



# From the Heart

the newsletter from Sacred Heart School

---

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

**April 28, 2016**

## Upcoming Events

**April 29**

**Mass 8:30 (2)  
Third Grade Ice Cream Social on Patio  
5th Grade to Civil War Reenactment**

**May 2**

**National Teacher Day!!!**

**May 6**

**Mass 8:30 (4)  
May Crowning  
TVCS Dance @ St. Joe's 7-9pm**

**May 8-13**

**MOSS - 6th Grade gone**

**May 9**

**Fred Meyer and Regular SCRIP order due  
Last Chance to order Fred Meyer for the school year  
4th Grade to Wagon's Ho - All day**

**Future Dates to Remember....2016/2017 School Year**

**First Day of School 8.18.16- Spring Break 3.27.17 - Last Day of School 5.27.17**

**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 Principal ~

**SLE - Appreciation for self, others, and the world:** "To suppose that the Church's mission of service is somehow less urgent in today's world than in the past is to fail to recognize mankind's enduring spiritual need and the unique capacity for meeting that need possessed by the Christian community." *To Teach as Jesus Did, 1972, #30*

Dear Parents,

I am out of the building today, so my letter is going to be pretty short and to the point. My mother & father-in-law are in the process of moving here from Montana. They arrived yesterday with a big Uhaul truck and their car in tow. Today will be a fun day of unloading boxes and furniture! My family is so excited to have them here. Papa's and Grandma's are the best!

This past weekend was very special for many of our second grade students , as they received First Communion. We are so proud of them! Congratulations to our students and their families!

Today our 8th graders will be on retreat. Ms. Joyce, Roger Graefe, and Lorissa Horn have been planning a fun and impactful day for these students. Please pray that the Holy Spirit will be at work in them.

I want to congratulate all of our students who participated in State History Day last Saturday. They had been creating and fine-tuning their projects for months. Special congratulations are in order for one of our 8th graders, Daisy O'Sullivan. Daisy's project, on cloning, earned FIRST PLACE at state, and qualified her to go back to Washington DC for the National level competition. Congratulations Daisy! We are all so proud of you!

Our third graders are off to see the Capital today! Have fun everyone!

Students in grades 2-8 are taking their MAP tests this week and next. Please make sure your students are getting plenty of rest and good food. Also, remind your students to do their best, but not to worry over these tests. They give us valuable information on each student, whole classes, and our school. They do not, however, impact grades. Please take a few minutes to relay this information to your children. Teachers and I are communicating this to them, but it means a lot coming from parents. Thank you!

We have been celebrating our Administrative Assistants this week. We have three amazing ladies running our school office. I am so grateful for Jana Florence, Linda Graefe, and Angela Calovich! They do so much for our school (students, teachers, parents, staff, and ME!). We are blessed to have three ladies who care so much for our school and kids. If you have a chance, please stop in and thank them for all that they do.

Have a great weekend!

In Christ,

Brock Carpenter



## H&S Happenings

TEACHER APPRECIATION WEEK- Please join us in celebrating the wonderful teachers and staff that we have at Sacred Heart during the week of May 2<sup>nd</sup>-6<sup>th</sup>. We are planning on serving a breakfast, a lunch, as well as doing some door decorating. Please look at the attached Google doc. to see how you can help:

<https://docs.google.com/spreadsheets/d/1euUL1bW9Elac2768aqKkDPv8fCz8qZc5hR36pEDyOHo/edit?usp=sharing>

FAMILY NIGHT OUT- May 19<sup>th</sup> is Chick-Fil-A night

SOCKHOP – May 21<sup>st</sup> Chair-Naomi Kerns

FIELD DAY – May 26<sup>th</sup> Chair- Becky Gaviola

MAY MEETING – Our May meeting will be Monday, May 9th 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](mailto:jaydinova@sacredheartboise.com). You will be amazed at how much your child can grow with one-on-one assistance!

## History Camp with Mrs. Workman

Attention (future) 6th-8th Graders

*Want your student to get an early introduction to 2015-2016 National History Day project? Have them join me (Mrs. Workman) for History Camp. If your student is new to middle school or simply want them to get a head start on this project, this camp will be a fun learning experience for your student!*

August 1st-5th, 2016 (8:30 a.m. - 3:00 p.m.)

There is limited space, so register early. Cost: \$120 per student  
Please make checks out to: Sacred Heart Catholic School

Interested? Sign up the form in your family envelope OR:  
<http://goo.gl/forms/1sX77cwAbK>



## Scrip News!!

Our next SCRIP order will be **Monday, May 9**  
This will be the last Fred Meyer order of the school year

## Have you received the Sacrament of Confirmation?

Many adult Catholics who are active in their faith have nonetheless never been confirmed. During this Year of Mercy, Bishop Peter is delegating to pastors the general faculty to confirm all adult Catholics seeking the Sacrament of Confirmation on one of two dates: Pentecost Sunday on May 15; and the Feast of Christ the King on Sunday, November 20. If you are an adult Catholic who was never confirmed and would like to receive that sacrament on either of those dates, contact Carol McGee at the parish office as soon as possible.

## FROM THE MARKETING COMMITTEE

### --BRICKS FOR SALE--

From now through the month of May, we are selling personalized bricks to be added to our beautiful Alumni Plaza. Each brick is \$50 and can be engraved with 3 lines of text. Would you like to pay tribute to someone (favorite teacher, beloved parish member, alumni, your family, etc.) with a brick in the Alumni Plaza? Order forms are available in the school and parish office. Proceeds from this fundraiser will benefit our general operating fund. Questions? Contact Bridget Bedke at [bcbedke@gmail.com](mailto:bcbedke@gmail.com)



### --HOW TO GET A \$500 BREAK ON NEXT YEAR'S TUITION--

Remember that for every family that enrolls their children at Sacred Heart, due in part to your referral, we will deduct \$500 from your tuition for the 2016-17 school year. We appreciate all that you currently do to spread the good news about your own children's learning experience.

## News From the Nurse

### 15 Tips to Help Seasonal Allergy Symptoms in Kids

Before you start any treatment, visit a doctor to be sure [allergies](#) are causing your child's troubles. Once you know s/he really has [seasonal allergies](#), these quick tips can offer much-needed relief.

1. **Stay Inside.** The best way to treat [allergy symptoms](#) is to avoid allergens to begin with. So when [pollen](#) counts soar, keep kids indoors as much as

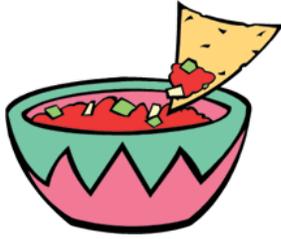
possible. [Pollen](#) is usually at its peak mid-morning, early evening, and when the wind is blowing.

2. **Use Saltwater.** Having a plugged-up nose can be one of the toughest symptoms for children with [allergies](#). For relief, older children might want to try [nasal irrigation](#) with a saline solution, you can buy this at the drugstore.
3. **Stay Hydrated.** All that [sneezing](#) and blowing can leave a child parched. Keep a water bottle full and close to hand and encourage your children to keep sipping.
4. **Warm It Up.** Steam from a warm shower or bath seems to offer allergy symptom relief for some so encourage kids to enjoy a little tub time. Just be careful to make sure the shower is not too hot.
5. **Keep It Cool.** To keep pollen out when the weather's hot, air condition your car and home and keep windows closed.
6. **Deal With Dry Air.** A little moisture in the air makes breathing easier for most, so if the air in your house is dry, get a humidifier.
7. **Go Cold.** When itchy [eyes](#) are driving your kid crazy, try a cold compress, which may help reduce the itch and soreness.
8. **Keep Your Hands to Yourself.** Help kids to avoid rubbing their itchy [eyes](#). Rubbing will only irritate them -- and could make the itchiness even worse.
9. **Spice It Up.** If your kids will eat spicy foods, a dish made with cayenne pepper, hot ginger, fenugreek, onions, or garlic may help thin mucus and clear nasal passages.
10. **Use Top Tissues.** When kids' allergies are at their peak, tender noses can get sore pretty fast. Look for tissues with lotion or aloe.
11. **Rub Jelly on It.** And if your child's nose is raw and red from blowing, you can soothe his or her sniffer with a dab of petroleum jelly.
12. **Gargle to Relieve Sore Throats.** If drainage leaves your child with a [sore throat](#), gargling with warm saltwater made of 1-2 tablespoons of table salt in 8 ounces of water may ease the pain.
13. **Drink Warm Tea.** Drinking more fluids can also help soothe tender throats. Try a weak tea with honey and lemon. Bonus: The steam may relieve [sinus](#) congestion, too.
14. **Get Face Time.** Warm compresses applied to the face may also help soothe a child's [sinus](#) pressure and pain.
15. **Watch Out for Certain Foods.** If your child is allergic to ragweed, s/he may also have an allergic sensitivity to some foods that may include bananas, melons, chamomile tea, sunflower seeds, and cucumbers.

-WebMD



**Saint Alphonsus**  
SCHOOL HEALTH PROGRAM



If you missed the chance to buy a "Chippin' Dippin' and Margarita Sippin' "mom's night out at the auction, do not fret!! We have 15 spots available and would love to have you join us!

When: Wednesday, May 18

Time: 6-9 pm

Where: 4502 W. Hillcrest Drive, Boise 83705

Cost: \$30 (you can pay in the office)

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

**TVCS Tennis Schedule 2016**

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

**Bus departs from Sacred Heart Catholic School.**