SACRED HEART
GREENWICH

"To live with the Heart of Christ is to see everything in God and God in everything."
St. Madeleine Sophie Barat

Dear Parents of the Class of 2029,

In keeping with the Goals and Criteria of the Sacred Heart, we strive to provide experiences that "develop a personal and active faith in God." A retreat is one such moment of grace—a time for students to step away from their daily routines, be renewed in mind and heart, and enter into quiet reflection, prayer, and community. As an integral and required component of the Sacred Heart Greenwich Upper School program, all Sophomores are expected to participate in their class retreat, which will take place **Wednesday, September 16 - Thursday, September 17, 2026.**

This year's retreat will take place at **Wisdom House in Litchfield, CT**. Throughout the retreat, students will participate in small-group discussions, individual contemplation, and prayer.

Schedule & Transportation

- **Wednesday, September 16:** Students meet at the bus loop at **7:00 am**.
- **Thursday, September 17:** Students return to campus at approximately **3:00 pm**.
- Students are excused from class and athletic practices on Wednesday.
- All meals will be provided. If your daughter has special dietary needs, please contact **Mrs. Campana by Wednesday, September 2, 2026.**

1. **PERMISSION SLIP: Both students and parents must complete by Wednesday, September 2, 2026.**
   Students:
   - Please log on to the Student Portal
   - Click the yellow "You have "x" Form(s) to Review" at the top of the page.
   - Click "Review" next to the form called **"Sophomore Class Retreat Permission: 9/16/26–9/17/26."**
   - Enter required information, your e-signature, and submit.

   Parents:
   - Please log on to the Parent Portal
   - Click the yellow "You have "x" Form(s) to Review" at the top of the page.
   - Click "Review" next to the form called **"Sophomore Class Retreat Permission: 9/16/26–9/17/26."**
   - Enter required information, your e-signature, and submit.

2. **MEDICAL FORM FOR MEDICATIONS: Due Wednesday, September 2, 2026.**
   A Sacred Heart Authorization for Medication on a School Trip form must be completed for any student who will need to take medications outside of the regular school day while on the retreat. Please complete

and return this form along with the needed dose of medication in the original prescription bottle to the Health Office. Please only send the dose needed for the trip.

3. **PACKING LIST**

   Linens and towels for showering will be provided. Please pack lightly and bring only what you will need for the retreat. Suggested items include:

   - Comfortable, casual clothing for two days
   - A sweatshirt/jacket for cooler evenings
   - Sneakers or comfortable walking shoes
   - Toiletries and personal items
   - Refillable water bottle
   - Journal and pen
   - Snacks for the bus and for between meals. All meals will be provided.
   - Any necessary medications (fill out form listed above)

We look forward to sharing this time of reflection, renewal, and community with your daughters. Thank you for your continued partnership and for supporting the mission of Sacred Heart Greenwich.

Kindest regards,

Mrs. Meghan McMahon
Head of Upper School

Mrs. Marian Sofia Campana
Director of Campus Ministry
Theology Department Chair, US Theology Teacher