

# Heart to Home Newsletter

March 30, 2017  
Newsletter #27

## Principal's News from Jim Opelia, Principal



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Please check  
the lost and  
found box!  
Anything left  
after April 7<sup>th</sup>  
will be going to  
the Thread  
Shed! Thank  
you!

### Healthier Choices



This past week, volunteer, Mrs. Barb Peterson, taught a class on healthy food choices for all students in grades Preschool – 5<sup>th</sup> Grade. She explained the variety of foods we need to eat daily to get all the nutrients our bodies require, what appropriate servings are, and how to read ingredient labels. The students were amazed with some of the facts, realizing we most often don't eat the way we should. We eat foods with way too much sugar and eat multiple servings of what is recommended. We are grateful to Barb for sharing her expertise in health with our students and the impact that she has made.

### Arts and Academics Awards Projects and Performances

Arts and Academic Awards, sometimes referred to as "Triple A", gives each student the opportunity to demonstrate their skills in academics and/or the arts. Students in grades K-5 are required to participate in at least one area of academics or arts. This is optional for preschoolers. Some of the categories include: spelling, math, creative writing, memorization, dance, drawing, painting, piano, and singing. After students choose a project, they are judged and then given an award based on their scoring. We offer these choices now, one month prior to the week of April 24<sup>th</sup> judging, so students have time to work on projects and performances beforehand.

### The BIG Visit

We are very excited about our MNSAA visitation team coming April 11<sup>th</sup> and 12<sup>th</sup>. The visiting team consists of five individuals who are principals or teachers in other Catholic schools around the state, from Hibbing, Grand Rapids, Long Prairie, and Perham. They will be analyzing every aspect of our school as to how it meets the high standards set by the Minnesota Nonpublic Accrediting Association (MNSAA). This study will

include our curriculum, methods of instruction and assessment, school climate and facilities, community relations, personnel and how well we follow our mission and philosophy. Thank you to the School Advisory Board, Home and School, staff and families of Sacred Heart who have all, in some way, been preparing for this event for the past two years. This only happens once every seven years and it is well worth its efforts. Our accountability to MNSAA forces our school to be the best it can be for our children to learn and grow in faith and knowledge. Over the years, this process has played a huge part in making this place a great school for its children. Parents, be aware that on the days of the visit, you may be called at home for a brief interview by team members. Realize that your information will be held confidential and the team is only trying to help us. Your honesty will only help your children. The friendly team members will also be having lunch with the students and will be asking about their experiences with SHAS through casual conversation. This should be a wonderful, growing experience for us all. God bless!

**2ND ANNUAL**  
5K AND KIDS' FUN RUN  
**SPRINT INTO SUMMER**  
SATURDAY, MAY 6TH | STAPLES, MN

**Day of Race Schedule**  
8:30am Registration Begins  
9:30am 5K Race Starts  
Kids' Fun Run to follow (approx. 10:30am)  
Race will begin at Sacred Heart School  
324 4th St. NE Staples, MN

**Drawings/Prizes/Medals will be awarded!!!**

<b>Sponsored by:</b>	<b>Registration Cost:</b>
Lakewood Health System	\$20 Early Bird Price (by April 14th)
Snap Fitness	\$30 Day of Race
Spandl Chiropractic	\$15 Kids' Fun Run
Landis + Gyr	

Registration forms can be picked up and turned in at

\*T-shirts guaranteed for all preregistered racers

## Mark Your Calendar

- Mar 31 End of 3<sup>rd</sup> Quarter
- Mar 31 Fish Fry - Grade 1
- Apr 3 2 HOUR EARLY OUT- AFTER SCHOOL CARE IS AVAILABLE**
- Apr 7 Fish Fry - Kindergarten
- Apr 14 No School-Good Friday
- Apr 17- Iowa Basic Testing Gr. K-2  
21
- Apr 17- MCA Testing Gr. 3-5  
21
- Apr 24 - Triple A & Book Fair  
28
- Apr 26 Triple A Performance Night
- Apr 29 First Communion
- May 1- 4<sup>th</sup> & 5<sup>th</sup> Grade Audubon Trip  
3
- May 3 Mid - Quarter 4
- May 5 2 Hour Early Out
- May 6 Spring Blast
- May 19 5<sup>th</sup> Grade Graduation
- May 29 Memorial Day - No School
- June 2 Last Day of School ½ Day  
12:20 Release Time
- June 2 No After School Care



*Give thanks to the Lord, for he is good. His steadfast love endures forever.*

*Psalms 136*



Saturday, May 6<sup>th</sup>, 2017  
 At Sacred Heart Area School  
 Social with Bar 5:00 PM  
 Dinner 6:00-7:00 PM  
 Silent Auction 5:00 PM  
 Live Auction following dinner  
 Limited seating so purchase your tickets now!  
 Individual tickets are \$30 per person.  
 Tickets are available to purchase at Sacred Heart Area School!

## ITEMS NEEDED



Every year at the Spring Blast we have a garden and liquor wagon that we auction off. On average, these wagons make \$1,000.00 the night of the Spring Blast. We are asking parents to donate items to fill these wagons. If you have something you could donate for either or both, please bring them to Sandy in the office.



Can you believe we have been in school for 124 days already! This year is flying by and we are rocking in our math and reading. In math, we have learned to tell time and count money. In reading, we are learning about different phonetic sounds and decoding words. First Graders have been challenged this quarter to double their points and as a whole class, they have earned over 130 points total as a class. Way to go First Graders!! We are enjoying the nice weather. Thank you parents for all your work with helping these great students continue to grow and love reading.

-Mrs. DiGiovanni



Spring field trips are right around the corner. If you are planning on going on any field trips with your child you have to do Safe Environment Training and have a background check through the school ahead of time. Please ask Sandy for details.