

Our Monthly

"PULSE"

Sacred Heart Parish School



856 - 39th Street Sacramento, CA 95816 • (916) 456-1576


February 1st, 2011

Upcoming Events


Feb

- 1-4 Catholic Schools Week
- 2 CSW Assembly/Prayer Service
(3rd Grade) 8:10 a.m.
- 4 **MINIMUM DAY**

PJ/Jersey Free Dress Day
- 5 Spaghetti Feed/Bingo Night 6:30
- 7 Mandatory 1st Reconciliation
Parent Meeting 6:30 (Cafeteria)
- 8 PTG Meeting 6:30 p.m.
- 9 Weekly Assembly 8:10 a.m.
- 11 Parent Coffee Klatch 8:00 a.m. in
Cafeteria

Pep Rally 2:15 p.m.
- 15 CSAC Meeting 5:30 p.m.
- 16 Weekly Assembly 8:10 a.m.
- 17 Monthly Liturgy (7th Grade)
9:00 a.m. at Church
- 18 End of Second Trimester
- 21 **NO SCHOOL**
President's
Day Holiday 
- 23 Weekly Assembly 8:10 a.m.
- 25 8th Grade Graduation Pictures

Report Cards Coming Home

All School Picture
- 26 Family Mass (4th Grade)
5:30 p.m. at Church 
- 28 First Reconciliation 6:30 p.m. at
Sacred Heart Church

School Office Hours:
Monday- Friday
7:30 a.m - 3:30 p.m.

Sparks' Notes

Theresa Sparks, Principal

Happy Catholic Schools Week!

It was great to see so many of you here for our special Mass and Open House. The students and teachers were thrilled to have the opportunity show off all of their hard work. I think you will agree with me that we are very blessed at Sacred Heart with wonderful teachers, students and families. The foundation that is laid here will serve our youngsters for a lifetime. Thank you for partnering with us in this journey.

One of the great joys that I have here is that I teach religion twice a week in the 8th grade. We have very interesting conversations and the lesson that we had today was one that I thought I would share with you. Today we talked about family meals. One may wonder how that is related to religion but it really is. Throughout the New Testament there are stories about people eating together. There is the story of the Wedding Feast at Cana. There is my personal favorite, the story of the Loaves and Fishes, and most importantly, the story of the Last Supper where our Catholic tradition of the Eucharist began. But the question is why so many food stories? There are many answers to that question but the focus today was on the good things that happen when a family sits down together to eat.

We live in such a busy world with late workdays, sports practices, and outside commitments that keep us from sitting down together for a meal. I grew up in a family where dinnertime was "sacred". We always ate together no matter the schedule. It may have meant that dinner was served at 7:30 at night after everyone got home, but we sat down. I have carried that tradition on in my home. Sometimes it is no easy feat but we manage. The 8th graders and I discussed why eating together is so important and we came up with the following: Eating together encourages family relationships. Relationships are what make the world work. Families can grow closer by eating together on a regular basis. We can learn from our siblings and parents when we talk to one another and pass around ideas. The 8th graders agreed that they would see if they could try to encourage their families to eat a meal together at least once a week. I am anxious to hear how their experiment goes.

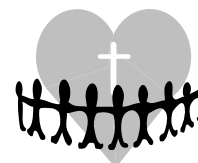
Experts tell us that eating a family meal has many benefits: Everyone eats healthier meals. Kids are less likely to be obese. Kids are more likely to stay away from cigarettes, alcohol and drugs. School grades will be better. Families will talk more. Parents will more likely hear about serious problems. Kids will feel like you're proud of them and best of all, there will be less tension at home.

If you don't eat together, I encourage you to try it! Start with once a week and increase it gradually. Have the kids set the table and take turns doing dishes. Turn off the TV and enjoy the time together. It will be well worth the extra effort...I promise.

Many blessings to you and your families,

MISSION STATEMENT

Sacred Heart Parish School, serves the Sacred Heart Parish Community by providing a quality Catholic elementary education (K-8) that is based on the Gospel values of Jesus, and is dedicated to the development of the spiritual, intellectual, social-emotional, and physical life of our students.



"BE GREAT!"

SCHOOL PHILOSOPHY

We are called to embrace the fourfold dimensions of Catholic education -- MESSAGE, COMMUNITY, WORSHIP and SERVICE -- and thus we instill a solid foundation of Christian values and life skills upon which students successfully grow into contributing members of their family, church, civic and global societies.

PARENT COFFEE KLATCH

Date: Friday, Feb. 11th

Time: 8:00 - 8:30 a.m.

Where: Cafeteria

Once a month our Parent Club will be hosting a "Parent Coffee Klatch". Please stop in, get a cup of coffee, a little snack, and spend some time visiting with friends.

A+ for America - Catholic Schools

Sunday, January 30, 2011

A+ for America. . . . in our Parish

All School Family Mass 9:30 a.m. at Sacred Heart Church

Scholastic Book Fair (9:30 a.m. - 1:00 p.m.) located in St. Anthony's Hall

Open House & Art Expo (10:30 a.m. - 1:00 p.m.)

Monday, January 31, 2011

A+ for America. . . . in our Community

Tuesday, February 1, 2011

A+ for America. . . . in our Neighborhood

Students will write notes of thanks to our neighbors

Wednesday, February 2, 2011

A+ for America. . . . in our Nation

Catholic School's Week Assembly

Thursday, February 3, 2011

A+ for America. . . . in our Vocations

Clergy visits in classrooms to discuss vocations
No Homework!

Friday, February 4, 2011

A+ for America. . . . in our Faculty, Staff, Volunteers & Students

Students - Schoolwide movie, "PJ's/Jerseys" Non-Uniform Dress Day

Teacher Appreciation Day - PTG Graciously providing lunch for faculty & staff

TRAFFIC REMINDER

Please do not stop and back up traffic at the 3-way stop in front of the school on 39th Street. You MUST continue to go around the block if you don't have room to pull completely in our parking lot.

We are creating an unsafe situation for cars not turning into the school, causing them to enter the on-coming traffic lane to get around our stopped cars.

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Want to Put Something in our Pulse?

Deadline for Mid-Month Pulse is the 12th

Deadline for Monthly Pulse is the 25th

PLAN AHEAD! SCHOOL HOLIDAYS, MINIMUM DAYS & GRADUATION FOR 2010-2011 SCHOOL YEAR

Mar.	4	Minimum Day Faculty Meeting
	18	No School Teacher Inservice Day
	21	No School Teacher Retreat Day
Apr.	1	Minimum Day Faculty Meeting
	4-9	Missoula Theatre Week
	21	Minimum Day
	22-29	No School Easter Vacation
May	6	Minimum Day Faculty Meeting
	23-31	8th Grade Only Minimum Days
	30	No School Memorial Day Holiday
June	1	8th Grade Graduation
	3	Minimum Day Faculty Meeting
	8	Last Day of School 10:30 a.m. Dismissal

**Kindergarten Only Minimum Days/Special Schedule.
Reminder, Minimum Day Dismissal is at 12:15 p.m.**

Apr. 21	Seder Meal
May 11	Mass Practice
May 12	Kinder Mass
June 2	Kinder Graduation
June 3	Kinder Picnic

THE SPORTS REPORTER

Spring sports are just around the corner. Sign-up forms will be going home soon. If you're planning on participating in Boys Volleyball Track & Field or Golf, make sure your Athletic Participation Form (signed by the doctor) is turned in.

A parent meeting for Track will be held on February 22nd at 7:00 p.m. in the school cafeteria.

Little Dribblers will be hosting games at Sacred Heart School on February 19th & 26th.