

# The PULSE

## Sacred Heart Parish School

Volume 3, Issue 1

August 21, 2009

### Mission Statement

Sacred Heart Parish School, a Catholic Elementary School within San Benito County serves students preschool through eighth grade.

We are committed to teaching the gospel message of Christ, building community based on Jesus' command to love one another, and serving through prayer, worship, and social action. We provide an environment within which students receive training in our Catholic tradition.

We strive to develop competent and compassionate graduates through spiritual, academic and extracurricular programs. Students are empowered with leadership skills, values, and character traits to enrich personal living and develop as responsible, mature, faith-filled citizens.

### Moms Bible Study

Pastoral Office  
3rd floor

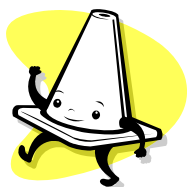
8:00 am—10:00 am

7:00 pm—9:00 pm

on Wednesdays.



We are looking for someone to put the cones out in the morning for the drive through lane. If your interested, please let the office



Welcome Back to School! The summer went all too fast! Almost the same speed as the first week of school. It was wonderful to see all of the smiling faces—parents and children alike! All too often we get caught up in the mechanics of doing “the work”, one task then the next task and the next, so on and so on. We are distracted just for a little while, away from the “why”. I spent most of my summer along with many of our teachers at school focused on “the work”. It was truly inspiring and re-invigorating welcoming everyone back to school.

Back-to-School night is Thursday evening beginning at 6:00pm. There will be a presentation in the Gym followed by two sessions to visit the classrooms. Parents of Pre-K, Kinder and Jr High students are asked to attend the first session from 6:30 to 7:00 and the second session for siblings in other grades from 7:00 to 7:30pm. The format of Back-to-School night for Jr High parents is a little different this year, parents will follow their children’s schedule.

We are looking forward to another exciting year of sharing and growing in our faith, broadening our minds and demonstrating *Christ is Alive* in all of us!

### Lunch order deadline: August 28th

Order forms have been emailed and are available on the school website or hard copies in the school office.

### Reminder Parents....

Please do NOT drop off your children before 7:30AM. There is no playground or campus supervision before that time.

*Sacred Heart Student Council  
Goals for 2009—2010*

*For the year 2009—2010, the Associated Student Body of Sacred Heart Parish School set these specific realistic goals for this school year:*

*To transform our world*

*To create new ideas for the school*

*To keep a positive attitude*

*To look for the positive in others*

*To not have “Someone Else” do it*

*To become better leaders*

*To be helping hands*

*To always respect others and their opinions*

*To meet our expectations*

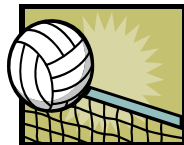
*To have onetime constructive meetings*

*To energize and have enthusiastic assemblies*

*To make it a funtabulous year*

*To keep and respect that Christ is Alive in all of us!*

Milk Cards are available for \$10.00 per trimester in the school office. Only a limited amount of milk will be ordered this year, so please be sure to order soon. Milk starts Monday, August 24.



**All 7th and 8th grade girls**

interested in playing volleyball this year practice will begin

**September 1st (8th grade)**  
from 3:00—4:30pm

**7th graders—Thursday 9/4 from 3:00—4:00pm**



Looking for **boys flag football coach**. Season starts 2nd week of September. If interested please contact Mrs. Canez @ 637-4157 ext. 117

## Upcoming PASS Meeting September 14

All parents/guardians and staff are invited to attend the monthly PASS Board Meetings. The meetings are normally held the first Monday of every month, in the school library. Due to the Labor Day holiday, next month's PASS meeting will be held on **Monday, September 14 at 4:15pm in the school library**. Please join us to find out what's going on, or if you'd like to support us in any of our activities! See you then!



## Partners in Faith

### A Giant Bubble

Wouldn't it be great if we could send our children out into the world in a giant bubble to keep them safe from harm and sin? In fact, if we keep them close to God, they will be safer than in any magic bubble. "The LORD is my strength and my shield; in him my heart trusts". (Psalm 28:7).



### 4 Tips for smoother mornings

Getting ready for school in the morning can be frazzling for even the most practiced of families. Try these tips for smoother mornings this fall:

**Stick to a regular bedtime:** Making sure children get a good night's sleep is key to ensuring a peaceful morning. When children go to bed at a reasonable and regular time, waking the next day is easier. Learning improves, too.

**Limit breakfast choices.** Offering two healthy choices instead of unlimited access to the pantry, for example, will reduce the amount of time spent deciding. Cold cereal, muffins, fresh fruit, etc., are all quick and healthy choices. Offering simple foods may enable children to help themselves.

**Don't allow too much time.** Set wake-up times so that there is just enough time to wash, dress, eat and walk out the door. That may mean laying out clothes and packing backpacks the night before.

**Be sure to set aside a few minutes for family prayer.** There's no better way to start your day than with God's blessing.

**Thank You** to Anna Latham and Letty Penzo for organizing the first Uniform Exchange and Campus Beautification of the New School Year! Great job!

Thank you to all the parent and student volunteers your efforts are greatly appreciated.



**Please leave forgotten lunches in the hallway on the cabinet.**

**Bring other forgotten items to the office the students will retrieve them at the appropriate class time.**

### Parent Reminder:

Please do not bring fast food for your children at lunch-time as it causes a significant disruption among students during the lunch recess. If you need to bring a lunch, please be sure to bring a healthy lunch and drink. Thank you for your cooperation.



**A BIG Thank You** goes out to Shawna Cottrell for organizing the refreshments for the First Day Coffee **and** the New Family Orientation. Great job!

