

# THE PAW PRINT



THE WEEKLY SHS SCHOOL NEWSLETTER

09/19/2023

## SCHOOL MEALS PROGRAM

A few reminders from our lunch/breakfast program.

- Students may not have soda with their cold lunches.
- Please inform the front office immediately if your child has any type of food allergy, parents should also provide a note from a physician indicating the food allergy and emergency action plan.
- SHS staff cannot warm up students' lunches from home.
- Sacred Heart School is a 100% NUT-FREE building. In order to protect all of our students and staff, our school building is a peanut and tree nut free facility. Please refrain from bringing any products that contain nuts; or were produced in a facility that manufactures peanut or tree nut products.
- If your child needs meal accommodations due to either a medical reason or a religious reason, please complete the forms linked here for the 2024-25 school year. The medical request MUST have a physician's signature on this specific form.

[Accommodation Form: Medical](#)

[Accommodation Form: Other](#)

We will work with Westside to find an alternate item for your child if we are able, please email Ms. Oliva with questions at [opliego@shsomaha.org](mailto:opliego@shsomaha.org)

*SAVE THE DATE!*

**PICTURE DAY- OCTOBER 2, 2024**

## UPCOMING CALENDAR

- September 13: No School, Staff In-Service**
- September 26: Student Annual Health Screenings
- October 1: Last day to wear uniform shorts.
- October 2: Picture Day
- October 4: No School, Staff In-Service**
- October 5: Tuition Payment Due
- October 8 - October 10: Conferences Takes Place  
(More Details to Come)
- October 11: No School
- October 14: **No School, Staff In-Service**

## TEAMMATES PROGRAM

Each year, TeamMates researches the benefits of the mentoring relationship on a student's life. For more information about the TeamMates program, please visit <https://teammates.org/>. If you would like to nominate your student to be a member of TeamMates, please use the following link to complete the nomination form, <https://forms.gle/ei3nsWyMpvE7iqJa8>

# SAVE THE DATE!

On Cue & SHS present *Elf the Musical, Jr.*

November 7, 2024 at

Marian High School at 7:00 p.m.

More details to come!



## We Make Social-Emotional Learning a Priority

### Why Invest in Social-Emotional Learning?

Research shows that emotions affect how and why we learn and that **social and emotional literacy supports success in every part of a student's life.**

Social-emotional learning helps students identify their feelings and better manage their emotions, which positively impacts their academics and relationships.

Through social-emotional learning students:

- develop skills of perseverance and resilience to face academic or personal adversity;
- learn how to handle peer pressure;
- stand up for beliefs when challenged; and
- form close secure relationships.

SEL improves students' attitudes and engagement at school and positively impacts school culture.

### We have launched a comprehensive, evidence based social-emotional learning program called **Friendzy**.

The Friendzy program uses an evidence-based approach for teaching and learning so teachers, counselors, and school administration can provide SEL support to students and families all year long—with in-person, distance, or hybrid learning.



### Social-Emotional Learning Core Competencies:

#### The Focus of the Friendzy Program



#### SELF-AWARENESS

The ability to identify emotions, recognize strengths and limitations, and build self-confidence



#### SELF-MANAGEMENT

The ability to increase self-discipline and self-motivation while managing behaviors to achieve goals



#### RESPONSIBLE DECISION-MAKING

The ability to identify problems, analyze situations, and respond appropriately



#### SOCIAL AWARENESS

The ability to express empathy, appreciate diversity, and show respect to others



#### RELATIONSHIPS SKILLS

The ability to build strong relationships through communication, conflict resolution, and teamwork

### We Believe SEL is Vital for All Students:

At Sacred Heart, learning social-emotional skills is as important as excelling in academics. Students can't unlock their full academic potential without first unlocking their full social-emotional self.

The Friendzy program uses interactive lessons and engaging activities to change school culture and teach students the skills they need to be successful in school, in relationships, and in life.

For More Information About the Friendzy Program visit

**FRIENDZY.CO** or talk to your child's teacher today!

**REMINDER: THERE IS NO SCHOOL TOMORROW, FRIDAY, SEPTEMBER 13.**

# SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL LABOR DAY	3 Hot Dog 🐖 on a WG Bun Chili Beans Grape Tomatoes Cinnamon Applesauce	4 Student Picnic Beef 🐖 Hot Dog Chip Cookie  <b>1:30 P.M. DISMISSAL</b>	5 Roasted Chicken Leg with a WG Soft Pretzel Seasoned Green Beans Grape Tomatoes Cantaloupe	6 Chicken Alfredo & Garlic Bread Fresh Broccoli Grape Tomatoes Fruit Slushy Cup
9 BBQ 🐖 Riblet Hoagie Baked Beans Chilled Peaches Baby Carrots Teddy Grahams Treat	10 Cheesy Chicken Philly Sandwich Baby Carrots Crunchy Celery Sticks Banana	11 Cheese Pizza Romaine Salad with Croutons Baby Carrots Craisins  <b>1:30 P.M. DISMISSAL</b>	12 Grilled Cheese Sandwich Garden Peas Baby Carrots Watermelon	13 NO SCHOOL STAFF IN-SERVICE
16 Fried Chicken Drumstick WG Bread Sweet Potato Fries Grape Tomatoes Chilled Pears	17 Meatball 🐖🐖 Sub with Mozzarella Cheese Bread Fresh Broccoli Grape Tomatoes Mandarin Oranges	18 Chicken Fried 🐖 Steak Patty with White Pepper Gravy WG Ciabatta Roll Mashed Potatoes Apple  <b>1:30 P.M. DISMISSAL</b>	19 Sweet & Sour Chicken with Brown Rice Edamame Grape Tomatoes Pineapple Tidbits	20 Breaded Mozzarella Cheese Sticks with Pizza Sauce Mixed Vegetables Grape Tomatoes Cantaloupe
23 WG Pancakes with a Sausage Patty Sweet Potato Wedges Baby Carrots Blueberries	24 Popcorn Chicken with a WG Ciabatta Roll Baby Carrots Golden Corn Mixed Fruit	25 Cheese Pizza Romaine Salad with Croutons Baby Carrots Applesauce  <b>1:30 P.M. DISMISSAL</b>	26 Crispy Carnitas 🐖 Tacos with Lettuce & Cheese Seasoned Black Beans Baby Carrots Watermelon	27 Macaroni & Cheese with a WG Soft Pretzel Cucumbers Baby Carrots Crisp Apple

◆ 8 oz. nonfat flavored or 1% unflavored milk served daily. ◆ “WG” indicates a whole grain product. ◆ Extra milk is 0.50¢ ◆ This Institution is an Equal Opportunity Provider and Employer ◆ 🐖 Denotes PORK in main entrée. ◆ 🐖 Denotes BEEF in product. ◆ Please note: Menus are subject to change based on product availability. **Important Notice: Please inform the front office immediately if your child has any type of food allergy, parents should also provide a note from a physician indicating the food allergy and emergency action plan.**