



# From the Heart

the newsletter from Sacred Heart School

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

October 20, 2016

## Upcoming Events

October 20

November Hot Lunch, Blimpie and Homework Club orders due

**SPIRIT DAY!!**

October 21

Mass 8:30 (8)

End of 1st Quarter

Noon Dismissal

Fall Carnival!

October 25-27

Book Fair in Library 25th - 3-4pm, 26th - 1:30-5pm, 27th - 9am-Noon

October 26-27

Parent Teacher Conferences 26th - 1:15 - 7:45pm, 27th - 8am - Noon

October 28

No School

October 31

Happy Halloween!

We welcome your visits and calls

3901 Cassia ♥ Boise, ID 83705

[www.sacredheartboise.com](http://www.sacredheartboise.com)

208-344-9738

Please “like” us on facebook

Sacred Heart Catholic School

**October SLE - Appreciation for self, others, and the world: In the poor, we see the face of Christ who for our sake became poor. Let us find it in our hearts, to appreciate all - each person, each sole we contact is a gift from God.**

Dear Parents,

The end of the first quarter is tomorrow! Believe it, or not, the first nine weeks of school are over! We are excited to invite parents to join us for conferences next Wednesday and Thursday. If you are in grades K-5 you should have a scheduled time to meet with your students' teachers. These times will come home in the family envelopes today. Grades 6, 7, & 8 can visit your children's teachers in the gym. Mrs. Fischer, Mrs. Hill, and Mrs. Bailey will also be set up in the gym for conferences. As we are trying to get through all of our family conferences and respect the time of others, 5-8 teachers and specialists will be using a timer for their conferences. We are planning on 10-12 minutes with each family per subject. Please don't miss this opportunity to touch base with teachers and discuss ways to help your students experience even more success.

I'm sure you all know about and are planning on attending the annual Soup Dinner and Carnival tomorrow night. I hope to see you all there, maybe even in a saint costume! The Chili Feed starts at 5:00 and the Carnival at 6:30. Invite your friends to join you for this fun family event!

This year's Jog-R-Walk wrap up assembly is today! We will gather in the gym at 2:15 to hand out awards and celebrate a great effort. I will also let everyone know if we reached our overall goal, and if I will get duct taped to a wall!

I want to thank all of our parents and volunteers who helped to make this year's Jog-R-Walk a tremendous success. We could not do it without all of the set-up help, lap counters, clean-up crew, and behind the scenes help. I especially want to thank our leaders, Aaron & Aubree Seehawer, Amanda Myler, & Angela Calovich!

Don't forget that the Scholastic Book Fair will be here next week. It will be set up in the library. Please come in and shop for books!

We have two amazing opportunities coming up for our middle school students in November. The first event is a guest speaker for 7<sup>th</sup> and 8<sup>th</sup> graders, at St. Joe's Catholic School, on November 4<sup>th</sup>. Jason Evert, is a Catholic speaker who focuses on sharing Theology of the Body with young people. He is a nationally recognized speaker and runs the Chastity Project with his wife, Crystalina. We will bus our students to this event. Permission slips will be coming home soon. The second event will be a Jr. High Youth Rally, at Bishop Kelly for students in grades 6, 7, & 8. They will be at BK for the full day, on November 18<sup>th</sup>. We will be sending a separate email with more information home next week.

The cost for attendance to these two events is being covered by our Catholic Schools Foundation of the Sacred Heart. The Foundation board recognized the value and importance of providing these opportunities to our middle school students and offered to help fund them. I want to thank our Foundation for their support of our school and students!

Tomorrow, October 21st, is a half-day. Students will be dismissed at 12:00.

I pray that you all have a fun and safe weekend!

In Christ,

Brock Carpenter



## Counseling with Heart

### Kelso's Choice: Conflict Management for Children

In counseling lessons through the next few weeks, I am teaching a program called "Kelso's choice". Its purpose is to help build important skills for children in resolving interpersonal conflicts. First, I will teach students how to differentiate between a small problem (that they are smart enough and strong enough to resolve on their own) and a big problem (for which it is important to seek an adult's help). Then, I will teach some choices that they can use to solve their small problems.

This program will be taught to students in Kindergarten through 6th grade: K – 3<sup>rd</sup> grade curriculum uses a frog named Kelso to demonstrate these problem-solving techniques; 4<sup>th</sup>- 6<sup>th</sup> grade curriculum uses "K.C.'s Choice Wheel" with intermediate level student visuals. Older students (7th, 8th) learned the content of the program last year, and I will be teaching developmentally appropriate conflict resolution in counseling lessons with them at other times in my curriculum.

Both staff and students use this conflict resolution program. Playground duties, student peace leaders, and teachers will all be able to guide students to solve their own minor problems, or to respond appropriately to big problems. It is important that families are also on board!

Please watch for a parent letter and copies of the conflict wheels in your family envelope. I encourage you to post the conflict wheels in your home to extend the

impact of the program and empower your children to solve problems between their siblings and friends.

May peace flourish in our homes and in our school,

Kathleen Curtis  
School Counselor

**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**



Sacred Heart  
**HOME &  
SCHOOL**  
Association

### **Home & School Notes:**

**Soup Fest & Fall Carnival - THIS Friday**

-Drop off cakes for the cake walk and individually wrapped sweets for the Sweet Shoppe Friday morning in the the gym and kitchen

-8th grade Soup Fest Fundraiser, 5-7PM in the school gym

-Carnival 6:30-9PM in the school

-To Volunteer for set-up, clean-up and during the Carnival follow this link:

<https://docs.google.com/spreadsheets/d/1iT3gxkMQjcPeWRJ3wyw1n5s9DmCPjqdUh99naVMYy7Y/edit?usp=sharing>

## Parent/Teacher Conferences Dinner - Wed, Oct. 26

-Help provide a delicious dinner for our hard working teachers next Wed night. If you are interested please contact Amy Whelan, [thewhelanfour@gmail.com](mailto:thewhelanfour@gmail.com)

Mark your calendars for the Holiday Bazaar, Fri-Sat, Nov 8 and 19th!

Like the [Sacred Heart Catholic School Home & School Facebook page!](#)

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-October, 10, 2016:

**In Attendance:** Amanda Myler, Jane Peterson, Amber Jolly, Mary Beth Butler, Molly Hudson, Nicole Nichol, Elena Becker, Betty Snyder, Chrissy Smith, and Annie George.

**Opening Prayer:** Nicole Nichol

### Officer Reports

1. Treasurer: Chrissy Smith reported that Home and School Received \$104.00 from the U-Swirl night out. Current balance is approximately \$1,183.99
2. PaCE: Patricia Guerrero Chair has ordered the Advent Calendars in preparation for the Christmas season.
3. Room Parent Coordinator: Becky Gaviola chair. No new updates.
4. President Report: Nicole Nichol
  - a. September School Advisory Board Report: Board Members were invited to attend a training session at Bishop Kelly High School. Topics presented clarified the role of the board as well as that of individual members. Suggestions were made to help improve the effectiveness of the advisory board within the school.
  - b. Fall Carnival planning: Some in attendance shared their disappointment about the changes made to the Fall carnival. Nicole explained the reasons for the changes and further discussion was had about ways to continue to improve this fundraiser in the future.

### Old Business

1. Nights out Fundraisers: Thank you to everyone who attended the Chick-Fil-A Night out in September! Don't forget to mark your calendars for upcoming events at Cafe Zupas on Nov.15th and Papa Johns Pizza the week of Dec. 12-16th. Thank you Amber Jolly for continuing to organize and work at these fundraisers!
2. Jog R Walk: Amanda Myler reported that the day went well and students enjoyed participating. Money is still being collected and details on totals and

student awards are still to come. Discussion was had about the extent of Home and School's involvement with the planning of this event in the future.

### **New Business, Upcoming events**

1. Mother/Son bowling date: Possibly moving to January. Exact Date to be announced soon. Anyone interested in helping to plan this fun activity can contact Nicole Nichol.
2. Parent/Teacher Conferences are coming up at the end of October. Home and School is looking for volunteers to provide food for teachers on Wednesday, Oct. 26th. Please contact Nicole Nichol if you can help.
3. Holiday Bazaar will be held Friday and Saturday Nov. 18th-19th in the school gym. Contact Tracy Bingham for more information on tables.  
tracysteve@cableone.net

**-Next Meeting will be Nov. 14th at 7pm at Betty Snyder's house- 2182 W. Teano Dr., Meridian**

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

## **EASIEST. FUNDRAISER. EVER!**

**Dear Sacred Heart Community,**

**Fred Meyer just sent our school a check for \$537.59. With these quarterly payments, averaging just over \$500, we are receiving over \$2,000 each year. This charitable giving comes to us because 131 households have linked their Fred Meyer Rewards card to indicate Sacred Heart School as their favorite non-profit organization.**

**Are you sure your card is linked? Recently Fred Meyer required customers to re-enroll in the Community Rewards Program. The deadline to re-enroll, before being dropped from our total, was July 1 st . So while your expenditures may not have been included in our most recent donation from the company, it is never too late to re-enroll.**

**Please visit [www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards). Select "link your rewards card now". Choose Sacred Heart School as your non-profit organization or type in our identification number 85543. We truly appreciated your support.**



## **Saint Alphonse**

### **SCHOOL HEALTH PROGRAM**

It is the policy of the school and School Health Program that students do not carry any form of medication or therapeutic alternatives on their person.

While essential oils are gaining popularity, they are not regulated by the FDA. Therefore, nurses and other school officials are prohibited from administering these oils, in any form. Parents may come to school and administer oils to their children, unless the scent could harm other students.

There is evidence that treatments have caused asthma attacks, migraines and allergic reactions to other students and staff.

Thank you for your understanding.



### **Box Top News**

**Keep clippin' those Box Tops. 3<sup>rd</sup> grade won September's Box Top Challenge.**

**Which class will win this month? October collection day will be Monday, October**

**31<sup>st</sup>.**



## Got Scrip??

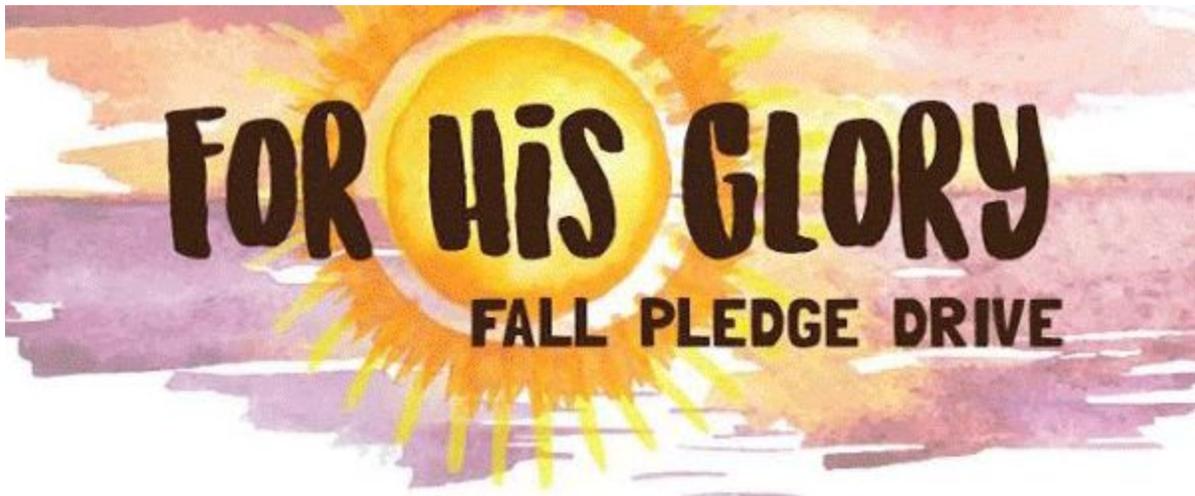
Scrip News! If you haven't had the chance to check out [shopwithscrip.com](http://shopwithscrip.com) for online ordering please do! They have so many different retailers that provide scrip! There are also special promotions offered! You can place an online order ANYTIME! Send the order info along with payment (if you don't have PrestoPay) in your yellow scrip envelope. It will be sent on the scheduled Monday and be sent home on Thursday! If you have any questions please contact Kristin Alverson 830-5335 or Linda Graefe 344-9738. THANK YOU!

### October SCRIP Schedule

**Monday, October 17 & 24- NO ORDER**

**Monday, October 31 - Regular Order**

The Bishop Kelly Foundation will be celebrating the 39th annual Winner's Choice Dinner and Auction, "A Diamond Knight" on Saturday, November 12, 2016, at the Boise Centre. Each ticket includes dinner for two and a chance to win a new car from Mountain Home Auto Ranch! For more information, visit [bishopkellyfoundation.org](http://bishopkellyfoundation.org) or call 323-4789. Concurrent online auction begins October 28 at [bishopkellyauction.org](http://bishopkellyauction.org). Proceeds benefit operational expenses and need-based scholarships.



***SACRED HEART is on the air!***

***Wed., Oct. 26 8:00 a.m. - 10:00 a.m.***

***Lots of great prizes! Come help: volunteer at [mysignup.com/kgem](http://mysignup.com/kgem)***

***Listen from 7am-7pm October 26th-28th***

***Support our stations! Call (208) 344-4774 to pledge!***

***Boise 1140AM [www.saltandlightradio.com](http://www.saltandlightradio.com)***

Our parishioners are in the spotlight on 1140AM Salt & Light Radio this coming Wednesday. Your local Catholic radio station (1140AM) will host its annual Fall Pledge Drive October 26th-28th. The theme for this drive is "For His Glory" and will feature live interviews of Sacred Heart parishioners on Wednesday, the 26th between 8:00-10:00AM. Chef Vern Bauer will be our host. We hope you can all tune in and make your pledge of support, "For His Glory" and for the support of this important evangelization ministry!