what we face in our lives.

The good news is that God is always faithful. He never leaves or forsakes us. The problem is when we turn away from Him. It is our unfaithfulness that makes us question His faithfulness, yet He is faithful no matter what we say or do. His love, His mercy, His grace are there for us each and every day. As we embrace these gifts, we are able to do amazing things that He puts in our path for us to do. We become His instruments in the world to go and share the good news with others.

So, what's your spiritual fitness level? Are you at the point where you have your daily workout and you feel fit and ready? Are you spiritually drained and struggling to get the energy to go back to God? Wherever you are right now, know that God is there with you. He is encouraging you as you run the race. He is picking you up and dusting you off as you feel exhausted. He is at your side, cheering you on, all the way to the finish line - to the time when He takes us to our eternal home to be by His side.

I encourage you to take some time this week and engage in a workout. Go for a run, go for a bike ride, go swim some laps at the pool. Even more important, engage in a spiritual workout. As you read the word of God and take time to be with Him, He will bless you, and you will be in great shape!

Mike Schiemann. <><
Principal

events

here's what's going on!

see our *Google* calendar at fhls.org for game times

Friday, 10/14	4/5 Soccer at HOME CLASS Meeting, 6:30 pm
Monday, 10/17	Picture Retakes 7/8 Volleyball @ Valor 5/6 Volleyball @ OES Middle School Soccer at HOME
Wednesday, 10/19	Volleyball @ Pilgrim
Thursday, 10/20	Last Day of Running Club
Friday, 10/21	Happy Birthday, Mr. Schiemann! Run for the Hills Picture Book Picnic 4/5 Soccer at HOME
Monday, 10/24	Teacher Work Day, NO SCHOOL
Tuesday, 10/25	Parent Conferences NO SCHOOL Happy Birthday, Mrs. Heldt!
Wednesday, 10/26	Parent Conferences NO SCHOOL
October 26, 27 & 28	Northwest District Lutheran Educators Conference, No School
Friday, 10/28	4/5 Soccer at HOME
Monday, 10/31	Reformation
Friday, 11/4	Family Harvest Festival
Sunday, 11/6	Acorns to Oaks
Friday, 11/11	Veterans Day, NO SCHOOL
Saturday, 11/19	Bookfair at Barnes & Noble
Tuesday, 11/22	End of 1 st Trimester Chapel

Conferencing



Your child's conference schedule came home today in your Family Envelope or in their classroom folder.

Please remember to return

the bottom portion of the form on **Monday, October 17** to confirm your conference or to request a different conference time on the days offered.

SOAR - Standing On A Rock Next Week in Chapel

We welcome Rev. Michael Warmbier, Pastor at St. Peter's Lutheran Church in Cornelius, as our chapel leader on Wednesday, October 19. Pastor Warmbier will talk with us about "**Resting on the ROCK**". Our text for the week is from Ruth 1:16-17.

Our 1st trimester offerings are being collected to send to Baton Rouge Lutheran School - At least $\frac{1}{2}$ of their faculty and staff and over $\frac{1}{2}$ of their families have homes affected by the flood waters. Many families will be without income while their employers recover and businesses re-open.

Parents and friends of the school are invited to join us each Wednesday, beginning at **8:20a.m.**

Fall Picture Book Picnic



On Friday, October 21 the students of Forest Hills will be partnering with their

buddies for the Fifth Annual **Fall Picture Book Picnic**. The Picnic will take place on the beautiful grounds of FHLCS from 11:00 - 12:00.

Every student will need a sack lunch and drink with their name on their lunch bag on this day.

In case of rain the picnic will take place indoors.



WE WANT YOUR PHOTOS!



1. Download **Skipple** from the Apple or Google app store. This fun, interactive app allows students, teachers and parents to contribute photos to the yearbook.
2. Click **Find My School** and enter our school name to join the fun.
3. Upload or take photos, view your classmates' photos, vote for your favorites and work your way up the Leaderboard!
4. Buy a yearbook and see how many of your photos are featured.*

Visit GetSkipple.com to learn more.



* The yearbook staff will determine final content. Not all photo uploads will be used in the yearbook.

We still have some Forest Hills wear available for sale:

- \$15 FHLCS Baseball Cap
- \$5 Cinch Bag
- \$6 Youth T-shirts
- \$8 Adult T shirts - size medium
- \$29 Contigo Travel Mug - gun metal

There is very limited quantities of each - available in the office until they are gone.



Do you have a Fred Meyer Rewards card?

You can help **FHLCS** EVERYTIME you shop! You still get all of your own Rewards Points, Fuel Points & Rebates, too!

Visit www.fredmeyer.com/communityrewards to connect your Rewards Card to **FHLCS**! If you do not have a Rewards Card, you can sign up for one online or pick one up at the customer service Desk of any Fred Meyer Store.

It's easy! Click on - **Link Your Rewards Card Now**. Search for - **Forest Hills Lutheran School** or type in our NPO code: **80638**.

Whenever you use your Rewards Card when shopping at Freddy's, you will be helping **FHLCS** earn a cash donation from Fred Meyer. Please Sign Up TODAY!!



Does your employer support the United Way through payroll deduction? You may

designate Forest Hills Lutheran Christian School as the recipient of your donation. Our tax ID - 93-1145946.



Do you Shop Online?

Amazon will donate .5% of every eligible online purchase to **Forest Hills Lutheran Christian School** when you shop. Go to <http://smile.amazon.com/ch/93-1145946> to link your Amazon account to **Forest Hills Lutheran Christian School**.

Save the Date!

FHLCS Bookfair at Barnes & Noble
November 19th 10am-2pm in store
On-line November 19-23, 2016



**CLASS Meeting TONIGHT - Friday, October 14th
6:30pm-8pm.**

CLASS (Community Leaders Advocating & Serving Students) is an organization of parents and Forest Hills staff committed to supporting the students of the school.



Run for the Hills – Friday, October 21st!

With having to postpone our Run, that means that you have an extra week to get some more pledges! Just write them on a piece of paper (be sure to write your name on the paper) and we'll add them to your pledge packet before the run on Friday, October 21st.

If your pledge packet has not made its way back to the office, please drop it off by Wednesday, October 19th.

Attention Band Families

Clara Keith, band teacher will be available for Conferences on Tuesday, October 25, from 1-3 pm. You can drop in or schedule a specific time with her via email

keithc@fhcls.org.

Employment Opportunities

We are in need of someone (or some people) to help us out with our After school care program. Each day, we are required to have two adults in the program until our number of students in it drops below 15. Our current helper is the student teacher in Third grade, but his time ends right away.

Are you looking for a job that has very minimal hours and could just help out your finances a little bit? We need someone who could be there at 3:00. On average, you would be done by around 4:15. There would be a requirement to be registered in the Oregon Background Registry which is a form and a \$3 fee.

If you are interested in learning more about this position, please e-mail Mr. Schiemann at schiemannm@fhcls.org.

Forest Hills Lutheran Christian School is currently accepting cover letters and resumes for the position of Part-Time Business Manager. The successful candidate will hold a minimum of an Associate's Degree in Business or Accounting. For more information, or to apply, contact Mike Schiemann, Principal at schiemannm@fhcls.org. Documents will be accepted until Monday, October 17.