



HEART TO HEART



October 6, 2011

The Parish Connection

On Sunday, October 9th, parishes in the Diocese of San Diego will observe "Rosaries for Peace."

We will say a decade of the Rosary after every Mass. Everyone is invited to stay after Mass for a few minutes to join in prayer for peace.

Associated Student Council (ASC)

Do not forget to turn in your Jeans for Jesus forms to the Front Office to support their fundraising. Students can wear jeans with their uniform shirt and for an extra 50¢; you can wear free dress shoes. (Pants cannot have holes or rips; shoes must be closed-toed, and no heels.)

Student Learning Expectation:

*Sacred Heart Parish School students are:
(1a) Faith filled Christians who demonstrate the Catholic faith by knowing it.*

Calendar of Events

- Oct 6: Quarter 1 Progress Report*
- Oct 7: No School – Golf Tournament*
- Oct 10 – 21: ITBS Testing (Grades 2 – 8)*
- Oct 12: ASC Jeans for Jesus*
- Oct 15: Cathedral Catholic High School Open House*
 - *Location: Cathedral Catholic High School*
 - *Time: 10 a.m. – 2 p.m.*
- Oct 19: Student Holiday -Teacher WASC Prep***
- Oct 20: Pizza with the Principal*
- Oct 25: PTG Meeting*
 - *Guest speaker; Dr. Connie Campbell, Associate Dean, School of Education, Point Loma Nazarene University*
 - *Location: St. Margaret Mary Room*
 - *Time: 8a.m. (after morning drop-off)*
- Oct 25: Covenant Mass (Grades 2 and 6)*

Letter from the Principal

Dear Parents,

This week I would like to brag a little about our great teachers here at Sacred Heart Parish School. Last Saturday, the teachers voluntarily attended an all day seminar at Point Loma Nazarene on "teaching strategies and engaging students at a higher level". It was amazing for me hear our instructor, Ernie Mendez, discussing and demonstrating things great teachers do, and know that I see many of his techniques already being applied by our teachers in the classroom everyday. Great teaching is a craft, combining an individuals' own gifts with effective strategies, training, and practice. I have always been impressed with how dedicated the teachers in this school are, and as principal, how willing they are to stretch themselves; continually growing and improving on what they already do so well. I would love to pull the curtains back, so you, our school parents, can know what are teachers are doing in the classroom and why. If you are able, please make it a point to attend out next PTG meeting on Tuesday, Oct. 25 at 8:00 AM, when our guest speaker will be our own SHPS "personal teaching trainer" Conni Campbell who has worked the last three years with our faculty on our teaching methodologies and assessments. I promise it will be an interesting morning for you!

Sincerely in Christ,

Peter Harris
Principal

Hot Lunch Program

Our Mission Pizza Wednesdays will begin in October.

The October-November Pizza Menu is available on our School Website

Deadline for ordering: Monday, October 10, 2011



Events

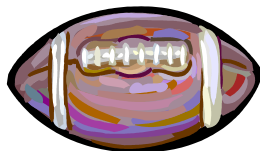
Catholic Schools in the San Diego Diocese will be conducting standardized testing of students' in grades 2-8. The Iowa Standardized Tests (ITBS) will be conducted October 10th through the 21st. We take our tests in the Fall, to get an early assessment of our students. The students are measured by comparing their scores with other Catholic School students who take the same test around the country. Catholic schools as a whole are not ranked based on scores like the public schools. The faculty uses the test results as a diagnostic tool to help better understand where the students are in relation to their grade level and our curriculum. The test results also let the teachers know the strengths and weaknesses of their class as a whole. This helps them with their curriculum strategy for the rest of the school year. Parents will receive a copy of their child's report along with an explanation of how to interpret the scores. These tests are a snapshot of how your child is performing compared to other students taking this test nationally. The homework load during the testing weeks will be lighter. Please make sure your children get plenty of rest!

WASC stands for Western Association of Schools and Colleges and they are an accrediting commission for school. "WASC values accreditation as a process designed to strengthen schools in the delivery of quality educational programs. Accreditation is important to schools as it impacts students' access to colleges and universities and career opportunities in a variety of ways. An effective WASC self-study review is a powerful tool for schools to improve the quality of education and more effectively serve staff and students," noted David Brown, Executive Director of WASC. For more information about WASC, you can visit their website at www.acswasc.org.

SPORTS

VARSITY FOOTBALL:

Saturday, October 8, 2011
SHPS VS Mt. Carmel
11:30am @ Mater Dei Catholic HS



Congrats to the team for a 2-0 record to start!!!
Come out to the game and show your school spirit!!

PEE WEE SOCCER: GRADES K-4

Soccer sign-up flyers were distributed to classrooms for Grades K-4. The flyer will also be available on the school website. Practices will begin in October and will be announced when scheduled.

Games begins in November!!



Announcements

- **Altar Serving Training** Sunday, October 9th noon-2pm. Child must be a 4th grader or above and have received First Communion. Please contact Peter Mishky (pmishky@gmail.com or 619.820.1430)
- **Business Office:** Please note that the Front Office does not have cash to make change for large bills. The Business Office takes checks for payments for PE uniforms, Daycare, After School programs, etc.
- **Birthday Bulletin Board Volunteers:** If you would like to volunteer to design and decorate the student birthday bulletin boards for November and December, please contact Mrs. Pilar Amarillas. The school will provide all necessary supplies. This is a fun way to fulfill your Service Hours.

Notice

Reminder to parents that the Precious Blood is offered to students in grades 3-8 at the morning Mass. If you prefer they not receive it please notify your classroom teacher.

Golf tournament prayer

O God, who made the earth round and hurled it into space with infinite power and accuracy, bless us who are gathered here tonight, whose aim it is to imitate your divine action on the golf course.

Grant us a portion of your power, smoothness and accuracy. Give us poise, perseverance and patience in our golfing efforts. Implant in our hearts a love for this great game – but a greater love for our fellowman on and off the golf course. May brotherly love reign supreme in all our golfing and kindred activities.

Bless our staff, our officers, our champions, our duffers. Increase their proficiency and decrease their scores. Lengthen their woods and straighten their irons. Control their approaches and guide their putts. But above all, O Lord, bestow on them a saving sense of humor and balance so that they may always golf in the spirit of charity, humility and reverence for your name.

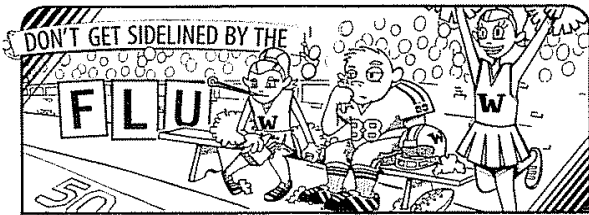
Finally, O Lord, bless this spirited social gathering, and this food that we are about to take in realization that all good things – even a good score – come from you.

Amen.

- Complete Speaker's and Toastmaster's Library, # 317

THE FLU: WHAT PARENTS NEED TO KNOW TO KEEP KIDS HEALTHY

With flu season upon us, it is important that we work together to keep our children and school healthy. By keeping our children flu-free, we benefit the community as a whole. Additionally, healthy students miss fewer days of school, which results in less stress on the family. Following are answers to frequently asked questions about the flu and how to help protect your child.



WHAT IS THE FLU?

- The flu is caused by the influenza virus, which infects the lungs, nose and throat
- Flu can cause mild to severe illness, and sometimes, can lead to death
- Each year in the United States:
 - 5-20 percent of Americans fall ill to the flu
 - Children are two to three times more likely than adults to get sick with the flu, and they frequently spread the virus to others
- Young children are at the greatest risk for developing serious flu complications, as well as the elderly and those with certain health conditions

HOW DOES FLU SPREAD?

- There are two ways to get the flu. Usually flu is spread from person to person through coughing and sneezing. Occasionally, people can get the flu from touching a germ-infested surface

WHAT ARE THE COMMON SYMPTOMS OF FLU?

Often we get confused about the symptoms of the flu and how they are different from a common cold. Knowing the symptoms of the flu is important and will help you act quickly to get your child feeling better faster

- Common symptoms of flu include: high fever, severe headache, muscle and body aches, exhaustion and dry cough
 - Children often have additional flu symptoms that are rare in adults, such as nausea, vomiting and diarrhea
- Symptoms of a common cold include: stuffy nose, sneezing, sore throat and hacking cough

SIMPLE STEPS FOR KEEPING YOUR CHILD HEALTHY

- According to the Centers for Disease Control and Prevention (CDC), the best way to prevent your child from getting the flu is to take him/her to get a flu vaccine
- You should talk to your child about practicing good health habits, such as:
 - Washing hands frequently with soap and warm water for at least 20 seconds
 - Covering mouth and nose with a tissue when sneezing or coughing, and disposing of the tissue in a proper trash receptacle
 - Avoiding sharing drinks, water bottles or silverware with others
- You can help prevent the flu from spreading at home by disinfecting frequently touched surfaces, toys and other commonly shared items
- Also, if someone in your household gets the flu, a doctor can prescribe a medication – called an antiviral – that can actually prevent other members of the household from catching the flu
 - Studies show that some antiviral medications are up to 89 percent effective in preventing the flu when taken once daily for seven days

DON'T TAKE THE FLU LYING DOWN

- If you are concerned about your child's flu symptoms, call your doctor early. Call your doctor immediately if your child has a chronic disease. Some children may benefit from an antiviral medication, which can be prescribed by a physician and can help lessen the duration of the virus and reduce the risk of complications, such as pneumonia
 - To be effective, antiviral medication should be taken within 12-48 hours after flu symptoms begin
- If your child has the flu, it is important for them to stay home from school, rest, and drink plenty of fluids
- Additionally, notify the school Health Office at 619-437-4431 if your child has the flu. Monitoring flu incidence at Sacred Heart Parish School will help keep students, faculty and our community health

