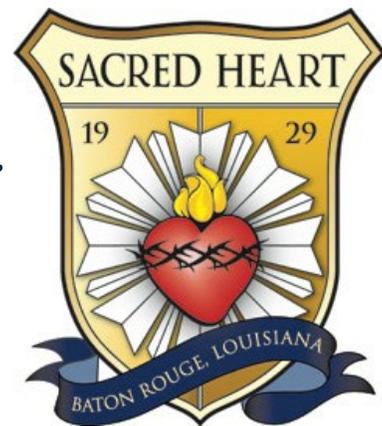


The Tuesday Newsletter



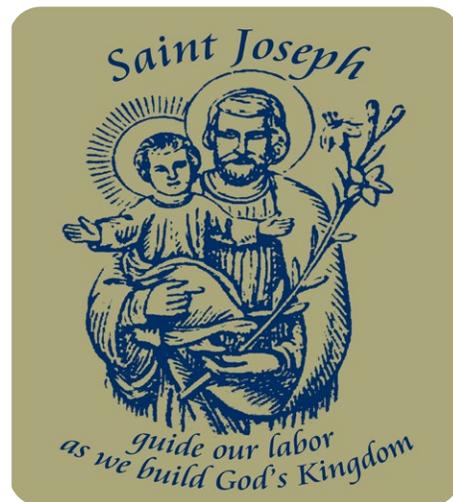
Sacred Heart of Jesus School is a diverse community dedicated to educating the body, mind and spirit.

WEEKLY NEWS FROM SACRED HEART OF JESUS SCHOOL

AUGUST 10, 2021

CALENDAR PEEK!

- 08.11 **MASS**
- 08.15 **BACK TO SCHOOL AFTERNOON 2-4 PM**
- 08.16 **TIGER SHOP CLOSURE**
- 08.18 **MASS**
- 08.25 **MASS**
- 08.26 **INDIVIDUAL YEARBOOK PICTURES**
- 08.27 **BIRTHDAY FREE DRESS**
(July and August birthdays)
- 09.03 **SPIRIT DRESS DAY**
- 09.06 **LABOR DAY HOLIDAY**



PRINCIPAL'S POST

By: Cecilia Methvin

What an exciting (and hot!) first day back to school! It was very apparent how much the students missed each other and their teachers, and how much the teachers missed their students. Our middle schoolers were especially excited to be in their newly renovated classrooms, which you will get to soon see in person. It must have been a big day for teachers and students alike because I opened our assembly by asking, "Who took a nap after school yesterday?" Most middle schoolers, first and second graders, and teachers raised their hands!

Our Back to School event will be on Sunday, August 15th; however, we are still working to determine the safest way to present to you. Details will be sent via email and posted on our website by Thursday morning.

The 2021-22 Parent-Student-Athletic Handbook is posted on the website. Please review it carefully and note the highlighted portions, which are revisions for the current year. All students and parents must sign and return the Acknowledgement Form at the back of the handbook. If you return your signed copy to the homeroom teacher of your oldest child by Monday, August 16th, your child/ren will earn a Free Dress Day on Friday, August 20th!

We look forward to working together as a community this year with our theme in mind:

St. Joseph, guide our labor as we build God's Kingdom.

BACK TO SCHOOL AFTERNOON More detailed information regarding Back to School Afternoon will be emailed later this week.

PARENT-STUDENT HANDBOOK ACKNOWLEDGEMENT FORM If you have not already done so, please sign and return the Parent-Student Handbook Acknowledgement Form (located on page 56 of the [handbook](#)) before Monday, August 16. If you return your signed copy to the homeroom teacher of your oldest child by Monday, August 16th, your child/ren will earn a Free Dress Day on Friday, August 20th! You may also email a picture of your signed form to Alexis Williams (AWilliams@SacredHeartBR.com).

TIGER SHOP! Our Tiger Shop is open until Monday, August 16 at midnight! [Click here](#) to shop for some fun spirit gear and don't forget to purchase the green St. Joseph spirit shirt to wear on our spirit shirt days.

DOES YOUR YARD NEED FRESH DECOR? If you are in need of a new Sacred Heart yard sign, please email Christina O'Brien at CObrien@SacredHeartBR.com.

BIRTHDAY FREE DRESS PASSES Students celebrating July and August birthdays will enjoy their free dress pass on Friday, August 27. Appropriate dress includes blue jeans, capris, shorts (no shorter than 4 inches above the knee and no athletic shorts), loose-fitting tops (no tank tops or spaghetti straps), tennis shoes (no sandals or boots). Questions? Contact Alexis Williams AWilliams@SacredHeartBR.com.

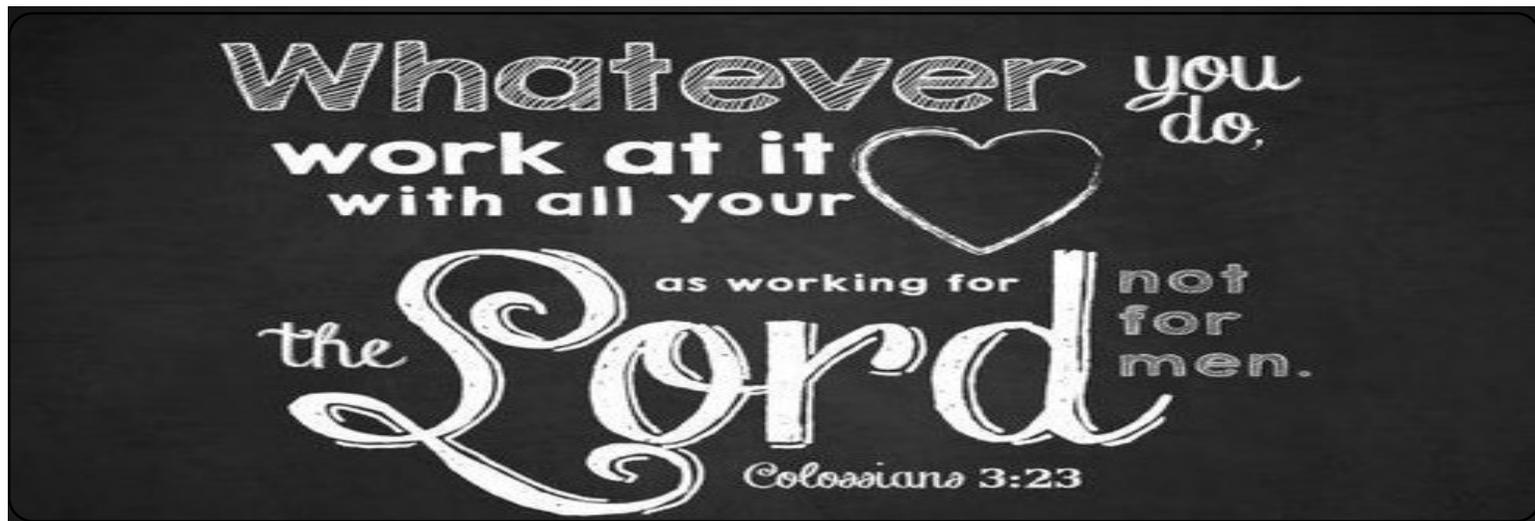
SACRED HEART OF JESUS ST. VINCENT DE PAUL FOOD PANTRY Sacred Heart of Jesus St. Vincent de Paul Food Pantry serves people in need who live within the geographical boundaries of Sacred Heart of Jesus Parish. Food pantry collections are made each Wednesday during our school liturgy. Students, faculty, and staff donate non-perishable food items and are a major source of donations. While all donations are accepted, the pantry is in particular need of tuna, canned vegetables, canned fruit, and beans. Thank you so much for your support.

THE TUESDAY NEWSLETTER We look forward to communicating with you each week via The Tuesday Newsletter. Parents will receive a newsletter in their inbox at the email address provided in their RenWeb account. We are happy to send the newsletter to other family members or interested parties. Simply email Wendy Milam (WMilam@SacredHeartBR.com) and provide the name and email address.

SACRED HEART PARISH MESSENGER The Sacred Heart of Jesus Parish Messenger for the week of August 8 is available. [Click here](#) to access the documents.

NEWS TO THE EDITOR Do you have news for The Tuesday Newsletter? Please email news to WMilam@SacredHeartBR.com by 1:00 p.m. the Monday prior to publication.

SOCIAL MEDIA If you haven't already done so, be sure to follow us on [Facebook](#) and [Instagram](#).



SACRED HEART HOME + SCHOOL

NEWS AND REMINDERS

- **Carpool Reminder** - Thank you for the families who purchased reserved carpool spots at the auction! Please remember that the first four spots located directly in front of the school are reserved for the Campbell, Akin, Rawlinson and Bodin families and the first two spots at ELC are reserved for the Nnandi and Partin families.
- **Charleston Wrap Fundraiser** - Information is going home this week with your child regarding our Charleston Wrap Fundraiser. Happy Shopping!
- **Volunteer Opportunity** - Are you interested in getting involved in Home & School? Home & School needs to fill co-chair position for the Charleston Wrap Fundraiser. Please contact Karleen Green (karleen.green@phelps.com) or Katie Bodin (katiegbodin@gmail.com).
- **Tiger Shop** - Tiger Shop closes at midnight August 16. Don't miss out on ordering the spirit shirt for Spirit Shirt free dress days and all of the other Sacred Heart gear!!



HAPPY BIRTHDAY

August 18 - Cindy Deunckel (REACH Coordinator)

August 28 - Amy Pickenheim (Kindergarten Teacher)



ATTENTION! Please REGISTER NOW for Sacred Heart of Jesus School's fundraiser!

It's super easy! Please help support our fundraiser by following the steps below to register online today. When you register, we'll know you're committed to supporting our fundraiser and helping us reach our goals. To help our organization even more, send 10 email invitations to friends & family and spread the word about our need for help. With over 2,500 gift ideas, supporters can shop and accomplish all of their gift giving needs, all while supporting our important cause.

Will you follow the instructions below and register today? It's easy, it's simple, and it's important!

Here's how to register today and help us spread the word!

Invite friends and family (even if they're out of town), online orders ship directly to the purchaser!

Organization ID:

19710



Step 1: REGISTER at registercwr.com
(use organization 19710)



Step 2: Use our Email-Invite Generator to invite out-of-town friends & family to shop and support! Plus, share your unique invite links via text and social media.



Participant Registration



Is Your Water Bottle Clean? You might not think to clean your water bottle. If you are basically just filling it up with pure H₂O and you are the only one drinking from it, it should pretty much always be germ-free — right? Well, maybe not exactly.

What Happens if You Don't Clean Your Water Bottle? If you do not clean your bottle often enough, it can lead to a buildup of mold and bacteria, which can then negatively affect your health. Mold tends to grow in stagnant water, and since the bottle is never sterile, bacteria can grow. Things that can increase bacteria or mold on your water bottle:

- drinking directly from the bottle (without the lid)
- bacteria from your hands and any surface your water bottle touches
- food particles from your mouth
- sweeteners or a sports drink
- not cleaning your water bottles

Is That Bacteria and Mold All That Harmful? If these organisms are being left behind because you are not washing your bottle, you can get sick. Let's face it, many of us have taken a few sips from an unwashed bottle at some point and have been just fine. Initially, the symptoms of being exposed to bacteria and mold in the bottle may be subtle. You might not even realize it is coming from the dirty bottle. You may notice nausea and stomach upset, as well as fatigue and headaches. Over time, however, these symptoms would worsen, and you can become ill, have daily persistent gastric symptoms or allergy symptoms.

A Tiny but Widely Sited Study of Germs on Water Bottle Was Performed by Emlab P&K, an Environmental Testing Firm:

Lids from four types of reusable water bottles were tested. Each water bottle had been used by an athlete for a week without being washed. An average 300,000 colony-forming units of bacteria per square centimeter were found.

EACH CONTAINER'S BACTERIA BREAKDOWN

- Slide-Top Water Bottle carries around 933,000 colony-forming units per square centimeter. Half of the bacteria on those containers have the potential to harm. Along with gram-negative rods, the bottles harbored gram-positive cocci, which can lead to skin infections, pneumonia, or blood poisoning.
 - Squeeze Top Bottles had an average of 161,970 CFU. In total, more than 60 percent of the bacteria and germs found on the tested water bottles could potentially make the drinker sick.
 - Screw-Top Bottles had an average of 159,000 CFU.
 - Straw-bottles, on the other hand, surprised researchers with its low score of 25.4 units per square centimeter. Ranked as the second cleanest, they are not so bad for frequent use. This may be because water drips to the bottom of the straw rather than sticking around to attract moisture-loving germs.
- However, that is only 2 CFU/sq. cm less than the average home toilet seat.**

If this were a competition, stainless steel bottles would win it. Stainless steel has a weak antibacterial property. These water containers are not prone to developing germ-sheltering cracks. Still, stainless steel water bottles need to be cleaned daily.

No matter the material, your water bottle could be harboring harmful bacteria if you do not clean it regularly.

Things to Consider When Cleaning Your Water Bottle:

1. The best way to clean your bottle is with a bottle brush.
 - a. A bottle brush allows you to scrub all the way into the bottle to get it fully clean.
 - b. Make sure the brush you buy can fit into the water bottles you have.

- c. Do not forget to clean the brush regularly.
- 2. Cleaning Solutions
 - a. Soap and water and then rinsing until the water runs clear
 - b. A solution of half vinegar, half water overnight, then rinse and wash in the mornings
 - c. Baking soda and warm water before pouring boiling water in for a deep clean
 - d. A weak bleach solution (one tablespoon of bleach per quart of water)
- 3. Dry Your Water Bottle
 - a. Let your water bottle dry out overnight if possible.
 - b. Use a drying rack. A bottle drying rack can help your bottles dry properly so they are not moist when you put them back in your cabinet or bag.
- 4. If it is dishwasher safe, pop it in there with your dishes. Throw in the bottle brush while you are at it.
- 5. Do not wash out or reuse single use plastic water bottles.

What to Look for in a Water Bottle.

1. Large opening: Make sure your water bottle has an opening large enough for a brush to fit inside and that it is not too tall where a brush will not be able to reach the bottom. You want to be able to thoroughly clean it with the brush and have access to all the parts, including the bottom and sides. Bacteria can form biofilms on the walls of your bottle, [and] you want to be able to disrupt these biofilms and remove them with a brush, Plus, a wide-mouth bottle will dry much more quickly than one with a small mouth.
2. Water bottles without crevices and tough-to-clean spots are less likely to host germs.
3. Built-in straw: You might want to consider using a bottle with a straw built in.
4. Hands-free design: Avoid bottles where you have to use your hand to pop the lid (like a pop-up straw option), which makes it even easier for the germs on your hands to transfer to the mouthpiece of the bottle.

