



Weekly Review



Friday, December 22, 2016

sothschool.weebly.com

Dear Parents,

All of us at Shepherd of the Hills Catholic School send our best wishes for a Blessed Christmas.

At this special time of year we take this opportunity to extend the warmest of Christmas Greetings and express our gratitude to our Shepherd of the Hills Catholic School Parents and Friends for your support, generosity and service which is helping us to education your child/ren and to form and educate more than 100 other students this year. We couldn't do all we do without your help assistance, support and your prayers.

As we consider the many blessings that we have received, we are thankful for you and for the countless others who have given time, resources and talents to help Shepherd of the Hills Catholic School grow and prosper.

May the coming days of Christmas and the New Year be filled with many blessings for you and your loved ones. May each of you have cherished time with your family and friends, May our never-ending Catholic faith shine throughout these days bringing you peace, goodwill, hope and happiness.

And may the Blessings of the Christ Child be yours today and all through the year.

**Shepherd of the Hills Catholic School
Teachers and Staff**

Sunny 97.7 - Christmas Idol Contest - VOTE!

Log on to the [Sunny 97.7 FM website](http://www.sunny977.com) to hear Shepherd of the Hills 5K-grade 4 students singing 'Christmas Canon', our entry in this years Christmas Idol contest. Voting for Christmas Idol will take place December 23-30. **One vote per email address will be counted.** Let your friends and family know they should vote too! The school with the most votes will win \$500.00 and a pizza party by Eaton's Pizza of Fond du Lac.

To Vote for SOTH: please email wheels@wfdl.com with 'Christmas Idol Vote' in the subject line and 'Shepherd of the Hills, Eden' in the message area.

[LISTEN TO 'CHRISTMAS CANON' NOW - CLICK HERE](#)

The song will be replayed on Christmas Eve day (12/24) at approximately 11:35 am.

Dinner Auction Gala - Champagne Wishes & Caviar Dreams

Make plans to attend Shepherd of the Hills 2017 Dinner Auction Gala 'Champagne Wishes & Caviar Dreams' on **Saturday, February 25, 2017**. Formal attire is encouraged. New this year is the 'Sneak Peek' at 3:00 pm. Guests will be able to take a closer look at all the fabulous items up for auction before bidding begins. Social Hour and the Silent Auction begin at 5:00 pm with Dinner at 7:00 pm and the Live Auction at 8:00 pm.

Donations: We need items for the silent and live auctions! All school families are asked to donate an item or make a cash donation with a minimum value of \$25.00 to the auction. We are looking for themed baskets (movie night, wine or beer lovers, back-to-school, pamper yourself, etc.), sports memorabilia, artwork, jewelry, getaways, and much more. Consider working with another family or a group of families for a donation. Drop off your donations at the school office or contact Lauren Laughrin with questions at lLaughrin@yahoo.com or 262-689-2313.

Reservations: The cost is \$40.00 per person or \$320.00 for a table of eight. Your reservation includes a catered meal and a night of fun! ***If you have a gluten or shellfish allergy, please mark this on your reservation form!*** Contact Andrea Hansen Abler to make your reservation at editor@thecampbellsportnews.com or 920-979-2005.

[**Donation Form**](#)

[**Dinner Reservation Form**](#)

Peanut Butter & Jelly Drive a Success

With the help of SOTH families our Student Council was able to donate 58 jars of peanut butter and 45 jars of jelly to Feeding America of Eastern Wisconsin. Student Council would like to thank everyone who donated and helped make our PB&J drive a success!

January Service Projects

1) Student Council Bake Sales for Sarnelli House

For our January school service project, the Student Council will be hosting two bake sales. All proceeds from the bake sales will be donated to the Sarnelli House. The Sarnelli House is a shelter located in Thailand for those in need, especially mothers with children infected with HIV.

We are asking that each family donate 2 dozen baked goods for their specific bake sale date. Please separate the baked goods into baggies. Each baggie will be sold for \$1.00, so you and your child should determine how much of the baked goods should be put into each baggie. Send the baggies with your child to school on the designated days.

Bake Sale #1 - Friday, January 20 (during the basketball games that night)

**K-3rd grade students can bring their baked goods on Wednesday, January 18 or Thursday, January 19.

Bake Sale #2 - Sunday, January 29 (following the 10:30 am Mass)

**4th-8th grade students can bring baked goods on Thursday, January 26 or Friday, January 27.

If you have any questions please e-mail Mrs. K at mkiedrowski@sothparish.org or Mrs. Moody at mjmoody@sothparish.org. Thank you in advance for your donation!

2) Catholic Schools Week Project

More information coming in January!

Free Logos at Lands End during December

As a special gift to our school families, Lands End is doing free logos during the month of December! At checkout, manually enter the **Promotion Code: LOGO and PIN: 3275**. Log on to landsend.com to start shopping!

Health Tidbit by Dr. Renee Staehling Type 2 Diabetes - Part Two

Diagnosis of diabetes is done with a blood test. A sample is taken from a vein, after fasting for 8 hours. Normal value is 100 or less. 100-125 is prediabetes, and over 125 is diabetes. Another test that may get done is an oral glucose tolerance test. After a fasting test is done, the patient drinks a sugary drink in the doctors office, followed by another glucose test 2 hours later. 200 or more is diabetes, 140-200 is prediabetes, and less than 140 is normal. This test is often done when a fasting glucose is normal but diabetes is suspected (this is often early in the disease process). The final test option is A1C. This tells the average glucose levels over the past 3 months. Normal is about 5. Prediabetes is 5.7- 6.4. Diabetes is 6.5 and over. This test is also used to monitor diabetes after it is diagnosed.

It is important to diagnose prediabetes, because this can be reversed with weight loss and increased activity.

Once diabetes is diagnosed, treatment involves several things. Blood glucose levels are monitored at home, usually through finger pricks. Dietitians can help with food choices, and diet changes are very important. Multiple types of medications are available. Insulin injections are sometimes needed. Frequent physician visits are necessary to monitor the disease. Blood tests are followed closely, and other testing is frequently needed, such as stress tests.

*** Prevention of this disease is the best approach. Some risk factors cannot be changed - age, family history. Most, however, CAN be changed. Remember that the NUMBER ONE risk is obesity/overweight. Losing weight is difficult, but worth the effort to prevent this lifelong disease and its problems. (Billions of dollars are spent treating this preventable problem.) Get active! A brisk 30 minute walk everyday decreases risk by a third (medications are much less than this!) Quit smoking. Eat well! Avoid highly processed foods and sugary drinks - a huge hazard of eating out.

Be kind to your body - God only gives us one.

Scrip News

Our Scrip program and volunteers are on break through the holidays. Our Scrip volunteers send this special message to you ... Celebrate the season of His birth and may God bless you during the Christmas season and always ... Merry Christmas!

Please note that we will not be filling cash and/or check orders during the Christmas and New Year holidays; however, ScripNow® and ReloadNow® options are available with a wide variety of options. You must place your order on ShopWithScrip® using your PrestoPay™ account to receive ScripNow! items during this time, as orders paid with cash or check will not be released until after the holidays.

We will resume filling cash and/or check orders on **Sunday, January 8.**

[Scrip Order Form](#)

www.ShopWithScrip.com

Reminder to all Parents: In order to receive someone else's Scrip credit you MUST be an active Scrip user yourself.

Share a Talent Day

Come share your time and talents with our students! Share a Talent Day at Shepherd of the Hills will be held on **Friday, February 3, 2017** during Catholic Schools Week.

Please consider sharing something related to your job, a hobby you have, or just something you really enjoy doing. You would be 'teaching' three sessions (40 minutes each) from 12:30 - 2:45 pm. Some examples would be juggling, knitting, medical investigation, magic tricks, card games, learning a dance, simple construction (bird houses), a craft, cooking/baking, or ... The possibilities are endless!

If interested in finding out more details, please contact teachers Mrs. Kelly Harvey **kharvey@sothparish.org** or Ms. Amanda Dwyer **adwyer@sothparish.org**.

Calendar of Events at SOTH

Friday, December 23 - Monday, January 2

Christmas Vacation - No School

Friday, December 23

Happy Birthday Caleb Smith - 5

Saturday, December 24

Happy Birthday Ethan Thomas - 3

Sunday, December 25

Happy Birthday Alexander Schneider - PK3

Thursday, December 29

Happy Birthday Asher Dufoor - K

Sunday, January 1

Happy Birthday Tessa Gitter - 4

Monday, January 2

Christmas Vacation - No School

Tuesday, January 3

Happy Birthday Tess Huhn - 8

Wednesday, January 4

Happy Birthday Michel Burke - 4

All School Mass 8:30 am

Thursday, January 5

Happy Birthday Daniel Fidziukiewicz - 6

Friday, January 6

Little Lambs Play Group 9:30 - 11:00 am

Saturday, January 7

Happy Birthday Lila Desiderio - 4K

Happy Birthday Mrs. Jordan - Child Care

Monday, January 9

Happy Birthday Holden Pettit - 4K

Wednesday, January 11

All School Mass 8:30 am

Friday, January 13

Little Lambs Play Group 9:30 - 11:00 am

Tuesday, January 17

Pastoral Council Meeting 6:00 pm

Wednesday, January 18

All School Mass 8:30 am

Thursday, January 19

End of the Second Quarter

8th Grade Retreat - Beaver Dam

Friday, January 20

Teacher Inservice - No School

Home Basketball 5:30 pm

K-3 Bake Sale for Sarnelli House during basketball game

Monday, January 23

Happy Birthday Angelina Mahloch - 8

Tuesday, January 24

School Commission Meeting 6:00 pm

Wednesday, January 25

SMSA Leadership Summit for gr. 7 & 8

All School Mass 8:30 am

Beatitudes Theme Assembly 10:30 am

Thursday, January 26

Report Cards

Living Way Parent Meeting 5:30 pm in Church

Friday, January 27

Little Lambs Play Group 9:30 - 11:00 am

January 29 - February 4

Catholic Schools Week

Sunday, January 29

Happy Birthday Rylee Ruplinger - 7

Happy Birthday Mrs. Gitter - Business Manager

4-8 Bake Sale for Sarnelli House after 10:30 Mass

Saturday, February 25

SOTH Dinner Auction Gala

3:00 Sneak Peek

5:00 Social Hour & Silent Auction

7:00 Invocation & Dinner

8:00 Live Auction

