

"Assisting families in educating and fostering growth of the whole child"



From the Heart

the newsletter from Sacred Heart School

April 6, 2017

Friday, April 7 - Mass 8:30 (6), Stations of the Cross

Saturday, April 8 - Cup stacking in the gym
Science Olympiad 8am-4pm at NNU

April 10-13 - Kindness Week

Monday, April 10 - Fred Meyer and Regular SCRIP order due, Home and School 7pm

Tuesday, April 11 - Grades 6-7-8 to Morrison Center

Wednesday, April 12 - K Screening in Faith Hall

Thursday, April 13 - Cap and Gown pics, Seder Meal 8:30-11:30

Friday, April 14 - Good Friday - No School

Saturday, April 15 - State History Day

Sunday, April 16 - Happy Easter!

Monday, April 17 - Easter Monday - No School

Letter From Our Principal

Lent is, by nature, a time of hope because it leads us to be born anew "of the spirit", by the love of God. Pope Francis

Dear Parents,

Our Lenten journey is drawing to a close. Palm Sunday is this weekend, followed by Holy Week next week. For me, Lent seems to have flown by. I have done well in some areas where I wanted to grow, and others have been more of a struggle. The important thing is knowing that God's hand is in all of it. He calls us on this journey, not expecting perfection, but growth. If I can say anything about Lent for me this year, it is that I have gained a new perspective on a lot of areas in my life, and I am trying to reconcile areas that have long been avoided and ignored. I pray that Lent has been an opportunity to listen to God and grow closer to Him, as He guides you. Have a good Holy Week!

We are three-quarters of the way through our school year! We are into April and our final quarter. This time of the year can be a blessing and a challenge, as it brings beautiful weather, but so many activities and distractions. Please remind your students to stay focused and engaged in their classes!

Gala time is getting very close! We have two weeks to go before our big event. Our Gala team is working hard at putting together a wonderful evening celebrating and supporting our students and school. Ticket sales are going strong... if you haven't purchased your tickets for the Gala, it's time to get that done. **The last day to take advantage of the discounted price is tomorrow, April 7.** Raffle tickets are also on sale now. We have two really exciting raffles this year. You have a chance to win the new Nintendo Switch with a game or \$500 cash! We will have some amazing live and silent auction items, and, of course, a delicious dinner from Epi's Basque Restaurant. The Gala is so important to the vitality of our school, and the students we serve. Please join me in praying for the success of this event! Please see the newsletter and family envelopes for raffle tickets and information on how you can help.

This week is National Library Week and we are celebrating our own Mrs. Collins! We are so blessed to have her here to encourage and guide our students. Thank you, Mrs. Collins! We love you!

Several of our middle school students will be participating in Science Olympiad this weekend. On Saturday, these students will be gathering at NNU, in Nampa to compete in all different types of science events. They have been practicing with volunteer coaches for the last couple of months (some more than that), in preparation for Saturday. We want to wish all of them the best of luck!

The second phase of our Wiegand Grant project was completed over Spring Break. We now have the ability to raise the basketball hoop at the stage-end of the gym. This allows for a clear view of the stage, which will make a tremendous difference for plays, concerts, talent shows, etc. We continue to count our blessings for this tremendous gift to our school!

Our annual cup stacking tournament is also happening on Saturday. Good luck to all of our students who will be competing!

For those of you with students going into Kindergarten next year, our Kindergarten Screening is scheduled for next Wednesday. You should have received information and a scheduled time to attend from our school nurse. If you have questions, please contact the school office.

If you have friends looking at schools for their children, be sure to tell them about Sacred Heart Catholic School! The sooner they could get in and visit the school, the better. Spots in our younger classes are limited.

Have a great weekend! Remember our Gala in your prayers!

In Christ,

Brock Carpenter



Saint Alphonsus

SCHOOL HEALTH PROGRAM

"A recall of the emergency anti-allergy medicine EpiPen is expanding to the US and other markets in North America, Europe, Asia and South America because the allergy shots may not work." (the auto inject mechanism) The EpiPens at the schools have been checked but if you have more at home for anyone in your family be sure to check them. More information including Lot numbers can be found on the Mylan website <http://www.mylan.com/en/epipenrecall?>), ktvb.com or from your preferred pharmacy. This is also a good time to check the expiration dates.

Sports Nutrition for Busy Families and Busy Lifestyles

By: Sarah Kinsella, MD, CAQ, FAAP

Busy nights juggling sports, dance class, homework, and work or school events can create the perfect storm for making some regrettable food choices.

We know 1 in 3 American children and teens eat fast food daily, according to a [report](#) from the Centers for Disease Control and Prevention's National Center for Health Statistics. As parents and role models, you are responsible for stopping the fast food cycle and getting creative with quick dinner options.

The American Academy of Pediatrics (AAP) offers the following tips to help busy families eat and drink better before, during, and after game time.

What Busy Families Should Eat and When. Preparing healthy food ahead of time makes you a proactive parent instead of a reactive one. Plus, it saves money in the long run—who could argue with that!

- **Go for small frequent meals and snacks.** Try to spread calories throughout the day and avoid large meals in close proximity to exercise. If your entire evening is spent on a ball field or on the go, loading food up and taking it with you is a practical option. No matter how long you will be out for, always have a piece of fruit or a healthy protein or nut bar with you. Eating every 3 hours will help to keep your child's blood sugar steady and also decrease overeating at meal times.
- **Healthy snacks in the car are ok!** While the single serving snacks from the store are handy, try creating your own pre-packaged snacks that feature the foods your kids like most such as a half sandwich on whole grain bread or a bag of sliced fruit. Don't forget about apples, oranges, bananas, grapes, and other fruit that also comes pre-packaged

in a single serving size. While fruits can be high in sugar, they also offer other nutritional components that make them a win for busy child athletes. Other good snack ideas include dried fruit and nuts, hard boiled eggs, and unsweetened applesauce. See [Choosing Healthy Snacks for Kids](#) for more ideas.

- **Have a fueling and hydration strategy.** Young children participating in light activities lasting 1 hour or less may not need to snack before and after exercise. Rather, help these children focus on good nutrition every day. Older, more active kids may benefit from some of the fueling and hydration strategies listed below.
 - **Before exercise:** Around 3-4 hours before exercise, an athlete should eat mostly carbohydrates with a moderate amount of protein. This small meal should be low in fiber and fat, as these can cause an upset stomach. A 70-pound child should drink around 8-10 ounces of water around 2-3 hours prior to exercise while a teenager or adult should have 12-20 ounces of water. Drinking an additional 6-8 ounces directly before exercise will be helpful.
 - **During exercise:** Hydrating is important during exercise. Encourage your child to have a small amount of fluid (3-4 ounces) every 15 minutes. For activities less than an hour, water is sufficient. For activities lasting longer than 1-2 hours, or in very hot environments, sports drinks can help replenish carbohydrates and electrolytes. Sports drinks are very different from energy drinks which have caffeine and excess sugar. Energy drinks are not recommended. See [the AAP policy statement, Sports Drinks and Energy Drinks for Children and Adolescents: Are They Appropriate?](#), for more information.
 - **After exercise:** Within 30-60 minutes after exercise, it's important to replenish any fluids lost and to refuel with an appropriate source of energy. Focusing on a snack that is rich in carbohydrates and [proteins](#) will help rebuild and restore muscles. Chocolate milk is an excellent example of a recovery drink.
- **Find energy balance.** Athletes need more energy during times when they are more active than normal (e.g., try-outs, tournaments, multiple or overlapping sports). Encourage and plan specifically for extra food and fueling during these periods. Snacks that combine a carb like a cracker and some protein like peanut butter are the most energy efficient. Make sure your child has access to these kinds of power-packed snack options.

How to Still Eat as a Family

The busy schedules of our families' means that many nights we are not all home at the same time to have a nice, sit-down dinner. Dump the guilt. [Family meals](#) may not happen every day—that's ok! Make the most of your family meals when they do occur—and it doesn't have to be dinner. Why not make your family meal [breakfast](#)? It is more likely that everyone will be home at the same time early in the morning which means it is easier to get everyone around the table for some healthy food and family bonding.

SAFE Environment Opportunity at Sacred Heart!

Training for Safe Environment (Required by the Diocese for ALL volunteers and employees of our schools, **parish youth ministries, and sports teams**)

Date: Thursday, April 6th

Time: 6:30-8:30 pm

Place: Hope Hall at Sacred Heart Parish (downstairs).

Instructor: Kathleen M. Curtis, LMSW

Please RSVP to kcurtis@sacredheartboise.com or

344-9738



H&S Happenings:

\$1 Lenten Pretzel Sale, Monday the 10th after school.

Mrs. Hill will be needing parents to help with Field Day on Thursday, May 25th. If you are interested, please sign up using this link:

<https://docs.google.com/spreadsheets/d/1-KfZSfl5Y0LtqktdtMPgeuSr>

[RHtCIGDxD7o1pECuU4s](https://docs.google.com/spreadsheets/d/1-KfZSfl5Y0LtqktdtMPgeuSr) or email Mrs. Hill: hhill@sacredheartboise.com

Join us for our monthly meeting, Monday, April 10th 7PM in the school library. This month we will be voting for next year's Home & School Association Board members and discussing the results of the Teacher's wish list items that were voted on.

Our meetings are open to all parents and staff! Parents earn PALS hours and a FREE DRESS for one of your students!

April Agenda:

1. Opening Prayer
 2. Officer Reports - emailed ahead of meeting, will discuss only new questions
 - a. Treasurer - Chrissy
 - b. PaCE - Patricia
 - c. Room Parent Coordinator - Becky
 - d. President Report - Nicole
 3. Old Business
 - a. Teacher/Staff's wish list - results of parent voting
 4. New Business, Upcoming Events
 - a. Officer nominations and elections: Vice President, Secretary, Treasurer, PaCE, and Room Parent Coordinator
 5. Open discussion for new ideas or concerns
- Next Meeting - Monday, May 8th location TBD

If you have any questions, feel free to contact me anytime!

Nicole Nichol – President

nthaner@gmail.com; call/text 440-9406

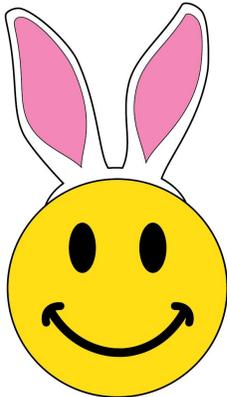
Science Olympiad

Science Olympiad is April 8th at Northwest Nazarene University. Students should arrive at 8:00 am. Events start at 8:30 and continue throughout the day.

Save the Date - Spring Concert!

Please mark your calendars for the SHS spring concert. Students in kindergarten through 6th grade, and our band, will be performing **Tuesday, May 9, 2017, at 6:30 p.m.** I know as sports and other activities ramp up, it will be important to have that date already reserved. I look forward to seeing you then!

-Mrs. Bailey



Got SCRIP!?

Bishop Kelly Youth Football Camp, the 24th Annual

The only contact camp for Optimist age players and incoming 8th graders.

For players in grades 3rd – 8th for the 2017-2018 school year camp dates:

June 26th- 29th 2017 Fee: \$150; \$120 for additional family members.

Camp includes; Football fundamentals, Helmet, Camp Shirt, Insurance and lots of FUN.

For applications and online registration; www.bkfootballcamp.com or Contact Camp Director Tim Brennan at tbrennan@bk.org

