



# From the Heart

the newsletter from Sacred Heart School

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

April 14, 2016

## Upcoming Events

### April 15

Mass 8:30 (1)

Happy Birthday Mrs. Lofgren

Talent Show 1:30

### April 16

Mother/Son Bowling 1:30-4pm at Emerald Lanes

### April 18-22

Kindness Week

### April 18

Pre K to MK Nature Center 1-2:30

Volunteer Appreciation!

### April 20

**8:30 Start**

Happy Birthday Fr. Rob and Mr. Kappel!

### April 21

**SPIRIT DAY!**

**May orders due**

We welcome your visits and calls

3901 Cassia ♥ Boise, ID 83705

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

208-344-9738

Brock Carpenter, Principal

Be sure to “like” us on **facebook** –

**Sacred Heart Catholic School**

# ~Letter From the Principal ~

*Love is the only light which can constantly illuminate a world grown dim. Pope Francis*

Dear Parents,

I hope this week's letter finds you all happy, healthy, and enjoying this Easter and spring season! It is definitely springtime at school. We have talent shows, fieldtrips, concerts, and any number of last quarter activities filling our calendar. It is time to fasten the seatbelts and enjoy the last six weeks of the school year!

This past weekend was the "It Takes a Village" Gala... and it was amazing! Each year I am humbled by this event. It is an incredible celebration of a school that means so much to the community of parents, grandparents, parishioners, and friends that have ties here. The generosity and support of this community really is awe-inspiring. We are so blessed and so grateful to all of you who prayed for and contributed to this event. Thank you!

I also want to thank Brian and Rachel Flowers and their Gala Team, for the amazing event they put together. There are so many people and so much time that goes into that night that I can't possibly express the depth of our gratitude. I just want them to know what a difference they make in our school and our community. I pray that God will bless each and every one of you!

Don't forget about the online portion of the auction! You have a little time left to do your shopping and bidding! Check out all the great items [HERE!](#)

Next week we will be participating in the Great Kindness Challenge. Mrs. Curtis and the Peace Leaders have planned a fun and inspiring week for our students.

Families are invited to pray the rosary together on Friday's. We have a group meeting to pray at 7:45, in the school library, and another group that meets in the church, on Friday's following the school Mass. Please join us!

There is a TVCS dance next Friday for 7<sup>th</sup> & 8<sup>th</sup> grade students. Admittance is 5\$ and a can of food, which will go to St. Vincent DePaul.

Have a great weekend!

In Christ,

Brock Carpenter



## **H&S Happenings**

**RECESS AND LUNCH DUTY HELP-** We are looking for some help this Friday, April 15<sup>th</sup> to help with morning Recess duty (10:15 to 10:30 a.m.) and playground duty (11:30 a.m. to 12:30 a.m.). If you are available to help during either of these times, please contact me.

**MOTHER/SON BOWLING-** Our Mother/Son Bowling day is this Saturday, April 16<sup>th</sup> from 1:30 to 4:00 p.m. at Emerald Lanes. Please get your money and names turned in so we can get you assigned to a lane. Thank you so much to Courtney Troutner for chairing this fun event.

**FAMILY NIGHT OUT-**Please join us on April 25<sup>th</sup> at Texas Roadhouse from 5:30 to 8:30 p.m. Some of the staff will be there line dancing and kids eat FREE with the purchase of an adult meal!

**UPCOMING EVENTS –** For your rapidly filling spring calendars...look for more information to come.

Teacher Appreciation Week- May 2<sup>nd</sup>-6<sup>th</sup> Chair-Nicole Nichols

Sock Hop – May 21<sup>st</sup> Chair-Naomi Kerns

Field Day – May 26<sup>th</sup> Chair- Becky Gaviola

**2016-2017 HOME AND SCHOOL OFFICERS –** At the meeting on Monday, we elected officers for the upcoming school year. President- Nicole Nichols, Vice President-Amanda Myler, Secretary-Annie George, Treasurer-Chrissy Smith, PaCE (Promoting a Christian Environment)-Patricia Guerrero, and Room Parent Coordinator-Becky Gaviola.

**MAY MEETING –** Our May meeting will be Monday, May 9th at 7:00 p.m. at the school.

Amanda Myler

amandamyler@yahoo.com

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## Summer Tutoring Available

Hi. I am Janet Aydinova, the Reading Specialist at Sacred Heart Elementary. I have a Masters in Reading and have worked at the Lee Pesky Learning Center with struggling readers. I just wanted to let you know that I am available in the summer for tutoring here at the school. I can help your child with many aspects of the reading process such as decoding, spelling, fluency, vocabulary and comprehension. Studies show that a student who is not engaged in reading during the summer can lose months of learning by the time they return to school in the fall. This is especially true of students already struggling. If you are concerned about the summer reading slide please contact me at [jaydinova@sacredheartboise.com](mailto:jaydinova@sacredheartboise.com). You will be amazed at how much your child can grow with one-on-one assistance!



## Scrip News!!

Our next SCRIP order will be **Monday, April 25**

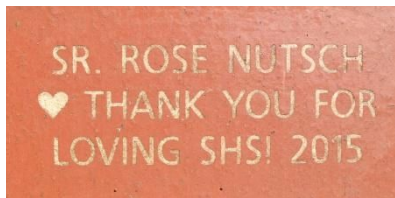
## Have you received the Sacrament of Confirmation?

Many adult Catholics who are active in their faith have nonetheless never been confirmed. During this Year of Mercy, Bishop Peter is delegating to pastors the general faculty to confirm all adult Catholics seeking the Sacrament of Confirmation on one of two dates: Pentecost Sunday on May 15; and the Feast of Christ the King on Sunday, November 20. If you are an adult Catholic who was never confirmed and would

like to receive that sacrament on either of those dates, contact Carol McGee at the parish office as soon as possible.

## FROM THE MARKETING COMMITTEE

From now through the month of May, we are selling personalized bricks to be added to our beautiful Alumni Plaza. Each brick is \$50 and can be engraved with 3 lines of text. Would you like to pay tribute to someone (favorite teacher, beloved parish member, alumni, your family, etc.) with a brick in the Alumni Plaza? Order forms are available in the school and parish office. Proceeds from this fundraiser will benefit our general operating fund. Questions? Contact Bridget Bedke at [bcbedke@gmail.com](mailto:bcbedke@gmail.com)



## News From the Nurse

### Exercising in Heat

With the recent warm weather in Boise, we are reminded that hot summer days are not far off. When exercising in extreme heat and humidity, take special care to replace fluids and stay cool. High temperatures cause heavy sweating resulting in dehydration if nothing is done to replenish lost fluid. As little as a 2% weight loss through sweat may have a negative effect on performance and create potentially life-threatening symptoms of heat illness if thirst is ignored and fluids are limited. Watch for these body signals and be prepared to take appropriate action to correct them.

### HEAT CRAMPS

**Symptoms:** thirst, chills, clammy skin, throbbing heartbeat, nausea

**Treatment:**

- Drink ½ cup of water or sports drink every 10-15 minutes

- During breaks, move to shade and remove as much clothing as possible

## HEAT EXHAUSTION

**Symptoms:** reduced sweating, dizziness, headache, shortness of breath, weak rapid pulse, lack of saliva, extreme fatigue

**Treatment:**

- Stop exercise and move to a cool environment
- Drink 3 cups of water for every pound lost
- Take off wet clothing and sit on a chair in a cold shower
- Place an ice bag on head

## HEAT STROKE

**Symptoms:** Lack of sweat, dry hot skin, lack of urine, hallucinations, swollen tongue, deafness, visual disturbances, aggression, unsteady walking, excessively high body temperature.

**Treatment:**

- Call for emergency medical treatment immediately
- Until help arrives, place ice bags on back and front of person's head
- Remove clothing and rub alcohol over most of person's body
- Put person on chair in cold shower

-idaho dairy council "Fueling for Peak Performance" [www.idahodairycouncil.org](http://www.idahodairycouncil.org)



A big thank you to H&S for funding new field trip bags for our school!

The new bags offer improved functionality and form, and we are so grateful.

# TVCS [2016--tvcs.rcdb.org](http://tvcs.rcdb.org)

## TVCS Tennis Schedule 2016

| Date    | Opponent                  | Home/Away | Depart Time |
|---------|---------------------------|-----------|-------------|
| 4/14/16 | Middleton Middle School   | Away      | 2:50        |
| 4/19/16 | Vallivue Middle School    | Away      | 3:00        |
| 4/20/16 | Sage Valley Middle School | Away      | 3:00        |
| 4/21/16 | Lone Star Middle School   | Home      | XX          |
| 4/26/16 | East Valley Middle School | Home      | XX          |
| 4/28/16 | Emmett Middle School      | Away      | 2:50        |
| 5/02/16 | Jefferson Middle School   | Home      | XX          |
| 5/04/16 | Kuna Middle School        | Away      | 3:10        |

Tournament is May 7 @ Jefferson and Sage Valley Middle Schools!

Home matches are played at Manitou Park, 2029 S Manitou Ave, Boise, ID 83706.

Bus departs from Sacred Heart Catholic School.

## TVCS Track Schedule 2016

| Date    | Participants            | Location                | Depart Time |
|---------|-------------------------|-------------------------|-------------|
| 4/19/16 | Lone Star Middle School | Lone Star Middle School | 3:00        |

**Vallivue Middle School**

**4/27/16**

**TVCS**

**Home (Bishop Kelly)XX**

**Middleton Middle School**

**Emmett Middle School**

**District Meet is @ Middleton High School, May 3rd & 4th.**

**Home meets are at Bishop Kelly High School School, 7009 Franklin Rd, Boise, ID 83709.**

**Bus departs from Sacred Heart Catholic School.**