



Christ-St. John's Lutheran School

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Cougar News

Monday, February 3, 2025

NEW THIS WEEK

From the Principal: Many times in life, you may hear people state that they are depressed. May it be diagnosed or it being the current feeling you struggle with; the feeling of sorrow can be painful. During this time of the year, the weather is colder, the clouds roll across the sky, and our joyous feelings slowly dip. We feel sad, glum, and, sometimes, alone. To turn to joy and life, we know the truth. We are not alone. We may think of family and friends being present in our lives. However, family may let you down for not being able to visit due to sickness. Friends may say hurtful things. In the end, the perfect family and friend we have is found in Christ Jesus. He loves us fully, to the point that he gave himself unto death in our place. We can hope to turn from the earthly emotions we feel and remember the heavenly love that is on us. Through Christ, we are saved. Saved from death, hell, pain, sorrow. We can truly rejoice that through his innocent life and death, we have life. I pray that we all remember this as we move through the dreary cold months. May we continue to keep our eyes fixed on Jesus in all that we do.

Blessings on your week.

In Christ,
Jace Fellers, Principal

No Afternoon Bussing on Wednesday, February 5th, due to an early release for the West Salem School District.

Knight for a Day: 7th grade students will be visiting Luther High School on Monday, February 10th, at 9:30 a.m., to learn all about high school life

NEW THIS WEEK CONT.

Color Group Event: For the entire month of February, the color groups at CSJ will be holding a food drive. Each color group is assigned a different time of the day and can bring to school an item that goes with that time to help families in need. The following items can be brought in starting today:

Red Team: Personal Care Items (toothbrush, toothpaste, trial size shampoo, trial size lotion, toilet paper, etc.)

Orange Team: Rise & Shine Breakfast (cereal, oatmeal, peanut butter, jelly, granola, etc.)

Yellow Team: Souper Lunch (canned soups, stews, baked beans, chili beans, tomato sauce, diced tomatoes, etc.)

Green Team: Snacks (healthy snacks like raisins, trail mix, granola bars, peanut butter crackers, crackers, fruit cups, etc.)

Blue Team: Dandy Dinner (hamburger helpers, mac & cheese, canned meats, rice, stuffing, etc.)

We will "Spread the Love" and pack the principal's office with all of the above items that the color group members will bring to school. Let's work together to fill Principal Fellers' office with our donations! If you have any questions, please contact the school office. Thanks!

Luther Junior Knights offers programs for elementary school children in the Luther High Association. Registration is now open for Luther Jr. Knights Baseball and Softball. Softball is for girls ages 10-14. Baseball is for boys ages 11-14. Registration is open through **February 28th**. Go to <https://www.lutherjuniorknights.com/register> for more information and to register.



PROCLAIMING
PEACE

"Fix Your Eyes on Jesus" Hebrews 12:2



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NEW THIS WEEK CONT.

Spirit Week: This week, we will be celebrating our school with our special dress-up days. Below are the listed days for the spirit week:

Monday - Pajama Day
Tuesday - 80's and 90's Attire
Wednesday - Wacky Clothes Day
Thursday - Dream Job Day
Friday - Cougar Gear

If you have any questions, please reach out to the school office.

Sign-Ups for the TTT Showcase: Just a friendly reminder to sign up for the TTT Showcase by Friday, February 7th.

Students can share their talents in a variety of ways:

- Vocals or instrumental performances
- Forensics, comedy, skits
- Dance routines
- Displaying art or craft projects
- Displaying social studies, science, or other projects

Use this link to sign up your student(s) for a performance, project, or multiple entries.

<https://forms.gle/8UoNWXo4rVbEDpc8>

Adults can share their time and treasures as well.

- Helping set up or take down
- Donating desserts or drink items
- Serving food and drinks

If you have any questions, please reach out to Mrs. Amber Frelitz or Mrs. Amanda Johns.

NEW THIS WEEK CONT.

Science Fair Judges: We are looking for 4 or more individuals who would be willing to come in and judge the 5th and 6th grade science fair projects on Tuesday, February 25th, through Thursday, February 27th, from 8:00 a.m. to 9:00 a.m. No experience is necessary. If you are willing to help out, please contact Amber Frelitz at afrelitz@christstjohns.org, or call 608-394-0642. Thanks!

Science and Fine Arts Fair: Calling all 5th through 8th grade parents! On March 8th, 2025, Luther High School will be conducting the La Crosse Area Science and Fine Arts Fair. In the spring, the students have the opportunity to take part in Science, Instrumentals, Piano, Forensics, and Social Studies. The due date to have the students signed up is February 7th, 2025. If you have any questions or an interest in your child participating, please reach out to Mr. Jace Fellers.

ATHLETICS

Basketball News: Congratulations to our B girls' basketball team and the B boys' basketball team for a successful season! It was enjoyable seeing players improve all season long. Please wash and return all B-Girls' uniforms to Mr. Voigt by **Friday, February 7th**. The A-Boys' uniforms will be collected by Mr. Voigt after our last game this coming weekend at the LALSAC Tournament hosted by Luther.

Practice Time Change for A-Boys' Basketball: The A Boys' basketball team will practice Monday and Wednesday this week **February, 3rd and 5th**, from **3:00-4:30 PM**.



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ATHLETICS CONT.

LALSAC Basketball Tournament:

This coming weekend, **February, 8th and 9th**, the A team boys' and A team girls' teams will be participating in our end of the year tournament at Luther High School. Brackets were sent out to parents of players in grades 6-8 today. The **A team girls** play their first game at **9:00 AM** in the Ace Gym, and the **A team boys** play their first game at **11:10 AM** in the Aux gym. Go Cougars!

Basketball Practice: Girl's A team will practice on Tuesday, February 4th, and Thursday, February 6th, from 3:00 p.m. to 5:00 p.m.

February Calendar

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| 5 | No Afternoon Bussing – Early Release for the West Salem Schools |
| 10 | Knight for a Day (7 th grade) 9:30 a.m. To 1:15 p.m. @ Luther |
| 20-21 | No School – Western Wisconsin Teacher's Conference |
| 25 | Kindergarten Fun-n-Fitness Day @ Luther |
| 28 | End of 2 nd Trimester – 3K, 4K & 5K |
| 28 | Time, Talent & Treasure Showcase 6:00 p.m. to 7:30 p.m. |

