



Sacred Heart School Happenings

P. O. Box 40,
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March 1, 2016

*Our school community strives to promote love and respect for God, self and others,
while fostering lifelong learning and celebrating Catholic faith, traditions and values.*

Principal: *Monique Van Alphen-Flear*
Office Administrator: *Rita Murray*
Parish Priest: *Father Van Duy Nguyen*

Director of Education: *Jamie McKinnon*
Superintendent: *Francine Pilon*
Trustee: *Bev Eckensweiler*

*Dear God,
During this Lenten season,
I pray in a special way
for all people who need the healing and
compassion of Your Son, Jesus.
Help me to be His hands, His eyes, His ears,
and His heart to them.
Inspire me to always do for others what I
would want them to do for me.
Guide me to learn about the needs of our world.
May Jesus' Spirit shine through me in my
service to the poor and needy.*

*Virtue of the Month:
Compassion*



PARENTING TIP OF THE MONTH Tip #84

Lent is a time for us to focus on important practices of our faith: prayer, fasting and almsgiving. During Lent help your children see that prayer is both formal and informal and that God wants to hear from us in many ways; teach them that we can fast from a favourite food or drink, but also from a bad habit or mean spirited action; remind them that almsgiving provides support for those in need and can take the form of money, goods, or time and talent. Lent is about focusing in on how we can be better people and so it is a great teaching tool to help your children grow.

Upcoming Events

| | |
|------------------------------|--------------------------------------|
| First Reconciliation—Grade 2 | March 10 th 7:00 pm |
| First Communion | April 23rd..... 5:00 pm |

“LOTS OF SOCKS” DAY

Join in on the fun by wearing “Lots of Socks” to support those individuals in our community living with Down Syndrome. March 21st is

officially “World Down Syndrome Day” - we will be celebrating by wearing crazy socks. Please take this opportunity to educate yourself; act a little silly and raise awareness!



Year of Mercy

*“Then the righteous will answer him and say, ‘Lord, when did we see you **hungry** and **feed** you, or **thirsty** and give you **drink**? When did we see you a **stranger** and **welcome** you, or **naked** and **clothe** you? When did we see you **ill** or in **prison**, and **visit** you?’ And the king will say to them in reply, ‘Amen, I say to you, whatever you did for one of these least brothers of mine, **you did for me.**’” (Matthew 25:37-40)*

The Corporal and Spiritual Works of Mercy are actions we can perform which extend God’s compassion and mercy to those in need. During this **Year of Mercy**, we will reflect on one of the Corporal or Spiritual Works of Mercy each month, thinking about how we can be agents of God’s mercy in our schools, our families and our communities.

March Spotlight ~ Corporal Works of Mercy ~ **Clothe the Naked**

What are some of the ways our family already ‘clothes the naked’? Do we regularly go through our closets, donating those items which we no longer wear or don’t fit to an organization like St. Vincent de Paul or the Salvation Army?

During this Year of Mercy, can we add those in our world who suffer pain or ridicule because of the clothes they wear, or those who work in sweatshops to make clothing, to our prayer list?

As a family, could we ‘give up’ something during the remaining weeks of Lent and then use the money to buy needed items like warm hats and mitts, socks or shoes for a homeless shelter or crisis centre?

During this Jubilee Year of Mercy, how can I be an agent of God’s mercy by clothing the naked?

Want to find out more?

Hamilton Diocese Website for the Year of Mercy: <http://hamiltondiocese.com/year-of-mercy/>

Vatican Website:
<http://www.im.va/content/gdm/en.html>



March 2016

| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
|---|--|---|--|---|--|-----|----|
| | | 1 Pizza Day CPIC Mtg 6 pm Public Speaking | 2 Seussical the Musical | 3 Spaghetti | 4 World Day of Prayer Gr 2/3 visit Public Library | 5 | |
| 6 | 7 Girls Basketball | 8 Pizza Day Boys Basketball | 9 Girls Alternate Basketball Day | 10 Reconciliation 7pm Boys Alternate Basketball Day Potato Soup | 11 | 12 | |
| 13 | 14 | <i>March Break</i> | | | | 18 | 19 |
| 20 | 21 Down Syndrome Awareness Day *Wear Crazy Socks* | 22 Pizza Day | 23 | 24 Mass at 9am Pita Pit Director & Trustee Visit | 25 Good Friday No School for Students | 26 | |
| 27 Happy Easter  | 28 Easter Monday No School for Students | 29 Pizza Day Dental Hygiene visit for Gr JK/ SK/2/4/6/8 | 30 SK and Gr 8 Grad Photos | 31 Virtues Assembly 9:30 am Hot Dogs | | | |