

The Tuesday Newsletter



Sacred Heart of Jesus School is a diverse community dedicated to educating the body, mind and spirit.

WEEKLY NEWS FROM SACRED HEART OF JESUS SCHOOL

MAY 23, 2023

CALENDAR PEEK!

05.19-23	6TH-7TH GRADE EXAMS (Dismissed at 11 am)
05.23	RECORDS DAY - NO SCHOOL FOR GRADES 1-5
05.24	1ST-5TH GRADE FIELD DAY
05.24	RECORDS DAY - NO SCHOOL FOR GRADES 6-7
05.25	MASS (8 am in the church)
05.25	1ST - 7TH GRADE AWARDS CEREMONY (8:40 am in the church)
05.25	LAST DAY OF SCHOOL (Dismissed at 11 am)
05.25-08.09	SUMMER VACATION!!!! (School office hours are M-TH / 9 am - 1 pm)
07.11	NEW FAMILY NIGHT (6 pm in the Parish Hall)
08.10	FIRST DAY OF SCHOOL

CHRIST
has no body on Earth



but YOURS
—St. Teresa of Avila

Summer
HOURS
MONDAY - THURSDAY
9 AM - 1 PM

PRINCIPAL'S POST

By: Cecilia Methvin

The end of a school year is a great time for reflection. As I look back, I am not only reflecting on this past year, but on the past 25 years. I have learned so much about myself, professionally and personally in that time and I am grateful for the many lives I have been a part of. No matter where life takes us, I hope you know that you and your children will always be in my heart and in my prayers.

May this summer bring you peace and happiness. I pray you and your families find joy in each other's company and that you are safe from illness and injury. I hope you will remember me fondly, as I will you. Thank you for making my last year at Sacred Heart such a special one.

Love, Mrs. Methvin

SUMMER READING Summer is near and you know what that means...no school, sleeping late, vacations, AND summer reading. The 2023-24 summer reading information can be found on pages 8-12 of this newsletter as well as on the website. Happy reading!

SUMMER MATH PRACTICE All students are encouraged to spend 1 hour each week for a total of 10 hours over summer break doing math practice and review. Please complete as many skills as possible to at least 80% proficiency. See page 7 for more information

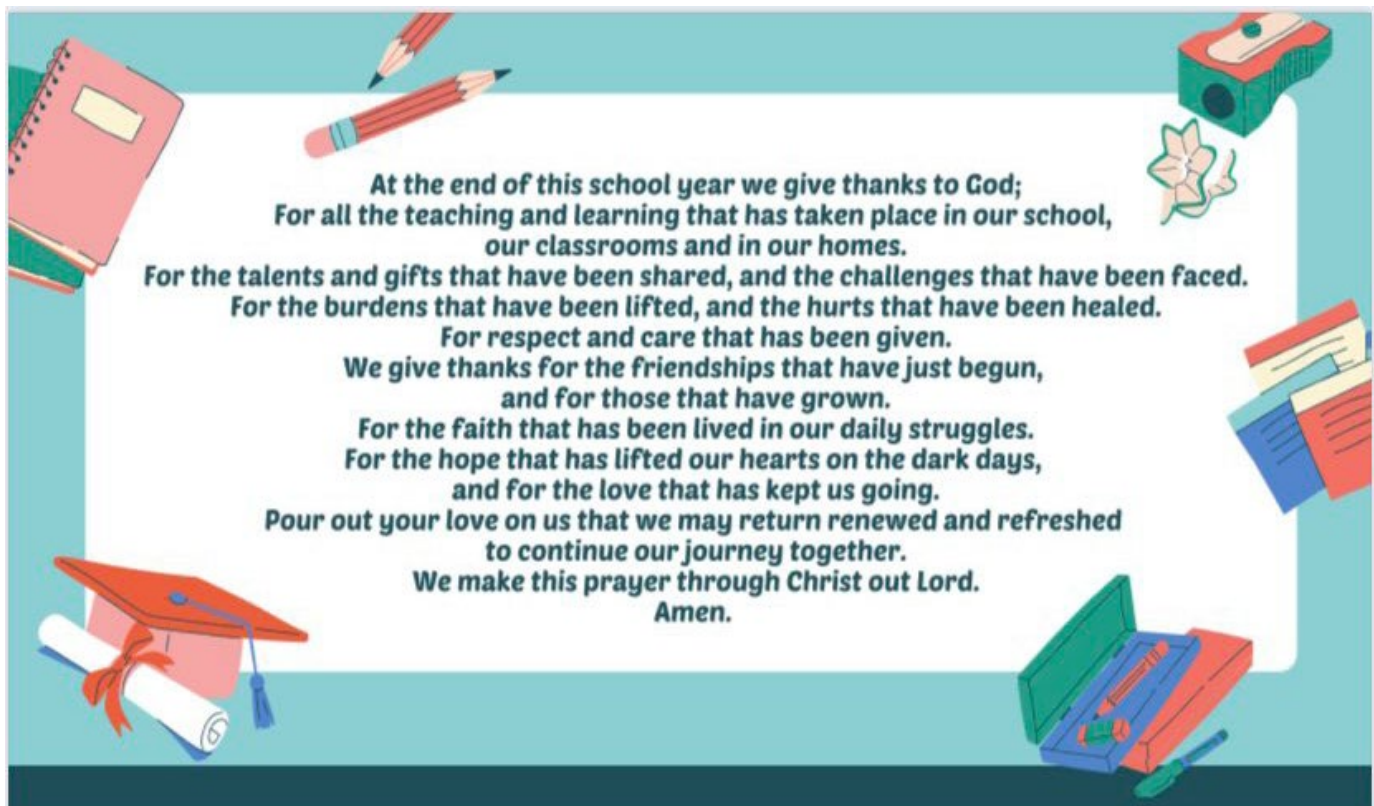
SCHOOL SUPPLIES Can you believe Thursday is the last day of school? Before you get started with your summer routine, please remember to order your school supplies for next year! It's quick and easy, and one more thing you can check off your to-do list! School Tool Box has made it easy and hassle free for families to order supplies and have shipped directly to school, labeled with your student's name, and packed in an individual keepsake box. School Tool Box also has a one school year warranty guarantee on all products! If something breaks, tears or malfunctions, STB will replace the item at no cost to schools and families. To take advantage of this great offer you will need to purchase supplies by June 6, 2023. You simply visit www.schooltoolbox.com and either create a login if it's your first-time ordering, or login to your existing account. Choose Sacred Heart School and your child's grade for 2023-24. It's that simple! Note: You will be able to order supplies after June 6th, but it will be for ship-to-home and the discounted rates will NOT apply. If you have any questions, you may contact Narkita Roscoe at (roscoenarkita@gmail.com).

CALL FOR BOXES The end of another school year is near and our Capital Campaign is still going strong. During the summer, construction crews will be on campus renovating more classrooms. If you have any boxes that teachers can use to pack up their rooms, please send them to the office as soon as you can.

ANNUAL SCHOOL CALENDAR The The 2023-24 tentative school calendar can be found on page 6. Please take note of our first day of school as well as holidays for next year.

LAST CHANCE TO ORDER A YEARBOOK If you have not already done so, [click here](#) to order your 2022-23 yearbook before May 26. Questions? Email Wendy Milam (WMilam@SacredHeartBR.com).

SACRED HEART PARISH MESSENGER [Click here](#) to read this week's edition of The Sacred Heart of Jesus Parish Messenger.



SACRED HEART HOME SCHOOL



NEWS AND REMINDERS

- Happy Summer, Sacred Heart Family! Before we peace out until next school year, we wanted to thank all of the parents who gave their time, energy, and talents (and money) to our Home & School efforts this year.
- We hope the kids enjoyed all of the treats and fun, and we know they'll benefit from the money raised throughout the year for the school. We wish everyone a very happy summer. God Bless you all. Until next year!



HAPPY BIRTHDAY

May 26 - Michael Miller (Assistant Principal)
May 27 - Rianna Reed (Music Teacher)
June 2 - Amanda Moran (3rd Grade Teacher)
June 2 - Billy Reeves (Middle School English/Literature Teacher)
June 4 - Allison Fisher (Middle School Math Teacher)
June 5 - Allison Ray (Pre-K Assistant Teacher)
June 13 - Maggie Calandro (Art Teacher)

Viewer Discretion is Advised: Meaning and Implications

The kids will be at home and have more time to watch movies, TV and be on their phones. I walked into the living room last year to find my 10-year-old grandson watching the Amber Heard trial. Clearly, he know how to bypass parental controls and maybe your children do too. Viewer discretion is advised is a phrase you have, undoubtedly, heard or seen on television and in movies, but what does it mean?

Viewer discretion is advised is a content warning that precedes material that is not appropriate for children, advising the parent and viewer to use their own discretion or voluntary decision-making power to decide if they should watch it. It was invented to protect children against distressing content. It warns viewers upfront that something upsetting may follow next, allowing them to either prepare themselves or decide to disengage altogether. The viewer discretion warning was born out of the need to inform consumers of mass media and protect those most vulnerable, namely, children. The intent was to offer a degree of media awareness and media literacy to navigate and filter content on television and in movies.

Violence on television has been of particular concern since, despite frequent arguments to the contrary, research from numerous studies conducted over several decades shows a strong correlation between TV violence and increased social violence.

TV Parental Guideline Ratings

The parental guidelines have two elements, and the first element refers to the audience, which indicates the age level for which a television program is appropriate.

TV Y	ALL CHILDREN A program for all children, specifically designed for very young children from the age of two. It contains no violence, nor is it expected to frighten or scare. No parental guidance required.
TV Y7	DIRECTED TO OLDER CHILDREN A program for children aged seven and above. The program contains mild fantasy and violence. May require parental guidance.
TV Y7FV	DIRECTED TO OLDER CHILDREN — FANTASY VIOLENCE A program for children aged seven and above. It contains fantasy violence that might be more intense or more combative than simply TVY7 programs. May require parental guidance.
TV G	GENERAL AUDIENCE A program suitable for all ages. Although not specially designed for children, these programs contain little to no violence, strong language, sexual dialogue, or situations.
TV PG	PARENTAL GUIDANCE SUGGESTED The program contains material that could be unsuitable for younger children. Parental guidance is advised for younger children. Might contain some suggestive dialogue (D), infrequent coarse language (L), some sexual situations (S), or moderate violence (V).
TV 14	PARENTS STRONGLY CAUTIONED A program intended for children ages 14 and older in the company of an adult. May be unsuitable for children under 14 years of age, and parental guidance is strongly recommended. Programs could contain one or more of the following: intensely suggestive dialogue (D), strong coarse language (L), intense sexual situations (S), or intense violence (V).
TV MA	MATURE AUDIENCES ONLY A program specifically designed for adults and may be unsuitable for children under 17. This program may contain one or more of the following: crude indecent language (L), explicit sexual activity (S), or graphic violence (V).

The second guideline element contains a content label that indicates a show may contain violence, sex, adult language, or suggestive dialogue.

D — suggestive dialogue, which usually means talking about sex

FV — fantasy violence (children's programming only)

L — coarse or crude language

S — sexual situations

V — violence

The two guidelines are visible in each individual rating and preceded by the letters TV. Ratings appear in the top-left corner of your television screen at the beginning of each program. Many regular broadcast and cable television networks also display the rating after each commercial break.

Parental Controls: The V-Chip

The ratings are helpful to guide parents as to what content they deem suitable for children and what is not. In addition, the guidelines were designed to be used with an installed V-chip in television sets to restrict what children watch on TV.

Since 2000, chips have been mandatory for television sets and personal computers, including a television tuner and screen size of 13 inches or more. Parents can program the V-chip to block programs based on these parental guideline ratings.

Despite criticism about the clarity and transparency of parental guidelines, few people will argue they should not exist at all. Most people agree that some degree of parental guidance is required for children to ensure their safety and well-being.

Be Aware of the Big Picture

As parents, it is important to be aware of the bigger picture. Although viewer discretion, originally, was limited to television and movies, the warnings now appear prominently on the internet, especially social media.

What You Can Do as Parents!

The media landscape is completely different from what many parents grew up around, so it can be overwhelming at times.

Develop A Family Media Plan

The American Academy of Pediatrics (AAP) recommends developing healthy media use habits early on. They discourage any screen media for children under 18 months and restrict screen time to a max of one hour daily for children of two years old and older. When allowing screen time, make sure to pick high-quality programs, such as Children's Educational Television, and co-watch with your child and actively engage with them. The AAP created an [interactive family media plan](#) that enables you to create media rules at home that fit your values and needs and develop an individual-based media plan for each family member. The family media plan will promote communication about what is allowed in your household and what is not, the benefits and risks associated with media, and develop media awareness and literacy in your children. Plus, do not forget to schedule, plan, and prioritize daily critical health behaviors that are central to child health. Think about all those non-media related times spent such as sleep, exercise, schoolwork, and socialization.

Why Boredom is Anything but Boring

Boredom gets a bad rap, but research shows that constructive boredom in children is essential to their mental and emotional development. Boredom fosters creativity, independence, and creates tools that children need to navigate the busy world around them. To be constructive in boredom, they will need your help as parents, but practice makes perfect, right?

Final Thoughts

"Viewer discretion is advised" is a displayed warning, often repeated audibly as well, that flags potentially upsetting content to viewers. Its intent is to alert parents and inform them of the content and age-appropriateness of television programs. Viewer discretion has been helpful in rating content on television and movies. Most would agree it protects children to some degree and ensures they engage with media in a safer and more responsible way. As parents, you are of vital importance in raising media-literate children. Through the creation of a family media plan, prioritizing non-media activities, or constructively using boredom, you will limit the risks associated with media exposure.

Have a safe and happy Summer,
Nurse Geri

Annual School Calendar

2023



2024

Sacred Heart of Jesus

July

July 11
New Family
Night @ 6 pm

August

August 1-9
Teacher In-
Service
August 10
First Day of
School

September

September 4
Labor Day
Holiday

October

October 16
Fall Holiday

November

November 20 - 24
Thanksgiving
Holidays

December

December 21-
January 3
Christmas
Holidays

January

January 3
Teacher In-service
January 4
Students return to
school
January 15
Martin Luther King,
Jr. Holiday

February

February 12 - 16
Mardi Gras
Break

March

March 29
Good Friday
Holiday

April

April 1-5
Easter Holidays

May

May 24
Last Day of
School

June

Summer Math Enrichment

All students are encouraged to spend 1 hour each week for a total of 10 hours over summer break doing math practice and review. Sacred Heart has subscribed to an online service, IXL, to give each student strong practice problems with immediate feedback. Please complete as many skills as possible to at least 80% proficiency.

Students who are entering **Algebra 1** should practice the following sections from the 8th grade section of IXL. If you reach mastery level in all skills listed below, work on other 8th grade skills of your choosing.

C.8	F.3	P.2	X.9	AA.9
D.2-D.8	I.2	Q.7	X.16	AA.12
E.1-E.3	J.1- J.2	T.3	Y.17	BB.11
E.5-E.6	L.11	W.6	Z.7	

Students who are entering **Course 3** should practice the following sections from the 7th grade section of IXL. If you reach mastery level in all skills listed below, work on other 7th grade skills of your choosing.

C. 12-C.13	J.5	R.5	Y.19
C.22-C.25	L.11	S.7	EE.1
F.8	M.6	Y.2	
G.18	P.1	Y.5-Y.6	

Students who are entering **Course 2** should practice the following sections from the 6th grade section of IXL. If you reach mastery level in all skills listed below, work on other 6th grade skills of your choosing.

D.2	H.10	L.7	S.4	CC.1, CC.2
E.3, E.7	I.11	M.7	X.2, X.8	FF.1, FF.6, FF.10
F.4	J.6	O.4, O.9, O.12	Y.5	
G.1	K.15	R.9	AA.4	

All incoming 6th graders should practice the following sections from the 5th grade section of IXL. If you reach mastery level in all skills listed below, work on other 5th grade skills of your choosing. Do not use a calculator. Those students taking Course 2 may want to spend extra time working with Course 2 recommendations after completing Course 1 recommendations.

C.16	H.4	P.3	AA.1, AA.9
D.16	I.1	S.1	DD.1, DD.5, DD.9
E.8	K.5, K.11, K.16	T.3, T.5	
G.5	O.1, O.11, O.14	Z.2, Z.5, Z.6, Z.10	

3rd Grade Summer Reading









"The more that you read, the more things you will know. The more you learn, the more places you'll go."
-Dr. Seuss



I encourage families to spend at least twenty to thirty minutes reading each day.

Knowing how to choose a good book is part of being a good reader. Please choose books that are "just right." These books are books that are not too hard and not too easy.

WAYS TO ENJOY READING

-  Listen to a book being read aloud.
-  Take turns reading to a friend or parent.
-  Read the book by yourself and tell someone about your favorite parts.
-  Record yourself reading.
-  Listen to books on tape
-  Create a Book Club with your friend.
-  Make a list of the books you have read & rate how much you liked each book.
-  Visit a library.

Read at least one of the novels listed below. We will discuss and participate in activities in the fall!

FICTION

Sideways Stories from the Wayside School

By Louis Sachar

How to Eat Fried Worms By *Thomas Rockwell*

NON-FICTION

Some Writer! : The Story of E.B. White By *Melissa Sweet*

The Secret Life of The Red Fox By *Laurence Pringle*



4th Grade Summer Reading

"The more that you read, the
more things you will know.
The more you learn, the
more places you'll go."
-Dr. Seuss



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spend at least twenty to
thirty minutes reading each
day.

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good reader. Please choose
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These books are books that
are not too hard and not too
easy.

WAYS TO ENJOY READING

- ⇒ Listen to a book being read aloud.
- ⇒ Take turns reading to a friend or parent.
- ⇒ Read the book by yourself and tell someone about your favorite parts.
- ⇒ Record yourself reading.
- ⇒ Listen to books on tape
- ⇒ Create a Book Club with your friend.
- ⇒ Make a list of the books you have read & rate how much you liked each book.
- ⇒ Visit a library.

Read at least one of the novels listed below. We will discuss and participate in activities in the fall!

FICTION

Fantastic Mr. Fox By *Roald Dahl*

Tales of a Fourth Grade Nothing By
Judy Blume

NON-FICTION

Rocket to the Moon! By *Don Brown*

Lesser Spotted Animals: The Coolest
Creatures You've Never Heard Of By
Martin Brown

5th Grade Summer Reading

"The more that you read, the
more things you will know.
The more you learn, the
more places you'll go."
-Dr. Seuss



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thirty minutes reading each
day.

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good book is part of being a
good reader. Please choose
books that are "just right."
These books are books that
are not too hard and not too
easy.

WAYS TO ENJOY READING

- Listen to a book being read aloud.
- Take turns reading to a friend or parent.
- Read the book by yourself and tell someone about your favorite parts.
- Record yourself reading.
- Listen to books on tape
- Create a Book Club with your friend.
- Make a list of the books you have read & rate how much you liked each book.
- Visit a library.

Read at least one of the novels listed below. We will discuss and participate in activities in the fall!

FICTION

No Talking By Andrew Clements

The Secret Garden By Frances Hodgson Burnett

NON-FICTION

Accidental Archaeologists: True Stories of Unexpected Discoveries

By Sarah Albee

Stormy Seas: Stories of Young Boat Refugees By Mary Beth Leatherdale



You MUST read the following:

Incoming 8th- A Long Walk to Water by Linda Sue Park

Incoming 7th- I Will Always Write Back by Caitlin Alifirenka,
Liz Welch, and Martin Ganda

Incoming 6th- A Thousand Paper Cranes by Eleanor Coerr

Then you must pick ONE from the following list:

- **96 Miles**: J.L. Esplin
 - 21 days without power. 2 brothers on a desperate trek. 72 hours before time runs out...The Lockwood brothers are supposed to be able to survive anything.
- **Bloom**: Kenneth Oppel
 - The invasion begins with rain -- a rain that carries seeds that sprout overnight, everywhere. These new plants crowd out crops, release toxic pollens, and form large underground pods that swallow animals and people. They are unstoppable. Book #1
- **City Spies**: James Ponti
 - Sara Martinez is facing years in the juvenile detention system for hacking into the foster care computer system to prove that her foster parents are crooks. She gets a second chance when a mysterious man offers her a chance to join a group of spies.
#1

- **Clean Getaway**: Nic Stone
 - For the life of him, William "Scoob" Lamar can't seem to stay out of trouble, and now the run-ins at school have led to a lockdown at home.
- **From the Desk of Zoe Washington**: Janae Marks
 - Avid baker Zoe Washington receives a letter on her twelfth birthday from her biological father, who is in prison for a terrible crime.
- **When Life Gives You Mangos**: Kereen Getten
 - Living on an island that visitors call exotic, 12-year-old Clara struggles with her increasingly distant relationship with a best friend and her inability to clearly recall the traumatizing events that occurred a year earlier.
- **Wink**: Rob Harrell
 - After being diagnosed with rare eye cancer, twelve-year-old Ross discovers how music, art, and true friends can help him survive both treatment and middle school.
- **A Wish in the Dark**: Christina Soontornvat
 - After escaping from prison, Pong hides out in a city run by a governor who magically controls all light. Nok, whose father oversaw the prison, vows to find Pong and restore her family's good name.

It's simple.

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SCHOOL TOOL BOX

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Your order
supports

**FEED MY
STARVING
CHILDREN**



One Box, One Meal, Two Kids

Monday

Chicken Tenders
Red Beans and Rice
Garden Salad
Pineapple
Biscuit

1

Choice: Pepperoni Pizza

Honey Citrus Chicken
Fried Rice
Asian Coleslaw
Glazed Baby Carrots
Pineapple

8

Choice: Pepperoni Pizza

Chicken Smackers
Spaghetti and Cheese
Garden Salad
Veggie Medley
Green Apple Wedges

15

Choice: Pepperoni Pizza

Brunch For Lunch:
Biscuits
Grits
Eggstravaganza
French Fries
Salsa
Fruit Choice
No Choice

22

29

Tuesday

Beef-a-Roni
Garden Salad
Buttered Corn
Red Apple Wedges
Dinner Roll

2

Choice: Chicken Smackers

Spaghetti and Meat Sauce
Garden Salad
Cauliflower with Cheese
Blue Raspberry Applesauce
Dinner Roll

9

Choice: Chicken Smackers

Soft Tacos
Taco Salad Cup with Cheese
Pinto/Black Beans
Salsa
Diced Peaches

16

Choice: Chicken Smackers

Chicken Flet on Bun
French Fries
Canned Fruit Choice

23

No Choice

30

Wednesday

Jambalaya
Garden Salad
Glazed Baby Carrots
Diced Peaches

3

Choice: Chef Chicken Smacker Salad

BBQ Pulled Chicken
French Fries
Baked Beans
Orange Wedges
Cinnamon Sugar Breadstick

10

Choice: Chef Chicken Caesar Salad

Pepperoni or Cheese Pizza
Garden Salad
Buttered Corn
Canned Pear slices

17

Choice: Chef Taco Salad

Pepperoni or Cheese Pizza
Buttered Corn
Canned Fruit Choice

24

No Choice

31

Thursday

Chicken Flet on Bun
Lettuce and Pickle Cup
French Fries
Oranges

4

Choice: Buffalo Chicken Smacker Rice Bowl

Fried Catfish
Roasted Red Potatoes
Broccoli with Cheese
Apple Wedges

11

Choice: Chicken Teriyaki Rice Bowl

Manager's Choice

18

No Choice

Manager's Choice

25

No Choice

Friday

Cinco de Mayo:
Nachos
Taco Salad Cup
Salsa
Mexican Corn
Red Apple Wedges
Celebration Cupcake
Choice: Baked Potato

5

Manager's Choice

12

Choice: Baked Potato

Manager's Choice

19

No Choice

26

Summer Break Begins

Inka's UNIFORMS



The **best quality** school uniforms.
Great customer service.

Our girls plaid items are made with our unique [UPSCALE™](#) growth features that let the garment grow with your child.

Busy Moms

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15% in May!
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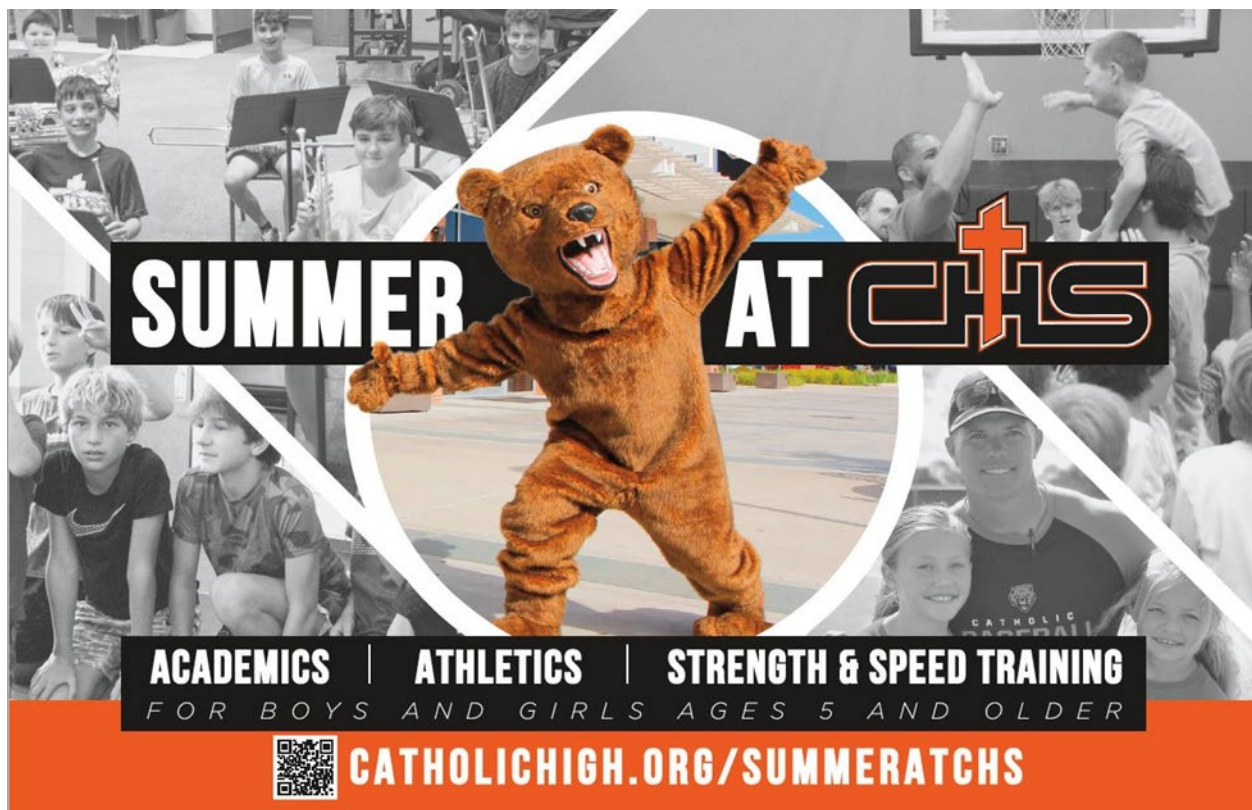


[11626 Sherwood Forest Court](#)

SAVE 15% on June 13th, 2023
SAVE 10% on July 6th, 2023


(Our special sale days for Sacred Heart families)

(Use coupon code: **SHB** to save online)



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