



# TIGER TALES

"Making Disciples for Life"



We hope  
you enjoyed  
your special  
day!



## CALENDAR

May 1-5 Teacher Appreciation  
May 1 Board of Ed Meeting 5:30  
May 6 5K Run/Walk for MaKayla  
May 8 PTL Meeting  
May 12 Musical  
May 14 Mother's Day  
May 15-17 NWEA Testing (7-8)  
May 17 Confirmation Exam  
May 21 Confirmation  
May 24 Last Day of School

## MAY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## MAY BIRTHDAYS

May 1 Jude Wirgau  
May 4 Ginny Wirgau  
May 11 Deaconess Boehm  
May 11 Mrs. Moore  
May 20 Lacey Garwick  
May 20 Maren Meyer  
May 26 Paizley Price




Weather permitting the students will be going outside for recess time. Please have your child dress appropriately for the weather.



**Potential delays and cancellations for Bethlehem will follow the same as Northern Wells Community Schools.** Sign up for text alerts at [www.wane.com/text-alerts](http://www.wane.com/text-alerts).

***Elearning will be assigned on designated closings.***

***Last Day of School is Wednesday May 24th dismissal at noon!***



Are We  
there  
Yet?

Miriam tells the story of the Exodus, how her brother Moses was called by God to lead his people out of slavery and to the promised land.

Join our students for this musical odyssey Friday, May 12, at 6:30 pm in the school gym.



Bethlehem families who shop at Kroger are encouraged to Sign up today!

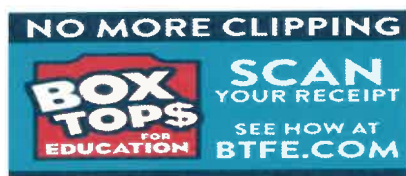
***Shop at Kroger and help the Bethlehem Lutheran School tuition assistance fund with the Kroger Community Rewards Program.***

Register online at [krogercommunityrewards.com](http://krogercommunityrewards.com), be sure to have your Kroger Plus card handy and register your card with Bethlehem Lutheran School as your organization for the reward. **The NPO number for Bethlehem is WG595#.**

If you don't have a Kroger Plus card, they are available at the customer service desk.

Members must swipe their registered Kroger Plus card or use the phone number that is related to their registered card when shopping for each purchase to count.

**PLAN TO USE SCRIP FOR ALL YOUR SHOPPING NEEDS** Parents are encouraged to use the online "ShopwithScrip" app to buy and reload gift cards or for orders, contact our Scrip coordinator, Melissa Price at 260-433-5307. Over the years, we have been able to financially support the church general fund and participating school families who have applied credits toward their child's tuition.



Box Tops for Education - Use the app (BTFE.com), and scan your receipt to give credits to the school.  
Thank you

Help our 7<sup>th</sup> and 8<sup>th</sup> graders raise funds for their Washington D.C. class trip!



Please save your newspapers, catalogs, magazines, junk mail, old phone books, office/school papers and hard/soft cover books. Along with cereal type boxes (**NO CARDBOARD**). Bring your recyclable paper to school and dispose of in our "PaperGator."

The recycling company pays by the ton so the more you feed our Gator, the more funds we can collect!

If you need help with pick up for large amounts, please call the school and we will make arrangements to help you.

Let your family, neighbors, and friends know!

Thank you

## The 4th Quarter Chapel offering is for the Orphan Grain Train.

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### Remember Your Offerings **Mission Statement**

In loving response to Christ, the Servant, the Orphan Grain Train movement encourages and enables God's people to share personal and material resources in bringing Christ's name and character to needy people both far and near. Sometimes that character expresses itself as a word well spoken, sometimes as a bandage well applied, and sometimes as a child well fed.

### **What is Orphan Grain Train?**

Orphan Grain Train is a 501c3 Nonprofit Christian volunteer network that shares personal and material resources with needy people in America and around the world. Grain Train volunteers gather donations of clothing, medical supplies, food, Christian literature, and other aid to meet real needs. The Orphan Grain Train movement is a loving response to Jesus Christ's example as a servant and His love for us.

### **Present Day**

Since 1992, Orphan Grain Train's 27 regional locations have delivered more than 45 million fortified-rice meals and 4,230 shipments of humanitarian aid to needy people in several states and 69 countries on 5 continents. Orphan Grain Train built a mobile chapel with help from a grant funded by LCMS Disaster Relief division for St. John's Lutheran Church in Pilger, NE after their church was demolished by a F4 tornado. In October 2017 hurricane Michael ravaged the shoreline of Texas and a majority of Houston. Michael left behind homes and businesses in ruins and lives lost. Orphan Grain Train purchased and delivered 15 shipments of building construction materials and 5 semi-loads of groceries to help stock shelves in a food pantry feeding volunteers and those that have lost everything. In October 2018 OGT had 400 turkeys delivered for Thanksgiving meals to those still living in desperation a year later. The mission of Orphan Grain Train is uniquely dependent upon dedicated volunteers, many of whom have given numerous years of service for the sake of others. Since 1992, more than 4 million hours have been volunteered!

Orphan Grain Train is a recognized service organization (RSO) of the Lutheran Church – Missouri Synod (LCMS). Many shipments have been in cooperation with Lutheran Hour Ministries, LCMS World Mission, LCMS World Relief, and other Christian ministries.

info found on <https://www.ogt.org/our-story/>

## April / May / June Birthday Pizza lunch with the Pastor Dodgers

### Thursday, May 18th

### students celebrating birthdays:



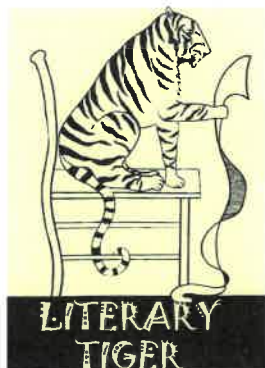
Emma Wirgau, Bailey Meyer, Jonah Bultemeier

Caroline Haiflich, Jude Wirgau, Ginny Wirgau,

Lacey Garwick, Maren Meyer, Paizley Price, Weslynn Nahrwold







"Hooray for Library Day!"

Tuesdays are a treat because we enjoy seeing all the students and helping them find books to enjoy, but we only have a few more weeks of library visits before the end of the school year! Tuesday, May 9 will be the last day for students to check out books. Remember, that doesn't mean you have to stop reading until the fall – the public library is the perfect place to spend warm summer days!

We will miss all of you over the summer but are already excited about some big changes and surprises for next year. Over these last few weeks, we hope students will share with us their favorite reads and favorite parts of library day and keep giving us those book requests.

Happy Reading! Your faithful Librarians, Jennifer Bultemeier, DoRena Wirgau

The Bethlehem Women's Group Book Club has been reading "A Wrinkle in Time" by Madeleine L'Engle. We hope they inspire you to check out a copy from the school library!

About the book:

"Out of this wild night, a strange visitor comes to the Murry house and beckons Meg, her brother Charles Wallace, and their friend Calvin O'Keefe on a most dangerous and extraordinary adventure—one that will threaten their lives and our universe.

Winner of the 1963 Newbery Medal, A Wrinkle in Time is the first book in Madeleine L'Engle's classic Time Quintet."



4 out of 5 stars from Mrs. Wanner

4.5 out of 5 stars from Mrs. Householder

From Mrs. Streeks:

A Wrinkle in Time is a wonderful book that is full of adventure. I really enjoyed reading it. The author does a great job of using the words to paint an image in your head. It was so exciting I had a difficult time putting the book down! You won't be disappointed reading this book!

From Deaconess Boehm:

A Wrinkle in Time is a perfect book for any Sci-fi lovers! It combines the perfect blend of fantasy and adventure. A definite "page-turner".

From Mrs. Kleppinger

I found this book full of adventure and science fiction fantasy! Meg Murry's father went missing after a scientific project. Along with her brother Charles Wallace and friend Calvin and with the help of 3 mysterious women (who I thought to be angels) helped them search the universe for her missing father. They encounter several mysterious obstacles along the way. If you want a quick, exciting, adventure read, this is your book! Hope you enjoy!

**Last day for Accelerated Reader points to be counted is Wednesday May 3rd**

**So far, the winners of this year's points are as follows:**

Trip to Dairy Queen on Tuesday, May 16<sup>th</sup> Lacey Garwick, Maren Meyer, Madeline Schumm, Ellie Leamon

Trip to Pizza Hut on Wednesday, May 17<sup>th</sup> Sienna Sommer, Emma Campbell

Mystery Trip on Thursday, May 18<sup>th</sup> JT Holtzclaw, Hunter Householder, Matthew Rekeweg,  
Jude Wirgau, Emma Wirgau, Sarena Wirgau

Details about these trips will be sent home with each winning student in the next week.





Please welcome, Kelsey Donald Allan Phillips born on April 8, 2023. Thank you to everyone for all the gifts and well wishes as we welcome our little one. We are so grateful for all the support and generosity as we transition into first time parents.

God's Blessings,  
Seminarian Morgan and Mrs. Amelia Phillips

Continued prayers and support along with meals for the Phillips family is appreciated. <https://www.mealtrain.com/trains/wq4k8e>

### **Last Day of School Wednesday, May 24<sup>th</sup>**

As a school tradition, students will be allowed to ride their bicycles to school with parent permission and supervision. All bicycles are to be parked in the north parking lot near the sidewalk. Morning bus service will also be available.

The events for the day will start with Closing Chapel at 9:30 am. Parents are welcome to attend.

8<sup>th</sup> Grade Graduation (Luke Harkless, Molly Mishler, Sarena Wirgau) along with Academic Awards will follow.



Field Day with all the students in different stations. Then ending with a school picnic hosted by the Board of Education and PTL at 11:30 am. Parents are asked to bring side dishes to share. Hot dogs, Mac & Cheese and beverages will be provided.

Dismissal will be after lunch with NO bus service.

Please be sure to have all tuition fees paid in full and library books returned. Report cards will be sent in the mail.

Have a great summer!

Final Registration Day –Thursday, August 3rd, 4-7 p.m.

First Day of School—Wednesday, August 9, 2023

# News Notes to Parents

May 2023

## ***Increase Your Children's Nutrition Know-How***

Helping your kids understand how to read food labels prepares them for making smart food choices their whole lives. Whether in the supermarket, at home or at school, there are many opportunities to teach your child about healthy nutrition.

For younger children, focusing on MyPlate food groups and eating mindfully is a great place to start. Older children and teens can learn about individual nutrients on the Nutrition Facts label and how to decipher food label claims.

Teaching children the basics of nutrition and label-reading can be done easily at home, with many examples of foods they like to eat with the nutritional information on hand. Try some of these tips to teach them about healthful eating.

- Enlist your child to help plan a meal based on MyPlate. Discuss themes such as varying protein sources, choosing whole grains and selecting colorful fruits and vegetables.
- When snacking, have your teen take a look at the Nutrition Facts label and serving size to discover what is in the food they're eating.

Label-reading in the supermarket is important because that's where most of the food in the home comes from. Send your child on a scavenger hunt to find nutritious options:

- Canned fruit packed in water or their own juices.
- Frozen vegetables with no salt added.
- Whole-grain cereal that is low in sugar and high in fiber.

It might be hard to monitor what foods children eat in the lunchroom, so it is best to encourage them to make healthy choices.

- Challenge your child to pack a lunch modeling MyPlate.
- Encourage your child to read the labels of cafeteria items, and choose items low in added fats, sugars and salt.
- Review cafeteria menu offerings and discuss with your child what options they might choose that would provide each of the food groups in MyPlate that together create a balanced, healthful meal. (For example, ask your child what they will take for a vegetable, fruit, whole grain and protein food.)
- Leave a friendly note for your child about the healthy options in their lunch and why they are included.

Source: [eatright.org](http://eatright.org)





## Even a Little Extra Weight Can Raise Kids' Odds for High Blood Pressure

By Cara Murez HealthDay Reporter

"Hypertension during youth tracks into adulthood and is associated with cardiac and vascular organ damage," said lead study author Corinna Koebnick of Kaiser Permanente Southern California. "Since the organ damage can be irreversible, preventing hypertension in our young people is critically important."

Koebnick said the new study findings show the effects of even a few extra pounds.

The researchers studied electronic health records of more than 800,000 Southern California children who were 3 to 17 years of age between 2008 and 2015.

The investigators compared body mass index (BMI) at the outset and at a five-year follow-up. They also determined who had high blood pressure. Compared to youths in the medium range of average weight, the risk of developing high blood pressure within five years was 26% higher for youths at the high end of the average weight range. Every BMI unit gained per year added 4% to their risk, the study authors noted.

The rate of high blood pressure was higher among boys than girls and among youth on government-subsidized health plans, the findings showed.



"This study underscores the need for medical professionals to reevaluate how we correlate and educate about health risks across the spectrum of weight in growing children. Obesity may be the most important risk factor for hypertension during childhood," said senior study author Dr. Poornima Kunani. She is a pediatrician and researcher at the Kaiser Permanente Manhattan Beach Medical Office, in California.

Kunani urges parents to talk to their pediatrician to see if their child is at risk for high blood pressure and other preventable medical conditions related to obesity.

*SOURCE: Kaiser Permanente, news release, March 14, 2023*

### Yogurt and Fruit Parfaits

Making sure that your little ones are full and fueled is no small task but that doesn't mean you have to rely on cold cereal, toaster pastries, and frozen waffles every morning! Wondering where to start? It doesn't get any easier than this recipe. Simply layer wholesome fruit, yogurt, and granola together for a fun, kid-friendly morning meal. It takes just 5 minutes to make. *This recipe makes 4 servings.*

#### Ingredients:

- 3 cups nonfat vanilla yogurt
- 1 cup fresh strawberries
- 1 pint of fresh blueberries, raspberries, and blackberries
- 1 cup granola

Directions: Layer 1/3 cup vanilla yogurt into the bottom of the four glasses. Alternate layers of fruit and granola with yogurt until your class is filled to the top. Serve parfaits immediately to keep the granola crunchy!



*Source: Food Network*

If you have comments or questions, contact:

1240 4-H Park Road, Bluffton, IN 46714

Website: [www.extension.purdue.edu/wells](http://www.extension.purdue.edu/wells)

Molly Hoag, Purdue Extension—HHS Educator

Email: [mhoag@purdue.edu](mailto:mhoag@purdue.edu)

Phone: 260-824-6412

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# Bethlehem Lutheran School Lunch Menu May 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 1 Mozzarella Cheese Sticks Marinara Sauce Corn Applesauce	2 Popcorn Chicken Baked Beans Fresh Veggies Pears Cookies	3 Pancake Sausage Patty Hash Brown Vegy Choice Juice	4 Pizza Salad Green Beans Fruit Choice	5 Hot Dog Potato Smiles Broccoli Banana	6
7	8 Bosco Sticks Marinara Cup Tater Tots Apple Slices Ice Cream	9 Fried Chicken Leg Mashed Potatoes Carrots Blueberries Biscuit	10 Nachos w/ meat and cheese Salsa Refried Beans Pineapple	11 Chicken Nuggets Vegy Choice Corn Juice Dinner Roll	12 Cheeseburger Fresh Veggies French Fries Peaches	13
14	15 Breakfast Sandwich Cheese Hash Brown Vegy Choice Juice	16 Quesadilla Salsa Salad Corn Fruit Choice	17 Chicken Tenders Baked Beans Carrots Pears Assorted Snack	18 Pizza Salad Cucumber Slices Warm Apples Cookie	19 Turkey & Cheese Sandwich Chips Fresh Veggies Sidekick	20
21	22 Orange Chicken Rice Broccoli Carrots Mandarin Oranges	23 Corn Dogs Baked Beans Fresh Veggies Peaches	24 Last Day of School Picnic	25	26	27
28		30	31			