

Forest Hills Friday News

Friends and Family of Forest Hills,

Today at school, we had a very special moment with our staff and students. In an assembly this morning, we took some time to reflect on the power of words and the calling that God has given to each of us to put others first.

As a staff, we went through a process of selecting a focus 'word' for our school year. We spent a significant amount of time in prayer, asking God to reveal a word to us on which we could all focus. As we prayed, and as we spent time together reflecting on the school year, a word kept coming to us over and over again. That word was 'light.' As we read scripture together, the idea of light kept jumping out. On the very first day of creation, God created light. When Jesus was born, a light shone in the sky. When Jesus was raised from the dead, it was in the first light of the morning when the ladies went to the tomb and saw the angel, gleaming with light. Light is a very powerful image simply due to the fact that light puts out darkness.



Today, the entire school gathered in the gym. Once we were all there, we turned off the lights, and the room was pitch black dark. I had the joy of walking into that dark room with a simple candle. The flickering light of the candle broke through the darkness and provided a focus point for the school. We were all reminded that our world is a very dark, very broken place. Yet Christ is the light of the world, and in Matthew 5:14, we read that we too are the light of the world because Christ dwells in us. As lights of Christ, we are called and enabled to shine that light with all those around us. Through our words and actions, we are to be the light of Christ to others. As we focus on putting the needs of others ahead of our own, we will experience so many around us putting our individual needs ahead of theirs.

We have the perfect model of this in Jesus. Forsaking all of His needs, He went to the cross to endure the punishment that we deserve for our sin and for the darkness that we cause. Yet because of His great love, His light shines on for eternity and is our constant source of light and love. In John 1:5, we read that, "The light shines in the darkness, and the darkness has not overcome it." Christ is the light that will never be extinguished by darkness. With that light in our hearts and souls, we too can do the things that God wants us to do. We can care for others. We can put their needs ahead of ours. We can love our neighbor as ourselves.

Not only is God the light that shines in our hearts, but He gives **us** power to do all things. In Philippians 4:13, we read that, "I can do all things through Christ who gives me strength." There are days and times when it may not be easy to put the needs of others ahead of our own needs. Yet God fulfills all of our needs through His riches in Christ, and empowers us to serve others and take care of them. This can simply be through a greeting and a smile. It could also be through helping others during a difficult time. It can also be through being a friend. All of these things add up to shining the light!

This year, you are going to see and hear a lot about light. We are focusing on this as a school because we truly believe that God has placed this in our hearts and on our minds. We want to shine, and with the light of Christ in our hearts, there is no darkness that will be able to put out the light. Thanks be to God!

Mike Schiemann. <><
Principal

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September 14th, 2018




General Reminders:

- **Parking Lot Safety** is of utmost importance, please review attached traffic flow info
- **Visitor's Badge** is required for anyone on campus after the bell rings at 8:15am
- **Falcon Wear** order forms Due **TODAY**
- Your child will be counted tardy after 8:15a.m. They must check in at the office for a **Tardy Slip**.
- If you did not pick up a **directory** at the Back to School BBQ, stop in at the office for one!

Get Involved:

- **Design the 2019 Auction Logo** – Submission forms are in office
- Volunteers needed to help coordinate the **Annual Christmas Wreath Fundraiser**. Email Kim w/the PTA at: kimhdias@gmail.com
- Volunteers needed to help coordinate the **Annual Harvest Festival**. Will be held mid to late Oct. Contact Kim w/the PTA at kimhdias@gmail.com for information

Technology Updates:

- **Yearbook wants your photos!** Download the "Skipple" App 
- Our **Fred Meyer rewards** account number has changed. Please log on and **change to: VY259**
- **PTA Minutes** are posted on the school website under the "Parent" tab.
- **Guest WiFi** Password: **Falcons!**
- Find the **school calendar** at: http://www.fhls.org/main_pages/google_cal.htm
- Did you know **FHLCS has an app?** Download in the app store or use:



Dates at a Glance:

Monday 9/17	Volleyball @TVA, 4pm/5:15pm MS Soccer Home, 4pm
Wednesday 9/19	MS Soccer Home, 4:15pm
Thursday 9/20	Volleyball Home, 4pm
Friday 9/21	4/5 Soccer @Southwest, 5pm
Monday 9/24	Happy Birthday Mrs. Myers! Volleyball @OES, 4pm
Tuesday 9/25	MS Soccer @FG United, 4pm
Wednesday 9/26	MS Soccer @Faith, 4pm
Thursday 9/27	Volleyball @Gilkey B, 4pm/5:15pm
Friday 9/28	Grandparents/Grand Friends Day at FHLCS 4/5 Soccer Home, 4pm
Monday 10/01	Volleyball Home, 4pm/5:15pm MS Soccer @Southwest, 4pm
Tuesday 10/02	MS Soccer @Catlin Blue, 4pm
Thursday 10/04	Volleyball @Southwest, 4pm
Friday 10/05	4/5 Soccer @Life, 4pm
Monday 10/08	Volleyball @Valor B, 4pm MS Soccer @Life, 3pm
Tuesday 10/09	Volleyball @Pilgrim, 4pm/5:15pm MS Soccer Home, 4pm
Wed 10/10 – Fri 10/12	NW District Lutheran Educators Conference, No School
Friday 10/12	4/5 Soccer Home, 4pm
Monday 10/15	Picture Retakes Volleyball @Valor A, 4pm MS Soccer Home, 4pm
Wednesday 10/17	Volleyball Home, 4pm/5:15pm
Thursday 10/18	Volleyball Home, 4pm/5:15pm
Friday 10/19	4/5 Soccer Home, 4pm
Sunday 10/21	25 th Anniversary Celebration Happy Birthday Mr. Schiemann!
Monday 10/22	PTA Meeting, 6:30-8pm in Library Volleyball Home, 4pm MS Soccer Home, 4pm
Friday 10/26	4/5 Soccer Home, 4pm