

# The School of Sacred Heart St. Francis de Sales

## Bennington, Vermont

### MONTHLY NEWSLETTER OF INFORMATION

## 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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## REGISTRATION FOR 2021-2022

All returning families should be receiving their tuition contracts for the 2021-2022 academic year this week.

Registration deposits (\$125 for those paying monthly and \$75 for those making one or two payments) along with contracts will be due back by May 8. These deposits (one per family) are not refundable and they are not to be

deducted from the total tuition.

**Contracts must be signed in order to reenroll your children for the next school year.**

If your children will not be returning to SHSF, we will also need to know that before the registration date of May 8. Please let the school office know if you don't get your contract and we will be sure to get you another copy.

### HAPPY MOTHER'S DAY

*On Mothers' Day, we pray our Lady's blessing will joyfully impart a sense of peace and happiness to treasure in your heart. And through God's love and grace in all the coming years, may Mothers' Day bring added joy each time that it appears.*



## CALENDAR NOTES FOR MAY

*We have several dates in affecting the month calendar. They are noted below:*

### **TERRA NOVA TESTING**

**MAY 3—MAY 7**

### **FIRST COMMUNION**

**MAY 8**



### **TUITION CONTRACTS**

**FOR 2021-2002  
ARE DUE MAY 8**



### **MOTHER'S DAY**

**MAY 9**



### **MEMORIAL DAY**

**NO SCHOOL**

**MAY 31**

All schools in our Diocese will be taking the Terra Nova Achievement tests beginning Monday, May 3, and continuing through Friday, May 7. Grades 1 through 8 will

Although many adults have been vaccinated, we are definitely not out of the woods yet. We must all continue to practice good safety habits if we want to keep everyone healthy and safe. Please remind your children about wearing masks appropriately, washing or sanitizing their hands

This year, we are excited to announce that we will be holding a Read-a-thon fundraiser instead of our Race for Education. Our Read-a-thon is a program that brings students together with family and friends to encourage reading and build literacy skills.

## TERRA NOVA TESTING

be testing at various times throughout the week. It will be important for your child to be well rested and at school during testing week. It is very difficult to schedule time for

students to make up tests when they are missing from testing sessions. Your support and cooperation is greatly appreciated.

## SAFETY UPDATE

frequently, and social distancing. There have been some modifications, but we still need to do what is best for everyone.

We send home a weekly update from the Vermont Department of Health. Please read these so you can be keep abreast of any current changes.

If your children are sick or are complaining about being sick, follow the protocols and consult your primary care providers. We cannot over emphasize the importance of following these guidelines. Let's keep everyone safe.

## READ-A-THON

The main focus of the Read-a-thon is for everyone to know that we are committed to improving reading skills.

To that end, the Read-a-thon promises to be a fun, exciting journey for all students as they begin a personal reading adventure that challenges each reader

to complete 10 reading sessions over a two-week period. Time will be set aside each school day to maximize the sessions. Our Read-a-thon will begin on Monday, May 17. More details will be sent home in the weeks to come.

## FROM THE PRINCIPAL

Pope Francis reminds us of the importance of embracing a joyous attitude in our lives even through difficult times: "Challenges exist to be overcome! Let us be realists, but without losing our joy, our boldness, and our hope-filled commitment..." COVID has taken its toll on all of us, but 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, even with masks on, 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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***Congratulations to all our students  
who will be receiving their***

***First Holy Communion on  
Saturday, May 8.***

***God bless you always!***

