

# OCTOBER NEWS AT SHSF

Issue 3  
October 2018

## HARVEST BAZAAR COMING SOON

Everything is going well in preparation for our annual Harvest Bazaar to be held on Saturday, November 3, at the Parish Center. We are just one month away! Don't forget about the 1 hour contribution of time required by each family. Your help is essential if we want to make this year's fundraiser the best yet and there are still so many things you could do. Last year we raised close to \$14,000 in just one day.

We will be continuing with that same venue that we have used the past couple of years. In addition to the many vendors we will still have our silent auction, our own craft table, bake sale, breakfast and lunch, raffles, and bingo.

We need a few folks to take over as chairs of a couple of committees. Please say "yes" if you are called upon or better yet, volunteer ahead of time by calling or emailing Mr. Estes.

In any event, there is still is plenty to do in order to get ready. Raffle tickets will need to be sold. (Thank you in advance for selling yours!) Pastries need to be baked. Silent Auction items need to be donated. Suggestions are also appreciated. Helping out at the bazaar and coming to it are wonderful ways to feel a part of our school.



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### 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.

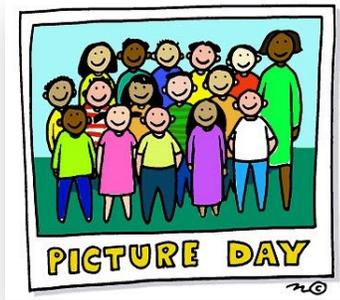
**The Catholic Schools in New England have moved the date of Catholic Schools Week to the week of November 4. Watch for more information as the date gets closer.**

# SCHOOL PICTURES

School pictures for all Sacred Heart St. Francis students will be taken on Wednesday, October 10.

Lifetouch Studios will be taking our pictures again this year. This is a prepay program, but you have many options to choose from in selecting your picture packages this year. These prices, along with the details about what is included in each package will be sent home soon. All students will be photographed in their regular school uniforms.

You should be receiving email reminders throughout the week about the approaching school picture date.



Please be sure to send back your picture envelope with the background you have chosen. If not, one will be selected for you.

Photos may also be purchased online if that is your preferred method of payment.

Lifetouch Studios is well known for their school picture program. They will also be assisting us again in our yearbook publication for the 2018 - 2019 school year. If you should have any questions about school pictures, please call the school office.

**NO SCHOOL**  
**Monday, October 8**  
*Columbus Day*



# SAFE ENVIRONMENT

For the safety of our children, all volunteers, including parents, are required to complete an on-line certification entitled "Safe and Sacred." You can access it by visiting [www.vermontcatholic.org](http://www.vermontcatholic.org).

There is a link to the program under Child Safety. Just a note, you will be required to do a background check as part of the certification.

Completion of this is in accordance with Diocesan policies and is required for anyone who wishes to work with our students in any capacity. Fingerprinting, however, is not necessary for this background check.

It may take a few weeks for you to receive a certificate of completion due to the large number of volunteers in all our schools completing the program.

# FALL SOCCER

Both our boys' and girls' soccer teams are off to a great start. These young athletes are truly dedicated and show great enthusiasm for the game. We hope that many of you will actually get to see our students in action on the playing field. Our home games are played at

the Lower Willow Field behind Grace Christian School.

Please support the Sacred Heart Saints during their season of play. You will be glad you did. We can take great pride in our children's accomplishments.



# HAPPY HALLOWEEN

Due to popular demand, we are planning on having our third TRUNK OR TREAT Night in the Parish Center parking lot on Wednesday, October 31, from 5:30 PM to 6 PM. (Car line up at 5:15 PM.) Parents can decorate their vehicles, students can dress in costumes and parade to each car for a Halloween treat. The event has been so much fun the past few years, perhaps you might also want to take part in the festivities.



On Halloween day, Wednesday, October 31, each class at school (Pre-School through Grade 8) will have the opportunity to share some light refreshments with their classmates sometime during the day. Room Parents or room coordinators will be contacting you about whatever treats are recommended by the classroom teachers.

## ATTENTION ROOM PARENTS!



In order to plan for events that take place during the school year, Mr. Estes will be hosting a meeting for anyone who volunteered to be a **ROOM PARENT** on Tuesday, October 16, beginning at 6:30 PM in the eighth grade classroom. This will hopefully help Room Parents understand all the expectations and clarify the things that need to be

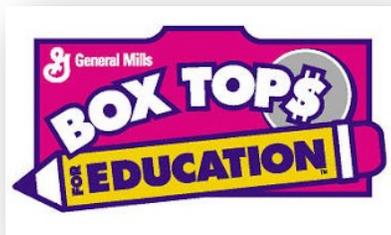
done at various times of the year. Some dates have been changed this year.

We would like to thank those parents who have already volunteered to serve in this capacity. If you are interested in becoming a room parent, it is not too late. This meeting should last only an hour.

**NO SCHOOL**  
**Monday,**  
**October 15**  
**Diocesan In-Service**  
**Day**

## BOX-TOPS FOR SCHOOLS

We are spearheading an all-out attempt to get more folks from our community to save their BOX TOPS for Education for us. If you would be willing to help out in the effort, please call the school office. Thank you to



Allison Matunas for agreeing to be our Box Top coordinator once again this year. She does an amazing job. We are also promoting the Hannaford for Schools and Price Chopper Tools for Schools programs that enable our school to get extra resources for our programs.

## THE SCHOOL OF SACRED HEART ST. FRANCIS DE SALES

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## FROM THE PRINCIPAL

We have long heard about the “3 Rs” and, in our Catholic schools, the special fourth “R”: Religion. Today I would like to offer you another “R” that can go a long way in preparing your children to learn. This extra “R” stands for *routines*. One of the most valuable things you can do is provide your children with a stable, nurturing environment. Repetition and structure help children feel safe and secure. Children, like the rest of us, handle the constant expectations and changes in life better if they occur in the context of a predictable routine. Routines provide a sense of security and help children develop self-discipline, which is a very helpful skill throughout life.

What can you do? As you and your family begin a new school year, give some careful thought to the routines you will establish for your children. These routines need not be elaborate. The key is to carry out whatever routines you choose predictably and regularly. Here are a few to consider:

**Morning routine:** Mornings start with an establish wake-up time and include a healthy breakfast, time to get dressed, and stress free send off to school.

**Dinner routine:** Sit down to a family meal together if at all possible. The simple practice of eating a family meal together strengthens the family unit and provides an opportunity for family members to experience the support of one another.

**Homework routine:** Having a designated time and place for homework will emphasize its importance to your children. Be sure to check your child’s backpack and have your child pack it in the afternoon or evening for the next day. This is not something you want to leave for morning.

**Bedtime routine:** Establish a regular bedtime routine that may include a shower or bath for your child, a bedtime story, or an opportunity to talk about the day. Older children will establish their own routines, but it is still important to give them a regular bedtime and stick to it.

A healthy, well rested, and well prepared child will enter school each day ready to learn. Establishing daily routines allows you to provide the structure required to help you children internalize constructive habits and be better prepared to learn.

With blessings for a great school year!

**Don’t forget to return your Fall Fundraising Packet! These are due October 3rd!**