

Thursday Notes

May 2, 2019



The School Office will be closed tomorrow for our 9:00 a.m. School Mass. We will reopen immediately after Mass.

Our monthly school community Mass is this Sunday, May 5th. All are encouraged by Fr. Pat Walker to attend 10:00 a.m. Sunday Mass as a school community. We ask that Sacred Heart students attend Mass in their school uniform. See you Sunday!

This Mass will be held OUTSIDE on the playground area.



Wednesday, May 8th, is a 12:00 p.m. dismissal day.
Daycare is available until 6:00 p.m., as usual.

We are 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.

Remember to document your Parent Participation and Fundraiser hours on your **Points Sheet**. Points Sheets must be submitted to receive credit for all hours worked.

Points Sheet is attached.

Important Safety Reminder

Please sign-in at the School Office when you arrive on campus, and sign-out when you leave. **Do not go directly to your child's classroom.**

This prevents unnecessary disruptions in the classroom, and ensures the safety of our students.

Lost and Found

Please check this area with your child. Also, make sure the clothing they bring home is their own, and not someone else's by mistake. Labeling all items, including clothing, lunch bags, backpacks, etc., with your child's name will help. Items that are not claimed will be sent to the Thrift Shop for resale.

Please support Sacred Heart School by supporting
Sacred Heart Church Festival's

BINGO NIGHT

Friday, May 3, 2019
6:30 to 10:30 p.m.
Sacred Heart School Gym

\$20 per person or \$25 at the door
Children under 15 years old \$5.00
Includes: Appetizers, drinks and 1 free game

A portion of these proceeds will go to Sacred Heart School!



We are asking for each student to sell 2 BINGO tickets

Tickets attached. \$20.00 per ticket.

Please enclose cash or check in the envelope and return by **May 2nd**

THANK YOU!



~ MUSTANGS DINER ~



Attention All Families!!!

Please join us for the Sacred Heart Parish Festival.

Saturday, May 4, 2019

4:00 – 9:00 P.M.

Sunday, May 5, 2019

10:00 A.M. – 7:00 P.M.

**Stop by Mustangs Diner and
support Sacred Heart School!!!!**

Smoked pulled pork sandwiches with coleslaw

Pulled pork nachos

Regular nachos

Any parents needing hours please contact us!

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

Receive a raffle ticket with each purchase for a chance to win a free gift,

courtesy of Lowes!!!

(Do not need to be present to win)



~ MUSTANGS DINER ~



Sacred Heart School

TALENT SHOW

Sunday, May 5th
After 10 o'clock Mass

“Your talent is God's gift to you. What you do with it is your gift back to God.”

Leo Buscaglia

SOME EXAMPLES OF TALENT SHOW PERFORMANCES ARE:

**SINGING, DANCING, COMEDY,
GYMNASTICS, MUSICAL INSTRUMENTS**

**COME AND SHOW OFF YOUR
TALENTS TO FAMILY AND FRIENDS
DURING THE PARISH FESTIVAL!**

Sign up sheets are in the school office. Please turn them in to Mr. Oakley or the office by Friday, May 3rd.

Field Day Entry Fee/T-shirt Order Form



The graduating class of 2019 will be hosting Field Day on Friday, May 24, 2019. This year there will be a **\$15 entry fee** that includes your Field Day T-shirt and game/activity fee! If you have any questions regarding these T-shirts, please contact Mrs. Magni at (209) 634-7787 or emagni@shsturlock.org. All orders and money must be turned in to the school office by **Wednesday, May 8, 2019**. Checks may be made payable to Sacred Heart School. Cash is okay too!

Parents are always welcome to join us for Field Day and are invited to order shirts as well! The cost of a T-shirt for parents/family members is \$12.00. Parents do not pay the additional events/games fee. We have both youth (S, M, L and XL) and adult (S, M, L, XL, XXL) sizes available. Please submit **one form per family**. Even if you are a parent ordering a shirt, please write a grade level so we know which color/grade shirt to order for you!

Name: _____ Grade: _____ Size: _____

Name: _____ Grade: _____ Size: _____

Name: _____ Grade: _____ Size: _____

Name: _____ Grade: _____ Size: _____

Name: _____ Grade: _____ Size: _____

Name: _____ Grade: _____ Size: _____

Name: _____ Grade: _____ Size: _____

Name: _____ Grade: _____ Size: _____



FIELD DAY

Friday, May 24, 2019



Faculty & Parents -vs- Eighth Grade Softball Game @ 10:30 A.M.

It's that time of year again! It's Field Day! The eighth graders will be sponsoring this event. It will be a day filled with awesome and exciting activities for the whole school! Remember to mark this important event on your calendar!

Important Information:

Please wear your Field Day shirt with your free dress choice of shorts/pants! Dress code rules still apply: No sandals, tank tops, spandex shorts, or shorts that are more than 3 inches above one's knees. **Tennis shoes and socks are definitely required!** We suggest that you wear clothes that you won't mind getting wet, since there are some games that involve water. You might also want to bring a change of clothes just in case you are going to daycare, along with a towel to dry off.

The Entry Fee for Field Day is \$15.00 per student. This fee includes a field day shirt and games and activities! Field Day is the 8th graders fundraiser to assist with graduation/end of the year costs. We appreciate your support!

Events: (All events will begin at 1:00 P.M.)

Go Crazy Relay ~ Water Balloon Toss ~ Softball throw ~ 3-legged race

Watermelon golf ~ Firemen's Relay ~ Pie in the Face ~ Dizzy bowling ~ Treasure Walk

1st-3rd place awards will be awarded per class for some events.

Hot lunch is NOT available on Field Day! The menu below will be provided on Field Day. Students will pay for lunch the day of the event. Younger students tend to forget or misplace their money, so please send their money in an envelope with their name on the outside. This will help the teacher assist the child with his/her money.

Lunch will be paid for on Field Day, May 24, 2019. Please also bring money for snacks!

Lunch Menu

Hot Dog, Drink, and Chips	\$3.00	Pizza and Drink	\$3.00
Extra Hot Dog	\$1.00	Second Slice	\$2.00 each
Candy/Cookies	\$1.00	Drinks	\$1.00

Have A Great Day!

**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.**

Sacred Heart Parents Club Turlock, CA

Family _____
(Please Print)

PARENT PARTICIPATION POINTS

(30 points required or \$600.00 buyout. Make checks payable to Sacred Heart School.)

Event Description or Donation	Date	Hours
TOTAL HOURS		

Donations apply to Parent Participation Points Only!
To convert donations to hours, divide by 20.
Example: \$240.00 donated = 12 hours 1Hour = 1 Point

FUNDRAISER POINTS

(20 points required or \$400.00 buyout. These must be working hours for any of our fundraisers. Make checks payable to Sacred Heart School.)

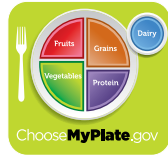
Event Description	Date	Hours
TOTAL HOURS		

THRIFT SHOP POINTS

(10 points required or \$200.00 buyout. Make checks payable to Sacred Heart School.)

All Thrift Shop hours/points must be turned in at the Thrift Shop.
 If you have questions regarding the Thrift Shop hours, please call Diana at the Thrift Shop at 634-8780.

Please call the school office at 634-7787 if you have any questions.
PLEASE KEEP A COPY FOR YOUR RECORDS !!



Add more vegetables to your day

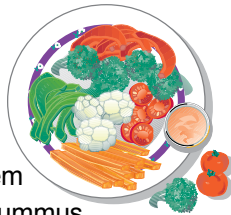
It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your day, try them as snacks and add them to your meals.

1 Discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or bok choy in a bowl with a small amount of water in the microwave for a quick side dish.

2 Be ahead of the game

Cut up a batch of bell peppers, cauliflower, or broccoli. Pre-package them to use when time is limited. Enjoy them in a casserole, stir-fry, or as a snack with hummus.



3 Choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but are good for you, too.

4 Check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables, such as corn, peas, edamame, or spinach, to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.



5 Stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as “reduced sodium,” “low sodium,” or “no salt added.”

6 Make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans or avocados, sliced red bell peppers or onions, shredded radishes or carrots, and chopped red cabbage or watercress. Your salad will not only look good but taste good, too.

7 Sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups. Make your own soups with a low-sodium broth and your favorite vegetables.

8 While you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or a side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.

9 Savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best in-season buys. Or visit your local farmers market.



10 Vary your veggies

Choose a new vegetable that you've never tried before. Find recipes online at WhatsCooking.fns.usda.gov.