



Sacred Heart of Jesus

Catholic School

913-422-5520

school.shoj.org



January 31, 2020

UPCOMING EVENTS

What a great week to celebrate our Catholic Education. We celebrate that we are able to pray and pass on our faith in the context of our school day.

As we plan for the next school year, please help by completing registration quickly. The finance council takes their job very seriously to ensure that the entire parish is a good steward of all the gifts that are given.

We are working toward the ideal model of tuition covering 60% of the school budget and the parish subsidizing the remainder. Salaries and benefits are over 80% of our budget and this year, we had another significant increase to benefits. With that in mind, they know family budgets can be as tight as our parish budget. We really want anyone who desires a Catholic Education to have access to it. Please don't hesitate to apply for financial assistance if you need it. We are blessed that people want to be able to help those who need it. T

he parish is working hard to be very transparent in all our finances, please read the bulletin carefully and watch for updates from the council.

Go Chiefs!

Be the Light of Christ,

Kathy Rhodes

Principal

No School	Feb 3
New Family Enrollment Begins	Feb 4
All School Mass @ 8:15am	Feb 5
Spirit Day	Feb 7
CPS Father/Daughter Dance	Feb 8
All School Mass @ 8:15am	Feb 12
NO SCHOOL (P/T Conf.)	Feb 13
NO SCHOOL	Feb 14

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2020 Teacher Conference lunch

CPS will be providing lunch for the teachers on Thursday, February 13th for parent/teacher conferences. Conferences last well into the evening allowing little time for breaks in between. Taco bar will be provided however we are in need of sides and a few other items to help with the meal. Quick snack grab and go items are always helpful. CPS greatly appreciates your contribution! If you have difficulty using the signupgenius (from mobile devices) you may contact the Teacher Appreciation chairs Kelly Harley 402-304-4178 or Bethany Henderson 913-488-0665.

<https://www.signupgenius.com/go/4090e4faba62daaf49-20181>

February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 No School School of Faith	4 Hot Ham and Cheese Flavored Chips Fresh Fruit Banana Pudding	5 Cheese Pizza Garden Salad Fresh Fruit Ice Cream Sandeich	6 Cheeseburgers Veggie Ranch Flavored Chips Cookie	7 Spaghetti Meatballs Garlic Bread Green Beans Brownie	8
9	10 Pepperoni Pizza Garden Salad Fresh Fruit Chocolate Ice Cream	11 Corn Dogs Flavored Chips Fresh Fruit Pumpkin Muffin	12 Chicken Nuggets Mashed Potato Green Bean Bacon Cookie	13 No School P/T Conferences	14 No School	15
16	17 No School Presidents Day	18 Chicken Quesadilla Pinto Beans w Cheese Corn Cinnamon Rolls	19 Potato Bar Baked Potato, Bacon, Sour Cream, Butter Cheddar Cheese, Fruit, Steamed Broccoli Ice Cream Sandeich	20 Hamburger Pizza Garden Salad Fresh Fruit Brownie	21 Meatballs w Marinara Breadstick Veggies Ranch Apple Struessel	22
23 1st Eucharist Retreat 1:30-4:00	24 Chicken Bacon Wrap Flavored Chips Fresh Fruit Chocolate Pudding	25 Bacon Mac and Cheese Garlic Bread Veggies Ranch Cookie	26 Cheese Pizza Garden Salad Fresh Fruit Strawberry Ice Cream	27 Chicken Nuggets Mashed Potato Veggies Ranch Apple Struessel	28 Cheese Quesadilla Mexican Rice Pinto Beans w Cheddar Strawberry Ice Cream	29



Sacred Heart of Jesus Catholic School

Preparing Minds for the Future, Souls for Eternity

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Catholic Schools Week 2020



2020-2021 Calendar Dates

While the calendar for next school year is still being put together, we do have some dates set that we wanted to share with you:

Aug. 17 - Enrollment 4-7pm

Aug. 18 - 1st Day of School (1/2 Day)

Aug. 25 - Back to School Night

Oct. 1 - Parent Teacher Conferences

Oct. 2 - No School

Dec. 18 - End of 2nd Quarter (1/2 Day)

Jan. 5 - Classes Resume

Jan 18 - No School - MLK Day

Feb. 5 - 1/2 Day

Feb. 12 - No School - P/T Conferences

Mar. 12 - No School

Mar. 15-19 - Spring Break

Apr. 2 - No School - Good Friday

Apr. 5 - No School - Easter Monday

Apr. 16 - No School - Brown Bottle Setup

May 17 - 8th Grade Graduation Dinner

May 18 - 8th Grade Graduation Ceremony

May 26 - Last Day of School (1/2/ Day)

Junior High Youth Rally
Sunday, February 23

WNOV
NOV
NOV

6th-8th grade
8:00-5:30 p.m.

\$35.00 (includes lunch)

Register Online:

<http://bit.ly/Jhigh-youthrally>





Sacred Heart CPS Presents....

Winter Wonderland
Father / Daughter Dance

Saturday, February 8, 2019
7:00-9:00 PM
Sacred Heart MPC

Please use this Sign up Genius Link to RSVP for the dance

<https://www.signupgenius.com/go/4090E4FABA62DAAF49-2020>

Please use this Sign up Genius link to help with or donate to the Dance

<https://www.signupgenius.com/go/4090E4FABA62DAAF49-winter>

Questions?

Hedi Heinz: hheinz07@yahoo.com & Brandi Messman: Brandimessman@outlook.com

Let's Slow Down in the New Year



January is an excellent time to slow down and take stock of your many blessings. Make a commitment with your family to keep this month simple by slowing down and rediscovering the joy you feel in the company of your loved ones.

Make Room for Family Time—One important way to keep your time sacred is to huddle as a family and plan. Early in the month, sit down and look at your entire January calendar. Cross a big X through the days you want to reserve just for your family to be together. No matter what days work for your family, make sure that everyone understands that these days are sacred—no last-

minute scheduling. When you and your family commit to this time together, you show each other in an outward way that this IS valuable time. Nothing says “I love you and value you” more sincerely than commitment.

Back to Basics—Pick up one or two simple activities in which everyone can participate.

- * Blow the dust off the Monopoly game. Learn a new card game.
- * Take a winter walk. Listen!
- * Go through a cookbook together and find something new to try.
- * Pull a good novel or book of poetry from the shelf. You will be surprised at how much everyone in the family still enjoys a good story read to them while snuggled in blankets with a cup of hot cocoa.

Faith-Talk Tools—Don't forget that you are striving for peace and connection, which sometimes means sitting quietly and listening. Start a faith conversation with questions like: “Where did you see God today?” (Tell your children that God is all around us—in all the people who do good in the world.)

Make Time For God—Praying together as a family is a genuine way to bring your family together and to focus your minds on your relationship with God. So often, when we lose our connections in our life, we've also lost track of our connection with God. God wants us to live in great peace, with our family, our world and ourselves. Say a prayer of gratitude together and talk about the many things your family recognizes as blessings.

Pray the Rosary—January is a perfect month to practice traditional meditative prayers such as the Rosary. Try to do this as a family even if it is just one decade of the rosary.

Take Action—Reach out to someone in need of the basics this month. Help carry groceries for a neighbor or bring paper products to a family with a new baby. Bring joy to someone who is homebound by delivering flowers to them. Spreading joy is a great way to warm hearts and share the love of God.

Adapted from Take Out, Family Faith on the Go

Random Acts of Kindness Day—Celebrated on February 17th

“No act of kindness, no matter how small, is ever wasted.” Aesop

As parents, we can begin performing “Random Acts of Blessing.”

Look at your children and say, “I love you” with your eyes. It can work like magic. Those little eyes staring back say, “I love you” right back. We can then bring this to the world around us. Focus on the love God feels for all of us. When you encounter a stranger, bless them with a smile. There are many examples of blessing others in the *lives of the saints*. These little random acts of blessing can become like St. Theresa's ‘little way’ – one person at a time. Soon we will find that in performing random acts of blessing, in return, we will be the ones who are blessed.

Adapted from “Catholic Life in Our Times”

Family Meals Can Help Save Your Family!

Father Leo Patalinghug says, “While I don’t propose to be an expert in the psychology of a family, especially as a celibate priest, I can say that after working with and interacting with healthy families from around the country and the world, I’ve discovered the one thing that determines family-unit connection is *the regular and intentional family meal.*”



Regular family meals lead to a healthy family unit. Every action begins with intentions, such as doing something challenging — like slowing down, scheduling our business around spending time with people who matter most to us. If we aren’t intentional with family meals, we may easily replace that intimate experience with extra-curricular activities that don’t feed us or bring us together. What would it look like if we seriously ask ourselves, “What do we intentionally do to show our family that we love them?” St. Teresa of Calcutta’s inspired method to holiness was “*small and simple acts, with great love!*”

How can we begin? Eat together. Family meals provide an opportunity for family members to come together, strengthen ties and build better relationships. They build a sense of belonging which leads to better self-esteem. Family meals offer parents a chance to be role models.

Take time to share at least one meal a day together. You will be nourishing loved ones with food prepared lovingly, and satisfying hungry hearts and souls with your presence. It’s both simple and incredibly challenging. It takes regular, intentional, and even heroic effort at times. It is difficult sometimes in today’s culture to have family unity — that is, community. The busyness and schedule complications are obstacles and excuses that make it difficult. It takes a “supper” hero, not a superhero, to help save our family — and God’s family!

Adapted from “*Plating Grace*”

Playing Outside in the Winter



*“Winter is the time for comfort, for good food and warmth,
for the touch of a friendly hand and for a talk beside the fire:
it is the time for home.”* Edith Sitwell

Winter can be a tough time of year. Less sunlight and snow and cold can foster feelings of unhappiness and a lack of energy. Help your family harness joy by getting outside together. Snow angels are fun at any age; cross-country skiing, sledging, or just a brisk walk can help battle the winter blues. Recent studies show that exposure to sunlight helps increase the body’s energy with the release of Vitamin D. Thank God for the gift of family and fresh air!