

The Sacred Heart Beat

Sacred Heart Elementary School, Pittsburgh, Pennsylvania www.sacredheartschool-pgh.org Vol. 13, No. 5 February 2010

Up Front:

Father Grecco offers important reminders to all Sacred Heart Parents in his article on page 3. Please be sure to give it your attention.

An Evening With Bill Deasy is scheduled for April 10th. Michele Cromer's article on page 4 gives some of the details. It's an "adults only" evening you won't want to miss.

There are also plenty of exciting events coming up for the kids: March Madness; a Winter Tea; our annual Family Fitness event; Weaving classes; and a 3 on 3 Basketball Tournament just to name a few . . . Check inside to find what interests you!

The 2009-2010 Scrip Program ends in March, but you still have plenty of time to earn money towards your assessment and/or tuition reduction. Martha Hirst's article on page 4 has the important deadlines you need to keep in mind!

The Cookbook Committee is looking ahead, and needs your help. Please read Karen Raffensperger's article on page 5 to see how you can join in!

Sacred Heart Christmas Tournament

By: Greg Hirst, SHES Athletic Association President

The 9th annual Sacred Heart Christmas Tournament was held December 26 through 30, 2009. 46 teams participated in 53 total games. Congratulations to the winners in each bracket.

- Jump Start 4th Grade Boys Champion – Sacred Heart defeated St. Bede
- JV Boys Division 2 Champion – Plum defeated St. Bede
- JV Boys Division 1 Champion – St. Bonaventure defeated Sacred Heart
- JV Girls Champion – Mt. Lebanon defeated Sacred Heart
- Varsity Girls Champion – Shaler defeated St. Alexis
- Varsity Boys Champion – St. Alexis defeated St. Bonaventure

The tournament is one of the largest fundraisers for the Athletic Association, but would not be possible without the many volunteers who helped make the tournament a success this year. The Athletic Association thanks the over 30 families who volunteered to work concessions, collect entrance fees, run the scoreboard and clean up. I would also like to thank the members of the Athletic Association who each volunteered their time at the tournament.

Other News From the Athletic Association

- The Association is always in need of members. We welcome all interested Sacred Heart parents who can volunteer their time in support of the various sports programs supported by the Athletic Association. Elections are held in May for officers and the Association will be in need of many positions this spring. Please consider volunteering for the Association. If you are interested, please contact Greg Hirst at 412.362.2343.

Continued on Page 3

February's Important Dates:

January 31st: Catholic School's Week Mass and Breakfast - 9:30 a.m.
February 6th: Family Luau Dance 6:30 p.m. - 8:30 p.m.
February 10th: Confirmation Retreat - Grade 8
February 14th: Love Walk - 2:00 p.m. Mass
February 15th: **No School**; President's Day
February 17th: Ash Wednesday - All School Mass 8:30 a.m.
February 19th: First Parish Fish Fry - 5:00 p.m.
February 20th: Sacrament of Reconciliation - Grade 2 1:00 p.m.
February 22nd: **11:30 a.m. Dismissal**; Teacher's Professional Day
February 28th: Honors Band Concert - Central Catholic 3:00 p.m.

From the Principal's Pen

By: Sister Lynn Rettinger, S.C.

Dear Parents,

A Reminder from the Rectory . . .

The season of Lent begins this month. It is a time set aside by the Church for Catholics to consider in a more serious manner their relationship with God. They are to evaluate, according to the Scriptures and the teachings of the Church, how healthy that relationship is, and whether they have been faithful to their baptismal promises to know God and faithfully serve him. The season offers us opportunities for a reception of the sacrament of Reconciliation (which in fact must be received at least once a year, or more often as the incidence of mortal sin occurs) and public as well as private spiritual exercises (Stations of the Cross, fasting, personal sacrifices and prayer). We unite ourselves to Christ in his suffering all the while recognizing that our sins caused the need for Him to come as our Redeemer.

The Church offers for our annual observance also the following: **Ash Wednesday and Good Friday are days of Fast and Abstinence.** Fasting (for those ages 18-59) on those days is satisfied by taking only one full meal and, if necessary, two lighter meals with no eating between any meals. This obligation is not to be taken lightly. Abstinence (for all of those beginning at age 14) takes place on those two days as well as all Fridays during Lent. This obliges us to refrain from meat & poultry. Obviously these requirements are not binding on those who have health issues. These are the primary obligations for an observance of Lent. They are by no means exhaustive.

We are each expected to make the best of the season so that when we arrive at the celebration of the great feast of Easter, we will be prepared spiritually to receive the Eucharist and renew our baptismal promises—true to our God and all that he expects of us. What you do to observe this season will teach your children volumes...of good or bad.

One More Reminder . . .

School families planning to apply for the “Bishop’s Education Fund” scholarships **MUST** meet the following criteria for a pastor’s signature on the application: 1) Child(ren) must be baptized Catholics; 2) the family must be registered in the parish whose pastor’s signature they seek; 3) the family must be using the “envelope” offering system of the parish and practicing the Catholic faith (attending Mass and receiving sacraments) regularly.

Family Fitness Day/3-on-3 Tournament Returns!

By: Michele Cromer

Please mark your calendars for Saturday, March 20, 2010, and attend the annual Family Fitness Day, which will begin at 12:00 noon in the Sacred Heart gym. Parents and children can enjoy karate, aerobics, games and fun! More details to follow in the March newsletter. For children in grades 4 through 8, the Second Annual 3-on-3 Basketball Tournament will begin after the fitness activities (time to be announced). Watch for registration forms and additional details later this month. Volunteers will be needed to referee and cleanup. If you have any questions or would like to help during the day of the event, please call Michele Cromer at (412) 661-2519 or Connie Kramer at (412) 913-5124.

Other News From the Athletic Association – Continued from Page 1

- A reminder that all sports participants **MUST** have their registration forms and payments completed and sent to the Athletic Association through the school office.
- Please look for the flyer promoting the K-2 Developmental Basketball Program offered by the Association. Families interested in participating in this program should return their forms as soon as possible.

Save the Date for an Evening with Bill Deasy!

By: Michele Cromer

Please save the date for the popular Bill Deasy concert scheduled for Saturday, April 10, 2010. As most of you know, Bill Deasy is a local singer, songwriter, and Sacred Heart dad. He has again generously offered to donate his time and talent to the Sacred Heart community. The auditorium doors will open at 7:30 p.m. where you can mingle, enjoy light appetizers and desserts, and chat with other parents. This is an ADULT ONLY event. Please feel free to bring your own wine. Pop and water will be provided at a nominal charge.

As always, bring your wallet! There will be various opportunities to win great prizes. Additional details to follow in next month's newsletter.

Tickets will go on sale later this month. Act quickly - as the event is always a sell out. If you have any questions or would like to help during the night of the event, please call Michele Cromer at 412-661-2519 or Shannon Mischler at 412-441-4967.

See you on April 10th!

SCRIP NEWS and UPDATES

Outlined is the SCRIP schedule for the remainder of the 2009 – 2010 school year

- **Monday March 22** will be the last day to order SCRIP for 2009 – 2010
- *Final summary reports for 2009 - 2010 will be provided no later than Tuesday March 30, 2010*
- *Market Day orders through March 2010 will be included in the final summary report. Market Day orders are credited at 10% of the total order(s)*
- **SCRIP will resume on Monday April 12, 2010**, with credit going toward the 2010 – 2011 Family Assessment

Orders Due to School Office by 8:30AM	Order Pickup after 1:30 PM
<i>Monday, February 1</i>	<i>Thursday, February 4</i>
<i>Monday, February 8</i>	<i>Thursday, February 11</i>
<i>February 15 – no orders</i>	<i>President's Day - short week</i>
<i>Monday, February 22</i>	<i>Thursday, February 25</i>
<i>Monday, March 1</i>	<i>Thursday, March 4</i>
<i>Monday, March 8</i>	<i>Thursday, March 11</i>
<i>Monday, March 15</i>	<i>Thursday, March 18</i>
Monday, March 22 Last order for the 2009 – 2010 school year	<i>Thursday, March 25</i>

Heart of Pittsburgh

By: Karen Raffensperger

The New Year is fast flying by! I am excited and saddened by this. My youngest daughter graduates this year and 16 years of Sacred Heart "life" is about to end for me. While I am sorry to see this come to an end, it excites me to have my youngest enter her high school years. I have said throughout the upbringing of my four daughters, and I say it again, "I could not have done this without the help of Sacred Heart teachers and staff". There are no words to express my gratitude for this! Thank you! "Great beginnings last a lifetime!"

On to the Cookbook . . .

I have been part of the Cookbook Committee for 12 years now. It has been an important part of my life throughout those years; a part I have enjoyed immensely and from which I have felt greatly rewarded. It is now time to say "good-bye" to that part of my life. I will continue to work with the Junior Cookbook Committee until we have a finished product in hand, but must step down as chairperson for the general Cookbook Committee. In the last year, Susan Depasqaule has been critical in helping with the marketing of our books. She has greatly lessened the workload for me, and has been invaluable with regard to marketing of these books. She is what I refer to as our Marketing Chairperson. She maintains contact with all of our local stores, sets up tasting event dates, and makes calls to try to get us into new venues too! Thank you so much Susan - great job on all fronts! In addition to Susan, the monetary bookkeeping and billing has been overseen by the PTG treasurer, Kathy Bzdzia. Thank you Kathy!!! The Committee, however, is desperately in need of two additional (very important) people! The first need is a Chairperson to oversee the Committee; the second is a Chairperson to oversee tasting events. If both of these chair positions are filled, this Committee will run like a well-oiled machine - trust me!

Description of each:

Chairperson to oversee Committee

1. Maintain email contact with Committee members
2. Liaison with Wimmer Cookbooks (our distributor and printing company). This involves checking on, and very minimal bookkeeping of, our monthly distribution sales and the ordering for delivery or printing of books if needed
3. Liaison with PTG treasurer regarding book sales and billing needs
4. Check mail at school weekly; fill any mail orders that are needed
5. Arrange for delivery of books to any local store that places a book order (we offer free local delivery and drive them to stores in the area)
6. Check on school book stock inventory

Chairperson to oversee tasting events (or two people sharing this position!)

1. Plan the menu with 3 to 4 samplings - representing both cookbooks
2. Organize volunteers to cook for and to work for the events
3. Organize when, where and by whom food pick-up for the event will occur
4. Shop for serving supplies and stock the bins for each event
5. Maintain contact with store manager hosting event

These two positions have been done by one person for many years, and I have said (for many years) that this needs to be split between two people to attain the "perfect" Committee! These "co-chairing" positions will really lessen the burden of each individual job, and make "chairing" of this Committee much more effective and doable.

Remember, the books are already in print! All we have to do is market them! Let's keep this fabulous fundraiser alive for years to come! Please consider joining the Cookbook Committee!

March Madness Is Coming to Sacred Heart Again!!!!

Be on the lookout for March Madness. It is about to strike Sacred Heart for the third year in a row!!

March Madness is making its third annual appearance this March (after two very successful performances in 2008 and 2009) at Sacred Heart. Each raffle ticket sells for \$5.00, and there are four prizes totaling \$1,850 available to win.

Here's how the raffle works: Each Sacred Heart family will receive five March Madness raffle tickets to sell. The first thing each family needs to do is buy or sell their tickets (each ticket comes in a sealed envelope). After purchasing a ticket, open the envelope and fill out the ticket stub, hold onto the half of the ticket with the ticket number, team names, and web address, and return the stubs with the buyer's information and the cash/check to the office.

Now the fun really begins! A fundraising organization has set up a website just for Sacred Heart's March Madness Raffle. Once a ticket is purchased, a school volunteer enters each sold ticket number and the first name and last initial of the ticket purchaser onto a database, and that database is uploaded onto Sacred Heart's March Madness website. Sacred Heart's "My March Madness" website link is listed on each ticket. Also listed on the ticket will be three NCAA teams who have qualified for the March Madness tournament. Each time one of the NCAA teams listed on the purchased ticket scores a point in a tournament game that ticket increases in point value. Every ticket holder can go to the website at any time and see how many points their ticket is worth. The more games and points the teams listed on the purchased ticket play and score, the more the purchased ticket increases in value.

The website changes every day as different teams play and score. So every day the ticket values change! It's fun to see how your ticket is doing. Check to see if it's on the leader board. Check to see if one of the teams on your ticket is playing. Check out the scores of all the tournament games. Check out some of our March Madness Raffle sponsors. There are many things to explore on the March Madness website. You can also check the website to see just who is holding onto the winning tickets. The more tickets you buy the better chance you have of owning the ticket that has a winning combination of teams! At the end of the tournament the winning ticket will be the **ticket sold** that is worth the most points. First prize is \$1,000, Second prize is \$500, Third prize is \$250, and the ticket that has the lowest point value will receive a consolation prize of \$100. Good luck in the raffle and thanks for your support.

The proceeds from this year's March Madness Raffle will go to general improvements to the Activities Building, but please keep in mind that . . . timing is key for this event, as there is a very short turn around period to sell the tickets. As soon as you get your tickets (5 per family) please buy them or sell them and return the stubs and payment to the office. Included with your tickets will be an order form to get additional tickets. We anticipate that this raffle may be very popular in offices, and restaurants or anywhere groups of people work or play together. Please let us know if you can sell additional tickets. The more tickets we sell, the faster our profits add up. If you'd like to check out the website just go to MyMarchMadness.net and click on Sacred Heart. More features will be added to the website as the raffle begins.

We are looking for a ticket sponsor! Ticket sponsorship is \$250 payable to Sacred Heart PTG. Your organization's name goes on every ticket we print. Your organization also gets an ad on the website, and your organization gets five free tickets. If you are interested in being this year's ticket sponsor please call Lisa Anselmo at 412-683-5574, or email her at selmoseven@msn.com. We also need website sponsors. If you'd like to be a sponsor please send your copy ready advertisement to selmoseven@msn.com. Web sponsorship runs \$50 dollars per advertisement, and checks are payable to Sacred Heart PTG. Your ad will run on the site everyday continuously throughout the fundraiser. Web sponsors also get five free tickets! Thanks in advance for your help. We are certain that this year's raffle will be another success.

Important Contact Information:

Sacred Heart Elementary
325 Emerson Street
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412-441-1582

Principal: Sr. Lynn Rettinger

PTG President: Sharon
Hoffner
412-369-4042

The newsletter, handbook
and other school
publications are on the
Web:
www.shes-pgh.org

Save the Date: February 6, 2010! Come with your family and dance the winter blues away at an all school Luau dance. Families can participate in a limbo contest along with some other Hawaiian themed activities. The time and place will be announced coming soon. Hope to see you there!

Expressing yourself through Weaving

By: Jeanette McCabe

Do you like crafts, working with your hands and creating your own unique projects?

In this class, you will create your own unique woven piece or pieces, using a box loom, which you can bring home and use after the class ends. We will talk about different emotions and explore colors, materials and textures to see how we can use them to express ourselves in our weave project. We will also use drawing, motion and voice throughout this six week workshop. Both boys and girls in 2nd grade and up are encouraged to participate.

The work shop will start on Thursday, February 25th after school and will be finished at 4.30pm. The price for the workshop is \$45.00, which includes supplies, Payable to Jeanette McCabe
Registration is due by Friday, February 19th.

Please contact Jeanette McCabe with any questions at 412-445-377 or email: nette68@verizon.net.

Don't forget to clip your



