

Sacred Heart of Jesus

Catholic School

913-422-5520

school.shoj.org



Sacred Heart School Newsletter

September 15, 2017

Upcoming Events

Sept. 18 - Fall School Pictures
Sept. 20 - All School Mass
Sept. 21 - Faith Families
Sept. 22 - NO SCHOOL - SOF
Sept. 25 - NO SCHOOL - Staff Dev.
Sept. 29 - All School Mass
Oct. 3 - Rosary @ 2:45
Oct. 4 - Spirit Day
Oct. 4 - Blessing of the Animals @
7:30 a.m.

Sept. 16 - SS. Cornelius & Cyprian
Sept. 19 - St. Januarius
Sept. 20 - SS. Andrew Kim Tae-gon,
Paul Chong Ha-sang, &
Companions
Sept. 21 - St. Matthew
Sept. 23 - St. Pius of Pietrelcina
Sept. 26 - SS. Cosmas & Damian

In this Issue

Principal's Memo	1
Lori Thomas Notes	2-3
Screenagers	3
Fall Pictures	3
Choir Information	4
Sept. & Oct. Clubs	4
Family Feature	4
CPS Corner	4
Specials Update	5
Lunch Calendar	5
Brown Bottle Tickets	6
BB Gift Baskets	6
Blood Drive Flyer	7

Dear Sacred Heart Families,

Release them! Release your child to the sport. It is the greatest gift you can give your kids. Release them to the coach, to the team, and to the season. All their successes are theirs, all their failures are theirs, and all their problems are there for them to work out. All you have to do is say, "This is your thing."

Lori Thomas, our guest speaker on Monday night at our CPS parent meeting, gave the "release message". Around 75 parents listened to Lori talk-it was engaging, thought-provoking- a message every parent (including myself) needs to hear.

I found myself questioning my involvement in my own children's athletics. All of my children played CYO sports through 8th grade, two daughters played club sports, and all six of them played high school sports. Did I release them to the sport? According to "red flags" Lori gave, my answer would have to be, "no." I thought many of my own kids were good enough for college sports. (none of them went on to play sports in college). I suffered losses sometimes more than they did. I talked to them about the game in the car. I even yelled a few times in the stands at an official. These are all signs a parent has not released their child to the sport, a sign my involvement in children's sports didn't always give them a place where it was safe to trip, stumble, fall, and learn how to get back up on their own. My children have turned out well-balanced, respectful young adults, so I guess sometimes being a "crazy mom" (Lori's words) didn't mess them up too badly! (I give lots of credit to my husband-he coached 32 CYO sports, never, and I mean never, being the "crazy dad.")

Our speaker, Lori, has been around sports for quite some time-CYO in grade school, high school and college volleyball and basketball, and currently commissioner for the Heart of America athletic conference. She is a speaker for Proactive coaching sharing research (and personal experience) of how to raise children to grow up through sports and become intentional, faith-filled leaders.

Lori ended her talk with a message of hope:

"Have fun with your kids in athletics. You will mess up and put pressure on your kids. It's tough...but work on it. Remember, your child's involved in sports is the one place they can learn to grow up without your complete control. Give them the opportunity."

Athletic involvement is a huge part of your child's life at Sacred Heart. I hope their involvement is pressure free, and fun. I hope they enjoy the victories and learn from the losses.

In the Triumph of God's Great Love,
Maureen Engen
Principal

(The talk was not videoed; however, notes from her talk are found on page 2)

Parent's Role in Athletics

Outline of Lori Thomas' talk at CPS Meeting on 9/11/17

Think about it:

- Research shows that 98% of kids who play sports say they do it to have fun! For most young kids, fun is being silly with friends.
- How many times have you (a parent) gotten upset after a game when all your kid wants to know is, "What's the snack after the game?"
- If you want a scholarship for your child, refocus...only 2% of athletes get scholarships. You would be better to focus on academics.

Parents-Release them!

- Release your child to their sport. Release them. It is the greatest gift you can give your kids.
- Release them to the coach, to the team, and to the season.
- All their successes are theirs, all their failures are theirs, and all their problems are there for them to work out. All you have to do is say, "this is your thing."
- Athletics is the one place where it is a safe environment for kids to trip, stumble and fall then learn how to get back up on their own.
- You can guide them, but they have to own their successes and failures.

Red flags you haven't released your child to the sport/game

- If you continue to take credit when things go well. Example, "We made six points today. "We aced that serve!" We didn't do anything. They did it. Who does this most...dads.
- Try to solve every bump in road before they even happen.
- Your children try to avoid you after games or they are embarrassed of your involvement.
- You continue to coach your kids..."You gotta work on this, work on that." Kids end up wanting to avoid you. If you're coaching your child when they are young, they probably won't want anything to do with you after the game once they enter high school.
- If you suffer losses just as much, or even more as your child does, or, if you get more excited about wins than your child.
- Your child is looking up at you during game. (Reflection: What do you want to your children to see when they look at you during competition. Poise and confidence? Don't you want your kids to go through life, it's ups and downs, with poise and confidence? What are they seeing in you when they see you during a game?)
- You're screaming and yelling at officials. If you're doing that, you need to check yourself. If you are a "raving lunatic" in the stands, what are you doing for your kids? You're teaching your child if there is a tough situation, just be a "raving lunatic."
- You talk negatively about the coach or players.

Your gift as a parent is to say, "I'm here to support you." You say this knowing they are going to learn along the way.

4 roles in athletics...you can only pick one: athlete, coach, spectator, official

AS ADULTS WE DO NOT HAVE THE RIGHT TO INTERACT WITH OFFICIALS. WE SIMPLY DON'T HAVE THE RIGHT.

Notes Continued

Officials are just human beings. They are making the best decisions they can. They are going to make mistakes, just like we are.

Think about it. When you challenge an official, you are teaching your child to challenge authority. You are teaching your child to handle things with "raw emotion." Is this what you want to teach your child?

You might want your child to "stick up for things" but learning to do this by challenging an official is absolutely not the way for your child to learn this important life skill.

Research says the least likeable experience for athletes is riding home in the car with dad

- Kids don't want to rehash a game.
- Kids only want to hear..."good game" or "fun game".
- Also remember if a kid is competitive, all they need is time and space. They don't want to have to question them about the game.

If you stop anything right now, stop this:

DO NOT TALK ABOUT COACH OR ANOTHER PLAYER IN THE CAR.

There is absolutely nothing positive that comes out of it. It changes the child's relationship with coach and team in damaging, negative ways. It is a total disruption.

Research (years and years of it) shows the most enjoyable experience of athletics for a child is grandma and grandpa watching them play.

- They don't care if they see their grandchild play for 30 seconds or the whole game. They simply support.

Have fun with your child in athletics. It's sometimes tough to release them. We will cross the line at times and put pressure on our kids. But work on it. Remember: your child's involvement in sports is one place they can learn to grow up without your complete control. Give them the opportunity.



Fall Pictures

Don't forget that student fall pictures are this coming Monday, September 18th. Students may wear out-of-dress for pictures and the rest of the school day.

SCREENAGERS- Growing up in the Digital Age

One of the biggest parenting issues in our time is our children growing up in the digital age. Holy Trinity parish is hosting an event for the showing of the film "Screenagers" on Sept. 26th at 7:00pm in the Father Quigley Center on the campus of Holy Trinity. The information presented in the film is real and perfect for parents and children in the 5th-12th graders who have smartphones and are into gaming.

Holy Trinity has extended an invitation for Sacred Heart parents and students to join them.

This is an event with a \$5 ticket price, but the majority of the money going to cover the license of the film. It's not a fundraiser.

If they sell out and have several on a waiting list, they will open up another viewing. The link below has all the information including a short trailer.

<https://impactflow.com/event/presented-by-holy-trinity-catholic-school-4506>

MISS VOGT'S MUSIC NOTE

If your child is interested in serving the Music Ministry at Sacred Heart of Jesus Parish, we have 2 exciting opportunities: Chirpers and Simply Sacred. Each group rehearses every Sunday and sings at one 11 a.m. mass a month.

Chirpers Children's Choir is for students age 6-10. Please contact molly.vogt@shoj.org for more information.

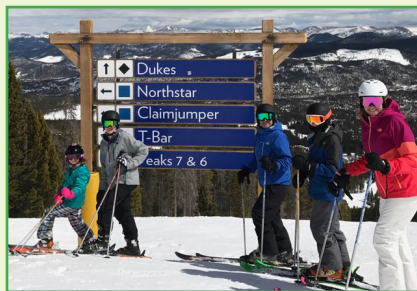
For children ages 10-14, there is Simply Sacred. For more information about the ensemble, please contact evan.akers@shoj.org.

September & October Clubs

<u>Club</u>	Pietra Fitness & Mindfulness	Walking	Cardinal Spirit	Board Game	Card & Dice Games	K Lego
<u>Mentor</u>	Lyons & Moffitt	Miller & Russell	Engen & Coffey	Watson & Jakuboski	Meiding-er & Hart	Macan & Mast
<u>Dates</u>	9/21 9/28 10/5 10/12 10/19	9/21 9/28 10/5 10/12 10/19	9/21 10/12 10/19	10/5	9/21 9/28	9/27 10/11
<u>Time</u>	3:30-4:00	3:30-4:00	3:30-4:15	3:30-4:30	3:20-4:00	3:20-4:15

Making Room For Jesus
Featuring The Coup Family

- Family of 5...Sam a Senior, Will a sophomore, and Ella a 4th grader at SHOJ
- Likes to snow ski
- Loves to cheer on K-State sports
- Spends lots of time outside!
- Relishes what is predictable; 9:30 AM Mass on Sunday at Sacred Heart
- Goes out to breakfast as a family after mass
- Sunday's a time when the family exhales slowly and makes room for Jesus
- That time with God on Sunday is what anchors the week



“In our constantly changing schedule, I feel like my children will look back and know that we always had time for Jesus in our lives.”

CPS Corner

Room Parents Needed

If you would like to help out in your child's classroom, sign up to be a room parent. Please click below to set up a time to come in and help out.

<http://www.signupgenius.com/go/4090549adaa23aa8-20162017>

Rosary

All families are invited to sign up to pray our school rosary for a week (or two!) this school year. Please join in this beautiful tradition of praying the rosary daily with your family specifically for our SHOJ faculty and staff. Everything you need is provided - just sign up at the link below. When it is your week, the rosary will go home on Friday with your student. Simply bring it back to the office the following Friday morning. Questions? Contact Kelli Nichols at kelli_nichols@outlook.com or 913-226-5826.

www.SignUpGenius.com/go/4090E-4FABA62DAAF49-20172018

Music

This year, the Middle School Music Elective is taking a trip around the world to learn about different kinds of music. Some of the places we have already visited are Africa, Indonesia and China. Still to come are Japan, India, Turkey, Ireland, Spain, and Brazil!

Art

In art, most classes are finishing up their first projects: 1st grade with their Picasso bouquets, 2nd grade with their 3D "great waves", and 3rd grade with their Henri Matisse inspired figures. The upper classes are working more in depth with drawing, especially with portraiture.

Technology

In technology, we continue our focus on touch typing. Every class begins with keyboarding practice, before moving on to another topic. This quarter, upper grades are continuing with block style computer programming. We hope to start applying these skills to real life objects (versus our current animations and puzzles) in the future.

P.E.

It has been a great start to the school year in P.E. Kindergarten has learned some different movements and exercises, worked with partners and played fun fitness games. 3rd through 5th grade completed their first quarter Pacer test and have been working on basketball skills, shooting games and small sided games. Middle school has worked on basketball, ultimate football and speedball.

September 2017

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Volunteer at <http://www.signupgenius.com/go/20f0e49afa62ba3f58-september>

					1 Meat Lasagna Garlic Toast Garden Salad Cookie	2
3	4 Labor Day No School	5 Cheese Pizza Garden Salad Fresh Fruit Cookie	6 Chicken Ched Soft Taco Tortilla Chips and Salsa Corn Apple Crisp	7 Fried Chicken Patty Mashed Potato Gravy Corn Strawberry Cake	8 Baked Pasta Meat Sauce Garlic Bread Fresh Fruit Brownie	9
10	11 Hamburger Pizza Garden Salad Fresh Fruit Rice Krispie Treat	12 Chicken Nuggets Buttermilk Mash Potato Green Beans Chocolate Chip Cookie	13 Grilled Cheese Potato Chips Fresh Fruit Blueberry Muffin	14 Baked White Chicken Green Beans w Bacon Fresh Fruit Brownie	15 BBQ Beef Sand Potato Chips Corn Cookie	16
17	18 Cheesy Breadsticks Garden Salad Fresh Fruit Cookie	19 Fried Chicken Patty Mashed Potato Green Beans Brownie	20 Ham and Ched Sand Potato Chips Fresh Fruit Cinnamon Roll	21 Pepperoni Pizza Garden Salad Fresh Fruit Cookie	22 No School Staff Development	23
24	25 No School Staff Development	26 Sausage Pizza Garden Salad Fresh Fruit Cookie	27 Beef Soft Taco Chips and Salsa Corn Ice Cream Cup	28 Chicken Nuggets Buttermilk Mash Potato Green Beans Chocolate Chip Cookie	29 Cheeseburger Potato Chips Fresh Fruit Pumpkin Muffin	30



Sacred Heart of Jesus Catholic School

Preparing Minds for the Future, Souls for Eternity

21801 Johnson Drive Shawnee, KS 66218 - (p)913-422-5520 - (f) 913-745-0290 - school.shoj.org

Purchasing Tickets for the 47th Annual Brown Bottle Dinner and Auction

"A Roaring Good Time"

Saturday, November 11, 2017

Please plan to join us on Saturday, November 11, 2017 (5:30 p.m. - ???), for Sacred Heart's 47th annual Brown Bottle Dinner and Auction. This ritzy evening will feature fellowship, dinner, drinks, live and silent auctions, games, music, and dancing...a real Cat's Meow of a night!

There are no assigned seats this year, however we will try our best to seat groups together on a first come, first serve basis. Early Bird tickets can be purchased for \$60/per person until October 15, and then for \$75 per person until the event is sold out. Don't get yourself streeeted, and get your tickets before it's too late!

Event tickets can be purchased via credit card at the following link: <https://shoj.ejoinme.org/bb2017>.

The Brown Bottle committee is currently accepting donations and collecting items for the live and silent auction, to contribute please contact the Brown Bottle committee via email at brown.bottle@shoj.org.

Brown Bottle Gift Baskets

Parents, it is that time of year again for the planning of Sacred Heart's biggest fundraiser, the Brown Bottle Dinner and Auction, which will be held on Saturday, November 11, 2017. The gift baskets have been a huge success in the past thanks to all of your donations. Our goal again this year is to make the baskets even bigger and better. Each grade level has been assigned a theme. You are invited to purchase items (big or small) based on your child's grade level/theme.

- [Kindergarten](#) – Boys and/or girls Legos
- [First Grade](#) – Boys and/or girls sleepover
- [Second Grade](#) – Family fun or movie (no R rated movies) night
- [Third Grade](#) – Christmas
- [Fourth Grade](#) – KU and/or K-State
- [Fifth Grade](#) – Gift cards (Any amount to any place.)
- [Sixth Grade](#) – KC Sports (Chiefs, Sporting KC, Royals)
- [Seventh Grade](#) – KC Royals
- [Eighth Grade](#) – Monetary donations for "Girls Just Want to Have Fun". This basket is new this year. It will have a variety of highly desirable items such as Kendra Scott, Vera Bradley, Vineyard Vines, Sephora, Starbucks, etc.

If you do not have time to shop, we can do the shopping for you. Please send your monetary donations (checks made out to Sacred Heart) in an envelope marked with your child's name and grade level. All donations must be received by October 27, 2017, or the donated items will not be included in the gift baskets.

The gift baskets will be on display beginning October 30, 2017 and all students will have the opportunity to purchase raffle tickets beginning November 1, 2017. The tickets will be \$1 each or 25 tickets for \$20. More information, along with the ticket order form, will be sent at a later date. If you have any questions, please contact, Kim Dreiling at kim.dreiling@shoj.org, Andrea Meidinger at andrea.meidinger@shoj.org or Brittnei Jakuboski at brittnei.jakuboski@shoj.org. Thank you so much for your time and donations.

Blood Drive

Donate **blood** now...
people can't live without it.

Sacred Heart Parish

Thursday, September 21

1:00 p.m. - 6:30 p.m.

5501 Monticello Road

Meeting Rooms 1 & 2



Scan the QR code
with your smartphone
to schedule a blood
donation appointment.

Medical eligibility questions?
Call 1.800.688.0900



Community
Blood Center

Save a Life. Right Here, Right Now.

1-877-468-6844

www.savealifenow.org

Book your appointment today
at esavealifenow.org,
enter **Sponsor Code:**
sacredheartchurch.

For additional details contact
Chad Chadwick at 913.441.3632 or
chadwick@kansascityhomes.com or
Bret Vondenkamp at 913.568.8980
or bvondy@gmail.com.