



The Sacred Heart of the Matter



Our Mission

In the context of a Christian community, Sacred Heart Grade School strives to help students fulfill the potential of their God given talents and abilities by guiding them to develop themselves spiritually, intellectually, physically, emotionally, aesthetically, and socially.



Charleston, WV ~ Sacred Heart Grade School ~ March 2019
Dear parents and students,

Throughout the days that we were dealing with several viruses and flu A in our school, our teachers disinfected classrooms daily, students washed hands and used hand sanitizer frequently, and our night janitors disinfected the school each evening. Those efforts took time and paid off. Along with parents at home helping by making sure their children were fever and sickness free for 24 hours before returning to school, we were able to turn the tables on these contagious health concerns.

On Monday morning, I read an article about some other contagions: anger and kindness. The article, entitled "Anger Can Be Contagious, How to Stop the Spread", focuses on how our emotions influence those around us, every day. The research referred to in the article reveals that as you become happier with your life, a friend living close by has a 25% chance of becoming happier too. And of course, it is not only happiness that spreads, but anger as well. Further, the infectious nature of our emotions do not only occur when we are in the same house, school, or city. Our emotions can spread dramatically through digital interactions.

Texting or emailing someone while angry or sad can result in the recipient understanding your emotion and then mirroring it. Research suggests the results of such a situation on social media can be even more dramatic. When people read posts about good things, they have positive feelings and then post positively. Negative posts prompted people to write more sad or angry things, and as we are all aware, this negativity can spiral into a sort of social media anger outbreak.

Awareness of the impact our actions and words have on others is so important. It is a lesson our children are learning and one we must continue to consider. The article goes on to say that the most effective way to stop the spread of anger is through kindness. It is good for us to be kind! It not only makes us feel better, but it disarms anger. Like a stomach virus left to run amuck, anger and dissatisfaction can infect many people, but a dose of positivity can stop them in their tracks, sowing seeds of kindness to grow and spread!

Just as we worked together to combat illness in early February, I know our community will continue to fight against the spread of anger by sharing the kindness and love which are at the heart of SHGS.

In peace,
Susan Malinoski

IN THIS ISSUE:

DRESS DOWN DAYS MARCH GABRIEL PROJECT	2
STANDARDIZED TESTING UNIFORM GUIDELINES PRESCHOOL CONFERENCE	
IMPORTANT REMINDERS SHGS AT POWER PARK THANK YOU CONDOLENCES	3
MARCH CALENDAR	4

CONGRATULATIONS!

*To the Sacred Heart church league girls and boys basketball teams who won the CCRA Elementary Girls & Boys Division Championship!

Team members on the girls team: Abbie Nester, Ellie Pray, Ella Gillis, Francesca Fairless, Molly Weber, Mary Rushworth, Abbie Messer, Nora Aliff, Alyssa Hanna, Arianna Anderson, and Ka'Lea Burkes

Team members on the boys team: Aidan Anton, Aidan Hemphill, Charlie Johnson, William Johnson, Jacob Brown, Peter Basdekis, Will Gruse, William Fredeking, and Michael Smith

*To all of our SHGS church league basketball players, coaches, and parents on a successful season full of fun and learning together as a team!

*To Bailee and Scarlett King on the birth of their new baby brother, Holden!

MARDI GRAS

SHGS will celebrate Mardi Gras on **Tuesday, March 5!** Students K-5 should wear their gym uniforms for this fun filled day! The schedule for the day is as follows:

8:30 a.m.-9:15 a.m.	Pre K classes
9:15 a.m.-10:00 a.m.	1st grade
10:00 a.m. -10:45 a.m.	2nd grade
10:45 a.m.-11:30 a.m.	3rd grade
11:30 a.m.-12:15 p.m.	4th grade
1:00 p.m. -1:45 p.m.	Kindergarten
1:45 p.m.-2:30 p.m.	5th grade

Follow us on Twitter @SacredHeartGS or text "follow SacredHeartGS" to 40404 to receive text updates.

Visit the Sacred Heart Grade School website shgs.us for news and information.



DRESS DOWN DAYS

Tuesday, March 5	Mardi Gras, K-5 wear gym uniforms
Friday, March 8	March Dress Down Day
Thursday, March 21	Happy Spring Dress Down Day!



GABRIEL PROJECT

During the month of March, we will be accepting donations of **size 5 and 6 diapers** and **new or gently used infant/toddler boys' pants sizes 12 months through 5T.**
Thank you for your continued support of this project!



ARTS EXTRAVAGANZA

Mark your calendars for the 2nd SHGS Arts Extravaganza on **April 8, 6:00-7:00 pm** in the SHGS gym and cafeteria! This evening will feature a mini-concert by our 4th and 5th grade strings students, songs from our choir, and a variety of artwork from SHGS students as well as light refreshments.



STANDARDIZED TESTING

Students in Kindergarten through 5th grade will participate in the Diocesan-wide standardized testing program the week of **March 11.** Please make sure that your child is present, on time, well rested, and has eaten a good breakfast. They should also have at least two No. 2 pencils on hand for testing. Above all...encourage them not to stress out. Testing can be a nice break from our daily routine, and they will do great! It is exciting to have the opportunity to demonstrate what you have learned!

UNIFORM GUIDELINES

Upon returning from spring break on April 23, students may begin wearing their uniform shorts. Since they are growing so fast, please take a moment and double check their shorts...and all uniform pieces. Remember that our uniform policy requires that shorts, jumpers, and skirts be knee length. Also, please be sure that socks have no logos or designs, and that they can be easily seen. Your support is appreciated!

PRESCHOOL CONFERENCE

Please note that **preschool classes** (Tiny Hearts, ECE, PreK) **will not meet on April 11-12 nor will there be ASC** on these days. Preschool and ASC teachers will be attending the Celebrating Connections Workshop in Charleston on April 11 and 12.



IMPORTANT REMINDERS

Lunch Bill Payments: Please call the school office if you experience any problems with your monthly lunch bill delivery. The continued success of our lunch program and the expansion of offerings is dependent on the timely payment of lunch bills. Thank you for your continued attention to this matter. Questions about lunch bill payments may be directed to Mrs. Jarrell.

Communication via social networking, including REMIND, does not take the place of official office notification. Communication with the SHGS office should be in writing or by phone.

SHGS DAY at POWER PARK!

Mark your calendars now for SHGS Day at Power Park on **April 28!** Come out and join the whole SHGS family for a day of baseball, food, singing, and fun! Watch for details in backpack mail soon!



THANK YOU!

To SHGS students who Jumped Rope for Heart and raised an amazing \$5,050.00 for the American Heart Association (4th place in the state), and to Mrs. Mullen for organizing the event!

To our basketball referees, organizers, and coaches for a successful season of learning the game, being a team, and sharing the love of basketball!

To Mrs. Liz Wallis for acting as our liaison during our Gabriel Project donation drives!

To our crossing guard, Mr. Charlie Milton, who keeps us safe, on our toes, and entertained every morning as we go to school!

CONDOLENCES

To Mrs. Crystal Ashcraft and Ms. Savannah Gillespie in the loss of Mrs. Ashcraft's daughter and Ms. Savannah's sister, Kristiana

To Elizabeth and Alexandra Blanchard in the loss of their maternal great grandfather.

To Adeline and Cullen Conroy in the loss of their paternal grandmother.

To Ella Green in the loss of her paternal great aunt.

We pray that in this time of loss, you will feel God's love and find comfort in the presence of the Lord.





MARCH



Tuesday, March 5

Mardi Gras

K-5 wear gym uniforms

Wednesday, March 6

Ash Wednesday

Friday Specials

Liturgy 5B

Friday, March 8

Wednesday specials

March Dress Down Day

Lunch payments due

Monday, March 11-

Terra Nova Testing Week

Friday, March 15

Wednesday, March 13

Uniform Sale 7:30-8:00, cafeteria

PVA General Meeting 8:05, cafeteria

March birthday lunch

Thursday, March 14

1st grade Golden Friends Lunch, 12:20

Friday, March 15

Liturgy 1C

Monday, March 18

Terra Nova Makeup testing

Thursday, March 21

Happy Spring Dress Down Day

Friday, March 22

End of third nine weeks

Liturgy 3A

Friday, March 29

Liturgy 2B

Report card day

Popcorn sale