SACRED HEART
GREENWICH

"Make prayer your delight; there you will find rest and happiness." ***Madeleine Sophie Barat***

Dear Class of 2027 and Parents,

In keeping with the Goals and Criteria of Sacred Heart schools, we emphasize experiences that help students "develop a personal and active faith in God." A retreat is one such experience—a time for students to step away from their daily routines, renew their minds and hearts, and engage in reflection and prayer. Retreats also provide an important opportunity for students to strengthen their sense of community as a class. Because retreats are an essential part of the Sacred Heart Greenwich experience, attendance is required for all Upper School students each year.

The Senior class retreat will be an overnight program at **Quinipet Retreat Center in Shelter Island, New York.** The girls will have time for small group discussions, individual contemplation, and a class liturgy.

- **Wednesday, September 9**: Students meet at the bus loop **promptly at 6:00 am.**
- **Thursday, September 10:** Students return at approximately **3:00 pm**.
- Students are excused from class and athletic practices on Wednesday.
- All meals will be provided. If your daughter has any special dietary needs, please contact Mrs. Campana by **Wednesday, September 2, 2026.**

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1. **Permission Slip: Both students and parents must complete this permission slip 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 **"Senior Retreat Permission Form: 9/9/26 - 9/10/26."**
- 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 **"Senior Retreat Permission Form: 9/9/26-9/10/26."**
- Enter required information, your e-signature, and submit.

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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.

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3. **<u>Packing List</u>**
   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
   - Bathing Suit/Beach towel–in case you want to go in the water
   - 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 embarking on this journey alongside your daughter and thank you 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