



Crusader News

September 5, 2023

THIS WEEK

SEPTEMBER 7TH
PTL MEETING

SEPTEMBER 8TH
MOVIE NIGHT

SEPTEMBER 9TH
FLAG FOOTBALL GAMES
VOLLEYBALL GAMES



OCTOBER 12TH
PICTURE DAY

NOVEMBER 28TH
GROUP PICTURES
(AND MAKE UP)

fun facts

THE BLOB OF TOOTHPASTE ON
YOUR TOOTHBRUSH HAS A
NAME. IT'S A NURDLE.

PTL Meeting

September 7th at 6:00 pm
Activity Center

We would crumble without you!

Please join us!

**If you attend, your child will be allowed
Free Dress on September 12th**



Movie:
Lilo and Stitch

SEPTEMBER 8

6:30PM

GYM

DRINKS PROVIDED

SNACKS PROVIDED

Sponsored by Redeemer
Lutheran Church

Recommended Amount of Sleep for Pediatric Populations*

Age	Recommended Sleep Hours per 24 Hour Period
Infants: 4 to 12 months	12 to 16 hours (including naps)
Toddlers: 1 to 2 years	11 to 14 hours (including naps)
Preschoolers: 3 to 5 years	10 to 13 hours (including naps)
Gradeschoolers: 6 to 12 years	9 to 12 hours
Teens: 13 to 18 years	8 to 10 hours

*The American Academy of Pediatrics (AAP) has issued a Statement of Endorsement supporting these guidelines from the American Academy of Sleep Medicine (AASM).

Source: Paruthi S, Brooks LJ, D'Ambrosio C, Hall W, Kotagal S, Lloyd RM, Malow B, Maski K, Nichols C, Quan SF, Rosen CL, Troester MM, Wise MS. Recommended Amount of Sleep for Pediatric Populations: A Statement of the American Academy of Sleep Medicine. J Clin Sleep Med. 2016 May 25. pii: jc-00158-16. PubMed PMID: 27250809.

SPORTS

SEPTEMBER 9TH

FLAG FOOTBALL

1st-2nd

11:00 am

vs EDS Grey

3rd-4th

10:00 am

vs Little Flower

5th-6th

1:05 pm

vs EDS Red

Volleyball

White

10:00 am

vs EDS Silver
at St. Paul

Green

9:00 am

vs. St. Paul Blue
at St. Paul

Follow

Redeemer Lutheran on
Facebook!

School



Church



We are selling **FundRays**

coupon books!

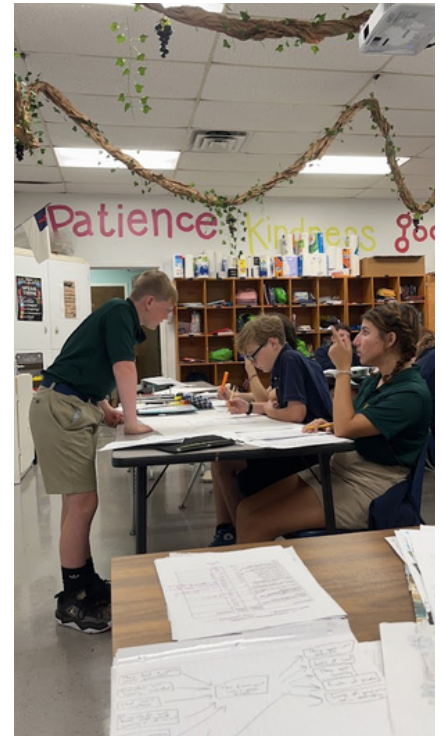
Lots of discounts for
amazing local
restaurants.

Proceeds from book
sales will go directly to
RLS!

Only \$20

Order Form

Page 3



PATRIOT DAY

SEPTEMBER 11TH @ 9:00 AM VPK - 5TH (ONLY)

JOIN US AS WE

REMEMBER AND THANK OUR PATRIOTS

SPECIAL GUEST SPEAKER: CHAPLAIN JOSHUA HOLLAND

**BRING A PATRIOT (MILITARY OR FIRST RESPONDER) AND ENJOY DONUTS
AND JUICE FOLLOWING THE SERVICE WITH YOUR SPECIAL GUEST!**

**VPK - 5TH (ONLY) SHOULD DRESS IN "PATRIOTIC CHURCH ATTIRE" OR
SCHOOL UNIFORM WITH A WHITE OR NAVY SHIRT**

NO JEANS OR ATHLETIC CLOTHES ALLOWED

IF YOU HAVE ANY QUESTIONS, CONTACT THE OFFICE



Chapel Offerings

Our chapel offerings for September will go to Gulf Coast Kid's House .



FundRays Coupon Books For Sale!



Includes restaurants from Pensacola, Pace/Milton, Gulf Breeze, Pensacola Beach, Perdido Key, Southeast Alabama, Navarre, and Fort Walton Beach.

In these crazy times, you can still enjoy a nice meal AND receive a significant discount! Treat yourself!

To order, fill out the form below and have your child return to his/her teacher along with payment

.....

FundRays Order Form

Student's Name: _____

Grade: _____

Number
of Books: _____

Amount Enclosed

\$

(\$20 per book)

Cash or check accepted. Checks may be made out to RLS.