



From the Heart

the newsletter from Sacred Heart School

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

September 1, 2016

Upcoming Events

September 2

Mass 8:30 (6)

September 5

No School

Labor Day

September 6

Drama Club Begins!

Homework Club Begins!

Happy Birthday Mrs. Hentges

September 7

5th grade Salmon and Steelhead Days 9:45-12:15

Free Art begins after school

Parent Night 6pm

September 9

Leadership Mass 8:30 (8)

September 12

Grandparents Day

Fred Meyer and Regular SCRIP orders due

Home and School Meeting 7pm

Happy Birthday Mrs. Hill

We welcome your visits and calls

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Please “like” us on facebook

Sacred Heart Catholic School

e Francis

September SLE - Spiritual Growth in the Catholic faith: To live by faith means to put our lives in the hands of God, especially in our most difficult moments.

Dear Parents,

We are almost through our second full week of school. I pray that you all are settling into the routines of homework, transportation to and from school, lunches, etc. Times of transition can be very challenging. Continue to pray as a family and for your family. Make sure your students are eating well and getting plenty of rest, as we adjust back to a school schedule.

Next Wednesday, September 7th is Parent Night. This is your chance to come to school, without your children, and visit classrooms. Your students' teachers will be talking to parents about the year's expectations and what will be happening in their classrooms. You will receive a schedule, via email, next week.

Our Homework Club will be starting up next week. Homework Club is a supervised homework time for students in grades 2-8. It runs Monday-Thursday, after school. Please see your family envelopes for a reservation form.

Art Free Wednesday will also be starting next week. Art Free Wednesday is a place for students to go and create art projects of their choice. Mrs. Fischer provides the materials and some help. Students can participate in Free Art Wednesday's during lunch and/or after school until 4:00. Drama Club will be starting next week as well. Drama is taught by Mrs. McGiff, our middle school literature teacher.

On Monday morning, I visited with students about our uniform dress code. As the first few days of school have gone by, I have noticed a few people not in our uniform dress. A couple of things to remember: We do not allow cargo shorts on regular uniform days. Shorts should be the straight walking short, without pockets on the side of the leg, same with pants. Athletic shorts and sweats are not allowed on free dress days. Students should be dressed in nicer pants/jeans or shorts. Socks should be white or navy blue, and plain. Socks should not have logos or symbols on them. Please make sure your students are in correct uniform dress in the mornings. Thank you!

I pray that the school year is off to a good start for all of our families. It is such a blessing to be here with amazing students and staff!

God Bless You,
Brock Carpenter



Sacred Heart
**HOME &
SCHOOL**
Association

Home & School Notes:

I will be at Parent Night on Wed. Sept 7th to answer questions about Home & School events and to sign-up volunteers for upcoming events.

Grandparent's Day Lunch - Monday, Sept 12th 11:30-12:30

-We need some volunteers to help check-in the Grandparents and also to help some of the younger grades meet up with their Mimi's and Papa's

-We also would like to have some canopy tents up to provide more shade during lunch.

If you would like to volunteer or have a tent we could use please contact Bridget Bedke (bcbedke@gmail.com)

[September H&S meeting - Monday, Sept 12th 7PM, @ SHS](#)

All are welcome to attend. We will be providing childcare for kids 3 and up (potty trained). The gym will be open for playing and a classroom will be open for quiet reading/homework.

-If you have a 7th grade or older student whom would like to help us with the childcare please contact Nicole Nichol (nthaner@gmail.com, call/text 440-9406)

[September Night Out Fundraiser - Wednesday, Sept 14th 5-8PM @ Chick-fil-a on Franklin](#)

Chick-fil-a is one of our biggest fundraisers out of all the restaurants so join us in the dining room or hit up the drive through!

-We need some parents to volunteer for 1 hr time slots from 5-8 to help the staff in the dining room. A great opportunity to earn PALS hours. If you are able to volunteer contact Amber Jolly (ambermjolly@hotmail.com, text 360-4588)

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



[Counseling with Heart](#)

[Back to School Tips for Parents, Part 2:](#)

[Establish Routines at Home to Support Success at School](#)

We all know how hectic things can be in families; We try our best to balance jobs, responsibilities in the home, needs of children, transportation to activities, managing schedules, and the list goes on and on... Our children are also learning to manage their world.

It is crucial in the midst of busy life to help support our students in establishing routines that will support their academic success as well as their peace of mind. Try any of these tips:

- **Establish an after-school routine:** Whether this takes place at home or at a daycare facility, it is important in the afternoons that children have a snack, have some physical activity, have a chance to wind down from their school day, and also have a solid routine for homework. Also, upon coming home, it is important to have a place where your student knows their “stuff” goes (backpack hook by the door, lunchbox spot, etc.)
- **Establish a homework routine:** It is helpful for students to have a regular time, place, and materials available for their homework. Many students are most effective getting right to their homework after school, while learning is still fresh in their mind. Others do best to have a break before re-focusing. Some are balancing extracurricular activities and finding ways to manage their time with homework. It is important that parents emphasize the priority of homework, have a set place in the home that is relatively free of distractions (not in front of a TV), and have materials available (paper, pencils, etc.). It is wise to check your child’s planner daily as you establish this habit.
- **Establish a night-time routine:** One of the best ways to create more peaceful mornings is to prepare the night before. Support your child in making sure homework is in its place, binder is in the backpack, backpack is by the door, etc. Does your student know their lunch plan for the next day (hot or cold? Pack cold the night before?) Will your child benefit from setting out clothes, or locating shoes before bed? Then, end the night with expressions of affection, love, forgiveness (when needed) and excitement for the new day ahead.
- **Establish a morning routine:** For most of us, the way we start our day sets the tone for the day. Try to create structure that will help the family to get out the door on time (with minimal frustration), including a good breakfast, checking for materials (backpack with homework inside, lunch, any supplies needed for after-school activities, etc.), and communicate the plan for the day. Express your belief in your child, your good wishes, and your anticipation of hearing about the day. Something like: “I love how you reach out to others and how you work so hard. I hope you have a great day & your test goes well. I look forward to hearing about how it all goes tonight.”

Kathleen Curtis, LMSW, Sacred Heart School Counselor

“It is not how much we DO, but how much LOVE we put into the doing.” Mother Teresa



Saint Alphonse

SCHOOL HEALTH PROGRAM

School Year 2016-2017

Dear Parents/ Guardians and Families,

Welcome back to school! We would like to take this opportunity to introduce ourselves and explain our role in the schools. The Saint Alphonse School Health Program provides health services to 6 Catholic schools in the Treasure Valley.

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|--------------------------|---------------------|
| • MaryLou Cunningham, RN | mcunningham@bk.org |
| • Cheryl Gerla, RN | cgerla@rcdb.org |
| • Linda Miller, RN | lmiller@rcdb.org |
| • Kim O'Sullivan, RN | kosullivan@rcdb.org |
| • Sherry Placido, CNA | splacido@rcdb.org |

Our goal is to assist with achieving a healthy and safe learning environment. We provide:

- Health and wellness screenings - immunization status, hearing, vision, speech, scoliosis, kindergarten screenings
- Health education - basic CPR and first aid, dental health, nutrition and physical activity, puberty, personal hygiene, safety, transition to high school, mental health, hand washing and infection control, environmental health, health education and tips, support and referrals
- Case management for special needs
- Basic first aid and triage, medication administration
- Flu vaccines and some immunizations
- Staff education, training, and support

HEALTH INFORMATION

Please inform us of any health concern your child has, especially if it could be a concern during the school day (**Health History Form**). It helps us to effectively assist with problems - physical, emotional, psychiatric or behavioral - if we know that they exist.

MEDICATIONS and MEDICATION POLICY

- If your child will need medication during the school day, whether daily all school year or for just a few days, please provide authorization and instructions on a **Medication Authorization** form. This includes prescription as well as non-prescription (over-the-counter) medications.
- The school nurse authorizes all medications administered at school. Unlicensed assistive personnel (ie school secretaries, front office staff) may administer medication under the direction of the school nurse, following appropriate training and instruction.

- All medications must be in original, labeled container with child's name, and **MUST** be brought to the office.
- Medications, including over-the-counter, will **NOT** be kept in lockers, desks, backpacks, etc. This is for everyone's safety. (Under certain circumstances, students will be allowed to self-administer certain medications, but only with authorization by the school nurse.)
- Prescription medication must be in the prescription bottle with the correct label that includes the student's name, medication name and dose, directions for taking the medication, prescriber's name, pharmacy's name, and current date. (Most pharmacies will give you two bottles, one for home and one for school.) If/when medication dose changes, the current prescription bottle needs to reflect the new dose.
- Over-the-counter medication must be in the original container, FDA-approved, and appropriate for age.
- No medication brought to school in a baggie will be administered.
- Most medications that are to be taken 3 times per day can be administered at times outside of school hours. Unless specifically directed by your healthcare provider, give it before school, as soon as the student arrives home, and at bedtime.
- If you would like your child to receive Acetaminophen (Tylenol) or Ibuprofen (Advil, Motrin) at school, on an as-needed basis, you must sign the consent on the **Health History Form**.
- Authorizations for medication administration must be renewed each school year.
- School personnel have permission to exchange information as needed.

IMMUNIZATIONS

Idaho State Law requires that your child be current on immunizations when entering school. State law now requires the following immunizations for children born after September 1, 2005: 5 DTaP, 2 MMR, 4 Polio, 3 Hepatitis B, 2 Varicella, and 2 Hepatitis A. Children entering the 7th grade must have Tdap booster and Meningococcal vaccine. A verified record must be provided. If your child has not received the required immunizations, you **MUST** sign a waiver **EVERY** year. **THIS IS STATE LAW AND THE STATE DOES CHECK!**

ILLNESS

Sometimes it can be hard to decide whether your child is too sick to attend school. Here are some guidelines:

- **Fever:** If your child has a fever of 100.0 or greater, 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. Child may return to school when fever-free for 24 hours without the aid of fever-reducing medication.
- **Diarrhea and/or vomiting:** Vomiting or more than one event of watery diarrhea is a reason to keep your child at home. Return to school after symptoms are gone for 24 hours.
- **Contagious Diseases:** You should keep your child at home if she/he might spread a contagious disease to others.

- **Scabies and head lice:** 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/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 difficulty 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 does not want to eat, she/he should stay home.
- **Contact your child's healthcare provider if needed.**
- **THE "24 HOUR RULE" IS WHAT WE FOLLOW – please do not return to school until fever/ vomiting/ diarrhea has been gone for 24 hours (without the aid of medication).**

For your child's (and all students' and staff) health and safety please keep sick kids home. With the cooperation of all of our families, we can help to keep our community healthy.

Healthy children are better learners!

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

GRANDPARENTS' DAY LUNCH - Monday, September 12th at 11:30

We are looking forward to celebrating our grandparents and are getting ready for the annual brown bag lunch. Invitations have been mailed. If your students' grandparent(s) did not receive an invitation, we may not have their mailing address. Please send it to Bridget Bedke (bcbedke@gmail.com). Thank you!



Drama Club is back! We will begin the week of September 5th.

2nd-4th Graders meet Tuesdays from 3:15-4:15 in the gym, beginning 9/6

5th-8th Graders meet Thursdays from 3:15-4:15 in the gym, beginning 9/8

Registration forms available at the front office



Welcome back to school, parents! My name is Kim Conner and I am our school's Box Tops for Education™ Coordinator.

Clipping Box Tops is an easy way to help earn cash for our school. Each one is worth 10¢ for our school!

Just look for the pink Box Tops on hundreds of products.

All you have to do is clip them and send them to school. Don't forget to ask family, friends, and neighbors to help out.

Last school year, we earned \$1,190 for our school from Box Tops. This school year, our goal is to earn \$1,500.

For more information on Box Tops, including a list of participating products, go to BTFE.com.

**Be sure to sign up as a member (it's free!) so you can check out our school's earnings details and get access to coupons and bonus offers.
Our school code is 203429.**

If you have any questions, please don't hesitate to contact me.

Thanks for your help!

Kim Conner

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