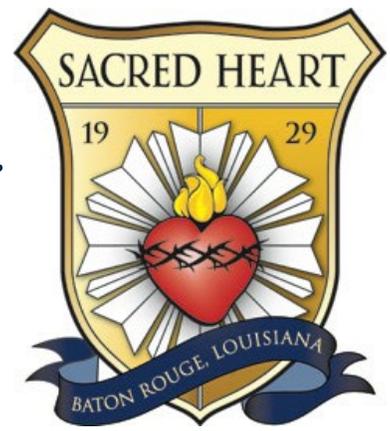


The Tuesday Newsletter



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

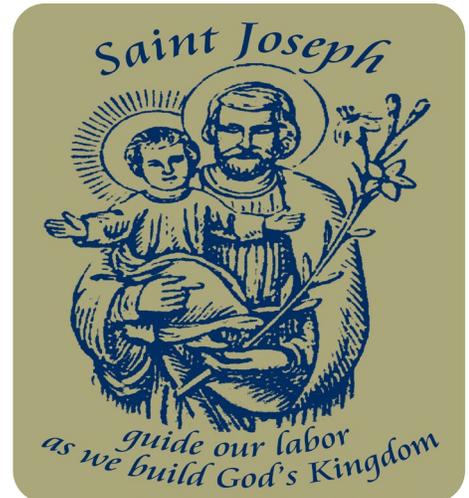
WEEKLY NEWS FROM SACRED HEART OF JESUS SCHOOL

DECEMBER 14, 2021

CALENDAR PEEK!

- 12.14-16 **MIDDLE SCHOOL EXAMS** (Dismissed at 11 a.m.) (See schedule on pg. 5)
- 12.16 **BIRTHDAY FREE DRESS** (December birthdays)
- 12.16-19 **SHS BASKETBALL TOURNAMENT** (VOLUNTEERS NEEDED!)
- 12.17 **MASS** (6th grade mass leaders)
- 12.17 **CHRISTMAS TREE DECORATING AND SING-A-LONG**
- 12.17 **CHRISTMAS SPIRIT DRESS & EARLY DISMISSAL 11 A.M.**
- 12.18-01.02 **CHRISTMAS HOLIDAYS**
- 01.03 **VIRTUAL SCHOOL DAY - HURRICANE MAKEUP**
- 01.04 **SCHOOL RESUMES**
- 01.04 **BOOK CLUB MEETING**
- 01.05 **MASS**
- 01.06 **SPIRIT SHIRT DAY**
- 01.07 **REPORT CARDS**
- 01.07 **PARENT TEACHER CONFERENCES FOR PRE-K AND K**
(No school for Pre-K and Kindergarten)

(See Athletic Calendar on Page 2)



PRINCIPAL'S POST

By: Cecilia Methvin

What a JOY-filled third week of Advent! In just a few short days, we will be leaving school to spend two weeks with friends and family, celebrating one of the holiest of holidays-Christmas! This week is packed full of activities; our middle schoolers are taking exams, PK and K will have a pajama and movie day on Wednesday, and we celebrate Christmas as a school on Friday with Mass, special treats, and our Tree Decorating and Sing Along.

On January 3rd, faculty and staff will gather for an in-service and students will participate in a virtual learning day. Teachers will share more specific information with you this week about how to connect and a detailed agenda of Google Meet times will be sent in a separate communication. If you need a Chromebook to participate on that day, please contact your homeroom teacher as soon as possible. We will only distribute them on Thursday afternoon and with parent permission.

On behalf of the faculty and staff at Sacred Heart of Jesus School, we wish you and your loved ones a very Merry Christmas and blessed New Year. But for now, it's still Happy Advent!

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

ANNUAL GIVING CAMPAIGN: Our 2021-22 AGC mailing is going out this week and the campaign is officially underway! Thanks to early donors and 100 percent faculty and staff participation, we begin the campaign with \$9545 in donations! What a great start! As we approach the end of the year, we realize many of you would like to make your charitable contributions before ringing in 2022. Any and all gifts to the AGC are welcomed and greatly appreciated! Please consider sharing our post on social media. If you'd like to make your donation online you may do so by [clicking here](#). Questions? Contact Christina O'Brien '95 (CObrien@SacredHeartBR.com).

QUIZ BOWL: There will be no Quiz Bowl practice this week because of middle school exams.

BAHLINGER AWARD: Evelyn Christofferson has been named a finalist for the St. Joseph's Academy Bahlinger Award. This \$4,000 award toward freshman-year tuition was named in honor of St. Joseph's Academy's first graduate, Josephine Bahlinger, class of 1877 and will be given to five incoming 9th grade students based on the following criteria: outstanding academic performance, standardized test scores in the 90th percentile, service to school and/or community, exemplary conduct record, active participation in co-curricular activities, award essay, and a personal interview. Congratulations Evelyn and good luck!

CHRISTMAS TREE DECORATING AND SING-A-LONG: The Christmas tree decorating and sing-a-long will be held in the gym Friday, December 17 at 9:30 a.m. Students will perform their song and then send a class representative to take the class ornament to the tree. In between each song, 8th graders and their 2nd grade buddy will present an Ugly Sweater/Sweatshirt. The ceremony should last about an hour and students will return to their classrooms for Christmas parties and/or treats. If you plan to check your student out early and have not completed the form on page 5, please complete it today and email it directly to Receptionist Alexis Williams (AWilliams@SacredHeartBR.com).

ATHLETICS: BOYS BASKETBALL: Volunteers desperately NEEDED! We still need volunteers for the SHS tournament Thursday, December 16th - Sunday, December 19th. [Click here](#) to sign up using Sign-Up Genius. It's a great way to earn PIP hours!

BASEBALL: Please email Allyson Thibodeaux (AThibodeaux@SacredHeartBR.com) if your 3rd-8th grade son is interested in baseball. Practices will start in January!

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

BOYS BASKETBALL

DATE	TEAM & OPPONENT	TIME	LOCATION
12.16-19	SHS Basketball Tournament	See full schedule on pg. 11	

SACRED HEART HOLIDAY CLASSIC. Sacred Heart's annual Holiday Classic Boys Basketball Tournament runs December 16 through December 19 and we'll have hundreds of players and guests at both our school gym and the Activity Center gym! We still have spots available for volunteers. [Click here](#) to sign up through SignUp Genius. Volunteers are needed for the gate, concession stand, and scorer's table at both gyms. It's a great way to earn PIP hours!



“REJOICE IN THE LORD ALWAYS. I WILL SAY IT AGAIN: REJOICE! LET YOUR GENTLENESS BE EVIDENT TO ALL. THE LORD IS NEAR.” - PHILIPPIANS 4:4-5

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. Thank you to those who have volunteered, but we still need a few more Tiger Gala committee members. If you are interested in serving, 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 in the next few weeks! Tickets will be sent home with each student to sell. More information to come!
- We need volunteers to help at the Boys' Basketball Tournament (6th/7th/8th) hosted by Sacred Heart on Thursday, December 16 through Sunday, December 19th. This is a large tournament attended by several schools so we need everyone's help to make it a success!! Come cheer on our teams and earn PIP hours! [Click here to sign up.](#)
- High school students in need of service hours are welcome to volunteer. Please forward this [signup](#) to any who are interested. Tournament will take place in both the Sacred Heart Gym and the Parish Activity Center "PAC" (located behind the Church).



HAPPY BIRTHDAY

December 3 - Nicole Salassi (Middle School Literature)

December 29 - Lisa Arnett (Administrative Assistant)

December 30 - Kelly Broussard (Middle School Social Studies)

Mid Term Exam Schedule Middle School 2021 - 2022

Date	Time	8th Grade	7th Grade	6th grade
Tuesday December 14	8:00 – 9:15 am	Social Studies	Literature	Math
	9:15 – 9:30 am	Break	Break	Break
	9:35 – 10:50 am	Religion	English	Science
Wednesday December 15	8:00 – 9:15 am	Literature	Math	Social Studies
	9:15 – 9:30 am	Break	Break	Break
	9:35 – 10:50 am	English	Science	Religion
Thursday December 16	8:00 – 9:15 am	Math	Social Studies	Literature
	9:15 – 9:30 am	Break	Break	Break
	9:35 – 10:50 am	Science	Religion	English

**** All Middle School students must be picked up from carpool no later than 11:15****



SACRED HEART OF JESUS SCHOOL

2251 Main Street • Baton Rouge, Louisiana 70802
225.383.7481 • fax 225.383.1810
www.SacredHeartBR.com

CHRISTMAS BREAK DISMISSAL

December 6, 2021

Dear Parents and Caregivers,

In order to expedite our dismissal process for Christmas break, we request that you complete this form and send to school no later than December 10, 2021. Please keep the top half for reminders.

- If there are any changes that need to be made after you turn the form in, you may email your child's homeroom teacher and the school receptionist (awilliams@sacredheartbr.com).
- No changes can be made to dismissal after Thursday, December 16, 2021. If the office has not received a form by 12/16/21 the student will be marked as carpool dismissal.
- No check out or dismissal through the office will occur on this special day.

Thank you for assisting our staff in making this a smooth exit for our Christmas holidays!

CHRISTMAS BREAK DISMISSAL

Student Name: _____

Homeroom: _____

My child will go home by carpool at 11 am.

My child will leave through early dismissal.

Person to pick up : _____

Phone: _____

Parent Signature: _____

Date: _____

Teaching Children Gratitude

How does expressing gratitude affect the brain?

Let's take a few seconds and think about one thing we feel grateful for. I, for one, am grateful for all the kind and loving people in my life. What about you? I'm sure you're familiar with the feeling of gratitude. But what is it exactly, and what are the effects of expressing gratitude? Psychologists have defined gratitude as a positive emotional response that we perceive when we give or receive a benefit from someone. An active practice of gratitude can increase mental wellbeing and lead to greater emotional intelligence. Plus, the effects compound just like interest! The more you practice gratitude, the more you strengthen the brain's neural circuits for gratitude, making it easier to focus on feelings of gratitude.

When you start to focus on the things you already have in your life that are good, your brain becomes better at discovering similar things. For example, if you consciously notice how beautiful the stars in the night sky are you will be more likely to notice the stars and feel gratitude again. Even though the stars are always there, the gratitude focus is like a signal to your brain to notice them. But what are the effects of gratitude on the brain? Here are some that I discovered and that I would like to share with you.

1. Increased Dopamine

When we express gratitude the brain releases a surge of dopamine. This happiness hormone gives you a natural high creating good feelings that motivate you to repeat specific behaviors.

2. Increased Serotonin Production

Gratitude has also been associated with increased serotonin production. Serotonin is also a happiness chemical because it contributes to feelings of well-being, stabilizes our mood, and helps us feel more relaxed.

3. Improved sleep quality

Studies have shown that practicing gratitude activates the hypothalamus. This helps us get deeper and healthier sleep. A brain filled with gratitude and kindness is more likely to sleep better and wake up feeling refreshed and energetic every morning.

4. Better stress regulation

People who feel grateful show a reduction in the level of cortisol, the stress hormone. They have better cardiac functioning and are more resilient to emotional setbacks and negative experiences. Significant studies over the years have established the fact that by practicing gratitude we can handle stress better than others.

5. Activation of the Brain's "Altruism" and Reward System Regions

A recent study found that practicing gratitude activates the ventromedial prefrontal cortex of the brain. Activating this part of the brain triggers a craving for giving.

Gratitude Effects by Age

In various research studies gratitude is linked to happiness in children by age 5. This means that instilling gratitude in your kids at a young age could help them grow up to be happier people.

Grateful children (ages 11 to 13) tend to be happier, more optimistic, and have better social support. They also report more satisfaction with their schools, families, communities, friends, and themselves. Grateful kids also tend to give more social support to others as well.

Grateful teens (ages 14 to 19) are more satisfied with their lives, use their strengths to improve their communities, are more engaged in their schoolwork and hobbies, and have better grades. They've also been shown to be less envious, depressed, and materialistic than their less grateful counterparts.

Additionally, the study found that people who were grateful for things that happened to them in the past felt happier in the present and more hopeful about their future. Perhaps giving your kids a childhood they feel grateful about now will help them reflect more on reasons to be grateful as an adult.

So clearly there are a lot of good reasons to help kids experience and express gratitude. Here are a few strategies that can

help your kids feel more grateful.

Teach Your Child to Say Thank You

Encourage your child to say “Thank you” on a regular basis. Offer gentle reminders like, “Your brother let you go first. What should you say to him?” or “What do you say to Grandma for giving you a cookie?”

While it may seem like forcing a “thank you” doesn’t stir up any real gratitude, consider it a first step in the process. It can help kids start to recognize when others have given them something whether it’s something tangible like a gift or intangible like time.

So even if it doesn’t seem like genuine appreciation when your child needs a reminder, encouraging them to verbally express appreciation can be an important learning tool for genuine gratitude down the line.

You can also encourage your kids to write “thank you” notes to people who give them gifts or show them kindness. Your child might color a picture for a grandparent who purchased a birthday gift for them. Or you might encourage your teen to write a “thank you” letter to a special coach who has made an impact on their lives.

Make sure to point out times when your child shows gratitude without a prompt from you. Praise prosocial behavior by saying things like, “I really like the way you thanked your friend for sharing with you today,” or “Nice job remembering to say ‘thank you’ to your teacher when she reminded you to get your backpack.” Positive attention will reinforce the importance of showing gratitude.

Ask Gratitude Questions

Once your child remembers to say, “thank you” on a regular basis, it can be time to dig a little deeper to ensure that they aren’t just going through the socially prescribed motions of saying “Thank you.” Start having conversations about what it means to be thankful and take their understanding of gratitude to a whole new level by incorporating more gratitude components.

The Raising Grateful Children Project at UNC Chapel Hill has revealed that gratitude has four parts:

1. **Noticing** – Recognizing the things you have to be grateful for.
2. **Thinking** – Thinking about why you’ve been given those things.
3. **Feeling** – The emotions you experience as a result of the things you’ve been given.
4. **Doing** – The way you express appreciation.

Researchers found that most parents stayed focused on what children do to show gratitude. While 85% of parents said they prompted their kids to say, “thank you,” only 39% encouraged children to show gratitude in a way that went beyond good manners. In addition, only a third of parents asked their kids how a gift made them feel, and only 22% asked why they thought someone had given them a gift. Researchers from UNC encourage parents to ask kids questions to help foster a deeper sense of gratitude. Here are some questions that can help kids experience all four gratitude components:

1. **Notice** – What do you have in your life to be grateful for? Are there things to be grateful for beyond the actual gifts someone has given you? Are you grateful for any people in your life?
2. **Think** – What do you think about this present? Do you think you should give something to the person who gave it to you? Do you think you earned the gift? Do you think the person gave you a gift because they thought they had to or because they wanted to?
3. **Feel** – Does it make you feel happy to get this gift? What does it feel like inside?
4. **Do** – Is there a way to show how you feel about this gift? Does the feeling you have about this gift make you want to share this feeling by giving to someone else?

Whenever your child receives a physical gift or someone shows kindness to them, strike up a conversation that helps them experience more gratitude. You also might start conversations that show how you both think, feel, and respond to the people and gifts you're grateful for in your life.

Perform Acts of Kindness

There are many things your child can do to show appreciation for other people. This might involve returning a favor, like loaning a toy to a friend who is kind.

Or it could involve an act of service like doing yard work for a relative who attends their basketball games. Make it clear that there are many ways to show people that you're grateful for all they do.

You might even decide to take on a family project, like writing thank you letters to the first responders in your community after a natural disaster. Make it clear that you don't need to reserve gratitude for those individuals that you know personally—there are many people in the community whom you might feel grateful for as well.

Model Gratitude

A 2016 study published in *Applied Developmental Science* found that grateful parents tend to raise grateful children. There's a good chance this is because kids learn to be grateful by hearing and seeing their parents experience gratitude. Here are several ways you can model gratitude for your children:

- **Say "Thank you."** Whether you thank the clerk at the store or you thank your child for clearing the table, make sure you're thanking people often.
- **Talk about gratitude.** Make it a point to share what you're grateful for. Even when you have a rough day or something bad happens, point out that there's still a lot to feel grateful for. Instead of complaining about the rain, talk about being grateful that the plants are being watered so you'll have food to eat.
- **Express gratitude.** When your child sees you writing "thank you" notes or sending a token of appreciation to someone, you'll teach them to do the same.

Create a Family Gratitude Project

A family project can be a good way to get everyone involved in expressing gratitude.

For example, you could create a family bulletin board where everyone can add notes about what they're thankful for. Whether you use sticky notes, a whiteboard where everyone writes with a marker, or colorful pages that can be tacked up, either way it's a great family project.

It can be a great conversation piece as well. You might talk about certain things someone feels grateful for or you might talk about how fast the board fills up because you have so many good things going on in life.

You could also create a gratitude jar that everyone contributes to. Keep a jar in an easily accessible place, like the kitchen, and keep some slips of paper handy. Encourage everyone to write down something they're grateful for (maybe once a day) and put it in the jar.

Then, you can read over the slips of paper together as a family—maybe once a week or once a month. It can be a great way to honor all the good things happening in everyone's lives.

No matter what type of family project you start, make it something that gets everyone thinking and talking more about gratitude. Listening to the things everyone else is grateful for can encourage even more gratitude in the family.

Establish a Gratitude Ritual

Make it a habit to regularly express gratitude in your family. Here are some examples of rituals you might establish:

- Everyone takes turns during dinner sharing one thing they're grateful for from their day.
- At bedtime, you ask each child to say three things they feel grateful for.
- During the car ride to school, everyone thanks someone else in the car for something.
- Each Sunday night at dinner, everyone discusses how they'll express gratitude and who they'll express it to over the course of the week.
- Every Saturday morning, everyone writes a note of appreciation to someone for a specific reason.

Although it might seem like gratitude should be spontaneous rather than rehearsed, making gratitude a habit can ensure that kids practice it on a regular basis, and it can become like second nature.

Look for the Silver Lining

Help your kids see that something good can come from difficult circumstances. If a soccer game gets rescheduled due to rain, talk about the bright side of the situation. Say something like, "Well at least we don't have to be outside in the cold. We can play board games together instead and that will be fun."

You might also point out how to be grateful for what you had, even when it's no longer here. For example, you might say, "It's really sad our fish died but I'm grateful we got to have him for six months." Of course, you don't want to sound uncaring and callous, but you can make it clear that you can be both grateful and sad at the same time while honoring a loss.

Ask questions that help your child discover the potential silver lining in a tough situation. Ask, "What's something good that could come from something hard like this?"

In a tough situation, asking that question too soon might seem insensitive (like 10 minutes after failing a test). So, you might give it some time before encouraging your child to look on the bright side. But helping your child do this often, you'll teach them to begin doing it on their own and they'll start to see that they have a lot to be grateful for, even on their worst days.

Make gratitude a priority in your home. Not only will your child benefit, but the adults will likely get a much-needed boost in happiness and well-being also. Experiment with different strategies to help determine which gratitude practices help everyone best experience and express their grateful feelings.

Of course, there will be times when your kids seem to be ungrateful. This doesn't mean you've failed in the gratitude department, however. It's normal for kids to experience entitlement at times.

So, turn these times into teachable moments. Work on new gratitude strategies and keep modeling how to be thankful, and you'll likely see these moments of entitlement fade away.

Wishing You a Very Happy Advent and Christmas. I am grateful for all my Sacred Heart Families,

Nurse Geri



Sacred Heart of Jesus School **ANNUAL GIVING CAMPAIGN**



Scan the QR code or contact Christina DiVincenti O'Brien '95
(COBrien@SacredHeartBR.com) to donate.

Our 2021-22 AGC mailing is going out this week and the campaign is officially underway! Thanks to early donors and 100 percent faculty and staff participation, we begin the campaign with \$9545 in donations! What a great start! As we approach the end of the year, we realize many of you would like to make your charitable contributions before ringing in 2022. Any and all gifts to the AGC are welcomed and greatly appreciated! Please consider sharing our post on social media. If you'd like to make your donation online you may do so by [clicking here](#). Questions? Contact Christina O'Brien '95 (COBrien@SacredHeartBR.com).

Thursday							
Game	Grade	Time	Day	Location	Teams		Titles!!
1	6th	5:00 PM	Thursday	SHS	St. Aloysius vs. St. Thomas More		
2	6th	5:00 PM	Thursday	PAC	St. Jude vs. S. Jean Vianney		
3	7th	5:45 PM	Thursday	SHS	St. George vs. Southern Lab		
4	7th	5:45 PM	Thursday	PAC	St. Jude vs. St. Alphonsus		
5	8th	6:30 PM	Thursday	SHS	Southern Lab vs. St. Jude		
6	8th	6:30 PM	Thursday	PAC	Catholic High vs. St. Alphonsus		
7	7th	7:15 PM	Thursday	SHS	St. Jean Vianney s. St. Thomas More		
8	8th	7:15 PM	Thursday	PAC	St. Thomas More vs. St. Jean Vianney		
Friday							
Game	Grade	Time	Day	Location	Teams		
9	6th	5:00 PM	Friday	SHS	Sacred Heart vs. St. Alphonsus		
10	7th	5:00 PM	Thursday	PAC	UHigh vs. St. Aloysius		
11	7th	5:45 PM	Friday	SHS	Sacred Heart vs. Winner G3		
12	8th	5:45 PM	Friday	PAC	St. Aloysius vs. UHigh		
13	6th	6:30 PM	Friday	SHS	UHigh vs. St. George		
14	7th	6:30 PM	Friday	PAC	Loser G3 vs. Loser G7		
15	8th	7:45 PM	Friday	SHS	Sacred Heart vs. Winner G5		
16	8th	7:45 PM	Friday	PAC	St. George vs. Winner G8		
Saturday							
Game	Grade	Time	Day	Location	Teams		
17	6th	9:00 AM	Saturday	SHS	Loser Game 9 vs. Loser Game 1		
18	6th	9:00 AM	Saturday	PAC	Winner Game 9 vs. Winner Game 1		
19	7th	9:45 AM	Saturday	SHS	Winner G4 vs. Winner G10		
20	7th	9:45 AM	Saturday	PAC	Loser G10 vs. Loser Game 11		
21	8th	10:30 PM	Saturday	SHS	Winner G6 vs. Winner G16		
22	8th	10:30 PM	Saturday	PAC	Loser G6 vs. Loser G8		
23	6th	11:15 AM	Saturday	SHS	Winner G2 vs. Winner G13		
24	6th	11:15 AM	Saturday	PAC	Loser Game 2 vs. Loser Game 13		
25	8th	12:00 PM	Saturday	SHS	Loser Game 5 vs. Loser Game 12		
26	7th	12:00 PM	Saturday	PAC	Loser G4 vs. Winner Game 20		
27	8th	12:45 PM	Saturday	SHS	Loser Game 22 vs. Loser Game 15		
28	6th	12:45 PM	Saturday	PAC	Winner Game 17 vs. Winner Game 24		6th Grade Consolation
29	7th	1:30 PM	Saturday	SHS	Winner G14 vs. Winner G26		7th Grade Consolation
30	8th	1:30 PM	Saturday	PAC	Loser Game 16 vs. Winner Game 25		
31	6th	2:30 PM	Saturday	SHS	Loser G18 vs. Loser G23		6th Grade 3rd Place
32	8th	3:30 PM	Saturday	SHS	Winner G15 vs. Winner G12		
33	7th	4:30 PM	Saturday	SHS	Winner G11 vs. Winner G7		
34	8th	5:30 PM	Saturday	SHS	Winner G30 vs. Winner G27		8th Grade Consolation
Sunday							
Game	Grade	Time	Day	Location	Teams		
35	7th	12:00 PM	Sunday	SHS	Loser G33 vs. Loser G19		7th Grade 3rd Place
36	8th	1:00 PM	Sunday	SHS	Loser G32 vs. Loser G21		8th Grade 3rd Place
37	6th	2:00 PM	Sunday	SHS	Winner G18 vs. Winner G23		6th Grade Champion & Runner-Up
38	7th	3:00 PM	Sunday	SHS	Winner G33 vs. Winner G19		7th Grade Champion & Runner-Up
39	8th	4:00 PM	Sunday	SHS	Winner G 32 vs. Winner G21		8th Grade Champion & Runner-Up

Listed below are volunteer opportunities for the SHS Basketball Tournament December 16-19:

[Click here](#) to volunteer. Questions? Email Allyson Thibodeaux (AThibodeaux@SacredHeartBR.com).

- Gate & Concessions for both gyms Thursday - Saturday
- Gate & Concessions for SHS gym only on Sunday
- Clock operators for both gyms Thursday - Saturday
- Clock operator for SHS gym only on Sunday
- Scorebook keeper for both gyms Thursday - Saturday
- Scorebook keeper for SHS gym only on Sunday
- Gym maintenance for both gyms Thursday - Saturday.
 - * sweep gym floors between games
 - * remove trash from bleachers & empty garbage cans
 - * remove trash from parking lots
 - * spotcheck restrooms
- Gym maintenance for SHS gym only on Sunday
 - * sweep gym floor between games
 - * remove trash from bleachers & empty garbage cans
 - * remove trash from parking lot
 - * spotcheck restrooms
- Hospitality Donations: Past donations....Raising Canes, Gumbo, Red Beans/Rice, Fruit Tray, Vegetable Tray, Finger Sandwiches, Lil Caesars Pizza, Ice Chests w/water & soft drinks.

ST. JOSEPH'S ACADEMY
Holiday Volleyball Camp

DECEMBER 20-22

Monday & Tuesday,
December 20-21

9 a.m. - 4 p.m.

Skills Work and Game Play

Wednesday, December 22

9 a.m. - 12 p.m.

Tournament Play

Academy Student
Center

Coach
Sivi Miller

Girls in
grades 4-8

==== \$140 =====

Space is limited. Registration now open.

Drop off for camp begins at 8:30 a.m. in the Academy Student Center. You can register online at sizzlingsummer.org. Limited spots available. For more information, contact Ms. Cristina Benigno at **388-2226** or benignoc@sjabr.org.

Please bring your lunch on Monday and Tuesday