

Rochester Central Lutheran School

## RCLS PAW PRINT

May 14, 2009

Preparing for tomorrow with a Christ-centered education today!

RCLS is a ministry of Family of Christ, Grace, Holy Cross and Trinity Lutheran churches.

### DON'T FORGET!

**Band Concert,  
May 19, 7 pm**

**Choir Concert, May  
21, 7 pm**

### MR. PAHLKOTTER'S THOUGHTS.....

Stress! Stress? **STRESS!** *Stress?* **What stress?** Moving... packing...decisions...meetings...end of the year activities...the end of the year time crunch...What do you mean I look stressed? I looked the word "stress" up in the dictionary. Stress is "...**constraining force or influence as...a physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation.**" Well, this doesn't sound good. I looked up "stress" in the Bible and did not find any references; however, I did find the following verses that may shed some light on the topic:

**Psalm 55:22** "Give your burdens to the Lord, He will carry them. He will not permit you to fall."

**Psalm 50:15** "Call upon me in the day of trouble and I will rescue you and give you glory."

**1 Peter 5:7** "Let Him have all your worries and cares, for He is always thinking of you and watching everything that concerns you."

**Psalm 94:19** "Lord, when doubts fill my mind, when my heart is turmoil, quiet me and give me renewed hope and cheer."

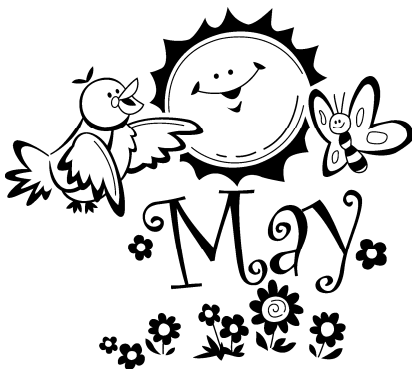
**Isaiah 41:10** "Fear not, for I am with you. Do not be dismayed, I am your God. I will strengthen you, I will help you, I will uphold you with my victorious right hand."

**Psalm 28:7a** "The Lord is my strength and my shield; my heart trusts in him and I am helped."

**2 Cor. 1:3-4** "Praise be to the God and Father of our Lord Jesus Christ, the father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God."

Lord, help me focus upon Your promises and Your Word. Help me to hear Your Word and believe. Help me to trust in You and lean not on my own understanding. Help me to give You my stress and to focus on Your love and blessings. Forgive me when I allow the things of this world to stress me out and I forget to live as Your child...forgiven...loved...saved.

In His Service,  
Mr. Henry G. Pahlkotter, II  
Principal



#### Special points of interest:

- Trinity Lutheran VBS
- Family of Christ VBS
- Summer SAC registration
- Alumni Saturday
- Biology Summer Camp-Florida
- Health Notes
- Playground Resurfacing Project
- Katie Reinhart, Office Intern
- Preschool Last Day Picnic
- Med city Kids Marathon
- Faculty/Staff Plan 2009-10
- Much, much, more!

**WELCOME MISS KATIE REINHART, OFFICE INTERN:** Miss Katie Reinhart will be completing an internship with RCLS and Family of Christ beginning Thursday, May 14, through July. Miss Reinhart is a graduate of RCLS and a member of Family of Christ Lutheran Church. Welcome Miss Reinhart to the school office!

**PAHLKOTTERS AND BIARS THANK YOU:** Just a quick note to say thank you to everyone who has offered to assist this Saturday, May 16, with moving. We will begin at 8 am at the Pahlkotter's current home (1226 2<sup>nd</sup> Street NW) and move to the new home. Once this is completed, we will move the Biar family from their current home (2119 23 Street NW) to 1226 2<sup>nd</sup> Street NW. Lunch will be served. Again, every helping hand is greatly appreciated.

**NEXT WEEK PRESCHOOL LAST DAYS:** On Wednesday, May 20, Preschool 4's and Redeemer Preschool will have their last day picnic. On Thursday, May 21, Preschool 3's will have their last day picnic. We pray that God blesses your final days in school for the 2008-2009 school year and we look forward to seeing you again for the 2009-2010 school year. May God bless your summer plans and keep you safe!

**HEALTH EDUCATION TEAM:** The Med City Kids' Marathon is Saturday, May 23, at 10:30 am. The marathon (last 1.2 miles) will begin at Soldiers Field Track and end on the north side of the Rochester Area Family Y. The Cost is free but you must pre-register. Forms are available in the office and must be mailed and received by May 15. You may also register from 4:00 – 7:00 pm on May 22, 2009, at the Running Room. Students must have already completed 25 miles in preparation for the Med-City Kids' Marathon. We want to have a great RCLS showing for the race, so let the school office know if you are participating. Thank you! The Health Education Team

**ALUMNI SATURDAY!** On Saturday, May 30, all alumni are invited to come to worship at Trinity Lutheran Church at the 5:30 pm service. During the service, alumni will be recognized and the blessings of RCLS will be celebrated. Immediately following the service, alumni and friends are invited to travel to RCLS for a potluck dinner. Ham, rolls and drinks will be provided. Please bring a dish to pass. Immediately following the dinner, a parking lot dance will be commenced with band **Rockology** providing music. Alumni, alumni parents and friends of RCLS are all invited. There is no cost. This is an opportunity for RCLS to kick off it's effort in establishing an Alumni Association for RCLS and to continue its ministry with graduates. Come. All are welcome.



That's just what they'll do at Crocodile Dock, where fearless kids shine God's light! Crocodile Dock is filled with incredible Bible-learning that kids see, hear, touch, and even taste! Bible Point crafts, team-building games, cool Bible songs, and tasty treats are just a few of the Crocodile Dock activities that help faith flow into real life.

When? June 15-19, 2009      Where? Trinity Lutheran Church  
222 6<sup>th</sup> Avenue SW  
Rochester, MN 55902  
Time? 9 am - Noon

**Cost: \$15 per child ( includes 1 t-shirt per child, 1 music CD per family and More!) (maximum \$30 per family) mail payment to Trinity Lutheran Church/attn: VBS Director or pay on first day at check-in**

No child will be turned away due to inability to pay.

Register online at...[www.groupvbs.com/webtoybox/myvbs/trinityrochmn](http://www.groupvbs.com/webtoybox/myvbs/trinityrochmn)

**VOLUNTEER APPRECIATION DAY:** On Wednesday, several RCLS volunteers were recognized as faith heroes at Chapel and appreciated with a breakfast in the cafeteria. Thank you to everyone who serves their Lord by sharing their time and talents with us. RCLS could never do what we do without your assistance. We thank God for you.

**CONCERTS NEXT WEEK:** There are two big concerts next week. The Band Concert is at 7 pm on Tuesday evening, May 19, and the Choir Concert is at 7 pm on Thursday evening, May 21. All are invited to come and share in the blessing of music!

**PRAYING FOR OUR FAMILIES** The week of May 18, 2009 we will pray for Jonathan & Patricia Torrens-Burton (Ben, Emma), Dominic & Cindy Tortorelli (Andrew, Gabriella), Bob & Erika Trempe (Jackson, Olivia), Sarah Tuohimaa (Jarika, Josiah), Jeff & Casey Wagner (Lucas, Chad), and Scott & Valerie Waldner (Jeremy).

## MARRIAGE CAN BE A LAUGHING MATTER

Laughter isn't only the best medicine; it can also be the best marriage counselor. We know of its power to reduce stress in everyday life, but many couples have overlooked its usefulness in their most important relationship.

On May 15 and 16 at Redeemer Lutheran Church (869 7<sup>th</sup> Ave SE) married, single, and divorced couples will get a chance to laugh about - and make vital changes to - their relationships through Laugh Your Way to a Better Marriage, a Video Seminar created by pastor, motivational speaker, musician and writer Mark Gungor.

Most marriage seminars tend to be serious, technical and emotionally taxing. Laugh Your Way to a Better Marriage, by contrast, helps couples deal with tough issues in a way that's fun and non-threatening. There are no workbooks to fill out, no emotional "break-out" sessions, and no one is ever forced to speak in front of the group.

Laugh Your Way to a Better Marriage Video Seminar takes place from 7-10pm on Friday, May 15 and 9-12:30pm on Saturday, May 16, with lunch following at no additional cost. The cost is \$15 per person or \$29 per couple. Child care will be available and if the cost is an issue please let us know. For more information or to purchase your registration, call Redeemer at 289-5147 or visit [www.redeemer-rochester.com](http://www.redeemer-rochester.com) for a link to registration and teaser clips.

## FROM THE HEALTH OFFICE

Parents need to pick up all medications from the Health Office by the end of the school day on Friday, June 5. All medications remaining in the Health office after Monday, June 8 will be disposed of. Medications cannot be picked up or sent home with your children.

**Attention 6th grade parents:** Most 6th grade students need immunizations before they can attend 7th grade. Please see your medical provider to obtain the required immunizations. Please bring your updated immunizations record to the school before August 24, 2009. Thanks to all of you who have already completed this important task.

## TUITION PAYMENT OPTIONS FOR 2009-10

Besides being able to pay for tuition in full RCLS also offers two monthly payment options for the 2009-10 school year. You have the choice of paying tuition on a 12 month program (June to May) or 10 month (August-May). The payments would be automatically withdrawn from your checking/savings account. **If you are interested in the 12 month payment plan, the office needs to know by May 29 in order to set the process up and provide you with a projected cost sheet.** After May 29 the 12 month option will not be available. Information on the present 10 month plan will be sent in the summer mailing. As in the past, the **automatic withdrawal is for tuition only.** The withdrawal date for the 12 month payment plan would be the 15th of each month starting on June 15, 2009 and the 10 month option will be withdrawn on the 10th starting with August 10, 2009.

## FROM THE ART ROOM

The Art room is now **in need of large plastic lids** (gallon ice cream container lids work the best!) If you have any of those, we would be happy to have them. Thanks again for all of the help!

**Trinity Lutheran Church senior youth** will be serving **BREAKFAST at Applebee's Apache Mall** on Sunday May 31, from 8-10 am. The breakfast includes pancakes, eggs, sausage, and drinks. Tickets are \$5 a person. You can purchase the tickets from any of the senior youth (Randy or Ed Schultz family, Darin Ruggeberg family, Mark Pike family, Block family, Ron Cobb family, Dave Winkels family) or contact Charla Schultz at 281-2888. We greatly appreciate your support!

## HOLY CROSS WORKCAMP 2009 MISSION FAIR!

Stop by Holy Cross **this Saturday, May 16 from 3-6 pm** to experience all this fair has to offer you. Blooming plants are available to purchase. You can also get your car washed by the youth as you check out the baked items for sale. Then sit back with a cool drink and snack and enjoy the fellowship. All proceeds will directly support Holy Cross' Workcamp 2009 Mission trip,. C-ya'll at the fair!

**BOARD OF DIRECTORS** will meet on Monday, May 18, at 6:15 pm in the school cafeteria.

**HIGH SCHOOL GENESIS COMMITTEE MEETING** is scheduled for Wednesday, May 20, at 7 pm.

**FIVE PHRASES OF PRAISE!** Every child and every person likes to hear words of affirmation. For some, this is their primary love language. Here are a five ways to affirm someone: ***wow, way to go, super, you're really special, outstanding!*** Take time this week to affirm someone. You may be surprised at how blessing someone else may be an incredible blessing to you.

**REDEEMER CAMPUS PRESCHOOL Open House** is Thursday, May 28, 5:30-7 pm.

**"KINGDOM OF THE SON"** is the theme for this year's Family of Christ VBS to be held June 7-11, 6:30-8 pm. Your child will have the opportunity to journey into the Serengeti to discover exotic animals and participate in an expedition into God's world. The program is open to children 3 years of age (potty trained, please) through 5th grade. Just as last year the program will be held at the homes of Mr. & Mrs. Ken DeCramer and Mr. & Mrs. Shawn Mitchell (5823 & 5815 Shetland Drive NW). If you should need more information and/or wish to register, please email [Tim-Block@q.com](mailto:Tim-Block@q.com) or call Linda at 285-1635.



**TENTATIVE FACULTY/STAFF PLAN FOR THE 2009-2010 SCHOOL YEAR:** Last week, the faculty learned of the tentative staffing plan for the 2009-2010 school year. It is as follows:

|                       |   |
|-----------------------|---|
| Preschool 3's         | Mrs. Wetzel (1 session Tu/Th)                     |
| Preschool 3's & 4's   | Mrs. Mack (1 session Tu/Th)                       |
| Perschool 4's         | Mrs. Henning (1 session at Redeemer Campus M/W/F) |
|                       | Mrs. Wetzel<br>(2 sessions M/W/F am & M/W/Th pm)  |
| Kindergarten          | Mrs. Mack (1 session M/W/F am)                    |
|                       | Miss Timm (Full Day 1.0)                          |
|                       | Mrs. Wickre (Full Day 1.0)                        |
|                       | Mrs. Andersen (Half Day .5)                       |
| Grade One             | Mrs. Bryngelson (1.0)                             |
|                       | Mrs. Otte (1.0)                                   |
| Grade Two             | Mrs. Prentice (1.0)                               |
| Grade Three           | Ms. Brewner (.75)                                 |
|                       | Mrs. Holtan (1.0)                                 |
|                       | Mr. Nelson (Science both classes .25)             |
| Grade Four            | Mrs. Robbins (1.0)                                |
| Grade Five            | Msr. Rudzinski (1.0)                              |
| 6th Grade Homeroom    | Mrs. Woolman—Language Arts (1.0)                  |
| 7th Grade Homeroom    | Mr. Rudzinski—Science (1.0)                       |
|                       | Mrs. Biar—Social Studies (1.0)                    |
| 8th Grade Homeroom    | Miss Schauer—Language Arts (1.0)                  |
| 6-8 Math              | Mr. Mack (.5)                                     |
|                       | Mr. Weinlaeder (.5)                               |
| Lead Teacher          | Mr. Weinlaeder (.5)                               |
| Technology Teacher    | Mr. Nelson (.55)                                  |
| Spanish               | Mr. Parry (.4)                                    |
| Music                 | Mrs. Engelmann (1.0)                              |
|                       | Mrs. Peter (.4)                                   |
| Resource              | Mrs. Strohschein—Language Arts (1.0)              |
|                       | Mrs. Pahlkotter—Math (.5)                         |
|                       | Mr. Nelson—Enrichment (.2)                        |
| Art                   | Miss Johnson (.5)                                 |
| Curriculum Coord.     | Ms. Brewner (.25)                                 |
| Technology Coord.     | Mr. Boisen (.5)                                   |
| Administrative Asst.  | Mrs. Finley                                       |
| Receptionist          | Mrs. Meyer  |
| Food Service Director | Miss Klimesh                                      |
| Food Service Assts.   | Mrs. Boisen, Mrs. Rud,<br>Mrs. Swaverly           |
| SAC/Preschool Dir.    | Mrs. Schoppers                                    |
| Facilities Oper. Mgr. | Mr. Michels                                       |
| Custodians            | Mr. Heaton, Mrs. Brauer,<br>Mr. Finley            |
| Principal             | Mr. Pahlkotter (1.0)                              |

Some slight changes may occur between now and fall depending upon enrollment and schedule issues; however, this is the current general plan. We are excited about the addition of a Technology Teacher, Lead Teacher, and Resource Enrichment. Aide and SAC staff will be announced in the fall as this depends upon need. God is so good!



**SAC is opening  
a brand new summer experience called—  
CAMP RCLS!!**

**REGISTRATON HAS BEGUN!!** Camp RCLS will run from June 15—August 14 and will feature the following groups:

- *Yellow “Son”Shiners—The Lights of Christ*” or those entering PS-Kindergarten
- *Blue Gills “Fishing for Christ”* for those entering Grades 1-2
- *Green Aliens “We can live a life of love, even though we are not of this world.”* for incoming 3- 5 graders

Activities include: drama, group games, crafting, literature connection, skills reviews, devotions, indoor and outdoor games, gardening, field trips, VBS, computers, arts and crafts.

For more information and enrollment forms please stop by the SAC parent table. Come join us for a summer of camp fun!!

**Children entering grades 6 and up**, there is a program for you, too. It's called **Staff-In-Training**. To obtain a brochure or application please stop by the SAC room. Please come and share your love for Jesus with our campers! This would qualify as overflow hours as required by RCLS for grades 6-8.

Routine SAC care will be available June 8-12 and August 17-25—prior to and after Camp RCLS.

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**PASTOR OTTE TO LEAD HOLY LAND TOUR** Pastor William Otte of Trinity Lutheran Church, an RCLS Association member, will be leading a 9-day tour of the Holy Land, with an optional 3-day extension to Egypt. The tour will leave on February 9, 2010, and will include stops in Jerusalem, Bethlehem, the Sea of Galilee, Nazareth, and many other Biblical sites. This is a life-changing experience! If you would like more information, please contact Pastor Otte at (507) 289-1531 or [pastorotte@charterinternet](mailto:pastorotte@charterinternet) for details and a colorful brochure.

**EARLY CHILDHOOD PLAYGROUND RESURFACING PROJECT...** As mentioned previously the Early Childhood Playground area is presently covered with pea gravel and will be replaced with soft surface playground interlocking squares. The project will enhance the playground both in appearance and function. We are asking RCLS families and friends to consider purchasing a square (or more!). The cost is \$35/1 tile or \$100 for 3 tiles. A total of 533 tiles are needed to complete the project. Outside the school office is a poster showing our progress.

**AUCTION ITEMS FOR SALE -**

- 1) Free Keyless and extra remote with the purchase and installation of a new opener from Jim Thompson's Garage Door Company. Valid in Rochester only. Additional fees apply outside Rochester. Not valid with other offers or on prior purchases. Expires 12/31/09.
- 2) A gift certificate to Bob's Smoke Stack Ribs in Elgin, MN for 2 dinners.

Please contact Melinda Rud ([jmmhrud@msn.com](mailto:jmmhrud@msn.com) or 288-6697) or the school office if interested.

We are providing the following information regarding **AWARDS DAYS** so that parents may make appropriate plans to attend the award ceremonies involving their children. If further questions, please contact your child's teacher.

**June 2 at 12:30**

- Athletics - grades 6-8
- Art—grades 6-8
- Music - grades 6-8 -
- Participation certificates - grade 8
- Perfect church and school attendance - grade 8
- Athletes of the year and musician of the year

**At graduation**

- Honor roll/academic awards - grade 8

**June 5 at 9:00 am**

- Honor Roll - grades 6-7 -
- Participation certificates - grades 5-7
- Perfect church and school attendance - grades K-7
- Music & Art Awards etc.



Presentation  
of Awards