

September 20, 2024

SACRED HEART SCHOOL

NEWSLETTER



*Live
Celebrate
Proclaim*

• 604-946-2611



shsdelta.ca

• office@shsdelta.org

IMPORTANT DATES

If your child is absent or late please fill out our online [attendance hotline form](#)



SEPTEMBER & OCTOBER

- **September 25 Spirit Day/ Hot Lunch**
- **September 27 St. Catherine's School Cross Country Meet**
- **October 2 CISVA Cross Country Championships @ Swangard Stadium**
- **October 9 School Mass Hosted by Class 6A**
- **October 17 Photo Day**
- **October 17 & 18 Parent Teacher Conferences**
- **October 30 Spirit Day / Hot Lunch**

NO SCHOOL DATES

- **September 30 No School: National Truth and Reconciliation Day**
- **October 14 No School: Thanksgiving**
- **October 18 No school: Parent-Teacher Conferences**
- **October 25 No School: Pro D Day**

A Message from the Principal

Dear Sacred Heart School Families,

As we close out the third week of the school year, I find myself reflecting on the many blessings that fill our school community. Here at Sacred Heart, we are not just educating minds, we are nurturing hearts, forming souls, and celebrating our faith that guides us each day.

As we continue this journey, I thank each of you for your partnership in helping your child become the best version of themselves, as God intended. By working together, parents and educators, we can inspire them to grow in faith and develop strong values. I am truly grateful for your support as we partner in this important mission.

I wish you all a wonderful weekend.

Kelly Kozack

MISSIONS CLUB

Missions Club is open to students in Grades 3 to 7 and will be run by Mrs. De Sousa and Mrs. Tamkee.

The Missions Club, students will learn that we are called to justice and charity by serving others. The Missions Club is involved on the global front as well as supporting local organizations.

If your child is interested in joining the Missions Club, please fill in the following [Permission form](#) by Sunday, September 22, 2024:

The first meeting will be Monday, September 23, 2024.

If you have any questions, please contact Mrs. Tamkee at gtamkee@shsdelta.org.



Living, **CELEBRATING**, and Proclaiming **OUR FAITH**





School Supplies Drive

Drop off new or gently used school supplies in the donation box at the office labeled **The Giving Truck** Supplies needed include: Backpacks, notebooks, pencils, pens, markers and more.



Spirit Day/Hot Lunch

Our first spirit day/hot lunch of the school year is on Wednesday, September 25th.

The theme of this non-uniform day is **Anything But a Uniform.**

Students can choose clothing that showcases their personality and/or interests. We would like to remind our students that their choice of clothing for non-uniform days should remain appropriate for a school setting. This means avoiding clothes that are too revealing, offensive, or distracting.

Please ensure that your outfit is comfortable and safe for all school activities, including footwear.



If you've ordered and paid for a hot lunch, there's no need to pack one! This month's hot lunch prepared by Chopped Leaf.

Truth and Reconciliation

ORANGE SHIRT DAY

Friday, September 27 is a non-uniform day. Students are encouraged to wear orange shirts in honour of the upcoming Truth and Reconciliation Day (now a statutory day) on September 30.

Walk for Truth and Reconciliation

Please click [here](#) for information regarding the Community Walk for Truth and Reconciliation on September 30 at 9:45am - 12:00 pm.

Our school has been invited by the Delta School District to take part in the district-wide Walk for Truth and Reconciliation taking place on Friday, September 27. All schools in the Delta School District will organize their own walk (Grades K-6, will do a walk at our school starting at 10:00am) and will participate in a live stream ceremony at 11:00am at our school. Our Grade 7 students will join Grade 7 students from the elementary schools in Ladner to participate in a walk from our school to the Delta Manor Education Centre (DMEC), 4750 - 57th Street, Ladner, to witness the ceremony at 11:00am. We are grateful for the opportunity to take part in this important event with the rest of our elementary schools in Ladner.

A Book Recommendation



The Anxious Generation by Jonathan Haidt explores the rise of anxiety, depression, and mental health struggles among today's youth. Haidt explains how changes in parenting styles, social media use, and academic pressures have contributed to a growing mental health crisis. He encourages parents to foster resilience by allowing children to experience more independence and challenges, limiting screen time, and creating a supportive environment. The book provides insights and practical advice for parents to help their children navigate the emotional challenges of modern childhood.



Sacred Heart Parish

Volunteers Opportunities in our Parish

Do you have Love for Jesus and love for youth? - Our Youth Ministry group is looking for a few volunteers to help with their events. Are you able to lend a hand to support our Parish Youth Ministry? For more information, please reach out to our Youth Ministry team at yayministry@shsdelta.org

News And Updates



CHILDREN'S BOOKSHELF:

We are pleased to offer children's books for use during Mass - located in the foyer of the Church. Thank you to our Saint Monica Guild for supplying the books.



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