

The Tuesday Newsletter



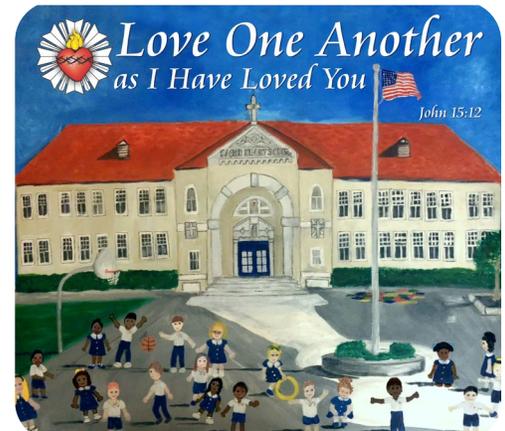
Sacred Heart of Jesus School is a diverse community dedicated to educating the body, mind and spirit.

WEEKLY NEWS FROM SACRED HEART OF JESUS SCHOOL

NOVEMBER 10, 2020

CALENDAR PEEK!

- 11.09-11.20 **SCHOLASTIC BOOK FAIR**
- 11.10 **TIGER SHOP OPENS**
- 11.10 **EXECUTIVE BOARD MEETING**
- 11.11 **SCHOOL MASS (GRADES 3-5)**
- 11.11 **FINANCE COMMITTEE MEETING**
- 11.12 **BIRTHDAY FREE DRESS**
- 11.13 **PROGRESS REPORTS**
- 11.13 **PAJAMA DAY FOR 2ND, 5TH AND 8TH GRADE**
- 11.13 **HOME & SCHOOL MEETING**
- 11.17 **MEN'S CLUB MEETING - Parish Hall, 6 pm**
- 11.17 **ADVISORY BOARD MEETING**
- 11.18 **SCHOOL MASS**
- 11.20 **GRANDPARENT'S DAY & EARLY DISMISSAL**



Artwork by retired Sacred Heart of Jesus School art teacher Dorothy Calandro

Catholic High School
OPEN HOUSE
November 12, 2020



WHAT'S HAPPENING!

SCHOLASTIC BOOK FAIR: The Scholastic Book Fair is all virtual this year. Please [click here](#) to shop online to support our school library.

TIGER SHOP: The Tiger Shop is open until December 1. Orders are estimated to arrive December 16. Be sure to get your cold weather items before it gets too cold. [Click here](#) to shop.

PAJAMA DAY: The winners of the Red Ribbon Week canned food drive are 2nd grade, 5th grade and 8th grade. Students in these grades are invited to wear their pajamas to school this Friday, November 13. If your class didn't win don't worry. You have another chance to win next week with the Sacred Heart cheerleader food drive.

CANNED FOOD DRIVE: The Sacred Heart cheerleaders will be holding their annual canned food drive next week, November 16-20. The winning class will receive a prize the week we return from Thanksgiving break.

THE SCHOLASTIC BOOK FAIR IS GOING ON NOW!



Continued on page 2

WHAT'S HAPPENING! (CONT'D)

SACRED HEART PARISH MESSENGER: The Sacred Heart of Jesus Parish Messenger for the week of November 1 is available. Click [here](#) to access the newsletter.

COMING SOON: "Growing in Holiness" Video Series for Advent beginning November 20. Please see flyer on page 6 for more information.

GRANDPARENT'S DAY: Grandparent's day is Friday, November 20. Much like everything else this year, it will look a little different. We plan to video each class singing their song on a specific day during the week of November 16-20. We will send a link of the final video to all families on Friday, November 20. We are asking that the students come dressed in jeans and their grade specific colored shirt on the day that we plan to video them. Look for an email with more information and a schedule later this week. See list below for shirt and accessory details.

Grandparent Day Attire:

Pre-K - Jeans with red, white and/or blue shirt with patriotic accessories

Kindergarten - Jeans and white shirt angel wings or halo accessories

1st Grade - Jeans and plaid shirt with suspenders, yellow hair ribbons, and/or a hat

2nd Grade - Jeans and red, pink or white shirt with valentine or heart accessories

3rd Grade - Jeans and Tye-dye shirt with peace sign and tye-dye accessories

4th Grade - Jeans and neon shirt and accessories

5th Grade - Jeans and black shirt with sunglasses (the crazier the glasses, the better)

6th Grade - Jeans and solid red, yellow or blue colored shirt with western themed accessories

7th Grade - Jeans and rainbow colored shirts with rainbow accessories

8th Grade - Jeans and LSU or SHS tiger shirt and tiger accessories

THANK YOU: Thank you to all who have donated to our Annual Giving Campaign. So far we have raised \$29352.50! See page 7 for a complete list of donors. If you would like to donate online, please [click here](#).

NEWS TO THE EDITOR. Do you have news for The Tuesday Newsletter? Please email news to Wendy Miam (WMilame@SacredHeart-BR.com) by 1 p.m. the Monday prior to publication.

Dear Lord, we honor our veterans, worthy men and women who gave their best when they were called upon to serve and protect their country. We pray that you will bless them, Lord, for their unselfish service in the continual struggle to preserve our freedoms, our safety, and our country's heritage, for all of us. Bless them abundantly for the hardships they faced, for the sacrifices they made for their many different contributions to America's victories over tyranny and oppression. We respect them, we thank them, we honor them, we are proud of them, and we pray that you will watch over these special people and bless them with peace and happiness. In Jesus' name we pray, Amen.





We are so thankful for our school, parents and students.

Charleston Wrap Fundraiser!



We are *wrapping up* our Charleston Wrap fundraiser!

If you have any questions please contact

Amy McCormick @
amy.mccormick1028@gmail.com

Are you interested in getting involved in our Home & School Association?



Let us know by sending an email to SacredHeartBRHandS@gmail.com



TIGER SHOP OPENS TODAY!!!

The Tiger Shop will be open starting TODAY and ends on Tuesday, December 1st!

Orders should arrive before Christmas!
Get your Tigers some Tiger Gear for Christmas!!

If you have any questions, contact
Jennifer Thibodeaux at jthibodeaux@catholichigh.org or
Jennifer Broussard at jenncbroussard@gmail.com



NOVEMBER
BIRTHDAYS

11/06 - Nurse Geri Pearson, R.N.

A MESSAGE FROM NURSE GERI

Happy Fall Ya'll Part 6: Pandemic Fatigue, The Governor, and the Holidays

It has been over 10 months since we first began hearing about Covid-19 and nearly eight months since we had a stay at home order in Louisiana. Over the course of that time, it is no surprise that many of us have started to feel deflated and tired of the pandemic and the ever-changing restrictions that, while wholly necessary, make life less enjoyable.

If you are feeling this way, understand that you are not alone. The World Health Organization reports that there are so many people globally experiencing this apathy that they have developed a new term for it 'pandemic fatigue'. It is estimated to have reached over 60% of us.

What Is 'Pandemic Fatigue'?

The World Health Organization (WHO) defines it as "demotivation to follow recommended protective behaviors, emerging gradually over time and affected by a number of emotions, experiences and perceptions". The organization says it is a "natural response" to a prolonged global health crisis, especially at this stage. It manifests itself in an unwillingness to follow guidelines and recommendations, such as social distancing with friends or mask-wearing, a decreased effort to remain informed about the pandemic, and the possession of lower risk perceptions related to Covid-19.

When the virus first hit, we tapped into our 'surge capacity', "a collection of mental and physical adaptive systems that humans draw on for short-term survival in acutely stressful situations. As the pandemic continues, we find other ways of coping. Fatigue and demotivation can often be the result. There are many reasons why we might be feeling apathetic towards the virus at this stage. The first is that the perceived threat of the virus might have decreased in our minds as we become used to its existence. This is despite medical data pointing to the opposite. Ten months into the situation, we are more likely to feel the financial, social, and personal losses that come because of preventative measures such as lockdowns and restrictions. "For some people, the balance may shift, and the perceived costs of the response may start to outweigh the perceived risks related to the virus," says a WHO report.

Also, as restrictions continue or change in a way, we feel we have little control over, we might feel an increased desire for freedom and self-determination.

WHY IS IT A PROBLEM?

WHO has published a lengthy report aimed at reducing this demotivated sensibility because, weary though we all are of the virus, we must continue to fight it. "[Pandemic fatigue] poses a serious threat to efforts to control the spread of the virus," says WHO. "Until a vaccine or effective treatments are available, public support and protective behaviors remain critical for containing the virus. The gains that each nation collectively achieved through lockdowns and other measures – sometimes at high social and economic costs – must be safeguarded."

SO, HOW DO WE COMBAT IT?

Feeling a sense of community is key.

- Understand people by measuring public opinion regularly and acknowledge their hardship
- Involve communities in discussions and decisions as part of the solution
- Allow people to live their lives, but reduce their risk by looking at innovative ways to meet continuing societal needs - for example, delivering meals to vulnerable people or organizing virtual catch-ups"
- Remember why you are maintaining the course; including protecting your family, vulnerable people, and your community.

The Governor, Extension of Phase Three and the Holidays

On Thursday, November 5th, Governor John Bel Edwards extended Phase 3 in Louisiana until Dec. 4. He urged people to consider their holiday plans carefully so the state can continue to make progress. Through contact tracing, a growing number of cases are caused by small gatherings. While there is no agreement on what number constitutes “a small gathering”, the World Health Organization has mentioned the number in a small gathering to be between 5-30 people.

Five people? With my husband and three kids, we are a small gathering! I guess my daughter's boyfriends will not be invited to Thanksgiving this year!

“The mitigation measures we have in place are slowing the spread of COVID and saving lives and now is not the time to let up,” Gov. Edwards said. “All Louisianans need to continue to work together to slow the spread of COVID in our state and keep hospitalizations down so that we do not risk our ability to deliver health care to our people. We have now seen three consecutive days of increasing hospitalizations. As we move into the holiday season, it is important that people do not let their guard down. We have seen COVID spread because of small, private gatherings at people’s homes and everyone should be focused on minimizing their risk and protecting their loved ones.”

The last sentence sounds like the advice we are seeing to battle pandemic fatigue. It is easier said than done isn't it? I have already mentioned several times that my greatest hardship with the pandemic is the holidays. My family is loaded with traditions, visiting, and eating activities. I miss traveling to see my friends, too. I just keep tell myself, “Not forever, just not now.”

Wishing you the Peace of Christ to guard you against pandemic fatigue,

Nurse Geri



COMING SOON

**“To His Sacred Heart”
Video Series for Advent**

Are you ready for Advent? Do you have what you need to grow in faith and love of God more deeply during this Holy Season of the year? Our parish would like to give you a gift of a video series called “Growing in Holiness.”

The Advent video series was born from the inspiration of a parish rosary group that meets weekly to support one another in growing in faith. Their desire was to make a video series for Advent to encourage and support others, including the parishioners of the Sacred Heart community.

Each Friday beginning on November 20th, we will share a video link at www.sacredheartbr.org to a topic on “Growing in Holiness.” These videos are short inspirations to encourage your growth to a holy life for the following week. Each video will include (1) supportive spiritual information about a weekly topic, (2) interviews with Sacred Heart parishioners and (3) a prayer for reflection for the following week to guide you in your quest for holiness during Advent.

Below is our schedule:

Week of Christ the King – *“Growing in Holiness”* – to be released on November 20.

First Week in Advent – *“Growing in Holiness Through Prayer”* – to be released on November 27.

Second Week in Advent – *“Growing in Holiness Through Mary”* – to be released on December 4.

Third Week in Advent – *“Growing in Holiness Through Reconciliation”* – to be released on December 11.

Fourth Week in Advent – *“Growing in Holiness Through the Eucharist”* – to be released on December 18.

We would like to make sure that all of our parishioners receive this gift. There will be two ways to view the videos.

First, a weekly email can come to your inbox with Father Walsh’s sermon and a link to the weekly video. We would like to make sure that we have the correct email address for everyone in our parish who wishes to receive these, so please go to the parish website at sacredheartbr.org and go to the link Join our Email List to make sure your email is correct or to add your email if you have not already signed up. If you are unable to do this you may also contact Tiffany Dykes in the parish office at TDykes@sacredheartbr.org and she will assist you with getting your email in the system.

Second, the videos will be posted on Sacred Heart Church’s website at www.sacredheartbr.org each week for viewing and will remain on the parish website in “Links & Resources” under the “Get Involved” tab for future viewing as well. We encourage you to share this series with others, through email, social media, or text links.

The Spiritual Life Commission and the Come to the Water Rosary group wish you a very blessed Advent season during a year that has been challenging to so many in our community.



The 1929 Society

Anonymous
Marilee and Joshua Andrews
Katie and Greg Bodin
Rachel and Ron Ceruti
Clare Coulon
Amy and Gaines Daughdrill
Maria "Re" '67 and David DiVincenti
Dennise and Michael Kearney
Laurie and Joey Landry
Langley and Jordan '05 McClay
Cecilia and Jeff Methvin
Christina '95 and Joe O'Brien
Paulette and Mike '64 O'Brien
Jennifer and Scott St. Cyr

Sisters of St. Joseph

Archana and Venkat Banda
Frederick "Rickey" Esnard '60
The Louis Mechanical Family
Petra and John Hendry
Peggy and David Whatley

Monsignor Dominic Blasco

Anonymous (3)
Lisa and Clark Cosse'
Tommy Holliday '56
Suzette and Larry Mieske
Kathryn and Cliff Mount
Risa and Tim Mueller
Sisters of St. Joseph

Friend of Sacred Heart

Anonymous (8)
Peter W. Arbour '62
Travis Arledge
Lisa Arnett
Debbie Bennett '83
Beverly Culotta Bourdier '52
Michele Broome
Kelly and Darrell Broussard
Candice Brooks
Maggie Calandro '08
Robert DeMeulenaere
Becky '63 and Louis '62 DeJohn
John Doiron

Diane and Thomas Duncan, III
Tiffany and Brian Dykes
Elizabeth Evans House
Bishop Shelton Fabre
Rayma and Ryan Farlow
Allison and James Fisher
Ellen and Larry Gilmore
Peggy Gray
Caroline Groos
Michelle and Rodney Heine
Beverly F. Jackson '47
Sallie Kay Percy Janes '61
Jeffrey M. Kadair '68
Phyllis and Phil Kerr
Neal King
Lacey and Reid Lamy
Sr. Joan LaPlace
Taylor Leonards
Katie Leopold
Deborah Matirne
Campo E. Matens '56
I.J. McCoy '53
Judy McGuire
Jackie McHardy
Norma Morales
Wendy Milam
Amanda Moran '09
Nancy Braud Morgan '48
Michelle Newman
Cindy and Trey '84 Ourso
Joey and Hannah Owens
Geri Pearson
Amy Pickenheim
Sue and Wallace Powelle
Brooke Robinson
Janis and Robert Roux
Nicole Salassi
Barbara and Philip Schmitt
Liz Barber Spreen '85
Sorphorn and Ace St. Romain
Elise and Dan Stari
Terrie and Edmund Sterling
Mr. and Mrs. F. L. Stewart
Ken Tuminello
Fr. Miles Walsh
Carol Wilfert
Tammy Williams

In Memory of

Mr. and Mrs. Harry W. Barber, Jr.
Liz Barber Spreen '85
Charlie and Angie Campagna
Anonymous
Mamie and Frank Culotta
Beverly Bourdier '52
Mrs. Virgil D'Armond
Anonymous
Michael S. DiVincenti, III
The Louis Mechanical Family
Michael S. DiVincenti, III
Becky '63 and Louis '62 DeJohn
Dr. Dan Fourier, Sr.
Anonymous
Ruby and S.M. Kadair
Jeffrey Kadair '68
Bob and Adrienne Percy
Sallie Kay Percy Janes '61
The Sisters of St. Joseph
The Sisters of St. Joseph
Thomas McGuire, Jr.
Judy McGuire
Louis W. McHardy
Jackie McHardy

In Honor of

Huey St. Romain
Sorphorn and Ace St. Romain
Caden'22 and Quinn'27 Bland
Dennise and Michael Kearney
Ben'16 Caro'20 and Cecilia
Bookman'21
Ellen and Larry Gilmore
Sr. Patricia Sullivan
The Sisters of St. Joseph

* Every effort is made to assure that names are listed correctly. If an error is made or a name omitted, please contact Wendy Milam (WMilam@SacredHeartBR.com)