

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



From the Heart

the newsletter from Sacred Heart School

February 16, 2017

February 16 - Cafe Rio Day---ALL DAY!! (voucher attached)

February 17 - Mass 8:30 (7)

February 18 - Hallissey Tournament begins

{ Friday Games for our SHS kiddos...7th grade girls 430 @ SHS....8th CoEd 530 @ SHS....
7th Boys 645 @ BK }

February 20 - No School - Presidents Day

February 22 - 8:30 Start

February 23 - Spirit Day and March Orders Due (Blimpie, Hot Lunch, and Homework Club),
Gala Meeting at 7PM (they will be stuffing invitations!) in the 6th Grade classroom

February 24 - Mass 8:30 (2), Speech Contest at 9:45

February 25 - Father Daughter Dance 6:30-8:30 (Invitation attached)

February 28 - FAT TUESDAY!!! Free Dress - Free Hot Lunch!!!

A Letter From The Principal

Let us imitate the attitude of Jesus toward the sick: He takes care of everyone, He shares their suffering and opens their hearts to hope.

Dear Parents,

Happy Hallissey Week!

We have had a fun and colorful week of Hallissey dress up days. Our students have been very creative in their dress, and it has been fun to see so many students involved and showing their spirit. The 7th and 8th grade teams are excited to get the tournament underway! Our 8th grade team and 7th grade girls' team will begin their tournament here, in the Hallissey Gymnasium. The 7th grade boys will get started in the Reg, at Bishop Kelly tomorrow evening.

I hope that you can find time to come watch our teams play throughout the weekend. All of our parents are invited to attend the Hallissey Mass at Our Lady of the Rosary on Saturday evening at 7:00. This is a special weekend full of basketball, fun, and most importantly fellowship. Please pray for the safety and success of all the players. Go Crusaders!!

Congratulations to the Beedle Family, the winners of this year's Gala Table Raffle! Guy and Kim get to enjoy wine, appetizers, and dinner with six of their friends, while sitting at a prime spot at this year's Gala. I hope you've all marked April 22nd on your calendars. Look for invitations to come out soon!

If your 6th, 7th, or 8th grade student would like to participate in tennis or track this spring, those seasons will begin on March 13th. You can turn registrations in now. I will be putting more information out soon.

Please remember that we have no school on Monday, President's Day. Also, we have an 8:30 start next Wednesday.

To our 8th grade parents, Bishop Kelly wanted me to remind you to submit your students' high school applications. If the applications are submitted by Friday, February 24th, you can save \$25 on the fee.

God bless you all and have a wonderful weekend!

Go Crusaders!!

Brock Carpenter

YEARBOOK!!!

It's time to order your 2016-2017 yearbook. The Basic Yearbook is only \$10.00 if purchased ONLINE before our final deadline of 3/27/2017! To order ONLINE, visit <https://ybpay.lifetouch.com> & use the Yearbook ID code 12606117. After ordering online, the ybpay site will send a confirmation email - please save this confirmation! The ybpay site will let you add upgrades to your book at a cost before 3/27/2017.

After 3/27/2017, the Basic price will be \$12, upgrades will not be available and you will not be able to order it online. Save money & order your yearbook ONLINE NOW!



Saint Alphonsus

SCHOOL HEALTH PROGRAM

February is American Heart Month Heart Attack Warning Sign

Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening. But most heart

attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath with or without chest discomfort.

Other signs may include breaking out in a cold sweat, nausea or lightheadedness

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain. Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out. Minutes matter! Fast action can save lives — maybe your own. Don't wait more than five minutes to call 9-1-1.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.



Sacred Heart
**HOME &
SCHOOL**
Association

H&S Happenings:

Café Rio fundraiser, **TODAY, Feb 16th, ALL DAY**, 8233 W Franklin Rd, Boise. Show the voucher (printed or electronic) for Sacred Heart to earn 20% of the proceeds. Plan a lunch with friends or co-workers, pick up dinner on the way home or stop by after that game or practice and show off your Crusader gear!

Father/Daughter Dance, **Saturday, Feb 25th** from 6:30-8:30 in the school gym. Please return your sign-up form to the office! We also need a couple of adults to come help during the event. If you are interested please contact Theresa Musick: tservatius@gmail.com

The Fat Tuesday Pancake Feed will be **Feb 28th** during the kids' lunches. We need help with food prep starting at 8:15 that morning, and then serving during lunch and clean up. If you are interested in helping to volunteer for this event sign up using this link: [\[REDACTED\]](#)

https://docs.google.com/document/d/18__ka2ErwRD3Hxj9Tzeicnr0F3RdYpmBgUMNF4ZeaKU/edit?usp=sharing

or contact Patricia Guerrero: isayzeke@hotmail.com, 208.906.5579

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, 440-9406

Do You Need a Tie or a New Plaid Jumper????

Sacred Heart plaid, including ties, may be purchased through www.dennisuniform.com

Our School ID is **IDSHSB**

We have a limited amount of small bow ties for sale in the office. Please make sure your 5th- 8th grade sons have Sacred Heart Plaid ties to wear to mass each week



Hopefully you have heard by now that the STEMBus is coming to Sacred Heart School. We are so excited! Our onsite field trip is scheduled for Tuesday, March 14th. All students will start the day at an assembly in our gymnasium. In addition, each class will have 40 minutes of time allocated to the onsite STEMBus and a STEM classroom. They will get to interact at various stations with fun, science-related activities.

We do NOT need volunteers for this event. However, because of the small size of our school, parents are welcome to come and observe the activities while their student is participating. Mark your calendar now for Tuesday, March 14th and watch for a refined schedule (coming soon) so that you know when your child's class will be spending their 40 minutes on the STEMBus or in the STEM classroom. Join us if you can.

For more information on the STEMBus, visit www.STEMBusUSA.org