



Crusader News

JANUARY 18TH, 2022



LOOKING AHEAD



Jan. 24 – Jan. 28
National Lutheran
Schools Week

February 4th
Mid-Term Ends

February 10th
Mid-terms Go Home

February 18th
Early Release Day

February 21st
President's Day
No School

Hmm...

If the garage is below freezing, the outdoor refrigerator is technically keeping your food warm.



This Week

Friday Lunch Forms Due Thursday

Next Week

National Lutheran Schools Week

Dress up Days:

Monday, 1/24 Mad Hatter (hat day)

Tuesday, 1/25 Tacky Tuesday (tacky day)

Wednesday, 1/26 Wild Wednesday (wild sock day)

Thursday, 1/27 Thoughtful Thursday (historical figure day)

Friday, 1/28 Free Dress Friday



Special Sunday School Service

This Sunday, January 23rd

Three Kings Spanish service

presented by RLS students and Mrs. Nayelli

9:30 am in Activity Hall

Refreshments will be served after



Baby News

Congratulations to our first grade teacher Mrs. Ragazinskas on the birth of her beautiful baby girl!



Reminders

If you test positive for COVID-19

EVERYONE, regardless of vaccination status

STAY HOME FOR 5 DAYS

If you have no symptoms or if your symptoms are improving after 5 days, you may leave your house.

Continue to wear a mask around others for an additional 5 days.

Stay Home If You Have A Fever!

If you are exposed to someone with COVID-19

If you have had a booster
OR

Completed the primary series of Pfizer or Moderna vaccine within the last 6 months

OR

Completed the primary series of J&J vaccine within the last 2 months.

Wear a mask around others for 10 days
Test on day 5, if possible

If you develop symptoms, get tested and stay home

If you:

Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and have not had booster

OR

Completed the primary series of J&J over 2 months ago and have not had a booster

OR

Are Unvaccinated

Stay Home for 5 days. Then, wear a mask around others for 5 additional days

If you are unable to quarantine, you must wear a mask for 10 days.

Test on day 5, if possible

If you develop symptoms, get tested and stay home



NOW ENROLLING

Redeemer VPK 2022-2023

Open to children born between September 2, 2017 and September 1, 2018

Application available online or in the office



*Hip Hip Hooray for
RLS VPK!*

Friday Lunch



Next Round starts this Friday! Check your email for order form!

BASKETBALL GAMES

JANUARY 22ND

2nd-3rd Boys
8:00 am @ St Paul

6th-8th Boys Silver
1:00 pm @ CHS

6th-8th Girls
4:00 pm @ CHS

6th-8th Boys Gold
7:00 pm @ CHS

Chapel Offerings

Our chapel offerings for this month will go to Currie House.



Parent Pages

RESOURCES FOR CHRISTIAN PARENTS IN THE 21ST CENTURY



Loving Your Teen through Brain Reconstruction

To reconstruct something is to rebuild it and restore it to working order. God's design of our brains includes several times of reconstruction. The first occurs at the beginning of toddlerhood, when the brain needs to create order out of neurological chaos. Do you remember the challenges of the toddler years? Your teenager is undergoing another significant brain change. The brain changes happening between the tween and teenage years reconstruct the neural pathways to enable the brain to do wondrous things. Prior to this change, children are learning to use logic and reasoning, but they will be using these skills more effectively after this change. The challenge is getting through the time of reconstruction when the brain seemingly loses some skills while rebuilding. It is a stage which should have the title "What were you thinking?"

The length of this article does not allow us to dive into all of the brain changes happening, but one we can readily see is the change in proprioception. Proprioception is the map our brain has of every part of our body. It allows the brain to keep track of movement and touch. When a teenager experiences a

growth spurt, the brain change can't keep up with the new longer torso and limbs. This lagging is seen when clumsiness occurs and a child who just last week could fly up the stairs now finds himself tripping. Soon, the brain updates those body maps, and agility returns. This is a good metaphor for what is happening in terms of reasoning skills and behavior choices. The brain has some new, unfamiliar tools that need to be installed. In the meantime, old tools are temporarily off-line.



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"For you, O Lord, are good and forgiving, abounding in steadfast love to all who call upon you. Give ear, O Lord, to my prayer; listen to my plea for grace. In the day of my trouble I call upon you, for you answer me" (PSALM 86:5-7).

This prayer of David gives us insight into how to navigate these years with our children. As God meets us with steadfast love, grace and a willingness to address the trouble we find, we can see this as a model for parenting during brain reconstruction.

Accept that problems will occur and be prepared to react in a firm, calm manner. We are all sinners living in a sinful world, so we cannot prevent the consequences of poor choices and

bad behavior. Although it feels like your teen is giving you a hard time, it's because she is dealing with new challenges. Now is the time to set aside anger in favor of patience and forgiveness.

Facilitate learning from failure and mistakes. This learning will help to avoid all-or-nothing thinking so common with young people. A mistake made today is not a life sentence; it is a lesson learned tomorrow. We live as simultaneous saints and sinners. Our lives are a struggle against sin, but our Savior has accomplished the victory.

Talk often and about everything. Teenagers pull away from interaction with parents, so parents need to be proactive in initiating conversation. It's OK if the conversation is short. Each interaction serves as a reminder that you are available to talk during times of difficulty as well as times of rejoicing. Don't shy away from the uncomfortable subjects. The world is talking about sex and drug use, so you will want your children to hear about God's plan for their growth and health. Here again, short, frequent conversations will accomplish the goal. You don't have to tackle the entire subject in one sitting. You will want faith learning to be included in the brain remodeling.

Teach your teen tools to handle peer pressure. Those short conversations along with stories from your youth will help your teen to see that anytime friends are together, someone is influencing, and that influence can be healthy or damaging. Brainstorm ideas of what he can say to steer a group toward healthy choices. Be



committed to picking her up under any circumstances if she finds herself in a situation with the potential to cause problems. Rescue first — talk about it later.

Lead your child in the practice of spiritual disciplines such as weekly worship, Bible study and daily devotions. You don't have to be perfect in this modeling, but it is essential for your teen to see that these practices are integral to your family's life. Now is the time to build such practices into brain reconstruction.

Remember that raising your teen is not about you; it's about what God accomplishes through you. Keep yourself in the Word. Give your concerns to God in prayer. Form an informal support group with parents from your church so you can encourage one another and pray for each other.

When in doubt — lead with grace. Be steadfast in your love for your child, knowing that God is working in his life and in yours.

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