



## **Sacred Heart School**

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[www.sacredheartschool.us](http://www.sacredheartschool.us)

### **Mr. B's Buzz**

In recent days the seasonal changes of our beautiful Ohio River Valley has definitely impacted our school community. Yesterday we had twelve students out sick. Even our teachers and staff have been hit with colds, allergies, and sinus infections. Although these minor "headaches" can be handled with patience and care, what we do not want to see is a major flu epidemic at school. Parents, I want to remind you that if your child is home with a fever or has vomited, we kindly ask that the child stays home for 24 hours of being fever and vomit free.

Next Friday, November 11, our school community will celebrate Veterans Day by recognizing men and women who have served or are serving our country with their military service. We especially want to invite the relatives of our students, along with former students who are veterans to be recognized and then worship with us at our All School Mass. Our Veterans Day Recognition will begin at 8:00 AM in Sacred Heart's church.

I want to encourage all parents to attend the next PSTS Parent Education Night on Tuesday, November 15. Our guest speaker will be Mrs. Michelle Frossard, our school counselor. You can read more details about this very important presentation in the E-News.

This weekend when you and your family attends Mass, church, synagogue, or mosque of your choice, please continue to pray for our country and its leaders.

*We are Anchored in Christ,*

Frank Barlag

***Sacred Heart of Jesus, Have Mercy on us. Live Jesus in our hearts, Forever!***

**YEARBOOK NEEDS PHOTOS:** We are currently in need of photos of fall's sports (including team photos), Walk-a-Thon and SHS clubs. You can email them to [cday@sacredheartschool.us](mailto:cday@sacredheartschool.us), or send a flash drive into school to the attention of Mrs. Day. Thank you for your support!

**PSTS NEWS:**

Come join us this Monday, November 7 at Rocky's for SHS Night Out.

**PRESENTATION FOR PARENTS ABOUT PARENTAL SELF-**

**REGULATION:** As a parent or guardian of a child, you know there is little time to focus on your own well-being and emotional state. Research shows that teachers, parents, and caregivers that have good self-regulation, can control different situations with more effectiveness. Please take the time out of your busy schedule to make a night for you. Your kids will thank you later!

*Take a night to check yourself . . . you deserve it!*

The PSTS is excited to announce that Sacred Heart's team will be sponsoring a parent education night, Parental Self-regulation on Tuesday, November 15 at 7:00PM in the school's cafeteria.

Please join our School Counselor, Mrs. Michelle Frossard, LCSW, RN in the cafeteria at 7:00PM on November 15. If you have any questions, please feel free to contact Mrs. Frossard at [mfrossard@sacredheartschool.us](mailto:mfrossard@sacredheartschool.us)

**HOLY CHILDHOOD (SISTER LORETTO):** Please have all donations turned in by Friday, November 18<sup>th</sup>.

**BREAKFAST WITH ST. NICK:** We will have our Breakfast with St. Nick on Saturday, December 3<sup>rd</sup> from 9:00AM. to 1:00PM in the gym.