



REPORT

October 2025

Dear Good Shepherd Families,

As we move into October, our school will be placing a special emphasis on kindness. Each day provides opportunities for our students to reflect Christ's love in their words and actions, and we will be encouraging them to practice kindness both in and out of the classroom.

October is also a month filled with special events for our school community. Our Annual Golf Benefit will take place this month, and later in the month we will host our 2nd Annual Trunk or Treat. We are especially excited to welcome back Batman and his Batmobile, which promises to be a highlight for our students and families.

I am grateful for the many ways our families, staff, and students come together to support our mission. Thank you for your continued partnership in making Good Shepherd a place where faith, learning, and community thrive.

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In Christ's service,

Van M Guillotte
Administrator



'25-'26 School Theme: Let's Make a Joyful Noise!

*"Make a joyful noise to the Lord, all the earth:
Break forth into joyous song and sing praises!"*
Psalm 98:4

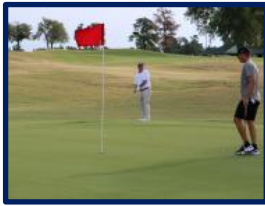
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Pep Rally Photo Gallery, Friday, September 5th



Upcoming Dates To Help You Plan Ahead.

➡ Donations for the Golf Tournament need to be turned in by **Friday, October 10th**.



- **Friday, October 17th —**
39th Annual Golf Tournament
7:00am – 1:00pm
John Conrad Golf Course, Midwest City
NO SCHOOL



- **Monday, October 20th — Fall Break – NO SCHOOL**
- **Thursday, October 30th —**
Back by Popular Demand –
"Batman and the Batmobile"
Trunk or Treat
6:30pm – 8:30pm
School Parking Lot



- **Monday, November 10th —**
Veteran's Day Program & Luncheon
11:30am – 12:30pm, School Gym
- **Tuesday, November 11th —**
Veteran's Day – NO SCHOOL
- **November 24th– 28th —**
Thanksgiving Holiday — NO SCHOOL

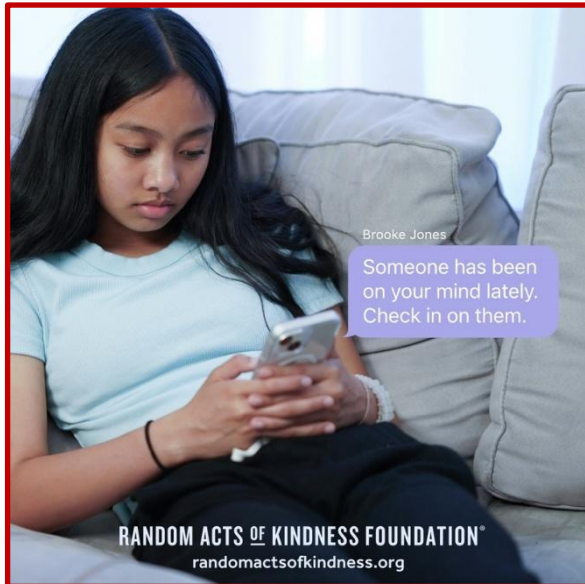


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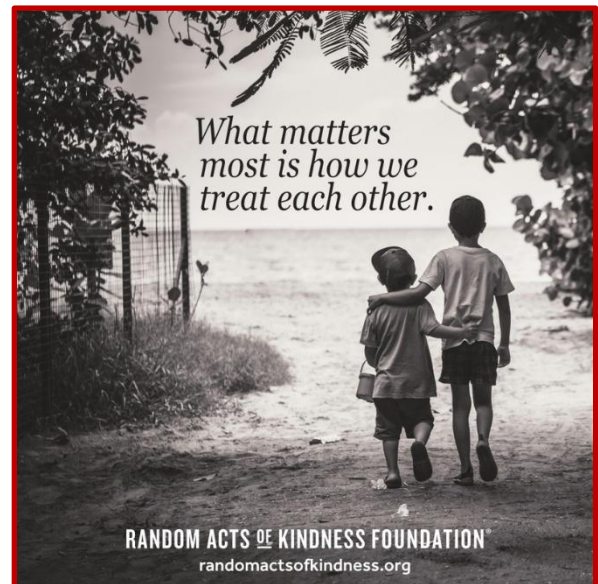
DAILY DOSE OF KINDNESS®



*"He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love **kindness**, and to walk humbly with your God?" Micah 6:8 ESV*



*"Thus says the Lord of hosts, Render true judgments, show **kindness** and mercy to one another," Zechariah 7:9 ESV*



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October

National Bullying Prevention Month 2025

Bullying is one of those tough topics that can feel challenging for teachers and parents to address. But when we highlight and bring attention to the issue, we have a better chance at preventing bully behavior and helping the victims of bullying. National Bullying Prevention Month 2025 is an ideal time for anti-bullying activities like those found here.

NOTE: While all kids are mean to one another from time to time, bullying is a persistent pattern of behavior, meant to emphasize a power imbalance and hurt the victim.

When is National Bullying Prevention Month 2025?

National Bullying Prevention Month takes place each year in October to bring global awareness to the issue. October 6, 2025, is the 19th annual **World Day of Bullying Prevention**. Organizations like **Stomp Out Bullying** sponsor special events on this day to help spread the word. **October 22, 2025, is Unity Day**, a time to unite for kindness, acceptance, and inclusion.

What is Bullying Prevention Month?

Though schools should focus on creating an anti-bullying culture year-round, October has been set aside as a time to draw special attention to this important issue. A variety of organizations come together to support schools as they work to create a safer, kinder environment for all students.

Bullying can include in-person or online behavior (known as cyberbullying). It's become a major issue in schools, where 1 in 5 students now report experiencing bullying behavior. Students might be bullied for their physical appearance, race or ethnicity, gender, disability, religion, or sexual orientation, among other reasons.

The good news is that research indicates that strong bullying prevention programs can help reduce bullying at school. These programs can help potential bullies recognize and stop their own behavior. They can also empower victims, giving them the support they need in the face of bullying.

History of Bullying Prevention Month

In 2006, PACER's National Bullying Prevention Center declared the first week of October a time to educate and raise awareness about bullying prevention. Their goal was to change the prevalent view that bullying was just a childhood rite of passage, something every kid had to go through. They pointed out that bullying raises school absentee rates, decreases student performance, and increases physical and mental stress. The center argued that teachers and families needed to work together to create a climate where bullying was not tolerated.

After much success, the event was expanded to the entire month of October starting in 2010. Since then, bullying prevention events during October have included fundraisers, Disney-produced public service announcements, celebrity partnerships, and much more. The month also includes Unity Day, a time to send a visible message that no child should ever have to endure bullying. In 2025, Unity Day will be held on October 22.

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Conflict vs. Bullying: What's the Difference?

60-second answer

Bullying is different from conflict.

- **Conflict** is a disagreement or argument in which both sides express their views.
- **Bullying** is negative behavior directed by someone exerting power and control over another person.

Bullying is when someone aggressively uses their "power" to target another individual with repeated, unwanted words or actions. Those targeted are hurt either physically or emotionally and have a hard time stopping what is happening to them.

In normal conflict, children self-monitor their behavior.

They read cues to know if lines are crossed and then modify their behavior in response. Children guided by empathy usually realize they have hurt someone and will want to stop their negative behavior. On the other hand, children intending to cause harm and whose behavior goes beyond normal conflict will continue their behavior even when they know it's hurting someone.

<https://www.pacer.org/bullying/info/questions-answered/conflict-vs-bullying/>

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MESSAGE IN A BACKPACK™

Strategies Families Can Use for Dealing with Stress

INGRID ANDERSON

Stress is a reality in our lives, but when it regularly interferes with our daily functioning or well-being, it becomes important to address. This is particularly true for families: Research has shown that children tune in to the stress levels of the adults around them. When stress is ongoing, it can impact children's emotions, relationships, and learning. Here are some ways that you can recognize stress and lessen it.

Identify and Address Stress Points

Stress occurs when we feel we don't have enough resources (time, support, energy, money) to meet our duties and expectations. It can show up physically (headaches, stomachaches, dizziness) or emotionally (feeling upset).

When you notice stress, take a minute to consider: What do I feel is demanded of me right now? What resources do I have to help me meet this demand? Then, work to decrease your stress by

- › **Pausing to breathe:** A few deep breaths will help calm the nervous system.
- › **Thinking about what matters most:** Not everything needs to be done at once. Instead, focus on what needs to be done first.
- › **Creating a routine:** Routines ground us, helping to reduce anxiety.
- › **Setting boundaries:** Thinking about and clearly communicating your needs and limits will help you protect your time, energy, and well-being while modeling healthy self-respect for your child.

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Make Time for Play

Play is not just for children—it can be a powerful tool for adults to build resilience and relieve stress. It often includes movement and laughter, which help reset the body and mind. The key is to engage in play with openness and curiosity. Partner with your child by following their lead, being creative together, and finding joy in everyday activities.

Take Care of Yourself

When you care for yourself, you help create predictable and calm environments for your children. The most common form of self-care is setting aside time for yourself, but other activities can reduce stress and rejuvenate you:

- › Keep a list of what interests you throughout the day (listening to music, moving your body), then take time to do those things.
- › Celebrate moments of joy and curiosity. This will help you shift focus away from stress and improve your sense of balance.
- › Feel gratitude for those around you. This builds connections and serves as a buffer from stress.

Identify Resources

Make a list of the people in your life who you can tap for guidance and encouragement. Look for community organizations, networks, or local groups that support your interests and needs.

Stress is a natural part of life, but we struggle to cope when it overwhelms us. The practices outlined here can help you learn to manage it, creating a stronger and healthier family environment.

Ingrid Anderson, EdD, is associate professor of practice, infant mental health, at Portland State University's College of Education.

This message is meant to be printed out, photocopied, and sent home with children as a resource for families! It is available at [NAEYC.org/eyc/dealing-with-stress](https://naeyc.org/eyc/dealing-with-stress).

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39th Annual Golf Tournament

The Good Shepherd Lutheran School

Friday
October 17th,
2025

John Conrad Golf Course
711 S. Douglas Boulevard
Midwest City, OK 73110

Time: 8:00 a.m. (shotgun start)
Registration begins at 7:00 a.m.
Format: 4 Person Scramble –
Men & Women

\$100 per Person Entry Donation



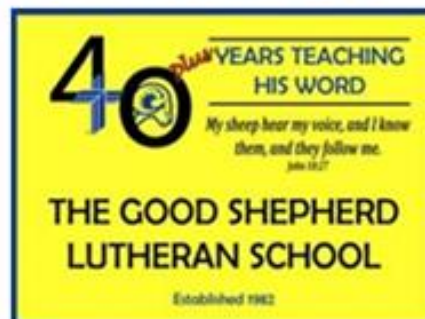
Includes: Green Fees, ½ Golfcart,
Grab and Go Breakfast,
Lunch by **Pelicans**, Player Bag,
Awards & Door Prizes

Prizes for the 1st & 2nd Place Teams in Flighted Teams

Come! Join Us for this Fun Day!



For More Information: (405) 732-0070
www.mylutheran.school



The 40^{plus} Year of our School

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The Good Shepherd Lutheran School Golf Benefit

Fun, Community, and Giving Back

It's that time again! Our annual Good Shepherd Lutheran School Golf Benefit is happening Friday, October 17th at John Conrad Regional Golf Course in Midwest City. This event is one we all look forward to—it's always a great time with friends, families, and supporters coming together to help our school.

How You Can Help:

We're asking students to **bring items assigned to their classes** for the golfers' goodie bags. Thanks to everyone's help, we've had awesome turnouts in the past, and we can't wait to make this year another success!

Preschool-Bags of individually wrapped Life Savers

PreK-Ms. Sam's class-Individual bags of Pretzels

PreK-Ms. Alesha's class-Slim Jim meat sticks

Kindergarten-Individual bags of peanuts

1st Grade-Case of bottled water

2nd Grade-Individual bags of chips

3rd/4th Grades-Individual packages of snack crackers

5th/6th Grades-Individual packages of snack cookies

7th/8th Grades-Box of Sweet/Salty Snacks

***We need items for 144 golfers, so bring as much as you can of each item**

***Each item needs to be individually wrapped**

***All donations need to be turned in by Friday, October 10^t**



*Thank
you*



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Did you know that you can select a bag of produce and bread products each Wednesday 3pm – 5:00pm in the FLC gymnasium?

There are various items each week. Don't forget to stop by and see if there are some items that you can use. This is open to all Good Shepherd Lutheran School, Early Childhood Center, and Church families. We are offering this as a service to you. Hopefully, this is helpful. Please come and see!

See you Wednesday's, 3:00pm – 5:00pm, in the Gymnasium at the Family Life Center

The Good Shepherd Lutheran Church, School and ECC Contact Information



Church:

700 N. Air Depot Blvd.
Midwest City, Oklahoma 73110
Phone (405) 732-2585
Website: www.MyLutheran.church

Church Services:

Sunday Worship: 8:00AM & 10:30AM
Bible Study & Sunday School: 9:15-10:15AM

Wednesday Midweek:

Confirmation, 5:00pm
Fellowship Meal, 5:30pm
Adult Bible Study 6:00pm – 7:00pm
& Children's Class

School:

Phone (405) 732-0070
Fax (405) 732-3977
Website: www.MyLutheran.school
E-mail: schoolsecretary@gslok.org
School Hours:
Mon-Fri: 8:15 AM - 3:45 PM

Early Childhood Center:

Phone (405) 732-7667
Fax (405) 732-3977
Website: www.MyLutheran.school
E-mail: [eccdirector@gslok.org](mailto:eccddirector@gslok.org)
Early Childhood Center Hours:
Mon-Fri: 6:00 AM - 6:00 PM

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To provide a quality, Christ-centered educational experience which allows children in our communities to grow, flourish and become outstanding young adults.

October 2025						
SUN	MON	TUE	WED	THU	FRI	SAT
 5 8:00am Worship Service 9:15am-10:15am Sunday School and Adult Bible Study 10:30am Worship Service	6 5:30pm Trail Life & American Heritage Girls Meeting— Church Fellowship Hall		1 NO Chapel 5:00pm Confirmation 5:30pm Fellowship Meal 6:00-7:00pm Adult Bible and Topical Studies	2	3	4
12 8:00am Worship Service 9:15am-10:15am Sunday School and Adult Bible Study 10:30am Worship Service	13 5:30pm Trail Life & American Heritage Girls Meeting— Church Fellowship Hall	7	8 10am Chapel 5:00pm Confirmation 5:30pm Fellowship Meal 6:00-7:00pm Adult Bible and Topical Studies	9	10 2:45pm All-School Pep Rally	11
19 8:00am Worship Service 9:15am-10:15am Sunday School and Adult Bible Study 10:30am Worship Service	20 FALL BREAK - NO SCHOOL 5:30pm Trail Life & American Heritage Girls Meeting— Church	14	15 10am Chapel 5:00pm Confirmation 5:30pm Fellowship Meal 6:00-7:00pm Adult Bible and Topical Studies	16	17 7:00am-1:00pm Annual Golf Tournament John Conrad Golf Course	18
26 8:00am Worship Service 9:15am-10:15am Sunday School and Adult Bible Study 10:30am Worship Service	27 5:30pm Trail Life & American Heritage Girls Meeting— Church Fellowship Hall	21	22 10am Chapel 5:00pm Confirmation 5:30pm Fellowship Meal 6:00-7:00pm Adult Bible and Topical Studies	23	24	25
		28	29 10am Chapel 5:00pm Confirmation 5:30pm Fellowship Meal 6:00-7:00pm Adult Bible and Topical Studies	30 Trunk or Treat 6:30-8:30pm School Parking Lot	31	

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GSLs October 2025						
SUN	MON	TUE	WED	THU	FRI	SAT
			1 Cheeseburgers w/ fixings, fries, peach- es, milk	2 Chicken Spaghetti, green beans, garlic bread, pears, milk	3 Cheese Quesadilla, salad, fruit, milk	4
5	6 Spaghetti, com, gar- lic bread, straw- berries, milk	7 Pizza, salad, fruit, milk	8 Grilled Cheese, tator tots, apple, milk	9 Taco Salad w/lettuce & cheese, Mexican rice, oranges, milk	10 Chili Dogs, chips, pickles, pineapple, milk	11
12	13 Chicken & Cheese Alfredo, green beans, rolls, pineapples, milk	14 Beef & Cheese na- chos, beans, Span- ish rice, milk	15 Com Dogs, carrots, peaches, milk	16 Frito Chili Pie w/ cheese, com, oranges, milk	17 School Closed/ Annual Golf Tour Hamburger helper, green beans, grapes, milk	18
19	20 Fall Break/School Closed Soft Tacos, Spanish rice, grapes, milk	21 Pizza, salad, fruit, milk	22 Taqitos, Spanish rice, grapes, milk	23 Baked BBQ chicken, green beans, apple sauce, milk	24 Hot dogs, chips, fruit, pickle, milk	25
26	27 Chicken tacos, com, pears, milk	28 Chicken nuggets, mashed potatoes, fruit cocktail, milk	29 Cheeseburgers w/ fixings, fries, peach- es, milk	30 Chicken Spaghetti, green beans, garlic bread, pears, milk	31 Cheese Quesadilla, salad, fruit, milk	

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