



Oak Grove Lutheran Elementary School

Grover Gazette

2720 32nd Avenue South, Fargo, ND 58103, Phone 701.893.3073 Fax 893.3076

May 19, 2023

Josh Kading Principal

www.oakgrovelutheran.com

Nondiscriminatory Policy

Oak Grove Lutheran School admits students of any race, color, national and ethnic origin or gender to all the rights, privileges and activities generally accorded or made available to students at the school. It does not discriminate in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs. This school is authorized under federal law to enroll nonimmigrant students.

Menu 5/15 – 5/19

MONDAY

Turkey Sandwich OR Sunbutter and Jelly Sandwich on a Bun, Applesauce Cup

TUESDAY

Hamburger on a Bun, Baked Beans, Banana

WEDNESDAY

Grover Nachos with Toppings on the Salad Bar, Fruit Pizza, Fruit

THURSDAY

Chicken Corn Dog on a Stick, Chips/Fritos, Fruit

FRIDAY

NO LUNCH - Dismiss at NOON!

Our last day of 1st-5th grade school, May 26, will be a HALF day, with dismissal at 12:00 NOON.

“My God will give you everything you need because of His great riches in Christ Jesus.” Philippians 4:19

Coming up...

Tues, May 23: Last Chapel 8:30-9:00

Wed, May 24: Last Day of Kindergarten Classes

5th Grade Farewell Program 1:30pm in the Gym

Thurs, May 25: Kindergarten Farewell Programs at Bethel

Fri, May 26: Last Day of School Grades 1-5: **Dismiss at NOON**

Have a great summer, Preschool and PreK students!

Yearbooks are in and were sent home today with students who pre-ordered!

We do have extra yearbooks that you can still purchase at the front desk for \$25. Cash or Check to Oak Grove.

Enjoy!

OAK GROVE LUTHERAN SPIRIT WEAR SHOP

YEAR-END SALE!

25% OFF SITEWIDE
FREE SHIPPING \$60+

FATHERS DAY GIFT IDEAS!

ORDER AT **1STPLACESALE/58701**
SALE ENDS JUNE 5TH

Scan To Order

NOW OFFERING BEACH TOWELS AND WATER BOTTLES!

1ST PLACE Sportswear

The Mission of Oak Grove Lutheran School is to express God’s love by nurturing students for academic achievement, lifelong Christian commitment and loving service throughout the world.

Counselor's Corner

Last week I used this space to highlight some considerations for creating a summer plan for screen time. Those strategies focused on the "how much" and "when" parts of a plan. Planning early sets the stage for your child's increased use of technology as they age. As a nation, we are experiencing a mental health crisis. Research is finally confirming what some psychologists have long hypothesized, that social media correlates strongly with negative effects on mental health. So how can we best support our children's mental health?

1. Prioritize sleep - Sleep is crucial for physical and mental health. Not getting quality sleep is a major risk factor for anxiety and depression. The American Academy of Pediatrics recommends the following:

3-5 years	10-13 hours (including naps)
6-12 years	9-12 hours
13-18 years	8-10 hours

2. Delay social media – Research indicates that 10-14 year olds are hit hardest with the consequences of social media; waiting until 8th grade to introduce is a great goal.

3. Supervise technology use – Consider the metaphor of technology being the ocean. Before parents let children swim in any open water, they make sure the child is well-prepared and equipped to handle problems that arise. They provide safety vests, swimming lessons, often in less dangerous waters, and even then, parents provide a huge amount of supervision.

Ms. Sara Carlson

Elementary School Counselor & Preschool Teacher

Oak Grove is looking for Host Families for our International Students for the 2023-2024 school year. If you are interested or would like more information, please contact Kristi Kegel at Kristi.kegel@oakgrovelutheran.com

Looking ahead—

May 24: Last Day of K classes
5th Grade Farewell Program at 1:30 in the gym

May 25th: Kindergarten Graduation Programs:
Mrs. D at 9:00 am
Mrs. Birney at 10:00 am
Mrs. Johnson at 11:00 am
Mrs. Klein at 12:00pm
All programs at Bethel Church in the FLC

May 26th: Last Day of School for grades 1-5, DISMISSAL AT NOON

June 5-9: Camp Invention

Aug 22: Back to School Night 5:30-7:00pm

Aug 24: First Day of School

OGPO CORNER - OG Parent Organization

Happy Friday Grovers,

OGPO FAMILY PICNIC! On Monday, May 22nd you are invited to join your Grover(s) at the OGPO Family Picnic. Enjoy lunch with your child(ren) outside during their regularly scheduled lunch time. A sack lunch will be served by the kitchen (for students only) or you may choose to bring lunch for your family to share. Picnic tables will be set up for seating but families are also encouraged to bring a blanket to sit in the grass!

If you have any questions about OGPO events or would like more information about how you can get involved please join the OGPO Facebook page!

Have a great weekend!
OGPO



SUMMER ACTIVITIES 2023

Theatre:

IGNITE THEATRE's Jungle Book Kids
June 5-17th, information at
www.ignitinghearts.com



Camp Invention
Grades K-6
June 5-9 / 9:00-3:30
INVENT.ORG/CAMP

Basketball Camps—registrations found at
www.oakgrovelutheran.com under Summer
Activities

Elementary Basketball Camp

June 13-15
K-2nd: 1:00-2:30
3rd-5th: 2:45-4:30
\$75

6-8 Grade Boys Fundamentals

June 5-July 26 (no camp 6/7, 6/19-21, 7/3-7)
Mon/Wed 10:30am—Noon
\$150

Other Basketball camps, contact
Kyle.card@oakgrovelutheran.com for
information

Elementary Volleyball Camp

July 11-13
\$45

Any other sports camps, contact
Brent.wolf@oakgrovelutheran.com

Summer Tutoring may be available—contact
your teacher or Missy at the front desk if
you are looking for academic help over the
summer.

Vacation Bible Schools

Opportunities at our area churches
Go to Church websites for information about
Registering

Immanuel Lutheran Church,

1258 Broadway N, Fargo
August 7-11, 8:30-11:45 am
Theme: Stellar: Shine Jesus' Light

Olivet Lutheran Church,

1330 S University Dr, Fargo
June 5-8, 9:00-11:30 am, ages 4 years old
- 5th grade
Theme: God is WILD about you

Our Redeemer Lutheran Church,

1000 14th Street S, Moorhead
June 5-8
Theme: Stellar: Shine Jesus' Light

Beautiful Savior Lutheran Church,

2601 23rd Ave. S, Fargo
June 4-8
Theme: Stellar: Shine Jesus' Light

Peace Lutheran Church,

1011 12th Ave N, Fargo
June 20-22, 9:00 am-2:00 pm, youth
going into Kind. -6th grade

Messiah Lutheran Church,

2010 Elm St N, Fargo
July 20- Aug 2, 6:00-8:00 pm
Theme: Stellar stations

Hope Lutheran Church

South Campus – 3636 25th St S, Fargo,
June 5-8, 9:15-11:30 am & 5:45-8:00
pm
West Campus – 2633 55th St S, Fargo,
June 12-15, 9:15-11:30 am
North Campus – 2900 Broadway N, Fargo
June 12-15, 5:45-8:00 pm
Theme: Mystery at Majesty Park