

Thursday Notes

February 28, 2019

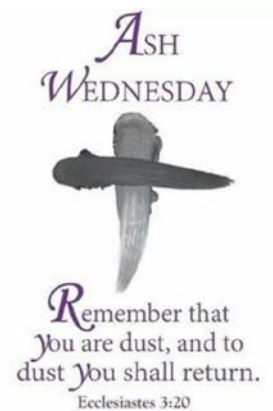
Yearbook Group Pictures will be taken on Tuesday, Mar. 5th, beginning at 9:15 a.m.



Join us on Tuesday, Mar. 5th, for our **Mardi Gras Parade** at 2:30 p.m. on the playground.

Ash Wednesday Mass Schedule March 6, 2019

8:00 a.m. English Mass
9:00 a.m. Sacred Heart School Mass
10:30 a.m. Portuguese Mass
12:00 p.m. Bilingual (English/Spanish) Liturgy of the Word
2:00 p.m. Spanish Liturgy of the Word
5:00 p.m. English Mass
6:30 p.m. Spanish Mass
8:00 p.m. Bilingual Mass (English/Spanish)



Wednesday, Mar. 6th, is a 2:30 p.m. dismissal day.
Daycare is available until 6:00 p.m., as usual.

All parent and student **Faith Formation Hours**, for students receiving their Sacraments, must be completed by Monday, Mar. 11th.

2019-2020 School Year Info

The **FACTS** application, for 2019-2020 Tuition Assistance, is now available ONLINE. The online re-enrollment for your child must also be completed.

Both forms must be completed by Friday, Mar. 29th.

If you need help applying, please call the School Office at 634-7787 to schedule an appointment.

March 2019

Lent is almost here. Don't forget
Modesto Fish Company
for those Friday fish dinners.

“Spring Forward with SCRIP!”

Spring is fast approaching. Make sure you have SCRIP for your Easter gifts, trips, vacations, home repairs, honey-do's and for planting those **spring flowers.**

VISA is still available and works great at Costco as well as for those **online purchases.**

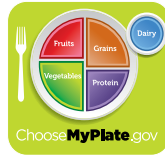
SCRIP HOURS:

7:30-9:30 a.m. Mon.-Fri.

3:00-3:30 p.m. Mon., Tue., Thur., Fri.

2:15-2:45 p.m. Wed.

During the school day, please call/send in your SCRIP order. It will be ready to pick up at the above times.



Choosing whole-grain foods

Whole grains are important sources of nutrients such as zinc, magnesium, B vitamins, and fiber. There are many choices available to make half your grains whole grains. But whole-grain foods should be handled with care. Over time and if not properly stored, oils in whole grains can cause spoilage. Consider these tips to select whole-grain products and keep them fresh to eat.

1 Search the label

Whole grains can be an easy choice when preparing meals. Choose whole-grain breads, breakfast cereals, and pastas. Look at the Nutrition Facts labels and ingredients lists to find choices lower in sodium, saturated fat, and added sugars.



2 Look for the word “whole” at the beginning of the ingredients list

Some whole-grain ingredients include whole oats, whole-wheat flour, whole-grain corn, whole-grain brown rice, and whole rye. Foods that say “multi-grain,” “100% wheat,” “high fiber,” or are brown in color may not be a whole-grain product.

3 Choose whole grains at school

Prepare meals and snacks with whole grains at home so your kids are more likely to choose whole-grain foods at school.



4 Find the fiber on label

If the product provides at least 3 grams of fiber per serving, it is a good source of fiber. If it contains 5 or more grams of fiber per serving, it is an excellent source of fiber.

5 Is gluten in whole grains?

People who can't eat wheat gluten can eat whole grains if they choose carefully. There are many whole-grain products, such as buckwheat, certified gluten-free oats or oatmeal, popcorn, brown rice, wild rice, and quinoa that fit gluten-free diet needs.

6 Check for freshness

Buy whole-grain products that are tightly packaged and well sealed. Grains should always look and smell fresh. Also, check the expiration date and storage guidelines on the package.

7 Keep a lid on it

When storing whole grains from bulk bins, use containers with tight-fitting lids and keep in a cool, dry location. A sealed container is important for maintaining freshness and reducing bug infestations.



8 Buy what you need

Purchase smaller quantities of whole-grain products to reduce spoilage. Most grains in sealed packaging can be kept in the freezer.

9 Wrap it up

Whole-grain bread is best stored at room temperature in its original packaging, tightly closed with a quick-lock or twist tie. The refrigerator will cause bread to lose moisture quickly and become stale. Properly wrapped bread will store well in the freezer.



10 What's the shelf life?

Since the oil in various whole-grain flours differs, the shelf life varies too. Most whole-grain flours keep well in the refrigerator for 2 to 3 months and in the freezer for 6 to 8 months. Cooked brown rice can be refrigerated 3 to 5 days and can be frozen up to 6 months.

6TH GRADE CAMP FUNDRAISER

**PLEASE SUPPORT OUR 6TH GRADERS WHO ARE RAISING
MONEY TO ATTEND 6TH GRADE CAMP**

RAFFLE TICKETS FOR PURCHASE!!

TICKETS ARE A DONATION OF \$10 PER TICKET OR 3 TICKETS FOR \$25!

**RAFFLE DRAWING WILL BE HELD ON FRIDAY, MARCH 8, 2019 AT 2:00 P.M.
NEED NOT BE PRESENT TO WIN.**

1ST PRIZE: CUSTOM BUILT BAR

BY MR. ROB PAJARO

2ND PRIZE:

\$100 GIFT CARD TO DUST BOWL BREWING COMPANY

3RD PRIZE:

\$50 GIFT CARD TO DUST BOWL BREWING COMPANY

**TICKETS MAY BE PURCHASED FROM ANY 6TH GRADE STUDENT OR
BY CONTACTING MRS. ELAINE MAGNI**

AT SACRED HEART SCHOOL: 209-634-7787

OR 209-918-5880

PLEASE MAKE ANY CHECKS PAYABLE TO SACRED HEART SCHOOL

**ALL MONEY RAISED GOES DIRECTLY TO HELP 6TH GRADE STUDENTS ATTEND
6TH GRADE CAMP!**

THANK YOU FOR SUPPORTING OUR SACRED HEART SCHOOL 6TH GRADERS!

Reserve your copy of The Flame

Sacred Heart School's
Yearbook

Order now for \$40.00

Deadline: Mar. 8, 2019

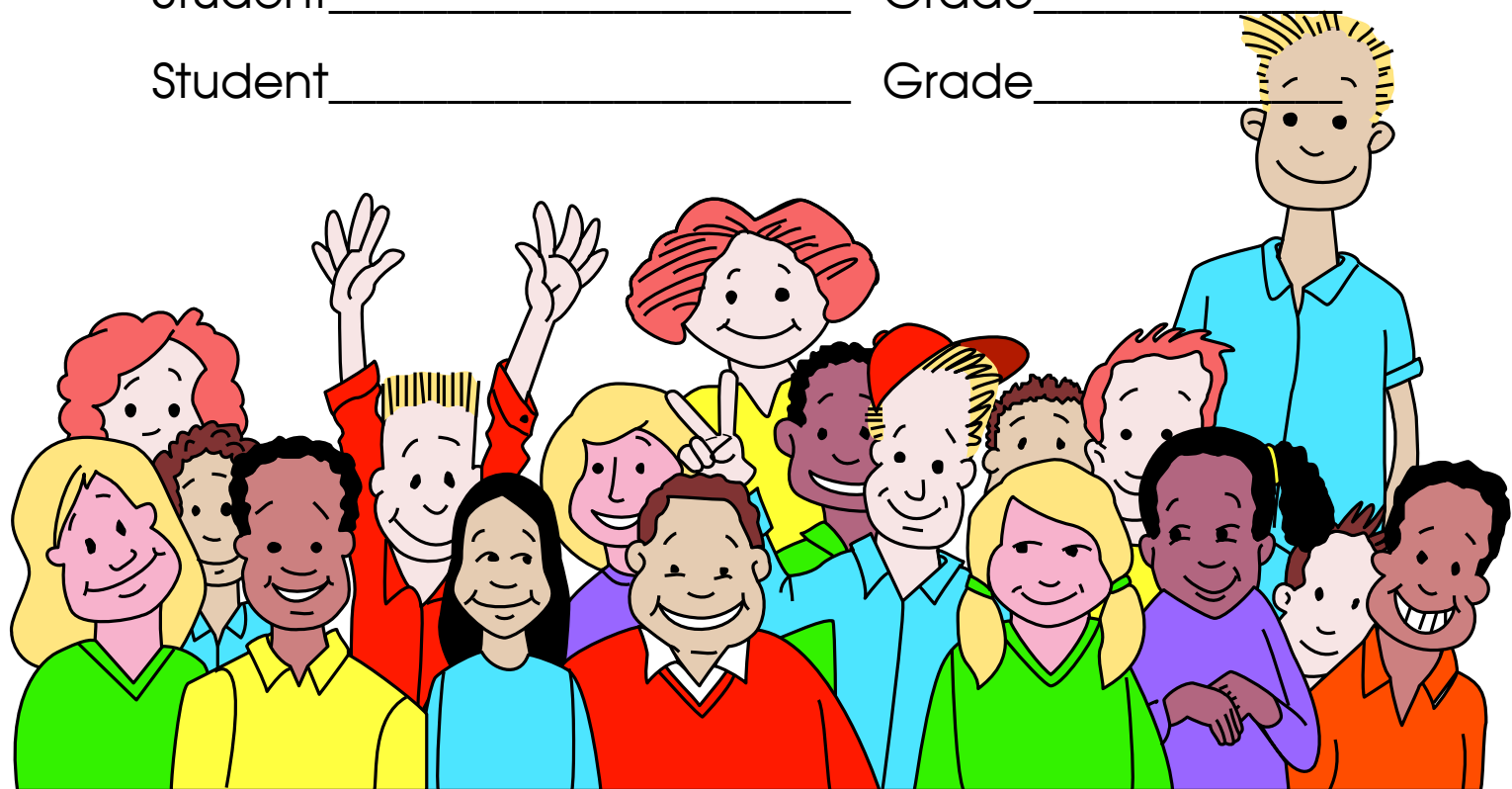
Family Name _____

Student _____ Grade _____

Student _____ Grade _____

Student _____ Grade _____

Student _____ Grade _____



Yearbook Ad

Honor your student by placing an ad in
The Flame,
Sacred Heart School's yearbook!

Prices are: \$200.00 full page
\$100.00 1/2 page
\$75.00 for 1/3 page

Deadline to submit an ad is Mar. 8, 2019.

A Suggestion

Name _____

Congrats on your hard work!

We are so proud of you!

Love,

Your Family



In Memory Of:

Joe Parolini

Julia Paul

Richard Paulson

In Honor Of :

Get Well Wishes for Marie Assali

Get Well Wishes for Richard Cotta

A Speedy Recovery for Greg Crivelli

Get Well Wishes for JoAnn DiGiovanni

Get Well Wishes for Aiden Donley

Get Well Wishes for Maggie Pajaro