



Sacred Heart School
September 2023 Newsletter
785 Patricia Boulevard
Prince George BC V2L 3V5
Telephone: 250-563-5201
E-mail Address: sacredheart@cispg.ca
Website Address: www.shspg.com



Catholic Schools - "Living, Celebrating and Proclaiming Our Faith"

Principal's Message

Dear Sacred Heart School Families,

Welcome back to another exciting school year! We hope you had a wonderful summer filled with rest and cherished moments. As we step into September, I wanted to share some important updates and upcoming events with you.

School Mass and School-Parish Mass: We are delighted to continue our tradition of fostering a strong sense of community and faith within our school. Our first school Mass of the year will be held on September 8th at 9:00am. This is a time for our students, staff, and families to come together in worship and reflection. Additionally, we invite you to join us for the school-parish Commissioning Mass on September 24th at 11:00am, where our school community and parish community will join hands in celebration.

Orange Shirt Day - Honoring Truth and Reconciliation: This year, we are committed to fostering a deeper understanding and respect for the important history and culture of Indigenous peoples. On September 28th, we will observe Orange Shirt Day. We encourage all students and staff to wear orange as a symbol of our solidarity in recognizing the need for truth and reconciliation.

Meet the Teacher Potluck Night: On September 29th, we have our "Meet the Teacher Potluck Night," an event that provides a fantastic opportunity for families to meet their child's teachers and get better acquainted with our school staff. Bring your favorite dish to share and enjoy an evening of connection and celebration. We believe that a strong partnership between home and school is integral to your child's success. Stay tuned for more information coming soon!

As we embark on this new school year, let's embrace the opportunities for growth, learning, and unity. We look forward to partnering with you to provide the best possible education and experience for your children. Together, we can create a nurturing and inclusive environment where each student can thrive.

Thank you for your ongoing support and involvement in our Sacred Heart School community.

Wishing everyone a fantastic start to the academic year!



September Issue 1

Month At A Glance

~September 5

*School Begins!
(full day)

~September 18

*Non-Instructional
Day

~September 29

*Meet The Teacher
Open House



Potluck And Meet The Teachers Open House

Mark your calendar for Friday, September 29th to come and meet your child(s) teacher!
More information coming soon!

Sacred Heart School is "NUT AWARE". Please consider peanut/nut alternatives for individual student lunches and snacks out of consideration to our students and staff with food sensitivities/allergies. Please call the office for more information if needed. Thank you for helping with the safety of everyone at Sacred Heart.



It is with great pride that we acknowledge our work on the unceded, ancestral lands of the Lheidli T'enneh First Nations. We understand that this land was very important for Indigenous people who lived on it before us; that this land is still important for Indigenous people today. We are grateful that it is on this land that we support and work for our students.

R O A R—Respect, Optimism, Acceptance, Rejoice

2023-2024 School Fees

The tuition rates for the 2023-2024 school year are as follows:

Single Child: \$300.00/month, Family (2 or more children): \$440.00/month. Payments are paid by pre-authorized debit or credit and are processed on the 1st or 15th of the month with accounts paid in full by the end of the school year. Re-registration deposits are applied to tuition owing.

Supply Fee Our annual \$100.00 supply fee for each child, Kindergarten - 7, is due at the beginning of the school year and will be added to your pre-authorized payment accordingly. Please contact the office if you wish to make alternate arrangements.

ABSENTEE NOTES

Please remember to contact the office first thing in the morning by **email** to (sacredheart@cispg.ca) excuse your child/ren's absences; email is preferred as this will serve perfectly as written notice. Also, please remember that if your child is late arriving to school they must sign in at the school office to ensure that we keep accurate attendance records.

ABSENTEE NOTES ARE CRUCIAL TO OUR SCHOOL FUNDING!

VOLUNTEER POLICE RECORD CHECKS (PRC) 2023-2024

All parents/guardians and other volunteers in the school must have a current volunteer profile and police record check on file at the office in order to volunteer for any school activities in and outside the school buildings. The school updates the police record checks every five years. If you already have a PRC on file you will be contacted to renew it when the time comes. If you have not yet completed a police record check for the school, please visit our website to complete the process through the Criminal Records Review Program Online Service. If you think you may be volunteering, especially for field trips, please complete the form now, it is better to have it on file and be able to attend rather than be disappointed when you are unable to join in! Do not delay, PRCs can take up to three weeks to be returned to the school.

Music Program—Parent Night



Representatives from Gingerbread Toys/Sight and Sound and our amazing Band teachers will be at our school on Thursday, September 14th, 2023 for information sharing and instrument rental.

Families with last names starting **A-M** please attend the **5:30** session

Families with last names starting **N-Z** please attend the **6:30** session

REMINDERS TO ALL PARENTS & STUDENTS

We are a 'Personal Electronic Device Free' School: e.g. iPods, DSI games, iPhones, iPads, etc.. Electronics found in your child's possession, will be removed, kept by the classroom teacher and returned only to a parent/guardian.

PANTHER GEAR FOR SALE!

Show your Panther Spirit and purchase any of our awesome Panther gear! Student Panther hoodies are for "Casual Friday" and Spirit Days **ONLY**. Please see Mrs. McDermid in the office for more information.



SACRED HEART SCHOOL "GO GREEN"

As we continue in our efforts to be environmentally conscious, newsletters will be distributed via email only. Also, we would like to eliminate the use of single use plastics. Please remember to send cutlery with your child(ren) in their lunches!

Grades K-7 running shoes for PE! Please provide indoor non-marking running shoes for your child. These can be the indoor shoes that each child needs to wear each day or, they can be a separate pair of shoes just for gym. For the safety of your child: NO open-toed shoes are allowed at school.



PANTHER PRIDE T-SHIRTS

In celebration of our wonderful Sacred Heart School Spirit, we have t-shirts for spirit days, gym, field trips and sporting events. These spectacular 'Panther Pride' shirts are for all students and can be purchased with a suggested donation of \$10.00 each. Although our Panther Shirt is not a uniform shirt, it is a great way to show the community that we love Sacred Heart School and are proud to show our spirit. If needed, students will be sent home with a new Panther Pride Shirt this year. *GO PANTHERS!*



Sacraments of Reconciliation, Eucharist & Confirmation: Sacramental preparation will begin soon. Grade Two students for Reconciliation & First Eucharist and Grade Six for Confirmation. Please email Fr. Rector at fr.rector@shcpq.ca to register.

PARENT SUPPORT GROUP

New volunteers are needed to support the PSG committee and its activities. There is something for everyone whether you have a lot or just a bit of time to help! We appreciate everyone's input and time to keep our PSG an integral part of the Sacred Heart School family. The first meeting date will be announced soon! Please join us!



all that's missing is U!

Panther Lunch Program

The Panther Lunch Program will continue to use the MunchaLunch program. Families are asked to place their lunch orders online at <https://munchalunch.com/schools/sacredheartPG>. If you have any questions, please email: shschoolnlunch@gmail.com.

Return-It Labels

Return-It donation labels are in the office...Please pick one up to donate your recycling refund to the PSG.

September 1st, 2023

Promoting Accessibility at Sacred Heart School: Committed to Inclusion and Progress

At Sacred Heart School, we are dedicated to fostering an inclusive environment where every member of our community feels valued and empowered. As part of our ongoing efforts to ensure accessibility and equal opportunities for all, we are excited to share our commitment to the Accessibility B.C. Act.

We are proud to be part of the larger movement towards enhanced accessibility, working in collaboration with the eight CISPG Schools. Together, we have taken proactive steps by establishing local School Committees, exemplifying our shared dedication to promoting accessibility within our educational community.

In June 2023, our collective commitment took a tangible form as we completed the comprehensive 9-page School Physical Accessibility Audit Checklist. This diligent assessment process allowed us to identify key areas for improvement and establish priorities for our physical spaces. As a result, we are pleased to highlight some of our priorities for not only the 2023/24 school year, but also in years to come.

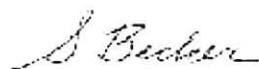
In line with our commitment to accessibility, the initial priorities, throughout the CISPG Diocese include:

1. Enhanced Signage
2. Sensory Rooms
3. Updated Door Handles
4. Accessible Ramps
5. Inclusive/Accessible Playground

Looking ahead, we are dedicated to continuing our efforts by reconvening a school-based Accessibility Committee and adhering to the guidelines set by the Ministry. Our goal is to hold an initial meeting by October 30, 2023, to further chart our path towards accessibility excellence.

Thank you for your ongoing support and partnership in making Sacred Heart School an accessible haven for everyone.

Sincerely,



Steffanie Becker B.Ed., M.Ed.
Principal
Sacred Heart School



**PUBLIC SAFETY
BYLAW SERVICES**

1100 Patricia Blvd. | Prince George, BC, Canada V2L 3V5
p: 250.561.7600 | www.princegeorge.ca

Picking Up and Dropping Off – Working Together to Keep Our Kids Safe

We are contacting you ahead of the 2023/24 school year as a request from the city bylaw department to ensure that all our schools here in Prince George are working with parents/caregivers of your students when it comes to safe and responsible drop off and pick up and parking around schools.

Our bylaw officers regularly patrol all the schools in Prince George and will continue to do so this coming school year, to ensure that parking signs are being adhered to. We have noticed an increase in the signs being ignored, and parking situations and congestion around schools getting worse.

What we are asking the schools to do is remind your parents/caregivers to heed the signs regarding parking. It is critical the streets remain clear enough that emergency vehicles and buses can pass by, and children can safely cross the roads. We want parents to be courteous and respectful to the neighbors when parking, and to the bylaw officers who are there doing their jobs.

We are excited for a great school year ahead, as we are sure are you. We believe if the city, schools, and parents/caregivers can all work together then it will make for safer communities.

Any questions or concerns in relation to this matter can be addressed to the bylaw team at bylawservices@princegeorge.ca

Sincerely,

City of Prince George Parking Control



Mental Health & Well-Being For All

Please see listed below, mental health and wellbeing resources available in our community

Mental Health Services
(250) 565-2668

Foundry
(236) 423-1571
<https://foundrybc.ca/princegeorge/>

Intersect Youth & Family Services
(250) 564-6639
<https://www.intersect.bc.ca/>

Prince George Native Friendship Centre
(250) 564-3568
<http://www.pgnfc.com/>

24 Hour Crisis Centre/Line
(250) 563-1214 or 1-800-562-1214
<https://crisis-centre.ca/>

Northern Health Youth Clinic
(250) 565-7381

Youth Mental Health, Addictions & Eating Disorders
(250) 649-7660

PG Crisis Line (24/7) Youth Support Line
(250) 564-8336
Youth Chat (4pm-10pm) www.cris-centre.ca
Youth Txt (4pm-10pm) (250) 564-8336

BC Suicide Helpline
1-800 SUICIDE

Kids Helpline
1-800-668-6868
<https://www.healthlinkbc.ca/mental-health-substance-use/resources/kids-help-phone#>

The Children In Prince George Say:

"I always come out of **RAINBOWS** feeling happier." (7 year-old child)

"**RAINBOWS** helped me to let everything out and take away the pain and anguish." (9 year-old child)

"It helped me to understand and express my feelings and that makes me happier." (8 year-old child)

"In **RAINBOWS** I learned how to forgive and to help people in my family to forgive and get on with our lives." (12 year-old child)

"I wish **RAINBOWS** would go on forever and help other kids who have problems." (11 year-old child)

"I like **SPECTRUM** because it gave me a chance to listen to and talk to people my own age who are also going through hard stuff. It helped me realize that I'm not so different from everyone. We had awesome discussions and there was great support." (16 year old)

The Parents Say:

"My children and I entered the **RAINBOWS** program three years ago and it has been just that, a rainbow of hope for us all. The facilitators in both the **RAINBOWS** and **PRISM** programs are dedicated volunteers who have been wonderfully supportive of myself and my girls. Words cannot express the gratitude I feel for everyone involved with **RAINBOWS**. They will forever have a place in my heart and my children and I will be stronger and healthier because of them and the **RAINBOWS** program." (Parent)

"My daughter has dramatically changed for the better since being involved in **RAINBOWS**. She has become happy and health again." (Parent)

"**PRISM** has helped me regain my self esteem and self-worth, to learn that I'm not alone and that I can make it even through tough times ahead." (Parent)

How can I help RAINBOWS?

- Volunteer your service
- Raise public awareness of the program
- Donate to **RAINBOWS**



Registered Director

1088 Gilllett Street
Prince George, B.C. V2M 2V3

Phone: (250) 567-3477

Fax: (250) 562-3540

E-mail: rainbowspg@shawcable.com

PG Website: www.rainbowspg.com



***Has your family
experienced
a death, divorce,
separation or
other painful
transition?***

If so, our accredited **RAINBOW** sites in Prince George may have a grief support program for you.

***From Hurt,
through Healing
to Hope***

RAINBOWS

From Hurt, through Healing to Hope

RAINBOWS is an international, non-profit organization that offers training and program materials for establishing peer support groups in schools, churches, hospitals, social service agencies, etc. The curricula are designed to assist children, adolescents and adults who are grieving a death, divorce or any other painful transition in their family. There are religious and secular editions available.

RAINBOWS originated in 1983 in three Chicago area schools. It has now spread to fifteen countries and has served over a million children, adolescents and adults.

RAINBOWS program depends on grants from foundations and charitable donations from businesses, service clubs, individuals, and fund-raising events.

*“Because it
doesn’t need to
hurt forever...”*

What RAINBOWS programs are available in Prince George?

Sunbeams	4-5 year olds
Rainbows	elementary series
Spectrum	high school series
Kaleidoscope	collegiate/adult series
Prism	single/step-parent series

How long are the programs?

Sunbeams	12 weeks, 1 hr/week
Rainbows	12 weeks, 1 hr/week
Spectrum	12 weeks, 1.5 hrs/week
Prism	12 weeks, 1.5 hrs/week
Kaleidoscope	12 weeks, 1.5 hrs/week

What are the goals of RAINBOWS for children and teens?

RAINBOWS goals are to help children and teens understand that they didn't cause the death or divorce; discover their own inner strengths; learn to accept and manage their life in the changed circumstances; experience an element of forgiveness of others and themselves and progress from *Hurt* through *Healing* to *Hope*.

What is the goal of PRISM for the parents/guardians?

The goal of PRISM is for the parents to understand and process their own grief, become more attuned to their children's grief and with enthusiasm and love, recreate family again.

What subject/themes are covered in the programs?

The themes covered include the following: identity, feelings, family, death, divorce, anger, hurts, fears, worries, guilt, love, trust, forgiveness, belonging, acceptance, coping skills, reaching out to others.

How does RAINBOWS differ from a counseling or therapy program?

RAINBOWS is a peer support group. It is not counseling or therapy. Groups are led by facilitators. These are adult volunteers who are trained by a RAINBOWS Registered Director, screened and chosen by site administration to be caring listeners.

How are participants grouped?

They are organized in small groups of five to seven of similar age level and similar type of loss. The elementary series is divided into four levels.

Will similar aged siblings be in the same group?

Siblings are usually placed in separate groups. This helps each child or teen experience and explore his/her own issues.

When are these programs offered?

- 1) from September to December
- 2) from February to May

Do I need a referral?

You may refer yourself, your child(ren) or teen(s) by contacting:

Phone: 250-562-3477





Fax: 250-562-5540

Email: rainbowpg@shawcable.com

Website: www.rainbowpg.com

Is there a fee to register?

The elementary program RAINBOWS and the teen program SPECTRUM are offered free of charge.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 NO SCHOOL Labour Day Stat	5 	6	7	8 School Mass-9:00am	9
10	11	12 PSG Meeting at 6:00	13	14	15 Panther Shirt Day	16
17	18 Non-Instructional Day 	19	20	21	22	23
24 School Parish Mass- 9:00am	25	26	27	28 Orange Shirt Day  School Council Meeting at 5:30	29 	30