



From the Heart

the newsletter from Sacred Heart School

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

March 31, 2016

Upcoming Events

March 31

The Gala Meeting tonight is 7pm at 12585 W Explorer Drive

April 1

Mass 8:30 (7)

April 2

B-I-N-G-O ! in Faith Hall 6:30 pm

April 4

National School Library Week!

April 5

First Grade to BAM 9:30-11:00

April 6

School Librarian Day!

April 8

Mass 8:30 (5)

April 9

“It Takes a Village”... 8th Annual Gala Fundraiser 5:3-9:30 pm

We welcome your visits and calls
3901 Cassia ♥ Boise, ID 83705

www.sacredheartboise.com

208-344-9738

Brock Carpenter, Principal

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

~Letter From the Principal ~

SLE - Spiritual growth in the Catholic faith: "Christian education is intended to 'make men's faith become living, conscious, and active, through the light of instruction' (The Bishops' Office in the Church, 14). The Catholic school is the unique setting within which this ideal can be realized in the lives of Catholic children and young people." To Teach as Jesus Did, 1972, #102

Dear Parents,

Happy Easter!! I hope all of you had a blessed and joyful Easter weekend and Spring Break. It is really nice to get back to school after the long break. We have nice weather, just celebrated Christ's resurrection, and are beginning the last quarter of the school year! It is a busy, but blessed, time of year!

I would like to congratulate Sacred Heart School students and families who received the sacraments of Baptism, Eucharist, and Confirmation this weekend. We are so proud and happy for you!

As our Lenten season is over, please remember to return your Rice Bowl collections. We will be sending the money to Catholic Relief Services next week.

I want to congratulate all of our Sacred Heart basketball players who participated in the Holy Spirit Tournament, in Pocatello. The tournament took place the first weekend of Spring Break, and we had a several students and families there. All of our teams played exceptionally hard and represented our school very well. At the top of the pack were our sixth grade boys and fourth grade girls. The boys played several tough teams and close games, and ended up in fourth place in their division. Meanwhile, our fourth grade girls team (a combination of St. Mary's and Sacred Heart students) was scrapping their way to two trophies. The girls were recognized at Mass on Saturday evening, as they were awarded the Mike Long Sportsmanship Award. Then on Sunday, they fought their way to the championship game and won! Congratulations to all of our players, coaches, and families! Thank you for your dedication to our students, and for representing our school in such a positive light. I was very proud to be a Sacred Heart Crusader!

A number of our 6-8 grade students are preparing to compete at Science Olympiad this weekend. Science Olympiad students will be at NNU on Saturday morning. Good luck to all of our participants! I also would like to wish Gabe Clement good luck, as he will be traveling to Rexburg tomorrow, to compete in the State Geography Bee. Gabe was our school winner and then took a test to qualify for the State competition. Good luck Gabe!

Our annual "It Takes a Village" Gala is fast approaching. Only a week and a half to go! We are all very excited for this event, and everyone is working double time to get everything ready. Today is the last day to purchase tickets at the discounted price

(\$85). After today, tickets are \$100. Be sure to check the Gala Gab in today's family envelopes. Please include this event in your daily prayers. Thank you for all of your prayers and support!

If you have friends looking at schools for their children, be sure to tell them about Sacred Heart Catholic School! Spots are going fast, but we do have room. Our preschool and kindergarten classes are not full yet. Please spread the word!

Spring is such a busy time of the school year. Between MAP testing, field trips, practices, sports contests, and other activities, we do find time to study and learn. Please help your students prioritize time for homework, meals, rest and prayer.

Parents of students in grades 5-8, please return any Sacred Heart or TVCS basketball uniforms you may have. I need the uniforms back so we can inventory them and plan for next year. Thank you!

Also, the 7th/8th grade TVCS dance that was supposed to be held tomorrow night has been rescheduled. Sacred Heart will host that dance on April 22nd.

Have a great week!

In Christ,

Brock Carpenter



Sacred Heart HOME & SCHOOL Association

H&S Happenings

FAMILY NIGHT OUT-Please join us on April 25th at Texas Roadhouse from 5:30 to 8:30 p.m. Some of the staff will be there line dancing and kids eat FREE with the purchase of an adult meal!

UPCOMING EVENTS – For your rapidly filling spring calendars...look for more information to come.

Mother/Son Bowling – April 16th Chair-Courtney Troutner

Teacher Appreciation Week- May 2nd-6th Chair-Nicole Nichols

Sock Hop – May 21st Chair-Naomi Kerns

Field Day – May 26th Chair- We need a chair for this event. If you are interested please contact me.

OFFICER ELECTIONS – We will be electing new officers for the 2016-2017 school year at our next meeting in April. Please consider serving on Home & School. We are a fun committee that does a lot for our school. *NOTE-must be present at the April meeting to decline an officer nomination. If you are not present, you may very well be voted in as a new officer! ☺

APRIL MEETING – Our April meeting will be Monday, April 11th at 7:00 p.m. at the school.

Amanda Myler

amandamyler@yahoo.com

884-5033 h 880-1885 c

Summer Tutoring Available

Hi. I am Janet Aydinova, the Reading Specialist at Sacred Heart Elementary. I have a Masters in Reading and have worked at the Lee Pesky Learning Center with struggling readers. I just wanted to let you know that I am available in the summer for tutoring here at the school. I can help your child with many aspects of the reading process such as decoding, spelling, fluency, vocabulary and comprehension. Studies show that a student who is not engaged in reading during the summer can lose months of learning by the time they return to school in the fall. This is especially true of students already struggling. If you are concerned about the summer reading slide please contact me at jaydinova@sacredheartboise.com. You will be amazed at how much your child can grow with one-on-one assistance!



Scrip News!!

Our next regular SCRIP order will be **Monday, April 4**

There will be a LIVE remote broadcast from Sacred Heart School on Wed., April 6 from 7:30-8:30am. Tune in to 1140 AM for the "Endless Mercy" Salt & Light Radio Spring Pledge Drive Apr. 6-8 daily from 7am-7pm. Check out the complete interview schedule, follow the blog, or listen online at saltandlightradio.com<<http://saltandlightradio.com/>>.

To volunteer, go to mysignup.com/kgem<<http://mysignup.com/kgem/>>.

News From the Nurse

What You Need to Know About Eating Disorders

Definition: any of several psychological disorders characterized by serious disturbances of eating behavior (anorexia, bulimia, binge eating).

Eating disorders affect people from all walks of life. They may appear during childhood, the teen years, or later in life. Over ½ of teenage girls and 1/3 of teenage boys use unhealthy weight control behaviors such as skipping meals, fasting, smoking cigarettes, vomiting and taking laxatives.

Eating disorders can cause serious health issues for children and teens, and can be life threatening. Eating disorders cause severe damage to organs, tissues, and a person's general well being. If allowed to go untreated, an eating disorder will cause body systems to shut down completely, possibly resulting in death. When a person does not get an adequate amount of nutrients and calories the body doesn't grow and function properly.

Serious health problems related to eating disorders include:

- Damage to major organs, especially the brain, heart and kidneys
- Irregular heartbeat
- Lowered blood pressure, pulse, body temperature, and breathing rates
- Sensitivity to cold
- Thinning of the bones
- Reduced muscle mass
- Long-term constipation
- Damage to tooth enamel (from stomach acids related to chronic vomiting)
- Peptic Ulcers
- Inflammation of the esophagus
- Pancreatitis
- Swelling of the salivary glands in the cheeks
- Lower blood levels of potassium (leads to abnormal heart rhythms)

People with eating disorders rarely get better on their own. This is because they do not have a realistic view of themselves. Although family and friends play an important role, professional help is usually required. It may be difficult to convince a person with an eating disorder to seek help. It is important they get treatment. Treatment and recovery is usually a long-term process. People with eating disorders need the support of family and friends to continue treatment and remain healthy.

<http://www.merriam-webster.com/dictionary/eating%20disorder>

<http://www.webmd.com/mental-health/eating-disorders/features/eating-disorders-children-teens?>

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

TVCS Tennis Schedule 2016

Date	Opponent	Home/Away	Depart Time
4/05/16	Nampa South Middle School	Away	3:00
4/07/16	West Middle School	Home	XX
4/12/16	Syringa Middle School	Home	XX
4/14/16	Middleton Middle School	Away	2:50
4/19/16	Vallivue Middle School	Away	3:00
4/20/16	Sage Valley Middle School	Away	3:00
4/21/16	Lone Star Middle School	Home	XX
4/26/16	East Valley Middle School	Home	XX
4/28/16	Emmett Middle School	Away	2:50
5/02/16	Jefferson Middle School	Home	XX
5/04/16	Kuna Middle School	Away	3:10

Tournament is May 7 @ Jefferson and Sage Valley Middle Schools!

Home matches are played at Manitou Park, 2029 S Manitou Ave, Boise, ID 83706.

Bus departs from Sacred Heart Catholic School.

TVCS Track Schedule 2016

Date	Participants	Location	Depart Time
4/06/16	TVCS Sage Valley Middle School East Valley Middle School	Home (Bishop Kelly)XX	
4/12/16	Emmett Middle School Syringa Middle School Nampa South Middle School	Emmett High School	2:45
4/19/16	Lone Star Middle School Vallivue Middle School	Lone Star Middle School	3:00
4/27/16	TVCS Middleton Middle School Emmett Middle School	Home (Bishop Kelly)XX	

District Meet is @ Middleton High School, May 3rd & 4th.

Home meets are at Bishop Kelly High School School, 7009 Franklin Rd, Boise, ID 83709.

Bus departs from Sacred Heart Catholic School.