

**November 1, 2019**



*The mission of Sacred Heart School is to promote life-long learning and Christ centered values in a Catholic setting.*

### Homework

There's no need to battle with your child over homework. Far too many parents feel that it's their job to make their kids do all of their work. As a result, they find themselves in un-winnable power-struggles with their kids. Even sadder, their children begin to see learning as frustrating and bad thing.

Give yourself a break! Listed below are some guidelines for upping the odds that your child will view you as a homework ally...rather than a educational enemy:

Help only when your child truly wants it.

Help only as long as you are enjoying the process. As soon as anger and frustration enters the equation, you run the risk of having your child associate learning with these uncomfortable emotions.

Avoid creating unhealthy dependency. Tell your child, "I'm going to let you work on your own most of the time so that you will know that you can learn even when I am not sitting next to you."

Help only as long as your child is working harder than you are.

Remember that it is far better for a child to get a poor homework grade than to believe that it's their parent's responsibility to force them to do their work.

### SACRED HEART SCHOOL CHRISTMAS PROGRAM

"C.A.K.E." Christmas Acts of Kindness Experiment will be presented by our school on Thursday, December 19, 6:00 p.m. at the Central Auditorium. As in the past, all children will need to purchase a stylized t-shirt to wear **with black pants and dress shoes** for the program. Information regarding t-shirt orders has been included with your November Parent Letter Packet. Please return ASAP. Thank you!

**SHARP billings may look different this month. We found an error in our computer program. The November bill will reflect the corrections. Call if you have questions.**

### A Message from the Principal

*Virtues in Practice* were specifically created for use in Catholic elementary schools, by the Dominican Sisters of Saint Cecilia, in Nashville, Tennessee. However, the program may easily be used by parish religious education programs, homeschooling families and by other Catholic groups for education purposes.

*Virtues in Practice* are structured so that the entire school community studies the same virtue each month during the course of a regular school year of September through May. The curriculum spirals, and every three years the same virtues are repeated with greater depth, and new saints are introduced as models of those virtues. The program includes a cycle of a Year of Faith, Year of Hope, and Year of Charity.

Sacred Heart School completed the Year of Faith, the Year of Hope, and began the Year of Charity. In September we learned about the Virtue of Charity. Charities is loving God with all your heart, mind, and strength, and love your neighbor as yourself. The saints who model this virtue are Saint Gertrude (K-2) and Saint Vincent de Paul (3-4). In October the children will learn about the Virtue of Friendship. Friendship is sharing mutual love that seeks the good of the other. The saints who model this virtue are Saints Benedict and Scholastica (K-2) and Saint Gregory (3-4). For more information on this program feel free to visit the following website [www.nashvilledominican.org](http://www.nashvilledominican.org) or contact LeAnn Dahle, 835-2780.

Yours In Christ,  
*LeAnn Dahle*

### SCHOOL CLOSURE DUE TO WEATHER

In the event of severe winter weather, we follow the directions given by Mr. Lee, superintendent of Waseca Public Schools. **School Messenger** will be utilized this year for school closures, late starts and early dismissals due to inclement weather. We have programmed the two numbers provided on your emergency form to receive these notifications. The School Reach Instant Message Program will also be used for reminders regarding upcoming school and parish events. Please notify the school office 835-2780, if you'd like your number removed from the program or if you'd like any additional numbers added. Thank you!

**SEASONAL INFLUENZA GUIDELINES** ...You can help us prevent the spread of influenza at school by taking the following important steps:

**Keep your child home if they have symptoms of the flu.** That means a fever of 100 degrees Fahrenheit or greater, with cough and/or a sore throat. You should check your child for these symptoms each morning before sending them to school. Students who have these symptoms at school **will** be sent home. Other symptoms that may occur with the influenza include runny nose, headache, body aches, vomiting and diarrhea (in addition to fever and cough or sore throat).

**Sick children must stay home for at least 24 hours after their fever is gone without use of fever-reducing drugs such as Tylenol.** Children should not come back to school if they are not well enough to participate in school activities, even if their fever has been gone for 24 hours. Children staying home with flu symptoms should also avoid contact with others except to get medical care. This includes staying away from after-school and other activities. Do not use aspirin or aspirin-containing products when your child has influenza symptoms.

**Teach your child to clean their hands often, with soap and water or alcohol-based hands rub.** We will remind them to clean their hands regularly during the school day.

**Teach your child to cover coughs/sneezes.** They should use a tissue when one is available, but they can also cough or sneeze into an elbow or arm. Hands should not be used to cover a cough or sneeze.

**Teach your child to avoid sharing personal items.** That includes items like drinks, food, or eating utensils.

### LUNCH POLICY

Hot lunch and milk prices are set in the fall, and families are notified of these prices.

Hot lunch and milk will be charged to the students' accounts monthly. Parents will receive the monthly bill with the monthly newsletter packet that is sent home with children around the first week of each month. Free and reduced price lunches are available for those families who qualify. Please contact the school office for further information on this program.

The lunch program operates on the "offer vs. service" option. Children must take food items representing three food groups. Children may take all items offered if they choose. Children are not required to take milk. Children have a choice of the foods they will eat, so it is expected that they will make an honest effort to eat what they take.

Children may bring lunch from home and purchase milk, or bring their own beverage in non-breakable containers. Pop is not allowed.

**Lunchables and food from area restaurants or fast food establishments are not allowed.**

### SNOW AND COLD WEATHER

Just a reminder that we do go outside daily, so please dress your children in appropriate Minnesota winter clothing. They need to have warm jackets, caps, boots, snow pants, and mittens for our Minnesota winters.

### UPCOMING EVENTS

November 1, 8:30am All Saints Mass  
November 3, Daylight Saving Time Ends  
November 6, 8:30am Mass  
November 7, 8:30am Indoor Marching Matinee  
November 11, Veteran's Day  
November 13, 8:30am Mass  
November 20, 8:30am Mass  
1:15pm Early Dismissal  
November 25-26, Parent/Teacher Conferences  
3:00-7:00pm  
November 27-29, No School-Thanksgiving Break  
December 4, 8:30am Mass  
10:00am LSI Nursing Home  
December 11, 8:30 a.m. Mass  
December 18, 12:30 p.m. Rehearsal at Central Auditorium  
December 19, SHS/CHM Christmas Program Central Auditorium @ 6p.m.  
December 20-January 5, Christmas Break  
January 6, School Resumes