

Sacred Heart PSR Handbook and Schedule 2025-2026



Mission Statement

Our goal is to educate the children of Sacred Heart parish in the canon and Tradition of the Roman Catholic faith, for the purpose of developing a foundation of spiritual strength through childhood and into adulthood.

Protecting God's children

We are dedicated to making our classrooms and our church at large an indisputably safe environment for our children to grow and learn. Per Diocesan regulations our educators are required to attend the Protecting God's Children program, and sign and abide by all the regulations and code of conduct. For more information on this program, please visit the diocesan website at <https://kcsj catholic.org/>

Due to organizational changes, we will require at least one parent in each family to be trained through VIRTUS in Protecting God's Children. Please visit the VIRTUS website to sign up for a class: virtus.org. Sacred Heart will host several training sessions throughout the summer, but you can attend them anywhere in the diocese. Full certification also requires a background check and Mandatory Reporter training, which can be done online.

The Circle of Grace curriculum will be taught to grades 1-7, in order to educate children about their safe space in an age-appropriate matter. This is a two-week class that will be given in October in addition to their normal classes.

Methods

Each classroom will have one dedicated educator and a rotating parent educator. Each Protecting God's Children-certified parent will be required to volunteer **at least** twice each year for this. For grades 1-4, and 7-8 there will be a standard curriculum taught along with a weekly activity. These age appropriate activities range from crafts and coloring to reflections based on the accompanying lesson.

For the children in grades 5-6, there will be a two-year Confirmation preparatory class tailored to their age group. Confirmation will be administered to sixth-grade children each year. Diocesan dates for confirmation have not been selected yet, but will be updated with regular emails. Confirmation will take place at the Cathedral in Kansas City.

For grades 9-12, the method of teaching will shift to roundtable interactive small discussion groups, focusing on specific study topics chosen at the beginning of the year.

Curriculum

Grades 1-5 will use the *Faith and Life* Series by Ignatius Press, accompanied by the corresponding activity books for grades 1 and 2 (which are theirs to write in and keep) and supplemental resources provided by the parish.

Grades 5/6 will use the Confirmation preparatory curriculum Confirmed for Mission, by the Diocese of Lincoln for the first year, and then an intensive Saint Study in the Second year.

High-school students will use various bible studies and books to support those studies.

Schedule 2025-2026

(dates subject to change with prior notification)

Date:	Class Time:	Event:
August 24th	9:15-10:15 am	Start of Fall Classes
September 7th	9:15-10:15 am	PSR
September 17th	5:30-7:00 pm	Family Formation Nights
September 21st	9:15-10:15 am	PSR
October 5th	9:15-10:15 am	PSR
October 15th	5:30-7:00 pm	Family Formation Night
October 19th	9:15-10:15 am	PSR
November 2nd	9:15-10:15 am	PSR
November 8th	9:00 am - 1:00 pm	First Communion Retreat
November 12th	5:30-7:00 pm	Family Formation Night
December 7th	9:15-10:15 am	PSR
December 13th	8:00 am - 11:30 am	Church Cleanup (Pizza Provided)
December 17th	5:30-7:00 pm	Family Formation Night
January 11th	9:15-10:15 am	PSR (First day of Spring Classes)
January 17th	10:00 am - 5:00 pm	Confirmation Retreat

		(Sponsors encouraged to attend)
January 25th	9:15-10:15	PSR
February 1st	9:15-10:15	PSR
February 18th	5:30-7:00 pm	Family Formation Night
February 21st	9:00 am-12:00 pm	First Communion Interviews (or by appointment)
February 22nd	9:15-10:15 am	PSR
March 1st	9:15-10:15 am	PSR
March 15th	5:30 pm - 7:00 pm	PSR
March 18th	5:30 pm - 7:00 pm	Family Formation Night
March 21st	8:00 am - 11:30 am	Churchwide cleanup (pizza provided)
March 28th	9:00 am - 12:00 pm	Confirmation Interviews (or by appointment)
March 29th	9:15-10:15 am	PSR
April 12th	9:15-10:15 am	PSR and first reconciliation
April 15th	5:30 pm - 7:00 pm	Family Formation Night
April 26th	9:15-10:15 am	PSR
May 3rd	10:30 Mass	First Communion
May 3rd	9:15-10:15	May day celebration

Signups for individual classes are available upon registration, as well as online, and will be communicated by email through the summer.

Special needs

As stated in our mission statement, our goal is to educate all children in our Parish. This means that we are committed to providing every accommodation that we can to make your child's religious education a success. If your child has special needs or requires accommodations for his/her learning, please let us know so we can plan for those accommodations. We are always happy to work with parents and students to make sure they get the most out of their classes.

Prayers

As Catholics, we are very passionate about personal prayer, and believe that each child should be equipped with the tools they need to have a personal relationship with Christ. The biggest proponent to this is memorizing the traditional prayers of the Catholic Church, and the meaning behind them. Each grade will be required to memorize specific prayers, and test their memorization skills by the end of the year. This is particularly important in sacramental prep years.

Children will have a chance to test during each class period if they wish. It is absolutely paramount that parents take this memorization as their responsibility. We do not have enough hours with each child at PSR to allow them to memorize in class, and this has to be a family endeavor. In your packet there will be a list of prayers per grade, and each take home sheet from PSR will have the prayer to focus on throughout the year. Please make this a priority!

Sacramental prep

The Sacraments are the most important facet of religious education. Our curriculum in these subjects is tailored to give your child a thorough understanding of the sacrament they will receive. In these important years, there is sometimes a bit more effort required of students and parents. Please understand that sacramental prep doesn't just start and end in the year that the sacrament is received. It starts much earlier and never ends. We are all required to pursue our religious formation throughout our lives, and the best way for your child under the age of 18 to pursue that is with religious education. You should continue to send your child to religious education even if it is not a year in which they are receiving a specific first sacrament.

Parental Role in Education

While we can teach a lot of what your child needs to know for his/her faith formation. We can only have a true impact on your child's faith if the things they learn in class are reinforced in the home away from class. We only have an hour each week to teach what they need to know, and you as a parent have time every day to reinforce these things. It is important to live a life that they can follow as an example. Things to be aware of during your everyday schedules that can help reinforce the lessons they learn with us are:

- Attending Masses on Sundays and Holy Days of Obligation
- Attending daily Mass when able
- Saying prayers before and after meals, the Angelus at noon, and saying regular rosaries. Praying with children is of vital importance not just for the memorization of the prayers, but also to show them when and how these prayers can be applied.

- Talking about the readings that you hear in church
- Asking them about their time in religious education classes
- Volunteering for charitable causes
- Volunteering for ministerial positions at church
- Making your weekly giving to the church and other charities visible to your children
- Encouraging your children to prepare for their classes, ask questions about their faith, and live their life with love and compassion.

If you are unsure about specific aspects of your faith, or simply have questions please consider attending some of our adult formation ministries. We have several options for adults to expand their faith formation and their own spirituality. As mentioned before, faith formation doesn't end at the sacraments, and it can greatly benefit children to see their own parents participating in these ministries.

OCIA is another great option even for adults who are already confirmed in the Catholic faith. It is often mistakenly believed that it is only for new catechumens, but OCIA is a good resource for someone who simply needs a refresher.

We encourage parents to volunteer with the PSR program at least once a month. Tasks handled by parents are:

- Overseeing adult fellowship in the holy family room
- Substituting in classrooms where teachers may be absent
- Testing children for prayer memorization
- Helping organize crafts and activities
- Being the rotating teacher in a classroom at least twice a year (required)

We highly encourage all parents to attend a Protecting God's Children training course so they can participate in these programs without restriction. These training programs will be held at intervals throughout the year.

Parent PSR

During your child's PSR classes, there will always be an opportunity for coffee and faith discussions in the Holy Family Room. We highly encourage you to participate in these meetings for several reasons:

- Deepen your understanding of the faith and the catechism
- Share your faith with other parents
- Form friendships and bonds with like-minded individuals within the church
- Show your children in a visible way that you are also working on deepening your understanding

We are looking forward to working with you and your child, and are excited to help shepherd them in their journey to faith and spirituality. Please do not hesitate to contact our Director of Religious Education if you have any questions or concerns

Martha Stark
(970) 697-4016
mstark@shcatholic.com