

the Heartbeat

A NEWSLETTER FOR PARENTS AND STUDENTS



A MESSAGE FROM THE HEAD OF SCHOOL

By Ms. Jennifer Demert



This season of Advent is filled with joyful anticipation over the birth of Jesus. It is so easy, though, in preparing for the holidays to have the beauty of joyful anticipation morph into anticipation's evil cousin- anxiety. After all, the Christmas cookies aren't made, and the Christmas cards haven't even been shipped from Shutterfly yet and still need to be addressed and mailed. There are still

gifts to buy. Where will Christmas Eve and Day be celebrated without alienating any family members, but not having the holiday turn into a day of putting on and taking off boots and being late to each engagement because of snowy roads?

Just stop! Breathe! Remember! On December 22nd, the faculty and staff will do just that. We will take

time out of our busy Christmas preparations to ready ourselves for Jesus' birth and enjoy the fellowship of each others' company. The morning will start with a reflection lead by Sr. Candice Tucci, OSF, a member of our sisters' Provincial Council. She will focus the reflection on finding time to grow closer to Jesus in the face of daily busy-ness. We then will break into groups and do something downright frivolous-- listen to Handel's Messiah (uninterrupted), play Christmas Pictionary, take a walk in the snow, stretch or carole. Our Christmas Luncheon will allow us to celebrate as one again before going our separate ways for the Christmas Break. While we still may have many things to do before December 25th, the hope is this day will move us closer to being ready with joyful anticipation for Christmas.

My Christmas wish for each of our SHA families is time to just stop, breathe, and remember with joyful anticipation the birth of Emmanuel, God is with us!

Merry Christmas!

Christ the King Ceremony

On Wednesday, November 24, the annual Christ the King ceremony was held at Sacred Heart. The Class of 2011 processed into the school auditorium carrying lighted candles. Mary Canty, a member of the Class of 2010, acted as cross-bearer for the procession. Kayla Pontello and Jenna Banks who were recognized for their outstanding community service, carried roses to place before the statue of Christ the King.

The class officers and other members of the class read passages from Scripture and inspirational verses. Mary O'Rourke and Rebecca Melzer sang "The Prayer" and the Senior class sang two liturgical selections of their choice. Mary Canty gave an inspirational talk on what service and Sacred Heart Academy have meant to her, both as a student and as a graduate.

The ceremony is one of the oldest traditions at Sacred Heart. It celebrates the commitment Sacred Heart has to Christ the King and his example of service to others.



SHA Family Cookbook

Start your holiday shopping at SHA, purchase SHA Family Cookbooks for your mom, sister, aunt, daughter....they will love receiving it. Our SHA family contributed over 150 of their family's favorites. Cookbooks are \$10 each and can be purchased in the Main Office. Make checks payable to Sacred Heart Academy.

New Athletic Director

SHA is pleased to announce the appointment of our new Athletic Director, Gretchen Scheuermann, who will assume the position in January. A native of Vermont, Ms. Scheuermann has been involved in athletics for over 20 years. She earned a B.S. degree at Northwestern University where she had an award-winning career in field hockey. For 2 years she was an NCAA All-American and during the 1994 season was named MVP and Offensive Player of the Year in the Big Ten Conference. In addition, Ms. Schueremann was a member of the U.S. National Field Hockey Team from 1995 - 1996. After graduation she was an assistant field hockey coach at Harvard University for two years .

She joins Sacred Heart after working at the Highlands Golf Park in Ruckersville, Virginia since 1999. Ms. Schueremann is a member of the LPGA (Ladies Professional Golf Association) and has served as the head instructor for the "Golf 4 Girls" program, Junior Programs Coordinator, Director of Golf and, for the past six years, as the General Manager.

A sincere and heartfelt thank you to Sister Maria, who did not miss a beat this summer when asked to step in on an interim basis as Athletic Director. Sr. Maria's enthusiasm for and dedication to SHA athletics is unparalleled.

Also, special thanks to the search committee members: Jennifer Demert, Ronald Stepien, Mary Achramovitch, Sr. Maria Pares, Barbara Rooney '74 and Janice Cheney '80.

SHA Welcomes Three New Board Members

James Biddle, Jr. is Chairman of Mader Construction Company, Inc. Jim has served on many non-profit boards in Western New York and is the current board president at Nativity Miguel School, the only Catholic Middle School within the City of Buffalo. Jim lives in Orchard Park with his wife Rosemary and their two sons, Charlie and Timothy. Leah, his daughter, a 2010 alumna of SHA, is a freshman at Denison University.

Susan Fortunato is a 1979 graduate of the Academy. She is an inductee into the SHA Sports Hall of Fame and is a graduate of University of Chicago. She has worked in the health insurer field for many years and is an executive with Independent Health focusing on strategic planning. She resides in Snyder.

Diane Gianadda, OSF '65 is serving an additional term on our board after serving in the early 1990s. Sr. Diane's ministry is as Executive Director of the Women's Respite Program. This program provides respite to single mothers and grandmothers caring for young children as well as women recovering from cancer. Sr. Diane is also an accomplished artist.

Our SHA community is blessed to have such talented individuals agree to share their gifts for the betterment of the Academy.

FROM THE DESK OF THE DIRECTOR OF ACADEMICS: DR. JAMES R. DEMPSEY

The first quarter grades are out and as a whole our students did very well. Eighty-seven percent of the marks were an A or B and the overall average was higher than 2009-10's first quarter. The beginning of the year is filled with enthusiasm and as usual our ladies are hard workers. However the 2nd quarter is usually one that has a tendency to slip slightly. The holidays, change of weather, more demanding subject material and winter blues are given as possible reasons. Winter is also the time for illness to rear its ugly head. With all of this in mind, I give to you some suggestions (as I did last year) of some experts in their sports field about how to approach this quarter with vigor, and avoid a drop. Bob Johnson was the mentor of many college and pro Quarterbacks, Rudy Jaramillo is a professional batting instructor and Dick Harter is a professional basketball coach/teacher. When reading this, they each listed items in their philosophy of teaching and learning which they use, and make sense for all students in all schools. I will share these work ethic items with you.



Their basic hints (with my comments listed after) include:

1. Stay humble: you can be good at what you do, but let others find out for themselves by your work and example.
2. Outwork everyone: try your best at all times.
3. Enjoy the ride: Relish the good things and times of being a teenager, for you only pass this way once. Make the most of it with no regrets.
4. Work hard to stay good: Once you have done well, set higher goals to reach.
5. Believe in yourself: There is nobody better than you and you can achieve your goals.
6. Discipline yourself: Stick with your plan regularly and adjust as you see fit.
7. People will demand much of you: I refer to # 5 above.
8. Remember those who helped you: Your parents and teachers will always be there for assistance.

Mid-term exams are scheduled for January 25-27, 2011 and the holiday season is upon us. My message to all students is to keep working toward your goals. I say strive for 85 (as a minimum), but always give your best effort. Put your best forth and you will be rewarded. Enjoy the holiday season, have a Merry Christmas and let 2011 be your year to shine. June 2011 will be here before you know it!

NOTES FROM THE HEALTH OFFICE

PHYSICALS: Please remember that all 9th and 10th grade students need to submit a current physical to the Health Office. This is a New York State requirement. The doctor who works for the Amherst Central School District will be at SHA for one half-day in January to complete the state required physicals. If your daughter has not submitted a physical prior to that date, or you have not notified the Health Office of an upcoming scheduled appointment, then she will be examined by our physician.

Athletes should also make certain to keep their physicals current and on file in the Health Office in order to participate in sports. A physical is good for one calendar year. If a physical has expired, the student will not be allowed to try out for or participate in the sport. It is the responsibility of the student and/or the parent to check to see if the physical is current. Please plan ahead for Spring sports. Call 834-2101 ext. 307 with any questions.

SHA Receives a \$50,000 Grant from the McGowan Fund

Sacred Heart is thrilled to announce the award of a \$50,000 grant from the William G. McGowan Grant Fund. The grant will support student learning with funding for our TLC, Science Department, Career Internship Program and Seminar Courses. The objectives of the grant are to help girls transition to high school smoothly with additional, individual help through The Learning Center ("TLC") and prepare our students for life beyond high school through our Seminar Courses and Internship Program. We are excited by all the possibilities of this new partnership!



Sacred Heart Academy Scholarship and Awards Dinner

There was not an empty seat in the house at SHA's Scholarship and Awards Dinner - the event completely sold out! The recipients of the Christus Super Omnia Awards were Sr. Dorothy Mueller, OSF '60, Tina Zinter Chahin '75, and Tammie Lee Demler '87. Susan Q. Bavisotto was the recipient of the Franciscan Charism Award, and Kathleen Gainey received the Living the Spirit Award.

The Chamber Singers performed during the cocktail hour, and SHA scholarship recipients Lynnae Williams Flood, Megan Elman, Emily Mrozinski, Emilyrose Conforti, and Anna Szczepanski did an excellent job introducing each of our award recipients.

At the end of the night, over \$50,000 was raised for scholarships and financial aid. Thank you to all who attended and/or donated to the auction. A very special thank you to our Development Office and the Dinner Committee chaired by Patty Smith '75. Other members of the committee included Melissa Eyeington, Kathy Flynn '82, Katie Militello, Rita Bencini, Betsy Sullivan, Mary Jo Ketchum '59, Jennifer Hogan '77 and Maria Gambacorta '86.

SCHOOL CLOSINGS

It's getting to be that time of year when the weather can become questionable. Sacred Heart Academy utilizes a school notification system called Global Connect. The program allows Sacred Heart to send out audio and text messages to landline phones, cell phones, and e-mail addresses. The Global Connect school notification system will be used to contact parents and guardians to notify them of snow days, delayed openings, early dismissals, emergencies, and vital school information. Parent/Guardian contact information will be pulled from Sacred Heart's electronic student information system. If you have changed home phone numbers, cell phone numbers, or business phone numbers, please update your contact information at www.sacredheartacademy.org/updateparentcontactinformation.php or call the Main Office at 834-2101.

We will also continue to announce on local TV and radio stations school closings due to inclement weather or emergencies. THE ANNOUNCEMENT SHOULD INCLUDE THE NAME "BUFFALO ACADEMY OF THE SACRED HEART" OR "SACRED HEART ACADEMY." Since there are students from more than twenty school districts, SHA DOES NOT AUTOMATICALLY CLOSE WITH ANY PUBLIC OR DIOCESAN SCHOOL DISTRICT.

Attention Junior Parents!

It is critical that parents not see the Junior Seminar SAT/ACT preparation being offered during school time as a substitution for a full-length SAT/ACT preparation course. The instruction given is intended to compliment the full-length course with additional instruction and practice. However, the 40- minute classes do not allow the girls to build the stamina necessary to do well on this multi-hour examination. Likewise, the 40- minute timeframe does not allow for as many diagnostic tests to take place as will occur in a full-length course.

The goal of this mini course is to help boost our students scores on SATs and ACTs. I fear the opposite will occur if families see this mini-course as a substitute for a full-length preparation course. If you need information on ATLAS, the test preparation course providing daytime instruction at SHA, or any other preparation course, please contact our guidance office. Some of the courses also offer financial aid for qualifying families.



THE COUNSELING CORNER

December 2010

Contact: Mrs. Brady or Miss Piscitello at the Counseling Center at 834-2101 ext. 314

Seniors – Congratulations to all of the seniors who have finished applying to colleges! Now it is time to look into scholarships. A lengthy list of national and local scholarships can be found through Naviance, and websites such as www.fastweb.com, www.collegeboard.com, www.scholarships.com, www.weeklyscholarshipalert.org, www.buffaloalliance.org, www.discovercolleges.com, www.schoolsoup.com, www.nextstepmag.com, employers, and the colleges you have applied to.

Our new college software program, Naviance, has been an exciting new endeavor. It has allowed us to send our student files electronically to the colleges. It has not only been very efficient, but is also saving our earth from paper waste. As of early December, 540 applications have been sent to 152 colleges.

*If you missed our informative College Financial Aid Night please contact the counseling center and we can arrange to get you a folder of information on financial aid and student loan information that was distributed that evening. The FAFSA can be submitted on January 1, 2011. Parents and seniors, you can apply for your PIN number for your FAFSA account now. You can apply for your FAFSA on JANUARY, 1, 2011.

Juniors – ****SAT/ACT INFORMATION****

We will have ATLAS Test Prep return to Sacred Heart again in January for our junior class. This program will be in preparation for the March 12, 2011 SAT and April 9, 2011 ACT test. They will have two classes after school and diagnostics on Saturdays. Atlas also has smaller groups and private tutoring available. Please go to www.atlastestprep.com to learn more about this program. In addition, we strongly recommend that all juniors take an SAT in March, May or June. Register for the SAT by going to www.collegeboard.com by February 3, 2011. Please report Sacred Heart's school code # 331770. Remember: it is crucial that juniors work hard on their grades this year as their GPA is the one that will be sent out to their colleges next fall.

Please mark your calendars for our Junior College Night. It is scheduled for 7:00pm on Wednesday, January 12, 2011. A panel of experts in the field of college admissions and preparation will be at SHA to discuss the process of preparing for college, the SAT/ACT, college selection, resources, college fairs/visits, course selection, careers, and other topics. Speakers include Donna Shaffner, Dean of Admissions, Canisius College, Josephine Capuana, former Director of UB Honors College, and Jacob Christensen of Atlas Test Prep. Please be sure to attend this informative evening!

Juniors/Sophomores – Miss Piscitello and Mrs. Brady will soon be meeting with juniors and sophomores to discuss the results of the PSAT from October.

Freshwomen – Miss Piscitello will be meeting with freshwomen to discuss the results of the EXPLORE test they took on October 13th as soon as we receive them.

Thank you to seniors who visited with the 75+ college representatives here at SHA!



WINTERSPACE CAMPS

Beautiology-The Science Behind Beauty

Spend a week with hands-on science fun. Activities to include making your own beauty products, using the microscope to analyze hair and nails, and investigating the science behind the products we use while sending positive messages about young women and beauty. (AM camp)

Winter Warm Up

Spend a week staying warm by learning some new activities. This camp will include sessions in self-defense, yoga, volleyball, basketball, bowling and speed ball. (AM camp)

Make It!

Learn how to make new things... projects include duct tape purses, making a sweet treat from scratch, designing your own apron, and creating a chair for your room to reflect your personality and style using interior design techniques and recycled chairs. (PM camp)

Poetry and Writing

Discover new and creative ways to turn your ideas and dreams into poems and stories. Specific lessons include developing your writer's voice, composing a personal statement, and exploring your inner personality and poetic sensibility. In collaboration with Sherry Robbins, Just Buffalo Literary Center. (PM camp)

Details

- >> *Winterspace is open to girls in grades 4-7.*
- >> *All camps take place at Sacred Heart Academy.*
- >> *Winterspace offers both morning and afternoon camps. Girls can pick a morning or afternoon camp or both.*
- >> *Morning camps are from 9 am-12 noon, afternoon camps are from 12:30-3:30 pm. Girls staying for both morning and afternoon should bring a lunch and drink. Snacks are included each day.*
- >> *Sacred Heart reserves the right to cancel courses for insufficient enrollment.*



Tuition

FULL DAY: \$175
two camps per week

HALF DAY: \$100
one camp per week

Mail

Please mail the registration form and payment to:

WINTERSPACE 2011
Sacred Heart Academy
3860 Main Street,
Buffalo, New York
14226



Questions

Call the Admissions Office at 834-2101 ext 311 or visit our website at www.sacredheartacademy.org

Registration Form

Camp Times

AM

9 am-12 noon

PM

12:30 pm-3:30 pm

.....
NAME OF CAMPER

.....
GRADE

.....
SCHOOL

.....
PARENT/GUARDIAN NAMES

.....
ADDRESS

.....
PHONE

.....
E-MAIL

Check camps desired:

- Beautiology (AM)
- Winter Warm Up (AM)
- Make It! (PM)
- Poetry and Writing (PM)

Sacred Heart Academy's 6th Annual Day of Sharing

What is it?

A school-wide day of service in the community. Students, faculty, staff, alumnae, the Board of Directors, and anyone else in the SHA community are invited to join us for our sixth annual SHA Day of Sharing. Last year Sacred Heart sent more than 500 people to 50 different sites to share their time and talent to benefit our community and the people in our community. Some of the sites we served last year were Loaves & Fishes Dining Room, City Mission, Journey's End Refugee Services, and Women's & Children's Hospital.

When is it?

This year's Day of Sharing is scheduled for **Friday, April 1, 2011**. All volunteers will meet at Sacred Heart at 8:00 a.m. for a commissioning service and then we will go out into the community. We will volunteer at our sites from 9:30 a.m. - 1:30 p.m. All of the volunteers will return to school to enjoy dessert and beverages in the cafeteria with one another.

Interested in joining us?

There are several ways to get involved. You are invited to join us for the entire day and volunteer at one of our sites. We also need individuals who would be interested in simply driving our volunteers to and from their sites. There is also some behind-the-scenes work that needs to be done. If you are interested in participating in this year's Day of Sharing in any way please fill out the information sheet at the bottom of this page and send it to: Sacred Heart Academy, Attn: Ruth Donner, 3860 Main Street, Buffalo, NY 14226. If you have any questions or would like more information please contact Ruth Donner at 834-2101 ext. 312, or at rdonner@sacredheartacademy.org. More information will be sent home to volunteers closer to the date.



SHA DAY OF SHARING 2011 INTEREST FORM

Name _____ Phone # _____ Are you an Alum? Yes No

Address _____ E-mail address _____

- I am interested in:
- Volunteering on the Day of Sharing
 - Driving students to and from their placement site (but not stay at the site)
 - Helping with behind-the-scenes work
 - Being a back-up driver (in case someone is sick or doesn't show up - you would come on the Day of Sharing and just be available if needed)

If you are volunteering for the day, would you be willing to drive students in your car? Yes No

If yes, how many students can you drive? _____

T-shirt size S M L XL other _____

If you are a parent volunteer, would you like to be placed at the same site as your daughter? Yes No

Daughter's Name: _____

Please return to Ruth Donner

Campus Ministry News

Christmas Mass: Tuesday, December 21 at 10 a.m., the student body will celebrate Christmas together with a special Christmas Liturgy. Parents and friends of SHA are welcome to attend!

Mass of New Beginnings: On Friday, January 7 at 10 a.m., we will start the new year with a Mass of New Beginnings.

An Advent Thank You: A special thank you to Liz Ziarnowski, Junior Religion Teacher, for planning and leading the daily Communion Services in our Chapel each morning during Advent. We appreciate her commitment to bringing this celebration of the Eucharist to our students, faculty, and staff each day.

Footprints Reminders: Each student is required to complete at least 20 service hours by Wednesday, April 27. The SHA website is updated often with Upcoming Service Opportunities (go to the Campus Ministry webpage and click on the link). Any student who is having trouble finding a placement should stop by the Campus Ministry office to see Mrs. Donner or Mrs. Clare for help.

Heart 2 Heart

A Mother-Daughter Retreat

(Open to students of all grade levels and their mothers)

This optional retreat is sponsored by the office of Campus Ministry. It is an opportunity for SHA students to experience a special retreat with their mothers. The retreat will help mothers and daughters become more comfortable building relationships with each other and sharing faith together. This retreat is a unique opportunity for mothers and daughters to talk, listen, learn, pray, and grow!

Retreat Details

Date: Saturday, January 15, 2010

Times: We will meet at Harvest House between 9 and 9:30 a.m. The retreat will begin at 9:30 a.m. The retreat will end at 4 p.m.

Location: Harvest House
1782 Seneca Street, Buffalo, NY 14210
(716)825-0929
<http://www.harvesthousebuffalo.com/>

Cost: \$35.00 per mother/daughter to cover the facilities rental, a nice catered lunch, and supplies, etc.

*scholarships are available based on need

Transportation: Retreat participants are responsible for providing their own transportation to and from the retreat.

Meals: Lunch will be provided. Please eat breakfast before coming to the retreat.

What to bring:

- Wear comfortable, casual clothing & shoes. You may wish to dress in layers as Harvest House can be cold in the morning.
- An open mind
- Harvest House is the largest provider of free baby and children's items in the area, helping families referred to them by over 220 agencies, including hospitals, crisis centers, clinics, doctors, churches, WIC, Prenatal services, refugee services, child protection and social service agencies. Each year the Baby and Children's Ministry helps more than 4,500 children. Please bring at least one item to donate to the Harvest House baby ministry. Acceptable donations: new and gently used clothing from newborn to size 14 as well as layette items, blankets, shoes, socks, age appropriate toys & books, and furnishings (cribs, car seats, strollers, swings, etc.) No formula or diapers, please.

Registration forms can be picked up outside the Campus Ministry office beginning December 21. Registration forms and fees are due to Mrs. Donner or Mrs. Clare by Monday, January 10.

December '10 & January '11 Calendar

December

- 21 Christmas Mass, 10 a.m.
Sophomore Class Initiative - 'What I Wish I
Knew, during lunch periods
Young Alumnae Social, 6-8 p.m.
Christmas Dance, 8-11 p.m.
Bowling vs. Holy Angels
- 22 Staff Development Day
- 22 - Jan 2 No Classes, Christmas Holiday

January

- 3 Classes Resume
Basketball vs. Nardin at Villa Maria, 5:00/6:30
- 4 Bowling vs. Nardin
- 5 Freshwomen Class Elections
Basketball at Holy Angels, 4:30/6:00
- 6 Bowling vs. Immaculata Academy
- 7 Mass of New Beginnings, 10 a.m.
- 10 Basketball at Mercy, TBA
- 11 Bowling vs. Immaculata Academy
- 12 College Information Night, 7-8:30 p.m.
Basketball vs. Nichols at Villa Maria 5:00/6:30
- 13 Staff Appreciation, Junior Class
Bowling vs. St. Mary's Lancaster
- 14 Basketball at Mt. St. Mary's, 4:30/6:00
- 15 Mother Daughter Optional Retreat
- 17 No Classes - Martin Luther King Jr. Holiday
- 18 Bowling vs. Mt. St. Mary's
Basketball vs. St. Mary's Lancaster at Villa Maria
5:00/6:30
- 19 Footprints Mentor Session
- 20 Bowling All Catholics
- 21 Taste of SHA Parent Social
Basketball vs. Buff. Seminary, Location TBA,
4:30/6:00
- 24 End of 2nd Quarter
- 25-27 Midterm and Regents Exams
- 28 No Classes, Faculty Rating Day
Basketball vs. Holy Angels at Villa Maria,
5:00/6:30
- 31 2nd Semester Begins
Basketball vs. Niagara Catholic at Villa Maria,
5:00/6:30