

NOVEMBER 2011 PARENT UPDATE

From the Principal

Enjoy the Harvest

Dear Parents,

Wreaths of Indian corn hanging from the doors, hay bales and corn stalk displays arranged in the garden, pots of mums, pansies and red cabbage sitting prettily on the front porch, and the glorious color of the trees of East Tennessee are all signs that autumn's glory is here, but it is fading fast and winter is quickly approaching. During this time of the year, as our summer harvest is complete, our Church celebrates God's harvest, the harvest of the saints! This week the saints have been marching through our halls and what blessed little saints they are!

This time of year also provides us a special time to express our gratitude for God's bountiful blessings. It is a time to gather family and friends and appreciate God's goodness. It is a time to remember our loved ones that are no longer with us. Our SHCS community has lost dear members of our family during this past year. So it is a special time in the liturgical year to cherish our memories of our loved ones.

As you and your family enjoy this harvest, take time to enjoy these special signs of the season before being swept into preparation for Christmas. According to folklore, the first of November is a day that summer and winter battle. And winter wins. There are many harvest games to play that the children may enjoy, such as bopping for apples, searching for acorns or other nuts, and cracking them open to use for crafts. Try peeling an apple or orange in a single spiral strip, toss it backward over your shoulder and see what letter does it form and what might that letter signify? Playing family board games around a warm fire can be entertaining, as well as, highly educational. Encourage older generations to share stories with the children and talk about family traits that may have been passed down.

I pray that you enjoy this special time with your family.

Peace in Christ,

Sedonna J. Prater
Principal



Ms. Anderson's Kindergarten class prepares for the procession of saints during the All Saints Day mass in the Cathedral. Click on the photo above to see a video from All Saints Day at SHCS.



John Lopez displays the postcards he's received from all over the country for Ms. Shaffer's 3rd grade "Flat Stanley" project



SHCS "Food Fairies" Sherri Murphy (L) and Tracey Harrigan (R) round up great dishes for the annual Halloween Soups, Stews and Witches Brews for a faculty luncheon. Thank you!

Home and School News

Fall is here and so are coupon books! Please pick one up in the front office if you haven't already. Also, Food City is participating in the School Bucks program. It is so easy.



just tell the checkout clerk to add Sacred Heart Cathedral School in Knoxville to your Food City card! It is that easy.

CATHOLIC SCHOOLS
Catholic Schools Week will be January 29-
February 5, 2012

Congratulations to our Catholic Schools Week T-Shirt design winners, Sarah Laegner, Brooklyn Benson and Erica Patterson. We will sell the t-shirts prior to CSW and the children will be able to wear them during the week of January Catholic Schools Week, and for any other spirit day in the future! They can even be worn in place of your gym T-shirt, so keep an eye out for the upcoming sale! As always we thank all of our volunteers for their time and efforts to make SH a wonderful school for our children! God Bless!

Lady Eagles are 2011 City-County Champions



Front L to R: Caroline Wilson, Erica Patterson, Jasmine Rizk, Emily Canfield, Keeley Longoria, Natalie Eilerman. Back L to R: Coach Dr. Walt Zibas, Carter Anderson, Paige Merry, Alyson Dorsten, Renee Semaan, Anya Wegryn, Laura Patterson, Luna Luna, Camille Mancini, Cheyenne Quinones, and Coach Mick Ingram.

It is said that lightning never strikes twice. Not so for the middle school girls' soccer team of Sacred Heart Cathedral School. For the second year in a row, the Lady Eagles went undefeated and are the 2011 City-County Champions!

In the tournament, SHCS defeated Webb, Farragut and CAK to advance to the finals to play Maryville. The score was tied at the end of the first half 0-0. Sacred Heart scored the first goal of the second half but it was quickly

followed by a tying goal from Maryville. After a sudden death overtime, the score remained 1-1. Sacred Heart Lady Eagles then won in penalty kicks, 7-6, making them the Tournament Champions and ending a perfect season.

Mornings in Motion comes to SHCS

Sacred Heart alum Devin Driscoll is bringing his award-winning fitness program to Sacred Heart students beginning Monday, November 28. Mornings in Motion is a fun, 30 minute cardiovascular workout incorporating strength training, core work, speed and agility. Students of all grade levels can participate on Mondays, Wednesdays and Fridays from 7:00-7:30am, and middle school students may also attend a Wednesday morning session from 7:45-8:45am on late arrival days.



Click on the photo above to see Mornings in Motion in action.

To participate, please fill out the [MM Consent Form](#) and return to your child's homeroom teacher. For more information, contact PE Teacher, [Melody McGee](#).

From the Admissions Office



Admissions Open Houses

November 8th Gr. K-5 7PM

November 10th Gr. 6-8 7PM



Sacred Heart
Cathedral School

Plus! "Walk-In Wednesdays" 9:00am-Noon in October

Do you know of a family interested in Sacred Heart? Our [Admissions Open Houses](#) are coming up!

Kindergarten-5th Grade Open House will be **Tuesday, November 8**, and the Middle School Open House will be **Thursday, November 10** beginning at 7:00pm in the SHCS Library.

For more information, please contact the Admissions Office at 865.558.4136 or jpunch@shcknox.org.



3rd Grade's display of homemade saints.



AJ Tierney portrays a teacher in the Sacred Heart Players Fall Drama Production, "Miss Nelson is Missing!"

November Missions Project

Our November school-wide service project is collecting food for a complete Thanksgiving dinner for families served by the Ladies of Charity Food Pantry. Please bring non-perishable food items into your homerooms next week, November 7-11. Visit the [SHCS website](#) for a list of suggested items.

Please send monetary donations payable to Ladies of Charity in an envelope marked 'Thanksgiving Baskets' and give to your homeroom teacher. Let's share our abundance with our neighbors in need and say "Thank You" for all our blessings!

For more information, please contact SHCS Missions Coordinators, [Robin Barre](#), or [Katie Coffey](#).



Thank you for helping the homeless families associated with Family Promise in October. We filled over 39 baskets of household items!

Around School



Congratulations to the 2nd Grade Spelling Bee Winners! L to R: Teresa Cao, Hayes Harrigan, Madison Parker, Livvy Lightholder, Jack Kupfner, Anna Ciancone, Quinn Brennan, Ella Grenkowski, Michael Casey



Kindergarten students learn about fire safety from SHCS Athletic Director and Health Teacher, Mr. Scott Barron. Mr. Barron also serves as an EMT in the Loudon County Fire Department.

The Parent Update is published monthly for the Sacred Heart Cathedral School community and delivered via email and posted to Facebook, Twitter, and [shcschool.org](#). Comments, suggestions, news and photos are always welcome. Keep us posted by [emailing us](#). You can also follow us on Facebook and Twitter by clicking the icons below!

