



# From the Heart

the newsletter from Sacred Heart School

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“Assisting families in educating and fostering growth of the whole child”

March 3, 2016

## Upcoming Events

### March 3

- Registration Packets are due! Please get them to the office!
- Gala Meeting 7pm in the 6th grade classroom

### March 4

- Mass 8:30 (4)
- Stations of the Cross 1:35 - 2:15 (led by 5th grade)

### March 5

- Regional History Day at Sacred Heart School

### March 10

- 4th grade to BAM

### March 11

- Living Stations presented by our 8th graders in the gym 1pm and 6pm

### March 12

- SHS Day at Chipotle Restaurant on Milwaukee 11am to 10pm - they donate 50% back to the school

### March 14

- 4th grade retreat
- Lenten Pretzels sold after school
- Home and School Meeting 7pm in the Library
- Fred Meyer and Regular SCRIP orders due

We welcome your visits and calls  
3901 Cassia ♥ Boise, ID 83705  
[www.sacredheartboise.com](http://www.sacredheartboise.com)  
208-344-9738

Brock Carpenter, Principal

Be sure to “like” us on [facebook](#) –

**Sacred Heart Catholic School**

# ~Letter From the Office ~

Dear Parents,

Mr Carpenter is away from the office today so I am jumping in with some office reminders.

Registration packets are due today. Please get them turned in as quickly as possible. We had a very nice open house last Friday with several families putting their students on our waiting list. I will be contacting these families to come in and register.

We will be sending home PALS statements in next week's Family Envelopes. These have been totalled for you as of 3/1/2016. There are many sheets with 0 points recorded and we know that you awesome families have been doing lots of volunteering so please remember to record your hours in our PALS binder.

When you send checks in for Hot Lunch, Blimpies, Homework Club, History Day, etc. please write a separate check for each category. While all of the checks are written to the school, each one is tallied by and accounted for by different people. When you send in cash, it is also so much easier if it is the correct amount and separated into categories.

Thanks so much!

Jana Florence  
Admin Assist



## Scrip News!!

**Our next SCRIP order will be on March 7**



# Sacred Heart HOME & SCHOOL Association

One of our parents, Kristin Alverson is preparing for knee surgery on March 17<sup>th</sup>. She is asking for our community's help in making sure her family has meals during her recovery. She's also in need of some carpool help for school. If you can help with meals, please go to <https://mealtrain.com/rv9vww> to sign up for a date. If you can help with transportation to/from school in the Victory/Maple Grove – Lake Hazel/Five Mile area, please contact her at [alverskris@yahoo.com](mailto:alverskris@yahoo.com). Please direct all questions to Kristin. She is most grateful for Sacred Heart's help and support. Please keep her and her family in your prayers.

## H&S Happenings

FAMILY NIGHT OUT-The **restaurant** night for March will be on Saturday, March 12th from 11a.m. to 10 p.m. at **Chipotle** on Franklin and Milwaukee. We will receive **50%** of all restaurant sales during that time period. Please make sure to mention that you are with Sacred Heart! Thank you to Amber Jolly for organizing this event!

LENTEN PRETZELS- Don't forget we will be selling Lenten Pretzels on next Tuesday, February March 14th. We will be selling them for \$1.00.

MARCH MEETING – Our March meeting will be Monday, March 14th at 7:00 p.m. at the school.

Amanda Myler

[amandamyler@yahoo.com](mailto:amandamyler@yahoo.com)

884-5033 h 880-1885 c

# News From the Nurse

## **Mouth guards: Sports equipment that protects the smile**

It's easy to take some things for granted until they're suddenly gone. Have you ever thought about how it would feel if you lost one or two of your front teeth? You'd probably avoid smiling. It would be uncomfortable talking with someone face-to-face. It wouldn't be easy pronouncing certain words. And how about eating an apple? Until your teeth are gone, you might not miss them.

Each year, thousands of teens get hurt on the playing field, the basketball court, or while skateboarding, biking or during other activities. Blows to the face in nearly every sport can injure your teeth, lips, cheeks and tongue.

A properly fitted mouth guard, or mouth protector, is an important piece of athletic gear that can protect your teeth and smile. You may have seen them used in contact sports, such as football, boxing, and ice hockey.

However, you don't have to be on the football field to benefit from a mouth guard. New findings in sports dentistry show that even in non-contact sports such as gymnastics, rollerblading, and field hockey, mouth guards help protect teeth. Many experts recommend that a mouth guard be worn for any recreational activity that poses a risk of injury to the mouth.

There are three types of mouth guards: The ready-made, or stock, mouth guard; the mouthformed—boil and bite mouth guard; and the custom-made mouth guard made by your dentist. All three mouth guards provide protection but vary in comfort and cost. The most effective mouth guard should have several features: It should be resilient, tear resistant and comfortable. It should fit properly, be durable and easy to clean, and not restrict your speech or breathing. Generally, a mouth guard covers only the upper teeth, but in some cases the dentist will instead make a mouth guard for the lower teeth. Your dentist can suggest the right mouth guard for you.

Here are some suggestions for taking good care of your mouth guard: Before and after each use, rinse it with cold water or with an antiseptic mouth rinse. You can clean it with toothpaste and a toothbrush, too. When it's not used, place your mouth guard in a firm, perforated container. This permits air circulation and helps prevent damage. Avoid high temperatures, such as hot water, hot surfaces or direct sunlight, which can distort the mouth guard. Check it for tears, holes and poor fit. A mouth guard that's torn or in bad shape can irritate your mouth and lessen the amount of protection it provides.

Have regular dental checkups and bring your mouth guard along so the dentist can make sure it's still in good condition. Don't take your teeth for granted. Protect your smile with a mouth guard.

-American Dental Association

# TVCS [2016--tvcs.rcdb.org](http://tvcs.rcdb.org)

Home games are played at St. Joseph's Catholic School, at 825 W. Fort St., Boise.

Games start @ 4:15, B game is first, followed by the A game.

Bus departs from Sacred Heart Catholic School.

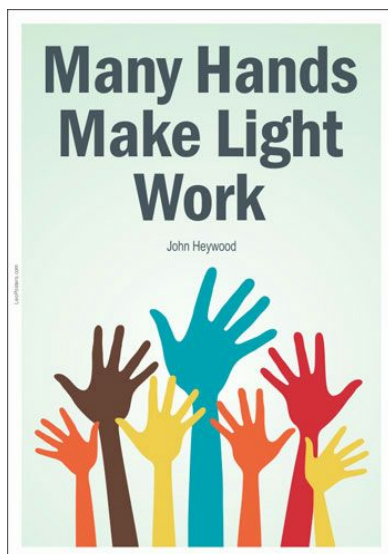
## 7th Grade Boys Basketball

- Tournament is March 7-9 @ East Valley Middle School

## 8th Grade Boys Basketball

- Tournament is March 7-9 @ Nampa West Middle School

## TREASURE VALLEY REGIONAL HISTORY DAY TO BE HELD AT SACRED HEART



PALS hours opportunity this Saturday at 4 pm. After our Regional History Day Competition, please come help take down chairs and tables so the gym is prepared for basketball the next day. Email Mrs. Workman if you or your strong student is willing to come help!



*Exploring the World of Science*

### **Science Olympiad Coaches Needed!**

Science Olympiad, a middle school science competition is in need of coaches for several events. Coaches typically meet with 4 students once a week at a mutually agreeable time such as lunch, after school or weekends. PALS hours are available for your time. Please contact Carol Gado in the 7<sup>th</sup> grade classroom or via email at [cgado@sacredheartboise.org](mailto:cgado@sacredheartboise.org) if you can coach an event.

Coaches are needed in the following events.

- **Wind Power** - Teams will build a blade assembly that consists of any kind of propeller/pinwheel/rotor attached to a CD which will be used to capture wind power. Students will also be tested on their knowledge relating to alternative energy.
- **Invasive Species** - This event will test student knowledge of invasive species in local and national ecosystems.
- **Green Generation** - Students will answer questions involving the history and consequences of human impact on our environment, solutions to reversing trends and sustainability concepts.
- **Bottle Rocket** - Prior to the tournament, teams construct water bottle two rockets designed to stay aloft for the greatest amount of time.
- **Mission Possible** - Prior to the competition, participants will design, build, test and document a Rube Goldberg-like device that completes a required Final Task through an optional series of simple machines.

