



From the Heart

the newsletter from Sacred Heart School

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

May 5, 2016

Upcoming Events

May 6

Mass 8:30 (4)

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

May 10

Kindergarten Screening in Faith Hall

BOGO Book Fair

Starts May 10 after school. Goes til Friday after school Hours 3-4 pm

May 11

Fifth Grade to Oregon Trail field trip

Happy Birthday Mr. Carpenter!

May 13

Mass 8:30 (5)

May Crowning 2:10 in the courtyard

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 –

Sacred Heart Catholic School

~Letter From the Principal ~

SLE - Compassion by sharing our time, talents, and treasure: No one has ever become poor by giving. - Anne Frank

Dear Parents,

Happy May! May is the Month of Mary, and I spoke to our students about honoring our Blessed Mother as the Queen of Heaven and Earth. I pray that Mary will keep each and every one of our families in her prayers, and wrap us in her loving mantle! We will hold our May Crowning next Friday in the courtyard. Please join us!

Our sixth grade students are getting ready for their weeklong MOSS trip. They will spend next week at the McCall Outdoor Science School. Please join me in praying for a safe, educational, and fun week for our sixth graders.

The Scholastic Book Fair will be here next week. You don't want to miss this opportunity to stock up on books for summer reading. The fair will start on Tuesday and is a buy one get one event. Stop by the library after school next week to do a little shopping.

This week in Teacher Appreciation Week, and our teachers have been showered with love, from their students and our wonderful parents. On behalf of our staff, I would like to thank Home & School for the delicious breakfast and lunch this week, as well as the gifts, decorations, and thoughtful words. We are so blessed to work in a Catholic school, but even more so, this school with kids and families who are active, engaged, and supportive. This is a special place!

I also want to thank the teachers of Sacred Heart for all that they do to serve the students in their classrooms. Thank you for your time, your energy, your sacrifice, your love, and your commitment, to educating students in the Catholic faith. You are an amazing group and I am grateful for all that you do. You are planting seeds for our Master Gardener!

Our spring MAP testing session has concluded. I am excited to look over our results. This information will help us, as we evaluate our strengths and areas for improvement, as a school and teaching staff. As we wrap up our self-study for accreditation, we are anxious to analyze even more data! Thank you for your help in keeping students focused and rested during the testing process.

One of our students received a very special award last night. Mr. Jaden Brandt, a seventh grader, was one of a select few students who received the Mayors' Award to Youth. Jaden was nominated by our school as a person who has shown strength of character, compassion, and service. He is a very deserving young man. Congratulations Jaden! We are very proud of you!

Friday night St. Joe's will host the final TVCS Dance of the year. This is an event for 7th & 8th grade students, and will be held from 7-9:00 pm in the church hall.

I would like to wish all of our mothers a Happy Mothers' Day this weekend. Moms are those irreplaceable people who make the world a special place for our kids. So, to all of our moms and grandmothers, thank you, for who you are and what you do. I pray that Sunday is a special day for you and that you are blessed with much love and little work that day.

In Christ,

Brock Carpenter



H&S Happenings

TEACHER APPRECIATION WEEK- If you and your students haven't already done so, tomorrow is the last day to slip notes/cards of appreciation in the teacher's and staff's gift boxes! Thank you to all the volunteers who helped make this week special for the teachers and staff!!

MAY MEETING – Our May meeting will be Monday, May 9th at 7:00 p.m. at the school. We have severely lacked in Dad attendance! We need parents, teachers and staff to come share ideas on getting more Dads (and really all adults) involved in Home and School! And if you attend, you will get one **FREE DRESS** for one of your kids and this time counts towards your **PALS hours!**

Agenda:

1. Opening Prayer
2. Officer Reports
 - a. Treasurer
 - b. PaCE
 - c. Room Parent Coordinator
2. Old Business
 - a. Updates from Mother/Son Bowling, First Communion Reception and Teacher Appreciation Week.
2. New Business, Upcoming events
 - a. School Board Update - Amanda and Nicole

- b. Discussion: how do we get more volunteers to chair and help at events?
 - c. **Sock Hop - May 21st** - Naomi Kerns chair
 - d. **Field Day - May 26th** - Becky Gaviola chair
 - e. Graduation Reception - May 20th - Bridget Bedke lead
 - f. Dinner Night Outs report and update - Amber Jolly lead
- May Dinner Night Out - May 19th Chick-Fil-A**
- g. Plan for August back to school events: New Family Mentors, Back to school teacher lunch, Ya-hoo and Boo-hoo breakfasts.

Amanda Myler 884-5033 h 880-1885 c
Nicole Nichol 440-9406 c

RE-Use Cup Challenge began in 2007 and is sponsored by **idi – Interior Designers of Idaho**. This is an organization committed to the profession of interior design and provides educational programs supporting architectural and interior design.

The challenge is to take one, 12 or 16 oz paper coffee cup, one sleeve, one lid, and one stir stick and create something to sit on with only using glue and scissors. The competition is open to anyone, kindergarten through adult. Our students love the challenge and each year come up with some very unique and creative “CHAIRS”

We are proud to announce three winners from our school!

Debbie Fischer– 1st Place Adult
Nicole Graefe – 2nd Place Kid
Juliette Crichton – 3rd Place Kid

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

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>

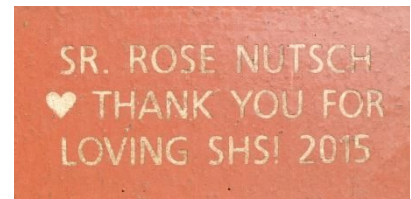
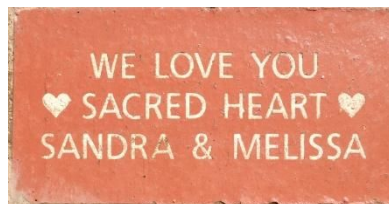
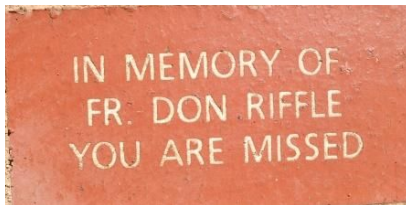
Have you received the Sacrament of Confirmation?

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



--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





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)