



HEARTBEAT NEWS

1/13/10

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OUR LADY OF THE SACRED HEART SCHOOL

PLEASE ALWAYS REFER TO YOUR CALENDARS!

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| •Monday, Jan. 18th | Martin Luther King No School |
| •Friday, Jan. 22nd | End of Second Quarter |
| •Saturday, Jan. 23rd | High School placement exam |
| •Tuesday, Jan. 26th | Follow Up Posada Meeting 6:15 p.m. |
| •Sunday, Jan. 31st | Start of Catholic Schools Week |

JANUARY 18 there is NO SCHOOL MARTIN LUTHER KING JR.

PRAYERS

Please continue to pray for the families and friends of our school and parish community. Healing prayers for:

Special Intentions for:

Bea Haulk

Repose of the Soul of:

Jacobo Martinez (grandfather of Clarissa and Daniel)

POSADA FOLLOW-UP

We would like to encourage all of our committee chairs to come to a follow up meeting regarding our Posada in December.

It is always good to evaluate and look ahead for the next year.

Please join us for refreshments and discussion on Tuesday, January 26th at 6:15 p.m.

CATHOLIC SCHOOLS WEEK

January 31st is the beginning of Catholic Schools Week. We will begin this beautiful celebration with a School Parish Liturgy on Sunday, January 31st at the 8:00 a.m. Liturgy.

We ask that all students be in attendance in order to pray with our parish community
Please have the children come in uniform!

That day, there will also be an open house for the school. We encourage you to invite family and friends who might be interested in sending their children to OLSH

**to attend this day. We take pride in who we are and what we do!
OLSH SCHOOL is family!**

FINE ARTS ADVOCATE

We are very fortunate to have the enthusiasm of Mrs. Dixon towards Fine Arts in the County of San Diego. Through her hard work and dedication, our students have been provided with opportunities to attend, live theater, musical events, dance and storytelling. Congratulations and a great thank you to Mrs. Dixon for her work in writing a grant for our school towards another Fine Arts Event. We were given an \$800.00 grant. The children will be attending the San Diego Symphony's performance of Beethoven's music. Thank you Mrs. Dixon for all of your work and your vision for our school!

UNIFORMS

A reminder that only OLSH School jackets may be worn. Many of the students are very excited about their new jackets for Christmas, and for the last few days some of them have been coming to school wearing them. They are beautiful! But, we ask that you continue to follow the guidelines regarding uniforms.

NUTRITIONAL GUIDELINES

We ask that you remember the nutritional guidelines we have set for snacks and lunches. We are encouraging fruits, cheeses, vegetables and juices for snacks. Bags of chips cheetos, chocolate have no nutritional value and do not help the children stay focused and alert during the school day. They are actually very proud when they bring "Good Snacks" to school!

RELIGIOUS SACRAMENTAL PROGRAM

Enclosed you will find information regarding sacramental preparation for students in all grades through our Religious Education Program. Sacramental Preparation is not offered at school, but is a separate program through our parish.

If you are interested, please sign up!

**JANUARY 31st..... PARISH LITURGY 8:00 a.m.
OPEN HOUSE
THEME: CATHOLIC SCHOOLS ---DIVIDENDS FOR LIFE**