



[Click here to watch home games from the RAC and Jug Brown Stadium on HudlTV.](#)



[Click here for the Sacred Heart website \(calendars, schedules, handbooks, etc.\).](#)

fcsacredheart.org

NEWEST SPOTLIGHT ARTICLE:

[Sacred Heart Track Team Preview 2026](#)

SEE PG. 2 FOR PREVIOUS ARTICLES



It's time to establish some fidget guidelines!

1. First and foremost, a fidget is a TOOL and NOT a TOY. It should be used to help you focus or calm down, NOT to entertain.
2. Only fidgets that fit in the palm of your hand will be allowed from this point forward. The sizes have gotten way too big.
3. When using a fidget, you should still have your eyes on the teacher or speaker in the class.
4. At no time should the fidget touch others, be thrown, or make a noise.
5. You should only have one fidget out at a time. In most instances it should be kept in your palm or in you lap.
6. It should never be a distraction or interfere with the learning of others.
7. Each teachers has the right to confiscate fidgets that are a disruption to learning or to not allow them in the classroom at all.
8. Teachers may establish additional guidelines for their own classrooms.

•**Congratulations** to the following Sacred Heart journalist who have qualified for the State Journalism Contest to be held in Norfolk on April 27: Senior Alex Madsen in Newspaper Sports Feature Writing and Freshman CeeJay Tisdell in Newspaper News Writing.

•**FYI:** JH and HS track meet orders of events are posted on the Sacred Heart website as they are made available. Check out our website if you need this information. Thanks.

•**PROM PICTURE INFO:** Visit nussbaumphotography.com/order and click on the Sacred Heart prom link. To get started, enter the student's name. If attending prom as a guest, enter the name of their Junior or Senior date to order photos. Ordering closes at midnight on 4/11. Questions? Email Emily@nussbaumphotography.com

• **Sacred Heart Weightroom Users:** Everyone needs to do a better job of putting away all weights, dumbbells, etc. when they lift. This goes for students in weight training classes, after and before school lifters, alumni and friends of Sacred Heart lifters. Please rack the weights, strip the bars, return all equipment to its appropriate place. There is way too many times the weight room is left in disarray due to those lifting not putting things away. If this doesn't improve, the weight room will not be available to those wanting to use it. Using the SH weight room is a privilege that could end if things don't improve. Also, please know there is a security camera in the weight room. Thanks. Mr. Goltz.

•**REMINDER:** High School Students should only be using the south entrance to come into the building. The west entrance is for 5th-7th grade students.

•**Juniors and Seniors:** If you plan to bring and out-of-school date, please pick up a Guest Permission Form from the office. These are due back by NOON on Wednesday, April 9. NO EXCEPTIONS. Thank you

VIRTUE OF THE MONTH:
OBEDIENCE

"Saying 'yes' to the loving will of God and those He has set over us"

Today's Bell Schedule:



A



[Click here for the full monthly menu.](#)

Lunch Today
 Chicken Nuggets
 Mashed Potatoes & Gravy, Peaches, Roll

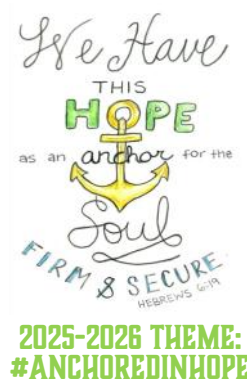
Lunch Tomorrow
 Sloppy Joe
 Smiles, Applesauce
 Orange Slices

HAPPY BIRTHDAY

Amelia Bauman
 Grayson Bauman

\$ Mega Bucks Winner:

Stephen Kuchar



— Upcoming Events —

- Tues., April 7** 9:30 HS JCC Track Meet @ Tec.
 -Bus time = 7:30 a.m.
 4:00 JH FCMS Track Meet @ Jug Brown Stadium
 -Dismiss Time = 3:00 p.m.
- Wed., April 8** 9:30 All-School Mass
 ESU JH Quiz Bowl @ Peru
 -Depart time = 8:15 a.m.
 6:00-7:00 p.m. PreK Open House
- Thurs., April 9** JH HTRS Track Meet @ PC
 - Bus time = 7:45 a.m.
 11:50: Juniors Prom Decorating
- Fri., April 10** 7-11 Retreats
 Senior Retreat
- Sat., April 11** National ACT Test Date
 Sacred Heart Prom
- Mon., April 13** 7:30 a.m. Faculty Meeting
 2nd-6th Confessions
 10:00 MUDECAS HS QB @ JCC
 - Depart time = 8:30 a.m.
- Tues., April 14** 9:30 HS Lewison 6:30 a.m.
 10:00 MUDECAS JH Quiz Bowl @ Palmyra
 - Depart time = 8:15 a.m.
- Wed., April 15** 9:30 All-School Mass
 1:30 9-12 Capital City Performance at Prichard Auditorium
- Thurs., April 16** Progress Reports Sent Home
 9:00 Capital City Outreach @ FCP
 10:30 JH PC Track Meet
 -Bus time = 8:30 a.m.
- Fri., April 17** 3rd-4th Grade Field Trip to Ashland
 Jumpstart Day at Peru State College

SCRIP NEWS: Support Sacred Heart by using scrip cards to purchase groceries, gifts and gas throughout the year. Sacred Heart earns a percent of each card sold. Scrip cards are available for purchase after the 10:00 a.m. Sunday Mass. Online orders may be placed by registering on the RaiseRight website using Sacred Heart's Enrollment Code (contact Kerry Tramp or email us at sacredheart-scripcard@gmail.com.) Orders must be turned in to the school office by 11:00 am or you may contact Kerry Tramp with your order. Order forms are available from the school office or the church vestibule. Please contact Kerry Tramp (402-990- 1139) or Sue Bieker (402-245-3414) if you have questions. Thank you for supporting our Scrip program.

SACRED HEART COLLECTION PROGRAMS

Please continue saving General Mills Box Tops, Our Family, & Country Hearth/Village Hearth UPCs

You can download the Box Top app on your smartphone and earn even more money for our school by scanning your store receipt within 14 days of purchase. The app will automatically find the products and instantly add Box Tops to your school's earning online. No clipping required. Our school ID is 179981. Sacred Heart will still take clipped box tops if they have not expired. Collection boxes are located outside the school office. Your child may also hand the items into their teacher.

Thank you to everyone who has collected these items for school. A special thanks to Kerry Tramp for doing all the counting and submitting.



SPOTLIGHT ARTICLES

**BROUGHT TO YOU BY THE
PUBLICATIONS STAFF AT SACRED HEART!**

[Sacred Heart Students Stay Involved Beyond the School Day](#)

[Sacred Heart Alumni Find Success in Skincare Business](#)

[Lady Irish Basketball Season Tips Off](#)

[Playoff Predications: The Top 12 Teams to Watch](#)

[Breaking the Silence Around Men's Mental Health](#)

[Farmers and Ranchers Push Through a Season of Uncertainty](#)

[The Heartbeat of College Volleyball](#)

[World Series Champs: Seven Games of Pure Cinema](#)

[SH Grad Wins Demo Derby](#)

[Goltz Attends Law Cadet Program](#)

[SH Students Dedicated to 4-H](#)

[SH VOLLEYBALL PREVIEW](#)

[A HUSKER HOMECOMING](#)

[Sacred Heart Football Preview](#)

[Cheer squad grows stronger](#)

[Scheffler's golden year](#)



NEWEST SPOTLIGHT ARTICLES:

[Eating disorders are serious health conditions, not life-style choices.](#)

[Review of From Kanye West to Ye: IN WHOSE NAME?](#)

[Grit to Gold: The Kaser Johnson Story](#)

[Nebraska Football: Closing the book on yet another disappointing season](#)

SEE PG. 2 FOR PREVIOUS ARTICLES