

METRO-EAST LUTHERAN HIGH SCHOOL HIGHLIGHTS

(618) 656-0043



MELHS.ORG



@MELHS.KNIGHTS



Please pray...

- Giving thanks for our families who are reenrolling and continuing their education with us.
- For all of the athletes participating in spring sports as the games begin this next week.

UPCOMING EVENTS

Spring Sports Pictures

March 18, 2026

MELHS Sunday - St. Paul, Hamel

March 22, 2026

Easter Break Begins

March 30, 2026

Interim Week Begins

April 20, 2026



Announcements

Get Excited! Our 2027 International Interim Tour will be headed to Scandinavia with stops in Norway, Sweden, and Denmark! Come learn more Monday March 16 at 7pm in the Media Center.

[Click here](#) to reserve your spot at our informational meeting!

Seniors – Please check out this Busey Bank Bridge Scholarship \$2500 opportunity. Go to <https://www.busey.com/busey/busey-bank-bridge-scholarship> for more information. The application deadline is June 3.

Southwestern Illinois College will host the annual St. Louis Metro East Illinois Regional College Fair on Wednesday, March 18 from 6:00-8:00 pm in the SWIC Belleville Campus Varsity Gym. Up to 100 colleges and universities will have representatives to talk to students. Financial Aid representatives will be present to discuss FSA ID, FAFSA, and more. Please register in advance at www.strivefair.com.

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.

Spring sports pictures will be after school on Wednesday, March 18. Coaches will get order forms soon.

Philios: the newest club on campus
Philios is a friendship club, launched to provide a place for students to meet new friends and enjoy good conversation and activities with fellow Knights. We are launching we Wednesday lunches in the Student Success Center and will continue to do this through the month of March. Philios is open to anyone who wants to connect with new people. We plan to do some off campus events together as well. Keep your eyes and ear open for news on our Ice Skating Trip at the end of the month. To join Philios, come to the Student Success Center Wednesday at lunch and you're in! We can't wait to get to know you! Questions? Ask one of the Philios founders, Shar'Yiah Wade and Mrs. Spellbring.

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

Our Student Success Center is looking for Thrivent members who are willing to use one of their two \$250 Action Team grants to support the ministry we do. We need one Action Team a week! WOW! Sign up to commit a Thrivent Action Team grant here: <https://www.wejoinin.com/sheets/bdubr>

Thrivent Action Team grants supply students in need of food with nutritious snacks to get them through the day. Some students are hungry because they are still learning how to take care of their own basic needs and forget their lunch or skip breakfast to be on time.

NOT a Thrivent member? You can still support the work of the Student Success Center! Here are some creative ways:

- Have your place of business sponsor the pantry for a month of the Center’s
- Send in a box of goodies. Most needed snacks include (ALL individually packaged) meat sticks, granola bars, Cliff Bars, chips snack bags, trail mix, and Go Go Squeeze.
- Send in a monetary donation and we will do the shopping for you!

Volunteer Opportunity: Trinity Lutheran grade school at 600 Water St. in Edwardsville would like some volunteers to help as parking attendants for their Grandparents Day this Friday, March 13. Two shifts are available: 7:30-8:30 am or 11:15 am -12:15 pm. Please contact Ken Krueger at 570-617-8861 by phone or text. This is a great opportunity for NHS members to get some service hours too!

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 - 3/14 TBA Sectionals

Boys Volleyball -

Baseball - 3/16 at Dupo, 3/17 at Nokomis, 3/19 Home vs CORLHS, 3/20 JV Home vs Father McGivney

Softball - 3/16 at Dupo, 3/17 Home vs Althoff, 3/19 Home vs CORLHS, 3/20 Home vs Staunton

Girls Soccer - 3/16 at EAWR, 3/17 Home vs Gibault, 3/20 at Greenville

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.

- 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.



Knights Scholar Bowl won the Class 2A Regional this past week, defeating both Civic Memorial and Granite City. They will advance to compete in the IHSA Sectional on Saturday, March 14th at Alton High School. Let’s go MELHS!



Knight Stewards

The busy spring sports season is upon us! During the spring MELHS operates THREE concession stands (girls soccer, boys volleyball and baseball/softball). We thank you in advance for signing up to work concessions!

The sign-up schedule is updated in the Knights Hub on the Knights app, or you can click here: <https://signup.com/go/UQmNYsA>
Remember that we are encouraging each MELHS family to sign-up for 5 slots throughout this entire school year.

Also, National Honor Society students can sign-up to work in the concession stands to gain service hours/credit. Just be sure to sign up with a parent or other adult.

Money earned in the concession stands goes to support extra-curricular activities at MELHS. So far this school year, money has been given to boys soccer, girls tennis, girls basketball, Scholar Bowl, the music department, baseball, cross country AND MORE!

Finally, if you have a donation of beverages to be sold in the concession stands, please feel free to bring that to the school office or the indoor concession stand in the gym commons at any time.

Thanks again for all your support of the Knight Stewards and the extracurricular activities at MELHS!

Misty Menossi (president@knight-stewards.melhs.org) and Jennifer Schilbe (secretary@knight-stewards.melhs.org), Co-Chairs, Knight Stewards