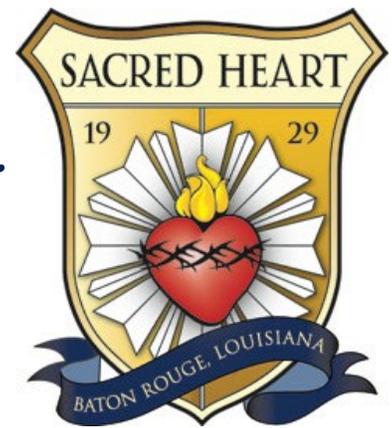


# The Tuesday Newsletter



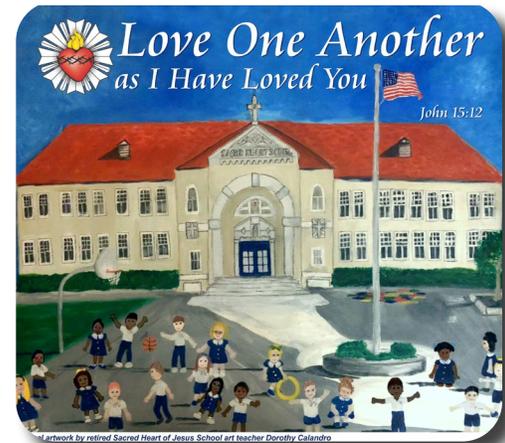
*Sacred Heart of Jesus School is a diverse community dedicated to educating the body, mind and spirit.*

WEEKLY NEWS FROM SACRED HEART OF JESUS SCHOOL

JANUARY 12, 2021

## CALENDAR PEEK!

01.06-29	<b>RE-ENROLLMENT CONTINUES FOR CURRENT STUDENTS</b>
01.06	<b>MASS (GRADES 6-8)</b>
01.14	<b>BIRTHDAY FREE DRESS (JANUARY BIRTHDAYS)</b>
01.18	<b>MARTIN LUTHER KING, JR., HOLIDAY</b>
01.21	<b>OPEN HOUSE</b>
01.21	<b>2ND GRADE FIRST RECONCILIATION</b>
01.26	<b>OPEN HOUSE</b>
02.01	<b>BEGINNING OF BLACK HISTORY MONTH</b>
02.01-5	<b>CATHOLIC SCHOOLS WEEK</b>
02.05	<b>SPIRIT SHIRT DAY</b>
02.05	<b>PROGRESS REPORTS</b>



## WHAT'S HAPPENING!

*By...Cecilia Methvin*

I don't know how long it will last, but I am getting some great use out of my new pompom hat this week at carpool duty! The drop in temperature means people are staying inside a bit more, so it's important to continue all of our safety procedures with extra vigilance. I want to thank all of you for following COVID protocols, even when your children are away from school. While COVID positive numbers around us increase, our rate of infection remains very low with only two positive cases thus far in December and January. Fortunately, the infections occurred during the Christmas break, so no faculty or students were quarantined as a result of those cases. We pray for those who are ill, that they heal quickly and without complications, and we pray that no others are infected.

As you review the spring calendar, please note the Mardi Gras parade will be held as scheduled with safety modifications in place. In addition, Mrs. Spiller, our music teacher, is working to add virtual performances with some of our classes. Once we have those dates established, we will share them with you.

Most noteworthy is the addition of two virtual school days during the week of Mardi Gras break. As you know, we missed several days early in the school year due to weather concerns, and all but two were forgiven. We also delayed our start in August by two days. To fulfill our requirements of 178 school days, we must add two school days to the calendar. Those days can be added in May and extend our year beyond Memorial Day, or we can add two days to a holiday (Mardi Gras or Easter). I believe the least disruptive option that will fulfill our objective is to have **virtual** school on Thursday, February 18th and Friday, February 19th. The faculty will meet on Thursday afternoon of this week to discuss the logistics and they will be shared with you next week.

Please continue to pray for the health and safety of our Sacred Heart families, faculty, and staff.

*Continued on page 2*

## WHAT'S HAPPENING! (CONT'D)

**MARTIN LUTHER KING, JR., HOLIDAY:** School will be closed Monday, January 18, in observance of the Martin Luther King, Jr., holiday.

**OPEN HOUSE:** Do you have family and friends looking for a great school? Please tell them to look no further! We will open our doors Thursday, January 21 and Tuesday, January 26, to prospective families and students. Tours run from 9 a.m. until 1:30 p.m. [Click here](#) to sign up! *\*Due to COVID restrictions, tours will be scheduled one family at a time and will not be student-led.*

**NEED PIP HOURS?** You can earn an easy hour by referring a prospective family to one of our upcoming open houses. Please refer them [here](#) to sign up for a tour. Make sure they let us know that you sent them so we can credit you an hour.

**CATHOLIC SCHOOLS WEEK:** Catholic Schools Week is February 1-5. More information coming soon...

**CLASS PICTURES:** Please return your class picture order forms by this Friday, January 15.

**ATHLETICS:** Basketball season is here! Please read instructions on page 6 regarding new COVID rules and restrictions for attending games.

**SACRED HEART PARISH MESSENGER:** The Sacred Heart of Jesus Parish Messenger for the week of January 10 is available. Click [here](#) to access the newsletter.

**NEWS TO THE EDITOR.** Do you have news for The Tuesday Newsletter? Please email news to Wendy Milam ([WMilame@SacredHeartBR.com](mailto:WMilame@SacredHeartBR.com)) by 1 p.m. the Monday prior to publication.

**NOW OFFERING PRIVATE TOURS:** If you know of someone that may be interested in our school, please refer them to Langley McClay ([LMcClay@SacredHeartBR.com](mailto:LMcClay@SacredHeartBR.com)) to set up a private tour.



**Blessed Lord**

*we pray today for our nation...*

Give our country peace; let us live in joy

Give our country wisdom; let us live in faith

Bless everyone who celebrates today

A nation with generosity of spirit

And grace of purpose: Amen.



2021

IS OFF TO A GREAT START!!  
KEEP UP THE GREAT WORK!!



Thank you!

Committee Chairpeople

Room Parents

& all our Volunteers

We are half way through this school year!!!

Y'all are the best!

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

Let us know by sending an email to  
[SacredHeartBRHands@gmail.com](mailto:SacredHeartBRHands@gmail.com)



HAPPY  
BIRTHDAY

1/03 - Mrs. Owens - 1st Grade  
1/13 - Mrs. Leonards - Librarian

## A MESSAGE FROM NURSE GERI

### How to Help Children Build Resilience in Uncertain Times

I wish I had a dime every time a student came into my office this year asking, "Can I just stay in here for 10 minutes?" As the pandemic wears on, children and adults alike are feeling the weight of a prolonged stressful event. As parents, we want to protect our children from witnessing the fear and uncertainty brought by the COVID-19 pandemic. We wish we could take away the disruption to their education, activities, and relationships. We wish they were not exposed to suffering.

We cannot control these circumstances, but we *can* work to strengthen our relationships during this time while building our children's resilience. We *can* remember to say what so many of our grandparents said to us: "This too shall pass, and you'll get through this with me by your side." The best way to protect our children is to shape the lessons gained during this difficult time. We do best when we intentionally manage our own feelings and experiences with an eye toward helping them build resilience. In the upcoming weeks, I will write more on the topic of building resilience. In the meantime, below are some of the feelings many of us are experiencing, paired with the chance they offer us to model and teach lifelong resilience skills.

#### **"I feel like I am failing": Learning self-forgiveness.**

Perfection is not an option here. If you forgive yourself and focus on the good in yourself through self compassion, your child or adolescent will learn to be a bit gentler with themselves. That is lifelong protection.

#### **"My kids are frustrated, and so am I": Learning to empathize.**

One of the most respectful things we can do is genuinely understand someone else's point of view. The best way for children to gain this perspective is by benefiting from it firsthand. You build their empathy for others by working to understand their thoughts, feelings, and behaviors.

#### **"I don't know how to handle how I feel": Processing and releasing emotions.**

A time of uncertainty with heightened emotions is the time to show that emotions are not to be ignored. Our children must learn from us that having emotions is good, talking about them is necessary, and being honest with them is healing.

#### **"I want to pull my hair out": Creating a haven within our homes.**

You can love your child and still sometimes want to tear your hair out. We all have bad days when the stress load is high, and it is high now. We cannot control the outside world, but we create sanctuaries within our homes. With peace in our homes, we can better handle the outside world.

#### **"I need a timeout": Being a calming presence for others.**

In moments when the future is unclear and our minds begin racing toward worse case scenarios, the presence of a reassuring voice makes all the difference.

#### **"I don't know how to respond": Being clear and honest with yourself and others.**

Say what you do know. Admit what you do not.

**"My mind feels out of control": Maintaining physical health strengthens emotional health.** Strong bodies support our minds to best navigate the circumstances we confront. Say out loud: "I can't just sit on the couch all day. I am going to exercise. If I do not take care of my body, I can't focus as well."

#### **"I keep thinking about the worst-case scenario": Stay present and live in reality.**

Uncertainty can make our minds race to the worst possible outcome. Catch those thoughts and say, "I am imagining the worst. Let me focus on what is really happening." Young people can assume the worst because they have not *yet* had the experience to know that crises come and go. Let them know "You'll get through this with me by your side."

**“I feel helpless”: Finding what you can do.**

Few things create discomfort more than feeling like there is too much to do...or nothing you can do at all. And few things restore comfort more than tackling what you can. Model the importance of one of the most calming words: “Yet.” “I’ll NEVER \_\_\_\_\_!” can transform into “I haven’t \_\_\_\_\_ yet.” Do not accept failure or disappointment as permanent but instead view setbacks as opportunities to try *yet* again.

**“I can’t do everything”: Learning to let go.**

Stay healthy, strong, and compassionate. Take care of those who are vulnerable. Let family members know they are precious. Do what it takes to keep a roof over your head and food on the table. Everything else can wait.

**“I am so disappointed”: Find joy, give service, and maintain purpose.**

Help your children see the difference they can make in others’ lives and how good it feels to give service. This may enhance their own resilience because they will learn the joy of giving. More important, they will learn there is no pity in receiving.

**“I had so many plans that aren’t working out”: When you cannot change things, adapt.**

Many of our plans are not working out. Focus on what you *can* make a reality and what you *can* do.

**“I miss my family and friends”: Relationships strengthen us.**

This is a generational defining moment. If this generation learns that when times get tough, people unify, it will be the generation who can lead us into a better shared future--one in which we hold those we love nearer and offer those who are vulnerable the extra support they deserve.

**“Will things ever be the same?”: Hope.**

Resilience is about more than bouncing back. It is about adapting. Growing. Becoming stronger. Being ready for the next challenge, but also being prepared to savor all the good life has to offer. I hope that by the time you read this, the most difficult times will have passed. I also hope that these lessons endure.

Uncertainty is frightening but knowing that we are not alone to figure it out brings comfort. Any individual alone is vulnerable but joined together we are stronger than the combination of each of our individual strengths. People together can take turns between drawing strength from others and being a source of strength.

Our Sacred Heart community is strong. As with challenges in the past, we will get through this together.

Nurse Geri

## A message from Athletic Director Allyson Thibodeaux

We are thrilled that basketball season is actually going to happen! In order to keep everyone safe, CSAA has established COVID guidelines that MUST be followed at every game and practice. The coaches and athletes have been working hard to implement the requirements in practice; now we need to let you know what is expected of the fans.

Attached is the required CSAA COVID guidelines. Please review carefully.

1. 6th Grade game (1st game of the night): With 25% capacity, our gym can only hold forty-two (42) fans. This 42 number includes fans from the visiting team. Each fan will be counted and temperature screened at entry. When the 25% capacity number is reached, no other fans will be allowed in the gym. Please consider limiting the number of attendees in order to allow everyone the opportunity to enjoy their son's game. I will email each of you the day before the game to find out how many will be attending so the visiting team will know in advance how many fans they can bring. No 7th grade parents or fans will be allowed in the gym during the 6th grade game.

2. Immediately upon completion of the 6th grade game (1st game), the team & coaches will exit the game via the exit door by the girls bathroom. The team benches will be sanitized so that the 7th grade team can quickly enter & begin warming up for their game. ALL fans MUST exit immediately behind the 6th grade team so that the bleachers can be sanitized. When this process is completed, the 7th grade fans will follow the same procedure as the 6th grade fans (see above).

**We have a maximum of fifteen (15) minutes to complete this process so everyone must exit quickly!**

3. Immediately upon completion of the 7th grade game, the same procedure as above will be followed. If you will be attending multiple games, you will only be charged one entry fee.

This is asking a lot of fans, players, coaches & volunteers but this is the only way to enjoy our basketball season. Again, please study the guidelines and be familiar with everything before game night. We will need everyone's assistance in order to have this run smoothly. And more importantly, keep everyone healthy.

Geaux Tigers,  
Allyson B. Thibodeaux

