

OUR MONTHLY PULSE
NOVEMBER 2011

Sacred Heart Parish School

856 – 39th Street, Sacto. CA. 95816

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Upcoming Events
November 2011

- 1 Kinder Only-**MINIMUM DAY**
All Saints Mass
(Meet at Church 7:45 a.m.)
Kinder Dismissal 12:15 p.m.
 - Monthly Liturgy (4th) 12:00p.m.
at Church
- 2 Weekly Assembly 8:10 a.m.
- 4 **MINIMUM DAY** – Faculty Meeting
 - End of 1st Trimester
- 8 5th Grade Field Trip/Tall Ship
- 9 Weekly Assembly 8:10 a.m.
 - 7th Grade Science Field Trip/
Fish Hatchery (9:30-noon)
- 10 **Report Cards going home**
- 11 **NO SCHOOL – Veteran’s Day**
- 14-18 **MINIMUM DAYS** – Parent/Teacher
Conferences (12:45-3:00 p.m.)
- 16 Weekly Assembly/Prayer Service
(1st) 8:10 a.m.
- 17 8th Grade High School Shadow Day
Jesuit (8-12)/Dismissed before lunch
St Francis (8-1:20)/Lunch included
- 18 Picture Make-up Day
- 19 Family Mass (6th) 5:30 p.m. at
Church
- 22 Kinder Only – **MINIMUM DAY**
Thanksgiving Feast
- 23-25 **NO SCHOOL** - Thanksgiving
Vacation
- 30 Weekly Assembly 8:10 a.m.

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**School Office Hours:**

Monday-Friday  
7:30 a.m. – 3:30 p.m.

**SPARKS' NOTES**

Dear Parents,

I welcome November with open arms! The change in weather, the fall colors and Thanksgiving has always made me happy. In this crazy world of economic challenges and political unrest it is great to celebrate all that is good and November is the time to do just that! Psychologists tell us that one of the best ways to combat the negativity that surrounds us is to make a daily list of all that we are grateful for in our lives. I hope that you will take the time this month to talk with your children about the blessings, big and small, that surround us.

I would like to extend a huge thank you to all Sacred Heart parents who have done such an amazing job at pick up and drop off. Staggering your arrival times has made all the difference in the world. We no longer have a waiting line at the STOP signs and we do not back up on the yard at all! For reasons that I simply do not understand we are still the targets of neighborhood complaints. It makes me very happy that I can fully defend our efforts and the results of our efforts. I still may need your help if we need to send a counter complaint. Thank you very much!

Now, if you could help by keeping in touch with us! It is very important that you read the PULSE on a regular basis. Please read the emails that are sent to you! Please check the website on a daily basis. We are trying our best to keep you informed and we are realizing that folks are not getting information. How do we know? We know because we get numerous phone calls here at school asking for information that has been published over and over again. We rather have you call than to be in the dark, but almost always the information is available at the click of a button. Thank you for helping us in this area.

During this month of Thanksgiving, all souls and all saints, you will be in my thoughts and in my prayers. I continue to be grateful for all that you do to make Sacred Heart a special place to be. God Bless,

*Theresa Sparks*

**PARENT/TEACHER CONFERENCES**

Parent-Teacher Conferences are set. These conferences, starting at 12:45pm and concluding at 3:00pm, are formal required conferences for all parents/guardians to discuss the progress of each child. Schedule of K-6 conferences have been sent home.

Conferences with Mr. Keating, Mrs. Grogan and Mr. deSilva will be held in the gym from 12:45-3:00 p.m. on a first come first served basis.

If you would like to schedule a conference with Mr. Medcalf please contact him at [jmedcalf@sacredheartschool.net](mailto:jmedcalf@sacredheartschool.net)

**CHECK YOUR PULSE!!!!!!!**

At the many recommendations from our parents, we discontinued distributing the paper copies of our Monthly/Mid-Month Pulse and went to an online version only.

As was suggested, this would make it possible to read the Pulse and refer back to it for information at your convenience and to also be more environmentally friendly. We listened to your requests and the newsletter has been online every month.

From the number of phone calls we're receiving asking about events featured in the Pulse online, and the many times we've heard "I didn't know anything about it", it is apparent that many parents are not utilizing the online version of the Pulse.

We'd like to continue with the online version **ONLY** and once again ask you to **CHECK YOUR PULSE** on the 1<sup>st</sup> and 15<sup>th</sup> of each month. It might take a day or two for it to actually be placed on our website so continue to check for them.

**FACULTY/STAFF CPR TRAINED.....**

On Saturday, October 8<sup>th</sup> the faculty and staff spent 8 hours being trained in CPR and First Aid. You can rest assured that your children are in good hands when it comes to health emergencies. Something we could really use at Sacred Heart is a defibrillator. If you or anyone you know would be willing to donate a new defibrillator to the school we would be grateful!

**SMILE!**

**It's School Make-up Picture Day..... November 18, 2011**

**Sacred Heart Holiday**

**Home Tour  
Save the Date.....**

**Friday, December 2<sup>nd</sup>**

**Saturday, December 3<sup>rd</sup>**

**Sunday, December 4<sup>th</sup>**

*Home Tour tickets go on sale beginning November 1, 2011. Also beginning November 1<sup>st</sup>, we will start sign-ups for Home Tour shifts. This year we are piloting a new sign-up method through Schoolyard. It's a very simple process and I think you will find it quick and easy. A mass email was sent to all families with instructions on how to sign-up. Please do not try to sign-up until the 1<sup>st</sup>.*

*Don't forget that 6 hours are mandatory to work for every family, of which 3 hours must be worked in one of the homes.*

*If you have any "software" questions in signing-up, contact Laurie McKnight at [lmcknight@sacredheartschool.net](mailto:lmcknight@sacredheartschool.net). For any Home Tour shift questions please contact Angie Smith at 453-1596 or [angela.smith@hp.com](mailto:angela.smith@hp.com).*

**SPORTS UPDATE:**Cross Country:

Cross Country will have their final meet of the season on November 6<sup>th</sup>. This is the PAL finals held at Jesuit H.S. Races are set to start at 4:00pm. Runners please arrive by 3:00 p.m.

Volleyball:

The Varsity Red team finished league play with a 4-2 record, earning the North Division's third seed in the TOC. The Red Team defeated a very tough St. Francis in the first round. Next up, St. John the Evangelist on Tues. night, November 1<sup>st</sup> at St. Ignatius, 7:00 p.m. Way to go Ladies!!

Football:

It has been a tough season for Panther football this year. Their 1-4 record does not do justice to the grit, determination, and sportsmanship demonstrated by the student athletes and coaching staff.

As a reward for their hard work all season they have been invited to play an exhibition game prior to the PAL Championship game on November 6<sup>th</sup> at Jesuit High School. Start time for the game is 11:00 a.m.

**\*\*\*Thank you to all student-athletes and coaches for another wonderful Fall season of sports!!!\*\*\***

**TEAM ACTION PHOTOS NEEDED.....** If you have any "action" photos for any of our teams, we would like to get a copy to use in the yearbook. You can either email our yearbook committee at: [SHPS.Yearbook.Photos@picasaweb.com](mailto:SHPS.Yearbook.Photos@picasaweb.com), ensuring you put the team name in the subject line on your email, or put your pictures on a disc (label the disc indicating which team), and send the disc in to the office.

Upcoming:

Basketball tryouts will begin November 14<sup>th</sup>. The schedule for Varsity and JV teams is as follows:

**B)VAR.** Open Gym 11/14 3:30-5:00 pm  
Tryouts 11/15&16 3:30-5:00 pm

**B)JV** Tryouts 11/14&15 5:00-6:30 pm

**G)VAR.** Tryouts 11/16 5:00-7:00 pm  
Tryouts 11/17 4:00-6:00 pm

**G)JV** Tryouts 11/17 6:00-8:00 pm  
Tryouts 11/18 4:00-6:00 pm

Make sure you have all forms completed and/or updated prior to coming out. Registration packets can be found on Schoolyard or in the office.

Please check the Sports calendar at:  
<https://sacredheart-sac.schoolyardapp.com/>

**PLAN AHEAD  
SCHOOL HOLIDAYS, MINIMUM DAYS  
& GRADUATION FOR 2011-2012**

|      |              |                                          |
|------|--------------|------------------------------------------|
| Dec. | <b>2</b>     | <b>Minimum Day</b> Faculty Meeting       |
|      | <b>2-4</b>   | Holiday Home Tour                        |
|      | <b>15/16</b> | Christmas Program                        |
|      | <b>16</b>    | <b>Minimum Day</b>                       |
|      | <b>19-31</b> | <b>No School</b> Christmas Vacation      |
| Jan. | <b>2</b>     | <b>No School</b> Christmas Vacation      |
|      | <b>6</b>     | <b>Minimum Day</b> Faculty Meeting       |
|      | <b>16</b>    | <b>No School</b> MLK Holiday             |
| Feb. | <b>3-10</b>  | Catholic School's Week                   |
|      | <b>20</b>    | <b>No School</b> President's Day Holiday |
| Mar. | <b>2</b>     | <b>Minimum Day</b> Faculty Meeting       |
|      | <b>16</b>    | <b>No School</b> Faculty Retreat Day     |
|      | <b>19-24</b> | Missoula Theatre Week/Program            |
| Apr. | <b>5</b>     | <b>Minimum Day</b> Holy Thursday         |
|      | <b>6-13</b>  | <b>No School</b> Easter Vacation         |
| May  | <b>4</b>     | <b>Minimum Day</b> Faculty Meeting       |
|      | <b>28</b>    | <b>No School</b> Memorial Day Holiday    |
|      | <b>29</b>    | Kindergarten Graduation                  |
|      | <b>31</b>    | 8 <sup>th</sup> Grade Graduation         |
| June | <b>1</b>     | <b>Minimum Day</b> Faculty Meeting       |
|      | <b>5</b>     | <b>Last Day of School</b>                |
|      |              | <b>11:00 Dismissal</b>                   |
|      |              | <b>NO PM EXTENSION</b>                   |

Kindergarten Only Minimum Days/Special Schedule:

Mass/Meet @ Church 7:45 a.m.: Dec. 8, 2011  
Christmas Program Practice: Dec. 14, 2011  
Science Olympiad: January 20, 2012  
Mass/Meet @ Church 7:45 a.m.: Feb. 22, 2012  
Seder Meal: April 5, 2012  
Mass Practice: May 9, 2012  
Kindergarten Mass: May 10, 2012  
Kinder Graduation: May 29, 2012  
Kinder End of Year Picnic: May 30, 2012  
No School for Kinder: May 31<sup>st</sup>-June 5<sup>th</sup>, 2012

**KINDERGARTEN 2012/2013  
APPLICATIONS....**

Applications are being accepted for the 2012/2013 school year. If there are current families with siblings entering Kindergarten next year, please turn your applications in as soon as possible. Applicants must be 5 years old by Sept. 1, 2012.