

Metro-East Lutheran High School



HIGHLIGHTS

January 28, 2022

Unshaken

Psalms 16:8

Please pray...

- For our upcoming Open House and the families who will be visiting our school.
- For the health and safety of our school families and our entire community.



Important Upcoming Dates

Feb. 1 Early Dismissal at 1:10 p.m.

Feb. 6 Lutheran High Sunday St. Paul Hamel

Feb. 6 MELHS Open House

Announcements

Early Dismissal: On Tuesday, Feb. 1, there will be early dismissal at 1:10 p.m. There will be no lunch that day, but there will be a short snack break after fifth hour.

Watch Party: This Sunday, Knights Tennis will host an AFC/NFC Championship Watch Party from 2 p.m. until the end of the last game. Free pizza, snacks and drinks and hit tennis balls in the gym. Invite a friend that might want to play this spring. Location: Trinity Parish Hall, 515 Main St., Worden, IL.

Snowball: Students interested in being Master and Mistress of Ceremony for Snowball, please come and speak to Mrs. Morrison.

Winter sports pictures will be taken on Wednesday, Feb. 2 after school. Coaches will be handing out order forms.

Who is interested in getting faster? Anyone want to be quicker for their sport? Who wants to get stronger? Then come out for track. A sign up sheet will be outside Room 106. If you have any questions, please talk to Coach Koch.

Interim Week: The sign up process for interim week offerings will continue with Sophomores signing up from Jan. 31 to Feb. 2; and Freshmen from Feb. 2 to Feb. 4.

Junior Class T-shirts: [Here is the link](#) to buy the Junior class t-shirt of "The Rock"! Please make your purchases before 3:15 p.m. on Tuesday, Feb. 1. Students can purchase the shirts online through Custom Ink, and they will all ship to the school once the final purchase is made. They should arrive the week before Snowball.

Open House: Metro-East Lutheran High School will host an Open House on Sunday, Feb. 6, from 1 p.m. to 3 p.m. This is a chance for interested families to get a tour of our campus, meet our faculty and get answers to any questions they may have. Please invite any families you know who are interested in finding out more about MELHS to join us for this event.



The AP Physics class recently put their study of the conservation of momentum and conservation of energy into action to determine the speed of a nail fired from a nail gun into a block of wood hanging on a pendulum.

Sports/Activities Schedules

Boys Basketball: 1/29 at Belleville West; 1/31 at Christ Our Rock; 2/1 at Madison; 2/3 Frosh Home vs. Granite City

Girls Basketball — 1/31 Home vs. Gillespie; 2/5 Varsity at Springfield Lutheran

Scholar Bowl — 2/3 at Althoff

Wrestling — 2/5 Regional

National Lutheran Schools Week



Our Student Ambassadors celebrated National Lutheran Schools Week by visiting a number of our partner K-8 schools throughout the week.



Announcements Continued

Clothing Sale: Cross Country and Girls Basketball are cleaning things out! If you would like some spirit wear and/or retro uniforms for Spirit Week, see Ms. Thompson in her gym office before or after school. Cross Country Jackets - \$10, Girls Basketball Jersey - \$3, Girls Basketball shorts - \$3 or the Set for \$5, Cross Country Uniform Tops - \$3, Cross Country Uniform shorts - \$3 or the Set for \$5.

Golf Tournament: The 33rd Annual Sigmund Bohnet Memorial Golf Tournament will be held April 23 at Arlington Greens Golf Course in Granite City. The cost of the outing is \$80 per person, which includes a meal, green fee for 18 holes, skins game, mulligans and golf cart. The deadline to register is April 8. See the attached form for more details and a registration form for the event, which is a four-person scramble.



Concordia Road Trip: Concordia University Nebraska Regional Ambassador Carrie Kober will be leading a road trip for students interested in visiting CUNE on March 17 -19. Space is limited. For more information, see the attached flyer or email carrie.kober@cune.edu.



We were glad to have both Pastor David Schultz, a MELHS grad and pastor of St. Paul in Wood River, and his son Silas with us for chapel recently, representing the Class of 2007 and the future Class of 2040.

Shot Gun Start: 8 a.m.
Meal: Following Team Play

Saturday, April 23, 2022



SIGMUND BOHNET MEMORIAL GOLF TOURNAMENT

ARLINGTON GREENS GOLF COURSE – GRANITE CITY, IL

Prizes will be awarded immediately following the tournament

Four person scramble (no handicaps)

Skins game

Complete cost of outing: \$80 per person

(includes meal, green fee for 18 holes, skins game, mulligans and golf cart)

Ages 64 and under at the blue tees, 65-74 at the white tees, and 75+ at the red tees

Generous support for this tournament has been received from Arlington Greens – Mark Marcuzzo

Please return your registration form by March 25, 2022

Make checks payable to: Metro-East Lutheran High School

For more information, call (618)656-0043

33RD ANNUAL SIGMUND BOHNET MEMORIAL GOLF TOURNAMENT REGISTRATION FORM

Contact Person: _____

Address: _____

Phone: _____ Email: _____

GOLFERS: 1. _____ 2. _____

3. _____ 4. _____

☐ I am a single golfer. Please place me on a team.

☐ I am unable to attend, but am enclosing a gift to support Metro-East Lutheran High School in the amount of \$_____.

of Golfers x \$80 each = _____ total enclosed or due at the course.

Return to: MELHS - Golf Tournament

6305 Center Grove Road

Edwardsville, IL 62025



Metro East
LUTHERAN HIGH SCHOOL



ROAD TRIP TO CUNE

*With Carrie Kober
Regional Ambassador*

*Leaving Thursday
afternoon, Returning
Saturday evening*

*Meet with professors,
counselors, coaches,
and students!*

Stay in a hotel

**MARCH
17-19**

*Explore campus as
well as Seward*

*Meet other kids
interested in CUNE*

WANT MORE INFO?

Email carrie.kober@cune.edu for more details and reserving your spot on the trip! Space is limited to 10 students.

