



HEART TO HEART



September 30, 2011



GOLF TOURNAMENT

Support our school by joining us for a wonderful day of golf on Friday, October 7th. Or, join us for dinner and the auction following the tournament. Either way, don't miss this great opportunity to have a great time with your fellow Sacred Heart parents and the local community. As a special incentive, the class with the most participants - both golfers and dinner guests - will receive a pizza party! Registration forms are available in the office or online at the school's website.

We have all been abundantly blessed with our numerous talents and gifts. Please thoughtfully consider other ways in which you can participate with the Golf Tournament this year. Perhaps you or your friends, family, or business associates can contribute services or gift cards to the event? Maybe sponsor a faculty member to play or volunteer to help on the day of the event? Any contribution, no matter how small, plays a large part in supporting our school and our children.

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.



Calendar of Events

Oct. 4: Blessing of the Animals

Oct 5: Reyman Photography (Picture Make-up)

Oct 6: Quarter 1 Progress Report

Oct 6: Visitation Day (Grade 8)

- *St. Augustine High School (Boys)*
- *Academy of Our Lady of Peace (Girls)*

Oct 7: No School – Golf Tournament

Oct 10 – 21: ITBS Testing (Grades 2 – 8)

Oct 15: Cathedral Catholic High School Open House

- *Location: Cathedral Catholic High School*
- *Time: 10 a.m. – 2 p.m.*

Letter from the Principal

Dear Parents,

Thank you for attending our Movie Night last Friday evening. The ASC and the PTG hosted a wonderful event. The food was delicious, and everyone had a great time. The evening was spent with children playing and families getting to know one another. Fr. Mike was delighted to see so many new families and first time attendees. We are looking forward to our Spring Movie Night and another great turnout.

Listed below are Sacred Heart Parish School's "Student Learning Expectations." All Catholic schools in the Diocese of San Diego use their SLEs as the framework for student learning and teaching instruction. In the Fall, the faculty and staff review, revise and refine them. Sacred Heart's SLEs, while consistent with other Catholic schools in their content, are unique in their simplicity. We strive to create "faith filled Catholics," "engaged learners," and "responsible citizens" with every student. The design of our curriculum and teaching methodologies are to fulfill these goals. It is important for you to be engaged with our SLEs as well. Please take a moment to read them and consider viewing our school through them. Feel free to discuss this with our teachers, your children, and myself. Through shared understanding of Sacred Heart's core goals and expectations, we can work effectively together to achieve them.

Sincerely in Christ,

Peter Harris
Principal

Student Learning Expectations (SLEs)

Sacred Heart Parish School students are:

1. Faith filled Christians who demonstrate the Catholic faith by:
 - a. knowing it
 - b. praying it
 - c. living it
 - d. serving it
2. Engaged learners who exhibit:
 - a. knowledge
 - b. communication
 - c. skills
 - d. ability to work in groups and as individuals
3. Responsible citizens who:
 - a. promote peace and social justice
 - b. respect self and others
 - c. share time, talent and treasure
 - d. practice compassion for people of all cultures

Events

The “Blessing of the Animals” is held on the Feast Day of St. Francis of Assisi, the Patron Saint of Animals. Father Mike will perform a special blessing for all family pets, pictures of pets, and stuffed animals. Several teachers and staff will be bringing in their pets. Parents please take your pets home directly after the blessing. We will have a special clean-up crew there to clean and sanitize the blacktop after the animals are gone.

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!

SCHOOL RAFFLE

Don't forget to turn in your raffle tickets and payment to the school office so you can have a chance to win our Grand Prize - the special Vintner's Table for 10 at the Vine & Branches spring gala - worth over \$2000! The drawing will be held at the dinner following the Golf Tournament. You do not need to be present to win, however, you can't win if you don't play.

SPORTS

- **Varsity Football:** Saturday, October 1, 2011
St. Patrick VS Sacred Heart
10:30 @ Mater Dei Catholic HS
- **Soccer:** Sign-ups for Pee Wee Soccer (Grades K-4) will begin next week. Practices will begin in October and games begin in November. Sign-up flyers for each team will also be available online on the school website after October 4th.
- **Cheerleading:** Anyone interested in leading/coaching our Cheerleading squad please contact:
Trisha Ross in the Health Office 437-4431 Ext. 212



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.

Associated Student Council (ASC)

The ASC will be hosting four fundraising “Jeans for Jesus” events during the school year. Please mark your calendar for the following dates.

- October 12 (Wednesday)
- November 16 (Wednesday)
- February 8 (Wednesday)
- May 9 (Wednesday)

The ASC will also sponsor “Themed Free Dress Days”. Listed below are the dates and colors students may wear. Please note that the Free Dress rules still apply. If you have any questions, please ask your classroom teacher.

- Halloween (Monday, Oct. 31)
 - Colors: Orange, black and white
- Veteran’s Day (Monday, Nov. 14)
 - Colors: Red, white and blue
- Christmas (Wednesday, Dec 16)
 - Colors: Red, green and white
- Valentine’s Day (Monday, Feb 13)
 - Colors: Red, pink, white and purple
- St. Patrick’s Day (Friday, March 16)
 - Colors: Green, white and gold
- Memorial Day (Friday, May 25)
 - Colors: : Red, white and blue





Peanuts, Peanuts Everywhere

FRIDAY, Aug. 19 (HealthDay News) -- When Bela Mehta's toddler son was diagnosed with a severe peanut allergy, she carefully explained to her parents and in-laws that ingesting even the tiniest amount of peanut could cause a life-threatening reaction. Yet when the grandparents came over to babysit, Mehta would come home to find that they'd brought over desserts that contained peanuts, or that they were continuing to make dishes containing peanuts using her blender.

"I said, 'If it was labeled [poison](#), or cyanide, would you still bring it here?'" said Mehta, a mother of two who lives in Chicago. "That's how dangerous it is to him." Despite having a close-knit, involved and loving family, Mehta has struggled to make sure relatives understand just how seriously they need to take her son's [food allergy](#). Her experiences are far from uncommon, according to a new study."

British researchers found that families with children who have nut allergies often described being taunted or feeling excluded during social events. "What they described is really a very difficult set of experiences," said senior study author Mary Dixon-Woods, a professor of medical sociology at University of Leicester. "In virtually all cases, the child has had a very extreme reaction to nuts. Parents described it as being very frightening. It often involved a dash to the emergency room to get treatment. They didn't know what was going wrong, and the child often had symptoms like swelling and difficulty breathing." Nearly 6 million U.S. children -- or about one in 12 kids -- are allergic to at least one food, with peanuts, milk and shellfish topping the list of

most common allergens, according to research published in [Pediatrics](#) in July.

Peanuts can cause a severe, potentially life-threatening reaction known as [anaphylaxis](#)-- wheezing and trouble breathing, vomiting, swelling, persistent coughing that would indicate airway swelling, and a dangerous drop in [blood pressure](#). For now, the primary treatment for peanut allergies is avoidance.

"Peanut allergies are very life-threatening", Dr. Ruchi Gupta, an associate professor of pediatrics at Feinberg School of Medicine at Northwestern University in Chicago who studies food allergies, said. "Kids with a peanut allergy can have shortness of breath. Their throat closes. Their blood pressure drops and if not treated immediately, it can lead to death."

The Health Office is printing Peanut information in order to further inform and educate Sacred Heart families and children of the dangers of this allergy, as we have students on campus with this allergy. Please be considerate when packing lunches and snacks for your children.