

The Heartbeat News



Sacred Heart School

123 West Market Street • Salinas CA 93901



December 20th—January 4th—Christmas Break
January 10th—No School
January 11th—14th—ACRE Testing (5th Grade)
January 17th—MLK Day, No School
January 19th—End of Second Quarter
January 24th—Report Cards go home
January 27th Science Fair
January 30th—Open House
January 31st—February 4th—Catholic Schools Week
February 4th—Talent Show
February 18th—Progress reports go home
February 21st—President's Day, No School
March 5th—Spring Fling Family Dance

Input for the Newsletter

If you would like to include something in the newsletter and/or would like to offer comments or suggestions regarding the newsletter, please direct them to annitoralba@gmail.com. Please send as a Word document attachment in Arial 11 point Font. You may also leave the item with Lori in the front office. Deadline for submission is the 15th of each month. The editor is Ann Itoralba.

Dear Parents,

Wow, it is hard to believe that the holiday season is upon us already. I hope you all had a restful, peaceful Thanksgiving. As you know, Sunday, November 28 was the first Sunday in Advent. The frightful weather outside provides the perfect backdrop for times of quiet reflections. So it is appropriate that this is the season that brings us to Advent- a time when we wait in silent reflection as we prepare for the coming again of our Savior, Jesus Christ. We wait and prepare for the new life to begin, a Spring time blossoming for our souls.

What is Advent? To quote our beloved eighth grade teacher, Sister Lynne, "it is a time to prepare for all the comings of Christ- to commemorate the birth of Jesus, the everyday coming of Jesus (which we often fail to notice!), the coming of Jesus at our death, and the coming of Jesus at the end of time."

The month of December brings with it a lot of reasons to celebrate! We have the feast of St. Nicholas, the feast of Our Lady of Guadalupe, and the Advent season. On Monday, December 6 our students had the chance to serve the community by being Salvation Army Bell Ringers in front of the Nob Hill. We can all look forward to our talented students performing seasonal songs in our annual Advent Program on December 16. We will have a Las Posadas on December 16 at 2pm and an Advent Prayer Service at the church on December 17 at 9 am before we go home for the holidays. I wish you all a safe, happy, and blessed holiday season!

Yours in Christ,
Jennifer Dean

Holiday Edition 2010

'Tis the season to give thanks...

The Bassetti and Fierro Families have been responsible for our yearly pumpkin patch for the past 15 years. This generous tradition has been very special to all of us at Sacred Heart School, and for this we give our heartfelt thanks.

Tammy Sanders and the volunteers for our Safe Halloween Nite have made the event a spooktacular one! If you would like to download the pictures from the celebration, please follow the link:

<http://sacredheartsafehalloween.shutterfly.com/>

read on for the award-winning chili and salsa recipes

We had an extremely successful Book Fair this year. The event would not have been possible without all the hard work from our Chairperson, Kelly Violini and all the selfless volunteers who were present during the event.

The Fall Gala was a very special event attended by a lot of our Sacred Heart Parents. We would not have been able to put together such a fun night for them had it not been for the Fall Gala Committee.

A NOTE FROM THE PASTOR

Dear friends,

When I was growing up, almost everyone made New Year's Resolutions. Most often we made them, forgot them, remembered and felt guilty about them, and forgot them again.

This wasn't so bad.

Usually, those resolutions just added another "to-do" to lives already too busy. (I once heard someone sigh that she was always planting new things in her garden, but never weeded anything out—a perfect recipe for a jungle.)

Maybe a healthier tack would be to drop some perfectly good thing you're involved in...so that other more important things are done better. Spiritual writers point out that inner quality of life happens when people cut back the extras and focus on "the one thing."

If you're a Catholic, the one thing is seeking the Kingdom of God, and the ways to seek it are the old practices that have been with us for nineteen and a half centuries.

Happy New Year to you!

Fr. Mike

Congratulations JK Class for winning both the door decorating contest, as well as the Chili Cook-off last Halloween!



Our first submission earned a total of \$175.00 for our school! It's so easy to earn money for Sacred Heart...just keep on clipping and sending in your box tops!

Kim Georgalos

From the Front Office

Please remember when picking up students at dismissal, follow the traffic signs and follow the flow of traffic. Also, if you are pulling onto the playground to pick up do not get out of your car. Please let any grandparent or others picking up your child know about not getting out of your car to pick up. If you want to pick up your child and the classroom, please park in Stone Street or on Market and walk in.

Staff Parking Lot: The parking lot on Market Street is for faculty parking only. Please park on Market Street in front of the school rather than the parking lot.

Time & Talent Hours: Please remember to log your hours in the Time & Talent Binder in the front office. Remember any donated item, volunteer or chaperoning of events counts towards hours. If you signed up to be a Baker or other assignments you must still log the events that you provide items for.

Please remember to let the front office know if you have changed your address, phone or email address.

On the 3rd Wednesday of every month, Monterey County Food Bank has the food bank distribution in the morning during morning drop off on Stone Street. Please allow yourself extra time for drop off to avoid a tardy.

TK'S MIGHTY, MIGHTY GOOD CHILI

Ingredients

2 lbs. ground sirloin
2 medium-sized yellow onion, chopped
1 medium-sized green and yellow bell pepper, seeded and chopped
3 cloves garlic, minced
2 cans diced tomatoes, with juice
2 cans kidney beans, rinsed and drained
1 can tomato sauce
1 1/2 cup beef broth
2 tablespoons chili powder
1/2 teaspoon dried oregano
1/2 teaspoon ground cumin
Salt to taste

Directions

1. In a very large skillet over medium-high heat, cook the ground sirloin, onion, bell pepper, and garlic until the meat is no longer pink, breaking up any clumps of the ground sirloin, and then drain off the fat.
2. Transfer to a slow cooker and add the kidney beans, tomatoes, tomato sauce, broth, chili powder, oregano, and cumin, and stir to combine. Cover and slow cook on LOW for up to 8 hours, stirring occasionally, if possible. Season with salt at the last hour.

The longer you cook your chili, the better it gets!



Mikey Martinez
Gavin McGowan
Ashley Pacheco
Lucas Patich
Cristiian Romero
Kayla Salazar
Haley Sanders
Max Villa

TRANSITIONAL KINDERGARTEN PERFECT ATTENDANCE

Katelyn Contreras
Drew Molinari
Izaih Sagun
Ryan Sanders

Keep up the good work!

**1ST GRADE
PERFECT ATTENDANCE**

Olton Amaral
Fredrick Barnes
Taylor Cruz
Nima Elyasi
Erin Escolta
Cassandra Hilario
Christina Losoya
Xavier Martinez
Julian McGranahan
Lauren Ruelos
Ramon Valenzuela
Carlos Vargas
Andrea Velasquez
Armando Villa

**KINDERGARTEN
PERFECT ATTENDANCE**

Tyler Ace
Maya Barba
Andrew Camacho
Jaclynn Campbell
Christopher Carreon
Jualian Guajardo
Nathan Halcon
Leilani Herrera
Madison Herrera
Sophia Lagasca

ANA'S SALSA RECIPE

Ingredients

1/2 pint of Tomatoes
4 minced garlic cloves
1/2 white onion
1/2 of a bunch of parsley
8 Serrano chilies
4 dry Japanese chilis
Salt to taste

Directions

Cover your pan with aluminum paper and spray with a cooking oil. Grill the Serrano chilies and Japanese chilis along with the tomatoes. Once grilled you will put the chilies and the tomatoes in the blender and pulsate 2-3 times. Add the onion, garlic cloves and parsely. Pulsate your ingredients again until desired consistency. Salt to taste!



PARENTS' CLUB AND TECH COMMITTEE

The Parent's Club will be hosting the monthly Parent Club meeting every last Thursday of the month. Exceptions are made only during holidays. Please join us in the Teacher's Lounge at 6:30. This year's officers are extremely eager and keen on doing wonderful things for our school and our students and would really appreciate your involvement in all of the projects lined up for this year. **Mark your calendars for Thurs, Jan. 27th @ 6:30pm for the next meeting!** Time & Talent Hours will be given for attending.

We are offering **FREE** babysitting services for all children in the Extension Room. If you are interested in helping out in the babysitting room, please contact JaeYon Manio @ 585-3384. Parents who help out in the babysitting room will receive double family service hours!

The Committee is always looking for new members! We meet right before the PC mtg. Our next meeting will be on Thurs, Jan. 27th @ 5:30 pm in the Computer Lab.

Recycle • Reduce Pollution • Raise funds

Please bring in your **empty print cartridges & old cell phones** & put them in the box in the Front Lobby. We turn them in for cash for the school's Computer Dept.

We cannot use Epson, Apple
or refilled cartridges.

THANK YOU!!!

3RD GRADE PERFECT ATTENDANCE

Akshara Amin
Melissa Carreon
Nasim Elyasi
Faith Fuentes
Kaylie Kuramura
Brianna Lomeli
Micah Olivas
Madeline Pompey
Emily Rivas
Kyle Sutherland
Matthew Trujillo
Sherille Tupino

2ND GRADE PERFECT ATTENDANCE

Evan Asuncion
Neil Beach
Makayla Duby
Rebekah Evergreen
Garrett Hall
Gabriel Jauregui
Jack Kaminski
Nicolas Martin
Natalia Martinez
Max Payne
Alondra Rempert
Ethan Short
Vincent Trujillo
Myrna Waddle



4TH GRADE HONOR ROLL

Kevin Beach
Nathan Dodd
Sam Lavorato
Erin Ray Limbo
Matthew Morasca
Thomas Padilla
Kristen Palado
Alyssa Powell
Lauren West

PERFECT ATTENDANCE

Kevin Beach
Aaron Escobar
Sean Gonzalez
Katelyn Jimenez
Erin Ray Limbo
Mateo Martinez
Alegra Negrete
Kristen Palado
Isaac Rangel-Torres
Lauren West



SPORTS NEWS

3rd & 4th Grade Flag Football

The Mighty Saints Flag Football team really shines! Our boys were ready and eager to take on any team that came their way. We couldn't be more proud of the outstanding sportsmanship and team efforts. Each of the players was able to play multiple positions throughout the season, giving them the opportunity to experience both offense and defense.

In one of our last games against Madonna, touchdowns by Nate Dodd, Antonio DeGuzman, Sam Lavorato, and Kyle Sutherland led us to victory. Our outstanding defense of Jose Velasquez, Matthew Morasca, Eddie Hefernan, Jacob Flores and Matthew Bassetti kept many opponents from touching our quarterback and enabled our running backs to shine. Our defense was second to none by far. Our safety and linebackers were so fun to watch, stopping almost every offense that came their way! Kudos to Jeric Baladad, Aaron Escobar, Austin Martinez and Tyler Whitehead for thrilling plays that kept the fans on their feet! Our boys were not afraid to put it all on the line, and threw their bodies all over the field with reckless abandon to grab those flags! In our final game, we faced our toughest opponent, which included playing against our own 4th grade classmate Tommy Padilla. Each team fought hard for yards, running neck and neck throughout the game with no score. Our opponent had a late quarter breakaway run that surely would have been a game winning touchdown if not for Erin Ray Limbo and his midair leap to snag the flag and stop our opponent dead in their tracks.

Our season record was four wins, one loss and our final game was a tie. Most games were really exciting, with our boys usually pulling out the win. As the season

comes to an end, we would like to thank the team and their parents for all of their support. It has been a very fun and rewarding experience. Looking forward to next year.

Coaches Morasca and Morasca

5th & 6th Grade Flag Football

Last night the Saints 5th-6th flag football team came out with a victory, winning 14-0. This was a complete team effort; the cornerbacks played especially well taking away attempted passes. Standouts include Alex Fierro, Brookes Spencer, Nick Georgalos, Daniel Soto, Josh Clark, John Sutherland, Nigel McGowan, and Bruce Herrera. Coach Tim says "The team we faced has been scoring the most points per game this year and we shut them out, I'm so proud of these kids, they all came together as a team and played great." Go Saints!!!!!!

Coach Spencer and Coach Georgalos

5th grade volleyball

"Thanks for being such a great team. I had a awesome time coaching all of my girls, Chloe, Mikayla, Kristin, Grace, Amanda, Mackenzie, Madison, Allyson, and Justine."

Coach Dennis Plumley

6th, 7th & 8th Grade Cross Country Team

Our Cross Country team ran an awesome season! I am so proud of the kids, and I look forward to doing it again next year!!

Coach Chacon

6th Grade Volleyball Team

The season is almost coming to a close, but the 6th Grade Volley Ball Team is not done Winning! The Saints are defending their 5 and 1 record with 2 more games to go. The Volleyball team has made us all very proud with their commitment to compete and playing as

5TH GRADE HONOR ROLL

Kristin Davidson
Sukhjot Ghuman
Michael Perez
Chloe Plumley
Mackenzie Salmina
Madison Salmina
Brookes Spencer
John Sutherland
Allyson Tomasello
Justine Warwick

PERFECT ATTENDANCE

Mikayla Clark
Kristin Davidson
Sukhjot Ghuman
Nigel McGowan
Morgan Melendez
Chloe Plumley
Amanda Rodriguez
Mackenzie Salmina
Madison Salmina
Samantha Suarez
John Sutherland
Allyson Tomasello



Harley Halbrook
Julia Keaton
Savannah Longoria
Natie Melendez
Devin Molinari
Nicole Polo
Brandon Silva
Daniel Soto

PERFECT ATTENDANCE

Ben Bravo
Brandy Carrillo
Zach Flores
Kevin Fraide
Adrianna Frias
Amarjot Ghuman
Saul Jauregui
Julia Keaton
Adeline Laughton
Eriq Lockett
Savannah Longoria
Emilio Martinez
Shantal Martinez
Natie Melendez
George Mendoza
Devin Molinari
Carlos Moreno
Monica Picazo
Brandon Silva

a team. Each game has been exciting and with never ending nail biting action. The tougher our opponents are, the better the Saints play, over coming point deficits and overtaking their opponents with huge gains in the third match. These results have been achieved through the dedication and contribution of each player. Adeline, Shantal and Adrianna have lead us with accurate and effective serving, noting up to 12 consecutive serves. Monica, Nicole, Julia, Savannah, Brandy and Natie have been huge contributors with solid defense and great execution, running up the score and securing victories.

It has been a pleasure and a lot of fun working with these girls that represent the fundamentals that Sacred Heart School stands for, with their positive attitude, sportsmanship and caring for each other.

Coach Martinez and Coach Picazo

7th Grade Volleyball Team

The 7th grade volleyball team finished the season with a victorious win against North Monterey County, "The Phoenix" team. The team grew strong together over the season and was able to pull some exciting games. We are so proud of the girls.

Coach Waddell

Thanks again to all the coaches for your time, talent, and dedication to our children. With fall sports coming to a close, we now begin our winter basketball program. For more information on these teams and programs, please contact volunteer Athletic Coordinator Ninfa McGowan at: ninfamcgowan@yahoo.com

Go Saints!

News from our Scouts

Girl Scout s

Girl Scout Troop 33072 loved hiking at Point Lobos! We saw otters, whale spouts, spitting rocks, a lizard, and a mossy forest while we feasted on Harvest Trail Mix (the candy corn makes it extra yummy!) and a picnic lunch. Mothers and daughters roller skated together, and we picked strawberries for Ag Against Hunger--we learned that the Food Bank would be distributing the berries within 48 hours. In December, we will be having a family dinner and then touring Candy Cane Lane.

Cubscouts

The scouts honored Veteran's Day by cleaning tombstones at the Garden of Memories Cemetery on November 11th. The scouts will have a float in the Parade of Lights on November 28.

If you are interested in scouts or seeing pictures of our events, please check out our website at www.pack68.com

Audrey Waddle
Rebecca Warwick

PERFECT ATTENDANCE

Alex Borries
Felicity Borries
Veronica Dela Torre
Jessica Dy
Alexei Lashkoff
Marisol Menchaca
Adeline Ramirez
Amanpreet Sidhu
Megan Sutherland
Claire Sutliff
Raquel Velasquez.
Rebecca Warwick

6TH GRADE HONOR ROLL

Francisco Arevalo
Zach Flores
Adrianna Frias
Amarjot Ghuman



**8TH GRADE
HONOR ROLL**

Theresia Alba
Morgan Dodd
Suzette Plumley
Alejandra Vargas

PERFECT ATTENDANCE

Theresia Alba
Claudia Arevalo
Phillip Pilanca

**7TH GRADE
HONOR ROLL**

Alex Borries
Felicity Borries
Jessica Dy
Megan Fernando
Megan Sutherland
Claire Sutliff



Spotlight on

FIRST GRADE

Great things are happening in Ms. Neff's 1st grade class this year! They are growing a vegetable, and flower garden. She says "Its a great experience!" They also have nature and habitats activities coming this spring. They are topping that off with a nature hike in Toro Park. They're creating a love for books by reading, reading, and reading! By the end of the school year, each student in the class can be expected to read, write, master basic math skills, explore and question science. Apart from academic success they are focusing on building a love for Jesus and being a family. Ms. Neff would describe her current 1st grade class as a group of very bright and energetic students. Parents can help at home by playing math games and taking time to listen to their children talk about what they did at school that day. Ms. Neff's advice to the parents is to read, read, and read everyday to or with their children. Some activities coming up in the future for 1st grade are first oral presentations on their family traditions, and a classroom Christmas story about celebrating the birth of Jesus.

Keep it up, 1st grade!!