



WOLF TRACKS NEWSLETTER

Guided by Faith, Driven by Excellence

OCTOBER 15, 2018

PASSAGE OF THE WEEK

“In God I trust; I will not be afraid. What can man do to me?”
Psalm 56:11

HOT LUNCH

Friday – We will be having pizza for \$1/slice.

CLEANING

20 – Jones

27 - Jimenez

UPCOMING EVENTS

Wednesday: Mornings with Mommy

Friday: Lego League 3:00 – 4:30

Saturday: Lego League 9:00 – 12:00

VOLLEYBALL TOURNAMENT

This past weekend our volleyball team participated in a tournament at California Lutheran High School. Our team took 4th place overall. Great job to all of our players and go Wolves!

HALF DAY WITH NO AFTERCARE

Just a reminder that on Wednesday, October 31, we have a half day of school with the students dismissed at 12:00. There is no aftercare available as the teachers will be traveling to Arizona for a conference.

There is no school November 1 and 2 for that conference.

BOX TOP ORDERS

Our next Box Tops deadline is November 1. If you have been saving them at home, please bring them in so they may be clipped, counted, and mailed before the deadline. There is a box in the library where they may be turned in.

TRUNK OR TREAT

Shepherd of the Hills will be hosting its annual Trunk or Treat on Friday, October 26. If any school families are willing to decorate a trunk and hand out candy, we would appreciate the participation. We also need help with setting up, food, games and clean up. If you are willing to help in any way or have any questions, please speak to Anna Vogel.

CHAPEL

This week Wednesday, we will welcome Tim Treder who will lead chapel and talk a bit about California Lutheran High School. All parents are invited to come to chapel with a short presentation about what our association school has to offer. He will also be available to answer any questions that anyone might have.

LEGO LEAGUE SCHEDULE

I wanted to highlight some of the practices as they change when we get closer to the competition. The main competition will be held on November 10. We will have longer practices on November 1 and 2 to prepare. Please note that these are the days where there is no school.

PARENTING

The Vogel household hosts a small group Bible Study that involves parenting every Tuesday at 6:30. Each week I will try to share a quick snip-it of what was discussed. If anyone has an interest in joining us, please let me know.

STRATEGY #1 – Amusement is Not the Highest Priority

Is it healthy for our children to be entertained all the time? Our children are surrounded by an insatiable urge for entertainment from trampoline parks to go-carts to TV's to tablets and game systems, and on and on. The American child averages 7 hours of screen time a day, and this does not include school work. How many of us have seen the tablets in restaurants to keep the children entertained.

If we are not careful, this lifestyle can rewire our children's brain to become addicted to the need for entertainment and instant gratification. They will then miss out on the simple pleasure of childhood like playing outdoors, riding a bike, using their imagination in play, and just being alone with their thoughts to encourage original thoughts.

WHAT TO DO?

1. Find activities where children are not in front of a screen and can play with others.
2. Do a weekly test to see how much screen time your child has in the home.
3. Make them wait for things that they want or just say no. If not, their need for instant gratification will only grow. It is okay if your child doesn't have something that other kids do. It is okay if your child has not been to a place that other children have.
4. It is alright for them to be bored. Don't jump in and immediately find something for them to do. Let them work it out on their own and make their own decisions.