In Christ Alone
- by Scripture Alone
- by Faith Alone
- by Grace Alone

Now I Lay Me Down . . . to Sleep
Heather Bode- Parents CrossLink Summer 2017

Sleep. It’s what we adults should spend one-third of our lives doing. For our children, it should be even more. Then why are so many of us NOT getting the sleep we need? “Sleep is one of the most important things that gets really overlooked in society. We have all this technology that we ‘can’t live without’ and a society that pushes us to our limits. But it all interferes with our body’s normal systems and how we were designed to function,” says Dr. Kim Damrow.

Dr. Damrow is a primary care internist and also a diplomate with the American Board of Sleep Medicine. She has been conducting and reading sleep studies for almost 20 years. During that time, she feels the medical community has come to a realization of just how important sleep is, especially since an estimated 40 million Americans suffer from sleep disorders.

WHY WE NEED SLEEP
There are two basic categories of sleep: non-REM and REM sleep. Dr. Damrow explains that while non-REM sleep helps our bodies recover, REM sleep benefits the brain. Surprisingly, during REM sleep the brain is as active as it is when we’re awake. Dr. Damrow further explains that anything which arouses us from sleep and causes sleep disruption, like when our little ones are up in the middle of the night, generates a lot of changes in our bodies. “Your heart rate and blood pressure go up. It changes our response to insulin. It changes proteins in the blood. Anything that disrupts our sleep goes contrary to what our bodies want us to do.”

“We just never thought to ask people about their sleep. Their blood pressure was getting worse; they were developing diabetes; having rhythm issues; early heart attacks— all of which can be impacted by a specific sleep disorder called sleep apnea. But there are almost one hundred different sleep disorders,” says Damrow. “How much sleep we get impacts everything.”

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Ephesians 2:8-9 For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— not by works, so that no one can boast.

Also available at zionrhinelander.org
First Quarter Mission

Project: Friends of China
USA

The mission of Friends of China (FoC) is to build relationships through educational exchange in mainland China. In 2001, FoC sent its first four English teachers to Beijing. The organization grew rapidly, and to date FoC has sent over 270 teachers to ten different cities in the mainland. Teachers in China have opportunities to develop meaningful eternal relationships built on trust and cultural awareness. Friends of China continues to recruit, train, send and support dozens of teachers every year to further this mission. This Chapel mission project began today.

8/30->$52.98
Total->$52.98

Thanks!

Many thanks to all who worked this summer to spruce up our school and to help install our new playground pieces! You’ve been a blessing, and we greatly appreciate your loving service for Jesus to our school.

Kickball Tournament @Northland Pines Highschool Friday 9/15

The annual kickball tournament hosted by Christ in Eagle River is set for Friday, September 15th. Zion families are asked to bring a treat to share. Students are required to bring a lunch. Please send food that can be eaten cold. As usual we are looking for volunteers. Watch for a note coming home later this week.

Just a Couple of Reminders

It’s a new school year so it’s good to remember a few school rules-
1. When using before school care, students should go directly to the 7/8th grade room and not to their lockers.
2. No balls are allowed on the front lawn of school after school. We’ve had some near collisions when students have been chasing a [football, soccer, playground] ball and are not

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exactly aware of other students, parents or grandparents in their play zone.

3. After 3:25, the last bell, students who have not been picked up are placed in After School Care. After Care is completed at 5:30. If you will be late, please call school. Additional fees are assessed for late pick ups.

4. If chromebooks are taken home, they should return to school fully charged. They are just happier that way!

5. When the snow flies as God gives it, snowballs thrown by human hands are not allowed anywhere on our school grounds. This includes parents. And teachers. You know who you are!

Registration Forms
We’ve received most of our registration forms. Thanks! If your family is missing a form or two, watch for an email reminder.

Parent Transport Days
Today and tomorrow are parent transport days for both morning and afternoon. Bus transportation begins on Friday, September 1.

No School
No school this coming Monday, September 4, for the Labor Day holiday.

Violin Lessons
A newer member of Zion Lutheran Church- Mrs. Rebecca Mode- is offering violin lessons. She moved to Rhinelander from the Fox Valley area where she had been giving lessons. The lessons are $10/half hour and will be held at the Northland Music Center in downtown Rhinelander. For more information give her a call at [715] 966-4091.

Zion Spirit Wear
Zion spirit wear of all types is available at any time at Zion's My Locker Room.

Zion Wish List updated August 2017
We are blessed here at Zion Lutheran Church and School with so many generous, Christ-centered families who have graciously given gifts to our school in response to Christ’s love. The link above is to our school wish list for items that do not fit into our school and church budget at this time.

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Items such as a new upright freezer, new PE Scooters and updated teacher computers are on the list. Contact Mr. Ristow if you’d like to help out in this way. Thanks!

**PRIDE PTO**
Hopefully you were able to stop by the PRIDE PTO table at registration and have an idea of what we do as an organization for the students and staff at Zion. The students and their families really enjoy the different events we host throughout the school year. With the various fundraisers we do, we are able to purchase beneficial things not covered in the school budget (Playground equipment as an example). Our teachers and staff support our students in their academic lives along with their spiritual lives. We feel strongly that we need to support and bless them in return. The students LOVE hot lunch days (and so do the people who don’t have to pack a lunch for them that day)

None of these things would be possible without the support of YOU! We will have our first meeting on **Monday September 11th at 5:30PM** in the 1-2 grade classroom at school. The meeting should last an hour or so. We will discuss the planned events for the school year, fundraising ideas and ways to support the staff. ALL are encouraged to attend, submit ideas and ask questions. If you are new to Zion this is a great way to connect with some of the other families.

**SCRIP**
Do you want to support the school AND save money on your tuition for next year? (I am hoping that everyone would answer “YES” to that question.) Great news!!! You can do those just by buying SCRIP gift cards! The start of the school year is a great time to get into the habit of buying them for all of your purchases. Michele Antonuk will be outside of the preschool room for you to buy your cards, or to answer any questions Tuesdays, Thursdays and Friday mornings, or you can see Miss Humann after school anytime! SCRIP is also available after church on Sunday.

**Upcoming Events**
8/30- VB Practice 3:30
8/30-31- Parent Transport Days AM and PM
8/31- VB Practice 3:30
9/4- No School- Labor Day
9/5- VB Practice 3:30
9/6- VB Practice 3:30
9/7- VB Practice 3:30
9/8- Home VB vs. Trinity-Merrill 4:30
9/9 - Northland Lutheran High School VB Tournament
9/10- Teen Bible Study and Sunday School Begin 10:15
9/11- VB Practice 3:30
9/11- PRIDE PTO Meeting 5:30

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9/12- Home VB vs. Trinity-Minocqua 4:00
9/13- Eligibility check for Extra-Curriculars
9/13- Board for Parish Education 6:30
9/13- VB Practice 3:30
9/15- Christ-Eagle River All School Kickball Tournament @ Northland Pines 9:15
9/18- VB Practice 3:30
9/19- Away VB @ Trinity-Minocqua 4:00
9/20- VB Practice 3:30

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