



# From the Heart

the newsletter from Sacred Heart School

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

January 13, 2017

## Upcoming Events

January 16 - No School - MLK Jr. Day

January 18 - **8:30 Start**

January 19 - **Splirt DaY!!** - **February Hot lunch, Blimpies, and Homework Club Orders due**

January 20 - Mass 8:30 (5) - End of 1st Semester - TVCS Sock Hop at St. Joe's 7-9 pm

January 24 - Second Grade to BAM 9:30 - 11, SAFE Environment Training 6:30 - 8:30 in the 6th grade classroom, School Board 7pm

January 25 - K to the Aquarium 12:15-2:15

January 27 - Mass 8:30 (4)

January 28 - Spaghetti Dinner - Open House 6-8pm

January 29 - **February 3** - Catholic Schools Week

January 29 - Sacred Heart School Mass @ Sacred Heart Church 11 am

January 30 - **Happy Birthday Mrs. Major!**

January 31 - **Happy ½ Birthday Mrs. Grove!**

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

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Please “like” us on facebook

Sacred Heart Catholic School



# Saint Alphonsus

## SCHOOL HEALTH PROGRAM

Dear Parents and Families,

Listed below are the rules and guidelines that our schools follow for illness. Please respect the health and well-being of your child and our school communities by keeping sick kids home. We follow these guidelines in the event that a student is sick at school, and we will call you to come and pick up your child from school if needed.

- Fever: If your child has a fever of 100F or greater, or 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. **\*\*\*May return to school after symptoms are gone for 24 hours and child is fever-free without the aid of fever-reducing medication.**
- Vomiting and/ or diarrhea: Vomiting and/ or more than one event of watery diarrhea is a reason to keep your child at home. **\*\*\*May return to school after symptoms are gone for 24 hours without the aid of anti-emetic or anti-diarrheal medication.**
- Contagious Diseases: You should keep your child at home if she/he might spread a contagious disease to other children (like chicken pox).
- Head lice and scabies: 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 or eye 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 difficult time 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 she/he does not want to eat, she/he should stay home and you should contact your doctor.

**Please, for your child's health and safety - AND for the health and safety of other children and staff – keep sick kids home!**

Children learn best when they are healthy and well-rested. With the cooperation of all families we can help to keep our children and staff healthy. If a student presents at school with any of the above, we will notify you to come and pick up your child.

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  
MaryLou Cunningham, RN, BSN, NCSN, MHS  
Kim O'Sullivan, RN, BSN  
Linda Miller, RN, BSN  
Sherry Placido, CNA

**SAVE THE DATE!! Saturday, January 28, 2017**

Join us for our 8<sup>th</sup> Annual Spaghetti Dinner and Open House to take place on Saturday, January 28<sup>th</sup>, from 6:00-8:00pm. We would also like to welcome your friends with school age children that may be searching for a new school. Please extend an invitation. Tours will be offered and staff will be available for questions.

If you would like to volunteer for even an hour to help with set-up, serving, or clean-up, please contact Bridget Bedke at [bcbedke@gmail.com](mailto:bcbedke@gmail.com).



**Home & School Happenings:**

**Jan. Night out fundraiser - Panera Bread Co., Thursday Jan. 19th, 4-8 PM at the Eagle Rd location. See the attached flyer. You must either bring in the flyer or**

show the cashier the flyer on your phone to help earn some of the proceeds for Sacred Heart.

 [Panera.pdf](#)

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

## **MEN!**

**The Idaho Catholic Men's Conference will be on January 28, 2017 at Bishop Kelly High School. Teen sons 15 years old and older may attend along with a chaperone. The conference will be featuring dynamic speakers including Fr. Michael Schmitz, Fr. Gary Thomas, Sean Forrest, Dr. Tim Johans and Mass with Bishop Peter Christensen. For all the details and to get registered go to [www.IdahoCatholicMen.com](http://www.IdahoCatholicMen.com) <<http://www.IdahoCatholicMen.com>> or call: **208-353-8494****