

# The Sacred Heart Beat

Sacred Heart Elementary School, Pittsburgh, Pennsylvania

www.shes-pgh.org

Vol. 14, No. 8

April 2011

## Up Front:

On page 3, Father Grecco reminds us of our "Easter Duty" and the requirements that are necessary of each of us.

The Sacred Heart Cookbook Committee offers a luscious spring recipe on Page 4, and is looking for help with upcoming tasting events. Are you a good cook? Are you a good host or hostess? If so, these events may be the chance you've been looking for to volunteer your time and talents to support our school.

The Sacred Heart Athletic Association is hosting their First Annual 7<sup>th</sup> and 8<sup>th</sup> Grade Sports Banquet on April 28<sup>th</sup>. An article by Michele Cromer on page 4 has the details on how families can join in the fun!

Sister Lynn's article on page 2 has news, updates and announcements to keep you all up to date on what's been going on, and what to expect. Please give it your attention so you'll be "in the know"!

Did you know you can place an ad in the Heartbeat for only \$10.00 a month? Please be sure to check out the ads in this edition, and patronize our supporters!

**Food Pantry Item for April:**  
Pasta Sauce

## SHES PTG SEEKS NEW MEMBERS FOR THE 2011-2012 SCHOOL YEAR

The Parent Teacher Guild welcomes nominations for various positions on the Board. We are in need of nominations for Vice President, Recording Secretary, Treasurer, and Level Representatives. We will accept nominations throughout the month of April. Elections will be held in May, and the Officers will be announced.

Being a part of the PTG is a wonderful opportunity to become involved - or to get more involved. It is a chance to offer input and expertise on various matters effecting school policy, teacher support, educational enrichment, fundraising and other special programs that we have here at Sacred Heart. We are lucky to have such a wonderful school, and the more parents who get involved - the better it becomes.

There is a form in this newsletter where you can submit your name, or nominate someone else, for one or more of the open positions. No one will be placed on the ballot until the PTG Nominating Committee contacts them to confirm their acceptance of the nomination.

The following is a brief description of the responsibilities for the officers we are seeking.

**Vice President** - This position is a two year commitment. The first year you will serve as an assistant to the President, allowing you to learn the responsibilities of the President. You will need to attend monthly meetings, assist with communication between the Board and school community, and attend school functions as a representative of the PTG Board. In the absence of the President, the Vice President conducts the PTG meetings.

*Continued on Page 3*

## April's Important Dates:

- April 4<sup>th</sup>: Terra Nova Testing Begins – Continues through April 13<sup>th</sup>
- April 5<sup>th</sup>: First Communion Parents Meeting - 7:00 p.m. - Sacred Heart Auditorium
- April 7<sup>th</sup>: Parent – Teacher Conferences - 6:00 – 8:00 p.m.
- April 9<sup>th</sup>: Family Fitness Day -12:30-3:00 p.m. – Activities Building
- April 14<sup>th</sup>: Easter Candy Pick Up – 2:00 – 6:00 p.m. – Activities Building
- April 15<sup>th</sup>: Living Stations of the Cross – 1:00 p.m.
- April 21<sup>st</sup>: Holy Thursday – No School
- April 22<sup>nd</sup>: Good Friday – No School
- April 24<sup>th</sup>: Easter Sunday
- April 25<sup>th</sup>: Easter Monday – No School
- April 26<sup>th</sup>: Snow Day Make Up – **SCHOOL IS IN SESSION**
- April 28<sup>th</sup>: 7<sup>th</sup> and 8<sup>th</sup> Grade Sports Banquet - 6:30 p.m.
- May 1<sup>st</sup>: First Holy Communion – 11:30 Mass

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## *From the Principal's Pen*

*By: Sister Lynn Rettinger, S.C.*

Dear Parents,

The Carson Scholars Fund, Inc. is a non-profit charity that was founded in 1994 by Johns Hopkins pediatric neurosurgeon, Dr. Benjamin Carson and his wife, Candy (carsonscholars.org), to recognize and reward students who strive for academic excellence and demonstrate a strong commitment service to others. Congratulations to Eva Lucchino who was selected by the Carson Scholars Committee to receive \$1,000 to be invested in her college education. Eva joins other Sacred Heart School scholarship recipients of the award: James McDonough (2006), Brian Horner (2007), Marc Malloy (2008), Margaret Laird (2009) and Ashley Grimm (2010). Eva, along with the 2011 awardees from across western Pennsylvania and Ohio region, will be honored at the Carson Scholars Annual Pittsburgh Awards Banquet on April 30.

SHES is participating in an Jacob Spence's Eagle Scout Project to collect adult-sized cardigan sweaters for Heritage Place, a UPMC skilled nursing facility in Squirrel Hill. Jacob belongs to Troop 373 and is conducting the Sweater Drive until April 10. As you clean out your cupboards to prepare for the warmer season ahead, consider donating cardigans to this Sweater Drive. There is a collection box in the Sacred Heart school lobby.

Thank you for generous response to the appeal made for a monetary donation to Brother's Brother Foundation on behalf of the Japanese Disaster Relief (www.brothersbrother.org). The fourteen Japanese families, whose children are classmates of your children, have expressed deep gratitude for our prayer and financial support during this national and world crisis. Donations can be sent directly to Brother's Brother Foundation or to the school office. We will forward your contributions by April 5<sup>th</sup>. God bless you.

***We planned for two snow days this year, and used three. Consequently, we need to make up one day on Tuesday, April 26. We will have school on that day.***

The Terra Nova Standardized Tests will be administered to children in grades 2 through 8 from April 4<sup>th</sup> through April 13<sup>th</sup>. Please be sure that your children get a good night's sleep, eat a good breakfast, and are on time for school. These things reduce stress, increase alertness and insure focus. We want the children to perform to their potential and feel that they have done the very best they can do. ***PLEASE DO NOT MAKE DOCTOR APPOINTMENTS or SCHEDULE VACATIONS*** during this time.

Look for the Summer Camp Application Form in your brown envelope.

We have \$10.00 Hickory Farms SCRIP gift cards that are worth 5% toward your SCRIP earnings. If anyone is able to use them, call the office.

### *Haiti Update: Celebrating Ten Years*

Please join us on Sunday, April 3 10:30-11:30 in the auditorium as we welcome Dr. Richard Gosser of Partners in Progress, back from his visit to Fondwa, Haiti.

Dr. Gosser will give us an update on our sister school, St. Antoine's. View pictures of the children and the earthquake recovery efforts. Help us salute a decade of Sacred Heart's bond with St. Antoine, and the variety of creative efforts our people have made to raise money annually to provide teacher salaries for the school.

## Reminders from the Rectory

By: Father J. Robert Grecco

The Catholic Church requires her members to observe the "Easter Duty" each year. This requires all Catholics to receive the Eucharist during the time between the First Sunday of Lent (this year: March 13) and Trinity Sunday (this year: June 19). The sacrament of reconciliation is required before reception of the Eucharist if the faith is not practiced and Mass attendance is not regular. The ideal for the individual Catholic is that the Eucharist be received regularly if the recipient is spiritually eligible.

### Winter Tea at Sacred Heart

By: Kerry DeLuca



Thanks to everyone who helped to make the Winter Tea a great event!!

More than 60 people gathered in the auditorium on February 27<sup>th</sup> to share tea, sandwiches, baked goods, conversation and fun. Julie Forsythe reflected on traditional British/Irish teas, while the Mischler family and their friend Lily Chung shared information about tea in Chinese culture. Traditional Irish dances were done by Grace Zenkevich, Ella DeCecco, Anna Nesbitt, Ella Rubenstein, Catherine Zenkevich, Molly DeLuca, and Julia Zenkevich. Eighth graders Elizabeth Armbruster, Julia Dihtzeruk, Maria Lagnese, Eva Lucchino, Will Wachter and Will Mischler helped throughout the event.

Many, many thanks to all who made the day such a great experience. We are grateful to Donna Novak for homemade scones; to Mary Cullen, Tracey DeAngelo, and Julie Forsythe for tea sandwiches; to Suzy Rosen and Melissa Woodward for cookies; and to Megan Spak for biscotti. Thanks to Donna Novak, Katherine Sutton and Helen Wachter for helping set up for the event, and to the amazing clean-up crew of Rebecca Dosal, Gretchen Lawler, Jennifer McPeak and Suzy Rosen. We are also grateful to Prantl's Bakery and Giant Eagle for their support.

## PTG SEEKS NEW MEMBERS . . . continued from page 1

The second year of your term would be served as PTG President. The President conducts the monthly PTG meetings, sets the agenda and contacts the Board members in regard to various responsibilities and obligations. The President also regularly communicates with the principal, faculty and school community and submits reports to the School Board.

**Recording Secretary** - This position is a two year commitment. The Recording Secretary attends the monthly PTG meetings and takes notes of all that transpires. The notes are then prepared into minutes, and the minutes are submitted for approval at the next PTG meeting.

**Level Representatives** - This position is a one year commitment. There are two Level Representatives needed for each of the three grade levels; K-2, 3-5 and 6-8. The Level Representatives are to attend the monthly PTG meetings and present questions or concerns brought to them by parents of Sacred Heart students. They are also often asked to assist with various events, fundraisers and to contact the school community.

Thank you in advance for taking the time to nominate individuals who could help our school community. If you have any questions in regard to the above, please feel free to call Carrie Zenkevich at 412-243-9172. The form in this newsletter can be completed and sent into the office in an envelope marked "PTG Nominations".

# Looking Forward to the First Annual 7<sup>th</sup> and 8<sup>th</sup> Grade Sports Banquet

By: Michele Cromer

For the first time ever, the Athletic Association plans to honor its 7<sup>th</sup> and 8<sup>th</sup> grade athletes at a sports banquet. The event will be held on Thursday, April 28, 2011 at 6:30 p.m. The banquet will be limited to 7<sup>th</sup> and 8<sup>th</sup> grade athletes and their parents. (Sorry, space is limited so no siblings!) An RSVP is required, along with a family payment of \$10.00. A buffet dinner will be served followed by the presentation of awards. Each sport will recognize its most valuable player and the most improved player. There will also be one outstanding male athlete and one outstanding female athlete selected and honored at the banquet. We ask that everyone dress appropriately for this special occasion – no jeans, sweats or tennis shoes.

If you have any questions or would like to assist with the banquet, please contact Michele Cromer at 412-661-2519 or mcromer@gtnlaw.com. 7<sup>th</sup> and 8<sup>th</sup> grade athletes and parents, please sign up by completing the form in this newsletter by April 18<sup>th</sup>. We need to have an accurate count so as to plan accordingly.

## *Cookbook Corner*

By: Maureen Dolan

Well, spring is in the air and the daffodils are pushing their way up out of the soil. Time to start thinking about firing up the grill and serving some lighter fare. I was looking through the Sacred Heart Cookbook and saw this recipe and it made my mouth water . . . thought I would share it with you!

### *Spinach Salad with Fresh Strawberries*

#### Dressing:

- ½ cup of sugar
- 2 tbs. sesame seeds
- 2 tbs. poppy seeds
- 1 small onion minced
- 1 scant tsp. of paprika
- 1 tsp. of Worcestershire sauce
- ½ vegetable or canola oil
- ¼ cup apple cider vinegar

#### Salad:

- 10 ounces fresh spinach, stemmed, washed and drained
- 2 pints of fresh strawberries, hulled and halved

In a blender or using a wire whisk, blend all dressing ingredients until thickened. To prepare salad, place spinach and strawberries in a large salad bowl. Toss with dressing. Serve immediately. 4-6 servings.

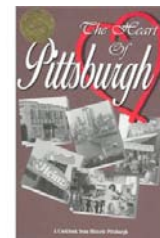
## *Help Needed for Upcoming Cookbook Events!*

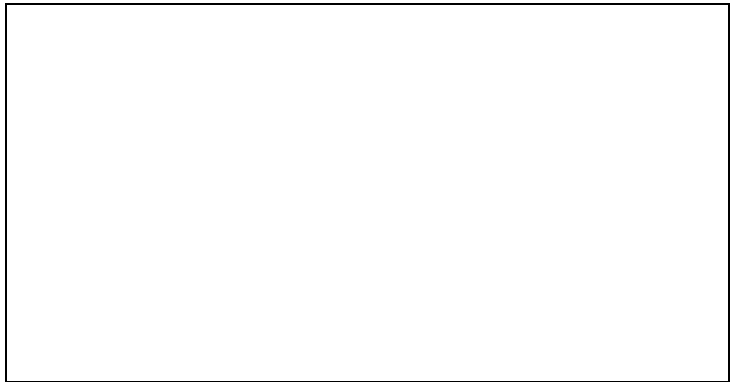
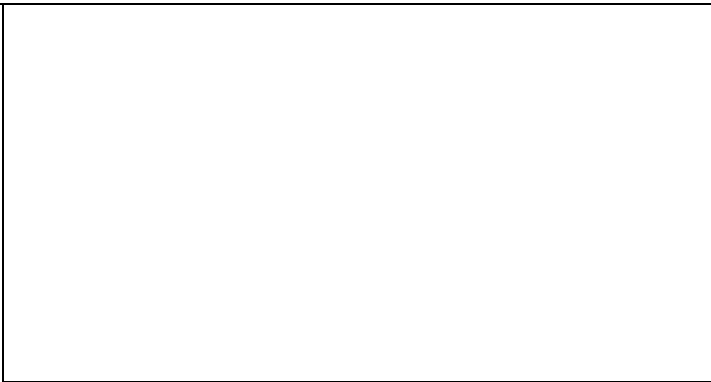
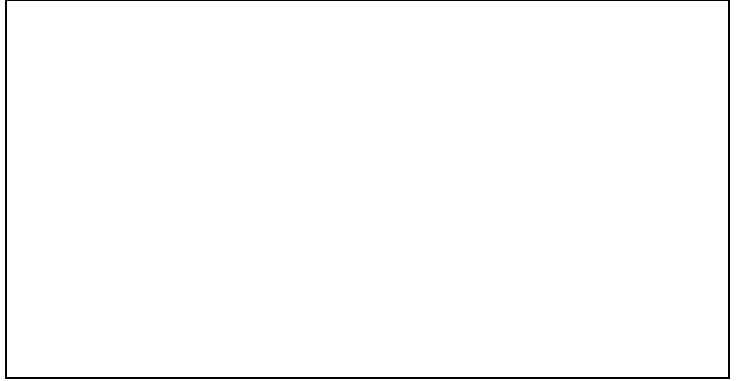
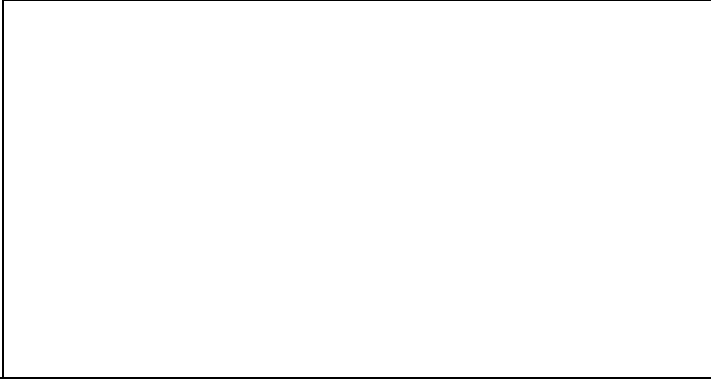
The Sacred Heart Cookbook Committee is in need of a few people who are willing to volunteer just a few hours of their time!

We have several sampling events scheduled for the early part of May, and could really use some help with either cooking or sampling.

As you may know, proceeds from the sales of our two cookbooks – *The Heart of Pittsburgh* and *The Heart of Pittsburgh II* – have benefited the school's technology upgrades for many years.

Please call Maureen Dolan at 412-953-3600 for the details. Thanks so much!





**PLEASE USE THIS FORM TO CLIP AND RETURN ITEMS TO THE SCHOOL OFFICE**

**First Annual 7<sup>th</sup> and 8<sup>th</sup> Grade Sports Banquet  
Thursday, April 28, 2011 at 6:30 p.m.**

**SHES Auditorium**

Yes, our family can attend the first annual 7<sup>th</sup> and 8<sup>th</sup> Grade Sports Banquet.

Family Name: \_\_\_\_\_

Student(s) Name: \_\_\_\_\_

No. of Attendees: \_\_\_\_\_

Please be sure to enclose \$10.00 - cash or check payable to "Sacred Heart Athletic Association" and return this slip to the school office in an envelope marked "Sports Banquet" by April 18, 2011.

**2011-2012  
PTG NOMINATION FORM:**

I would like to nominate:

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to the Sacred Heart PTG Board for the position of:

- Vice President
- Recording Secretary
- Level Rep - Grades K-2
- Level Rep - Grades 3-5
- Level Rep - Grades 6-8

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