



TIGER TALES



“Make a Joyful Noise”

Breathing

Take a slow deep breath. Let it fill your lungs and expand through your whole body. Hold it for a second. Now let it go, even slower than you brought it in. You feel better don't you? We don't even realize how shallow and rapid our breath can get. We almost never pay attention to it. It's no surprise that many people are trying to recover attention to breathing in our fast-paced, stressful world. Our breath takes us right back to our very beginning: *the Lord God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature (Genesis 2:7)*. Our need to receive breath points us to the One who first gave that breath to us.

St. Anthony of Egypt was a famous desert father from the early church—a Christian who tried to utterly reject the ways of the world and live in self-denial and spiritual contemplation. We can admire his intentions and efforts, even if we would not advocate for imitating him. But at the end of his life (AD 356), he gave some excellent advice to his disciples: “Let Christ be your life's breath, and place your confidence in Him. Live as if dying daily.”

As we come to Ash Wednesday and Lent, let's try to follow that advice and focus on our breathing. With every breath out there's a little death. *Remember you are dust, and when God's breath leaves you for the last time then to dust you shall return.* But with every new breath in we live. And of course, it's not just our physical breath that matters

most. Focus on the breath that Christ gives. With your breathing, remember to practice dying daily. What this really means is repentance, living in your Baptism, daily dying to sin and rising to new life in Christ. He is your real breath. He is your true life.

Breathe out. *I have been crucified with Christ. It is no longer I who live, but Christ who lives in me.* Breathe in. *And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me (Galatians 2:20).*

Rev. Anthony Dodgers, Headmaster



February 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 6:00 p.m. Boys vs Harlan 7:00 p.m. Girls vs Harlan (HOME)	4	5 1:00 Spelling Bee	6 5:30p Parents vs Kids PTL Event	7
8 2-5 Folk Dancing in the Gym	9	10	11	12	13 NO School Teacher Inservice	14 
15	16	17 K-Fieldtrip to Kilwins Madeline Schumm 	18 Ash Wednesday 10:00a Chapel Service	19 5:30p Board of Education Meeting	20	21
22	23	24	25 Mazie Day Jon Fuhrmann 	26	27	28 9-11a School Open House

**LAST HOME GAME**

Tuesday, Feb. 3rd

6:00 p.m. Boys vs Harlan (HOME)

7:00 p.m. Girls vs Harlan (HOME)

Thank you to our Athletic Director, Mr. Brandon Schumm for all his help in scheduling all of this seasons game! Also, a big thank you to all our volunteers helping with the score board, admissions table, concessions and general clean-up.

Please join us for the Parents vs Kids Basketball PTL event scheduled for Friday, February 6th beginning at 5:30 p.m. in the school gym. Pizza will be provided.



School Gym Use after school hours – Before using the school gym after school hours, please be sure to contact our current Athletic Director, Brandon Schumm. Please call or text him at 260-273-7403 to make arrangements. Thank you
***Rules for the gym include NO Roller Blading or Skateboarding. Please be diligent in wearing clean non-marking shoes. Thank you**

With Gradelink you can stay updated on your child's academic progress at school and get information on upcoming assignments such as assignment descriptions and due dates. The following information is available to you when you **log in to Gradelink**:

- Current Grade in each class
- Current GPA for the term, if applicable
- Descriptions, Grades, and Teacher Comments for graded assignments
- Descriptions and Due Dates for upcoming assignments
- Assignment handouts or documents (attachments)
- Email Alerts you can configure for grades and attendance
- Attendance Information
- Transcript Information, if applicable
- Billing Information, online payment for tuition and lunch fees



To access this information go to **www.gradelink.com** and click on the green Log In button.

PLEASE CALL THE SCHOOL OFFICE IF YOU NEED ANY HELP logging in.

PRIVACY NOTICE We all love to share pictures of our child's school activities and accomplishments. However, we have to be very careful where those pictures are posted and respect that other students might also be in the picture. Parents, please remember to not post pictures that may have students in them other than your own child. If you have any questions or concerns, please contact the school office before posting anything. Thank you

Weather permitting the students will be going outside for recess time. Please have your child dress appropriately for the weather.

Potential delays and cancellations for Bethlehem will follow the same as Northern Wells Community Schools.

**Bethlehem will be closed on Friday, February 13th
due to a Lutheran School Teachers Inservice**



Bethlehem will NOT be following the Northern Wells Community Schools 2 hour delay on Wednesday, February 18th. Therefore, unless a weather related delay or closing comes along, Bethlehem will operate on a regular schedule. Morning bus service will NOT be provided. The 7-8th grade students will be excused from their NW morning classes and are asked to be at Bethlehem by 9:15 a.m. Please contact the school office if you have any questions.

School Spelling Bee on Thursday, February 5th



All grades will be participating in our annual Spelling Bee on Thursday, Feb. 13, beginning at 1:00pm in the Fellowship Hall (lunch room). Parents are welcome to attend!

Make-up Lutheran School Week Dress-up Days



Monday, Feb. 2- Teacher/Student Swap Dress-up: Students dress like teachers. Teachers dress like students.

Tuesday, Feb. 3- Dress as a Book Character: Dress like one of your favorite characters from one of your favorite books.

Wednesday, Feb. 4- Chapel Dress

Thursday, Feb. 5- Spelling Bee

Friday, Feb. 6- Dress as a Saint: Dress like a famous believer from the Bible or Church History.



Sign up today!

Shop at Kroger and help Bethlehem Lutheran School tuition assistance fund with the **Kroger Community Rewards Program**.

Register online at krogercommunityrewards.com, be sure to have your Kroger Plus card handy and register your card with Bethlehem Lutheran School as your organization for the reward. The NPO number for Bethlehem is **WG595#**.

If you don't have a Kroger Plus card, they are available at the customer service desk.

Members must swipe their registered Kroger Plus card or use the phone number that is related to their registered card when shopping for each purchase to count.



To redeem Box Top products, you will need to download the Box Tops app on your phone and then scan each receipt that contains your Box Tops products. **KEEP ON SCANNING!**

PLAN TO USE SCRIP FOR ALL YOUR SHOPPING NEEDS

Please see the flyer attached to this newsletter for information on how to create your own account through Raise Right using Bethlehem's enrollment code noted on the attached flyer. Physical cards, ecards and reloadable cards are all available for your purchase and can be sent directly to your home.

Please be sure to check out our new scrip order sheet attached to this newsletter. Physical cards from local vendors and more are now available for order. Ordering dates are set to reduce shipping costs. **For questions or for placing an order, please contact Jill Holtzclaw 260-301-1965 our current PTL representative.**

As you purchase SCRIP you will also accumulate a percentage of profit to be applied to your child's tuition. Thank you to the church congregation and school families for supporting the Scrip Program.

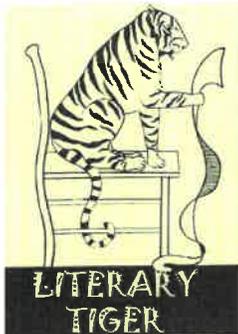
Our Washington D.C. group appreciates your support.

This year's trip for our 7th & 8th graders will take place in April 2026

Please save your newspapers, catalogs, magazines, junk mail, old phone books, office/school papers and hard/soft cover books. Along with cereal type boxes (NO CARDBOARD). Bring your recycled paper to school and dispose of it in our "PaperGator" located right next to the trash dumpster in the front parking area of the school.



Aluminum cans and scrap metal The Washington DC group would like to remind everyone that we are looking for "pop can" style cans only for collection purposes. We are starting to find trash and glass in the recycling bin here at church which slows the sorting process down. If anyone has any questions, please contact Jay Werling or Jason Rekeweg. Thanks to everyone for your continued support.



We have New books for the new year!

Remember, you can browse our library catalog online any time from

<https://www.librarycat.org/lib/BLCSOssianLibrary/>

The search page shows the books most recently added to our system. We have several new picture books perfect for winter reading.



We also invite everyone to a Bingo reading challenge!

When you complete a Bingo you can get your picture in the Tiger Tales, plus a special prize! Last month's Bingo winners are: Lucas Haiflich (4), Gus Wirgau (K), Violet Boehm (K).

You have until the last library day of the school year to work on the challenge. You have to share the titles of the books or tell the librarians about what you read. Yes, audio-books and books read aloud by parents count! Printed Bingo cards will be distributed in the school library.

Bethlehem Library Bingo

Book with a One Word Title	Historical Fiction	2nd in a Series (after reading the first!)	Nonfiction American History Book	A Librarian Favorite
Re-read a Book	A Book Older than Your Dad	A Picture Book	Biography	Write a Book Review for Tiger Tales
Recommend a Book to Someone	Suggested by your Parent	Free Read	Mystery	Book from the Public Library
A chapter or story from the Old Testament	Read in a Blanket Fort	Book Made into a Movie	10 Poems	A Teacher Favorite
Nonfiction Animal Book	Read to Someone Else	Write a Story or Poem	Memorize a Poem or Psalm	Your Friend's Favorite Book

MIDDLE SCHOOL GIRLS

JAN 21 BAAL GOES DOWN THE
FEB 18 HEAVEN'S FLAMETHROWER

SCRIPTURE: 2 KINGS 1

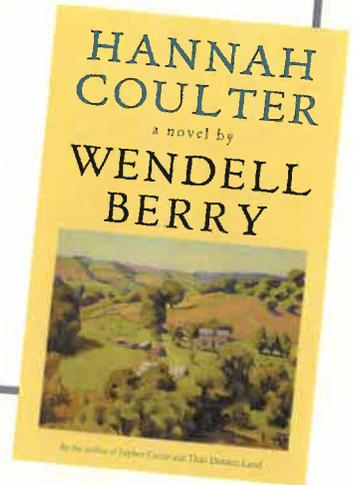
SUMMARY: TWO CAPTAINS AND THEIR GROUPS OF FIFTY MEN EACH/KING AHAZIAH DIE BECAUSE OF DISRESPECTING GOD AND TRUSTING ANOTHER GOD FOR HELP.



Book Club

HANNAH COULTER
BY WENDELL BERRY

MEET APRIL 18



DATES

1.8
NLSW Psalms

1.22
Lent Devotional

Deaconess Discussion

Lent Devotional & Psalms Quiz

We had a short psalms quiz for NLSW the beginning of Jan.

Students worked on art for the Lent Devotional. Keep a look out!

VBS SAVE
THE DATE

JUNE 8-11
2026

9:00AM-12:00PM



Christ
IN THE
Psalms
WOMEN'S BIBLE STUDY

MONDAY, FEB 9 AT 2:00PM
THURSDAY, FEB 12 AT 6:30PM
*MEETS EVERY WEEK

Let's
Make
a Joyful
Noise PSALM 98:4

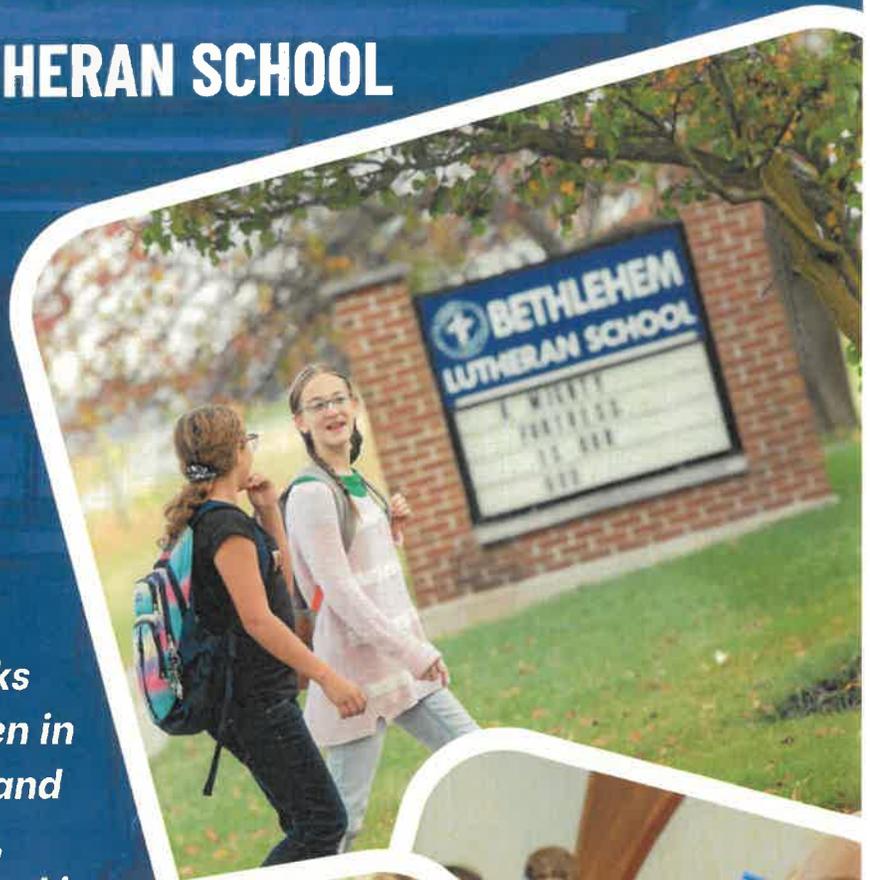


BETHLEHEM LUTHERAN SCHOOL

K-8TH

OPEN HOUSE

"Bethlehem Lutheran School works with parents to guide their children in gaining wisdom, pursuing virtue, and developing skills for life with God, neighbors, and self in this world and in the world to come."



**Saturday,
28 February, 2026**

9:00-11am

7545 N. 650 E. Ossian, IN

- ✓ Tour the school
- ✓ Meet teachers
- ✓ Review curriculum
- ✓ Ask questions



For more info:

260-597-7366



Visit us:

<https://blcsossian.org/academics/>

News Notes To Parents

Purdue University Cooperative Extension Services, Health and Human Sciences

February 2026

Raise Healthy Eaters in the New Year

Ring in a new year by teaching kids the importance of food, nutrition and eating skills: food to fuel busy, successful lives; nutrition to nourish strong bodies and smart brains; and eating skills to enjoy the social aspect of meals with family and friends.

As a parent, grandparent or adult caregiver, you can help to raise healthy eaters during these critical years by doing your best to:

- Serve regular, balanced meals and snacks with a variety of nutrient-rich foods.
- Provide calm, pleasant mealtimes where adults and children can talk together.
- Remove distractions such as television, phones and tablets so your attention is on each other.
- Allow children to use their internal signals to decide how much and what to eat from the foods you set out for each meal.
- Explore a variety of flavors and foods from different cultures and cuisines.
- Share an appreciation for healthful food, lovingly prepared and shared with others.
- Make food safety, such as washing hands, part of every eating occasion.
- Teach basic skills for making positive food choices away from home.

Find credible food and nutrition resources when you don't know the answer.

While this may seem like an intimidating to-do list, two family habits go a long way to making all this happen: regular family meals and involving kids in nutrition from the ground up.

Make Family Mealtimes a Priority

Sometimes a simple act can have important, long-lasting benefits. According to parenting and health experts, that's the case with family meals. For example, eating and talking together can help:

- Increase family unity
- Help prevent behavior problems at home and school
- Encourage academic success
- Improve nutrition

Promote healthy weight for kids

With that impressive list of benefits, it's worth making the time and effort to enjoy more meals together each week. Look for easy ways to add just one family meal to the schedule. If evenings seem too hectic for family dinners, set aside time for a weekend breakfast or lunch. After a month or two of this new pattern, try adding another family meal each week. Before you know it, you will be

eating together on most days.

Get Kids Involved in Nutrition

Start young and make nutrition fun. There's an opportunity for kids to learn about nutrition in a variety of places — your kitchen, the grocery store or a community garden. Every trip through the supermarket can be a nutrition lesson. Kids can learn to categorize food into groups: grains, fruits, vegetables, dairy and protein foods. They can choose new foods they want to try. For example, let children pick out a new fresh, frozen, canned or dried fruit each trip. As children get older, they can help plan the menu at home and then pick out the foods to match the menu items while shopping.

Nutrition is just one of many reasons to have a garden. The process of planting, watching over and harvesting a garden provides daily opportunities for children to learn valuable lessons and enjoy physical activity, while reaping the fruits (and vegetables) of their labor.

Kids Eat Right content is brought to you by the Academy of Nutrition and Dietetics Foundation, the only charitable organization devoted exclusively to supporting nutrition and dietetics professionals.

www.eatright.org

Contributors: Dayle Hayes, MS, RD

Reviewed: December 17, 2025

Source: *Kids Eat Right* www.eatright.org

Photo Credit: Canva



Needs vs. Wants: The Grocery Store Classroom

Research from the **University of Wisconsin–Madison** suggests that practicing "choice-making" is a cornerstone of future financial health. You can turn a routine grocery trip into a powerful lesson by teaching your child to distinguish between needs and wants.

The Activity: The "Need" Detective

Give your child a "mission" while shopping. Ask them to help you find three needs (such as milk for strong bones or bread for lunch) and one want (like a favorite box of cookies).

The "NEED" (Essential)	The "WANT" (Extra)
Water to stay hydrated	Juice because it taste sweet
Warm Socks for cold feet	A superhero cape for play
Apples for a healthy snack	Candy for a sugary treat

The Financial Spin: The Power of "No, Not Now"]

When your child asks for an extra toy, use it as a teaching moment for opportunity cost. Explain: "We have \$5 left. We can buy the eggs we need for breakfast or the toy you want. If we buy the toy, we won't have eggs tomorrow."

Explaining the reasoning behind spending helps children develop executive function and self-regulation. By labeling items, you aren't just saying "no," you are teaching them to prioritize. This simple shift moves a child from impulsive "I want" to thoughtful "Is this a need?" This habit can help build a lifetime of financial security!

High Protein Cottage Cheese Mac & Cheese



Ingredients:

- 8 oz elbow macaroni noodles
- 1 cup [full fat cottage cheese](#)
- 1 cup whole milk
- 1 cup freshly grated cheddar cheese
- 1 Tablespoon arrowroot powder or cornstarch
- ½ teaspoon [garlic powder](#)
- ½ teaspoon onion powder
- ¼ teaspoon paprika
- ¼ teaspoon [black pepper](#)
- Salt to taste

Instructions:

1. Cook the pasta according to package directions. Drain and set aside.
2. While the pasta is cooking, add the cottage cheese, milk, cheddar cheese, arrowroot powder, garlic powder, paprika and black pepper to a blender. Blend until smooth.
3. In a separate large skillet or saucepan pour the cheese sauce into it and heat over medium-low for about 8-10 minutes, whisking occasionally until the cheese sauce is heated and thickens slightly.
4. Add the cooked pasta to the cheese sauce and stir to fully coat the pasta. The sauce might seem thin at first but it'll start to thicken as it sits for a few minutes. Taste and add any additional seasonings if desired. Enjoy!

Storage: Store any leftovers in an airtight container in the fridge for up to 3-4 days.

Nutrition: Serving: 1/4 recipe

Calories: 417kcal Carbohydrates: 48g Protein: 22g Fat: 15g Saturated Fat: 9g Cholesterol: 49mg Sodium: 397mg Potassium: 93mg Fiber: 2g Sugar: 7g

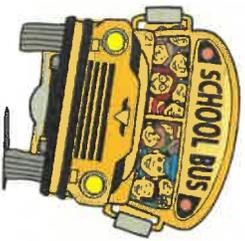
Recipe and Photo Credit: [High Protein Cottage Cheese Mac and Cheese - Eating Bird Food](#) by Brittany Mullins

Abigail Creigh, Health & Human Sciences Educator

www.extension.purdue.edu/Noble

News Notes To Parents is a product of Purdue Extension—Wells County. If you have comments or need information, call (260) 636-2111 The office is located at 109 N., York St. Albion In 46701 **Tell someone about us!**

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Bethlehem Lutheran School Lunch Menu February 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Chicken Nuggets Broccoli Baked Beans Applesauce Dinner Roll	3 Corndog Salad Green Beans Apple Slices	4 Bosco Sticks Marinara Sauce Fresh Vegy Mixed Fruit	5 Pancakes Sausage Hash Brown Patty Vegy Juice	6 Cheeseburger Fresh Vegy Waffle Fries Peaches	7
8	9 Pizza Cheesy Broccoli Fresh Vegy Fruit	10 Popcorn Chicken Mashed Potatoes Fresh Carrots Fruit Soft Pretzel	11 Nachos w/meat and cheese Salad Refried Beans Applesauce	12 French Toast Sausage Hash Brown Patty Vegy Juice	13 NO SCHOOL Teacher Inservice	14
15	16 Chicken Patty Sandwich Fresh Vegy Baked Beans Fruit	17 Breakfast Sandwich Hash Brown Patty Fresh Vegy Juice	18 Max Sticks Marinara Sauce Green Beans Peaches	19 Soft Taco with meat and cheese Lettuce and tomato Corn Fruit	20 Cheese Pizza Broccoli Cucumber Slices Banana	21
22	23 Cheeseburger Fresh Vegy Tator Tots Fruit	24 Chicken & Waffles Hash Brown Patty Vegy Juice	25 Walking Taco Lettuce & Tomato Refried Beans Fruit	26 Hot Dog Fresh Broccoli French Fries Blueberries	27 PGJ Uncrustible Cheese Stick Fresh Vegy Pretzels Fruit Cup	28

