

METRO-EAST LUTHERAN HIGH SCHOOL HIGHLIGHTS

(618) 656-0043



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@MELHS.KNIGHTS



Please pray...

- For our spring athletics teams as they begin preparing for the upcoming season.
- For an attitude of prayer and reflection among our community during the Lenten season.

UPCOMING EVENTS

End of Quarter 3

March 5, 2026

Early Dismissal - 1:10pm

March 10, 2026

Easter Break Begins

March 30, 2026

Interim Week Begins

April 20, 2026



Announcements

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.

ACT: March 6 is the registration deadline for the April 11 ACT test. Please use our school code 144463 when you register.

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 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 ears 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.

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.

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.

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

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!

Sports/Activities Schedule

Scholar Bowl - 3/7 TBA Masonic State, 3/9 TBA IHSA Regionals, 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? ²⁶Look 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.



MELHS Music Department did a great job at their Winter Concert this past weekend. This concert featured the MELHS Chorale, Honors Choir, String Ensemble, and Concert Band. Thanks to everyone that came out to support them!



Spring Season Stock the Stands!



Help stock the concession stands this spring season!

We are asking each family to donate **ONE** case of a beverage to stock the stands. These donations will help the Knight Stewards increase profits to fund all the extra-curricular activities at Metro-East Lutheran.

Please donate ONE case of any of the following:

- 12 oz cans of soda
- 16.9 oz bottles of water
- 20 oz bottles of Gatorade

Drop-Off Dates: March 2 - March 13

Drop-Off Locations: School Office or Indoor Concession Stand

Thank you for supporting the Metro-East Lutheran High School Knights!