



# Sacred Heart Cathedral School



## September 2010 Parent Update

A monthly publication from the SHCS Communications Office  
sacredheartcomm@shcknox.org

### What's New

#### † Parent Orientation Nights

On 9/9 and 9/14, parents will have the opportunity to experience their child's school day! On 9/9, parents of 5th-8th grade students and on 9/14, parents of 1st-4th grade students are invited to school to meet your child's teachers, learn about curriculum and grade level events, plus sign-up to volunteer during the year. Both evenings are for *PAR-ENTS ONLY* and will begin at 7:00PM in the gym for a brief overview of the evening's activities.

† The **All-School Open House** will be Wednesday, October 20, Grades K-8 for Parents and Students; an opportunity for students to proudly show their parents their rooms and schoolwork.

† The Sacred Heart Cathedral School **Magazine Drive** will be September 9-23. Proceeds from sale provide new, quality materials for our library. Volunteers are needed to ensure success! Please contact magazine drive parent coordinator, Betsy Erickson at [berickson@knology.net](mailto:berickson@knology.net) to help out!

† Auditions for the SHCS **Fall Play** will be Monday, 9/13 after school. Middle school students can sign-up to audition beginning Wednesday, 9/8 outside the Youth Room. Auditioning students should also pick up an information packet in the front office which includes schedule information and a portion of the script to use in auditions.



8th grade students Emily Jackson, Alena Anderson and Monica Montgomery are all smiles after Mass on the first day of school.



Father David with Mrs. Peters 1st grade class.

### Principal's Letter

Dear Parents,

Thank you for a wonderful start to the school year! As we settle into a regular school routine, I would like to thank you for your cooperation in providing the necessary school supplies, uniforms and other materials for the students. This greatly helps us all to be able to approach the year with a sense of preparedness. It is delightful to see all of the students again with all of their radiant smiles, energy and spirit. It really amazes me how they grow in the summer!

Thank you also for your continued cooperation and suggestions as we work on the newly revised afternoon 3:25 dismissal. I am grateful for your patience as we attempt to improve this process. As a point of clarification, parents may elect to park in the front parking lot and walk through the school building to the back to pick up their students. Please avoid parking in the Chancery parking lot and crossing the line of traffic to walk to the back of the school. If you elect to park in the front parking lot it is best to enter the north bridge and drive into the parking lot.

The virtue for the month of August is joy and September's virtue is faith. As Paul encouraged the Philippians, "let us not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God". When we encounter those circumstances that cause us to become anxious, let us pray for one another so that we may remain joyful in the Lord.

Peace in Christ,

*Sedonna J. Proter*



Sacred Heart mascot, Earnest the Eagle, greeted students exiting school on the first day. 7th Grader Payne McNutt is the SHCS mascot this year.

## Home and School

Welcome back from the Home and School Association! We hope you all had a wonderful summer and are ready for a great year at Sacred Heart Cathedral School! It was so nice to see so many new faces at New Family Mentor Night and Information Day. We hope you all had an opportunity to stop by the many tables in the gym on Information Day and volunteer!! If you did not get a chance, please do so now. We are so blessed to be a part of such an outstanding school and the time and talents of our parent volunteers make the difference at our school everyday. Several committees need volunteers on a daily basis. If you would like to learn more about the committees or would like to volunteer please contact me (critbond@comcast.net or 806-6869) or one of the committee chairs.

We will soon be selling Coupon Books!! Please look for more information to be sent home with your child. If you would like to help with this fundraiser please contact Lynn Johnson @ 531-0541. As always, keep saving your General Mills Box tops! We will have several contests throughout the year and the students get really excited (especially if it is an ice cream party or out of uniform day)! For more information, please contact Kim Tornstrom @ 670-1073.

See you all at the Parent Orientations and Open House!

-Cristin Bond, HSA President

### Parent Orientation Nights

5-8	September 9	7:00
1-4	September 14	7:00

### All School Open House

K-8	October 20	7:00
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#### Auction Chair

Donna Brunson  
molegirl@aol.com

#### Maroon Lagoon

Solange Velas  
212-0034

#### Clinic

Amy Evans  
909-9917

#### First Impressions

Ginger Holt  
330-2542

#### Homeroom Parent

Michelle Albritton  
693-5720

#### Missions

Katie Coffey  
694-9289

#### Sacred Heart Dollars

Linda Arnone  
357-2093

#### Student Recognition

Christy Watkins  
406-3753

#### Teacher Appreciation

Sherri Murphy  
584-5108

#### Uniform Closet

Denise Adams  
694-8253



This summer, the Sacred Heart Cheerleaders placed second in dance and third in cheer and the largest trophy is for receiving all blue "superior" ribbons during the UT Cheer Camp.

## Parent Orientation Night Schedules

The first Parent Orientation night is September 9 for parents of 5th-8th graders. The following is the schedule:



### Grade 5

- 7:00PM Welcome in the Gym
- 7:25PM Homeroom Rotation 1
- 8:00PM Homeroom Rotation 2
- 8:30PM Homeroom Rotation 3

### Grades 6-8

- 7:00PM Welcome in the Gym
- 7:20PM Homeroom
- 7:30PM 1st Period
- 7:40PM 2nd Period
- 7:50PM 3rd Period
- 8:00PM 4th Period
- 8:10PM 5th Period
- 8:20PM 6th Period
- 8:30PM 7th Period
- 8:40PM 8th Period
- 8:50PM Farewell

The second Parent Orientation night is 9/14 for parents of 1st-4th graders. The schedule is as follows:

- 7:00PM Welcome in the Gym
- 7:20PM Homeroom Visitation
- 8:00PM Special areas visitation

## Sacred Heart Drama Club

The brand new Sacred Heart Drama Club will begin meeting after school on Sept. 8th. This is open to any middle-school students who are interested in any aspect of drama. We will be playing games, watching plays, reading plays, designing costumes, sets, and props for the SHCS play productions. We will meet after school from 3:30 - 4:30 p.m. in the Drama Room (107). This club is open to anyone and students should feel free to come when they can. *Drama club will not meet while a play is in rehearsal. We will resume after the performance.*



SHCS 8th Graders had the honor of serving at the school year's first mass with Fr. David, Deacon Jim and Seminarian Scott Russell.

Welcome to our Kindergarten children and their families! Our new students were busy once again trying to catch the gingerbread man! On their staggered days, while reading the story, "The Gingerbread Man", the students found a clue in their story book from the gingerbread man.

He wanted them to come and catch him in the Art room. Once there, we found a clue leading us to the Spanish room. We were very busy following his clues that helped give children a tour of the school and meet many of our staff who work here. We never did catch him, but



he was kind enough to leave a snack for us in our classrooms after the hunt. Maybe we will catch him next year! Thank you to all

of our parents for helping your children start off to a great year in Kindergarten. We look forward to working with you

and your children! See you at the All School Open House with you and your students on October 20.

## S HCS Kindergarten Teachers

Below: Kindergartners look for the elusive Gingerbread man in the library.



## 40 Days For Life



The 40 Days for Life Campaign in Knoxville runs September 22 - October 31 at the abortion clinic at 313 Concord Street directly across from Tyson Park. This a huge blessing and gift for our city. There have been countless, miraculous stories reported nationwide through this grass roots effort to end abortion in our country and our world. Please spread the word about the upcoming 40 Days for Life Campaign - the three components being Prayer, Fasting and Public Witness. To sign up for an hour please go to [www.40daysknoxville.com/vigil](http://www.40daysknoxville.com/vigil). Make a difference one heart and one life at a time.

### Scenes from Sacred Heart



Ms. Herrick's 2nd graders dive right into classroom projects with Seminary Scott Russell.



Ms. Rexrode's third grade students are excited about the new school year.

## Campaign Tuesday for Student Council



Middle school students wishing to run for Sacred Heart's Student Council will showcase their abilities and qualifications for office on "CAMPAIGN TUESDAY." On Tuesday,

September 7 at 1:00PM, there will be a Campaign Assembly for all of middle school in the gymnasium. Those students running for a Student Council position can bring 3 campaign posters to school on Tuesday to be displayed in the hallways. Our Campaign

Assembly will take place in the gym at 1:00pm. Parents are welcome to attend the assembly. Voting will take place on Thursday, September 9th in the cafeteria. Good luck candidates! - **Matt McCleary**,  
Dean of Student Affairs

## German Saturday School

The German Saturday School of Knoxville is offering German language classes for children, teenagers, and adults.

Sacred Heart Cathedral School students, teachers, staff and their families are offered a special discount if they register by September 3, 2010. Simply write

"SHCS Discount" on your registration form and take advantage of this great opportunity to learn another language and to get acquainted with the cultures of the German-speaking countries. In addition, SHCS students may receive credit for their elementary school transcript!

Classes are held on Saturday mornings (9:30 a.m. to noon) at Sacred Heart Cathedral School. The first day of classes for 2010-11 is September 18, 2010, and the school year ends in May 2011. *Please note that our first day of classes has been changed to Sept. 18, 2010 which is one week later*

*than originally planned.* For more details (including the updated calendar for the 2010-11 school year) and registration forms go to <http://www.germansaturday-school.org>, or contact Dr. Stefanie Ohnesorg, UT associate professor of German at [ohnesorg@utk.edu](mailto:ohnesorg@utk.edu), or call 865-694-3765.



# Sacred Heart Cathedral School



## October 2010 Parent Update

### What's New

† **CHILI SUPPER** The Home and School Association and the SHCS Athletic Department are having a Chili Supper prior to the All School Open House on Wednesday, October 20th at 6:00PM in the SHCS Gym. Take Out Thyme is catering this fun event for the whole family! Only \$5 per person, or \$20 for the family. SHCS Fall Sport student-athletes (Volleyball, Cross Country, Girls' Soccer, and Tennis), along with the 2010-11 Basketball Teams will be serving. All proceeds will benefit the SHCS Athletic Department. Thanks for your support!

† **ALL SCHOOL OPEN HOUSE** Right after the Chili Supper on Wednesday, October 20th is the **All-School Open House** for Grades K-8 for Parents and Students; an opportunity for students to proudly show their parents their rooms and schoolwork!

† **PARENT/TEACHER CONFERENCES** will be Thursday, October 28 and Friday, October 29 beginning at 1:30PM. Both of these days are Early Dismissal days. 1:00PM for K-4, and 1:15PM for 5-8. All conference requests have been scheduled, and confirmations with a date and time will be sent home in your child's Friday Folder. If you have any questions please contact your homeroom teacher.



The 2010 Middle School SHCS Cross Country Runners. The boys' team qualified for the State Championship meet on 10/23. Congratulations to the team and to Coach Andy Sauter on a fantastic season!

## Fall Time at Sacred Heart



Ms. Griffin's first grade science class takes it outside to the Eagle Walk.



Ms. Shaffer's 3rd grade class completes their unit on Flat Stanley. They even received a letter from the White House!



Mrs. Templeton's 8th grade science class performs a DNA extraction experience in science lab.



Ms. Herrick's class learns about Chameleons.

## Home and School

The Home and School Association would like to thank all of you who participated in the magazine sales for our school. The library really appreciates your continued support. Coupon books are now for sale. These books are a great way to save money in the community and help our school. For every book we sell, we receive \$7.00 back to the school. Thank you in advance for making this fundraiser a success.

We know that there are many different fundraisers going on right now at school, church, extra curricular activities, etc. We want you to know we do not expect you to participate in every one that comes your way. Please do not feel obligated to buy something that you do not

want or need. Choose only the ones that fit your needs. We thank you for your generosity and appreciate you all so much! Hope you all enjoy the fall weather!

**- Cristin Bond, Home and School President**



**Congratulations to the Varsity Volleyball Team on a strong finish to their season! The Lady Eagles competed in the KISL Tournament last Saturday and beat Apostolic and Episcopal School to advance to the championship game.**

**They fell to Webb in the final game and placed 2nd overall. Kirsten Ferraro was named the All-KISL player from Sacred Heart and both Kirsten Ferraro and Emma Raleigh were selected to the All KISL Tournament Team! Congratulations to those players, Coach Kim Lacey and the entire team for a very successful season!**



Mrs. Jester's 8th grade religion class prepares for their first adoration.

## From the Business Office

The following is the monthly billing process:

Statements are sent via email the first week of each month to those families for whom we have an email address. Statements are sent home via the Friday folder to those families who do not have an email address.

Only those families with a bal-

ance due on their account will be sent a statement.

Payment is due by the 20th of the month.

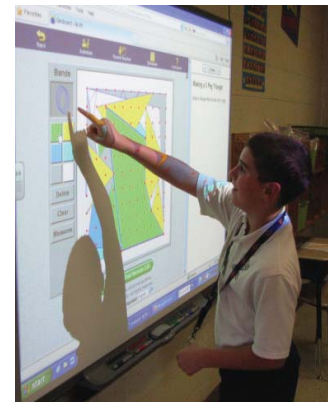
Remember that you can always view your account in the "Family Information" section of your Ren Web Parents Web page.

There is not a consolidated statement available on the Par-

ents Web page. You will have to view each category individually – Tuition, Books & Fees, Young Folks.

If you ever need any assistance please contact Denise Scott in the Business Office by phone at 558-4101 or by email at [dscott@shcknox.org](mailto:dscott@shcknox.org).

**Morgan Ernst works on Geo-Mapping on the Smartboard during 5th grade math class.**



## 2nd Grade News

Ms. Boos' 2nd grade class made their own rosaries to kick off the month of October - The month of Mary! The children prayed the rosaries as they crafted them. The students were very proud of their handiwork.

Several parents came and prayed with the class. We will be using the rosaries as we pray the rosary throughout the month of October and as we prepare for our sacraments this year!



John Paul Carlson, a second grade student in Ms. Boos class displays his homemade rosary.

Kindergarten shared time with Father Manuel for a Church Tour on 9/15. He welcomed each class in the Cathedral and taught many important things about our church. This tour was conducted prior to the Kindergartener's attending their first Mass on 9/21. Thank you to Father Manuel for his help in bringing us closer to God. It was great to have so many parents join us at our first Mass. You are welcome to join us any time!



who were able to come in and help with our learning! We could never do this special day without your help! We look forward to our many learning activities planned for October! Happy Fall!

Below: Mrs. Prater played the part of Johnny Appleseed this year for Kindergarten's "Apple Day."



On Friday, Sept. 24, Kindergarten enjoyed "Apple Day". This is a fun morning where students work as "teams" filled

with various learning activities. Mrs. Prater greeted the children and read to them a story about Johnny Appleseed before the children went to work in their

groups. Activities included estimating, measuring, using a scale, following a recipe, and handwriting. Thanks to all of our parent volunteers

## Admissions Open Houses

If you know of a family that is interested in attending Sacred Heart for the 2011-12 school year, please have them attend the upcoming Admissions Open Houses:

**Tuesday, November 9th** for Kindergarten through 5th Grades at 7:00PM in the SHCS Library.

**Thursday, November 11th** for Grades 6 through 8 at 7:00PM in the SHCS Library.

Also in October, interested parents can attend "Walk In Wednesdays" from 9:00AM-12:00PM. SHCS Admissions Director, Mrs. Joni Punch, leads tours through the school.



Senora Vogler's Spanish class sang Happy Birthday to second grade teachers Mrs. Monica Chrysan-dreas and Ms. Fran Herrick in Spanish on their birthdays. Mrs. C's and Ms. H's birthdays are both on September 9th!

## Emperor's New Clothes

Congratulations to the cast of the 2010 Fall Drama Production of "The Emperor's New Clothes", directed by SHCS Drama Teacher, Mrs. Caroline King! Members of the cast include: Leena Adkins, Erin Anderson, Morgan Birdwell, Delaney Brennan, Marie Campbell, Rosa Cisneroz, Sydney Clancy, James Cox,

Maddie Collins, Abbie Dobbins, Meghan Ernst, William Ewell, Kirsten Ferraro, McKenzie Ferraro, Parker Gensheimer, Brynna Hansraj, Kristen Harnett, Charlie Higdon, John Kerbyson, Elise Klug, Katie Kropilak, Eva Kropp, Nicole Reinhold Larsson, Laura Patterson, Helen Martin,

Noah Monarrez, Victoria Montefusco, Alex Robinson, Ally Russo, Carlena Sewell, Julianna Smith, A.J. Tierney. The Fall Play dress rehearsal will be held on Thursday, November 11th at 9:30AM, and the grand performance on Friday, November 12th at 7:00PM in the SHCS Gymnasium.

## SHCS Student Council

Sacred Heart Middle School students elected their Student Council in September. The following are the students' elected to represent the student body in monthly meetings with Dean of Student Affairs, Mr. Matt McCleary:

Back R to L: Sammy Nelson, Matt Dvoggan, Brandon Tracy, Drew Holt, Nick Mire, Michael Boehm, Tucker Davis. Front L to R: Frances Higdon, Alex Iman, Matthew Ceriotti, Erica Patterson.





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### What's New

† **Eagles Hoops Shirts** Brand new designs! Pick up an Eagles Basketball or Eagles Hoops shirt for only \$10 at the concession stand or in the front lobby outside Mrs. Rhoades office. Support your Lady Eagles and Eagles basketball teams!

† Thanks to all who attended Admission Nights! Sacred Heart is **now accepting applications** for students Grades K-8. Application deadline is for Kindergarten is January 28. 1st-8th deadline is February 15. If you know a family interested in Sacred Heart, please have them call Admissions Director, Joni Punch at 558-4136 or [jpunch@shcknox.org](mailto:jpunch@shcknox.org), to schedule a tour of the school and pick up an application packet.

† Kindergarten's annual **Turkey Trot and Thanksgiving Feast** will be Tuesday, November 23 at 11:00AM in the SHCS Gymnasium. K classes will celebrate the freedom of the Pilgrims and Native Americans in costume, have a feast, and will sing several songs.

† The **Sacred Heart Drama Department** presented "The Emperor's New Clothes" on last Friday on the SHCS Stage. Under the direction of Mrs. Caroline King, over 30 actors and 15 Tech Team crew members participated in this production!

† The **Sacred Heart Singers** will perform at the ladies of charity holiday Boutique in the SHCS Gym on November 20th at 11:30AM.



Kindergarten students are amazed by the firemen and the size of the truck during fire safety week.



Monster MASH! Thanks to the Men And Sacred Heart Dads for dressing up for Safety Patrol duty!

## PRINCIPAL'S LETTER

Dear Parents,

Just like a parent, our faculty feels a certain pride when one our alumni is enjoying success. This week it came to our attention that SHCS Class of 2007 graduate, Carla Javier, is writing a weekly column for the Knoxville News Sentinel.

Her article this week entitled "Get Texting under Control" speaks about one of the modern dilemmas of the technological appendage, the cell phone: Are young people texting too much? Adolescents between the ages of 12 to 21+ seem to be fixated on that handheld device. Carla admitted that she is as addicted to this medium of communication as any other person her age; however she has had the self-realization to question that perhaps her own dependency on texting is too great. She clearly presents the idea that perhaps teenagers are missing out on real conversations and relationships.

As an educator, I have wondered if our society is going to raise a generation of children who will not have the ability to handle simple face-to face conversations because of the lack of practice. Will our young people understand the importance of facial gestures and be able to appropriately interpret all those non-verbal components that make up 80% of communication? Will they develop into healthy adults that can interact and cooperate with others because they have developed the interpersonal intelligence necessary in effective communication?

Bravo, Carla for speaking the truth to your peers and for reminding adults that it is our responsibility to provide limits to the smart gadgets within our children's grasp. It is critical to the growth and development of our young people that adults continue to encourage our teens to talk, interact, and develop those all important skills surrounding oral communication. As Carla so succinctly put it, "try to live without your phone and, instead, talk more to the people physically present around you". To read Carla's article in full, visit <http://www.knoxnews.com/news/2010/nov/09/get-txtng-under-control/>.

Peace in Christ,

*Sedonna J. Proter*

## HOME & SCHOOL

Well, it is hard to believe that Thanksgiving is only a couple weeks away. We at Sacred Heart have so much to be thankful for. On behalf of the Home and School Association, I want to thank all of you that came to the Chili Supper and Open House on October 20th. It was so nice to see so many families enjoying some fun time together. Also, many thanks go to the athletes that helped serve that night, too! You all did a wonderful job. I hope the children enjoyed going "trick or treating" and getting some yummy candy while they showed off their classrooms to their parents. What a great night!

Also, I would like to thank all of the Home and School com-

mittee chairs and co-chairs. You all are doing such a wonderful job this year. You make my job so much easier!! If you would still like to volunteer in any of the areas, please feel free to contact one of the HSA the chairpersons.

I hope you all have a Blessed Thanksgiving.

*-Cristin Bond, Home and School President*



### Auction Chair

Donna Brunson  
molegirl@aol.com

### Maroon Lagoon

Solange Velas  
212-0034

### Clinic

Amy Evans  
909-9917

### First Impressions

Ginger Holt  
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### Homeroom Parent

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### Missions

Katie Coffey  
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### Sacred Heart Dollars

Linda Arnone  
357-2093

### Student Recognition

Christy Watkins  
406-3753

### Teacher Appreciation

Sherri Murphy  
584-5108

### Uniform Closet

Denise Adams  
694-8253



The SHCS Elementary School boys cross country team won first place at the State Championship at Victor Ashe park on October 23. Pictured L to R are: Devin Sullivan, Ian Sauter, Noah Bond, Nathan Bond, and Charlie Baker.

## LIBRARY NEWS

Sacred Heart is very fortunate to have two acclaimed authors coming to visit SHCS to speak to students in the coming weeks! On Monday, November 22 at 12:30PM, nationally known



Author David M. Sargent and his lovable canines will visit SHCS on November 22nd.

children's book author David M. Sargent, Jr. and his small furry friends will talk with our Kindergarten - 5th grade students. Mr. Sargent is the author of "The Doggie Tails Series", "The Feather Tail Series", along with "Emma!" and "Buffy's Revenge." He will share his experiences of being a responsible dog lover and of how he became an author. He will also encourage students to write about their daily life and about having good character traits. He will also discuss the importance of being able to read well and how to use that ability to receive the highest education possible.

Then, on December 2nd, acclaimed author Michael Knight, SHCS parent of Mary and Helen,

will speak to our middle school students. He will discuss short story writing, creative writing and is giving a reading. Michael began writing stories when he was a child, published some of them in his high school's literary journal and is now an award-winning author.

Mr. Knight is the author of two novels, "Divining Rod" and "The Typist"; two collections of short fiction, "Dogfight and Other Stories" and "Goodnight, Nobody"; and a collection of novellas, "The Holiday Season". His fiction has appeared in publications such as Esquire, the New Yorker and Oxford American. He is director of the creative writing program and professor of English at the University of

Tennessee. Mr. Knight will have some of his books available for purchase and autographing in the teacher's lounge for any interested teachers and parents. Books will not be available for students since they are considered adult literature.



SHCS Parent and acclaimed author Michael Knight will visit Sacred Heart on December 2nd.

## KINDERGARTEN LIFE

October brought pumpkins and many learning opportunities to Kindergarten. We learned about the life cycle of a pumpkin plant, and on Friday, October 22 we took a field trip to Maple Lane Pumpkin Farm. The children rode on a hayride through the pumpkin patch and chose a pumpkin to take home. The weather was beautiful and we enjoyed a picnic lunch. Thanks to our parents who made the trip!

On Tuesday, October 26, Kinder-




garten celebrated "Pumpkin Day!". Parent volunteers worked with children in activities such as estimating & measuring the circumference of a pumpkin, weighing a pumpkin, and counting seeds. The children also en-

joyed tasting freshly cooked pumpkin seeds. Finally, on October 29, Kindergarten celebrated All Saints Day. Each child studied a saint and came to school dressed as that saint. We had a Saint Parade through middle school and concluded with an All Saint's Day party.

We look forward to November which will bring our "Turkey Trot" program for our Kindergarten children and their parents.

~Ms. Haluski

## SACRED HEART \$\$

 It's time again for the Sacred Heart Dollars "SELL-A-THON". Sell SH\$ to your neighbors, friends, and relatives in order to reduce your tuition for the 2011-12 school year and to support the school! Sacred Heart Dollars are here to help families bring down their tuition cost. First Place Family will receive their full rebated amount they accrued for the Sell-A-Thon. The 2nd Place Family will receive an Amazon.com Kindle. The 3rd Place Family will win four tickets to the U.T. Men's basketball game against LSU on January 26, and the 4th Place Family will win four U.T. Women's Basketball tickets to Mississippi State game on January 27.

### 2nd Grade Spellers

Congratulations to the Second Grade Spelling Bee winners: 1st Place - Sean Brennan, 2nd Place - Audrey Domitrovic, Katie Orillion, Jack Quinones, Lili Roth, 3rd Place - Anna Grace Cathey, Cecelia Kirk, Amelia Rector.



## FROM THE BUSINESS OFFICE



Sacred Heart Cathedral School has received \$380 from Food City through their School Bucks program. The amount

rewarded to SHCS is based upon the percentage of total purchases made by customers registered to SHCS. If you are a Food City shopper, you can link your Value card to designate Sacred Heart Cathedral School! Thank you!



Mrs. Metz, Mrs. Doherty, Mrs. Jackson, and Mrs. Shaffer love to help students and parents in the front office!

## SHCS MISSIONS

"Crazy Hat Day" for our October missions project was a big success! The students had a lot of fun showing off their "crazy hats" and raising money for a good cause. We collected 5 boxes of hats, books, games, movies and over \$550 for the cancer patients at East Tennessee Children's Hospital!

We are extending our November mission project until Tuesday, November 16, collecting food for a complete Thanksgiving dinner for families served by the Ladies of Charity Food Pantry and the FISH Food Pantry. The Ladies of Charity is networked with Catholic Charities and provides counseling and support, as well as clothing and

meals, for struggling, low-income Knoxville families. The FISH Hospitality Pantries provide food to anyone who asks - many who only occasionally need a helping hand - and serve over 12,000 hungry families in Knoxville each month.

In the spirit of the first Thanksgiving, let's share our abundance with our neighbors in need and

say "Thank You" for all our blessings!

Our December missions project: Dec 13th - 18th - Collection of baby items for Catholic Charities Pregnancy Help Center.

- Robin Barre and Katie Coffey  
Missions Coordinators

## Guidance News

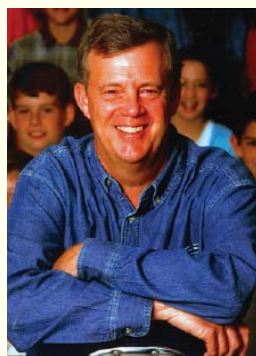
We are very excited to present at Sacred Heart Cathedral School a highly sought-after guest speaker. Mr. **Jim Williams** is a former Fortune 500 Company Financial Officer, and now is a faith-based presenter on the topics of bullying behavior, student decision-making, parenting today's teens, and drinking and driving. He has authored the book "**Parenting on Point**", and the video series "**Proactive Parenting**".

On December 7th, Mr. Williams will be speaking with our 3rd and 4th grade students on bullying behavior. In addition, he

will speak to our eighth grade students about "Stepping up to the Plate".

In an evening session, he will conduct a special presentation for our parents. The presentation will be at 7:30PM in the gym. We are hoping that many of our Sacred Heart parents will attend this very informative, thought-provoking and humorous presentation on some very serious topics facing parents of today's children.

You can find out more about Jim Williams at [www.callmejim.org](http://www.callmejim.org).



### Jim Williams

Author, Presenter, Father and Youth Advocate

Appearing at SHCS on 12/7

9am-9:45am  
3rd Grade Assembly

10am-10:45am  
4th Grade Assembly

1:30pm-3pm  
7th Grade Assembly

7pm-8:30pm  
Parenting Class



Nate Sewell (L) and Morgan Briggs (R) participated in the Pro-Life Freedom Ride Rally at the Tennessee Theatre. Nate and Morgan are part of the SHCS club, "Eagles for Life."

## Effective Communication with Teens



*Only the truth gains the victory,  
but the victory of truth is love.*  
—Saint Augustine Sermon 385,1

With blogging, texting, social networking, and any other number of technological jargon words that seem to have entered our lexicon overnight, the vast ocean that separates good communication between teenagers and caring adults seems to have become even more of a challenge to navi-

gate. Not only do adults have the difficult job of providing a safe, secure, and loving environment, but they must teach values, respect and God's love all at the same time.

Society seems at odds with most things we want to accomplish with the young people in our families. Clothing styles and fashion trends, ads, commercials, television programs, movies, novels, and even some animated cartoons reek of sexuality, violence and the quest for the accumulation of material goods. All the while our Faith tells us not to seek praise in the eyes of the world, rather to seek truth in your heart and live this truth through the service of love to one another.

Caring adults often find themselves in a position where it may be tempting to act as a friend to their children which would more easily open up doors for trust and open communication. The role is a challenging one and caring adults should offer opportunities where children and teens can safely explore the world knowing what consequences lie ahead for broken rules, curfews, and lack of transparency about whom they spend time with, who their friends are and who the parents of their friends are. All the while parents must insert their own important family rules, values, and regulations with a clear message that they will love their child no matter what happens, and the most important thing to

do is to confide in their parents or another caring adult when they have questions, problems, concerns or doubts.

Frequent, short, "sound-bite" conversations which explain appropriate values can be added to any movie, newspaper, computer, or media discussion that takes place. Try not to allow an opportunity to pass by when you do not overlay appropriate values on a story that is shared about a school incident or one that is highlighted in the media. Using these teachable moments add up to a lifetime of thorough faith and value centered education that doesn't appear to be insurmountable. Saving everything for one or two talks is not advisable. As Catholics, we base our

messages of God's Love in the Gospels (Matthew, Mark, Luke, and John), the Precepts of the Church, and the traditions of our Faith revealed to us throughout history that lead us to the truth of God's love.

Each day holds opportunities to talk to teens about the importance of respect for their God-given bodies and how all life is held in highest regard. Building up a teen's self esteem and a sense of great purpose, dignity, and uniqueness comes with honest, open communication. Feedback about their behavior is crucial in forming responsible young adults. Here are some helpful hints when communicating with your teen:

- Be honest in telling them what he or she did well.
- Praise only those efforts and behaviors you sincerely believe were well executed.
- Offer gentle, but firm and respectful constructive ways to improve other efforts and behavior.
- Help correct ineffective behavior by offering alternative behaviors.
- Offer two positive suggestions for every suggestion for improvement.
- Begin and end feedback with a positive statement.
- Be specific about what was actually said or done.
- Be specific about why the action or behavior was or would be effective.
- Be clear about what could have been said or done instead, if constructive criticism is offered.
- Listen to your teens with full attention, not just with your ears, but with all of your senses—employ direct eye contact.
- Don't say something was well done when you don't believe it was.
- Don't guess at motives or assume anything. Ask direct questions and explore all opportunities to allow them to talk about how they think and feel.
- Don't focus exclusively on ineffective behaviors or only on positive behaviors.
- Ask for specific examples.
- View each opportunity as a learning experience for all involved.
- Don't reject feedback when you disagree... model receiving feedback in a non-defensive manner.
- Be curious about differing views, yet be clear and firm about your own values, views, and family rules.
- Ask for clarification.
- Paraphrase the content of the teen's message to check if you are hearing what they intend to say.
- Provide words for feelings and the affective part of what the teen struggles to articulate, for example "It can make some people really angry to talk about how they dress. I am wondering how you feel?"
- Periodically assess understanding of the message you are trying to convey.
- Ask the teen about how they can apply this message to their own stories and life experiences.
- Ask open-ended questions. Use what, when, where, why, and how to begin questions and not will, do, does, would, and have. The first group invites elaboration; the second elicits limited yes or no responses.
- Normalize the feelings of your teen and reassuring them by saying, "Many kids feel like you do..."
- Balance statements which offer opportunity for openness. Say things like, "Some teens feel scared and frustrated about this while others feel excited and energized by this."

It is important to set goals that are able to help the teen change behavior when necessary, as well as to plan for his or her future. Help your teen succeed by making sure that goals are manageable, realistic, specific and measurable, flexible, and successively more challenging.

*~Interviewing, Counseling Skills and Strategies for Behavior Change, Patricia Faulkner, Jamie Stang, Susan Reynolds, pp. 147-151*

*From www.virtusonline.org*

## Scenes from 4th Grade's "Museum Day"





# Sacred Heart Cathedral School



## December 2010 Parent Update

A monthly publication from the SHCS Communications Office  
sacredheartcomm@shcknox.org

### What's New

† The **Sacred Heart Cookbooks** are here! "Faith, Family, Food" cookbooks are available at the SHCS Front Office, Parish Office, and the Paraclete. Only \$15 and make great gifts!

† Sacred Heart is privileged to welcome **Sr. Mary Timothea Elliott, RSM**, for an Evening of Reflection on Tuesday, January 11 at 7PM in the Shea Room. Sr. Timothea will discuss "Psalms, the Prayers that Jesus Prayed". Call 584-4528 for more information.

† Tell a friend! Sacred Heart is **now accepting applications** for students Grades K-8. Application deadline is for K is January 28. Grade 1-8 deadline is February 15. Call Admissions Director, Joni Punch at 558-4136 to schedule a tour of the school and pick up an application packet.

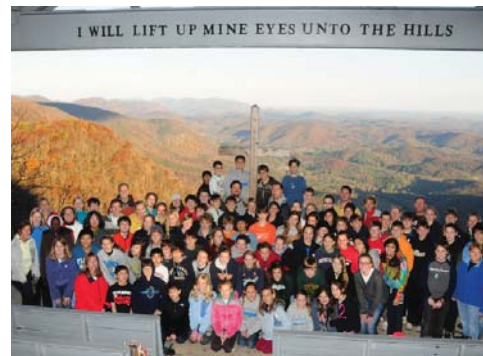
† Thank you for participating in the **Sacred Heart Dollars Sell-a-Thon!** \$100,000 in orders were received! The top winner received \$1,099 off their tuition for 2011-12. Another family won an Amazon Kindle, and 3rd and 4th places won UT Men's and UT Women's basketball tickets.

† **Bishop's Day School Holiday-** Friday, February 18 will be a school holiday for students and staff courtesy of Bishop Stika.

† **Catholic Schools Week** is fast approaching! This year, CSW will be Sunday, January 30-Friday, February 4, 2011.



5th Grade journeyed to Space Camp in Huntsville, AL November 17-19.



7th Grade spent the week at Camp Greenville, NC November 15-19.

## SCENES FROM THE EMPEROR'S NEW CLOTHES



On November 12th, the Sacred Heart Players under the direction of Mrs. Caroline King, performed an Adaptation of "The Emperor's New Clothes."



## HOME & SCHOOL

**21!** Join us for the *Black Jack Black & White Bash* on Saturday, March 5, 2011. Come bid on our silent and live auction items. New and exciting packages will be offered this year.

Enjoy an evening of fun, fellowship and dancing to the music of the *Vibraslaps*, one of Knoxville's hottest bands. If you have an item to donate to the auction, it's not too late.

Contact Donna Brunson at 414-1830 or [molegirl@aol.com](mailto:molegirl@aol.com) for questions or information, or to volunteer!

# 21!



SACRED HEART CATHEDRAL SCHOOL  
**BLACK JACK**  
BLACK & WHITE BASH  
*The Auction Comes of Age*



Special thanks to Miss Jessica Matthews for teaching Mrs. Peters class during her maternity leave. We will miss you and hope to see you back at Sacred Heart soon!

## DECEMBER SCENES AT SACRED HEART



The SHCS Tech Team, led by Ms. Wayburn and Mr. Gatton, get ready for the fall play, "The Emperor's New Clothes." The Tech Team also worked the Advent Concert last week.



St. Nicholas' 8th grade elves helped deliver candy canes to the awaiting candy shoes of K-5 students on St. Nicholas Day. L to R: Maria Sewell, Max Hanset, Katie Kropilak, Maddie Collins, Brandon Tracy, Michael Boehm, William Ewell and Helen Martin.



"Eagles in the Nest" Spirit Section at SHCS home basketball games. Spirit leaders Matt Wood, Joe Bindner, Sam Nelson and Johnathan Chavez fire up the students in the Eagles Wing.



Liturgical Music teacher, Mrs. Mary Beth Townsend, and SHCS Music teacher, Ms. Jenny Lowe at the Finale of the Advent Concert on December 16.

# TURKEY TROT

Kindergarten's annual "Turkey Trot" took place in the gym on Tuesday, November 23 featuring songs and a Pilgrim and Indian feast!



## PARENT HANDBOOK REMINDER



**FORGOTTEN LUNCHES, HOMEWORK, LIBRARY BOOKS, & P.E. UNIFORMS:**

In an effort to help build personal responsibility and

also to minimize classroom interruptions, we ask that parents not bring forgotten lunches, homework, library books, PE uniforms, and band instruments to school for delivery to the classrooms. Students may charge a hot lunch if they leave their packed lunch at home or in the car.

### 2nd Grade Spellers

Congratulations to the Second Grade Thanksgiving Spelling Bee winners: 1st Place - Sean Brennan & Katie Orillion, 2nd Place - Anna Grace Cathey, 3rd Place - Jack Quinones, Lili Roth, Patrick Shaffer



## FROM THE BUSINESS OFFICE



Sacred Heart Cathedral School has received \$380 from Food City through their School Bucks program. The amount

rewarded to SHCS is based upon the percentage of total purchases made by customers registered to SHCS. If you are a Food City shopper, you can link your Value card to designate Sacred Heart Cathedral School! Thank you!



PGA Professional Golfer, Scott Stallings, met with the SHCS golf team recently.

## SHCS MISSIONS

Many thanks to everyone who contributed to our missions projects in November and December. In November we collected nonperishable food items and donations for the Ladies of Charity and the FISH Food Pantry.

In December, we collected donations of baby items such as

diapers, formula, clothing and maternity items for the Pregnancy Help Center at Catholic Charities.

In January, each classroom or grade level will choose a missions project to complete during Catholic Schools Week.

*Thank you for your support!*



*- Robin Barre and Katie Coffey*

*Missions Coordinators*

## Special Guests

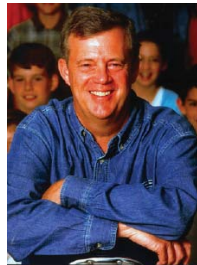
SHCS was very fortunate to have three guest speakers visit the first part of December.

Author David M. Sargent spoke with K-5 students about the importance of writing and story-telling. He brought along his favorite book subjects - his dogs!

Knoxville author and SHCS parent, Michael Knight, challenged our middle school students to dive into writing. Write about anything - short stories, poems, journal writing!

And, finally, nationally-known speaker Jim Williams presented several assemblies for students with sessions on bullying behavior and making good decisions.

Thanks to our librarians, Ms. Rachel Best and Mrs. Kay Cauthen, and to Mrs. Sedonna Prater and Ms. Kryslyn Maxa, for all of their hard work bringing these enlightening guests to Sacred Heart.



**Jim Williams**



**David M. Sargent**

**Michael Knight**



**Nate Sewell (L) and Morgan Briggs (R) participated in the Pro-Life Freedom Ride Rally at the Tennessee Theatre. Nate and Morgan are part of the SHCS club, "Eagles for Life."**

## Sacred Heart Cathedral Parish and School LOST AND FOUND POLICY

In an effort to maintain an orderly and presentable appearance to our campus, Sacred Heart Cathedral Parish has adopted a lost and found policy.

This policy is also for instructional use to anyone who has lost an item so they may learn how to obtain a lost item.

- Any item that is left unattended for an extended period of time can be turned into the lost and found.

- There are two collection locations. One receptacle is located in the cafeteria and another is located in the gymnasium by the band room.

- All materials will be kept for 14 days. Items left after 14

days will be handled in the following manner:

- Uniforms will be returned to the uniform closet.

- Items that have value will be donated to charity.

- Educational materials will be delivered to the school bookstore

- All remaining items not suitable for any of the above, will be disposed of as trash

- Unattended lunch and drink containers being returned to the lost and found should have the contents emptied.

- This process will be executed on the 2nd and 4th Fridays of each month.

## Sacred Heart Cathedral School INCLEMENT WEATHER POLICY

On days of inclement weather, please listen for school information on the following television stations:

WATE-TV Channel 6

WBIR-TV Channel 10

WVLT-TV Channel 8

Sacred Heart Cathedral School will follow the same schedule that is determined by Knox County Schools, for the same number of days.

If inclement weather begins during the school day, we will follow the same dismissal/closing schedule as Knox County

Schools.

If there is a one-hour delayed opening, SHCS will open at 8:55AM. When there is a two-hour delayed opening, SHCS will open at 9:55AM.

For supervision before that time, Young Folks will open at 8:00AM when we have a one hour delayed opening, and 9:00AM when we have a two hour delayed opening (there is a charge for this service).

