

Wednesday Notes

April 17, 2019

The School Office will close at 1:00 p.m. tomorrow.

Tomorrow is a 12:00 p.m. dismissal day. **DAYCARE IS NOT AVAILABLE.**
Be sure to arrange transportation for your child immediately after school.

Easter vacation: Apr. 19th – Apr. 28th

School resumes: Monday, Apr. 29th



The Sacred Heart Thrift Shop will be closed Friday, Apr. 19th, Saturday, Apr. 20th and Monday, Apr. 22nd, and will reopen on Tuesday, Apr. 23rd.

We are now accepting applications to serve on the School Advisory Committee for the upcoming school year. Interviews will be held on May 16th at the next SAC meeting. Please contact Norm Schlenker at 209-277-1928 or norker@att.net if you have any questions or for more information.

Application attached.

Did you know?

There is no statute of limitations for removing a cleric, who has sexually abused a minor, from public ministry in the Catholic Church. A cleric against whom there is an established or admitted act of child sexual abuse is permanently removed from the priesthood, regardless of when the abuse occurred.

Safe Environment training is taking place in all dioceses of the United States. Over 2 million clergy, employees, and volunteers have been trained to prevent and respond to the abuse of children.



Knights of Columbus Father Heslin Council #2557 is having a **Chicken BBQ Drive-Thru** on Saturday, April 27, 2019, at the Knights of Columbus Hall, 1030 East Ave., Turlock, from 1:00-4:00 p.m. The dinner will be catered by Neto's. Donation is \$20 per ticket. For tickets, call Larry Faria at 209-485-8010, Gil Esquer at 209-988-2582, Steve Reyes at 209-202-7120, Manuel Lima 209-589-8737 or Paul Lencioni at 209-216-7767.

Thank you all for your support.



**APPLICATION FOR
SACRED HEART SCHOOL
SCHOOL ADVISORY COMMITTEE 2019-2020**

Name _____ Phone _____

Address _____
Number and Street City Zip Code

Occupation _____

Parent _____ Alumni _____ Parent of Alums _____ Area Educator _____ Parishioner _____ Area Pastor _____
Leaders with the civic, business, and professional communities _____

Why Would You Like To Serve On the School Advisory Committee?

What Are Your Qualifications To Serve On the School Advisory Committee?

There are seven subcommittees on the School Advisory Committee:

- 1) Mission Enhancement, 2) Planning and Policy, 3) Building and Grounds, 4) Finance,
5) Institutional Advancement, 6) Technology, and 7) Curriculum Enhancement

Which subcommittee(s) would you be interested in serving?

Signature of Applicant

Date

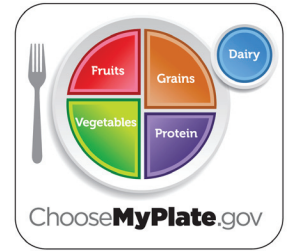
**Please Return Completed Application
to the School Office by May 10, 2019.**

10 tips

Nutrition
Education Series

kid-friendly veggies and fruits

10 tips for making healthy foods more fun for children



Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

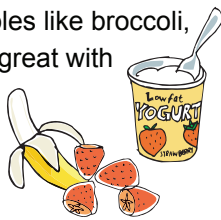
1 smoothie creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!



2 delicious dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



3 caterpillar kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

4 personalized pizzas

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

5 fruity peanut butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

6 frosty fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make “popsicles” by inserting sticks into peeled bananas and freezing.

7 bugs on a log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

8 homemade trail mix

Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.

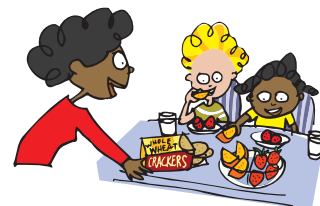


9 potato person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

10 put kids in charge

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.





~ MUSTANGS DINER ~



Attention All Families!!!

Saturday, May 4, 2019

4:00 – 9:00 P.M.

Sunday, May 5, 2019

10:00 A.M. – 7:00 P.M.

Please join us this weekend at the
Sacred Heart Parish Festival.

**Be sure to stop by Mustangs Diner and
support Sacred Heart School!!!!!!**

Smoked pulled pork sandwiches

Pulled pork nachos

Regular nachos



~ MUSTANGS DINER ~



Any parents needing hours please contact us!

Kevin Edwards: (209) 485-8949/Andrea Edwards: (209) 485-3789