

# MID-MONTH PULSE

## Sacred Heart Parish School



September 16th & 17th, & Weeks of 20th & 27th

### 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.*

---

THURSDAY, SEPT. 16 -- REGULAR SCHEDULE

FRIDAY, SEPT. 17 - REGULAR SCHEDULE

---

MONDAY, SEPT. 20 - REGULAR SCHEDULE

MONDAY, SEPT. 27 -- REGULAR SCHEDULE  
\* ITBS Testing (Grades 2-8)

TUESDAY, SEPT. 21 - REGULAR SCHEDULE  
\* CSAC Meeting 5:30 p.m.

TUESDAY, SEPT. 28 - REGULAR SCHEDULE  
\* ITBS Testing (Grades 2-8)

WEDNESDAY, SEPT. 22 - REGULAR SCHEDULE  
\* Weekly Assembly/Prayer Service (2nd) 8:10 a.m.

WEDNESDAY, SEPT. 29 - REGULAR SCHEDULE  
\* Weekly Assembly 8:10 a.m.  
\* ITBS Testing (Grades 2-8)

THURSDAY, SEPT. 23 - REGULAR SCHEDULE

THURSDAY, SEPT. 30 - REGULAR SCHEDULE  
\* ITBS Testing (Grades 2-8)

FRIDAY, SEPT. 24 - REGULAR SCHEDULE  
\* "Relieve your Stress for the Test" Non-Uniform Day  
See attached flyer for Class Colors to wear  
\* TUITION DRAW

FRIDAY, OCT. 1 - MINIMUM DAY SCHEDULE  
\* ITBS Testing (Grades 2-8)  
\* NOON DISMISSAL ALL GRADES

---

### **IMPORTANT REMINDERS!!!! • ITBS TESTING SEPT. 27TH - OCT. 1:**

We'll be conducting standardized tests (ITBS) of all students in 2 -8 Grades. Your child's attendance for the complete week of testing is very important. It's important to appreciate that these tests are not used to measure academic achievement within our curriculum. The purpose of the test is diagnostic only; identifying student learning strengths and needs. Results from the ITBS are analyzed by our teachers, who use these assessments to help them in planning appropriate curriculum and instruction for students.

### **FALL FESTIVAL OCT. 2:**

**See attached flyer for all the details**

### First Monthly Family Mass:

Our first monthly Family Mass will be on Saturday, September 18, 2010 at Sacred Heart Church at 5:30 p.m., Please come and join the 8th grade class as they have prepared our first Family Mass for the school year.

### • OFFICE REMINDERS:

- **Parents, do not proceed through the campus or go to the classrooms** unless you have stopped by the office, signed in, and put on a visitor/volunteer badge first. Additionally, please try to contact the office to set-up appointments with your child's teacher rather than trying to meet up with them before or after school.

- **Call the Office.....** Call the school office (456-1576) before 8:30 a.m. if your child will be out sick or coming in late to school. You must call even if you have already notified your child's teacher. **NEW THIS YEAR....** A parent must accompany and sign their student in. After 3 tardies in one trimester, on the 4th tardy your student will be assigned detention.

- **Student Drop-Off..... PLEASE** do not drop off students on H Street. We had a very close call on Wednesday morning. Drive into the school and drop off. Do not park at Mercy McMahon. They have had many of our families do that. We have supervision until 3:30 every day so there is no need to be here before 3:00 to pick up your children. After 3:30, students will be sent to extension. Please remember that students, including athletes and cheerleaders may not be on campus without direct supervision. This is Diocesan policy that we must enforce for liability purposes. and most importantly - **SLOW DOWN** in the drop off and pick up area. The school lot is a **NO PHONE ZONE!!!**

### SPORTS NEWS:

All teams will be starting their seasons this week. We'll update you on game results in our October 1st PULSE. Our teams this year include: Football, Cross Country, two Girls Varsity Comp. Volleyball Teams and one JV Rec. and one JV Comp. teams. Good luck to all as you begin your seasons. Also a HUGE thank you to all of our volunteer coaches who have stepped up to coach these teams. We greatly appreciate it.

All 1st through 8th grade students planning on playing basketball this year, turn in your Athletic Consent Forms. These forms must be signed by the parent AND THE DOCTOR.

### Student Safety

We were notified by Sutter Middle School that one of their female students was apparently followed while walking to meet her mother near McKinley Park on Monday afternoon. This happened at approximately 2:30 p.m. A caucasian male, approximately 30 years old in a silver Toyota pick up truck apparently was following her and indicating to her to come to his vehicle. She took the correct action by running to her mother's car.

Please encourage your students to be aware of their surroundings and use the buddy system whenever possible.

---

### FRBC.... HOORAH!

Recently recognized as Sacramento's most popular workout by Shape Magazine, Fitness Rangers BootCamp has found a home at Sacred Heart School. Offering classes at 6am Monday through Friday and 6pm Monday/Wednesday. Sign up today at [www.frbootcamp.com](http://www.frbootcamp.com). All ages and ability levels welcome.

--Special price for Sacred Heart parents and families; \$200 (normally \$250)

--Take advantage of our referral program- Bring a friend and receive an additional discount.

--Next class starts September 20th.

--Contact hoorah@frbootcamp.com for any questions.



