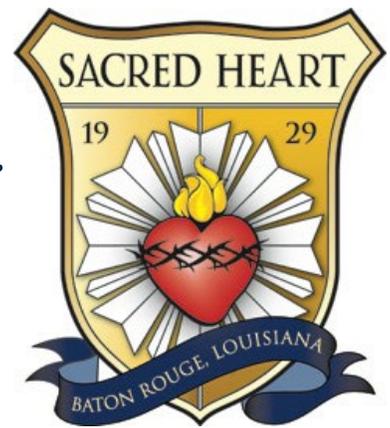


The Tuesday Newsletter



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

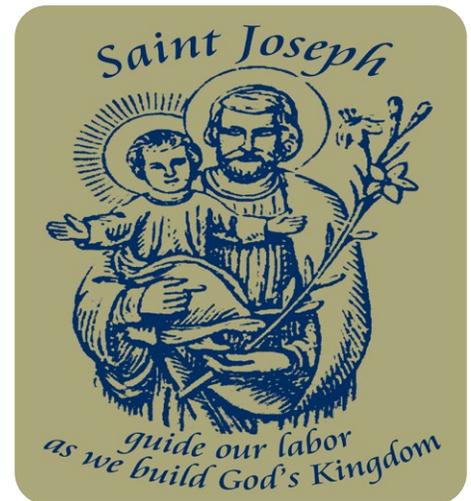
WEEKLY NEWS FROM SACRED HEART OF JESUS SCHOOL

NOVEMBER 2, 2021

CALENDAR PEEK!

- 11.03 **MASS** (8th grade mass leaders)
- 11.04 **GIRL SCOUT ROUND UP ASSEMBLY IN GYM**
- 11.05 **SPIRIT SHIRT DAY**
- 11.09 **FIELD TRIP TO LSU FOR WOMEN'S BASKETBALL GAME**
(8th graders and all girls basketball players will attend)
- 11.10 **MASS** (8th grade mass leaders)
- 11.12 **PROGRESS REPORTS**
- 11.12 **PEP RALLY** (2:00 p.m. in the gym)
- 11.12 **YOUTH MINISTRY NIGHT**

(See athletic calendar on page 2.)



PRINCIPAL'S POST

By: Cecilia Methvin

I would like to share our morning prayer from today's assembly:

"Today is All Souls' Day when we remember our relatives and friends who have died. Many of them are not famous, their statues are not in churches, but their pictures are in our homes and their stories are alive in our families. We know about their goodness and their struggles. They are alive in our hearts and in the way they affected our lives. We pray for them and we remember them with love.

God our creator and redeemer, by your power Christ conquered death and returned to you in glory. We pray today that all those we remember with love, who have gone before us in faith, may share in Christ's victory and enjoy the vision of Your glory forever. Amen."

From the book 500 Prayers for Catholic Schools and Parish Youth Groups

Please join me in praying for all of our friends and family members who have died this past year. May they enjoy eternal peace with our Lord and Savior, Jesus Christ.

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

GIRL SCOUT ROUNDUP: Thursday, November 4, Holly Coleman and representatives from the Girl Scout Council will have a 'pep rally' to recruit 1st - 5th grade girls to scouting.

STUDENT COUNCIL: During assembly this morning, students running for Student Council presented their speeches to grades 1 - 8. They will continue to campaign until Thursday when students vote. Stay tuned to our social media pages and next week's TNL to see who has been voted as Sacred Heart's President, Vice President, Secretary and Treasurer.

BOX TOPS APP: Box Tops for Education will no longer accept clipped labels. They only accept them digitally through an app. [Click here](#) for more information on how to submit box tops for our school.

ATHLETICS: CROSS COUNTRY NEWS: Congratulations to the cross country team for finishing out the season at the EBR Middle School Cross Country championship meet. It was at Highland Road park with perfect weather!! The following athletes made their personal record at this meet: Gianna Canezaro, Harrison Connolly, Hudson Giroir, AJ Jones, Adeline O'Neal, Jacques Parms, Kennedy Papillion (Also placed 10th at meet), and Amelie Schmitt. Thanks to the parents for all of their support! What an awesome season!!

GIRLS BASKETBALL NEWS: Last Thursday, we honored 8th graders Brennan Colbert and Jalaysia Queen at the last home game of the season. To make it even more special, they won 39-36 in overtime against St. Aloysius! Each of our girls basketball teams only have 1 game left this season (see schedule below). Come out and cheer for them before it's too late.

BIDDY SOCCER: The start of Biddy Soccer has been postponed until we have more parent volunteers. Email AThibodeaux@Sacred-HeartBR.com ASAP if you are interested in coaching.

FOOTBALL: The last football game of the season is this Sunday at Port Allen Middle School. Come cheer on the boys for their last game! **BOYS BASKETBALL:** Boys basketball practice starts next week!

SACRED HEART PARISH MESSENGER [Click here](#) to read this week's edition of the Sacred Heart of Jesus Parish Messenger.

THE TUESDAY NEWSLETTER We love to feature our families or students that do extraordinary things. If you have news for the Tuesday Newsletter, simply email Wendy Milam (WMilam@SacredHeartBR.com).

THE WIDE WORLD OF SACRED HEART SPORTS

GIRLS BASKETBALL

DATE	TEAM & OPPONENT	TIME	LOCATION
11.04	8th Girls Basketball vs. Holy Family	7:30 p.m.	Holy Family
11.05	3rd Girls Basketball vs. St. Jude - White	5:45 p.m.	St. Jude

FOOTBALL

11.07	4th Boys Football vs. St. Aloysius	12:00 p.m.	Port Allen Middle
11.07	6th Boys Football vs. St. Aloysius	1:30 p.m.	Port Allen Middle
11.07	8th Boys Football vs. St. Aloysius	3:00 p.m.	Port Allen Middle



SACRED HEART HOME SCHOOL



NEWS AND REMINDERS

- Who wants to have fun helping with the school's biggest fundraiser of the year?? Tiger Gala will be April 9, 2022. If you are interested in serving on the Tiger Gala committee, please contact Home & School Co-Presidents Karleen Green (karleen.green@phelps.com) or Katie Bodin (katiegbodin@gmail.com).
- Be on the lookout for Raffle tickets to go on sale later this month!



HAPPY BIRTHDAY

November 6 - Geri Pearson (Nurse)

Should You Give Kids Medicine for Coughs and Colds?

Although most colds in children don't cause serious complications, they can cause stress and worry in parents and caregivers. It's understandable that you might want to give your child medicine to treat a cold. But most children will get better on their own, and cough or cold medicine will not change the natural course of a cold or make it go away faster.

In addition, some cough and cold medicines can have serious side effects, such as slowed breathing, which can be life-threatening, especially in infants and young children. For those reasons, it's important to know when your child needs medication, which treatments are recommended, and when to do without medicine.

These days, cold and cough symptoms can be especially worrisome, because they could be symptoms of COVID-19, the flu, or other potentially serious illness. If you are concerned about COVID-19, talk to your child's health care provider.

Ways to Treat Colds in Infants and Children

Coughs are a normal symptom of a cold and help the body clear the mucus out of the airway and protect the lungs. Non-drug treatments for coughs include drinking plenty of fluids, especially warm drinks to soothe the throat.

The U.S. Food and Drug Administration offers these tips for relieving cough and cold symptoms in infants and children:

A **cool mist humidifier** makes breathing easier by decreasing congestion in nasal passages. Do not use warm mist humidifiers because they can cause nasal passages to swell and make breathing more difficult.

Saline nose drops or sprays keep nasal passages moist and help avoid stuffiness.

Nasal suctioning with a bulb syringe or a similar product, with or without saline nose drops, works very well for children younger than a year old. You can use them on older children too, but they often resist bulb syringes.

Acetaminophen or ibuprofen can be used to reduce fever, aches, and pain. Carefully read and follow the product's instructions on the Drug Facts label or talk to your pharmacist or health care provider about dosage.

Encourage children to drink plenty of liquids to **stay hydrated**.

Giving Children Cough and Cold Medicines

Over the counter (OTC) medicines are available to treat cough and cold symptoms. The FDA doesn't recommend OTC medicines for cough and cold symptoms in children younger than 2 because they could cause serious and potentially life-threatening side effects. Manufacturers voluntarily label these cough and cold products to state: "Do not use in children under 4 years of age."

Numerous OTC cough and cold products contain many ingredients that can lead to accidental overdosing. Learn about what drugs (active ingredients) are in a product by reading the Drug Facts label.

Nonprescription cough and cold products can be harmful to children if:

- They get more than the recommended dose or take the medicine too often.
- They take more than one product containing the same drug. For example, taking both a pain reliever containing acetaminophen and cough and cold medicine containing acetaminophen.

How can you be sure to give the correct dose? The FDA encourages drug manufacturers to provide a dosing instrument, such as a syringe or a cup, marked with the correct measurements. Use them—and not household spoons or tools from other medications—to measure medication.

Don't give children medicines that are packaged and made for adults because adult medicines may overdose a child.

There Are No FDA-Approved Homeopathic Products

At your pharmacy and online, you may see other cough and cold medicine being sold for children advertised as homeopathic. It's important to note that these homeopathic products are drugs because they are intended to treat or mitigate colds, even though some of these products might look like dietary supplements.

Homeopathic products are generally labeled as containing very small amounts of highly diluted substances, including ingredients from plants, animal or human sources, bacteria, minerals, and chemicals. The FDA has found that some of these products contain active drug ingredients in levels that far exceed the amount stated on the product's label and could cause significant harm to children.

There are no FDA-approved homeopathic products, and homeopathic products sold in the U.S. have not met the FDA's requirements for safety and effectiveness. The FDA is not aware of any proven benefits of these products and urges you *not to give homeopathic cough and cold medicine to children younger than 4.*

In certain instances, children younger than 4 who took these products have experienced serious side effects, some of which required hospitalization, including:

- Seizure, allergic reaction, and difficulty breathing.
- Low blood potassium and low blood sugar, which may result in headache, crankiness, drowsiness, and weakness.

These serious side effects occurred soon after children took a homeopathic cough and cold product; however, it is not always possible to know whether a reported side effect was caused by a medicine.

When to Call a Doctor

Not every sniffle or cough merits a trip to the doctor's office. When in doubt, call your health care provider.

Some symptoms can signal that your child may have something more serious than a cold. For all children, call a doctor if you see any of these symptoms:

- A fever of 100.4 degrees Fahrenheit or higher in an infant 2 months or younger.
- A fever of 102 degrees Fahrenheit or higher in children at any age.
- Blue lips.
- Labored breathing, including nostrils widening with each breath; wheezing; fast breathing; the ribs showing with each breath; or shortness of breath.
- Severe headache.
- Not eating or drinking, with signs of dehydration (such as decreased urination).
- Excessive crankiness or sleepiness.
- Persistent ear pain.
- If the child is getting worse.

Wishing you a sniffle free winter,

Nurse Geri

BORN TO RUN



SAVE LIVES. CHANGE LIVES.

Are you ready to run with

TEAM SACRED HEART

and Woman's New Life Center?

5K and Fun Run

Saturday, November 6, 2021 • 8:30 a.m.
North Boulevard Town Square

Register (or donate) at

<https://www.classy.org/event/born-to-run-baton-rouge-2021/e342273>

Join **Team Sacred Heart** at registration.

This is our sixth year to participate in Born to Run and we want to make it our best.

Our goal, with your help, is to raise **\$1,500** to support
the life affirming services provided by Woman's New Life Clinic.

*Register before Oct. 1 for early-bird rates and to guarantee a Team Sacred Heart t-shirt.
Early Bird Registration is \$30 for adults, \$20 for students 13+, \$15 for children 12 and under.*

BORN TO RUN

BATON ROUGE

5K & 1-MILE FUN RUN RUN/WALK

SATURDAY, NOVEMBER 6, 2021

**NORTH BOULEVARD TOWN SQUARE,
DOWNTOWN BATON ROUGE**

7:30 am – Runner sign-in, on-site registration available

8:30 am – 1-mile Fun Run/Walk begins

9:00 am – 5K begins

Post-race "Birth" day party to follow

WOMANSNEWLIFE.COM/BORNTORUN



BORN TO RUN REGISTRATION

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

MALE FEMALE DOB _____ TSHIRT SIZE: XS YM YL S M L XL XXL

PHONE _____ E-MAIL _____

EMERGENCY CONTACT _____ PHONE _____

If you are participating with a team, include team here _____

5K 1-MILE FUN RUN

Please complete this form (along with a check) and mail to: Completed form must be received by Friday, October 1, to receive a t-shirt.
Deadline for Mail-in Registration is Friday, October 29.

Woman's New Life Clinic
760 Colonial Drive
Baton Rouge, LA 70806

PRICING

All categories include food & entertainment.

Individual	<input type="checkbox"/> \$30 (until Friday, October 1) <input type="checkbox"/> \$40 (October 2 - November 6)
Child (12 and under)	<input type="checkbox"/> \$15
Student (under 21)	<input type="checkbox"/> \$20
Families 6+	<input type="checkbox"/> call 225.218.4862 for special pricing
<input type="checkbox"/> I cannot attend, but I would like to make a donation of: \$ _____	

Register online:
womansnewlife.com/borntorun

Agreement and Waiver/Release of Liability—All registrants must read and sign

As a participant in the WNLC – Born to Run 5K or 1-mile option, I verify that I have read, understand, and accept the terms of this waiver and release.

I understand the nature of this event and the risks involved in participating in this event. I know that running and walking is a potentially hazardous activity. I understand that I should not participate unless I am medically able and sufficiently trained to do so. I agree to abide by any decision of any race official concerning my ability to safely complete this event. I assume all risks associated with my voluntary participation in this event, including, but not limited to, traffic and other conditions of the roadway, track, and contact with other participants, and the effects of the weather, including extreme temperatures and precipitation. Knowing these facts, for, and in consideration of, my participation in this race, I, for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue and fully release and discharge the Woman's New Life Clinic, the Baton Rouge North Boulevard Town Square, race officials, workers, volunteers, sponsors, and any and all officers, directors, employees and other representatives of the foregoing, and any successors or assigns of the foregoing, and hold and waive them harmless from and against ANY AND ALL actions, claims, injuries, demands, liabilities, loss, damage, or expenses, including but not limited to death, personal injury, and property damage, whether foreseen or unforeseen, arising out of, or in the course of, my participation in this event. Photo Release: I agree to grant Woman's New Life Clinic permission to record on photography film and/or video, pictures of my participation. I further agree that any or all of the material photographed may be used as part of materials promoting future Woman's New Life Clinic events. **By signing this waiver, I understand and agree with all of the terms of this waiver and fully agree to be bound by same.**

PARTICIPANT SIGNATURE _____ DATE _____
A parent/guardian MUST sign below if participant is under 18 years of age

PARENT/GUARDIAN SIGNATURE _____ DATE _____





2022 - 2023 ADMISSIONS TIMELINE

AUGUST - May

Private Tours
Upon Request

OCTOBER 27

SMHS Open House
(sign ups required)

NOVEMBER 19

Application Deadline



NOV. 2021 - Jan. 2022

Incoming Freshmen
Interviews
(by appointment)

DECEMBER 4

Placement Testing &
Tuition Assistance Meeting
(at St. Michael)

SHADOW DAY DATES: SEPTEMBER 21, SEPTEMBER 30, OCTOBER 12, NOVEMBER 10

Visit smhsbr.org/admissions for more information.