



## Spiritual Training

As an Athletic Director, I love seeing and hearing our Valley Lutheran athletes train. My office is outside of the gym and down the hall from our new weight room. I can literally hear basketballs bouncing and metal weights banging around while I work. It is truly satisfying to know our athletes are growing and developing physically.

While a healthy physical well-being is extremely important in everyday life, I am comforted that Christian schools, like Valley, can provide more than just physical training. Christian schools also provide spiritual training. Our faith is instilled by the Holy Spirit but needs nurturing as well. The Bible states that God has given us everything we need for a Godly life (2 Peter 1:3). Spiritual training centered on Christ gives us focus, stability and stamina especially in times of adversity. Be encouraged that Christian schools can be instrumental in the growth of spiritual well-being by helping students train and develop fundamental Christian habits that will continue throughout life.

Five key tools provided by God to train spiritual well-being are Christian fellowship, worship, Bible study, prayer, and discipleship (being a servant leader who advocates for the Truth of Christ). All five are equally important and help individuals stay connected to the body of Christ. These tools are intentionally woven into the educational life in Christian schools. I encourage you to intentionally weave these tools into your life as well. In the words of Martin Luther, *“This life, therefore, is not godliness, but the process of becoming godly, not health, but getting well, not being but becoming, not rest but exercise. We are not now what we shall be, but we are on the way.”*

~Eric Smith

## Cooper Named 2021 STEM Star



Mr. Ben Cooper, VL science teacher, has been recognized as a 2021 STEM Star! This is the second year MiStem East Central Michigan and STEM at SVSU have recognized educators for their efforts. Nominations were reviewed by a selection committee. The teachers represent schools in Arenac, Bay, Clare, Gladwin, Gratiot, Isabella, Midland and Saginaw counties.

“The variety of nominees stood out this year,” said Adrienne Cole, director of STEM@SVSU. “At all levels, educators are going above and beyond to deliver exceptional STEM experiences to their students, and they’ve been doing it throughout a pandemic.”

Mr. Cooper was specifically noted for “...constantly working to improve his own professional learning. ...All that he learns is brought back to school and shared with colleagues and students. He then designs opportunities for students to get actively involved in projects of their own.” His leadership of the new ValleyBio Club was also recognized.



Congratulations to the Valley Lutheran Pom Team who competed in the Mid-American Pompon Class C/D State Competition in March and finished as the state runner-up. The team includes (l to r) Rachel Piechotte, Isabel Dues, Lexi McNally, Drew Louchart, Ellen Young, Ella Holzei, Caroline Douponce, and Miranda Urbanczyk.

## Rotary Scholarship Winner



**Brendan McDonald** was awarded the Rotary Club of Saginaw Valley's scholarship. His essay was chosen as the winner by the VL faculty for his dedicated community service and leadership in the classroom and beyond.

## Harding Places at States



**Michael Harding** (pictured here with bowling coach Nate Engelhardt VL '16) took 7th Place out of 60 Finalists in the Division 4 State Bowling Competition. Congratulations Michael!

## Wrestling Regional Champ



Congratulations to **Isaac Plamondon** who wrestled in the individual regional match and won his weight class, taking home the title of Regional Champ and qualifying to wrestle at the state meet!

## VL Homecoming Court Announced



Top (l to r): Sydney Krause, Emily Starke, Quinn Stefanski, Chae Kelsey, and Anna Katenhus.

Bottom (l to r): Elliott Urbytes, Josh Samsell, Eli Frank, Scott Smith, and David Jahnke.

## Valley Lutheran Summer Camps

Valley Lutheran Summer Camps are a "go" for this summer! Middle schoolers are invited to join in the fun and fellowship. The number of participants is limited so sign up soon!

### 2021 Schedule-at-a-Glance

	June 15-18*	June 21-24*	June 28 - July 1*
Morning	Programming 101, 7-9th Sports Sampler, 4-6th Gr.	Baseball, 5-9th Gr. Soccer, 7-9th Gr.	Football**, 6-8th Girls Bball, 7-9th Gr. Liturgical Dance, 4-9th
Afternoon	Intro to Chess, 5-9th Gr. Volleyball, 7-9th Gr.	Boys Bball, 7-9th Gr.	Art, 5-8th Ultimate Frisbee, 7-9th

\*Camp offerings are still being finalized. Check back for additional offerings.

\*\* Football will be a 3-day camp, held June 28-30 only.

Go to [vlhs.com/camps](http://vlhs.com/camps) for detailed camp information and the registration form.

