

Sacred Heart of Jesus School Newsletter

October 1, 2009

Principally Speaking

Dear Parents,

I recently wrote about picking up an oar to help. I know many of you do this every day, but I wanted to share another story of someone who is a great role model in another parish. I worked at a school and there was a mom there with seven kids in her household. She amazed me at her energy and the way her children behaved. She was simply a great role model. Of course she was a graduate of the Catholic Secondary Schools.

What took me by surprise the most, was when there was a new student in one of her children's classes, she made them feel welcome. She would have them over for at least one play date. If there was someone who she felt was really being left out, she would have them over more than once. This may not seem like much, but with seven children of her own, it seemed like a lot to me. I always thanked her for her willingness to make others feel welcome. She was truly an example of WWJD. I think of that in two ways, "What Would Jesus Do" or "Walk With Jesus Daily". Either way, it works. Maybe this is a long story, but some of you will catch on to what I mean. If you have the ability to invite someone over and make them feel better here at Sacred Heart of Jesus Community, please do. If you can continue to pray for all of us, please do that, too.

Yours in Christ, Mrs. Christine Peplinski

Parenting: Hope For The Future

Sr. Jean and Sr. Marguerite (Partners In Parenting Program Directors) are hosting a three part series for parents that will focus on communication skills between parents and pre-teens and teens. These techniques are also applicable with younger children as well.

Each session will include a video presentation, suggestions, handouts and group support.

The sessions are October 6th, 13th and 20th from 7:00pm until 8:30 pm at the Dominican Center at Marywood.

Please contact Sr. Jean and Sr. Marguerite at 459-2578 for more information or to register please call the Dominican Center at 454-1241.

The cost is \$10.00 per session, or \$25.00 for the series.

Notes and Reminders:

1. **On Friday, October 2nd the students will be dismissed at 11:05 am. THERE WILL BE NO TRANSPORTATION!** Please make arrangements for your students to be picked up promptly at 11:05 am. The Teachers have an In-service scheduled to begin at 11:15 am. Thank you for your cooperation.

IMPORTANT DATES

Friday Oct. 2	9:00 am Liturgy—5th Grade NO LUNCH 11:05 am—DISMISSAL
Saturday Oct. 3	11:00 am—Pulaski Parade on Fulton Street (if you are riding the float, 10:15 on Lexington just off Fulton)
Monday Oct. 5	8:00 am—SCRIP Orders Due
Tuesday Oct. 6	7:00 pm—Home & School Meeting
Friday Oct. 9	9:00 am Liturgy—3rd Grade

ZUMBA!

Are you interested in finding a way to keep the pounds off during the fall/winter season? Do you like Latin music and dance? Need a night of fun? If so, you may be interested in trying Zumba, the extremely popular aerobic exercise featuring Latin music and dance.

Join us every Monday (starting October 16th) from 6:00-7:00 p.m. in the Sacred Heart of Jesus Gymnasium for a night of free fun!! Bring a friend (or two) and join us as we enjoy a night of community fellowship, Latin music, and practice healthy lifestyles. A schedule will be handed out for future classes. Once a month, your children and their friends will be also be invited to participate. Get the word out! Motivate yourself and others to take control of their lifestyle. "Who knew working out could be so much fun!!"

For questions, please contact Kate Norman at katenorman@catholicweb.com

Prayer of the Month

Students will be working on this prayer during the coming month. Please connect with them by reviewing it at home and praying it together.

Hail, Holy Queen

Hail, Holy Queen, Mother of Mercy; our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate thine eyes of mercy toward us and after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary pray for us, O Holy Mother of God, that we may be made worthy of the promises of Christ. Amen.

Office Needs

The office is in need of cough drops and children's Tylenol (liquid or chewable tablets).

Fall Festival Update

You should have received requests from your student's teacher to help with a game at Festival (October 18th). If you can help out, you will have fun!

We need 2 liters of soda for the ring toss game. Jeans Day passes will be given (one per student) for helping out with soda.

The sucker tree also needs your help! If you could donate a bag of Tootsie Pops, that would also be a big help! A Jeans Day Pass will be given for this too.

If you have any questions, or would like more volunteer information—please call the school office.

Parade Reminder

Our Home & School and Knights have been working very hard on making a trophy winning float! On Friday evening at 6 pm, the rails need to be placed on the float. If you can help out (please bring a cordless drill if you have one), be in the parking lot at 6pm. On Saturday morning—at 6:00 am the work will begin on assembling the float. Nikki Pacific promises that there will be donuts.

If you are unable to help with either of these, please come to the parade and show your school spirit! The parade begins at 11:00 am and will come down Fulton. If you are riding the float, a note will be coming home about where the "staging" area is—somewhere on Lexington between Fulton and Park is the info that we have right now.

Enclosures

1. Fall Cake Walk Flier
2. Grand Rapids Catholic Theater Information
3. Zumba! Information

Volunteer Opportunities

HIGHLIGHTS FOR OPPORTUNITIES:

- Auction is gearing up for another fabulous event! If you can help obtain or log donations, package prizes, assist with set up or clean up or would like to work at Auction please call Nikki Pacific at 458-0762.

Falcon Sports

5th & 6th Grade Football

Oct. 3rd	10:30 am at Holy Spirit
Oct. 10th	10:30am at St. John Vianney

7th & 8th Grade Football

Oct. 3rd	Noon at Holy Spirit
Oct. 10th	1:30pm at St. John Vianney

5th & 6th Grade Volleyball

Oct. 3rd	9:00 am at Sacred Heart
Oct. 17th	10:00 am at Holy Spirit

7th & 8th Grade Volleyball

Oct. 3rd	1:00 pm at St. John Vianney
Oct. 10th	2:00 pm at IHM Court #1

5th & 6th Grade Soccer

Oct. 3rd	10:15 am at IHM
Oct. 10th	10:15 am at Holy Spirit
Oct. 12th	6:15 pm at Rockford Christian
Oct. 14th	6:15 pm at St. John Vianney

7th & 8th Grade Soccer

Oct. 3rd	11:45 am at IHM
Oct. 7th	5:00 pm at Holy Spirit
Oct. 10th	11:45 am at Holy Spirit
Oct. 12th	5:00 pm at Rockford Christian
Oct. 15th	6:15pm at Holy Spirit

If you have any questions, please contact the Athletic Director—Joe Lidgard at 453-3143.

WORD Reminder

Please call Sister Vera at 459-0826 (WORD Classroom) as soon as you know that your child will be absent from the program. Most often your student's absence will necessitate that his/her tutor be cancelled. Your call will avoid inconveniencing the tutor by making a needless trip to school. Thanks for your cooperation!