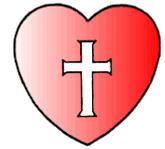


# The Sacred Heart of the Matter



Charleston, WV

~ Sacred Heart Grade School ~

October 2019

Dear parents and students,

**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.



Outdoor Classroom is one SHGS students' most beloved activities. Each year our fourth graders head out to Camp Virgil Tate with their teachers, parent volunteers, and volunteer instructors for a day full of fishing, archery, crafts, and learning in nature. Not only do our younger students look forward to this special day, but older students at CCHS love to reminisce about the fun they had at Outdoor Classroom.

In reflecting on the day with the fourth grade teachers, it was mentioned that they noticed the students really seemed to revel in free play time they had when they completed a session early. At first, being told that they could go into the big grassy field and play until the next session bewildered some students. Some were in need of direction and others weren't quite sure if the teachers meant what they heard them say, "Just go and play." It took some time, but the children quickly realized that just running around in that huge field was, in and of itself, fun! Some children organized tag and played ball, while others just ran around. Whatever they did, though, the children initiated and organized it on their own.

Our children work very hard while they are at school. They have morning break, afternoon recess and take brain breaks throughout the day. These breaks are all very beneficial, but opportunities to have unscheduled free play time are so valuable. Free play:

- \* Allows kids to use their creativity and develop their imagination, dexterity, and other strengths
- \* Encourages kids to interact with the world around them
- \* Helps kids conquer their fears and build their confidence
- \* Teaches kids to work in groups so they learn to share and resolve conflicts
- \* Helps kids practice decision-making skills
- \* Helps children adjust to school and enhance their learning readiness, learning behavior, and problem-solving skills.

This information comes from an article entitled "The Importance of Free Play for Kids" which I have included at the end of this newsletter. As we begin our fall together, I hope that your entire family is able to enjoy some well deserved free play in the cool breezes and piles of leaves soon to come.

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In peace,  
Susan Malinoski

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## GYM JAM!



Gym Jam, a day to celebrate being healthy and active, will be held on **Wednesday, October 2**, for students in grades 1 through 5. These students will **wear their gym clothes** all day for Gym Jam!

All students (Tiny Hearts, ECE, Pre-K, K, & 1-5) will need to **pack a lunch and drink from home** since the cafeteria is used for Gym Jam stations. There will be no hot lunch, and children will not have access to the microwave.

Please send a packed lunch and drink in the morning with your child. **Fast food and other such items should not be delivered or sent for lunch.**

**Permission slips for Gym Jam (grades 3,4,5 only) are due on Friday, September 27.**

Thank you to Mrs. Mullen and all of our volunteers for planning and helping with this fun day!

## CONGRATULATIONS!

To Belle Pennington on the birth of her new baby sister!  
To Srinika Yadiki on the birth of her new baby brother!



## PROFESSIONAL DEVELOPMENT DAY

There will be **no school for students** (TH-5th grade) on **Monday, October 14.**

Teachers will be attending professional development sessions throughout the day.

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

Visit [www.shgs.us](http://www.shgs.us) for information, schedules, updates, and to stay up-to-date with all things SHGS!



## LAST DAY FOR UNIFORM SHORTS



The last day for uniform shorts will be **Friday, October 18!** Now is a good time to check those school pants and see just how much everyone has grown since last year!

## PARENT TEACHER CONFERENCES

Our first nine weeks will end on Friday, October 25, with report cards going home the following Friday, November 1.

Parent Teacher conferences for **grades K-5** will be held on **Thursday, November 7 from 8:00 a.m. until 6:00 p.m.**

**5th grade** will also hold conferences on **Wednesday, November 6 from 2:00-4:30**.  
5th graders will dismiss at 1:00 p.m. on Wednesday, November 6.

Conferences for TH, ECE and Pre-K classes will be held in **February**. Therefore our **Tiny Hearts, ECE, and Pre-K classes will be held as normal on November 7, but students must bring lunch and a drink from home. Additionally, there will be no After School Care on November 7.**



**Parents, K-5, may begin calling the school office to schedule conferences on October 21 at 9:00 a.m.**

## SCHOOL PICTURES-MAKE UP DAY



Make-up picture day will be **Thursday, November 14**. If your child was absent for school pictures or is having a retake, please have him or her wear picture clothes and bring the school uniform to change into after pictures are taken.

## OCTOBER DRESS DOWN DAYS

We will have TWO dress down days in October! Our monthly dress down day for October will be on **Wednesday, October 9**.

The second dress down day will be on Halloween Day which is **Thursday, October 31!** This is also the day of our Halloween party in the gym! Students in all grades will have the option to wear their Halloween costume to school on Halloween Day. See below for further important details.

## HALLOWEEN!

Our Halloween party is scheduled for **Thursday, October 31!** Our Kindergarten through 5th grade classes will celebrate as a grade level together in the gym. Tiny Hearts, ECE and Pre K classes will have their own individual parties in their classrooms.

SHGS will have its **Halloween Costume Parade** on Halloween morning at **8:15 a.m.** During this time students will parade to the playground blacktop or through the school, depending on the weather. If the parade is outside, parents are invited to watch from the playground equipment area or sidewalks while we parade and sing songs. **No candy will be distributed** during the parade: the parade, singing, and fun will be our treat!

Costume guidelines are below. Understand that students may wear a costume, but they do not have to dress in costume. If they prefer to wear Halloween dress down clothes that is, of course, fine.

### Costume Guidelines:

-Students may wear costumes or they may dress down in Halloween clothes (theme t-shirts, Halloween colors, etc.)

**-Absolutely no accessories are to be brought to school or carried -** If sent, they will be kept in the office where parents will have to pick them up after school.

-Costumes must allow students to go to the bathroom independently and must follow dress down guidelines (length of shorts, skirts; no spaghetti straps; no inappropriate messages, etc. See handbook guidelines) **If this is a concern, the student will be asked to change into dress down clothes by teachers or administration.**

-Students **should not wear costumes that suggest violence or might scare other children** (Remember we have 2 year olds and up). **If this is a concern, the student will be asked to change into dress down clothes by teachers or administration.**

-Students must bring a bag of some type that will hold their costume. Students must be able to change out of the costume independently and carry this bag on their own.

## Halloween Day Party Schedule

Each grade will have their party in the gym following the schedule below. Mark your calendars and plan on joining us during your child's party time!



<u>8:15-8:45 a.m.</u>	Costume Parade
<u>9:15-10:00 a.m.</u>	1st grades
<u>10:00-10:45 a.m.</u>	2nd grades
<u>10:45-11:30 a.m.</u>	4th grades
<u>11:30-12:15 p.m.</u>	5th grades
<u>1:00-1:45 p.m.</u>	Kindergarten
<u>1:45-2:30 p.m.</u>	3rd grades

If you would prefer that your child not have his or her hair dyed, nails painted, or make-up applied at the BOO-TIQUE, please send a note with your child on the day of the party that explains your wishes to your child's teacher.

Thank you to our homeroom parents who are busy making plans for this spook-a-licious day! Please watch for information from your homeroom coordinator to see how you can help with this event!

## REMINDERS

- ♥ **Please do not deliver or send in fast food for your child's lunch.** When it is Parent Lunch or Golden Friends Lunch for your child's class, our cooks spend time to make a special lunch for our families to enjoy together! **Please refrain from bringing food into the school on these special days.** These are celebrations of family time together. The children are proud and love to be able to show you how to walk through the cafeteria line! On a regular school day, if your child forgets his or her lunch and you cannot bring lunch to your child, please notify the office so we can inform our cooks to provide an option.
- ♥ With the many opportunities coming up to volunteer at the school, please make sure that you have completed all **3 volunteer requirements for Virtus** (online training, background check, sexual abuse policy form). If you have questions regarding these requirements, please call Mrs. Jarrell in the school office.
- ♥ While the school annually asks parents for their preference concerning the use of their children's pictures in a variety of media, **please be mindful to not place any pictures taken during the school day on social media** (at school or at school sponsored events such as Outdoor Classroom, field trips, etc.). Though certainly never intending to cause harm, an innocent post could do just that.

## WV HEALTH RIGHT OCTOBER DRIVE

During the month of October, SHGS will be accepting donations of **diapers and onesies of any size** for WV Health Right. Thank you in advance for your support.

## STUDENT FLU SHOTS

Students flu shots will be given on **Thursday, October 24** for those families interested. Look for information and permission slips in Friday Folders soon.



## SHGS on FACEBOOK

Like, follow, and share our new Facebook page @SacredHeartGradeSchool for photos and other fun SHGS updates!





## PICK-UP & DROP-OFF

- ♥ The Charleston Police Department has asked that no afternoon pick-up line form **until 2:30 p.m.**
- ♥ A reminder to **parents, grandparents, siblings**, and others who are picking-up students:  
**Always cross at the crosswalk.** Crossing in the middle of the street is very dangerous, and there are too many lanes of traffic to do so safely.
- ♥ **Walking in the alley during arrival or dismissal is not permitted.**
- ♥ Please keep our alley a **cell free zone** during these times as well.
- ♥ SHGS doors are locked until 7:30 a.m. for safety. There is no drop off at the gym or the front door until 7:30 unless the student is attending Early Bird Care with Mrs.Carr.

## SACRED HEART BASKETBALL REGISTRATION!



It is almost time for Sacred Heart basketball!  
Mark your calendars to attend registration at our Open Gym  
**in the ELC gym on Wednesday, October 16.**  
During this time, families will register and pay for Sacred Heart Basketball  
and are welcome to shoot around a little during their assigned time slot.  
**Registration fee is \$90 per family.**  
Please bring any basketball jerseys you may have at home to registration.

**Registration times:**  
**6:00-6:30 p.m. grades 1 & 2**  
**6:30-7:00 p.m. grades 3,4,&5**  
**7:00-7:30 p.m. grades 6-12**

Email [SacredHeartBasketballWV@gmail.com](mailto:SacredHeartBasketballWV@gmail.com) with questions.

Please note: Kindergarten basketball will meet separately. Information to come home soon.



## THANK YOU!

- ♥ To Mike Hall, for always making our school pictures fabulous!
- ♥ To our PVA Hospitality Committee, for providing a beautiful and delicious birthday cake for SHGS faculty and staff!
- ♥ To our PVA Heartstrings Committee for providing delicious Back-to-School Night treats!
- ♥ To Mrs. Evans, Mrs. Davis, Mrs. Kurten, our parent volunteers, and our volunteer instructors for another successful Outdoor Classroom!
- ♥ To 4th grader, Harrison Balenovich, for organizing a personal care item drive for fellow 4th graders in an effort to help the homeless in Charleston. Items will be collected throughout October and then given to Crossroads Shelter.
- ♥ To Mrs. Courtney Lohri for organizing our fall Krispy Kreme PVA Fundraiser and to our students and families for selling approximately \$2500 in Krispy Kreme donut cards!

## CONDOLENCES

To After School Care's Erin Manahan, in the loss of her father.  
We pray that in this time of loss, you will feel God's love and find comfort in the presence of the Lord.



# October

<b>Monday, September 30</b>	<b>Lunch bills emailed</b>
<b>Tuesday, October 1</b>	<b>October WV Health Right Project Drive begins Diapers and onesies of any size requested</b>
<b>Wednesday, October 2</b>	<b>Gym Jam (grades 1-5) All students wear gym uniforms, pack a lunch and drink</b>
<b>Friday, October 4</b>	<b>Liturgy 5C</b>
<b>Wednesday, October 9</b>	<b>October Dress Down Day PVA Uniform Sale 7:30 a.m. SHGS Cafeteria PVA General Meeting 8 a.m. SHGS Cafeteria October birthday lunch</b>
<b>Friday, October 11</b>	<b>Liturgy 4C Lunch payments due</b>
<b>Monday, October 14</b>	<b>No school for students-Professional Development Day</b>
<b>Thursday, October 17</b>	<b>2nd grade Parent Lunch, 12:20 p.m. 4th and 5th graders bring lunch and a drink</b>
<b>Friday, October 19</b>	<b>Last day for uniform shorts Liturgy 3A 5th grade trip to Morgantown</b>
<b>Monday, October 21</b>	<b>Parents may begin calling the office for Parent/Teacher Conference appointments</b>
<b>Thursday, October 24</b>	<b>Flu shot clinic</b>
<b>Friday, October 25</b>	<b>Liturgy 3B Popcorn Sale \$0.25 End of 1st nine weeks</b>
<b>Thursday, October 31</b>	<b>Happy Halloween! Halloween Parade &amp; Party Day</b>
<b>Friday, November 1</b>	<b>Liturgy 5A Report Card Day</b>



## The Importance of Free Play for Kids

*There's big payoffs in letting kids be kids.*

By Vincent Iannelli, MD

Updated July 17, 2019, [verywellfamily.com](http://verywellfamily.com)

Medically reviewed by a board-certified physician

Few things are more associated with childhood than playtime, but some kids aren't getting enough free playtime. These are times when kids need to use their imagination or enjoy physical activity rather than being coached on a team or watching electronic entertainment, and there are many benefits to this type of simple, unstructured play.

### Overscheduled Kids

Play is so important to optimal child development that it's been recognized by the United Nations as a basic right of every child. Indeed, play is essential to development because it contributes to the cognitive, physical, social, and emotional well-being of children and youth.

But with all of the structured activities and the strictly scheduled lives kids often have these days, some are left without any real time to just play. Even when given time to play, they may be too tired after participating in all the organized activities to take advantage of the opportunity.

There are a host of factors that have led to a decrease in free play time including a greater emphasis on academic preparation, working parents with little free time to care for children, more electronic screen time, less time spent playing outdoors, perceived risk of play environments, and limited access to outdoor play spaces.

### The Importance of Free Play

"Children are designed, by natural selection, to play," wrote Peter Gray, Ph.D., a research professor at Boston College, in a 2011 article in the *American Journal of Play*. "Wherever children are free to play, they do."

However, the last half-century has seen a decline in kids' opportunities to play. Precisely how fast and how much it's declined is difficult to quantify, though historians suggest that it's been continuous and great. It's also led to lasting negative consequences.

In that same article, Gray detailed how the lack of play affects emotional development, leading to the rise of anxiety, depression, and problems of attention and self-control. He argues that without play, young people fail to acquire the social and emotional skills necessary for healthy psychological development.

In a special report on play from 2007, the American Academy of Pediatrics (AAP) outlined a host of payoffs of free play, including that it:

- Allows kids to use their creativity and develop their imagination, dexterity, and other strengths
- Encourages kids to interact with the world around them
- Helps kids conquer their fears and build confidence
- Teaches kids to work in groups so they learn to share and resolve conflicts
- Helps kids practice decision-making skills
- Helps children adjust to school and enhance their learning readiness, learning behavior, and problem-solving skills

Of course, it's also fun, and all that running, biking, and jumping kids often engage in helps build healthy bodies. That's a significant benefit, considering that 20 percent of American children are obese. Many experts attribute the dramatic rise in childhood obesity and the decline in physical fitness at least partly to the decline in outdoor play. The ability for kids to manage their emotions and behaviors, what experts call emotional regulation, may also be a casualty of too-little play—and a factor in the high rate of attention deficit hyperactivity disorder (ADHD). Children learn how to regulate fear, anger, and other emotions while playing. This teaches them how to maintain emotional control in threatening and real-life situations, all of which, Gray says, seems to be a perfect countervailing force to the impulsivity, hyperactivity, and lack of emotional control that characterize ADHD.

It's important to note that this kind of play is meant to be unstructured, child-driven play. It's not the kind of playtime that's controlled by adults and it doesn't include passive play, such as sitting in front of a video game, computer, or TV. Keep in mind that just because the free play isn't controlled by adults it doesn't mean you shouldn't supervise your kids while they're playing, especially if they're playing outside.

### **Examples of Free Play**

True free play involves any kind of unstructured activity that encourages children to use their imagination, such as playing with blocks, dolls, and toy cars. It wouldn't include playing with most electronic toys.

A group of kids playing soccer in the backyard together versus playing on a team with a coach would be another good example of free play time. This type of active free play is also a good way to help your kids meet their daily physical activity requirements.

More examples of free play include:

- Playing on playground equipment, climbing, swinging, running around
- Drawing, coloring, painting, cutting, and gluing with art supplies
- Playing make-believe and dress-up
- Reading and looking at books they enjoy, not as part of homework or study

If you're counting on school recess to provide your child with a healthy dose of free play, you may want to rethink that decision. Not only is the length of recess rarely mandated at the state level (some schools have eliminated it altogether), but it's often a very structured event.

### **A Word From Verywellfamily.com**

If you're constantly running from activity to activity and your kids are overscheduled, consider cutting back and adding in some free play. Unstructured play lets your kids explore their imagination and the things around them. In a time when so many parents deal with hectic schedules, it's good to remember the importance of a little free time. As the AAP report notes, some of the best interactions between parents and kids occur during downtime—just talking, preparing meals together, and working on a hobby or art project, playing sports together, or being fully immersed in child-centered play.