

# THE SPARTAN WEEKLY

And Jesus said to them, "Follow me, and I will make you fishers of men." Mark 1:17

February 1, 2019

St. Paul Lutheran School

School News & Notes

[www.stpaulsheboygan.org](http://www.stpaulsheboygan.org)

## Happy Birthday

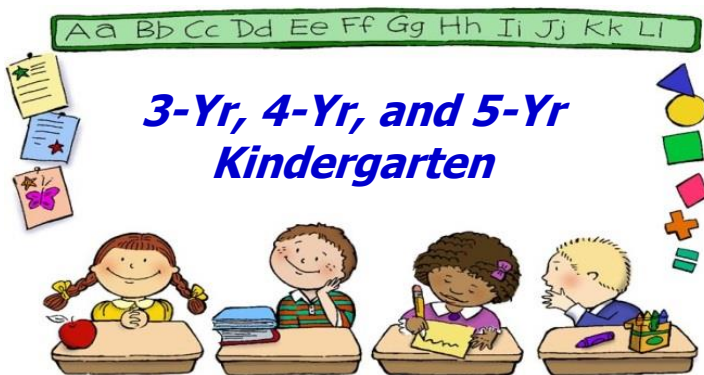
Pastor Kretschmar February 6



May God Bless You On Your Birthday!

## Hot Lunch Help Needed for Thursdays

We are looking for someone to help with Thursdays. Time is from about 10:50-noon. Please talk with Lisa if interested or if you have any questions.



Do you have a child or know someone who has a child that will be at least three years old as of September 1, 2019? If you do, we have a program for you. We offer 3-yr old preschool, as well as 4-yr old Kindergarten (half day) and 5-yr old Kindergarten (full day). If you know of a family who has a child who you think will benefit from what St. Paul School has to offer, please give the school office their name and address, or if you prefer, we can give you information and brochures to share with others!

# February

## NOTES FROM THE PRINCIPAL

### Vouchers

It's that time of year again. ☺ If you have a voucher, reapply and bring in your residency document.

Stay warm! Mrs. K

## "Happenings This Week"

- Friday, Feb. 1 Band lessons
- Monday, Feb. 4 Faculty mtg., 3:30  
BB @ St. John Plymouth  
5/6 girls, 4:30  
7/8 girls, 6:30  
7/8 boys, 7:30
- Tuesday, Feb. 5 Reader's Theater @ school  
1-4 gr., 9:15  
3K-5K, 9:45
- Wed., Feb. 6 Library open  
Chapel, Pastor Kretschmar
- Thurs., Feb. 7 LEGO/Game Club 3:15-4:15  
BB @ Christ Child Academy  
7/8 boys, 7:00  
SALSA Band @ LHS  
5/6 gr., 6:30-7:15  
7/8 gr., 7:15-8:00
- Friday, Feb. 8 Band lessons  
7/8 boys bb tournament @  
St. Paul Grafton

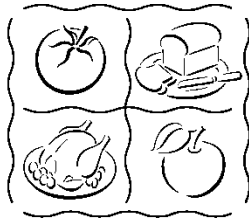


### Voucher Program

St. Paul School is again participating in the **Wisconsin Parental Choice Program (voucher program)**, also called **WPCP** for the 2019-20 school year. Families with students who will be in 4K, 5K, or grade 1 may apply online. Also, families with students who transfer from a public school at any grade level may apply. To learn the guidelines and qualifications, please visit <http://dpi.wi.gov/sms/choice-programs/student-applications>. The application process begins on this site today. If you have questions, please contact Mrs. Kretschmar.

## Break For Breakfast

If you skip breakfast because you're trying to get 15 more minutes of sleep, or you think that's a good way to lose weight, think again.



## Healthy Living Tips

Research shows that skipping the morning meal actually slows your resting metabolism and keeps your body from burning calories until lunchtime. By not feeding your body in the morning, the body tries to hold onto the fuel (calories) it has stored. In fact, a recent study in the Journal of the American College of Nutrition shows that people who skip breakfast have a higher body mass index (BMI) than those who take time for a morning meal. Other research shows that people who eat breakfast daily are less likely to be obese and diabetic.

To make matters worse, skipping breakfast means skipping those important vitamins and minerals that your body needs to get through the day.

To put together a healthy breakfast each day, choose one item from at least three of the following four food groups.

### Whole Grains

- Cereals like Total, Wheaties, etc. (look for a cereal with 3 to 5 grams of fiber and make sure "sugar" doesn't appear as one of the first three ingredients.)
- Oatmeal
- Whole grain toast or bagels

### Fruit

- Sliced bananas or berries on your cereal
- Peaches, strawberries, or blueberries in yogurt
- A glass of 100% real juice

### Low-Fat Dairy

- Skim milk on your cereal
- Low-fat yogurt

### Protein

- Peanut butter on toast or a bagel
- Scrambled or hard-boiled eggs
- Canadian bacon
- Water-packed tuna

## Watch out for:

\*\* **Cereal bars** – they're convenient, but many of them also contain so much fat and sugar that you might as well eat a candy bar! Read the nutrition label.

\*\* **Donuts** – they're full of calories (200 to 300), full of sugar, and most contain trans fat. (Store-bought donuts are about 35% to 40% trans fat.) Eating a donut will throw off your blood sugar & you'll be hungry again sooner than you'd like.

\*\* **Cream cheese** – while it may add flavor to a bagel, it's also high in calories and fat. Spread it thin and use fat-free varieties.

## Lunch Menu

<i>Mon., February 4</i>	<i>Popcorn Chicken</i>
<i>Tue., February 5</i>	<i>Hamburger</i>
<i>Wed., February 6</i>	<i>Beef &amp; Pepperoni Calzone</i>
<i>Thur., February 7</i>	<i>General Tsos Beef w/Broccoli</i>
<i>Fri., February 8</i>	<i>Cheese Quesadilla</i>

## ALL FAMILY BOOK READ

Here we go! Into the Wardrobe! Our story begins with 4 children and their adventures. Enjoy your reading. Who goes in first? What do they find?

 Please read:

February 1	Chapter 1
February 4	Chapter 2
February 5	Chapter 3
February 6	Chapter 4
February 7	Chapter 5
February 8	Chapter 6

## Safety Patrol / Chapel Acolyte

**Kiah & Lilian**

## Mission Statement

Molding God's children for time and eternity.

