

The Sacred Heart Beat

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

Up Front:

Welcome back Sister Lynn!

Sister's first article of the new year appears on pages 2 and 3, and offers lots of information on upcoming events, as well as her thanks and praise for all of the wonderful events that took place in December!

Kids Nite Out is back at Sacred Heart! Check out the article on page 3 for all the details.

Intermediate Chess lessons begin later this month. Information and registration forms are inside. Please see page 4.

There are two corrections to the First Quarter Honor Roll on page 4. Please note the achievements of two of our excellent students.

A recent article from the SHES Student Newspaper "The Pulse" appears on page 7. Please be sure and read the article by 7th grader Lily Marty regarding November and December's "Culinary Travels".

Plans for upcoming events including an Afternoon Tea and an All School Luau are under way. Look inside for dates and times.

Catholic Schools Week Family Brunch

By: Maureen Dolan and Karen Nesbitt

The Family Brunch marks the traditional beginning of Catholic Schools Week at Sacred Heart Elementary. The Brunch is a celebration of our unity as a Catholic school. It is an opportunity to gather together as a school, both at the Mass and the Brunch, and enjoy each other and the diversity present in our school community. The theme of Catholic Schools Week this year is "**Dividends for Life**". Some of the most valuable dividends we receive by being part of Sacred Heart Elementary School are the relationships and friendships we make along the way. This brunch is a great way to build these relationships, and perhaps make a friend or two!

The Brunch will be held in the school cafeteria on January 31, 2010 at 10:30, after the 9:30 Mass. Mrs. Maola works diligently with a group of volunteers to cook a delicious buffet including items such as eggs, sausage, French toast, Danishes, and other traditional breakfast fare, as well as coffee and juice. Everyone is invited.

The price for the Brunch is \$5.00 for adults and \$4.00 for children over 3 years old. There is no charge for children 3 years old and under. **Reservations are required for the Catholic Schools Week Brunch, and will be accepted through Friday, January 15th.** Reservations received after this date will not be accepted, to allow time for ordering the appropriate amount of food. Please return the enclosed "coupon" to school with your payment to reserve your family's place at the Brunch.

As indicated earlier, volunteers are necessary and make the Brunch possible. People are needed to assist in set up the day before the Brunch, to make and serve food, and to assist with clean up. Any amount of help is appreciated. Please indicate on the response form if you are able to assist in any way. If volunteering for the brunch, you still need to register for the brunch with the enclosed coupon.

Mark your calendars for January 31st to attend the Brunch! Contact Maureen Dolan (dolanelectric@msn.com) or Karen Nesbitt (karen@walltowall.com) to volunteer. It is wonderful to gather as a school and celebrate the Sacred Heart Community.

January's Important Dates:

- January 13th: First Reconciliation Parent Meeting – 7:00 p.m.
- January 16th: Work Day
- January 18th: Martin Luther King Jr. Holiday - No School
- January 19th: Protecting God's Children Class – 6:30 p.m.
- January 21st: Second Quarter Report Period Ends
- January 22nd: Clerical Day - No School
- January 28th: Evening Parent - Teacher Conferences
- January 29th: 11:30 Dismissal; Afternoon Parent - Teacher Conferences
- January 31st: Catholic Schools Week Mass 9:30 a.m. - Family Breakfast 10:30 a.m.

From the Principal's Pen

By: Sister Lynn Rettinger, S.C.

Dear Parents,

May your families be blessed with peace throughout the New Year! Thank you all for the thoughtful gifts you shared with our office staff and with me personally. Your generosity and kind gestures were a wonderful welcome as I returned to school in December. The greatest gift I received at Christmas was being with the children and teachers once again.

Musical Season - We are very proud of the following students who auditioned and were chosen to participate in the Diocesan Honors Band on Sunday, February 28 at 3:00 at the Central Catholic High School auditorium. Jenny Zheng, Amy Culig, Isabel Burrows, Carlo Catania, Demetri McCoy, Emma Anselmo, Taylor Lewand, and Valeriana Mallare stood out among those who auditioned as accomplished musicians for their age and experience. Having eight students chosen for the Honors Band in one year is a significant achievement, and one to be celebrated by the musicians and their band teacher, Mrs. Traugh. Congratulations!

The SHES Band played their Christmas Concert to a full house on December 17. Their accomplishments from the beginning of the school year until now are remarkable. Congratulations to all of the twenty-five members of the Beginning Band, and twenty-five members of the Advanced Band. We are already looking forward to the Spring Concert.

The following students are members of the new Sacred Heart Children's Choir: Matilde Blanc, Valentia Blanciak, Katie Brennan, Lindy Brennan, Rory Brennan, Renee Cabacungan, Isabelle Cromer, Lark Davin-Blackson, Molly DeLuca, Annie Mastriano, Elsie Marshall, Flin Marshall, Maia McCabe, Mariela Saver, Rosalia Saver, and Tess Zentarsky. The children sing in praise of God once each month at the Sunday Liturgy under the direction of Mr. John Meyers, Music Minister for Sacred Heart Church.

We concluded Advent at SHES with wonderful happenings. The primary grades, under the direction of Sr. Rosie, performed a Christmas pageant entitled "The Christmas Lamb" for a record breaking crowd of parents, grandparents and friends of the children. Many thanks to Sr. Rosie, the program director; Mrs. Wood, the set decorator; and to the teachers of the primary grades. The show is certainly destined for the lights of Broadway!

Less than a week later, The Lessons in Carols, a prayerful reflection of the story of Christ's birth, took place in church right before vacation began. Mr. & Mrs. Dillon and their new baby boy represented the Holy Family. Eighth graders, robed in costume, played the parts of the Isaiah the prophet, angels, shepherds, kings, and John the Baptist. The prayer was supported by the music of three guitars, three violins, a flute and a drum, all played by our middle school students. Mrs. Bruce, Mrs. Kegarise and Sr. Rosie planned and practiced with the children enabling everyone to experience a prayerful conclusion to our Advent season.

Welcome Back to Pittsburgh - Dr. Sylvia Tamusuza, our Ugandan friend and teacher, will be visiting Pittsburgh again this January. She was an Artist-In-Residence at SHES last January and she taught extensively throughout the school for two full weeks. Dr. Sylvia is the founder of the Love and Care Foundation International, a home for abandoned children in Kampala, Uganda. Her visit is sponsored the Mukwano Club at Oakland Catholic High School. A Drum Circle, featuring this renowned Ugandan drummer and ethnomusicologist is planned for Sunday, January 24 from 5:00-8:00 p.m. at Dunning's Grill on South Braddock Avenue. A portion of the proceeds from meals purchased at Dunning's Grill during the evening will benefit Love and Care International. Bring the family for food and fun.

Continued on Next Page

A New Year's Resolution * Safety - Everyone is in a hurry and that is understandable. However, there is often an accident 'waiting to happen' as the children come to and leave school in cars. Please resolve to slow down and keep the children out of harms way in the new year.

Morning Drop-Off: Do not park in front of the school door. That area is the designated lane for fifteen buses between 7:35 and 8:00 a.m. Drivers are instructed by their districts to pull up as close to the school as possible. They get upset and we get upset when cars take their assigned spot. Please move your car down the street beyond the front door.

Afternoon Pick-Up: Do not wave at your children to cross Walnut St. to where your car is parked. Leave your car, meet the children in front of the church, and walk them across the street.

Protecting God's Children Program - The Protecting God's Children Program is being offered here at Sacred Heart School on Tuesday evening, January 19 from 6:30-9:30 p.m. The PGC Program is a requirement for all school volunteers. The class will be held in the Art Room (102) which has a capacity of 28 persons. Nineteen people have already signed up. Please call school 412-441-1582 as soon as possible to reserve your space. While it is important that our own people are taken care of first, this is a diocesan class and therefore open to anyone who calls.

The Pulse - The student newspaper staff has once again reached the goal of publishing a well written, relevant and timely print/photo piece. This Christmas edition featured articles written by Eva Lucchino, Maria Lagnese, Dion Blackmon, Emma Anselmo, Mara Wearden, Amara Jordan, Taylor Jones, Lily Marty, Elyn Biery, and Taylor Lewand. Congratulations to the the Pulse Staff and their moderator, Mrs. Mindy Dilmore.

Kids Night Out Back in 2010

By: Emily O'Connor

The PTG is once again sponsoring Kids Night Out! Students in Kindergarten through 5th grade get a "Night Out" to get together with their friends, have some snacks and watch a movie. Kids in the primary grades really look forward to this event so we are very happy to bring it back in 2010.

For those who have participated in the past, Kids Night Out will be a little different this year. Instead of having all of the kids attend on one night, we will have three movie nights as follows:

- The movie night for Kindergarten and 1st grade will be Friday, January 29.
- The movie night for 2nd and 3rd grade will be Friday, February 5.
- The movie night for 4th and 5th grade will be Friday, April 16.

Also, unlike in the past, we will only be showing one movie. The movie for Kindergarten and 1st grade will be G-Force. We will select a movie for the older children at a later date. Each movie night will take place in the cafeteria from 6:30 p.m. to 8:30 p.m. A suggested donation for this event is \$2.00-\$3.00. Please note that a snack bar will be open before the movie if your child would like to purchase any snacks.

We will need a number of volunteers to help with Kids Night Out on the night of each event. Volunteer forms will be distributed next week. Besides being a lot of fun, this is a great opportunity for parents - who don't often get a chance to volunteer during the day - to spend some time at school with their children.

If you have any questions or if you would like to volunteer for any of the movie nights, please call Emily O'Connor at 412-363-1927.



Register for Intermediate Chess Lessons

Sacred Heart is offering a six-week Intermediate Chess Lesson class beginning Wednesday, January 20th. The fee is \$35.00 for the first child in a family, and \$20.00 for each additional child in a family. Please contact the school office for information on financial assistance.

Sessions will be held after school until 4:30pm for six consecutive Wednesdays, January 20th through February 24th.

To be eligible for this class, students must be in grades 3-8, must know how to move chess pieces, and how to capture chess pieces. Sign up for the chess lessons by completing and submitting the registration form from this newsletter by Wednesday, January 13th.

PLEASE MAKE CHECKS PAYABLE TO THE INSTRUCTOR, JOHN YOUNG.

Space is limited. If you have any questions, please contact Kerry DeLuca at 412-441-4074 or at deluca.clan@gmail.com.



PTG Holiday Gift Wrapping Fundraiser

Sacred Heart sponsored a holiday gift wrapping table at Borders on the East Side on Saturday, December 12th. Parents Melissa Guetta, Rowena Ravano, Katy Barmak, Frank Libsch and Kristen Marshall wrapped books and enjoyed representing our school and being out and about in the holiday bustle. The donations from this event will benefit our PTG.

Sacred Heart Afternoon Tea February 28, 2010

Please plan to join us for an afternoon tea on Sunday, February 28th at Sacred Heart.

This event is open to all Sacred Heart students and their parents, aunts/uncles, grandparents and other special grown-ups. If you wish, bring your doll along.

Please watch for more information in the February newsletter. If you are interested in volunteering for this event, please call Kerry DeLuca at 412-441-4074 or by email at deluca.clan@gmail.com.

A Note From the Office

Please look for two important forms in this envelope and return them promptly.

- 1. Optional Parent-Teacher Conference Form*
- 2. The "Are You Returning Next Year?" Form*

Corrections to the First Quarter Honor Roll for 2009-2010

With our apologies for the error, please note that Alexa Namestnik and Kelli Clark should both be on Highest Honor. On the original list, Alexa was omitted and Kelli was on High Honor. Congratulations to these two great scholars.

Light of Life Mission Collection and Support for Soldiers

By: Greg Giardina, SHES Teacher

We've been busy this fall trying to live the Gospel's call to take care of others who might be forgotten. It started in early November as the seventh grade planned for a collection to benefit the Light of Life Rescue Mission. The Mission is famous in Pittsburgh for serving holiday meals to the homeless and hungry of Pittsburgh. But the Mission really supports the homeless and hungry all year round by providing services for the homeless including housing, dependency counseling, and job training. When Sacred Heart families responded to our Thanksgiving Cards asking for a donation they helped the homeless in all these ways by raising over \$560.00 for the Light of Life Rescue Mission.

If you want to find out more about the Mission you can check out their web site: www.lightoflife.org

As we were collecting for the Light of Life Rescue Mission we got word of a group of American soldiers who were deployed to the Sinai Peninsula on a Peace Keeping Mission. Because of the location of their assignment, they do not have access to a place to purchase some of the basic necessities that they need. We asked Sacred Heart families to help again for the second time in less than a month, and as usual they responded with generosity. All the students made Christmas cards for the soldiers. The Primary Department made a gift bag for every soldier with a toothbrush, toothpaste, lip balm, mints and batteries. Students in fourth through eighth Grade brought in a plethora of shaving products, insect repellent, sunscreen, batteries, dry erase markers, printer ink jet cartridges, and books. We were able to collect six large boxes filled with these items they desperately need. When eighth grade students were told that homemade cookies were a special treat and motivator for the soldiers they asked if there was a way that they could bake them. Sixteen students from the sixth, seventh, and eighth grades and several teachers stayed after school one day and baked almost six hundred cookies for the soldiers to give them a homemade treat. We owe a special thank you to Mrs. Maola for her support and trust in loaning us the cafeteria kitchen!

As always we want to thank all the Sacred Heart families that helped support our fall service projects.

Over the Christmas break, the Scanlon family received a thank you note from their friend, Lt. Col. Martin Wetterauer in response to our gifts for the soldiers. Both the Scanlon family and Lt. Col. Wetterauer worked hard to help with the distribution of the gifts collected. A portion of that letter appears below:

Thanks for the packages. The Marines will love them. I just got back to my main FOB last night and they were here. I will pass them on tonight. Things are going very well here and the Marines are staying busy.

Please pass on to your daughter and Sacred Heart how much we appreciate their support. I will try to write a letter to them as things slow down a bit. Thank you again for everything.

Semper Fi and Happy Holidays, Martin
LtCol Martin Wetterauer III
DARKSIDE 6, Commanding Officer, 3rdBn 4thMar

Sacred Heart Calendar

By: Pam Giardina, SHES Teacher

A special thanks to all the parents who bought a school calendar. We raised over \$200. I would especially like to acknowledge all the students and teachers who took pictures during the school year of different classroom events that become part of our calendar. A BIG THANK YOU goes to Kristen and Matt Lucero's mother for all the pictures she snapped at the International Festival. What a great way to show everyone what we are about at Sacred Heart!

Important Contact Information:

Sacred Heart Elementary
325 Emerson Street
Pittsburgh, PA 15206
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

**Silver Ring Thing
January 15, 2010
8th Graders and Up**

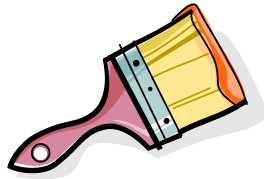
Seton LaSalle High School
1000 McNeilly Road
Pittsburgh, PA 15226

**\$5.00 per student & adult
with advance registration
\$8.00 at the door**

**Rings can be purchased for
an additional \$20.00**

**You can register online at :
www.silverringthing.com**

**Email questions to:
pwaskowiak@diopitt.org**



New Work Day Scheduled for January 16

Sacred Heart's "Work Day" has been a great way to tackle projects that fall outside routine maintenance but are still needed to keep the school looking great. During the last WD in October, the lower hallway of the Activity Building was beautifully painted. It now offers a warm welcome for the after school families and visitors to the gym's bathrooms and bowling alley.

Other projects that need to be addressed include painting the speech room and the third floor hallway. We hope to complete both of these at this year's final Work Day on Saturday, January 16. But to accomplish both of these projects in just four hours (so our volunteers aren't there all day!), we need twice as many people to help out as we had last time. If you would like to volunteer, please contact Ken Zenkevich at (412) 243-9172 or at carrie.zenkevich@verizon.net.

Thanks so much for your help!

Work Day Details:

Date: Saturday, January 16th

Time: 9:00 a.m. to 1:00 p.m.

*Meet: In the speech room on the school's
lower level – beside the cafeteria*

*Projects: Painting the Speech Room and the
third floor hallway*

*Contact: Ken Zenkevich at
(412) 243-9172 or at
carrie.zenkevich@verizon.net*

Did you know that your business can place an ad in the Heartbeat for only \$10.00 a month? Just drop off your business card sized advertisement and prepayment to the school office.

Culinary Travels – Restaurant Reviews

Lily Marty, SHES 7th Grade Student

Reprinted from "The Pulse"

Sacred Heart's Culinary Travels takes place at different restaurants across Pittsburgh. This event is a great way for you and your family to explore different international foods from restaurants in Pittsburgh. The PTG selects a new restaurant to represent a different style of food from the different cultures of the students of Sacred Heart.

In November, the program kicked off with American food at **Buffalo Blues**, located on Highland Avenue. This is a family-friendly restaurant with a menu that varies from salads and wraps to their famous hot wings. I ordered a dozen teriyaki wings. They were tangy, sweet, and a perfect choice for a person who prefers their wings more mildly prepared. Fellow 7th grader, Anthony Redondo, put his taste buds to the test with a dozen "Howlin' Wolf Wings". These wings are perfect for people who enjoy very hot and spicy wings.

Overall, Buffalo Blues is a great, easy, restaurant, perfect for any occasion, and great for hanging out, playing games, and enjoying awesome food. For more about Buffalo Blues go to: www.b2restaurants.com/buffaloblues.

December's culinary outing took place at **The Green Mango** located in Regent Square. The Green Mango is a Thai-styled restaurant owned by a Sacred Heart family. The restaurant's decor is warm and inviting, with traditional Thai scenery, features and atmosphere.

As you start into the menu, you may recognize a number of standard Asian features, such as curry and teriyaki-styled dishes, but you will also see more exotic dishes, such as Pa-Nang and Pad-Thai. I ordered Thai-styled chicken fried rice and chicken on a stick. The chicken on a stick was lightly seasoned, grilled to perfection and the chicken fried rice was a sensational mixture of different vegetables, rice and chicken.

The Green Mango gives families a chance to travel around the world to Thailand without leaving the Pittsburgh area. The combination of delicious food and friendly service is a recipe for success which is evident by their expanding locations. To find more about The Green Mango menu and locations, go to www.TheGreenMango.com.



ORNAMENT WORKSHOP

By: Maria Mastriano



On December 9th & 10th the annual ornament workshop was held in the auditorium of our school. We had many parent volunteers to help the children in levels Kindergarten through 5th grade. Each made 2 distinctive ornaments. The children worked diligently to beautify the ornaments they were given to work on, and were very excited to take them home to adorn their Christmas trees. This is an amazing event which the PTG sponsors and I know a great time was had by all. Thank you to all of the volunteers -- it would not have been a success without those hours you gave. Everyone looks forward to this event, and we look forward to doing it all again next year!



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 other Hawaiian themed activities. The time and place will be announced coming soon. Hope to see you there!

FOR YOUR CONVENIENCE, CLIP THESE FORMS AND RETURN THEM TO SCHOOL:

INTERMEDIATE CHESS LESSONS REGISTRATION

Return this form to the school office by
Wednesday, January 13th, with a check made
payable to John Young.

Family name: _____

Students Names: _____

Phone number: _____

Email address: _____

Intermediate chess lessons- \$35.00 for 1st student
in each family, \$20.00 for each additional student

Total enclosed: \$ _____

HEART OF PITTSBURGH I and II

___ No. Volume I @ \$15.00 + tax: \$ _____

___ No. Volume II @ \$15.00 + tax: \$ _____

___ 2 Books @ \$14.00 per book + tax:

Volumes _____ \$ _____

___ 3 Books @ \$13.00 per book + tax:

Volumes _____ \$ _____

HEART OF PITTSBURGH gift baskets are also available for
ordering. Please contact Karen Raffensperger at 412-422-
4466, or by email at karen.raffensperger@comcast.net to
have the Cookbook Committee create one for you!

Please return this form, along with your check, to the school
office in an envelope marked "Cookbook".

Catholic Schools Week Family Brunch Sunday, January 31st at 10:30 a.m.

Family Name: _____

Number of adults: _____ @ \$5 each: \$ _____

Number of children: _____ @ \$4 each: \$ _____

Total enclosed: \$ _____

Please make checks payable to Sacred Heart PTG.

Send your reply to the office marked as:
Catholic Schools Week Brunch Reservations
c/o Karen Nesbitt.

___ I am available to volunteer

Name: _____

Phone number: _____

E-mail: _____