



# SACRED HEART

## SCHOOL

September 25th, 2017

## WEEKLY UPDATES

Volume I, No. 4

### Be Not Afraid!

#### *Coming up!*

This week is our first Fitness Friday! Join us for our Walk to School--the class with the highest participation will receive the *Golden Sneaker Award!* The healthy snack of the month is **TOMATOES!**

#### SEPTEMBER 18-23

- 9/25 → Band Day
- 9/26 → SVdP (after school)
- 9/28 → Book Fair Set-up
  - Soccer Shots
  - Catholic HS Fair
- 9/29 → FITNESS FRIDAY!
  - Book Fair Preview

#### *Interesting Reads!*

Life demands a lot from us! It's helpful to have the world at our fingertips. We can look things up, reach out to friend across the world, track our children's health and behaviors. All wonderful things! But, do you look up at your child when they walk into a room...even if you're in the middle of a text? Are you on the phone when you pick them up from school? An interesting study shows the profound impact of how OUR use of technology impacts our children. See more [here](#).

#### *From the Principal's Desk...*

Dear Parents,

Last week's Friday eFolder is officially a Monday Memo--thank you for your patience! There are many great things going on this week that I want to bring to your attention so please be sure to read this week's updates carefully!

First, as many of you know, last week we had the Diocesan TV and Radio team here at SHS. There is an upcoming video on Catholic Identity in our schools and SHS is featured in this video! Not only did our students and teachers look beautiful, but representatives from the Diocese commented on how respectful our students were. Thank you so much for raising such wonderful children and for giving us the joy of working with them each day!

This week is our 1st Fitness Friday of the year! In today's fast-paced world, healthy living is more important than ever! We want our students to love to exercise and treat the bodies God gave them well. To encourage this, each month we have a Fitness Friday where we invite students to walk to school and eat the healthy snack of the month (this month: tomatoes!). The classes with the highest participation earn the Golden Sneaker Award. Meet us at the Fairground at 7:20am to walk to school together! Student groups will depart at 7:25am, 7:30am, and 7:35am. Please feel free to get healthy and walk with us!

Also, a special invitation from our Bishop: any 3rd graders who just made their 1st Communion in May are invited to this special [pilgrimage](#) on November 4th. What a wonderful opportunity!

Finally, a special reminder to all of our 5-8th graders: this Thursday, September 28th is our annual Catholic High School Fair from 7-8:30 in the SHS Auditorium. I hope to see you there!

I look forward to another wonderful week with here at SHS!

## *Liturgical Celebrations!*

**Sept 26th → Sts. Cosmas and Damian**

Though little is known about these twin saints, they were remarkably important! You can tell since we include them in the Eucharistic Prayer at Mass :) They were skilled doctors who ended up converting many Christians. They were martyred for their faith and have been powerful intercessors for all who seek their help!

**Sept. 27th → St. Vincent de Paul**

We can't let this feast day slip by when St. Vincent serves as such a marvelous example to our students! His service to the poor inspires our students to be charitable under the direction of Mrs. Huth and Ms. Tagland. How appropriate that there is an SVdP meeting on this holy Saints' feast day!

**Sept. 29th → Feast of the Archangels**

What a special day this is! As a Church, we often turn to St. Michael for his protection, but we can't forget about St. Raphael and St. Gabriel! Need a refresher on these very special messengers of God? [Here's](#) a great overview!

## *Important Links!*

[School Calendars](#)

[School Handbook](#)

[Lunch Menu](#)

[Dismissal Procedure Form](#)

[AM Care/Extended Day](#)

[NEW PTA Info](#)

[Health Office](#)

**Sincerely, Ms. Besheer**

### **Catholic High School Fair**

For the 3rd year, Catholic High Schools from the local area are coming to SHS! Mark your calendars for Thursday, September 28th at 7pm. Hear from Admissions Representatives from all the Catholic high schools in our area!

### **Book Fair 2017: Wild West!**

This year's fall book fair is fast approaching! The scholastic book fair, themed Wild West, kicks off on October 2nd, but you can begin to order online starting September 23rd. More details are listed [here](#) and on our school [website](#).

### **8th Grade Bling**

The Class of 2018 has a lot of wonderful things in store for them--both in life and in their last year at SHS. Parents of our 8th grade students have already begun planning and fundraising! [Save the date](#) for our designer bag bingo on Saturday, October 21st! Hope to see you there!

### **Halloween Hustle**

Sacred Heart's annual [Halloween Hustle](#) will be here before you know it! Grab a costume and sign up to run this 5k race and support our PTA! Thank you for coordinating this great event, Mrs. Kopcho! You can contact her with questions [here](#).

### **Help for Houston**

We had a wonderful start to the year at SHS! But as you know, many schools in Texas had a very different beginning to their 2017-2018 school year. Hurricane Harvey devastated most of Houston and disrupted many schools and children. Let's do our part at SHS and support those in need! Mrs. Deans has found a Catholic school in need for us to adopt. See more details [here](#)!

### **Holy Cross Cheer Camp**

Holy Cross Academy's Cheer Team is inviting our students for a day of cheer camp and an opportunity to cheer WITH the Lancer's at an upcoming game! Check out details [here](#)!

### **RVHS Annual Dance Team Clinic**

Did you know we have a nationally ranked dance team right around the corner? The RVHS Dance Team has several national championships under their belt and they are inviting our students to their annual clinic! You can find the registration paperwork [here](#).

### **Dismissal and Change of Transportation**

If you have not already done so, *please* complete a dismissal procedure form! Even if your homeroom teacher knows your child's routine, in the event of a sub, *we need this information*. We certainly understand that things come up and sometimes there is a change in transportation. You can always let us know by completing this form on our website. Thank you for your attention to this matter!

### **Spiritwear 2017**

## PARENT ACADEMY!

Parenting is easily the hardest job out there, but there's not need to do it alone! We have a wonderful community here at SHS. Let's get together, share ideas, and hear from some of the experts!

Our first lecture is coming up!

Stress Reduction  
Monday, October 2nd  
7pm in the Auditorium

More details [here](#).

Show your Chargers spirit with [NEW 2017 spirit wear!](#) Order forms can be found here and sent to the main office. Please submit by Oct. 5th.



It was a proud moment to be able to share the great things at SHS with representatives from the Diocese!



8th grade continues to read Jules Verne's *Journey to the Center of the Earth!*

You're off to great places.  
Today is your day!  
Your mountain is waiting,  
so get on your way!  
-Dr. Seuss

Miss O'Connell uses the wisdom of Dr. Seuss to remind them of the places they'll go!!