

“Above all, get in the habit of thinking about God.”
Madeleine Sophie Barat

Dear Parents of the Class of 2026,

In keeping with the Goals and Criteria of Sacred Heart schools, we emphasize experiences to “develop a personal and active faith in God.” A retreat day is such an experience: it is a time for her to step away from daily routines to be renewed in mind and heart with an opportunity for reflection and prayer. It is also an opportunity for our girls to build community as a class. Retreats are an essential component of the Sacred Heart experience, so much so that the entire Upper School community will participate in a Retreat day on September 13, 2023.

The sophomore class retreat will be an overnight program at Mount Alvernia Retreat House in Wappinger Falls, New York. The girls will have time for small group discussions, individual contemplation, and a class prayer services..

Buses will leave Sacred Heart promptly at 8:30 am Wednesday, September 13 and return at approximately 3:00 pm on Thursday, September 14th. Students are excused from class on Wednesday and Thursday and athletic practices on Wednesday. All meals will be provided. If your daughter has specific dietary needs, please have her contact Mrs. Considine.

The online Permission Slip must be completed by Wednesday, September 6th.

- Please log on to our website at <https://shgreenwich.org>.
- Click “You have “x” Form(s) to Review” at the top of the page.
- Click “Review” next to the form called “2023-2024 Sophomore Retreat Permission Form”.
- Enter your e-signature and submit.

We look forward to this step along the journey with your daughter, and thank you for supporting the mission of Sacred Heart.

Sincerely yours,

Meghan McMahon
Head of Upper School

Maureen Considine P’16, P’13, P’08
Upper School Campus Ministry

