

Forest Hills Friday News

Friends and Family of Forest Hills,

I've heard a variety of comments reminding me that there is only one week left until Spring Break. From my vantage point, it's so hard to believe that we're at that part in the school year already. From the vantage point of the students, the LONG haul has come to a break time. Either way, I think we're all looking forward to a week of rest and relaxation (hopefully). J

While we all need rest and relaxation physically, mentally, and emotionally, we sometimes need to take a break from everything around us and simply rest in God's peace. In our world, the general rule of thumb is to work, work, work. We take pride in our work. We work so that we can support our families, but we always try to do something that will give us meaning and fulfillment. Ultimately, we find our meaning and fulfillment in our relationship with Christ, and He invites us to give our tired, weary selves to Him. He will transform us to be people filled with His Spirit to accomplish all He has in store for us.

Scripture invites us to cast our cares upon Him, for He cares for us. Jesus says, "Come to me, all who are weary and burdened, and I will give you rest." We see examples of Jesus taking time out to pray. This happened when He went into the desert. It happened before He was crucified in the garden of Gethsemane. It happened when He was on the cross. Jesus cast His care upon His Heavenly Father, being the perfect example of what He longs for us to do.

What cares, burdens, or hardships are you carrying right now? What is it that is tying you down, maybe a situation for which you can't see the light at the end of the tunnel? Maybe something is making you discouraged or even depressed. Cast these things on the Lord, for He cares for you. As you cast these things on Him, it opens up your life to receive all the good gifts, given by our Heavenly Father. The old has gone, the new has come. Our lives are renewed by the blessings poured out by Christ. When the burdens are gone, there is room for blessing!

In the meantime, enjoy your Spring break with your kids. Hopefully, you'll get some time off work to enjoy your family, but if not, I pray that you can still find rest. Rest in Jesus – there's no better place!

Mike Schiemann. <><
Principal

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March 15th, 2019



SAVE THE DATE

- Library Book Fair** Our annual Library Book Fair will be Saturday April 6th from 11a-2pm.



Light of the World

- Auction Tickets** are on sale. Buy your tickets [here](#) before Spring Break for an opportunity to win free lunch!
- Parking Raffle** Auction Committee is happy to announce the return of the Reserved Parking Raffle! Raffle tickets are available in the office.
- Class Photos** Mark your calendars, Spring Class Photos will be Wed. April 3rd

Dates at a Glance:

Sunday 3/17	Primary classes to sing at Bethlehem Lutheran Children's Service, 11am
Monday 3/18	Primary classes to Zoo, 8:30am 3/4 th Bball Green Team @ Home, 4pm 3/4 th Bball Black Team @ Home, 5pm
Tuesday 3/19	Track Trial Practice, 3:15pm
Wednesday 3/20	Chapel Host Bethlehem, Buddy Chapel 8:20a 4 th Grade to Capital, 10:30am
Thursday 3/21	3/4 th Bball Green Team @ Gilkey, 4pm 3/4 th Bball Black Team @ Pilgrim, 5pm Track Trial Practice, 3:15pm
Monday 3/25 - Friday 3/28	Spring Break, No School
Wednesday 4/3	Happy Birthday Mrs. Smith!!!
Thursday 4/4	4 th Grade to Oregon Coast Aquarium, 2:30pm

Full School Calendar: [HERE](#)
Guest WiFi: Falcons!

Congratulations to our 2nd Trimester Honor Roll & Principal's List Students!

6th Honor Roll

- Moira O.
- Ruby R.
- Josh R.

7th Honor Roll

- Mia N.

8th Honor Roll

- Peyton G.
- Daniel H.
- Luke R.

6th Principals List

- Kyndal E.
- Gabe F.
- Bailey H.
- Zeke H.
- Micah O.
- Eliza Z.

7th Principals List

- Elli B.
- Abby B.
- Kylie C.
- Angelina J.
- Lucy K.
- Kaitlyn L.
- Caleb L.
- Tori R.
- Micah R.

8th Principals List

- Ryder B.
- Bekah B.
- Briana M.
- Ruth M.
- Adam R.
- Oliver R.
- Rachel S.

