

Raider Review 8.31.2023

Crown of Life Lutheran School Justin W. Vilski, Principal
115 Crusader Ave. | West St. Paul MN 55118
651.451.3832 | www.colwsp.org | schooloffice@colwsp.org



- **NO SCHOOL Friday or Monday. Enjoy your long weekend!**

Themed T-shirts: All students should have received a red COL t-shirt with this year's theme on it. If your student did not receive a t-shirt, or you are interested in swapping a size (we have limited sizes available) please contact Alison Footh (alisonfooth@gmail.com).

Sign in sheet in office – All volunteers and visitors, please stop in the office to sign in. You will also need to come in to sign your child out when they are leaving early for the day. **Grades K-2 leaving early – Parents come in to sign your child out and then proceed to the classroom to pick them up.**
Grade 3-8 – Your child will be sent down to the narthex to wait for you to come in, sign them out and pick them up.

School Office Hours are 7:30am – 3:30pm Monday – Friday. The school office is closed on days that we do not have school. The office email is schooloffice@colwsp.org.

Please Join Us!

At Orientation Night a few weeks ago we made special mention of how we would love to see every family worshipping faithfully this year. That was from the heart! Please consider this your special encouragement to join together for worship in God's house this weekend (and every weekend!) so that we can thank and praise him together. Service times are Sunday 8:00 and 10:30 am and 6:30pm Monday at W. St. Paul, as well as 9:00am at Eagan. We look forward to seeing you!

Parking Lot Gate – The gate will be closed every morning at 8:30am, and opened at 3:00pm, or once the Phy Ed classes have cleared the parking lot.

Car Line Procedure – ALL parents picking up students at dismissal time are required to use our car line procedure. This is for the safety of all of our students. DO NOT park in the spaces facing Crusader Ave. and come across to get your child. From the WEST parking lot, pick up Preschool students and siblings. ALL OTHERS will be picked up from the EAST parking lot. Click [here](#) for the morning drop off procedure. Click [here](#) for the afternoon pick up procedure.

School Pictures will be taken on Tuesday, September 19 and Wednesday, September 20 (for the alternate Preschool class). Information will be coming soon regarding ordering your photos online from our photographer, Cahill Photography.

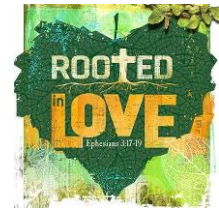
Sports Pictures will be taken on Wednesday, September 13 at 1:45pm. Please make sure your athletes have their uniforms and all needed items with them.

Absences - If your child will be late or absent, please contact the school office **by 7:30am.** Phone 651-451-3832; email schooloffice@colwsp.org.

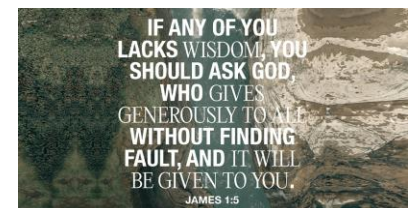
Important Dates

Sept 1/4	NO SCHOOL (Labor Day) weekend
Sept 5	Dist 197 bus service begins
Sept 8	Kind. picnic 5:30pm
Sept 10	Church picnic
Sept 13	Sports pictures 1:45pm
Sept 19/20	School pictures
Sept 20	Morning w/ Me 8-9:30am
Sept 24	Partner church singing opportunity @ Christ the Lord in Cottage Grove
Sept 25-29	NWEA MAP Testing
Sept 29	Bus Evacuation Drill

Rooted in Love



Good News



Classroom News

Preschool Classroom

[Kindergarten Classroom](#)

[1st Grade Classroom](#)

[2nd Grade Classroom](#)

[3rd Grade Classroom](#)

[4th Grade Classroom](#)

[5th Grade Classroom](#)

[6th – 8th Grade Departmentalized](#)

[Athletic News](#)

Sept menu – attached

[Lunch Signup Google Form Sept](#)

Hot Lunch Program – Our school lunches are provided daily by CKC Good Food. Menus are emailed out by the middle of each month via Gradelink, for the next month. Parents are to order their child's lunches via the Google form we sent out. **Orders are due each week by Monday noon. Ordering for the entire month is preferred. The cost of lunch is \$4.75; milk only is 75¢.** **NOTE:** Orders posted after Monday at noon cannot be honored for the upcoming week. CKC sends only the amount of food that we order.

1st Semester Mission News – Hmong Outreach in Vietnam

Please see our Mission bulletin board in the school entryway by the flagpole. Mission offerings are collected every week during Chapel. Please consider supporting this important ministry. We intend to give weekly updates tracking the project.

Church Picnic September 10 - Volunteers Needed

Crown of Life is looking for help with the Church Picnic on September 9 and 10. Please sign up here tinyurl.com/COLPicnic or call the church office.

From the Principal's Office 8/31/2023

Communication is a funny thing. How much is enough? How much is too much? What format is best for one family is not the best for another family. Do font size and style matter? OF COURSE! When is it too soon to let families know about my classroom Christmas party plan? When is it too late to let them know about those same plans?

At Crown of Life, we do our best to communicate as effectively as possible. We send out a weekly newsletter and other information by email, the teachers write up classroom news, we send texts, we update bulletin boards, we have reminder apps, we have two electronic calendars, etc. Are we successful with making sure everyone knows everything about what's going on? No. Do we give up our efforts? No.

We're committed to continue providing communication for all of our families as effectively as we can. If there are ways you feel we can improve, please let us know. Lord willing, with your help, we can be even better at making sure our families know what's happening at school.

We also have the same expectations of our families. We expect you to reach out when students are sick, treats are coming in, schedules have changed, appointments are made, meetings are needed, etc. If you continue to be diligent with your communication to us, then we know what is going on even better and the day flows more smoothly.

May the Lord bless our two-way communication efforts this school year. Let's exercise a third communication effort: our communication with our Savior. Let's continue to find time to communicate with our Lord through personal prayer, study, and group worship. When we are speaking with our Father, we know He listens!

Menu Name : September 2023 Crown of Life Lutheran School Lunch Menu
Grade Level / Age Group : PreK-8 Grades

Options Provided : Hot, Hot Vegetarian, Cold Meals & Deli Salads
Meal: Lunch

Hot Meal	Chef Spotlight				Friday, September 1, 2023
	JOSEPH SWINNEY - SUMMER CAMP OPERATIONS MANAGER				
	Chicken Salad Sandwich				
	<p><i>One of my Family favorites for springtime would be my Chicken Salad recipe and its perfect for BBQ's and picnics. I have even brought some on the boat when fishing and recently I was able to make it into a vegetarian recipe by substituting lightly smashed Chickpea instead of the Chicken chunks. - Joseph</i></p>				NO SCHOOL
Hot Veg					
Cold					

Hot Meal	Monday, September 4, 2023	Tuesday, September 5, 2023	Wednesday, September 6, 2023	Thursday, September 7, 2023	Friday, September 8, 2023
	NO SCHOOL	Korean BBQ Meatballs Steamed White Rice Assorted Salad Bar Daily Fruit	French Toast Sticks w/Syrup Turkey Sausage Patties (2) Assorted Salad Bar Daily Fruit	CKC Chicken Gyro Greek Pita, Grilled Chicken Assorted Salad Bar Daily Fruit	Homemade Bacon Mac & Cheese Dinner Roll Assorted Salad Bar Daily Fruit
		Egg Fried Rice	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelete	Stuffed Breadsticks w/ Dip	Grilled Cheese Sandwich
Hot Veg					
Cold		Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

Hot Meal	Monday, September 11, 2023	Tuesday, September 12, 2023	Wednesday, September 13, 2023	Thursday, September 14, 2023	Friday, September 15, 2023
	Crunchy Tender Fritter Wrap Flour Tortilla, Chicken Tenders Shred Cheese, Boom Sauce Assorted Salad Bar Daily Fruit	Sweet & Sour Chicken Steamed Seasoned White Rice Assorted Salad Bar Daily Fruit	Walking Taco Nacho Cheese Doritos, Seasoned Beef Shredded Cheese & Crema Assorted Salad Bar Daily Fruit	Chicken Tikka Drumstick Tater Tots & Ketchup Assorted Salad Bar Daily Fruit	SouthWest Chx Empanada Hot Pocket Assorted Salad Bar Daily Fruit
	Cheesy Pull Aparts	Veggie Hot Pocket & Dip	Bean Nachos	Egg Fried Rice	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelete
Hot Veg					
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

Hot Meal	Monday, September 18, 2023	Tuesday, September 19, 2023	Wednesday, September 20, 2023	Thursday, September 21, 2023	Friday, September 22, 2023
	Premium Chicken Nuggets Ketchup Cool Ranch Doritos Assorted Salad Bar Daily Fruit	Swedish Meatballs (Homemade Gravy) Mashed Potatoes Assorted Salad Bar Daily Fruit	Frito Enchilada Nachos Top your Corn Chips w/Enchilada Chicken, Shredded Cheese & Sour Cream Assorted Salad Bar Daily Fruit	Butter Chicken Steamed Seasoned White Rice Assorted Salad Bar Daily Fruit	Brunch Lunch Buttermilk Pancakes, Margarine & Svrup Fruited Yogurt Cup Assorted Salad Bar Daily Fruit
	Grilled Cheese Sandwich	Veggie Quesadilla	Veggie Garden Burger & Mayo	Bean & Cheese Burrito	French Bread Pizza
Hot Veg					
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

Hot Meal	Monday, September 25, 2023	Tuesday, September 26, 2023	Wednesday, September 27, 2023	Thursday, September 28, 2023	Friday, September 29, 2023
	Mac & Cheetos <i>Cheetos in the Mac or on the Side?? You decide :)</i> Assorted Salad Bar Daily Fruit	Bengali Chicken & Potato Kathi Roll Flour Tortilla, Chicken & Potato Filling Bengali Sauce Assorted Salad Bar Daily Fruit	All Beef Hot Dog WG Bun, Ketchup French Fries Assorted Salad Bar Daily Fruit	Sesame Chicken Steamed White Rice & Soy Sauce Assorted Salad Bar Daily Fruit	Twisted Cheesy Breadsticks Cold Italian Dip Assorted Salad Bar Daily Fruit
	Cheese Calzone	Stuffed Dipping Bites w/Sauce	Veggie Burrito	Grilled Cheese Sandwich	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelete
Hot Veg					
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

(Vegetarian choices come with eggs & cheese in the place of meat)	Grilled Chicken Caesar Salad Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing, adding dinner rolls for grains.	Grilled Chicken Asian Salad Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Rolls added to complete the WG requirement.	Grilled Chicken SW Taco Salad Youza Sauce and Corn chips add a Southwest dimension to this salad of Romaine, LCR mix, Pinto bean and Corn. Chicken Breast completes the salad as a wholesome meal.	Classic Chef Salad We just time-travelled and brought back this timeless gem. It's simple. It's classic. It's vintage. This Egg, Turkey, Tomatoes and Salad combo is sure to appeal eyes and taste buds. WG rolls fill the grain part.	Quinoa Power Bowl Salad Not just vintage, we cover current trends too. This salad has "New-age Superfood" Quinoa as its base. Not stopping there, it becomes more powerful with Beans, Corn, Egg and Spinach.
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*** Hot Veg and Cold meals are served with vegetables, fruit of the day & milk.

*** Deli Salad choices offered everyday (Both Regular & Vegetarian options available. All deli salads come with fruit and milk)