

SACRED HEART CATHOLIC SCHOOL
GOOD NEWS BULLETIN
October, 2009

FROM THE PRINCIPAL'S DESK - While a healthy lifestyle has become an ever-present concern for people of all ages, there is growing concern about the increasing prevalence of childhood obesity. Many children are becoming overweight and are less physically active than children of several decades ago. How can schools and parents work together to curb this growing trend?

At school, we can focus on healthier food choices in our cafeteria and at snack times. Physical education and health classes can be designed to better educate even the youngest children about the benefits of physical exercise and healthy food choices. It is never too early to start practicing healthy habits.

At home, parents can help by providing both opportunities and encouragement for children to adopt an active lifestyle. This may mean hiking or walking with your child, or encouraging your child to ride a bicycle or just climb a tree! If you or your child can walk to the park or even around the block together, this could provide not only exercise for both of you, but also an opportunity to talk naturally about your day, how you feel, or anything you and your child choose. By helping fill your child's day with physical activity, you not only encourage a healthy lifestyle but also limit the amount of time your child spends in passive activity such as TV watching. This promotes good health!

The more active a family becomes, the healthier food choices you will make as well. Eating healthy food simply makes you feel better. Avoid sugary drinks and empty-calorie snacks. Be sure to check the ingredients on pre-packaged lunches from the grocery. You will find that some are definitely healthier than others.

Commit to good healthy habits for your child-and yourself-and you will see many benefits for the entire family!

Today's Catholic Teacher-October 2009

DRESS CODE CLARIFICATION AND REMINDER-All students have received another copy of the Dress Code clarification that was issued in 2006.

See Student-Parent Handbook (page 33)

Underlined words indicate the clarification items.

Boys Dress Policy (Grades 5-12): Proper dress guidelines for boys will include the following:

1. Jeans and slacks are permitted. Shorts are permitted in grades 5-8 only. **All jeans, shorts, slacks must be hemmed, with no frayed, thread exposed. Holes, patched or frayed, are not allowed.**
2. Suits and wind suits are allowed, but no sweat suits or **warm-up pants.**
5. Hair must be kept neatly trimmed, above the ears, and above the eyebrows. **Hair should be no longer than the top of the collar of a dress shirt.** Startling, unusual, and/or distracting hairdos are not permitted.

Girls Dress Policy (Grades 5-12): Proper dress guidelines for girls will include the following:

1. Shorts are permitted in grades 5-8 only. **All jeans, shorts, slacks must be hemmed, with no frayed thread exposed. Holes, patched or frayed are not allowed.**
3. Wind suits may be worn, but no sweat suits, **warm-up pants, or casual knit-type pants.**

Revised: 09-11-2006

<p><u>TUITION PAYMENT BOOKLETS</u> – There is a special envelope in your booklet in October for classroom supplies and materials. If you wish to give, you can include it with your October tuition payment. If you have not received your payment booklet, call Jackie Pettus at the rectory at 798-5888.</p>

OCTOBER-MONTH OF THE HOLY ROSARY – October is the month of the Holy Rosary. The feast of Our Lady of the Rosary is on October 7th, and we will honor Mary by praying the mysteries of the rosary each day in the religion classes. Please remind your children to bring their rosaries to school each day in October.

When we pray the rosary, we repeat the “Hail Mary” many times. With each set of ten “Hail Mary’s” that we pray, we think about a different mystery in the life of Jesus: Joyful (Monday and Saturday), Sorrowful (Tuesday and Friday), Glorious (Sunday and Wednesday) or Luminous (Thursday).

When we pray to Mary, we are with Mary in the plan of the Father, who sends his Son to save all. Like the beloved disciple, we welcome Jesus’ mother into our homes, for she has become the mother of all the living. We can pray with and to her. The prayer of the Church is sustained by the prayer of Mary and united with it in hope.

The Church’s devotion to the Blessed Virgin is intrinsic to Christian worship. The Church rightly honors the Blessed Virgin with special devotion. From the most ancient times, the Blessed Virgin has been honored with the title of Mother of God, to whose protection the faithful fly in all their dangers and needs.

The liturgical feasts dedicated to the Mother of God and Marian prayer, such as the rosary, express this devotion to the Virgin Mary.

DELIVERY OF MESSAGES, LUNCHESES, AND OTHER ITEMS TO SCHOOL-School employees will deliver only those messages which refer to an emergency. Sacred Heart Catholic School will not accept or deliver flowers, balloons, candy, lunches, etc., to students.

Parents are asked also not to bring lunches to school for their children during the regular school day or at lunchtime. Students should bring their lunches with them to school in the morning if they are not eating in the cafeteria. We encourage students to take advantage of the nutritional meals served in our cafeteria.

OCTOBER 5, 2009-BLESSING OF ANIMALS FOR GRADES PRE-K THRU 8 – October 4 is the feast day of St. Francis of Assisi. St. Francis preached peace and unity. He believed all things God created are like our brothers and sisters. He often addressed the sun, moon, stars, and animals as brothers or sisters.

Father John Peters will bless animals at a prayer service on Monday, October 5, 2009, at 3:00 p.m. in front of the school. Parents, you may bring animals to be blessed between 2:45 p.m. and 3:00 p.m. No pets will be allowed in the classroom during the day. If it is not possible to bring your child’s animal, send a picture your child can hold during the blessing.

Anyone interested in joining the students of Sacred Heart Catholic School is invited to bring their pets and participate in this service.

SCHOOLS AND COMMUNITIES UNITE FOR RED RIBBON WEEK – OCTOBER 26-30, 2009 –

About 3 million U.S. teens have an alcohol problem according to the Department of Health and Human services, and more than half of school-age children will have tried illegal drugs by the time they finish high school. In order to combat the disturbing facts, more than 100,000 U.S. schools and other community organizations will celebrate the 18th Annual Red Ribbon Week this year. The event focuses on drug prevention and education for children of every age. In order to reach each child, America’s communities need to band together. Studies show that young people who learn to say no to alcohol, tobacco, and marijuana are less likely to get involved with crime, delinquency and other destructive behavior. Therefore, it is in every community’s best interest to take an active stance against drugs, and Red Ribbon Week is the perfect opportunity.

Sacred Heart Catholic School will participate in the Red Ribbon Campaign during the week of October 26 – 30. This red ribbon is more than just a ribbon. It is a symbol of awareness. It is a sign that we will continue to strive for a drug-free state and nation. The red ribbon is a powerful educational tool that will be utilized not only one week in October, but throughout the year.

PHOENIX YEARBOOK ON SALE NOW - The Phoenix yearbooks are on sale for \$65.00. Names on covers are \$5.00 (must be ordered with the book), plastic covers are \$2.00, and autograph booklets \$1.00.

There are still a few copies of last year's yearbook available for \$60.00.

Your support is greatly appreciated! Contact Mrs. Halata 798-4251, or any yearbook member to purchase a yearbook. Reserve your copy today!

PURCHASING FOR THE SCHOOL-Due to the cost incurred to research and copy charge tickets, the school will be charged \$5.00 for each copy they ask the company to provide. To avoid this charge, please make sure that each time you charge anywhere that the charge ticket is submitted to the school office. **If the school has to request a search and copy of the charge ticket, you will be responsible for the \$5.00.**

BAND TAMALE SALE, November 2 – November 13 – The Sacred Heart Band Booster Club is once again having their annual tamale sale from November 2 thru November 13. Regular and jalapeno tamales are \$8.00 per dozen, and chicken tamales will be sold for \$10.00 per dozen. Tamales can be purchased from any band member or the following officers of the Band Booster Club: Kris Allen at 979-758-1758, Tim Hines at 798-5554; Laurie Janak at 798-4361, Becky McElroy at 798-2831, or the school office at 798-4251. Delivery date is set for Wednesday, Nov. 18, 2009, at the Sacred Heart Parish Family Center from 3:00 to 6:00 p.m.

DREAM STUDENTS – This year the elementary staff is looking for DREAM students! The teachers in kindergarten through 4th grades will be choosing a DREAM student each month. The students chosen will be those who display the following characteristics: have good **D**iscipline, are **R**esponsible, give lots of **E**ffort, work hard in their **A**cademics, and show good **M**anners. The students will be recognized with a picture in the local paper and will receive a special prize for their outstanding achievement.

The August DREAM students are:

Kindergarten **Jillian Brown** 1st grade **Abigail Clark** 2nd grade **Dalton Grahmann**

Congratulations goes out to these students for being DREAM students!!

DYNAMITE STUDENT – The 3rd and 4th grade are looking for Dynamite Students. The student must exhibit these qualities: a positive attitude, good sportsmanship, be a team player, and be very enthusiastic.

The August DYNAMITE students are: 3rd grade **Sadie Bludau** 4th grade **Maci Grahmann**

DIOCESAN SAFETY AND LIABILITY GUIDELINES TRANSPORTING STUDENTS FOR EXTRA-CURRICULAR ACTIVITIES – Students will be transported to and from extra-curricular activities by school-provided vehicles (bus) whenever possible. If a parent wishes to transport a child home after an activity is over, the parent must personally sign the child out with the coach, band director, or sponsor of the activity. **The child may only be released to the parent and not anyone else, such as a relative.** If extraordinary circumstances arise, the principal must be notified by the parent in writing at least two days in advance for approval. (See Parent/Teacher Handbook – pg. 48)

REPORT CARD DISTRIBUTION, OPEN HOUSE, AND EARLY DISMISSAL, MONDAY, OCTOBER 26 - Early dismissal is at 2:00 p.m. on Monday, October 26, 2009. In order to be more informed as to your child's conduct and academic progress, we are going to ask again that all parents come to our **Open House on Monday, October 26, 2009,** and pick up your child's report cards for the first nine-weeks. This will also give you an opportunity to meet with your child's teachers.

You may pick up your child's report cards between the hours of 2:15 – 3:30 p.m. and 5:00-6:00 p.m. Report cards for students in grades 5-12 will be distributed in the Sacred Heart Cafeteria. All other report cards will be distributed in the respective teachers' classrooms. Please limit your conference to 5 minutes. Please schedule an appointment if more time is needed. If you are unable to attend this day, please call the principal at 798-4251 to make other arrangements.

HOME AND SCHOOL ASSOCIATION STRUDEL BAKE – SATURDAY, OCTOBER 31 – The Annual Home and School Association Strudel Bake will be held on Saturday, October 31, at the school cafeteria. Our goal this year is to make 2,300 strudels and we need everyone's help to reach this goal.

The funds from the strudel bake are used to purchase educational equipment, supplies, and materials to better serve your children. Please complete the enclosed work form and come spend some fun time making strudels. There are different types of jobs for everyone and no prior experience is necessary.

We hope to see you on Saturday, October 31. Hamburgers for \$3.00 each will be available for lunch. Please remember that all fundraisers help keep tuition rates to a minimum.

SCHOLASTIC BOOK FAIR – The Elementary Library Media Center will have a book fair Monday, October 26th through Friday, October 30th. We will have a teacher and library wish list during the fair so if any parents or students would like to buy a book, to donate to the classroom or the library, they may do so. The fair will be open each day until 4:00 p.m., except Monday, October 26, when the book fair will be open until 6:00 p.m. Please come and visit the book fair when you pick up your child's report cards. This is one of the ways the elementary library media center is able to receive free books. Thank you in advance for your support.

MAGAZINE DRIVE – Every year the elementary library media center sponsors a magazine drive. This year the drive will begin February 2010 with QSP, Inc. This is an EXCELLENT moneymaking project for the school. We receive 40% profit from every magazine subscription that we sell. Please save your magazine renewals until February, and if you receive a discount coupon or a renewal discount, we can honor them also. So please support Sacred Heart Catholic School by ordering your magazines through our magazine drive and ask family and friends to help also.

SAFETY AT HIGH SCHOOL FOOTBALL GAMES – We want to ensure a safe and pleasant environment at the high school football games and avoid accidents. We are, therefore, asking that young children (those not involved in the actual game) do not play football, or any game involving a ball inside the fenced area of the stadium. Please do not allow your children to bring footballs, etc., to the game. Students are also not allowed to play underneath the bleachers or run up and down the bleachers. All young children are asked to remain in the bleachers unless supervised by an adult.

We thank you in advance for your cooperation concerning this matter. Parents, we need your help in supervising your children.

BOOSTER CLUB NEWS–The Sacred Heart Athletic Booster club got things kicked off again this year with the annual hot dog supper which was attended by very nearly 300 students and parents.

Thanks to some wonderful football parents for providing quick meals after three of our road games so far this year. These meals have been made possible by a few hardworking parents coming forward and contributing their time and money toward a meal for the entire team. Anyone wanting to help out with after game meals for any of the remaining road games should contact Shirley Hollas or Janice Rother and they will be happy to help you with the logistics.

Thanks to Agnes and Larry Greer for overseeing our Super Booster Club ticket sales this year, and a special thanks to all of you who went out and sold the tickets, and returned them so promptly. All 300 tickets were sold and accounted for by Thursday prior to the first home game. We've already given away \$2000 in prizes and will continue drawings at each home game.

We want to thank the following businesses for donating additional prizes to our game ball drawings:

Edward Jones Investments, Hallettsville Hardware, Hallettsville Wal-Mart, Glen's Meat Market, Hermes Country Market, Novosad's Market, and The Hair Shop.

Booster club trivia question for a free hamburger and drink at the October 2, Somerville game.

First person to call Richard Klimitchek at 772-0019 and correctly identify the winner of the game ball that was given away for the Flatonia football game will win a free hamburger and drink at the October 2 Somerville game, compliments of Richard Klimitchek.

Please come and join us each Wednesday night at 7:30 in the K of C Hall of Fame room for a short Booster Club meeting and game film viewing.

COUNSELOR'S CORNER- I am so excited to be the new counselor at Sacred Heart Catholic School. My name is Ana Henke (ahenke@shschool.org) and I am here in the mornings. Having grown up in Hallettsville, it is wonderful to be back “home” among family and friends. Thanks so much to all the Sacred Heart family who have made me feel so welcome.

I have met with each junior and senior individually. I hope to be a resource for them and help guide them throughout these very important years. As I told them, I want to help alleviate some of the pressures and stress of senior year – so if they are on track with where they should be by the end of their senior year, they should not be panicking. And hopefully, parents won't be panicking either!

The date for national testing of high school students is on Wednesday, October 14, 2009. Freshmen will be administered the NEDT (National Educational Development Test), sophomores the PLAN, juniors the PSAT (Preliminary Scholastic Aptitude Test), and seniors the ASVAB (Armed Services Vocational Aptitude Battery). Results of these tests become a part of the student's permanent record. Please remind your children to take the tests seriously and do their very best.

SENIOR INFO – Senior year is the time to focus on preparing for life after high school. For those planning to attend college, they are beginning the college application process. This can be a stressful process as students try to make the deadlines for admissions as well as scholarship applications.

The following are some helpful hints students can implement now to keep the stress to a minimum: 1) Ask teachers for positive letters of recommendation (be sure to allow them sufficient time to do this); 2) if you plan to attend a college in Texas, secure an account at www.applytexas.com and fill out an application or complete the paper form of an application (available in my office); 3) if you plan to re-take the ACT or SAT, schedule it for this fall; 4) put together a resume that includes all activities and honors earned during high school; 5) attend college fairs; 6) begin researching scholarships. Staying organized and having a “plan of action” are important throughout senior year and will serve students well even beyond high school.

The ASVAB has the ability to determine a career or profession the student may consider as a result of having acquired the necessary knowledge to be successful in that field. This can be a very helpful tool in choosing a field of study.

JUNIOR INFO – This is the year to begin thinking about their intentions for after high school. Any juniors who are possibly thinking about attending college should take either the ACT or SAT the spring of their junior year. All juniors were given information about both tests. Practice tests are available in my office for students to be able to prepare for these tests. Juniors should also begin gathering information about different colleges. The PSAT is an excellent test to prepare for the SAT. A parent meeting will be scheduled soon to discuss prom as well as go over information about the ACT, SAT and preparing for senior year.

SOPHOMORE INFO –The PLAN is an excellent assessment to practice for the ACT, as well as supplying the student with an interest inventory which will be helpful in choosing a career or profession to pursue after high school. I have ordered “4 year planning calendars” for both freshmen and sophomores to help begin getting them organized and on track through their high school years.

FRESHMEN INFO –The NEDT test offers excellent academic information for the student, as well as the faculty. The students will have the opportunity to determine if they are on track academically and determine their areas of strengths and weaknesses. The faculty will be able to determine in what areas they need to work more closely with the students.

IMPORTANT DATES:

October 1 – deadline to register for November 7th SAT

October 2 – late registration deadline for October 24th ACT

October 6 – College Fair in Gonzales for seniors (information will be sent home with students)

October 10 – SAT test date (deadline to register was September 9th)

October 14 – test day

October 15 – late registration deadline for November 7th SAT

October 24 – ACT Test Date (deadline to register was September 18th)

October 26 –Seniors/Parent Meeting at 7:00 pm in the cafeteria. We will be covering information about the college application process, financial aid, scholarships, etc.

October 30 – deadline to register for December 5th SAT colleges and universities

THE ROLE OF THE SOUTH TEXAS BLOOD AND TISSUE CENTER – South Texas Blood and Tissue Center is the nonprofit organization that conducts blood drives at Sacred Heart Catholic School. They provide blood and blood products to 80 medical facilities in 43 surrounding counties.

We are fortunate enough to live in a region where state-of-the-art medical facilities, organ and tissue transplant centers and cancer therapy programs are available. Blood is the lifeline of most care. Patients in our service area require an average of 400-500 blood donations each day. The South Texas Blood and Tissue Center collects, tests, processes, and distributes these donations, which are obtained on mobile blood drives.

Basic Requirements – To be a blood donor, you must:

- Be age 16 or older.
- Weigh at least 110 pounds.
- Be in good health.
- Not have donated blood within the past eight weeks.

Teenagers are our Future Blood Donors –The South Texas Blood and Tissue Center will take good care of your teenager.

Testing – South Texas Blood and Tissue Center tests each and every donation for several different viral markers to ensure the safest blood supply possible for our community. These viral markers are not limited to, but include HIV, syphilis and two forms of hepatitis.

Texas Law – Under Texas State law, parent permission is not required of any blood donor 16 years of age or older.

Donor Notification – A small percentage of all donors may test positive for one of the above viral markers. These donors will be notified by mail. Whereby the saying goes “no news is good news.”

All donors will receive a letter with their total cholesterol, blood type, and their next eligibility date.

Important Phone Numbers – If you have questions about donating blood call South Texas Blood and Tissue Center at (210) 731-5555 or (800) 292-5534.

Future Blood Drives:

Monday, November 16, 2009

Monday, February 1, 2010

Monday, May 3, 2010

Monday, September 10, 2010

Monday, November 15, 2010

SPECIAL THANKS – A special thank you goes to everyone who was able to work at or participate in our annual parish picnic on Sunday, September 6. It was a tremendous success and your help and assistance made that possible. The majority of the funds raised from the picnic go to the parish investment for the general operation of Sacred Heart Catholic School. Your kindness and generosity is greatly appreciated.

HEALTH SCREENING-The Sacred Heart Catholic School nurse will conduct spinal, hearing, vision, and acanthosis nigricans screening during the year.

The 68th Texas Legislature passed the Special Sense and Communication Disorders Act of 1983 to identify those children in need of professional vision and hearing examinations. Hearing and vision testing are conducted on Pre-K, K, 1st, 3rd, 5th, and 7th grade and all new students to the school during the school year.

The 77th Texas Legislature passed a law in 2001 that requires schools to screen children for acanthosis nigricans in the 3rd, 5th, and 7th grade. Acanthosis nigricans is a black brown velvety marker that appears on the back of the neck. It is the result of too much insulin. It can be a pre-diabetic condition.

Also according to the state law, all students in grades 6 and 9 must receive a spinal screening. The purpose of spinal screening is to detect the signs of abnormal curves of the spine at their earliest stage so that the need for treatment can be determined.

Parents will be notified of the results of the screening only if professional follow-up is necessary. Please call me if you have any questions at 798-2910.

Gerardette Haas-School nurse

1st INDIAN OPEN GOLF CLASSIC HUGE SUCCESS-We want to thank everyone for their contribution to the success of over 1st Indian Open Golf Classics held on Saturday, September 5. a total of 24 teams (72 players) participated in the tournament and the net income was \$9,585.00.

A special thank you to the hole sponsors, silent auction donors and buyers, and cash donors. Your kindness and generosity is greatly appreciated.

We also want to thank the Most Reverend David Fellhauer, Bishop of the Diocese of Victoria for his participation in the golf tournament. We were all blessed to have him be with us throughout the day.

The 2nd Indian Open Golf Class will be held on Saturday, September 4, 2010 at the Hallettsville Municipal Golf Course. Please mark your calendar.



Happy Birthday!



October

1 Tessa Stoner	14 Rev. John Peters
2 Abigail Clark	16 Addison Belicek
3 Samuel Brown	17 Jenna Brown
Kelsey Bohuslav	20 Madison Kutac
5 Nicholas Hadash	24 Audrey Ross
Mrs. Sandy Zaruba	Taylor Opela
7 Dillon Hollas	28 Freeman James
8 Carly Osina	30 McKenzie Bludau
9 Mrs. Ruth Barton	Michael Wysocki
12 Dalton Grahmann	Brier Shimek
Blake Shimek	
Brianna Jirkovsky	

OCTOBER ANNIVERSARIES

1 Margaret & John David Henneke

11 Dolores & Kenneth Renger

24 Sandi & Larry Koerth

CATHOLIC SCHOOLS: DIVIDENDS FOR LIFE

Faith, Morals, Knowledge, and Discipline

SACRED HEART CATHOLIC SCHOOL HOMECOMING ACTIVITIES



**FRIDAY, NOVEMBER 6, 2009
PEP RALLY & BONFIRE
7:00 P.M.
SACRED HEART SCHOOL GROUNDS**

SATURDAY, NOVEMBER 7, 2009

MEMORIAL MASS

AT 12:30 P.M.

SACRED HEART CATHOLIC CHURCH

FOOTBALL GAME

**SACRED HEART INDIANS VS. Shiner St. Paul
GAME TIME 4:30 P.M.**

HALLETTSVILLE BRAHMA MEMORIAL STADIUM

HALFTIME ACTIVITIES

SACRED HEART CATHOLIC SCHOOL BAND

Announcement of Homecoming King & Queen Candidates

CHICKEN FRIED STEAK DINNER

With all the trimmings

KNIGHTS OF COLUMBUS HALL

Beginning at 6:30 P.M. – 8:00 P.M.

After Sacred Heart Homecoming game

Meal Ticket \$ 7.00

PRIVATE HOMECOMING DANCE

KNIGHTS OF COLUMBUS HALL

8:30 P.M. – 11:30 P.M.

MUSIC BY: D.J.

**ALL SACRED HEART STUDENTS,
ALUMNI, FAMILY AND GUESTS ARE INVITED**

Dance Ticket \$5.00

INTERMISSION

Crowning of the 2009 Homecoming King and Queen

GRADUATES OF 1949, '54, '59, '64, '69, '74, '79, '84, '89, '94, '99, 2004, 2009

Will Be Recognized