



# From the Heart

the newsletter from Sacred Heart School

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

November 10, 2016

## Upcoming Events

**Thursday, November 10**

**HaPpY blrThDaY Mrs. Pesek-Turner!**

Tape Mr. Carpenter to the wall!!

**Friday, November 11**

Mass 8:30 (7)

**Monday, November 14**

Fred Meyer and Regular SCRIP due  
Home and School Meeting 7pm

**Tuesday, November 15**

Bake Sale for Run Walk Club after school  
Sacred Heart Night at Zupa's on Milwaukee 5-9pm

**Wednesday, November 16**

8:30 Start

**Thursday, November 17**

December Hot Lunch, Blimpies, Homework Club orders due  
**SPIRIT DAY!!**

**Friday, November 18**

Mass 8:30 (5)

Bazaar in Gym - No Hot Lunch

Jr. High Rally Grades 6-8 8:15-2:15

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

November SLE - Compassion by sharing our time, talents, and treasures: *As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in the one body.*  
Col 3: 12-15

Dear Parents,

We have been celebrating Red Ribbon Week this week. We've had classroom lessons taught by our Student Leadership, guest speakers and presentations, fund dress up days, and will have a concert tomorrow afternoon. While the activities of this week are fun and exciting, the message of health and life are both serious and important. I hope that the messages your students have heard this week have given you the opportunity to share with them your ideas of health and good choices.

As the weather has gotten cooler, I have seen a lot more girls wearing leggings and tights to school, under their skirts. That is absolutely fine, but we do have some guidelines for that. Our handbook states that tights or leggings should be solid navy blue or white. Tights/leggings should be solid, not patterned (lace, stripes, etc.) They should also be full length, going all the way to the socks, or shoes. Please make sure your girls are following dress code when they wear tights to school.

Good luck to our 5/6 grade girls basketball team. Their first tournament game is Monday evening at Trail Wind. Good luck girls!

This week's TVCS dance has been rescheduled to December 9<sup>th</sup>. If you can, go support the Bishop Kelly Knights football team tomorrow night. They are playing in, and hosting, the state semi-final game, against Blackfoot. Go Knights!

Today is the day I get taped to the wall by our Sacred Heart students! During lunch today, students will get their chance to put their strips of tape on me. After the final lunch, all of the students will come back to the gym to see if their tape will do the trick. Honestly, I'm a little nervous, but it will be a lot of fun! I am proud of how hard our students worked for our Jog-R-Walk fundraiser!

Tomorrow is Veterans Day. Please remember to pray for and thank all of our Veterans who have served our country. I am so grateful to live in America and to have men and women who are willing to defend this country, our citizens, and the rights and privileges we all have. Let us celebrate their courage and bravery tomorrow.

Please keep in prayer those of our community who are sick, injured, and suffering.

In Christ,

Brock Carpenter



# Sacred Heart HOME & SCHOOL Association

## Home & School Happenings:

**Next meeting**, OPEN to ALL parents/teachers/staff, Monday the 14th, 7 PM at Betty Snyder's house, 2182 W. Teano Dr., Meridian. Join us to discuss and learn about upcoming events and earn PALS hours and a Free Dress for one of your students. Or double it if both parents come! Agenda is below.

**Dinner Night Out Fundraiser** - Tuesday, Nov 15th, 5-9 PM at Cafe Zupa's, 600 N Milwaukee St. Be sure to mention Sacred Heart School to help us earn 25% of the proceeds!

**Sacred Heart Holiday Bazaar** - Come for some early holiday shopping and enjoy some food from the kitchen to support our Drama Club! Fri, Nov 18th 9-5 & Sat, Nov 19th 9-4. We still have a couple of booth spots open if you or anyone you know is interested please contact Tracy Bingham 344-3010.

**Thanksgiving Food Boxes** - Food will need to be turned in by Thursday, Nov 17th.

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

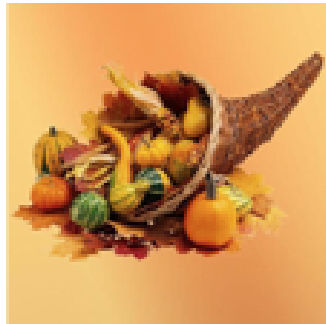
If you ever have any questions about H&S and our events, feel free to contact me any time!

Nicole Nichol, Home & School Assoc. President, [nthaner@gmail.com](mailto:nthaner@gmail.com), 440-9406

## Agenda

1. Opening Prayer
2. Officer Reports
  1. Treasurer - Chrissy
  2. PaCE - Patricia
  3. Room Parent Coordinator - Becky
  4. President Report - Nicole
    1. Oct School Advisory Board Report

2. Carnival summary
3. Old Business
  1. Chick-fil-a report & Upcoming nights out - Amber
  2. Parent/Teacher Conference Dinner update - Amy Whelan
  3. New chairs - Elena/Nicole
  4. Jog R Walk - Final amount update and next year - Amanda/Nicole
4. New Business, Upcoming Events
  1. Holiday Bazaar, Fri & Sat Nov 18 & 19 in the school gym
  2. Mother/Son bowling - Courtney Troutner is helping to plan and looking at an early Feb. date
  3. School Accreditation Visiting Team Hospitality
  4. Open discussion for any new ideas or concerns
5. Next Meeting - Monday, Dec 12th, location TBD



In collaboration with St. Vincent de Paul, Home & School is in the middle of our annual Thanksgiving Food Box drive. We are asking each class to please provide a menu item. All items need to be at the school by 3:00 p.m. on Thursday, November 17th.

**Preschool: Evaporated Milk (1-2 cans)**

**Kindergarten: Pie Crust Mix (1 box)**

**1st Grade: Fresh Apples (5 each)**

**2nd Grade: Canned corn (1-2 cans) + 1 box Bisquick**

**3rd Grade: Chicken Bouillon Cubes (1 pack)**

**4th Grade: Canned green beans (1-2 cans)**

**5th Grade: Canned Pumpkin Pie Mix (1-2 cans)**

**6th Grade: Fresh Yams (3 each)**

**7th Grade: Canned cranberries (1-2 cans)**

**8th Grade: Stuffing Mix (1-2 boxes)**

**Teachers/Staff: Bunch of Celery and/or 2 Lb. Bag Carrots**

**We are also looking for the donation of 12-15 frozen turkeys (10 lbs. or larger), 24-30 onions, and frozen butter or margarine (2 lbs. are needed per box). If you are able to donate any of these**

items, please let me know. You can contact me at [814.594.4341](tel:814.594.4341) (phone or text) or email [buchhei575@gmail.com](mailto:buchhei575@gmail.com).



November is [Diabetes](#) Awareness month

More than 29 million people in the United States have diabetes, but 1 out of 4 of them don't know they have it. There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant, which can put the pregnancy and baby at risk and lead to type 2 diabetes later). With type 1 diabetes, your body can't make insulin (a hormone that regulates blood sugar), so you need to take it every day. Type 1 diabetes is less common than type 2 diabetes; about 5% of the people who have diabetes have type 1. Currently, no one knows how to prevent type 1 diabetes.

Most people with diabetes—9 out of 10—have type 2 diabetes. With type 2 diabetes, your body doesn't use insulin well and is unable to keep blood sugar at normal levels. At least 1 out of 3 people will develop diabetes in their lifetime. What can you do?

**1. Say "Om"**

Learn to meditate to help [reduce stress](#) and improve your [blood sugar levels](#).

**2. Step Out**

[Exercise](#) helps keep your weight and [blood sugar](#) under control, and just about everyone can do a brisk daily walk.

**3. Eat Right**

Follow your food plan. If you don't have one, ask your doctor about seeing a dietitian who specializes in [diabetes](#).

**4. Jet Set**

Before you hit the road, get a checkup, pack extra meds, and plan your doses around time zone changes.

**5. Hang 10**

Drop 10% of your [body weight](#) through [diet and exercise](#).

**6. Trade Up**

Swap [saturated fats](#) and refined sugar for [healthy fats](#) in nuts and sweet whole fruit.

**7. See Clearly**

[Diabetes complications](#) can cause [vision loss](#) or blindness. Schedule a full [eye exam](#) at least once a year.

**8. Stand Up**

You may not feel foot injuries, so check both feet daily for [blisters](#), cuts, or sores.

**9. Show Color**

Pack your plate with a palette of greens, yellows, and reds -- like spinach, squash, and tomatoes.

**10. Learn More**

Visit [WebMD's Diabetes Center](#) for news, tips, a blood sugar tracker, and more.



## 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!

## November SCRIP Schedule

Sunday, November 12 - Sell @ SH Parish

Monday, November 14 - Fred Meyer and Regular order

Sunday, November Sell @ OLR Parish

Monday, November - NO ORDER

Monday, November 28 - Regular order



Congratulations to the 7<sup>th</sup> grade class for winning October's Box Top Challenge! You've earned the trophy and a special treat! Keep clippin'!