



The School of
Sacred Heart St. Francis de Sales
307 School Street
Bennington, Vermont
05201
802-442-2446

www.sacredheartbennington.org

February News 2016

Lent Begins Soon

Each year the church sets aside 40 days as a special time we call LENT.

This year's Lenten season begins on Ash Wednesday, February 10. We will have a special Liturgy at 10 AM with distribution of ashes here at school.

Stations of the Cross will take place on Friday afternoons (2/26, 3/4, 3/11) in our multi-purpose room beginning at 2 PM. All are welcome.

The Sacrament of Reconciliation for students in Grades 3 through 8 will also take place during the Lenten season.

Lenten boxes to help support Operation Rice Bowl are being sent home next week for all our students. Please emphasize with your children the importance of sacrificing for others. These boxes will be collected during Holy Week.

It is important for us to journey together with Jesus remembering the sacrifices He made for all of us.

A Lenten Reflection

Yet even now, says the Lord, Return to me with all your heart, With fasting, with weeping, and with mourning; Rend your hearts and not your clothing. Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing. Who knows whether he will not turn and relent, and leave a blessing behind him, a grain-offering and a drink-offering for the Lord, your God?

Joel 2:12-14



We are always seeking new students. If you know of any family who may be interested in enrolling their children, please let us know or have them give us a call. Word of mouth is a great marketing tool. Maintaining our enrollment is crucial to our existence. Please help your school community.



Happy
Valentines
Day

Happy Valentine's Day!

Valentine's Day is Sunday February 14. There are no actual parties scheduled for this holiday, but students in Pre-Kindergarten through Grade 4 will have the opportunity to exchange Valentines with their classmates and have light refreshments at the end of the day on Friday, February 12. Room Parents will be contacting you to help out once plans have been made.

Grades 5, 6, 7, and 8 will have a Valentine's Day Dance on Friday, February 26, from 7:30 PM—9 PM in our multipurpose room. Admission is \$5 per person. Refreshments will be available and students may bring a guest. Middle school parents are welcome to send in baked goods for the dance if you so wish.

“We don't teach them because they're Catholic but because we are Catholic.”

Cardinal James Hickey, Washington, DC

WINTERTASTIC AUCTION

Join us for a fun evening with your friends and colleagues and help us raise funds that will benefit the educational programs at The School of Sacred Heart St. Francis de Sales.

DATE?

Saturday, February 27

TIME?

6 PM Hors d' oeuvres and
Cash Bar

7 PM Live Auction

WHERE?

The Mount Anthony Country
Club

180 Country Club Drive
Bennington, VT

COST?

\$30 Admission

GREAT ITEMS!

“Safe and Sacred”

Deadline approaching

All volunteers, including parents, are required to comply with the school's request for a Vulnerable Record Check for the safety of our children. This is in accordance with Diocesan policies and is required for anyone who wishes to work with our students in any capacity. Fingerprinting is not necessary for this background check.

In addition, all staff members, coaches, and volunteers (new and old) who work directly with children (including field trip chaperones, lunch room helpers, etc.) must complete a new on-line program called **“Safe and Sacred.”** New volunteers need to do it right away and all others need to have it done by February 1. Don't delay!

The “Shield the Vulnerable” program previously used, as well as the “Virtus” program will no longer be valid.



Tuition Assistance Applications

Tuition assistance applications for next year will be sent home the week of February 22. These are due to FACTS management by March 25. A few key points to keep in mind:

- If you are seeking scholarship assistance, you must file these forms by the stated due date. Scholarship amounts will be announced in April and each family applying for assistance will receive a letter announcing their scholarship amount. FACTS has a toll free number if you need help filling out your application. You may also file on-line.
- Families who believe they need financial aid are encouraged to take advantage of the assistance that is being offered. Grant Aid applications assure fairness to all our families.

If you have any questions, please call Mr. Estes and he will gladly answer your questions.



Winter Break

Our school will be closed for “Winter Break” the week of February 15. Enjoy this time with your family.

February 8 is a noon dismissal day for SHSF. Public schools are closed so we will not have lunch at our school that day. Students will have to eat at home after dismissal.

Catholic Schools Week Highlights

Sunday—January 31

Faith, Knowledge and Service: In Our Parish

Monday—February 1

Faith, Knowledge and Service: In Our Community

Tuesday—February 2

Faith, Knowledge and Service: In Our Students

Wednesday—February 3

Faith, Knowledge and Service: In Our Faculty, Staff and Volunteers (Teacher Appreciation Day)

Thursday—February 4

Faith, Knowledge and Service: In Our Vocations

Friday—February 5

Faith, Knowledge and Service: In Our Families

Mission Statement

Providing excellence in academics and a deepening faith in God and Gospel Values in an environment that is caring, challenging, and respectful, striving to develop in every student the habits of thinking critically and acting responsibly in daily life.

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From the Principal's Desk

As guardians, educators, and role models to the children in our lives, it is important that we are conscious of this fact: What we do and how we act have an impact on the ways our children think about themselves and the world. If we are always down about ourselves or make disparaging comments about ourselves or others, children will likely mimic that behavior. Peers in school along with media and marketing put pressure on children to look and act. It is important to teach our children to love themselves and to be proud of who they are amidst so much pressure to be a certain way.

Here are a few tips on how to help your child feel confident and have a positive self-image:

Stay connected with your child: Try to encourage your child's interests and stay connected with him/her by talking regularly about interests or even just a bit about the school day. By showing an interest in what they are into or what they did today at school, you can boost children's self-confidence and inspire them to feel positive about themselves and about their world.

Talk with your child about societal pressures: Ask your children about societal pressures they feel they may be facing. One way to open up this conversation is through video clips or movies of different types that illustrate societal pressures your children may be facing. Resources may be found online and are great ways to begin these conversations.

Encourage your children to be healthy and happy in their skin: Commit yourself to modeling good eating habits; this will encourage your children to eat more healthfully. Don't talk about dieting or about your negative feelings about your own body. Have positive conversations about body image and encourage your child to play outside to stay physically active and better yet, play outside with them! A great video series to watch is the Jubilee Project's series called *Comfortable: 50 People 1 Question*. This video is great for talking about body image with tweens and teenagers.

Having confidence and having a positive self-image will help ease transition from child to tween, to teenager, to adult. Cultivating confidence and inspiring a positive self-image in children is not always easy, but it will help your child become the best he or she can be.



LENT