



ST. JOHN'S

LUTHERAN SCHOOL

On Eagles' Wings

September 18, 2026

Upcoming Events

September 21st - 25th

- Lutheran Schools Week

September 25th

- Country Fair 3:00-6:00pm

October 1st

- Minimum Day
- \$5 Free Dress
- Supports LCC Comfort Dogs

October 12th

- No School/PALS
- Teacher Inservice Day

October 15th

- Picture Day:
Makeups/Retakes

October 23rd

- Get on Track

Principals Message

This week was HERO week here at SJL. Each classroom has been learning safe-thinking skills and empowerment strategies through age-appropriate activities, stories, classroom discussions, journaling, and student-parent discussions. On pages 10 and 11, are the Parent Companion pages to give you a little more information on the HERO program. Thank you for your support!

Lutheran Schools Week will be celebrated on Campus next week. Our theme is "Peace In- Peace Out." We invite you to a daily devotional at 8:35 am in the Sanctuary next week. Mr. Joel Wahlers will be saying the Chapel message on Wednesday.

We will be taking a special Chapel Offering on Wednesday to support our charity for the week- Winston's CUP but if you would like to make a monetary donation instead, all Chapel Offerings will be given directly to Winston's CUP along with all of the food that is collected at the Country Fair. Please see pages 3 and 4 for information of Lutheran Schools Week.

Next Friday is the Country Fair. Remember that this is a family event- all children must be with their parents- no supervision will be provided. Any children not picked up after school will be sent to PALS and may not go to the Country Fair without their parent. A HUGE THANK YOU to Haley Shackford and the volunteer crew for putting this event together.





ST. JOHN'S
LUTHERAN SCHOOL



For the week of
September 21st

SNAPSHOTS

Joey Hemingway
Theo Budz
Jack Neves
Tatum Chagonjian

Amelia Burmester
Sawyer Long
Clodagh O'Briain
Veronica Roth

BAPTISMAL BIRTHDAYS

Jaxsen Uffmann



BIRTHDAYS

Veronica Roth
Josephine Hemingway
Jack Neves
Kennedy Murdock



Lutheran Schools Week

AT ST. JOHN'S LUTHERAN

SEPT 21-25

Mon
SEPT
21

EAGLE
WEAR

SHOW YOUR SCHOOL SPIRIT

COMFY
CLOTHES

PAJAMAS, SWEATS, COMFY COZIES

Tues
SEPT
22

Wed
SEPT
23

SILLY
SOCKS

WEAR SILLY SOCKS WITH YOUR UNIFORM

TIE
DYE

WEAR A SWIRL OF COLOR

Thurs
SEPT
24

Fri
SEPT
25

FREE
DRESS

FREE DRESS GUIDELINES IN HANDBOOK

COUNTRY FAIR

FRIDAY 3PM-6PM

Lutheran Schools Week

AT ST. JOHN'S LUTHERAN

SERVICE PROJECT

DRY & CANNED FOOD COLLECTION

**BRING CANNED &
DRY GOODS TO THE
COUNTRY FAIR**

**STUDENTS WILL RECEIVE 1
TICKET PER ITEM BROUGHT IN**

**5 TICKETS WILL BE DRAWN
EACH WINNER WILL RECEIVE
5 CAKE WALK TICKETS**

**NAMES DRAWN AT
4:30!**

**ALL FOOD WILL BE DONATED TO
WINSTON'S CUP TO SUPPORT
THEIR FOOD PANTRY**

**MUST BE
PRESENT TO WIN**

ST. JOHN'S LUTHERAN SCHOOL'S ANNUAL

COUNTRY FAIR

Friday, September 25th

3:00 PM - 6:00 PM

MUCHACHO
ALLEGRE
TONY'S KITCHEN



BOTTOMS UP
BAR TRAILER
KONA ICE

St. John's Lutheran School - 3521 Linda Vista Ave

\$30 ADMISSION

**INCLUDES 1 UNLIMITED JUMP AND GAMES
WRISTBAND AND A CAKE WALK TICKET**

**FEATURING BOUNCE HOUSES, GIANT SLIDES,
CARNIVAL GAMES, PRIZE BOOTH, FACE PAINTING,
ROCK WALL AND CAKE WALK**

**NEW! Shop and support SJL family-owned
small businesses. A portion of sales will be donated to
the school**

To purchase, scan the QR code or return the
form attached by Friday, September 18th by
8:30am

Price increases to \$35 at the door

\$30



VOLLEYBALL

SCHEDULE



SATURDAY 9/19

GRADES	LOCATION	TIME	OPPONENT
6th	SJL	9:45 am	St. Helena Montessori
6th	SJL	10:30 am	St. Vincent

MONDAY 9/21

GRADES	LOCATION	TIME	OPPONENT
5th	St. A's	4:30pm	St. A's
7th	St. A's	5:15pm	St. A's 1
8th	St. A's	6:00pm	St. A's 2
6th	St. Rose	6:00pm	St. Francis



Go Eagles!



HOT LUNCH

September

TUESDAY

Bean & Cheese Burrito/Chips/Fruit

\$5 for one

\$7 for two

Sponsored by Boy Scouts

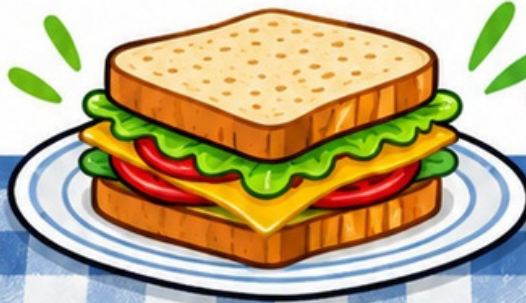


THURSDAY

Pizza/Salad/Ice Cream

\$5 for one slice

\$7 for two slices





ST. JOHN'S

LUTHERAN SCHOOL

THREE-WEEK LUNCH ROTATION

Freshly Prepared by

WINSTON'S CAFÉ & BAKERY

Purchase a
Lunch

on the first Friday
of the month and receive a

FREE COOKIE!



At Winston's Café & Bakery, we believe school lunches should be something children look forward to. Every meal is prepared fresh using quality ingredients, house-made breads and sauces whenever possible, and recipes designed to be both nutritious and kid-approved. Our goal is to serve meals parents can feel good about and students are excited to eat.

WEEK 1

MONDAY

- **Turkey & Cheddar on House Focaccia — \$10**
House-made focaccia layered with roasted turkey, cheddar cheese, apple lettuce, ripe tomato, and our house aioli.
- **Teriyaki Fried Chicken Bowl — \$12**
Crispy fried chicken tossed in our house teriyaki glaze, served over steamed rice with fresh broccoli.

WEDNESDAY

- **Ham & Swiss Sliders — \$10**
Three house-made brioche sliders filled with ham, Swiss cheese, and our house aioli.
- **Hong Kong Chicken Chow Mein — \$12**
Fresh egg noodles tossed with sliced chicken, cabbage, broccoli, scallions, and our savory house chow mein sauce.

FRIDAY

- **BLT Wrap — \$10**
Applewood smoked bacon, heirloom tomatoes, crisp lettuce, and our house aioli wrapped in a flour tortilla.
- **Chicken Fried Rice — \$12**
Wok-fried rice with diced chicken, scrambled egg, cabbage, carrots, and scallions.

AVAILABLE M/W/F

- **Winston's Classic Breakfast Sandwich — \$10**
A hearty breakfast sandwich featuring a savory pork sausage patty, fluffy scrambled egg, American cheese, and our house aioli, served on a freshly baked house brioche bun.
- **Superfood Bowl — \$10**
House made chia pudding, fresh fruit, dried mango, cacao nibs and passionfruit honey.
- **Chicken Caesar Salad — \$12**
Fresh romaine lettuce topped with grilled chicken breast, freshly grated Parmesan cheese, house-made croutons, and our house Caesar dressing.

WEEK 2

MONDAY

- **Chicken Caesar Wrap — \$10**
Grilled chicken, crisp romaine lettuce, freshly grated Parmesan cheese, and our house-made Caesar dressing wrapped in a flour tortilla.
- **Spaghetti & Meatballs — \$12**
Classic spaghetti with house marinara, Italian-style meatballs, and freshly grated Parmesan cheese.

WEDNESDAY

- **Turkey & Cheddar on House Focaccia — \$10**
House-made focaccia layered with roasted turkey, cheddar cheese, apple lettuce, ripe tomato, and our house aioli.
- **Orange Chicken Bowl — \$12**
Crispy chicken tossed in a sweet citrus orange glaze, served over steamed rice with fresh broccoli.

FRIDAY

- **Ham & Swiss Sliders — \$10**
Three house-made brioche sliders filled with ham, Swiss cheese, and our house aioli.
- **Creamy Mac & Cheese — \$12**
Creamy macaroni and cheese served with a side of fresh steamed broccoli.

INCLUDED

- All sandwiches include Original SunChips® and one Andes® Crème de Menthe Mint.
- All chef's bowls and salads include one Andes® Crème de Menthe Mint.

OPTIONAL ADD-ONS

- **Seasonal 4 oz Fresh Fruit Cup — \$2**
Seasonal selections may include watermelon, cantaloupe, Fuji apples, mandarin oranges, pineapple, and other fresh fruit.
- **House-Made Chocolate Chip Cookie — \$2**

WEEK 3

MONDAY

- **BLT Wrap — \$10**
Applewood smoked bacon, heirloom tomatoes, crisp lettuce, and our house aioli wrapped in a flour tortilla.
- **Grilled Cheese & Tomato Soup — \$12**
Golden grilled cheddar cheese sandwich served with a warm cup of creamy tomato soup for dipping.

WEDNESDAY

- **Chicken Caesar Wrap — \$10**
Grilled chicken, crisp romaine lettuce, freshly grated Parmesan cheese, and our house-made Caesar dressing wrapped in a flour tortilla.
- **Hong Kong Chicken Chow Mein — \$12**
Fresh egg noodles tossed with sliced chicken, cabbage, broccoli, scallions, and our savory house chow mein sauce.

FRIDAY

- **Turkey & Cheddar on House Focaccia — \$10**
House-made focaccia layered with roasted turkey, cheddar cheese, apple lettuce, ripe tomato, and our house aioli.
- **Chicken Fried Rice — \$12**
Wok-fried rice with diced chicken, scrambled egg, cabbage, carrots, and scallions.



ORDER BY NOON:



MONDAY LUNCH
→ ORDER BY SATURDAY



WEDNESDAY LUNCH
→ ORDER BY MONDAY



FRIDAY LUNCH
→ ORDER BY WEDNESDAY



FRESH INGREDIENTS



MADE WITH CARE



FUELING YOUNG MINDS

THANK YOU FOR TRUSTING US TO NOURISH YOUR CHILDREN EVERY DAY!



*Thank You
Welcome Families!*

*"You make a
difference!"*

*"SJL appreciates
you!"*

**Thank you for welcoming new families
to SJL for the 26-27 school year!**



As we are all painfully aware, we live in a day and age where it has become prudent and necessary to prepare our children for exposure to violent events. Fortunately, **the science of protection** has provided us with effective responses to increase safety and survivability.

Your child's school has partnered with Safe Kids Inc., a team of **law enforcement and education experts**, who have developed curriculum that teaches these responses in a non-threatening manner - The H.E.R.O. program. H.E.R.O. is an acronym for:

HIDE!
ESCAPE!
RUN!
OVERCOME!

This companion guide is intended to encourage discussion between you and your child. By discussing the H.E.R.O. program with your child at the conclusion of each lesson, you'll help reinforce the concepts learned in the classroom and **develop effective safety strategies** for your entire family.

The H.E.R.O. program consists of five lessons:

"HIDE!", "ESCAPE!", "RUN!", "OVERCOME!", and "Putting it all Together". Each lesson will be taught in the classroom and reinforced with physical activities, journaling, and schoolwide drills.



Safe thinking starts at home, and your commitment to your child's development is critical to any new learning experience. By asking your child the following questions, you can be sure that your child and you are on the same page when it comes to safety.

Prior to reviewing the following questions with your child, make sure to **ask them what each letter of the H.E.R.O. acronym stands for**. This will help reinforce the total concept and help you learn how to be a H.E.R.O. too!





Lesson 1

HIDE!

- What does it mean to **HIDE**?
- When would you want to **HIDE**?
- Where would you **HIDE** if we are _____? (places you and your child would frequent, e.g. park, mall, etc.)



Lesson 2

ESCAPE!

- What does it mean to **ESCAPE**?
- When would you want to **ESCAPE**?
- How can you **ESCAPE** from bullies? (Ask about cyberbullying too.)
- Where could you **ESCAPE** if we are _____? (at home, a playground, the super market, etc.)



Lesson 3

RUN!

- What does it mean to **RUN**?
- Can you show me the difference between "fun running" and "danger running"?
- When would you want to "danger run"?



Lesson 4

OVERCOME!

- What does it mean to **OVERCOME**?
- How did you learn to **OVERCOME** an invader?
- How does it feel knowing you can **OVERCOME** dangerous people and situations?
- Do a family scavenger hunt at various places in your community (supermarket, library, etc.) to find items you can use to **OVERCOME**.



Lesson 5

PUTTING IT ALL TOGETHER

- Where would you **HIDE** from a dangerous person if you're _____ (at home, a playground, the supermarket, etc.)?
- How could you use H.E.R.O. if you're being bullied?
- How could you use H.E.R.O. if a dangerous person was chasing you?
- How could you **OVERCOME** a dangerous person if you're _____ (at home, a playground, the supermarket, etc.)?

Memory Verse for September 21-25

Joshua 1:9

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.



Next week's memory verse is for times of fear and uncertainty. These are the words God spoke to Joshua as he was about to lead the Israelites across the Jordan river into the promised land.

Joshua had many reasons to fear. Moses, who had led the Israelites for 40 years, had just died. And now it was Joshua's task to lead the people. Not only did that mean leading a large community through times of change, but also facing enemies as they sought to establish themselves in the land the Lord had given them.

But God promised Joshua that He would be with him through it all. In light of that promise, the Lord called Joshua to be strong and courageous, and to lead with confidence.

We can go into each day, at home and at school, with the same confidence. For the Lord has promised to be with His children wherever they go. Therefore, like Joshua, we can be strong and courageous.

For discussion:

- When do you need more courage at school?
- How does knowing God is with you help you to be brave?



Follow us on
Instagram

sjlschool



Like us on
Facebook

**St. John's Lutheran
School
Napa, CA**

