

# Sacred Heart Cathedral School

## FEBRUARY 2012 PARENT UPDATE



Ms. Best, Mrs. Prater, Ms. Shaffer, and Mrs. Haluski lead cheers at the Catholic Schools Week Pep Rally.



Eric Domitrovic and Ella Grace Lott draw on the Sacred Heart Graffiti Wall.

### Principal's Letter



#### Dear Parents:

The national theme for Catholic Schools Week 2012 was vibrantly represented last week in our own Sacred Heart Cathedral School world. In each

of our activities, the students had the opportunity to fully embrace and share our values as a Catholic school. What an amazing gift!

Catholic schools are such a blessing. Pope John Paul II stated that "Catholic schools are the single greatest ministry in the Church". The Sacred Congregation for Catholic Education wrote in 1977, the "Catholic school forms part of the saving mission of the Church, especially for education in the faith. It is through the school that the Church participates in the dialogue of culture and the total formation of humanity". The Catholic school answers the questions central to all humankind: Who am I? You are a child of God. Where am I going? You are going to heaven. How or where is the way? The Way is through Jesus—the truth, the light, the way.

Catholic Schools Week is the perfect opportunity to celebrate the values we hold dear as a parochial school. As you peruse this edition of the Parent Update, examine the smiling, joy-filled faces of our students. They are our future! Of course, this is the single greatest ministry in our Church. After all, we are passing on the faith in all of its fullness to our future priests, deacons, sisters, politicians, doctors, teachers and leaders. What a blessing to be a part of such an important ministry!

Peace in Christ,

**Sedonna J. Prater**  
Principal

### Scenes from CSW 2012



Mr. DeVries kicks off the Spirit Stick competition with Kindergarten.



Gracie Sewell loves the Catholic Schools Week Pep Rally!



The middle school girls volleyball team beat the faculty team.



Father David celebrates a rare point with the faculty.

## See the Face of God in All



On February 2nd, the seventh grade students, eighth grade choir members, and eighth grade drama students performed a special production titled "See the Face of God in All." Students wrote and performed the text based on their own experiences. They also sang and provided the accompaniment for several songs that fit the theme of recognizing Christ in the face of

the poor, sick, homeless, and lonely. A slide show accompanied the performance with pictures that included service projects the students had completed at the Salvation Army. The show was a culmination of many months of study in which the students experienced first-hand the joy of touching the lives of the ones most vulnerable in our society. Students truly had an opportunity to see and be the face of God. ~ Mrs. Mary Beth Townsend, Middle School Liturgical Music Director



7th graders Chase Wood, Cole Ferraro, Annie Graham and Ella Cathey get ready for the "See the Face of God in All" performance at Sacred Heart during Catholic Schools week.

## Arts Appreciation Day



"Art is a universal language"

As part of the Catholic Schools Week Art Show, Art teacher Ms. Tina Marcheggiani created a canvas on which the whole school community could express their joy for Sacred Heart School. The **Graffiti Wall** was an opportunity to introduce an Urban Art Form and a way to convey a message. Classroom representatives and staff were encouraged to be "Writers" (Graffiti Artists) and "TAG" the Wall with a stylized signature, personal logo, or symbol.

## Sacred Heart Winners



2012 Geography Bee: Mrs. Prater, Aubrey Davis (Winner), Jake Tidwell (Runner-Up)



2012 Spelling Bee: Liz Eapen (3rd Place), Charlie Baker (Winner), Walker Smith (Runner-Up)

---

## Important Dates

### Friday, February 17

No School for Staff and Students - "Bishop's Day"  
Young Folks will be open 7:00am-6:00pm. (Bring a sack lunch)

### Monday, February 20

No School for Staff and Students - "President's Day"  
Young Folks will be closed.

### Tuesday, March 13

Lenten Reconciliation Service  
Sacred Heart Cathedral; 7:00pm

### March 19 - March 30

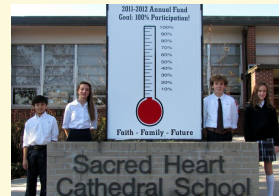
Iowa Tests of Basic Skills (ITBS)

---

## Annual Fund Update

### Dear Sacred Heart Family,

As parents, we pass on the gift of faith to our children. We are blessed to have Sacred Heart Cathedral School as a partner in this process. The faculty and staff provide not only an outstanding education but also a safe, nurturing, and faith-filled environment from which our children are able to develop and grow to their fullest potential as citizens of our community and disciples of Christ.



The cost of Catholic education is primarily covered by the support of the Cathedral Parish as well as tuition. But the financial needs of our school are often greater than can be met through these channels. For that reason, we have an Annual Fund that is responsible for many enhancements and improvements to our school. **The Annual Fund directly impacts every student** by providing funds for professional development, technology, and facility improvements. In years past, the Annual Fund Campaign has supported a new gym, playground, technology, cafe renovation, library expansion and more.

In the spirit of the SHCS motto "Faith, Family, Future," we hope you will find a way to contribute financially to our outstanding Cathedral School. **As it stands now, only 13% of our parents have contributed this year.**

### The 2011-12 AF Goal is 100% Participation!

We hope that you will keep the goals and aspirations of Sacred Heart in your prayers as we strive to continue the tradition of quality Catholic education that has existed for almost sixty years.

**In Christ's Service,**  
David and Kathryn Perry

---

## Counselor's Corner

### Helping Kids Reduce Stress

From bedtime monsters to standardized tests, stress affects kids of all ages. The first thing a parent can do to help their child manage stress is to build a strong family unit. Include your children in family discussions and be on the lookout for stress in your kids. In addition, you can develop skills and child-oriented stress management techniques to help your kids recognize and manage their stressors.



- **Nutrition.** Eat healthy. A healthy body is better able to withstand stress-induced illness. Schedule regular meals and snack times. Don't allow your child to skip meals.
- **Exercise.** Vigorous exercise is a good stress reliever. Just like adults, kids need time to unwind. If your kids are bound to video games, television or a computer, get them on their feet by providing and encouraging the use of active toys like balls, punching bags, and bikes. If your child presently appears to be stressed, make a point of playing with them. Time spent with your kids is a great vehicle for getting them to open up the lines of communication.
- **Consistency.** Be clear in setting rules and consistent with discipline. Kids live in a black and white world. Blurred guidelines and inconsistencies are even more confusing for them than they are for adults.
- **Hugs!** Gentle physical touch is a great healer. Sometimes a hug is worth more than a thousand words. Another physical stress reliever can be a gentle massage of your child's neck and shoulders. Like you, your kids can also get knotted up with stress!
- **Listen Up!** Learn to be a good listener. When your child wants to talk about his or her problems, don't criticize. In addition, it isn't always necessary to give advice. Sometimes kids just need to talk. Encourage them with open-ended questions like, "So what happened next?" "How do you feel about that?"
- **No one is perfect!** Teach your kids that everyone (including you) makes mistakes. A good start is admitting your mistakes to your children with an "I'm sorry" or "My mistake" when you goof-up. If the situation warrants, use personal examples of stressful situations you encountered during your childhood. Even if you were unsuccessful in dealing with your situation, you'll teach your kids that you can learn from and even laugh at your own mistakes.
- **Enjoying Music:** Music has some extremely useful stress relief properties, and can provide fun opportunities to bond with your children as well. You can sing or dance together and blow off steam, or just relax and enjoy listening. Keeping music on in the background throughout your day can keep you and your children in a more peaceful mood, or get you into a more playful one, depending on what you play.
- **Develop strategies.** Finally, teach your kids stress relieving exercises and help them find stress reducing games they can play to reduce their stress.

[Krystyn K. Maxa, M.S.](#)

School Counselor  
865.558.4100



*Mrs. Haluski's Kindergarten celebrates the 100th Day of School.*



*Ms. Herrick's 2nd Grade class poses for Groundhog Day.*

## Arrival and Dismissal Policies



Here is a reminder of procedures that need to be followed to help us ensure the safety of our students during arrival and dismissal:

#### Arrival

- Arrival time is 7:30-7:55am. Please utilize the gym, cafeteria and front entrance as safe waiting areas before the 7:45 bell rings.
- Please do not talk on your cell phones while waiting in line to

drop off your children.

- Please be considerate of other drivers to maintain a safe environment.

#### Dismissal

- Dismissal times: K = 2:00, Gr. 1-4 = 3:05, Gr. 5-8 = 3:25

#### Pick-Up Line Procedures

- Have the family name sign posted in the front dash of your car so it is clearly visible for the staff to read.
- Please do not talk on your cell phones while waiting in line to pick up your children.
- Please be considerate of other drivers to maintain a safe environment.

#### Walk-Up Procedures

Parents that choose to walk through or around the school please follow these procedures:

- Pick up all students in the back parking lot area by the pavilion. (Students are not permitted to walk through the building by themselves.) Instructing your child(ren) to walk through the school or around the property puts them in a difficult situation since this is encouraging them to not follow the school's mandated procedures. Remember, this policy is in place for the sole purpose of maintaining the safety for all of our students.
- When parking your car before pick up, make sure you are parking legally. **It is not acceptable to park your vehicle in a designated handicapped spot or in an area that is not lined for regular parking.**

#### Parking behind the Chancery

- The parking lot behind the Chancery can be utilized during our dismissal times. Parent/guardians must meet their student(s) in the designated dismissal area then escort them to the parking lot. Due to safety procedures, students are not permitted to walk by themselves.

#### Turning left from the South Bridge Exit

- During school hours we ask that no one turn left from this entrance/exit. This safety issue requires all of our parents and guardians to work together and follow this request to reduce the chance of an accident.



Sacred Heart Cathedral School has partnered with the East Tennessee Clean Fuels Coalition to encourage all of our drivers to



The theme for this year's auction is "Springtime in Paris." The event will be held at Cherokee Country Club. The dress is casual-cocktail, not black tie and is on Saturday, April 21st. Each class is doing an auction basket this year that will be on display in the hallways the week before the auction.

turn off your engines while waiting in the car lines. Let's all try and do our part and teach our children the importance of this program! Click on the sign above to learn more.

They still need volunteers for every sub-committee, please consider helping out in some way. Every little bit helps! Contact Kym Lightholder at [KymLightholder@aol.com](mailto:KymLightholder@aol.com)/470-0026 or Christy Watkins at [crcwatkins@yahoo.com](mailto:crcwatkins@yahoo.com)/ 693-1262.

## St. Jude Math-a-Thon



**Do the math and help save lives!**

When you take three young stars from two hit Nickelodeon shows, add a fun educational program with an exciting new sweepstakes and multiply by the fact that you're helping kids with cancer, it's bound to equal success. iCarly stars **Jennette McCurdy** and **Nathan Kress** and Victorious star **Ariana Grande**

are teaming up to help kids across the country get excited about developing their math skills through the St. Jude Math-A-Thon program, America's largest education-based fundraiser for St. Jude Children's Research Hospital. The young stars also are helping launch a new sweepstakes that will give two lucky students the opportunity to visit the Los Angeles set for a taping of a Nickelodeon show.

**Look for your St. Jude Math-a-Thon booklet in today's Friday Folder!**

## Home & School News

**From Diana Patterson, HSA President**

Welcome to our new H&SA Treasurer, Allison Ward. She is trained and ready to go! Allison can be reached at [Lallisonward@aol.com](mailto:Lallisonward@aol.com) if you have any receipts or questions for her. We would also like to thank Andrea Williams for her dedication to our Board as the Treasurer for the past two years and thank her for taking on her new role as Past Treasurer. We appreciate all she has done for the Board and thank her for her continued assistance with training and ensuring a smooth transition.

A second opportunity to order T-Shirts is available. The order form will be in the Friday folder this week, on the H&SA bulletin board, or click the T-shirt logo above right. The shirts are \$10 and can be worn for Gym, Spirit days, or any out of uniform day! Also great to wear to basketball, football, or volleyball games to show your team spirit! **Last day to order is February 24th.**



Click the T-Shirt logo above for the order form.

## Huge Success for CSW Mission Project



After tallying last-minute donations, the final total SHCS raised to purchase new folding chairs for the Glenmary Missioner Catholic Churches in East Tennessee was \$3,709.75! That's enough money to buy over 230 padded chairs! Middle School raised the most money - \$2,037.43 and earned an out-of-uniform day. Grades K-4 raised \$1,672.32. Mrs. Prater awarded the pizza party to the entire 5th grade - who really got into the mission project and raised \$1220.24 all by themselves! Thank you for your support of these new East TN Catholic communities.

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



