

Forest Hills Friday News

Friends and Family of Forest Hills,

This is always an interesting time of year. I seem to get more tired as we go into the fall, and I can't come up with a specific rhyme or reason. However, year after year, it's around this time when I start yawning around 1pm and need the second cup of coffee to keep the energy level up! However, I had an insight the other day. When I was thinking about what changes at this time of year, one thing jumped to mind. It's getting darker earlier in the evening, and it seems to be getting lighter later in the morning. I really think the change in daylight may be the culprit for my added fall fatigue! (Eventually I get used to it, but it takes some time!)

As we spend time this school year reflecting on "LIGHT," I can easily draw a parallel between the physical fatigue that invades my life with the spiritual fatigue that can be present when we are not actively in the word of God.

In Psalm 119:105, we read, "Thy Word is a lamp to my feet and a light to my path." When we are walking in the light of Christ, it's easy to look around and see God's hand in everything. We have our minds focused on the truth that all good things come down from our Father of Heavenly lights. Day after day, he pours His blessings upon us. These blessings come in many forms – the most important of which is the Word of God. His Word lights our paths, and with this light, we are able to do the things that God has planned in advance for us to do! With His light guiding our way, we have an extra spring in our step and added life in our years.

Yet the opposite can ring true as well. If we do not focus on the light of Christ, this world can be a dark place. We can turn on the news and hear about the tragedies in our world. We can easily forget that each moment of each day is a gift from God. In essence, a darkness enters into our lives that can rob us of the joy that comes from being in the light. In this darkness, we experience a 'spiritual tiredness' that sugar or caffeine won't fix. We can become inwardly focused and struggle with the things we face in a day. Yet this darkness and struggle isn't godly. It doesn't come from above. And anything that does not come from God does not deserve our focus and our attention.

Yet there's hope even in those dark moments. The light of Christ is still shining, and we read in John 1 that God's light is one that darkness cannot put out. When we fall into the trap of darkness, God's light is still shining. It is there, calling for us to return to it and once again illuminate our lives. The light of Christ once again overcomes any darkness in our lives, and eventually leads us to eternal light and life.

So as the season changes, and it gets darker and darker, I'll be looking forward to December 21 when the trend changes, but I'll always remember that God's light shines year round, even on the dark days. May His light be your focus and your brightness this week!

Mike Schiemann. <><
Principal

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September 21st, 2018




General Reminders:

- **Visitor's Badge** is required for anyone on campus after the bell rings at 8:15a.m.
- **Library books are due on Tuesday!**
- **Students arriving or leaving** between 8:30am-3:15pm must be checked in/out by an adult.
- Take a moment to read the attached **Auction Newsletter** – Congrats to Alina Harrison!
- **Oct. Hot Lunch Orders due 9/24**

PTA Corner:

- Volunteers needed to help coordinate both the **Annual Christmas Wreath Fundraiser & Annual Harvest Festival**. Email Kim w/the PTA for more info at: kimhdias@gmail.com
- Help us help community members in need - **PTA Community Outreach Info. is attached.**

Technology Updates:

- **Yearbook wants your photos!** Download the "Skipple" App  or email: fhlcsyrbook@fhcls.org
- Our **Fred Meyer rewards** account number has changed. Please log on and **change to: VY259**
- **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:



- There's an app for that too! Did you know **Box Tops** as a "bonus app" to help us earn more money? See attached flyer.
- Sign up to receive **text alerts from FHLCS**, text **@fhcls to 81010**

Dates at a Glance:

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
Wednesday 10/31	Happy Birthday Mrs. White & Mrs. Souligny Teacher Work Day, No School
Thu 11/01 – Fri 11/02	Parent Teacher Conferences, No School
Saturday 11/03	Golfathon, Top Golf