



# 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 17, 2016

## Upcoming Events

**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** ALL students need to bring a cold lunch

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

**Tuesday, November 22**

Mass 8:30 (4)

5th grade to BAM 9:30 - 11am

School Board 7pm

**Wednesday - Friday, November 23-25**

No School - Happy Thanksgiving

**Sunday, November 27**

**Advent Begins**

**Monday, November 28**

**HaPpY blrThDaY mRs. O'sUILiVaN!**

We welcome your visits and calls

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[208-344-9738](tel:208-344-9738)

Please “like” us on facebook

Sacred Heart Catholic School

**November SLE – Compassion by sharing our time, talents, and treasures:** It is not enough to experience God's mercy in one's life; whoever receives it must also become a sign and instrument for others.

Dear Parents,

As we near the season of Advent and our time of waiting and preparation, I wanted to remind you about the opportunity we have to visit Jesus in the Blessed Sacrament. Sacred Heart Church has adoration, on Tuesday's and Wednesday's, each week. The Blessed Sacrament is exposed in the side chapel, which is open, during the day, for all to visit. It would only take a few minutes to hop out of the car at pick-up time, and visit Him, in the chapel. You could come a few minutes early and visit him yourself, or could stay a few extra minutes to take your children with you. What a special time for families to be with Jesus, together. Whatever you decide to do for Advent, I pray that it brings you and yours closer to Our Lord.

The annual Sacred Heart Holiday Bazaar will be taking place in the gym tomorrow and Saturday. Parents, families, and friends are invited to come and shop with our local vendors. Students will have time to go in and shop tomorrow. If you would like them to be able to purchase something, please send money with them. If you can put it in an envelope or a Ziploc baggie, that would be helpful. Younger students will go to the Bazaar with older students. ***Also, please remember that there is no hot lunch tomorrow. Students all need to bring a cold lunch.***

Students in grades six through eight will be attending a Junior High Rally, "Today you will be with Me in PARADISE", tomorrow at Bishop Kelly High School. Parents will drop their middle schools students off at 8:15, and will pick them up at 2:15. Teachers and chaperones will be there to greet students and will spend the day with them. Students are to wear their Spirit Wear.

Next Monday our Student Leadership students will be going to decorate Sacred Heart Catholic School's tree for the St. Alphonsus Festival of Trees. All of our classes have worked on making ornaments, which will be used to decorate our tree. Thank you Sacred Heart students!

Items for the Thanksgiving Food Boxes are due today. Thank you for your support of this project. It is both humbling and inspiring to witness the families and individuals coming to our parish to sign up for food boxes. There is an overwhelming need for love and support in our community. I am proud of our students and families for recognizing this need and having compassion for others by sharing the gifts we have. If you did not send in your items already, please bring them first thing in the morning. Thank you!

Because of the shortened week next week, there will be no newsletter or family envelopes from the school. We will have School Mass on Tuesday morning. I pray that you all have a wonderful and blessed Thanksgiving week. If you are heading out of town, please travel safely.

On Saturday afternoon, Bishop Kelly's football team will be playing for an unprecedented 4<sup>th</sup> consecutive state championship. This has never been done before! The game is at Boise State. We have a great opportunity to go and support these players. Go Knights!

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

In Christ,

Brock Carpenter

### **SACRED HEART STUDENTS AWARDED IN IDAHO CATHOLIC REGISTER ESSAY AND DRAWING CONTEST**

We are proud to announce that several of Sacred Heart's students have been recognized in the Idaho Catholic Register's annual Thanksgiving essay and drawing contest. Be sure to see their entries that have been published in the November 18<sup>th</sup> issue.

#### **ESSAYS**

8<sup>TH</sup> Grade

Hattie Wokersien, 3<sup>rd</sup> place

7<sup>TH</sup> Grade

Nicole Graefe, 1<sup>st</sup> place

Xander McGiff, Honorable Mention

6<sup>TH</sup> Grade

Molly O'Sullivan, 2<sup>nd</sup> place

#### **DRAWINGS**

3<sup>RD</sup> Grade

Jacquelyn Maness

1<sup>ST</sup> Grade

Katie Wiedmeier, 1<sup>st</sup> place

Quinn Laible, 3<sup>rd</sup> place

Kindergarten

Mary Hudson, 2<sup>nd</sup> place

Simon Wolbach, Honorable mention

### **EMPLOYEE MATCHING CONTRIBUTIONS**

If you work for a company with a matching gift program, your employer may match your gift to Sacred Heart School up to established limits. In some cases, this may double your gift. The Micron Technology Foundation matches employee donations for educational institution of up to \$250 per calendar year. Four Micron employees from four different Sacred Heart School families donated \$250 or more to the school in 2015. Their willingness to complete a few simple lines on a Micron contribution form resulted in an extra \$1000 for the school. We know there are many other companies that will match their employees' eligible gifts. Please inquire with your HR department to find out whether your workplace has employee matching contributions. For more information on

Micron contributions offered through the Micron Foundation, please contact Linda Graefe at the school office.



### **Home & School Happenings:**

Thanks to everyone who joined us at Cafe Zupa's this week. We brought in \$173.65!

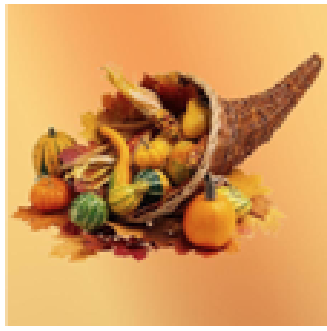
Thanksgiving Food Boxes - Food will need to be turned in by TODAY Thursday, Nov 17th.

Sacred Heart Holiday Bazaar - Students have the opportunity to shop on Friday if you would like to send some money with them. 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 volunteer spots open to help with gift wrap, selling BK gear and clean up. Use this link to sign up <http://signup.com/go/k9ZfJV>

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



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), 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).**



# Saint Alphonse

## SCHOOL HEALTH PROGRAM

### Stress.

With the elections behind us, we now have the holidays ahead. The Holidays are wonderful celebrations but we all know they can be also be stressful at home, work and school. Stress can be helpful (protect you from harm) or harmful (chronic stress). Everyone has stress, because life isn't something we totally control. The question is: Are you managing your stress, or has it mastered you? The answer matters a lot for your health.

**1. Meditate:** A few minutes of practice per day can help ease anxiety. "Research suggests that daily meditation may alter the brain's neural pathways, making you more resilient to stress. It's simple. Sit up straight with both feet on the floor. Close your eyes. Focus your attention on reciting -- out loud or silently -- a positive mantra such as "I feel at peace" or "I love myself." Let any distracting thoughts float by like clouds.

**2. Breathe Deeply:** Take a 5-minute break and focus on your breathing. Sit up straight, eyes closed, with a hand on your belly. Slowly inhale through your nose, feeling the breath start in your abdomen and work its way to the top of your head. Reverse the process as you exhale through your mouth. Deep breathing counters the effects of stress by slowing the heart rate and lowering blood pressure.

**3. Be Present:** Slow down. Take 5 minutes and focus on only one behavior with awareness, for instance, notice how the air feels on your face when you're walking and how your feet feel hitting the ground Or enjoy the texture and taste of each bite of food.

**4. Reach Out:** Your social network is one of your best tools for handling stress. Talk to others -- preferably face to face, or at least on the phone. Share what's going on. You can get a fresh perspective while keeping your connection strong.

**5. Tune In to Your Body:** Mentally scan your body to get a sense of how stress affects it each day. Lie on your back, or sit with your feet on the floor. Start at your toes and work your way up to your scalp, noticing how your body feels.



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 20 Sell @ OLR Parish

Monday, November 21- NO ORDER

Monday, November 28 - Regular order