



EAGLES NEWS



[Mrs. Tia Esser](#)
EXECUTIVE DIRECTOR

[Mr. James Stubkjaer](#)
MIDDLE/HIGH SCHOOL PRINCIPAL
ACTIVITIES DIRECTOR

[Dr. Kristen Newell](#)
ELEMENTARY PRINCIPAL
ELEMENTARY STEM DIRECTOR

[Mrs. Brenda Bernard](#)
PRESCHOOL DIRECTOR

Dec 20, 2024

****OFFICE HOURS OVER BREAK****



The school office will be closed over the Christmas/New Year's break. Voice messages and emails will be answered upon our return to school on Thursday, January 2nd. Have a blessed Christmas. See you next year!

SCOUT GREET'S US BACK TO SCHOOL



Scout, a trained therapy dog, and his handler John Thornton will be at school to greet us on the mornings of January 2nd and January 3rd. It can be hard to come back to school after Christmas break and we hope this will bring a little joy and warmth to all of us. They will be inside our front doors from 7:45-8:15 AM. You are welcome to give Scout a pet as you come into the building. Scout is a black goldendoodle, well trained, and will stay far enough away from the doorway entrance to allow students to avoid contact if you or your child cannot be around dogs. Mr. Thornton's wife, Marcia, is one of our music lesson teachers. We are grateful for all they do for our students at SFLS.

EAGLE CARE REMINDER

Afterschool **Eagle Care** will NOT be offered TODAY, December 20th. This does include infants, 1s & 2s. Any questions, contact eaglecare@sflutherschool.com. Thank you.

2025-26 Re-Enrollment Update

As families with children enrolled at SFLS, you receive the highest enrollment priority for the 2025-26 school year. Because several of our classes are at or near capacity and we have large wait pools for many early childhood programs, reserving spots in a timely fashion for your student(s) and any siblings you wish to enroll during the 2025-26 school year is extremely important. **Specific instructions for re-enrollment will roll out when we return from Christmas break. For now, you'll find a few important updates to be aware of below.**

QUICK LINKS

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First, new student [admissions applications](#) for the **2025-26 school year are now open**. If you have a child who is not currently enrolled or is in our wait pool for enrollment, you'll need to complete an admissions application for the 2025-26 school year. In order to ensure that all currently enrolled students have the opportunity to reserve their seats for the 2025-26 school year when we return from break in January, **we will not begin processing applications for new students until the week of January 27**.

Second, to help your budget planning for the year ahead, [preschool](#) and [K-12](#) tuition rates for the 2025-26 school year are now available on our website. In order to maintain and enhance the high-quality experience your children deserve, we require an application fee and enrollment/re-enrollment fee each year. We understand that this may prompt questions, so we'd like to share four reasons why this is an important part of our school's annual process.

1. Securing Your Child's Spot:

Each school year, we work diligently to ensure that our classrooms are properly staffed, our programs are well-resourced, and our facilities are ready to serve. Re-enrollment fees help us project accurate enrollment numbers so we can make informed decisions about class sizes, teacher assignments, and materials, ensuring every student gets the attention they need.

2. Supporting School Operations:

These fees cover essential administrative costs related to the enrollment process, including recordkeeping, processing applications, and maintaining up-to-date technology and software to serve our families efficiently. These steps help us to be proactive in providing a seamless educational experience.

3. Commitment to Growth:

Enrollment fees are an important part of our financial planning. They allow us to invest in new programs, hire and retain excellent faculty, and improve facilities, all while keeping tuition as affordable as possible. The early commitment through this fee strengthens our ability to plan strategically for the upcoming year.

4. Building a Sustainable Future:

Your support through the enrollment process helps ensure that Sioux Falls Lutheran School remains a vibrant place for your children, and future generations, to grow in faith and knowledge. It's an investment not only in your child's education but also in the continued success of our school community.

Application fees are \$25. Enrollment fees for new students (including new students who belong to current families) is \$400 per student; \$200 of that \$400 fee serves as a tuition deposit for the 2025-26 school year. Returning student re-enrollment fees are \$200 per student. We truly value your partnership in this mission and appreciate your understanding of the purpose behind these fees. Our goal is to provide your family with the best educational experience possible, while being good stewards of our resources.

Our deepest thanks for entrusting us with the care and education of your children. It is a joy and honor to serve your family at SFLS, and we encourage you to contact our admissions office with any questions. If

you need any assistance logging into your family portal, please feel free to contact FACTS support at 866-441-4637.

Blessings,

Megan Baedke, Director of Community Engagement | Preschool & Kindergarten Admissions
Vania Asmus, Admissions & Marketing Coordinator | 1st-12th Grade Admissions

LICENSE PLATE DECAL

Show your SFLS support on your SD license plate! We now have license plate decals available for purchase. They are \$10 for a set of two. Please contact Mikela Iverson at miverson@sflutheranschool.com to purchase.



LOST & FOUND TABLES

Stop by the table outside the school office and the one in the high school wing to claim your items! What remains will be donated to St. Vincent de Paul (northeast corner of 41st St. & Tea-Ellis road) after school TODAY.

CAREER CORNER

Would you or someone you know make a great addition to our team? We're seeking:

Preschool:

- Substitute assistants: are you interested in being on our call list to assist in one of our classrooms? This could be in infants, toddlers and 3-year-olds to 5-year-olds. With subbing, you have complete flexibility to choose specific days and say yes or no when getting a call. Come have fun with us!

Elementary:

- Full-time 4th grade teacher (2025-2026 school year)

Eagle Care:

- Part-time afternoon assistants. Adults and/or high school age students:
 - Flexible schedule: between 3:15 - 6:00 PM, Monday through Friday

Facilities:

- Full-time and part-time evening custodian

Please prayerfully consider joining our team and/or sharing these opportunities with someone you believe would be a good fit! Contact Debbie Pankow at dpankow@sflutheranschool.com for more information.

View jobs and application instructions here: www.siouxfallslutheran.com/careers.

CHAPEL

Chapel times for Wednesday, January 8th, led by Pastor Ascher from Faith Lutheran Church:

- 6-12 chapel at 8:10 AM
- K-5 chapel at 8:50 AM

This year's theme is ONE - The Gospel Story is Our Story. This week's topic is: *Many Roles, One Ministry; Teachers, DCE's, Missionaries.*

Preschool chapel will be held on Thursday, January 9th, led by DCE Liz Peters from Memorial Lutheran Church, in the Early Childhood wing beginning at 8:40 and 9:00 AM. The theme of this week's chapel is *Jesus as a boy.*

CHAPEL OFFERINGS:

First semester, we supported Missionary Hayden Rensner in Ethiopia by collecting \$1296.32! We will meet Hayden in our next chapel on January 8th.

We honor God by serving others!

Campus Chaplain the week of January 6th is Pastor Ascher from Faith Lutheran Church.



MISSION OF CHRIST Network

About the Ministry
Hayden lives in Addis Ababa, Ethiopia and works as an ESL Instructor at Yesus Mekane Seminary. Through serving as an ESL instructor to the seminary students, she works to equip pastors and church leaders with the tools they need to share the Gospel effectively in Ethiopia and throughout the world.

Prayer Requests

- Yesus Mekane Seminary would continue to flourish and enable pastors and church leaders to be equipped and sent out into the world with the saving news of Jesus.
- That Hayden would form good relationships with those whom she works and interacts with.
- God would be glorified in the partnerships Hayden has both in the USA and in Ethiopia.

Contact Information
Hayden Rensner
hayden.rensner@missionofchrist.org

Hayden Rensner
Serving the Lord in Ethiopia

"He saved us, not because of the righteous things we had done, but because of his mercy. He washed away our sins, giving us a new birth and new life through the Holy Spirit."
Titus 3:5

COUNSELING SERVICES

Dear Parents,

Winter is a perfect time to slow down and to re-set. We, as the grown-ups in children's lives, must reset, so children can likewise reset and learn self-regulation. I teach The Zones of Regulation curriculum especially in the younger elementary classrooms. The Zones of Regulation have merit to us adults too. The "Zones" emphasize that all emotions are okay, help give more emotive language, teach communication and coping tools, and teach that self-regulation is each person's



responsibility. Parents and grown-ups must model positive self-regulation in order that children can mimic the same regulation. Research suggests teaching calm strategies during the *calm* is most helpful- not when the child or adult is experiencing overwhelming emotion. Self regulation is also known as emotional regulation, self-control, and impulse management.

Here is a parent guide on the use of the red, yellow, green and blue zones. [A Parents' Guide to the Zones of Regulation](#) You can remember the zones by using a traffic light system. Like traffic signs; **Blue** = 'rest area where you pull over as you are tired and need to recharge'. **Green** = the person is 'good to go'. **Yellow** = 'caution, slow down or take warning' and **Red** = 'Stop and regain control. For example, if you are anxious or frustrated (YELLOW ZONE), acknowledge to your child, "Mom is feeling in the yellow zone, I need to take a break." Or notice in your child, "You look sleepy. Are you in the Blue Zone?" Discuss which Zone a character in a book or movie is in and share how their behavior is affecting your

Zone. For example, if your break helped you feel less **Yellow**, state, "I am feeling more in the **Green** zone now, that rest or break really helped me feel calm." Most important, acknowledge and put into words your emotion and need to use a coping tool for self-regulation. This lets your child know their emotion is normal and you feel the same emotions they do, but this also gives your child an example of healthy self control.

My favorite reset tool is the "4-Second Pause". "The act of pausing, repeating back what we hear in a positive way, and letting go of any agenda is known as reflecting. By actively choosing to do this, we encourage our kids to not just recall information but to be aware of what they learned." Nothing stops a conversation with our kids quicker than jumping in with our point of view before we are asked. When we pause, we are telling our children, "I hear you. I am here for you." [Patient Parenting: How a 4-Second Pause Helps Your Child Thrive](#)

As the Christmas break soon begins, give yourself and your family the gift of calm.

Blessings to you, Mrs. DeVos

Supplemental Resources:

[WHAT IS... Interoception? - The Zones of Regulation](#)

[Let it Snow! Mindful Winter Activities | Patrice's posts](#)

[Sanford-Harmony-Everyday-Practices-at-Home-1.pdf](#)

[Mindful minutes: 10 small practices that make a big difference | happiness.com](#)

Coping Tips

Take care of yourself

Take care of your body

- Get enough sleep
- Spend time outside
- Play sports
- Get exercise

Connect with people for support

- When you feel ready, think about asking for help
- Join a support group or online community
- Talk to people who care about you and won't judge you—and be open to their advice
- If you're in a safe relationship, be open with your partner about what you're going through
- Get involved with a sports team, school activity, or a religious or spiritual organization
- Volunteer for a cause you care about

Take care of your mind

- Write or draw your feelings
- Take a few deep breaths
- Take a break from news or social media
- Explore your interests and hobbies
- If you can, follow a regular schedule each day and build in time to take breaks
- Celebrate large and small successes

Focus on self-care for your overall health and wellness.

Here are some ways to take care of yourself one small way each day:

SAMHSA

Help is 3 Numbers Away

211 maintains a comprehensive database of community resources and provides information and referrals for essential needs like:

- Food
- Housing and Shelter
- Utility Assistance
- Healthcare Services
- Government Services

211 also can connect people with information and referrals for:

- Transportation
- Legal Services
- Support Groups
- Disaster Aftercare
- Everything Else

988 provides crisis support for:

- Thoughts of Suicide
- Mental Health Crisis
- Substance Use Crisis
- Emotional Distress

911 provides first responder dispatch for:

- Medical Emergency
- Fire
- Reporting a Crime
- Disaster Response
- Life-Threatening Situation

Call for Information and Community Resources 211

Call for Suicide Intervention and Crisis Support 988

Call for Emergencies 911

Whole Person Care

Warm Handoff

Helping Handoff

Health Handoff

Safe2Say South Dakota is a statewide tip line that allows South Dakota students, school staff, and community members to safely and anonymously report sensitive information that concerns their safety, or the safety of others, including mental health concerns.

SUBMIT A TIP BY CALLING 1-844-373-7233

CLICK HERE TO SUBMIT A TIP

safe2say.sd.gov

PARENT-TEACHER-FELLOWSHIP

CONNECT WITH THE PTF ON FACEBOOK



Scan the QR Code with your camera app to go to the SFLS PTF Facebook Page



RAISERIGHT (AKA SCRIP)

Order Dates by 10 AM	Pick-Up Dates after 11 AM
No Orders Week of December 23	No Orders Week of December 23
No Orders Week of December 30	No Orders Week of December 30
Monday, January 6	Thursday, January 9

EAGLE CARE

Eagle Care will NOT be open on FRIDAY, December 20th after school. This includes infants, ones and twos classrooms. That Friday afternoon will mark the beginning of the Christmas break for all of SFLS. We will be back in session on Thursday, January 2, 2025 at 7:00 AM.

We welcome Ms. Schulz to our staff. Amber is a senior physical therapy student at Augustana University. She looks forward to getting to know our students. Welcome Amber!

FYI details/registration for Summer Eagle Care will be available in the middle of February.

PRESCHOOL

The 7th graders and the preschoolers in Miss Miller's class enjoyed hearing the story of Jesus' birth. Then they made a nativity gingerbread house. The kids all enjoyed creating these tasty creations for a place for baby Jesus to lay.



ELEMENTARY

Congratulations to Mrs. Heidi Johnson's 2nd grade class who collected 776 pounds of canned goods for feeding South Dakota. They earned 1st place and a pizza party in January. Congratulations as well to Mrs. Vercruysse's 1st grade class who earned 2nd place by collecting 417 pounds of food and will have a cookie party in January. Thank you everyone who participated and contributed to the NHS collecting over 2300 pounds of canned goods. This will provide almost 2000 meals for those in need.

Merry Christmas to you all! We hope everyone has a wonderful break and look forward to seeing you back on January 2nd.

Our Advent wreath had three candles lit this week. The third candle is pink, and symbolizes JOY. It is sometimes called the Shepherds' Candle. With this third candle, we remember the joy the shepherds had to go see the baby in Bethlehem.

On Sunday the fourth candle will be lit, which symbolizes LOVE. Jesus is love in human form, come down from heaven.

The white "Christ candle" in the center is lit on Christmas Eve. We will celebrate Christmas for 12 days starting on Christmas Day. So it will still be "Christmas" when we come back to school. 😊

UPPER SCHOOL

Dear SFLS Families,

As we journey through this Advent season, preparing our hearts for the celebration of Christ's birth, we are reminded of the incredible hope, peace, joy, and love that Jesus brings to our lives. At SFLS, we are blessed to share this message with your children each day. May this Christmas be filled with the light of our Savior and the comfort of His grace. From all of us, Have a Merry Christmas and God's blessings to your family during this holy season and into the new year!



In Christ,
James Stubkjaer
MS/HS Principal

HIGH SCHOOL

ACT TEST PREP

Juniors will be taking the ACT in March. It is not too early to begin preparing for the test. Did you know there are free [practice tests and resources](#)? Please let Mrs. Slavens know if you have any questions.

FAFSA

Seniors and parents - the [FAFSA is now open!](#) Complete the form to apply for financial aid for college, career school, or graduate school.



ART

Please save small containers with lids. 4-6 oz., cottage cheese, sour cream, yogurt, etc. They can be turned into Mrs. Hoekman or at the front desk.

ATHLETICS

VOLUNTEERS at our home games are key to our ability to host these games. You may find opportunities to volunteer by clicking on [THIS LINK](#).

BASKETBALL:

- CANCELLED: December 21: JV GBB Tournament @ Beresford
- January 6: JV/V BBB @ Arlington beginning at 6
- January 11: JV GBB Tournament @ Irene/Lower Brule

MUSIC

[JANUARY Middle School Ensemble Calendar](#)

[Click or scan to take a look at the SFLS Strings Site!](#)



Students from the SFLS HS Music Department were invited to provide entertainment for the annual Christmas luncheon at the Center for Active Generations on Tuesday Dec. 10.

Jazz Band, Praise Band, and Orchestra performed, as well as Choir members, who sang duets and a solo. It was a festive afternoon-bringing joy to members and students alike.

The Center Active Generations exists to promote positive aging for adults and to enhance the quality of life for all through programs, services, and education. Their members enjoy state-of-the-art fitness facilities, organized activities, support services, and a vibrant community, so adults of all ages can live their best lives.

Thank you HS students and Music Department instructors for sharing the love of Jesus, through the gift of music!





Thank you, families, for all of the wonderful support of your Music students during the Advent and Christmas season. Between Christmas concerts, outreach opportunities (3rd graders to Trail Ridge and High School students to Active Generations), pop-up concerts for other students, and performing songs for their own families and churches, the students have truly been a blessing to us and to many other people during the whole month of December!

Merry Christmas!

Mrs. Birnstiehl, Mrs. Biteler, Mr. Effinger, Mrs. Miller, Mrs. Prouty, Ms. Temple, and Mrs. Thornton

ASSOCIATION CHURCHES

Faith - Rev. Corey Aker and Rev. Jason Rensner

Faith Lutheran Church invites you to the following opportunities:



Sometimes when we are going through tough things in life, it is hard to embrace the general feeling of joy and happiness typically associated with the Christmas Season. Dealing with the death of a loved one, facing life after divorce or separation, coping with the loss of a job, living with illness, disease, or difficult life situations can make celebrating Christmas less than joyful.

Please Join us for "An Advent Service of Hope, Healing, Peace and Candles"

Saturday, December 21st, 2024, 5:30pm

at Faith Lutheran Church

This is a special, quiet, meditative service with candles, music, and words of hope, healing and comfort in the midst of darkness, a way to move from feeling blue to experiencing again the hope of Christmas.



Invite someone who would benefit from such a worship experience. All are welcome to attend.



Providing real hope and real healing to widows who grieve the loss of their spouse and are seeking purpose for this season of life.

ATTENTION WIDOWS!

Losing a spouse is a profound and life altering experience. Widow Talks are a way for you to:

- Embrace your journey through grief
- Discover your new identity
- Empower you to envision and create a future in which you can thrive...not just survive.

Widow Talks: Conversations with Those who Know
Begins January 8, Wednesdays at 1pm
Faith Lutheran Church, 601 N Cliff Ave., Sioux Falls

Dates and Topics:

- | | |
|-------------|---------------------------------------|
| January 8 | <i>It Begins With A Story</i> |
| January 15 | <i>The Winters of Our Lives</i> |
| January 22 | <i>Remembering</i> |
| January 29 | <i>A Widow's Perspective Psalm 23</i> |
| February 5 | <i>Overcoming Your Fears</i> |
| February 12 | <i>What About Anxiety and Worry</i> |
| February 19 | <i>Lamenting Your Loss</i> |
| March 5 | <i>Heavenly Bottles</i> |

What you can expect:

Widow Talks, peer-led support group, creates a safe environment where widows can grow, learn to thrive, and begin to live joyful, fulfilling, abundant lives despite their tragic loss.

If interested in attending Widow Talks, please contact:
 Shelly Hoefs, health@faithlutheransiouxfalls.org,
 or call (605) 332-3401.

[Lord of Life](#) - Rev. Billy Newell

Sounds Of The Savior: The Telling of the Christmas Story. The Christmas season goes by so quickly, so we would love for you to spend some time with us remembering what the season is all about, Jesus! Join us on Sunday evening, December 22 at 6:30 PM as we recount the birth of our Savior! This will be a combination of the telling of the Christmas story along with Christmas music incorporated to worship the newborn King! We hope this will be a new annual tradition! We also plan to do a Christmas cookie potluck! Feel free to bring some Christmas cookies to share and also enjoy some hot chocolate! (Bringing Christmas cookies is not required!) We would love to have you there, and please invite your family, friends and neighbors!

[Memorial](#) - Rev. Aaron Asmus, Rev. Doug Slavens, DCE Hailey Jo Miller and DCE Liz Peters

[Our Redeemer](#) - Rev. Howard Shane (primary vacancy pastor), Rev. David Morfitt (vacancy pastor)

Soup & Pie Luncheon - The annual Our Redeemer Soup & Pie Luncheon will be on Saturday, January 11, 2025, 11AM-1PM. There will be a variety of soups and pies. This year your freewill donation goes toward the ORLC Benevolent Fund, which supports those in need within the Our Redeemer congregation and the Sioux Falls community. Signup is not required, but is appreciated:



Soup & Pie Luncheon

Our Redeemer Lutheran Church
2200 S Western Ave, Sioux Falls

Saturday, January 11, 2025

11AM-1PM



Variety of Soups and Pies

Your freewill donation goes toward the Our Redeemer Benevolent Fund, supporting those in need within the Our Redeemer congregation and in our community.

<https://www.signupgenius.com/go/10C0F49ADAD2BA0F4CE9-54105467-ourredeemer>

[Resurrection](#) - Rev. Chris Ascher

PIZZA RANCH fundraiser for our youth who will be attending the National Youth Gathering in New Orleans in July. Mark your calendars for a night off from your kitchen! MONDAY DECEMBER 23rd from 5 to 8 PM. (NOTE: 10% of buffet sales plus all tips will be donated by Pizza Ranch.)

Click [HERE](#) for all church's worship times including Advent & Christmas services

HIGH SCHOOL SUPPORTING MEMBER

[ZION](#) - Rev. Greg Lehr

UPCOMING EVENTS

Please visit your FACTS family portal calendar or click this [link](#) to our website for upcoming events.

Please contact schooloffice@sflutheranschool.com with any questions or concerns.



**SIOUX FALLS
LUTHERAN SCHOOL**
World Ready. Faith Secure.

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