

METRO-EAST LUTHERAN HIGH SCHOOL HIGHLIGHTS

(618) 656-0043



MELHS.ORG



@MELHS.KNIGHTS



Please pray...

- Giving thanks for the many talents of our students.
- For the continued health and safety of our school families and our entire community.

UPCOMING EVENTS

MELHS Sunday – St. Paul, Hamel

March 22, 2026

Easter Break Begins

March 30, 2026

Inerim Week Begins

April 20, 2026



Announcements

REMINDER – All next year’s Sophomores, Juniors and Seniors must have their course request forms into the office by this Friday, March 20 to ensure that you have a schedule for next year. Please have your signature and a parent’s signature on the form too.

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.

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.

The Southern Illinois District English Country Dance is scheduled for this Sunday, March 22 from 2:45 – 7:00 pm at Christ Our Rock Lutheran High School 9545 Shatuc Rd., Centralia, IL. The age group is 7-12th grade. The cost is \$5.00 and includes dinner. Please go to sidlcms.org/events to RSVP online.

FCA: Join us for food, fun, and fellowship TONIGHT – March 19 from 6:45-8:30. Weather permitting, we will be meeting outside at the picnic tables by the concession stand. Hope you can join us!

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 you 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. Spelbring.

Opportunity for NHS Service Hours
The Knight Stewards invite all NHS students (congratulations to the newly inducted Honors Students!) to sign up to work in the concession stands to get service hours. Please sign up with an adult by going to this link: <https://signup.com/go/UQmNYsA> Each concession stand (girls soccer, boys volleyball, and softball/baseball) has detailed instructions. There are hours slips in the stand and you can ask the adult working with you to sign your slip.

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!

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.

Looking for some great MELHS gear to support your spring sports team? Please select the link to shop:

Baseball: <https://bsnteamsports.com/shop/vE5vFQFQyk>

Girls Soccer: <https://bsnteamsports.com/shop/Cvgxc22CYS>

Boys Volleyball: <https://bsnteamsports.com/shop/deoB4qfLhJ>

Softball: <https://bsnteamsports.com/shop/tF4mGhhEgo>

Track: <https://bsnteamsports.com/shop/TXZhaQq9Kb>

Sports/Activities Schedule

Scholar Bowl - 3/21 IHSA State

Boys Volleyball - 3/23 Home vs O'Fallon First Baptist, 3/24 at Collinsville, 3/26 Home vs Alton, 3/27 TBA at Belleville East Tournament

Baseball - 3/19 Home vs CORLHS, 3/20 JV Home vs Father McGivney 3/21 at Cahokia, 3/23 at Greenville, 3/24 at Althoff, 3/26 Home vs Althoff, 3/27 JV at Althoff

Softball - 3/19 Home vs CORLHS, 3/20 Home vs Staunton, 3/24 at Althoff

Girls Soccer - 3/20 at Greenville, 3/23 at Hillsboro, 3/24 Home vs Jerseyville, 3/26 Home vs Maryville Christian

Boys Tennis - 3/19 Home vs Marquette, 3/26 at Alton

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.

"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.

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

Southern Illinois District

ENGLISH COUNTRY DANCE MARCH 22.



DETAILS:

Christ Our Rock LHS
9545 Shatuc Rd, Centralia

\$5 per Dancer

7-12th Grade Youth

SCHEDULE:

2:45pm Doors Open

3:00pm Dance Starts

5:30pm Dinner

7:00pm Final Pick Up

Help give us a headcount by a quick RSVP online:

sidlcms.org/events

WE'RE GOING TO

Scandinavia

Norway-Denmark-Sweden

Spring 2027 | 9 Days



TRIP DETAILS

Exact dates to be announced
The earliest we'll depart is: April 16, 2027
The latest we'll return is: April 26, 2027

Initial flexibility helps build the best on-the-ground experience for our group

PRICE AND PAYMENT

The most up-to-date pricing can be found on our tour enrollment page

Learn about EF's interest-free, customizable payment plans at eftours.com/payments

QUESTIONS?

EF's safety information, scholarship opportunities, travel protection, and more can be found on eftours.com

SIGN UP TODAY

Enroll by March 27, 2026 to get \$200 off and lock in the best possible price. Plus, you can cancel for any reason within 7 days for a full refund.



Or visit:
eftours.com/3016213RA



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