



**Sacred Heart School**  
**September 2025 Newsletter**  
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Prince George BC V2L 3V5  
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*Catholic Schools - "Living, Celebrating and Proclaiming Our Faith"*

## Principal's Message

Dear Sacred Heart School Families,

A heartfelt welcome back to everyone as we embark on a new school year filled with hope, growth, and community! It's a joy to see our hallways buzzing with energy and our classrooms alive with the anticipation of learning. To our returning families, thank you for your continued trust in our mission. To our new families, we're thrilled to have you join our school community!

This year, our theme is **Proclaiming Our Faith**, a call to boldly live and share the values of our Catholic faith in all we do. This theme invites us to deepen our relationship with God, strengthen our community, and reflect Christ's love in our words and actions. Throughout the year, we'll explore how our faith shapes our choices, inspires service, and unites us as a school family. We'll also find some fun and expressive ways to 'proclaim' our faith!

Each month, we'll focus on a Catholic Social Teaching to guide our journey. For September, we embrace **Solidarity**, which reminds us that we are one human family, called to support and uplift each other, regardless of differences. This month, we'll engage in activities and discussions to foster unity, encourage empathy, and build a stronger sense of community.

Let's make this year a time of growth, connection, and joyful proclamation of our faith. Thank you for being part of our Panther Family! Here's to a blessed and inspiring year ahead!

With gratitude,

**Mrs. Kyra Sienaert**  
Principal

## September Issue 1

### Month At A Glance

#### ~September 3

\*School Begins!  
(full day)

#### ~September 4

\*Classroom  
Information Evening

#### ~September 5

\*Mass @ 9:00

#### ~September 29

\*Non-Instructional  
Day

#### ~September 30

\*Non-Instructional  
Day

## 2025-2026 School Year Tuition Fees

Single Child: \$345.00/month, Family (2 or more children): \$505.00/month. Payments are processed to pre-authorized debit or credit information provided on either the 1st or 15th of the month. Tuition accounts must be paid in full by the end of the school year in order to secure registration for the next school year. NOTE: 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 first pre-authorized payment accordingly. Please contact the office if you wish to discuss alternate arrangements.

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**

## ABSENTEE NOTES

Please remember to contact the office first thing in the morning by **email**, (sacredheart@cispg.ca), to 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) 2025-2026

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.

## 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.

**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.**



## SCHOOL APPAREL FOR SALE!

Show your Panther Spirit and purchase any of our awesome Panther gear; school uniform approved! Please see Mrs. McDermid in the office for more information.

## PANTHER 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.

***GO PANTHERS!***





## Classroom Information Evening

Mark your calendar for **Thursday, September 4th** to come and meet your child(s) teacher!



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@shcpg.ca](mailto:fr.rector@shcpg.ca) to register.

### 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!

## 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!



### 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>. To help ensure that orders are received correctly and on time, we will no longer be accepting paper copies; all orders must be submitted online. If you have any questions, please email: [shschoolnlunch@gmail.com](mailto:shschoolnlunch@gmail.com).



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 NO SCHOOL Labor Day	2 Non-Instructional Day	3 Back To School! 	4  6:00-7:00pm	5 School Mass-9:00am	6
7	8	9	10 PSG Meeting at 6:30	11	12 PSG Sponsored BBQ @ 2:30	13
14	15	16	17	18	19 Non-Instructional Day 	20
21	22	23	24	25	26 Orange Shirt Day 	27
28 School/Parish Mass—9:00am	29 NO SCHOOL Pro-D Day	30 NO SCHOOL Day Of Truth & Reconciliation				



**PUBLIC SAFETY  
BYLAW SERVICES**

1100 Patricia Blvd. | Prince George, BC, Canada V2L 3V9  
p: 250.561.7600 | [www.princegeorge.ca](http://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](mailto:bylawservices@princegeorge.ca)

Sincerely,

City of Prince George Parking Control





## *Mental Health & Well-Being For All*

*Please see listed below, mental health and*

### 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

#### ***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 Gillett Street

Prince George, B.C. V2M 2V3

Phone: (250) 562-3477

Fax: (250) 562-3540

E-mail: [rainbowspg@shawcable.com](mailto:rainbowspg@shawcable.com)

PG Website: [www.rainbowspg.com](http://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	college/adult series
Prism	single/step-parent series

### *How long are the programs?*

Sunbeams	12 weeks; 1hr/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: 250-562-3540

Email: [rainbowspg@shawcable.com](mailto:rainbowspg@shawcable.com)

Website: [www.rainbowspg.com](http://www.rainbowspg.com)

### *Is there a fee to register?*

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