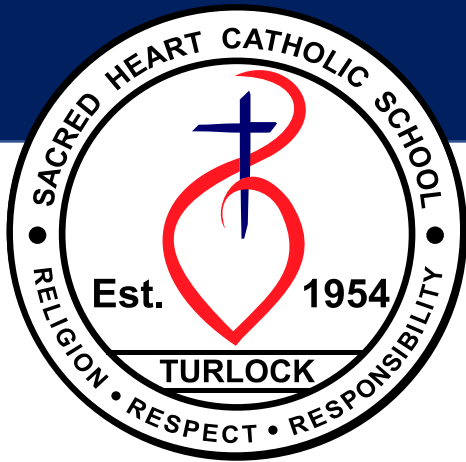


THE HEART BEAT

SACRED HEART SCHOOL TURLOCK

VOLUME 10



From our Principal

Friends and Family of Sacred Heart School,

As we embark on the season of Lent, we are faced with unlimited possibilities to grow closer to God. Please plan to join us at some of our events on campus during this season of fasting and prayer. In this issue of the Heart Beat you will find resources to help you through the season of Lent, we hope you will find time to experience a meaningful and reflective 40 days. Lent is the perfect time for us to be reminded that one small act of kindness can bring great joy to others and fill our own hearts with love.

Ash Wednesday marks the beginning of our Lenten journey. Next Wednesday, February 26th we invite you to join our school community at 9:00 am for our Ash Wednesday School Mass.

I ask for your continued prayers to give me the wisdom and grace needed to serve as principal of Sacred Heart School.

May God Bless you and those you love,
Mrs. Sara Michelena
Principal, Sacred Heart School Turlock

Congratulations to our 3rd grade Rotary Students and our 2nd graders on their First Reconciliation. We are so proud of each one of you!!

*"The most powerful weapon to conquer the devil is humility. For, as he does not know at all how to employ it, neither does he know how to defend himself from it."
-Saint Vincent de Paul*



Important Dates

6th Grade Camp Tri-Tipery Fundraiser Pick Up - Thursday,
February 20th *3-5 p.m.*

2020-2021 Kindergarten Info Night - Tuesday, February 25th
6-7:30 p.m.

Thrift Shop Work Party - Friday, February 28th *5:30 -9:30p.m.*
Cioppino Crab Feed- March 14th

8th Grade Confirmation - Tuesday, March 17th at 6 p.m.

6th Grade Camp - Monday, March 23rd – Friday, March 27th

Safe Environment Program

A kind reminder to all parents and family, who are interested in volunteering on campus, planning to attend field trips, or volunteering for CYO, you will need to be fingerprinted and complete your online Virtus, 'Protecting God's Children'. Both forms and information are assessible in the office. Stop by or call!

God never tires of forgiving us; we are the ones who tire of seeking his mercy." -Pope Francis

Intent to Return

Sacred Heart School has begun registration of new students, and in order to facilitate placement, it is important that your "Intent Enroll" form is returned to the school office by March 13th. **Early Bird Offer: Anyone registering by March 13th will be eligible for a tuition base rate equal to 2019-2020 school year (Financial Aid allotments are subject to change and cannot be guaranteed).** *Anyone registering after March 13th will pay the new 2020-2021 tuition base rate.* Contracts will be issued upon receipt of letter of intent.

*Attached to this volume is the form. Please fill it out and return to the office. *
- Contact office with any questions. -

"Patience is the companion of wisdom." -St. Augustine

SHS Families! Looking for Parent participation?

Donate a case of paper for our teachers and office! Each case donated will qualify for 1 hour for either.

Shop for cases through our AmazonSmile link. Click link below:

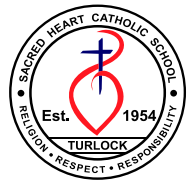
https://smile.amazon.com/Hammermill-Letter-Bright-Sheets-113640C/dp/B072FVQNWWM/ref=sr_1_3?keywords=coby+paper+8.5x11+case+8+reams&qid=1575506874&sr=8-3

*AmazonSmile is a quick and easy way to give back to our school Our school will receive a percentage back off your purchase through Amazon Smile. With Amazon being such a common base our all our shopping needs, AmazonSmile is such a beneficial opportunity to help our school! **To sign up click the active link below.** Our school is listed as **Father McElligott Sacred Heart School Foundation.***

<https://smile.amazon.com>

New at SHS

We have Sacred Heart School emblem 20 oz stainless steel hot and cold insulated tumblers available in the office for purchase for \$20.00 each! Boosters Athletics logo stickers are also available for purchase in the office - 1-\$4 or 3-\$10. Sacred Heart emblem indoor/outdoor vinyl stickers and decals will be available *SOON* as well. Stay tuned!!



Fundraising Corner – Cioppino & Crab Feed Saturday, March 14th 2020

Crab Feed is officially almost sold out! If you have not yet purchased your tickets, please contact the office for availability as soon as possible. Tickets are \$65 each.

FUNDRAISING HOURS! Attention families! The Crab Feed is fantastic opportunity to get those fundraising hours done before the end of the year! We are still in need of volunteers and silent donations. If you or anyone/any business you know are willing to donate please contact the office for the donation letter and form. We appreciate all your time & generosity.

February 2020

Breakfast & Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Hard Boiled Egg & Toast Chicken Pasta Salad	4 Cereal & Fruit Sloppy Joes	5 Fruit Smoothies Pizza	6 Cereal & Fruit Beans & Rice	7 Strawberry Pancakes Chicken Sliders w/ Honey Mustard Aioli	8
9	10 Cereal & Fruit Spaghetti w/ meat sauce	11 Fruit & Granola Bowls Pizza	12 Fruit Smoothies Minimum Day No lunch	13 Cereal & Fruit Chicken Alfredo	14 Presidents Day No School	15
16	17 Presidents Day No School	18 Cereal & Fruit Beef Chili	19 Fruit Smoothies Pizza	20 Fruit & Granola Bowls Pulled Pork Sliders	21 Hard Boiled Egg & Toast Beef Burrito Bowls	22
23	24 Cereal & Fruit Turkey Sandwiches w/chips	25 Oatmeal Spaghetti w/ Meat Sauce	26 Fruit Smoothies Pizza	27 Cereal & Fruit Hot Dogs	28 Strawberry Pancakes SFB&J Sandwiches	29

This institution is an equal opportunity provider

All meals come with choice of fresh fruits and/or vegetables

- Lunch is \$3.10.

- Breakfast is \$2.00.

Breakfast Milk—1% unflavored or fat-free chocolate

Lunch Milk—1% unflavored or fat-free chocolate

Single milk is \$0.50 and will be charged to account

Menu is subject to change without notice. Serving K-8 Students

Sacred Heart Catholic School - Turlock
1225 Cooper Avenue. Turlock, California 95380 - Telephone 209.634.7787
Fax 209.634.0156

Dear Parents/Guardians,

It is now time to register your child/children for the 2020-2021 school year. Please note: All current SHS students will need to register.

Sacred Heart School has already begun registration of new students, and in order to facilitate placement, it is important that your **"Intent to Enroll"** form is returned to the school office by **March 13th 2020**.

Early Bird Offer: Anyone registering by **March 13th** will be eligible for a tuition base rate equal to 2019-2020 school year (Financial Aid allotments are subject to change and cannot be guaranteed). Anyone registering after **March 13th** will pay the new 2020-2021 tuition base rate. Please see attached tuition schedule.

Contracts will be issued upon receipt of letter of intent.

If you have any questions, please contact the school office, (209) 634-7787.

Mrs. Sara Michelena, Principal

INTENT TO RETURN

(Please return this section to school by March 13th, 2020.)

Family Name (Please Print) _____

_____ **YES**, our child/children **will** be returning to Sacred Heart School in the fall, 2020.

<u>NAME</u>	<u>GRADE CHILD WILL BE IN NEXT YEAR</u>
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

_____ **NO**, our child/children **will not** be returning to Sacred Heart School in the fall, 2020.

Parent/Guardian Signature

Date

JOURNEY TO THE FOOT OF THE CROSS - 10 THINGS TO REMEMBER FOR LENT

Bishop David L. Ricken of Green Bay, Wisconsin, former chairman of the Committee on Evangelization and Catechesis, offers “10 Things to Remember for Lent”:

1. **Remember the formula.** The Church does a good job capturing certain truths with easy-to-remember lists and formulas: 10 Commandments, 7 sacraments, 3 persons in the Trinity. For Lent, the Church gives us almost a slogan—Prayer, Fasting and Almsgiving—as the three things we need to work on during the season.
2. **It’s a time of prayer.** Lent is essentially an act of prayer spread out over 40 days. As we pray, we go on a journey, one that hopefully brings us closer to Christ and leaves us changed by the encounter with him.
3. **It’s a time to fast.** With the fasts of Ash Wednesday and Good Friday, meatless Fridays, and our personal disciplines interspersed, Lent is the only time many Catholics these days actually fast. And maybe that’s why it gets all the attention. “What are you giving up for Lent? Hotdogs? Beer? Jelly beans?” It’s almost a game for some of us, but fasting is actually a form of penance, which helps us turn away from sin and toward Christ.
4. **It’s a time to work on discipline.** The 40 days of Lent are also a good, set time to work on personal discipline in general. Instead of giving something up, it can be doing something positive. “I’m going to exercise more. I’m going to pray more. I’m going to be nicer to my family, friends and coworkers.”
5. **It’s about dying to yourself.** The more serious side of Lenten discipline is that it’s about more than self-control – it’s about finding aspects of yourself that are less than Christ-like and letting them die. The suffering and death of Christ are foremost on our minds during Lent, and we join in these mysteries by suffering, dying with Christ and being resurrected in a purified form.
6. **Don’t do too much.** It’s tempting to make Lent some ambitious period of personal reinvention, but it’s best to keep it simple and focused. There’s a reason the Church works on these mysteries year after year. We spend our entire lives growing closer to God. Don’t try to cram it all in one Lent. That’s a recipe for failure.
7. **Lent reminds us of our weakness.** Of course, even when we set simple goals for ourselves during Lent, we still have trouble keeping them. When we fast, we realize we’re all just one meal away from hunger. In both cases, Lent shows us our weakness. This can be painful, but recognizing how helpless we are makes us seek God’s help with renewed urgency and sincerity.
8. **Be patient with yourself.** When we’re confronted with our own weakness during Lent, the temptation is to get angry and frustrated. “What a bad person I am!” But that’s the wrong lesson. God is calling us to be patient and to see ourselves as he does, with unconditional love.
9. **Reach out in charity.** As we experience weakness and suffering during Lent, we should be renewed in our compassion for those who are hungry, suffering or otherwise in need. The third part of the Lenten formula is almsgiving. It’s about more than throwing a few extra dollars in the collection plate; it’s about reaching out to others and helping them without question as a way of sharing the experience of God’s unconditional love.
10. **Learn to love like Christ.** Giving of ourselves in the midst of our suffering and self-denial brings us closer to loving like Christ, who suffered and poured himself out unconditionally on cross for all of us. Lent is a journey through the desert to the foot of the cross on Good Friday, as we seek him out, ask his help, join in his suffering, and learn to love like him.



“You could say that prayer without fasting is like boxing with one hand tied behind your back, and that fasting without prayer is, well, dieting.”-Matt Fradd