

METRO-EAST LUTHERAN HIGH SCHOOL

HIGHLIGHTS

(618) 656-0043



MELHS.ORG



@MELHS.KNIGHTS



Please pray...

- For our winter sports teams as they wind down the season.
- Give thanks for a successful Open House and pray for all of the families still considering MELHS for this next school year.

UPCOMING EVENTS

Lutheran High Sunday – Good Shepherd Collinsville

February 8, 2026

Early Dismissal – 1:10pm

February 10, 2026

No School – Winter Break

February 13, 2026

No School – President's Day

February 16, 2026

Snowball Coronation and Dance

February 21, 2026

Panera Bread Dine to Donate

February 23, 2026



Announcements

Deadline tomorrow – SIUE's Society of Women Engineers is hosting an annual Introduce a Girl to Engineering Day on Saturday, February 28 from 8:30 am – 3:15 pm for grades 6-12. Please see sign up here: [HTTPS://IGEADAY26.EVENTBRITE.COM](https://igeday26.eventbrite.com). Registration ends this Friday, February 6.

Blood Drive: Every two seconds someone in the U.S. needs blood. Blood donation is essential for surgeries, cancer treatment, chronic illnesses, and traumatic injuries. MELHS, along with the American Red Cross, is hosting a blood drive on Tuesday, February 24, from 8 a.m. to 1 p.m. All students and faculty who are 16 or older are welcome to come donate. For anyone who is 16 and would like to donate be sure to pick up a consent form from the office. All sign-ups should be done online by scanning the QR code which is posted around the school.

Get your Boys Volleyball team gear by going to this link: <https://bsntteamsports.com/shop/xvBDVERuWM> Look good while cheering on the Knights! Thank you for your support!

Track and Field: Students who are interested in participating in track and field this spring please sign up in Mrs. Doyle's room by Tuesday. Coach McCallister would like to get your contact info.

Dine to Donate: Please mark your calendars for a Knight Stewards Dine-to-Donate opportunity on Monday, February 23 from 4 – 8 p.m. at Panera Bread in Edwardsville. 25% of receipts will help fund various educational efforts at our school. The fundraising flyer is included in below.

UPDATE – Mark your calendars The St. Paul Hymn Festival is rescheduled to February 8 at 3:00–4:15 PM at St. Paul's Lutheran Church, 112 N. Border Street, Troy, IL.

Sign-Up for the Spring Concordia, Nebraska Road Trip! March 19-21st We will leave March 19 at 7:30 am and return the evening of Saturday, March 21. Students will be able to tour the school and meet with professors and admissions counselors. This will be a great opportunity to experience the Concordia, Nebraska campus. Register here, space is limited:



Announcements

14 Thrivent Action Team grants needed this semester:

We are looking for Thrivent policy holders who would be willing to use one of their two Action Team grants to help the MELHS Student Success Center provide food to students in need. We need 14 volunteers to help provide for the needs we face this semester. If you are a Thrivent member willing to support a week of our work in the center, please sign up on this sheet and Director of Student Success Faith Spelbring will be in touch with wording you can use to fill out the request form.

<https://www.wejoinin.com/sheets/bdubr>

STUDENT SUCCESS CENTER – OPEN DAYS CHANGE THIS MONTH

Our center will be operating with an adjusted schedule this month. We will be closed on Mondays. But we will be open Tuesday through Friday through February 6th. A calendar is posted on the door of the Student Success Center if you need clarification.

Save the Date: Mark your calendar for the annual Sigmund Bohnet Memorial Golf Tournament, which will be held on April 11 at Arlington Greens Golf Course in Granite City. If you are willing to help make this event a success, please contact rob.stock@melhs.org.

Swim: Boys that are interested in swimming please speak to Ms. Sparks.

FCA Guys Weekend of Champions will be March 6–8, 2026.

Register at stlfcag.org/guysweekend

See attached flyer for more information!

Enrollment: Enrollment for the 2026–2027 school year is now open!

Please spread the word to family and friends that may be looking at high school options for next fall.

Sports/Activities Schedule

Scholar Bowl – 2/5 at O'Fallon with Roxana and Althoff, 2/7 TBA Conference Tournament, 2/12 at Althoff with Father McGivney and Marquette

Bowling – 2/6 TBA Girls Regionals

Girls Basketball – 2/6 at Maryville Christian, 2/7 Home vs Bunker Hill, 2/9 at Mt. Olive, 2/11 Home vs EAWR, 2/12 at CORLHS

Boys Basketball – 2/6 Home vs Maryville Christian, 2/10 Home vs Marquette, 2/12 Home vs Mater Dei, 2/13 Home vs Althoff

Wrestling –

College Reps

College visits are starting. Watch the daily announcements for more information about which schools will be sending representatives. To attend a college visit, juniors and seniors need to see Mrs. Behrhorst the day before the visit to receive a pass. You must still get permission from your teacher for the time that you will miss from class.

- Thursday, March 5 – SIUE 9:00
- Wednesday, March 18 – Ole Miss 9:00
- Wednesday, March 18 – Illinois College 10:00

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?"

Matthew 6:25-26

Stay Updated!

Follow our social media pages so you can stay up to date on everything happening during the school year. Please email any pictures to kori.krause@melhs.org.



We're raising dough!

METRO EAST LUTHERAN HIGH SCHOOL KNIGHTS

25%

OF NET SALES
WILL BE
DONATED*

**February 23, 2026
4:00 pm to 8:00 pm**

6683 Edwardsville Crossing, Edwardsville, IL

Use code FUND4U at panerabread.com, in the Panera App,
or at the kiosk in-cafe.

Online orders placed all day at your event cafe will count toward your total sales.

Bring this flyer or show a digital copy to your
cashier when ordering at the cafe to ensure your
organization gets a portion of the net sales.

Panera
FUNDRAISING

*20% fundraiser: Up to 20% of net sales from your designated and registered fundraising event will be donated to your approved organization. Minimum sales of \$100 on the specified date, time and location required to receive 20% donation. 25% fundraiser: Up to 25% of net sales from your designated and registered fundraising event will be donated to your approved organization. Minimum sales of \$150 on the specified date, time and location required to receive 25% donation. General terms: Details on percentage of net sales to be donated and the minimum sales requirement will be provided during the event registration process. Fundraising events available only at participating US bakery-cafes. Fundraising event details and available dates and times for fundraising events will vary by bakery-cafe. Gift card purchases, catering orders, and orders placed on third party delivery sites are excluded and will not count towards the total net sales from your designated fundraising event. This offer will be void if flyer is distributed in or near the participating bakery-cafe on the night of the event. Fundraising events may be cancelled without notice due to abuse, error, fraud, computer error, electronic or technical malfunctions, or other unforeseen or unintended circumstances. Other restrictions may apply. For more information on how our fundraising events work, please visit: <https://fundraising.panerabread.com/faq>.

INTRODUCE A *Girl* TO ENGINEERING DAY

FEBRUARY 28, 2026
8:30AM - 3:15PM



KEYNOTE SPEAKER **Cathleen Gotsch**

CATHLEEN GOTSCHE IS AN EXPERIENCED ENGINEERING PROFESSIONAL WITH OVER 30 YEARS IN THE AEROSPACE AND DEFENSE INDUSTRY. CURRENTLY SERVING AS A SENIOR PROJECT ENGINEER AT THE BOEING COMPANY, WHERE SHE LEADS DEVELOPMENT EXCELLENCE INITIATIVES FOR THE AIR DOMINANCE DIVISION. SHE HOLDS BOTH A MASTER'S AND BACHELOR'S DEGREE IN ELECTRICAL ENGINEERING FROM SOUTHERN ILLINOIS UNIVERSITY EDWARDSVILLE AND IS DEDICATED TO MENTORING ENGINEERS THROUGH THE BOEING SOCIETY OF WOMEN ENGINEERS MENTORSHIP PROGRAM WHILE SUPPORTING STEM OUTREACH IN THE COMMUNITY. CATHLEEN BEGAN HER CAREER IN 2002 AS AN ELECTRICAL DESIGN ENGINEER AT DRS TECHNOLOGIES IN ST. LOUIS AND HAS CONTRIBUTED TO VARIOUS INNOVATIVE PROJECTS, INCLUDING THE FLIGHT CONTROL AVIONICS FOR BOEING'S X-WING DRONES.

WHAT TO EXPECT

- Keynote Speaker
- Hands-On Engineer Activities in Computer Science, Electrical/Computer, Mechanical, Civil, and Industrial Engineering
- Professional Panelists Discussion with Q&A
- Lunch will be provided

ALL STUDENTS GRADES 6-12 ARE INVITED

- Register by 02/06/2026
- SIUE Engineering Building

REGISTER HERE!



[HTTPS://IGE DAY26.EVENTBRITE.COM](https://igeday26.eventbrite.com)

**FREE TO ATTEND
WITH REGISTRATION**

GUYS WEEKEND OF CHAMPIONS



March 6-8 / Lake Williamson Christian Center / Carlinville, IL



Early Bird
Price of \$199
until Jan. 9!
(\$250 after)

Register at stlfca.org/guysweekend or use the QR Code above.

Financial Assistance is available.

Contact Mark Oberhauser for more information: 618-219-0489