



# From the Heart

the newsletter from Sacred Heart School

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

August 25, 2016

## Upcoming Events

**August 25**

SAFE Environment Training 6:30 in Hope Hall (basement of the church)

**August 26**

Mass 8:30 (5)

**August 29**

First Day of Pre K!

Happy Birthday Mrs. Thomas

**September 2**

Mass 8:30 (6)

**September 5**

No School

Labor Day

**September 6**

Drama Club Begins!

Homework Club Begins!

Happy Birthday Mrs. Hentges

We welcome your visits and calls

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Sacred Heart Catholic School

**August/September School wide Learning Expectation: Spiritual growth in the Catholic faith - "The community is at the heart of a Christian education, not simply as a concept to be taught, but as a**

**Teach as Jesus Did (1972)." -**

Dear Parents,

Welcome to the beginning of another school year! These first days of school are filled to the brim with anticipation and excitement. I can't help but smile as I see each of the joyful faces in our classrooms and hallways. As a parent, I am blessed to be here to get to see all of the emotions, as students interact in their new classrooms, with new teachers and friends they are just meeting, or seeing after a summer apart. I am so grateful for each of our students and you, their parents, for these days we get to spend with your children. Thank you for allowing us to join you on this journey of faith and education. We, at Sacred Heart, are blessed to be here.

We have one class not with us yet... Our preschoolers will be here on Monday morning! Mrs. Major and Miss Aly are very excited to begin their preschool year! We will all do our part to make these new students and families welcome at our school.

Don't forget that Monday's are cold lunch days at Sacred Heart. Unless students have turned in orders for Blimpies, they will need to bring a lunch from home.

I want to remind everyone of our policy regarding the school parking lot. In our effort to keep every student safe and secure, we ask each family to follow these guidelines: **PLEASE enter the parking lot off of Latah, and exit onto Cassia.** When dropping students off and picking them up, please **pull into one of the marked spots before allowing your children to exit the vehicle.** Students are expected to enter and exit the school building through the back (south) doors and wait inside the fenced area. **The front doors should not be used as a daily drop off or pick up place for students.** We want to keep the area around the office clear for school business to take place. Also, remember that the speed limit in our parking lot is **SLOW!** As soon as you enter the parking lot, slow down and keep a look out for children. Share this information with grandparents, or whoever else may be transporting your children to and from school. Thank you for helping us keep our students safe!

We have changed a few things about our mornings here at Sacred Heart and want all of our parents and community to know how things are happening. As always, we will start the week with Monday Morning Prayer. However, it is changed slightly. We are gathering on the stage end of the gym, in a close group, with our teachers. We are hoping to eliminate stragglers and hallway conversations. Our prayer and community time is important and we want anyone who would like to join us to be there. But, we want to be in community prayer with minimal distractions. We are also starting this time with song, and are enlisting our student leaders to help with the prayer portion of these mornings. It is a wonderful way to start our week with joyful praise of our Lord.

The rest of the week starts at 7:45 for our staff. We gather at this time for our prayer and a quick rundown of daily/weekly announcements. Please know that teachers will likely not be in their classrooms at this time and are required to be at prayer. If you need to meet with a teacher before school, please contact them ahead of time to schedule a meeting.

The timely pick up of your children after school is greatly appreciated as well. During the year we have several activities that take place after school, athletics, drama, art, Science Olympiad, Homework Club, etc. If your students are signed up for this type of activity and are supervised after school, this is perfectly fine. However, we have some students who are not picked up by 3:30, and are not participating in the after school activities. This creates a challenge for staff to know who is supposed to be here and supervise them. Please try to pick your students up by the 3:30 bell. If for some reason you are not able to make it one day, you can call and let the office know you will be late. Students who are consistently picked up late will be sent to Homework Club for supervision.

And one last request... please let your students know that when you drop them off in the morning, they are required to stay on school grounds for the day. We have a great coffee shop right across the street, but once here, students cannot be allowed to leave. If you want to take them for a morning treat before dropping them off at school that is completely up to you but, in order to protect them to the best of our ability, we don't allow students to leave campus once they are here.

Thank you for taking the time to read and understand these requests! If you have any questions, please do not hesitate to contact us.

TVCS Athletic programs have started for the fall. Students are participating in cross country, volleyball, and football. Good luck to all of our athletes!

I pray that you all are enjoying a great start to the school year! We are all looking forward to a year full of blessings!

In Christ,

Brock Carpenter



Sacred Heart  
**HOME &  
SCHOOL**  
Association

Home & School Notes:

Ready to earn some PALS hours?...

**Grandparent's Day Lunch - Monday, Sept 12th 11:30-12:30**

**-We need some volunteers to help check-in the Grandparents when they arrive**

**-We also would like to have some canopy tents up to provide more shade during lunch.**

**If you would like to volunteer or have a tent we could use please contact Bridget Bedke ([bcbedke@gmail.com](mailto:bcbedke@gmail.com); call/text 283-1610)**

**September H&S meeting - Monday, Sept 12th 7PM, @ SHS**

**All are welcome to attend. We will be providing childcare for kids 3 and up (potty trained). The gym will be open for playing and a classroom will be open for quiet reading/homework.**

**-If you have a 7th grade or older student whom would like to help us with the childcare please contact Nicole Nichol ([nthaner@gmail.com](mailto:nthaner@gmail.com), call/text 440-9406)**

**September Night Out Fundraiser - Wednesday, Sept 14th 5-8PM @ Chick-fil-a on Milwaukee**

**Chick-fil-a is one of our biggest fundraisers out of all the restaurants so join us in the dining room or hit up the drive through!**

**-We need some parents to volunteer for 1 hr time slots from 5-8 to help the staff in the dining room. A great opportunity to earn PALS hours. If you are able to volunteer contact Amber Jolly ([ambermjolly@hotmail.com](mailto:ambermjolly@hotmail.com), text 360-4588)**

**If you ever have any questions about H&S and our events, feel free to contact me any time!**

**Nicole Nichol**

**Home & School Assoc. President**

[nthaner@gmail.com](mailto:nthaner@gmail.com)

**440-9406**

### **Home and School Meeting Notes-August 8, 2016:**

**In Attendance:** Amanda Myler, Jennifer Mann, Amy Whelan, Patricia Guerrero, Chrissy Smith, and Annie George.

**Opening Prayer:** Patricia Guerrero

#### **Officer Reports**

1. Treasurer: Duties and information in transition from last year's treasurer to Chrissy Smith. Plans confirmed to cut checks to teachers for back-to-school supplies.
2. PaCE: Patricia Guerrero Chair. No new updates.
3. Room Parent Coordinator: Becky Gaviola chair. All room parent positions for the 2016-17 school year have been filled. Volunteers can expect more information to come soon.

#### **Old Business**

1. June School Advisory Board Report: Board members elected new officers for 2016-17 school year. New President- Nick Thomas, Vice President- Be Butler, Secretary - Nicole Nichol. Thank you all for your service to our school!
2. U-swirl fundraiser: The August "Night out" fundraiser was held on Aug. 4th at U-swirl. Thank you to all who supported our school! Information on profits still to come.

## **New Business, Upcoming events**

1. Back to School Picnic: to be held on Sunday, Aug. 4th from 12:30-2:00 on the Sacred Heart Patio.
2. New Family Mentoring: New families have been assigned to current Sacred Heart families to assist them in making a transition to our school. If you are a new family and have not yet been contacted, please call the Sacred Heart office. Thank you Jerri Woodworth for organizing this service!
3. A back-to-school Staff Luncheon is planned for Tuesday, Aug. 16th. Thank you Amanda Myler for planning this event!
4. The annual Yahoo Breakfast will be held on Thursday, Aug. 18th on the Sacred Heart Patio. The Boo-hoo Breakfast will be held Monday, Aug. 22nd. Nicole Nichol is coordinating these events and needs volunteers to help set-up, clean-up, and buy the food. Please contact Nicole if you are able to help.
5. Grandparent's lunch is scheduled for Monday, Sept. 12th. A couple volunteers are needed and some canopy tents as well.
6. Chick-fil-A night out will be Wednesday, Sept. 14th. Volunteers are needed to help in the dining room from 6:00-8:00. Contact Amber Jolly if you can help.
7. Jog-R-Walk fundraiser will be Wednesday, Oct. 5th. More information to come.
8. Halloween Carnival information TBA. Home school needs a volunteer to chair this event. Please contact Nicole Nichol if you are able to help.
9. Staff birthdays: Thank you to Amy Whelan for volunteering to help our school family celebrate our wonderful faculty and staff!

**-Sacred Heart Home School documents are currently under construction as they are being redone into Google pages. Thank you Nicole Nichol for volunteering to do this service for our school!**

**-Don't forget to Like Sacred Heart School on Facebook for news and photos!**

**-Next meeting Sept. 12th at Sacred Heart school. New for this meeting, Childcare will be provided! Middle school students interested in volunteering to babysit should contact Nicole Nichol.**

## **Counseling with Heart**

We are off to a great start for a new school year! It has been so fun to see our students back after a summer of fun and growing. It has also been a joy to meet our new students in 1st - 8th grades, as well as welcome our Kindergarten and Pre-School classes! I appreciate the opportunity to work with your children every day, and I feel honored to be a part of their education and development!

As much as a new school year is exciting, it can also be very anxiety producing for students as well as for parents, especially when they are young or new to a school.

Here are a few tips to help ease yours and your child's transition:

- **Keep your own feelings in check.** If you are really nervous or scared about leaving your child at school, your child will feel it your fear. Express your feelings to an adult who will listen, and resist expressing them (verbally or nonverbally to your child).
- **Make your goodbyes quick.** A hug, kiss, and "have a great day" are all your child needs to start their day. Long goodbyes, lingering and watching how they do can prolong your child's fear about you leaving them.
- **Be careful about saying "I'll miss you."** While this sounds loving, it may cause your child to worry about how you are feeling. Try "I'll be looking forward to hearing all about your day!" or "I'll see you after school!"
- **Write your child an encouraging note.** Packing a short note in your child's lunchbox or backpack is always a welcome boost from home. I've even seen many middle school children treasure these little notes or put them in their lockers.

Please let me know if you have any ongoing concerns about your child's transition to school or to a new grade. I am here to support each student's success!

Kathleen Curtis, LMSW, Sacred Heart School Counselor

"It is not how much we DO, but how much LOVE we put into the doing." Mother Teresa



## School Year 2016-2017

Dear Parents/ Guardians and Families,

Welcome back to school! We would like to take this opportunity to introduce ourselves and explain our role in the schools. The Saint Alphonsus School Health Program provides health services to 6 Catholic schools in the Treasure Valley.

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|--------------------------|--|
| ● MaryLou Cunningham, RN | <a href="mailto:mcunningham@bk.org">mcunningham@bk.org</a>   |
| ● Cheryl Gerla, RN       | <a href="mailto:cgerla@rcdb.org">cgerla@rcdb.org</a>         |
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| ● Kim O'Sullivan, RN     | <a href="mailto:kosullivan@rcdb.org">kosullivan@rcdb.org</a> |
| ● Sherry Placido, CNA    | <a href="mailto:splacido@rcdb.org">splacido@rcdb.org</a>     |

Our goal is to assist with achieving a healthy and safe learning environment. We provide:

- Health and wellness screenings - immunization status, hearing, vision, speech, scoliosis, kindergarten screenings
- Health education - basic CPR and first aid, dental health, nutrition and physical activity, puberty, personal hygiene, safety, transition to high school, mental health, hand washing and infection control, environmental health, health education and tips, support and referrals
- Case management for special needs
- Basic first aid and triage, medication administration
- Flu vaccines and some immunizations
- Staff education, training, and support

### **HEALTH INFORMATION**

Please inform us of any health concern your child has, especially if it could be a concern during the school day (**Health History Form**). It helps us to effectively assist with problems - physical, emotional, psychiatric or behavioral - if we know that they exist.

### **MEDICATIONS and MEDICATION POLICY**

- If your child will need medication during the school day, whether daily all school year or for just a few days, please provide authorization and instructions on a **Medication Authorization** form. This includes prescription as well as non-prescription (over-the-counter) medications.
- The school nurse authorizes all medications administered at school. Unlicensed assistive personnel (ie school secretaries, front office staff) may administer medication under the direction of the school nurse, following appropriate training and instruction.
- All medications must be in original, labeled container with child's name, and **MUST** be brought to the office.
- Medications, including over-the-counter, will **NOT** be kept in lockers, desks, backpacks, etc. This is for everyone's safety. (Under certain circumstances, students will be allowed to self-administer certain medications, but only with authorization by the school nurse.)
- Prescription medication must be in the prescription bottle with the correct label that includes the student's name, medication name and dose, directions for taking the medication, prescriber's name, pharmacy's name, and current date. (Most pharmacies will give you two bottles, one for home and one for school.) If/when medication dose changes, the current prescription bottle needs to reflect the new dose.
- Over-the-counter medication must be in the original container, FDA-approved, and appropriate for age.
- No medication brought to school in a baggie will be administered.
- Most medications that are to be taken 3 times per day can be administered at times outside of school hours. Unless specifically directed by your healthcare provider, give it before school, as soon as the student arrives home, and at bedtime.



- If you would like your child to receive Acetaminophen (Tylenol) or Ibuprofen (Advil, Motrin) at school, on an as-needed basis, you must sign the consent on the **Health History Form**.
- Authorizations for medication administration must be renewed each school year.
- School personnel have permission to exchange information as needed.

## **IMMUNIZATIONS**

Idaho State Law requires that your child be current on immunizations when entering school. State law now requires the following immunizations for children born after September 1, 2005: 5 DTaP, 2 MMR, 4 Polio, 3 Hepatitis B, 2 Varicella, and 2 Hepatitis A. Children entering the 7<sup>th</sup> grade must have Tdap booster and Meningococcal vaccine. A verified record must be provided. If your child has not received the required immunizations, you **MUST** sign a waiver EVERY year. **THIS IS STATE LAW AND THE STATE DOES CHECK!**

## **ILLNESS**

Sometimes it can be hard to decide whether your child is too sick to attend school. Here are some guidelines:

- **Fever:** If your child has a fever of 100.0 or greater, looks or acts sick, she/he should stay home. Call your doctor if your child has a fever with pain, rash, weakness, vomiting or diarrhea. Child may return to school when fever-free for 24 hours without the aid of fever-reducing medication.
- **Diarrhea and/or vomiting:** Vomiting or more than one event of watery diarrhea is a reason to keep your child at home. Return to school after symptoms are gone for 24 hours.
- **Contagious Diseases:** You should keep your child at home if she/he might spread a contagious disease to others.
- **Scabies and head lice:** If your child has one of these, she/he should stay home until after she/he is treated.
- **Pinkeye/Conjunctivitis/Cold in the eye:** If your child's eye is red with cloudy or yellow drainage, she/he should stay home until receiving prescribed eye ointment/drops for 24 hours.
- **Sore Throat:** If your child has a sore throat and fever, or a severe sore throat without fever, she/he should stay home.
- **Cough:** If your child's cough is worse than you would expect with a cold, keep her/him at home. If she/he has difficulty breathing or has a fever, call your doctor. Coughs can linger on for 2-3 weeks before resolving, but they should not interfere with most activities.
- **Stomach Ache:** If your child complains of a stomach ache, especially if she/he says it hurts to move and does not want to eat, she/he should stay home.
- **Contact your child's healthcare provider if needed.**
- **THE "24 HOUR RULE" IS WHAT WE FOLLOW – please do not return to school until fever/ vomiting/ diarrhea has been gone for 24 hours (without the aid of medication).**

For your child's (and all students' and staff) health and safety please keep sick kids home. With the cooperation of all of our families, we can help to keep our community healthy.

### **Healthy children are better learners!**

If you have questions or concerns, or if there is any way we can help your child, please contact us.

**Saint Alphonsus School Health Program**

### **GRANDPARENTS' DAY LUNCH - Monday, September 12th at 11:30**

We are looking forward to celebrating our grandparents and getting ready for the annual brown bag lunch. If your students' grandparent(s) have not received a postcard invited in the past, we may not have their mailing address. Please send it to Bridget Bedke ([bcbedke@gmail.com](mailto:bcbedke@gmail.com)). We would love to mail invitations to all of these special people. Thank you!

Also, we are looking for just a few more volunteers for this event. Please email Bridget ([bcbedke@gmail.com](mailto:bcbedke@gmail.com)).

### **Drama Club is back! We will begin the week of September 5th.**

2<sup>nd</sup>-4<sup>th</sup> Graders meet Tuesdays from 3:15-4:15 in the gym, beginning 9/6

5<sup>th</sup>-8<sup>th</sup> Graders meet Thursdays from 3:15-4:15 in the gym, beginning 9/8

Registration forms are attached, and in the family envelope.