



# From the Heart

the newsletter from Sacred Heart School

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

**December 1, 2016**

## **Upcoming Events**

**Friday, December 2**

**Mass 8:30 (3)**

**Tuesday, December 6**

**Reconciliation for students 10am**

**Nativity Play for 1st Grade 2:30 in the church**

**Wednesday, December 7**

**Donation Free Dre\$\$ for 8th grade service projects**

**Thursday, December 8**

**Mass 8:30 (2)**

**Vision screening Grades 1,3,5,7**

**Friday, December 9**

**TVCS Dance in our gym 7-9pm**

**Monday-Friday, December 12-16**

**Papa Johns Week at SHS**

**Monday, December 12**

**Home and School 7pm**

**Fred Meyer and Regular SCRIP orders due**

**Our Lady of Guadalupe**

**Tuesday, December 13**

**Christmas Concert 6:30pm in the gym**

**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**

## Advent: Advent is a time when we journey towards Jesus and his Kingdom of justice and peace.

Dear Parents,

As we begin the season of Advent, I pray that each of us makes an opportunity to reflect upon the coming of our Savior at Christmas. May we see what His presence with us should look like and how we are called to love. This first week I spoke to the students about preparing for our most precious Guest to join us at Christmas. We talked about Reconciliation and increased prayer. One of my family's favorites is the St. Andrew Novena. It is a prayer said daily, starting on November 30<sup>th</sup> and ending on Christmas. It is a beautiful prayer and opportunity to focus on the truly important things during this season. The novena can be found [HERE](#).

I want to congratulate our students and school on a first place tree for the Festival of Trees last week. Students, in all grades, made decorations and ornaments, for the tree. The tree was decorated by our Student Council and Mrs. Fisher, with help from some school staff. It was a beautiful tree, and earned a blue ribbon!

We are all really excited for our upcoming Christmas concert and winter play. Our Christmas concert will be held in the school gym on Tuesday, the 13<sup>th</sup>. It will begin at 6:30 pm. Our Drama Club will be performing *The Story of the Nutcracker* for parents on Thursday, the 15<sup>th</sup>, at 6:30 pm. They will perform again on Friday morning for our students and staff. I am so excited for our winter events. I know Mrs. Bailey and Mrs. McGiff are very anxious to share their students' gifts and efforts with all of you as well!

The weather has turned a bit colder this week. Please make sure your little ones are prepared for cold temperatures. Hats, gloves, and warm coats and shoes are essentials. Girls may also wear long **NAVY** pants on Mass days during the winter months. Skirts and jumpers are still an option as well. Thank you!

We haven't seen much yet, but snow is always a possibility. If excessive snow falls throughout the night, or we have dangerous roads, due to ice, please be aware of our snow/ice day procedures. I will report any school closures to Channel 7, KTVB, in the morning. I will alert other stations as well, but Channel 7 first. I will also post the closure on our school Facebook page and will try to get an email out to all our families. We typically follow the Meridian School District for closures. If you see that Meridian is closed, Sacred Heart will be closed as well.

We have had great attendance in Chess Club on Friday's! Anywhere from 20-30 students have shown up to learn and play Chess with Mr. Findley. We meet each Friday after school from 3:15-4:15. We are going to move Chess Club from Mrs. Workman's room, to the gym, beginning tomorrow. Tomorrow's activities will end a little early, as Mr. Findley has another appointment to get to. Please pick up your students by 4:00. Thank you!

For all of our dads, January brings a very special opportunity for us. On January 28th, the Idaho Catholic Men's Conference will be held at Bishop Kelly High School. This is going to be a great conference, and would be a terrific way for dads to spend a Saturday, listening to fantastic speakers (Fr. Mike Schmitz!), celebrating Mass with Bishop Peter, and reflecting on what our vocation is, as dads, husbands, and men of God. Please share the invitation with other dads in our school, and those who you think would appreciate this opportunity.

Have a blessed week and Advent!

In Christ,

Brock Carpenter



Christmas Concert time!

**All** students in Kindergarten through 6<sup>th</sup> grade, plus the 7<sup>th</sup> and 8<sup>th</sup> grade choir members, have a performance on **December 13, 2016 at 6:30 p.m.** We will be starting promptly at 6:30, so please have your young musician(s) at school by 6:15. Families, you might want to bring a cushion to make the folding chairs more comfy.

Performance dress is EITHER 1) school mass dress, or 2) fancy Christmas outfit. Ladies are welcome to wear nice dresses, and gentlemen may wear a button-down shirt. Hair bows, bowties, and ties are all welcome, as long as they don't distract from the performance. Ladies may wear heels if they want, but please practice walking in them first. ☺ We are also in need of 16 adult sized Hawaiian shirts – if you have one we could please borrow, Mrs. Bailey promises to wash it and get it back to you asap!

If you have any questions, please don't hesitate to contact Mrs. Bailey at [kbailey@sacredheartboise.com](mailto:kbailey@sacredheartboise.com) . PLEASE let her know *today* if you already have a vacation planned, or if she needs to contact a coach/other instructor regarding missed time from practices or rehearsals. She needs EVERYONE for this to be a great concert!



## Home & School Happenings:

December H&S "Meeting" - Monday, Dec 12th 7PM at Nicole Nichol's home, 3608 W Catalina Rd, Boise. We will be doing a holiday wine swap and mostly socializing instead of running the usual meeting. All parents and staff are invited. Bring 1-2 bottles of wine (nothing too fancy) to swap. You will still get PALS hours and a FREE Dress for your student for attending!

Night out fundraiser - Papa John's - order pizza from any Treasure Valley Papa John's the week of Dec. 12th - 16th and mention Sacred Heart School. You can feed your family, get pizza for a class or work party or pass out pizzas to your neighbors instead of cookies!

Were you the parent that emailed me as we were planning the Carnival with the idea of a beer garden and some live music? If so please email me again! I no longer have the email and forgot who it was.

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

**Thank you to everyone who contributed food items to the St. Vincent de Paul's Thanksgiving Food Boxes. Your generosity enabled Sacred Heart School to provide Thanksgiving Dinner for 18 families in the Treasure Valley. That's a record amount for our school!**

**A very special thank you to Art & Patricia Guerrero, Arlene Wimer, Nicole Nichol, Jackie Sterling, Jenny Bush, Jerri Woodworth, Bridget Bedke, and an anonymous donor who generously gave turkeys, potatoes, onions, and frozen butter. Also, much gratitude to Ms. Joyce and the 5<sup>th</sup> grade class for their help in assembling the donated food items needed to complete each box and for preparing the boxes to be delivered to St. Vincent de Paul.**

**Thank you again to everyone for participating in this family-to-family giving project.**

**Sincerely,  
Christy Butler  
Thanksgiving Food Box Coordinator**



**Saint Alphonse**

**SCHOOL HEALTH PROGRAM**

### **Nurse's Notes**

The school nurses will be conducting vision screenings next week (week of December 5-9, 2016) at all of our grade schools.

We routinely screen all students in grades 1, 3, 5, 7, and referrals from teachers and/ or parents. Please let us know if you have concerns about your child's vision and would like us to screen them (if NOT in grade 1, 3, 5, 7). If your child wears or has glasses or contacts, please ensure they have them next week.

It is important to understand that this is a screening and is not diagnostic. These screenings are provided periodically as a service to your child to help identify potential vision problems. Although a screen serves a valuable purpose, it is not intended to replace an evaluation by a primary care provider. We will send home "results notes" after all screenings are completed.

Stress that continues without relief can lead to headaches, an upset stomach, high blood pressure, chest pain, problems with sleeping, depression, panic attacks, dizziness, and other forms of anxiety and worry. On top of that, if you handle stress with food, alcohol, drugs, tobacco, gambling, overspending, or other things that don't solve the problem, you're going to end up with more stress. If you're stressed often over time, it puts you at risk for heart disease, depression, and other problems. The key is to stop stress before it stops you. It's simpler than you might think: Solve stressful problems when you can. And when you can't, connect with other people, and get active, and learn what tools help you and your family zap stress. (Most of these only take 5-10 minutes) Here are a few to try this week.

**6. Decompress** : Place a warm heat wrap around your neck and shoulders for 10 minutes. Close your eyes and relax your face, neck, upper chest, and back muscles. Remove the wrap, and use a tennis ball or foam roller to massage away tension.

**7. Laugh Out Loud** A good belly laugh doesn't just lighten the load mentally. It lowers cortisol, your body's stress hormone, and boosts brain chemicals called endorphins, which help your mood. Lighten up by tuning in to your favorite sitcom or video, reading the comics, or chatting with someone who makes you smile.

**8. Crank Up the Tunes:** Research shows that listening to soothing music can lower blood pressure, heart rate, and anxiety. Create a playlist of songs or nature sounds (the ocean, a bubbling brook, birds chirping), and allow your mind to focus on the different

melodies, instruments, or singers in the piece. You also can blow off steam by rocking out to more upbeat tunes -- or singing at the top of your lungs!

**9. Get Moving:** You don't have to run in order to get a runner's high. All forms of exercise, including yoga and walking, can ease depression and anxiety by helping the brain release feel-good chemicals and by giving your body a chance to practice dealing with stress. You can go for a quick walk around the block, take the stairs up and down a few flights, or do some stretching exercises like head rolls and shoulder shrugs.

**10. Be Grateful:** Keep a journal or several (one by your bed, one in your purse, and one at work) to help you remember all the things that are good in your life. Use these journals to savor good experiences like a child's smile, a sunshine-filled day, and good health. Don't forget to celebrate accomplishments like mastering a new task at work or a new hobby.



**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!

## December SCRIP Schedule

Sunday, December 4 — Sell at Sacred Heart Church

Monday, December 5 — Regular Order

Monday, December 12 — FRED MEYER/regular order

Sunday, December 18 — Sell at OLR

Monday, December 19 & 26 — NO ORDERS

## AmazonSmile

Are you shopping at Amazon.com for gifts this year?

You can help Sacred Heart School by using AmazonSmile. When you shop at [smile.amazon.com](https://smile.amazon.com), you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to Sacred Heart School. To shop at AmazonSmile simply go to [smile.amazon.com](https://smile.amazon.com) from the web browser on your computer or mobile device. You may also want to add a bookmark to [smile.amazon.com](https://smile.amazon.com) to make it even easier to return and start your shopping at AmazonSmile. Link your account to Roman Catholic Diocese of Boise. This links directly to Sacred Heart School!

Dear Parents-

Listed below are companies that have been known to participate in matching gift programs for educational institutions. If you are employed by one of the following companies and have donated to Sacred Heart School this past year, please check with your employer's HR department to see if your company matches charitable gifts. Often times the required form takes just a few minutes of your time to complete and in some cases, this may double your gift.

We understand that not all companies offer this type of program to their employees. However, we hope to see even a small amount of unrealized benefits to the school by bringing this to your attention.

This list is not exhaustive so if your company is not listed, you may want to check with your employer's HR department to see if your company also matches charitable gifts.

- Albertson's, Inc.
- Alliant Tech Systems
- Bank of America Foundation
- Barrick Goldstrike Mines, Inc.
- Datatel
- Deloitte& Touche Foundation
- DirecTV
- Duke Energy Foundation
- Eaton Corporation
- ExxonMobil Foundation
- Gannett Foundation
- Gap Foundation
- General Electric Foundation
- Hallmark Corporate Foundation
- Hewlett Packard Company
- H.J. Heinz Company Foundation
- The Home Depot
- IBM International Foundation
- Idaho Power Company
- Intel Foundation
- Intermountain Gas Company
- Johnson and Johnson
- Key Foundation
- Lexmark International, Inc.
- McDonald's Corporation
- McKesson Foundation, Inc.
- The Medtronic Foundation
- Merrill Lynch & Co Foundation, Inc.

- Micron Technology Foundation, Inc.
- Microsoft Foundation
- Motorola Foundation
- Novartis
- RBC Dain Rauscher Foundation
- Rockwell Collins International
- Safeco Insurance Companies
- Sempra Energy
- Shell Oil Company Foundation
- Sprint Foundation
- State Farm Companies Foundation
- Tenet Healthcare Foundation
- U.S. Bancorp Foundation
- Unilever Foundation, Inc.
- United Parcel Service
- Washington Group Foundation
- Washington Mutual
- Wells Fargo Foundation
- Williams Companies

**Questions? Contact Bridget Bedke at [bbedke@sacredboiseboise.com](mailto:bbedke@sacredboiseboise.com)**