



# Sacred Heart of Jesus

913-422-5520

school.shoj.org

Catholic School



## September 6, 2019

Dear SHOJ Families:

Questions are important. When we go to the doctor they will ask questions to help determine how to treat us. Teachers spend a great deal of time in teacher preparation to learn about questions. What are the different types, when they should ask specific questions, and even figuring out what the question should be to meet the objective.

When we think about the Act of Contrition or examining our conscience, questions are vital there too - what did we do that we shouldn't have and what should have we done that we didn't. I was reading part of Matthew Kelly's book, Building Better Families; A practical Guide to Raising Amazing Children, and the first of his 6 points is to ask the right question.

Kelly is famous for the phrase "become the best version of yourself physically, emotionally, intellectually and spiritually." This can easily become a question for us and our children at the end of each day. Questions also engage our kids in conversation. Of course the right questions are important - ask the wrong questions and you get the wrong answers. We know that kids like to please, so if we asked the question about how messy their friend's house was when they slept over - they will try to think of an area that wasn't clean and may even elaborate/exaggerate on it.

Kelly sums up the section with "The happiest people I know are not the people who do whatever they want...There are many variations of the right question, 'what are you called to do?...Simply by asking the question, you make them start thinking, consciously or unconsciously, about the answer... Questions are powerful. The right question can change the direction of a conversation, a relationship, a life, a business, a church, a nation, even the entire human family. Life is as much about the questions you ask as it is about the answers you find."

It is an easy book to read with thought provoking ideas. You can borrow my copy....

Be the Light!

Mrs. Rhodes

## UPCOMING EVENTS

All School Mass @ 8:15am	Sept. 11
School Picture Day!	Sept. 16
All School Mass @ 8:15am	Sept. 18
No School -Staff Dev.	Sept. 20
1st Rec. Parent Meeting	Sept. 22
Parent Teacher Conferences	Sept. 26
No School	Sept. 27

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# CPS Corner

## Community Rosary

Friday, Sept. 13 is our first Rosary for our community. Weather permitting, parents will gather after dropping the children for school, to pray at 7:40am in the Rosary garden. We will pray for specific intentions of the staff and families. Please send prayers of petition or thanksgiving to Sarah Nyp (CPS Rosary Coordinator) at [nypfamilykc@gmail.com](mailto:nypfamilykc@gmail.com)

## Summer Reading Minutes

Hello from Mrs. Magistro! It's time to collect all the summer reading minutes. All students that read 2,000 or more minutes will receive a free-dress day and a special treat! The top two readers from each GRADE will win a lunch date with Mrs. Rhodes! (Date TBD). Please submit ONE FORM FOR EACH CHILD by noon on Monday, Sept. 9th. Any questions, please email Mrs. Magistro: [meghan.magistro@shoj.org](mailto:meghan.magistro@shoj.org)

Complete form by clicking [HERE!](#)

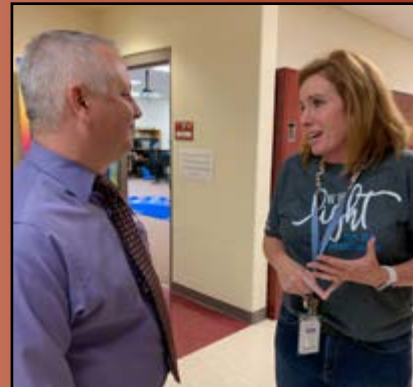
## Mother Son Kickball Tourney

Check out the flyer below for information on the first annual CPS Mother Son Kickball Tournament on Sunday, Sept. 29th from 2pm to 4pm. The flyer has the links to signup or volunteer.

## September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>Labor Day</b> <b>No School</b>	3 Beef Soft Taco Chips Nacho chz dip Veggie Ranch Cookie	4 Cheese Pizza Garden Salad Fresh Fruit Pumpkin Muffin	5 Spaghetti Meatballs Garlic bread Green Salad Ranch Rice Kripsie Treats	6 Corn Dogs Flavored Chips Fresh Fruit Cookie	7
8	9 <u>Breakfast for Lunch</u> BelgiumWaffleMaplesyrup Sausage Patty Orange Wheel Hashbrown Plank	10 Bacon Mac and Cheese Garlic Bread Garden Salad CaramelApple Crisp	11 Chicken Tenders Potato Plank Green Beans Bacon Peaches	12 Pepperoni Pizza Garden Salad Fresh Fruit Strawberry Ice Cream	13 Chicken Quesadilla Corn Fresh Fruit Cookie	14
15	16 Baked Potao Bacon, Sour Crm, Chedd Steamed Broccoli Apple Crisp	17 Cheesebugers Flavored Chips Fresh Fuit Cookie	18 Hamburger Pizza Garden Salad Fresh Fruit Cookie	19 Meatball Sub Flavored Chips Veggie Ranch Rice Krispie Treat	20 <b>No School</b>	21
22	23 Cheese Pizza Garden Salad Fresh Fruit Cookie	24 Breadstick Mozzarella Veggie Ranch Fresh Fruit Chocolate Pudding	25 Chicken Nuggets Mashed Potato Veggies Ranch Apple Struessel	26 <b>No School</b>  P/T Conferences	27 <b>No School</b>	28
29	30 Nacho Nacho Chz Sauce, Taco beef black olive, chips, salsa.,Peaches Brownie					

## Welcome Dr. Cascone!



Dr. Vincent Cascone, is the new Superintendent of Schools for the Archdiocese of Kansas City. He has been on a tour of all the schools in the archdiocese, meeting students, teachers, principals, and pastors. He came to SHOJ today and got to meet many of our staff and students.

## Text Alert Update!

On Thursday, we sent another text alert. A reminder that today (Friday the 6th) was Spirit Day. We hope to be able to use this feature more often to send important alerts and messages. It is important that you are able to opt-in to receive these messages. **IF YOU HAVE NOT RECEIVED ANY TEXT MESSAGE FROM US**, please take a couple seconds to opt in. We realize that many people may have missed the first opt in message when we attempted this last year. Please see the notes below regarding how to opt in.

In speaking with the folks as School Messenger, we learned the following.

- 1) The initial opt in message can only be sent to any one phone number one time...ever!
- 2) Many of you may have received that text in 2017 or 2018. If you missed it, do not fear!
- 3) To manually opt in, text the word "yes" or "y" to the code our short code 67587. It may be the same as other schools, but I have been assured you will be opting in to our messaging system.

If you receive a message such as "service access denied" you will need to contact your cell phone provider to be allowed to text our short code. This particular error is not something we or School Messenger can correct.

***If you still have questions or concerns, please contact Mr. Chapman at [ben.chapman@shoj.org](mailto:ben.chapman@shoj.org)***

September 6, 2019

Sacred Heart CPS Presents the first annual



# MOTHER SON KICKBALL TOURNAMENT

**Sunday,  
Sept. 29  
2-4PM**

Teams of 10-12 will be  
randomly selected!  
**Players & Spectators  
welcome!**  
DJ, Ice Cream,  
Prizes!



**WHERE:** Sacred Heart of Jesus East Parking Lot

Volunteer here: <https://www.signupgenius.com/go/10C044EA5AA29A31-motherson>

Sign up to play here: <https://www.signupgenius.com/go/10C044EA5AA29A31-momson>

Questions?: Suzanne Carpenter ([suzannecarpenter@sbcglobal.net](mailto:suzannecarpenter@sbcglobal.net)) or Torree Pederson ([kcpedersons@yahoo.com](mailto:kcpedersons@yahoo.com))



*Sacred Heart of Jesus*

# **CPS Parent Meeting**

*(Catholic Parents as Stewards)*

**Monday, September 16**

**6:30 - 7:30 p.m.**

**Meeting Rooms 1 & 2**

*All parish families welcome!*

Speaker: Ms. Susan Rome, LSCSW *presents*

## **Mental Health for our Youth**

Join us as we learn about the most common mental health concerns for our youth along with practical ways to support these concerns, building resiliency and identifying when help might be needed.



*Susan Rome, LSCSW*

Susan is the Deputy Director at Johnson County Mental Health Center, where she has worked for 26 years. Susan is an advocate for persons with mental illness and works to reduce stigma, while emphasizing community needs for behavioral health treatment. She graduated with a BA in Psychology from Wichita State University and a Masters in Social Work from the University of Kansas. Susan and her family are long-time members of Sacred Heart parish where she has a daughter in 7th grade, and a son at St. James Academy.

# Catholic Parenting Newsletter

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September/October 2019

“God is at your side and already guiding you. You just have to keep taking each next step, one at a time. He will take care of the rest.”

*Fr. John Bartunek*

“God is constantly trying to open our eyes to the amazing possibilities that he has enfolded in our being. The saints continue this work, encouraging us to explore all our God-given potential, not with speeches but with the example of their lives.”

*Matthew Kelly*

“I’ve learned that ... it’s those small daily happenings that make life so spectacular.”

*Andy Rooney*

“A word or a smile is often enough to put fresh life in a despondent soul.”

*St. Thérèse de Lisieux*

## St. John Paul II’s Feast Day--October 22

He said, “*I plead with you! Never, ever give up on hope, never doubt, never tire, and never become discouraged. Be not afraid.*”

## Empowering Kids to Make Good Choices

September is here, and with it comes school, sports, lessons, clubs and an entire range of extracurricular activities. Calendars get so full they need an extra page for the overflow. *How does your family manage it all without going crazy? How do you help your kids make good choices for themselves?*

**MAKE HEALTHY CHOICES...**making healthy choices requires understanding what you value and weeding out what doesn’t coincide with those values. The first thing to ask is, “What is important to us as a family?” If you answer togetherness, but you find yourself (and your family) stressed out, and passing each coming and going, perhaps a timeout is needed to look at what is preventing your family from living out your values.

**RESIST THE PRESSURE...**There is a lot of pressure in today’s culture to achieve, participate and “win” our way to happiness. Our culture holds up as heroes the Olympic champion who spent most of her childhood in the gym or the child who is a musical prodigy at an early age. Yet, being extraordinary doesn’t necessarily equal happiness.

### Recommended Reading: **Loyola Kids Book of Saints** by Amy Welborn

Who are the saints, why are the lives of saints important for children, and what can children learn from their lives and actions? In *Loyola Kids Book of Saints*, the first in the Loyola Kids series, best-selling author Amy Welborn answers these questions with exciting and inspiring stories, real-life applications, and important information about these heroes of the church. This inspiring collection of saints’ stories explains how saints become saints, why we honor them, and how they help us even today. Featuring more than sixty saints from throughout history and from all over the world, *Loyola Kids Book of Saints* introduces children to these wonderful role models and heroes of the church.

**YOU CAN DO IT...**Teaching our kids to make good choices about how they spend their time, money and even their energy is an important parenting responsibility. Some of those choices will be difficult, and some of them will probably require sacrifice. But learning to make good choices is an important part of learning to become an adult.

Equip your children with the ability to make good choices by teaching them to:

**PRAY...**Ask God for his guidance in making difficult choices.

**ASK QUESTIONS...**It is not possible to say yes to every opportunity. Which sport or activity would challenge you the most? Are you making choices based on what your friends are doing?

**JUST SAY NO...**We have more power than we believe. If a television show or online video makes us uncomfortable or is simply wrong to watch, you have the power to shut it off. If a friend wants to do something illegal or unsafe, you have the power to say no and walk away.

*Adapted from “Take Out”*



# Six Daily Routines that Foster Family Faith

*“Spirituality is about seeing. It’s not about earning or achieving. It’s about relationship rather than results or requirements.” Richard Rohr, O.F.M.*



Following are six at-home opportunities for enhancing family faith in your home.

**EATING...**Time and again we see data showing the extreme value of the family meal. When you sit down to eat together regularly, say grace before meals, and share information about your lives. You provide your children with one of the most potent ways of forming their faith.

**SLEEPING...**Bedtime rituals are a great opportunity to introduce prayer naturally to your children. Spend time talking at bedtime and you’ll hear questions they might not ask at other times. Invite your children to pray about the joys and worries of the day.

**HAVING CONVERSATIONS...**Think about the quality of conversations you have with your kids. Decades ago, children spent hours a day in conversation with adult family members. Now it may be reduced to a few minutes of information exchange, order giving, or reprimands. Talk with your kids about values and character and holiness — and then *listen*.

**ADORNING YOUR LIVING SPACES...**Hang a crucifix on the wall. The presence of a cross in the room is a powerful reminder of the faith and provides a focal point during private prayer. Religious icons or statues can also be displayed.

**CELEBRATING THE HOLIDAYS...**The religious roots of most of our holidays provide their true significance. Try not to get too lost amidst the secular celebrations. Go back to some of the family traditions from your past. The good news is that with your children, if they like the practice and if you do it several times, it becomes the “way we’ve always done it.”

**BEING PART OF A COMMUNITY...**Kids take much of their identity from the groups they belong to. Initiate your children into a community of faith by making your parish your community too. Register and become members of your parish. Talk to people you meet at church. Participate in activities that appeal to you and your family.

You don’t have to make a big production out of these routines. Emphasize the ways your own faith shines through. After all, children don’t learn their faith from instructors; they learn from witnesses.

*Adapted from “At Home with our Faith”*

## After-School Snack — Sweet Potato Crisps

(Low in fat and loaded with vitamin A)

2 medium sweet potatoes      Salt & Pepper  
2 tablespoons olive oil      Paprika



Preheat the oven to 450 degrees. Peel potatoes and slice as thinly as possible. Toss the slices with the olive oil and spread a thin layer on a cookie sheet. Sprinkle with the spices and bake 20 minutes, or until crispy.

## Modeling St. Francis of Assisi



“Be praised, my Lord, through our sister Mother Earth, who feeds us and rules us, and produces various fruits with colored flowers and herbs.” *St. Francis of Assisi*

On Oct. 4, we celebrate the feast of St. Francis of Assisi. Because of his love of nature, he has become one of the best-known and most popular saints in the world. People imagine him as a happy-go-lucky 13th century man who went around talking to animals, singing and dancing, while living a life of radical poverty. However, he suffered much as a soldier and then a prisoner of war.

Francis heard God’s call to “rebuild my church” and first thought it meant to reconstruct a broken-down building. However, he came to realize that God was calling him to renew the entire Church. He helped reform the sacramental life of the Church, which had fallen into disarray, and instigated new devotion to the Eucharist and an increased piety among the laity. ***Think of a way to bring new life to your family...to your parish. Choose one ministry each member of your family will help with at your parish. Enjoy the fruits of volunteering!***

Francis’ prayer life was, “**My God and my all!**” Everything he did was expressed in those four words (My God...My All). Each path Francis took on his journey to God led him to a single action: praise of God. Everything Francis did from daybreak to nightfall praised the Lord. Through all weather, the elements of fire and water and the motherhood of earth, Francis prayed.

Francis saw God’s hand in all creation and radiated a profound joy wherever he went. But because of his experiences in battle and in prison, he also suffered from nightmares and periods of depression. In his dark periods, he turned to prayer, physical activity, such as walking, and being with close friends—advise we can all heed. ***With your family, talk about a time when you were struggling with your faith. How did you get through those tough times? In the spirit of St. Francis, take a walk around your neighborhood as a family. Feel the sun on your face and give thanks to God!***

***A Prayer of St. Francis of Assisi*** Lord make me an instrument of your peace, where there is hatred let me sow love, where there is injury, pardon, where there is doubt, faith, where there is despair, hope, where there is darkness, light, and where there is sadness, joy. O Divine Master grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love. For it is in giving that we receive, it is in pardoning that we are pardoned, and it's in dying that we are born to eternal life. Amen

## Guardian Angels (Feast Day—October 2)

Guardian Angels are created to accompany us on this earth. They pray for us and protect us.

Angel of God, my guardian dear,  
To whom God's love  
commits me here,  
Ever this day, be at my side,  
to Light and guard,  
To rule and guide. Amen.

