

METRO-EAST LUTHERAN HIGH SCHOOL HIGHLIGHTS

(618) 656-0043



MELHS.ORG



@MELHS.KNIGHTS



Please pray...

- For the fall athletes and coaches as the fall season begins.
- Giving thanks for a great start to the school year.



Announcements

Next Thursday, August 28, Lutheran High is hosting "The ACT And Beyond", led by representatives from College Preparation Station in Maryville. It is a FREE event covering such topics as College Admissions, Financial Aid, Scholarships and especially the ACT and SAT. We wanted to make you aware of this opportunity to start - or continue - helping your child prepare for "What's Next." It will start at 7pm in the Media Center (by the main office entrance). Students and families are welcome to attend.

Christian Leadership Retreat

MELHS student who desire to grow in their Christian Leadership skills are invited to join us for an overnight retreat Sunday, August 31-Monday, September 1 at Camp Wartburg. Students will explore ways to build Christian community and share their faith with others. We will share how to recognize when others are struggling and how to help. Students will also enjoy time around the campfire and the challenge of high and low ropes courses. For questions, please contact Mrs. Spelbring at faith.spelbring@melhs.org. To sign up, please print and complete the attached permission slip by Wednesday, 8/27.

Join the Touchdown Club!

All students, parents, grandparents, faculty & staff are invited to join the 2025 Touchdown Club!

All members receive an exclusive dri-fit t-shirt available in black or green. It's \$25 to join and then you can choose an amount to pledge for each touchdown the Knights score this year.

Join [HERE](#). Venmo payment is available to make it easy for all to join!

Physical forms: Please have all physicals and concussion forms turned into the office as soon as possible.

Thank you to all the courageous freshmen who interviewed with the senior Student Council members. We know that is intimidating, but you all did so well. You made their decision-making very difficult, and they wanted to keep you all. Remember, there is one more way one of you can still serve on Student Council - run for a class office as one of them will serve on Stu Co as well. **Your freshmen members on Student Council 2025-2026 are Cooper Italiano, Joey Schwarz, Callie Shank, and Grace Koch.**

UPCOMING EVENTS

- * **School Picture Day**
August 26, 2025
- * **The ACT and Beyond**
August 28, 2025
- * **Labor Day - No School**
September 1, 2025
- * **Early Release - 1:10pm**
September 9, 2025
- * **Parent Teacher Consults**
September 17, 2025

Auction

Welcome to the 2025 MELHS Night of Knights Auction planning season! We have been working for months on organizing and planning, but we need every family to participate in some way! This is our largest fundraiser of the year and proceeds help support improvements and upgrades around the school. More details coming soon on the 2025 Knight Need!

Please use this SignUp Genius to help us organize all volunteers/donors:
[Christian Ed: Night of Knights Auction 2025](#)

How to help:

- Join a small group that matches your skills (creative, communications, computer, financial, etc.).
- Donate an item for the silent or live auction (theme baskets, new household/electronic items, wine/spirits, experience certificates, trips, Cardinals tickets, etc.).
- Purchase tickets and enjoy the Dinner Auction on Friday, November 7, 2025.
- Make a monetary donation or bid from home if you can't attend.
- Help spread the word to boost participation.

Our goal is to have 100% participation signed up by August 31.
 Questions? Please contact Michelle Quinlan cell/text: 770-617-2466 or mqmelhs87@gmail.com

Sports/Activities Schedule

Cross Country - 8/25 New Athens Invite, 8/30 Mascoutah Kickoff

Football - 8/21 JV at Christian Life, 8/29 Home vs Unity Christian

Soccer - 8/25 at Carlinville, 8/28 Home vs Staunton, 8/30 at Gibault

Girls Tennis - 8/25 at Alton, 8/28 at Bunker Hill

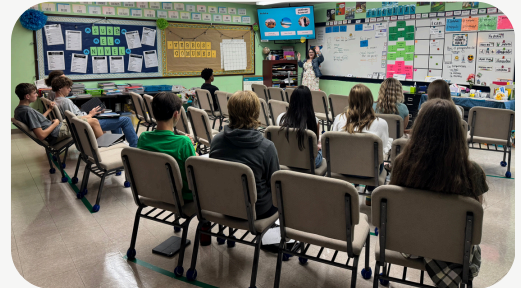
Girls Volleyball - 8/25 Home vs Hillsboro, 8/27 Home vs Alton, 8/29 TBA at Springfield Lutheran Tournament

Golf -

Scan the QR code to download our new athletics app and stay up to date on all sporting events this year!



Welcome back, Knights!



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.

- US Naval Academy - 8/26 during lunch
- McKendree University - 9/18 at 9:35am
- University of Illinois - 9/26 at 10:05am

"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? 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

Letter from the Knight Stewards

2025–26 Knight Stewards: Reimagined. Refreshed. Revitalized

By now you've hopefully heard of the efforts to reimagine, refresh, and revitalize the MELHS Knight Stewards. We hope to promote fellowship among parents and grandparents of MELHS students while funding extracurricular programs at our school. We've all heard the saying "It takes a village to raise a child." Here at MELHS it is such a blessing to know that when our children step onto the campus each day, they have a village around them already! Will you join in our efforts to make the Knight Nation "village" an even stronger community? Here are some ways you can get involved:

1. Dine at Panda Express on Tuesday, August 26th for lunch or dinner (or both!). Panda Express is generously donating 50% of profits to MELHS that day! See flyer at the end for all the details.
2. Join the MELHS Parents and the Metro-East Lutheran High School Knight Stewards Facebook pages to stay up to date. Social events, dine-to-donate nights, and other ways you can join in the activities in Knight Nation will all be posted in these groups.
3. Visit the Knight Stewards Volunteer Sign-Up page in the Knights Hub on the new MELHS Knights app to register to help in the concession stands or with the auction.

Our goal is to raise \$40,000 to fund ALL the extracurricular programs and we need your help to reach it. Currently, only 8% of families have signed up to volunteer at the concession stands – leaving over 250 open slots! If each family signs up for 5 slots this school year, we'll reach our goal! We understand that everyone's schedules are busy. If volunteering isn't feasible right now, you can still contribute by participating in the buy-out program. For a \$100 donation per slot (check made to Knight Stewards and delivered to the school office), you can help us reach our target and support our students.

Thanks for being a part of the Knight Nation village!

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