

SHSF NEWS



Monthly Newsletter of Information

May 2015

Race for Education

We are off to good start. Pledges have already started to arrive. Thank you for getting those labels into us in such a timely manner. It definitely made a difference.

On Monday, May 18, our school will be participating in our fifth annual "Race for Education." By now you have probably read or heard about it from your children. It is definitely a fun way to for the students to raise funds for our school. The teachers and staff are also excited about participating in this healthy and safe activity.

The "Race for Education" is a walk-a-thon which involves all our students from preschool through Grade 8. They will be walking at the Mount Anthony Union High School Track for one solid hour starting at 9 AM. Students solicited sponsors by asking them to give a donation to the school.

We look forward to another great event. Come join the fun . We look forward to seeing you on May 18.

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.



The School of Sacred Heart St. Francis de Sales 307 School Street Bennington, VT

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Grandparents' Day

We would like to invite all grandparents or special friends of our students to join us on Friday, May 22, for a special afternoon beginning at 1:00 PM. The afternoon celebration will begin with a brief presentation entitled "Possibilities" in the multi-purpose room followed by a reception on the lawn. The children and their guests look forward to this event every year. Please pass on the word early so that the date can be put on their calendars. Our celebration this year will be hosted by the fifth grade parents.

May Crowning

Our May Crowning honoring our Blessed Mother will take place on Friday, May 1, during the 9 AM First Friday Liturgy at the church. The eighth grade class will be planning this devotional tribute to Mary. Songs and prayers to Mary will be incorporated. We hope that many of you will be able to share in this beautiful tradition celebrated by Catholics throughout the world during the month of May.



Uniforms—Free Shipping Weeks

This year, rather than coming to school for uniform measuring for next year, Flynn and O'Hara will be offering free shipping to all Sacred Heart St. Francis parents who order uniforms BETWEEN June 15th and June 30th. You can order online or call the toll free number, 1-800-441-4122. The CODE for free shipping is SHIPFREE15.

CALENDAR OF EVENTS

- *May 1 Crowning of Mary at Church 9:00 AM*
- *May 4-8 Terra Nova Achievement Testing*
- *May 7, 8 and 9 "The Lion King Jr." 7:30 PM*
- *May 18 Race for Education*
- *May 22 Grandparents Day 1:00 PM*
- *May 25 Memorial Day - No School*
- *May 27 SVSU Track Meet at MAUHS (Noon)*
- *May 28,29, and 30 Scholastic Book Fair*
- *June 2 School Concert (Chorus/Bands) 7 PM*
- *June 3 Eighth Grade Trip to New York City*
- *June 5 First Friday Mass—9 AM at church*
- *June 12 Last school day for Eighth Graders*
- *June 15 Eighth Grade Completion Ceremony, Dinner, and Dance 5 PM—9:30 PM*
- *June 15, 16 and 17 Early Dismissal at NOON*
- *June 16 Adventure Day and Barbecue*
- *June 16 Preschool and Kindergarten Ceremony 12:30 PM*
- *June 17 Awards Assembly 9:30 AM*
- *June 17 Last Day of School (Dismissal will be after awards.)*

Terra Nova Testing

All schools in our Diocese will be taking the Terra Nova Achievement tests beginning Monday, May 4, and continuing through Friday, May 8 for most grades. Grades 1 through 8 will be testing at various times throughout the week. It will be important for your child to be well rested and at school on time during testing week. Testing will begin promptly at 8:25 AM. It is very difficult to schedule time for students to make up tests when they are missing from or late for testing sessions. Your support and cooperation is greatly appreciated.

Disney's "The Lion King Jr."

Our middle school students will be presenting Disney's Lion King, Jr." on Thursday, May 7, Friday, May 8, and Saturday, May 9, in our Multi-Purpose Room. All three shows will begins at 7:30 PM. Tickets will go on sale **starting Monday, May 4 and not before**. Admission is \$5 per person. We are asking this year that you get your seats ahead of time as all seats will be numbered . There will be no need to wait in line if you have pre-purchased your specific seat number. The earlier you buy your tickets, the better seats you will get.

The 60-minute musical, designed for middle-school aged performers, is based on the Broadway production directed by Julie Taymor and the 1994 Disney film. The Middle School cast contains approximately 54 students.

"Hakuna Mattata"

and we will see you at the show.



From the Principal's Desk

Pope Francis reminds us of the importance in embracing a joyous attitude in our lives: “Challenges exist to be overcome! Let us be realists, but without losing our joy, our boldness, and our hope-filled commitment...” Teaching our children to encompass this attitude of joy and hope will help them live happy and purpose-filled lives.

A big component of living a joyous and healthy life is embracing laughter. Laughter is actually good for you, mentally and physically. Research has shown that laughter can relax your body and relieve stress and physical tension. Laughter can also boost your immune system and release endorphins, which make you feel good. Along with the physical benefits, laughter can also lift your spirits and help you have a more positive outlook on situations.

How can you teach your children to be joyous and embrace laughter to help them lead healthy, happy lives?

- You and your children can embrace joy by sharing it with others. Smile at the people you pass in the hallway at work, and ask your children to do the same at school. Having a smile and sharing it is a simple and effortless way to spread joy every day.
- Read humorous and fun books with your children often. Plan a game night with your family.
- Look for humor in everyday situations. When you make a mistake or do something silly, laugh at yourself and admit to your mistake. This will show your child that everyone makes mistakes, and that it is okay to laugh at yourself sometimes.
- Make time to be silly and play pretend with your children. Allow yourself to enter into their make-believe scenarios and enjoy laughing with them. This will bring joy to you as well as your children.

Teaching your children the importance of laughter and joy will encourage them to have a positive outlook on life and will help them better cope with future struggles. Living life as a joyous person will make life's challenges a little easier for all of us.



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Founded in 1885

Accredited

Congratulations to all our students who will be receiving their First Holy Communion during the month of May.



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.