

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 9, 2022

CALENDAR PEEK!

08.10	FIRST DAY OF SCHOOL FOR KINDERGARTEN (Last names M-Z only)
08.10	GIRLS BASKETBALL CLINIC
08.12	MASS (8 am in the church)
08.14	TIGER SHOP CLOSSES
08.19	MASS (8 am in the church)
08.25	BIRTHDAY FREE DRESS (July and August birthdays)
08.26	MASS (8 am in the church)
08.29	INDIVIDUAL YEARBOOK PICTURES
08.30	HOME & SCHOOL MEETING WITH BINGO
09.02	SPIRIT DRESS DAY
09.02	MASS (8 am in the church)
09.05	LABOR DAY HOLIDAY

Father God,

Come be with us today.
Fill our hearts with joy.
Fill our minds with learning.
Fill our classrooms with peace.
Fill our lessons with fun.
Fill our friendships with kindness.
Fill our school with love.
Amen.



CHRIST has no body on Earth



but YOURS

—St. Teresa of Avila

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 50 of the [handbook](#)) before Monday, August 15. 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 19th! You may also email a picture of your signed form to Alexis Williams (AWilliams@SacredHeartBR.com).

TIGER SHOP! Our Tiger Shop is open until Sunday, August 14 at midnight! [Click here](#) to shop for some fun spirit gear and don't forget to purchase the yellow 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 Thursday, August 25. 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 [Click here](#) to read this week's edition of The Sacred Heart of Jesus Parish Messenger and [click here](#) for Fr. Josh's homily.

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](#).

ATHLETIC CALENDAR: Contact Athletic Director Amy Daughdrill at adaughdrill@sacredheartbr.com with any questions.

August 10

- Girls basketball "clinic" for those who signed up. All interested and registered girls in grades 3-4 will meet in the gym from 2:45-4:30. All 7-8 grade will meet in the gym from 4:30-6:00. We will run through drills and skills.

August 12 - Girls Basketball, Cross Country, and Football sign-ups close.

- [Click here](#) to register for Girls Basketball
- [Click here](#) to register for Cross Country
- Register for Football by contacting Coach Hobbins at phobbins@outlook.com
- [Tiger Shop](#) with SH athletic gear closes at midnight

August 13th

- Football Equipment handout at Holy Family (Parents, please see email from Coach Hobbins for exact times)

August 14th

- Free Physical Clinic in the Sacred Heart Gym 12-2. If you are in the medical field and would like to volunteer, please contact Amy Daughdrill (adaughdrill@sacredheartbr.com).



SACRED HEART HOME SCHOOL

NEWS AND REMINDERS

- Welcome back! We are excited about the new school year and hope everyone has a joyful first day and week!! A big Sacred Heart thank you to Hospitality Chair Amy McCormick and all parents who volunteered their time and donated items for Back to School afternoon on Sunday. It was a wonderful event and a great way to kickoff the school year!
- Charleston Wrap: Be on the lookout for Charleston Wrap packets to go home with students on Thursday, August 11th. This is our first fundraiser of the school year. Don't miss this opportunity to get some Christmas shopping done early and raise money for our school. Wrapping paper and gifts galore!
- Home and School meeting/Bingo: Mark your calendars for our first Home and School meeting on Tuesday, August 30th. Bingo will be played and a good time had by all!
- Volunteers Needed: Please fill out the volunteer form found at the [link here](#). This form was passed out at Back to School on Sunday. We are seeking volunteers for Auction, Fall Fest, Bingo, Golf Tournament and Room Parents. We cannot do all we do for the school without the support of our parents. Don't forget each family has a required 20 PIP hours, and these events are a great way to meet your hours. Sign up today!!!
- Home & School Board contact info: If you have any questions about Home and School or want to volunteer, you can contact anyone on the Board:

Katie Bodin, Co-President (katiegbodin@gmail.com)

Lori Stoeckle, Co-President (lori.stoeckle@gmail.com)

Kecia Campbell, Co-Vice-President (keciacampbell@yahoo.com)

Paige Brockhoeft, Co-Vice-President (paige.brockhoeft@gmail.com)

Katey Slaughter, Secretary (therubysalon@yahoo.com)

Julie Massey, Treasurer (julie_massey2000@yahoo.com)



HAPPY BIRTHDAY

August 7 - Blake LeBlanc (4th-5th Grade Teacher)

August 18 - Cindy Deunckel (REACH)

August 28 - Amy Pickenheim (Kindergarten Teacher)



Sacred Heart of Jesus School REGISTER NOW FOR OUR FUNDRAISER

Organization ID:
19710

3 EASY STEPS



www.registercw.com

1# REGISTER

Register participant at
www.registercw.com
to access our handy invitation
tools in the Participant
Portal-Very important!



2# SHARE

Invite friends and family to
support! SHARE a link to the sale
via **TEXT & EMAIL** using our
invitation tools. Don't forget to
share with your followers on
SOCIAL MEDIA, too!



3# SHOP

Go online to SHOP and help us
reach our GOAL today! With
over 2,500 gift ideas there is
something for everyone!



*Sharing &
supporting
is quick and
easy!*



With over 2,500 gift ideas, check-off your holiday gift list and invite
friends & family to support our important cause, too!

Personalized Gifts
Candles

Gift Wrap & Accessories
Kitchen Essentials

Charleston Bags™
Gourmet

Water: It's The Most Common Reason Your Children Visit the School Nurse

By far, the most common reason for a visit to the nurse's station is mild dehydration. You may wonder why? Here are some answers and what you can do about it,

Children have a higher requirement of water in relation to their body size than adults. They are less tolerant of heat which leaves them vulnerable to dehydration in hot weather and/or when exercising – particularly if they are not drinking plenty of fluids.

It All Starts with the Water Bottle-Bring Your Water Bottle to School!

Children who don't bring a reusable water bottle to school are 5 times more likely to visit the nurse than those who drink water throughout the school day. Their opportunities to take in fluid during the school day are not limited to mealtime. That is simply not enough fluid to keep your student healthy.

Why do we need water?

Here are just a few ways water supports your growing child's body:

- Supports the development and functioning of joints
- Helps blood flow and carry nutrients and oxygen to cells
- Assists in balancing body temperature
- Aids in digestion and regularity of bowel movements
- Maintains a healthy body weight while increasing metabolism
- Improves mood, memory, and attention
- Helps metabolize medications

Your body loses water throughout the day when you sweat, breathe, and urinate. It is important to replace the water you have lost to prevent yourself from becoming dehydrated.

Children do not always recognize the early stages of thirst, and this can make them especially vulnerable to becoming dehydrated. Mild dehydration can result in thirst, headaches, dry skin, tiredness, lack of concentration and diminished cognition and reduced mental performance. Good hydration for children is paramount to enable their body and mind to function at full capacity. For this reason, it is important that children are informed about water; its value, its importance for the body and good health, why they need to drink water every day, and the importance of not wasting water.

The minimum amount needed by age

The amount of water that a child needs to drink daily varies greatly according to age, gender, the weather, and their physical activity.

- **4–8-year-old boys and girls:** 4 $\frac{2}{3}$ - 5 $\frac{1}{2}$ cups/1.1 to 1.3 liters of fluid per day
- **9–13-year-old girls:** 5 $\frac{1}{2}$ - 6 $\frac{1}{3}$ cups/1.3 to 1.5 liters of fluid per day
- **9–13-year-old boys:** 6 $\frac{1}{3}$ to 7 $\frac{1}{4}$ cups/1.5 to 1.7 liters of fluid per day
- **14-18 years girls:** 10 cups/2.4 liters
- **14-18 years boys:** 14 cups/3.44 liters

These amounts do not consider, weather, sports, P.E., recent illness, or strenuous activity like running or repeatedly climbing stairs. Younger children need less and should drink smaller amounts at a time – around 150ml per serving.

The best drink options for children

Of course, water is the best and most healthy option. Drinking plenty of water is an option where there is no increased risk of tooth decay, weight gain or serious diseases, such as type 2 diabetes. Milk is a good option as it contains many nutrients including calcium which is good for teeth and bones. Fruit and vegetable juices made from 100% produce are not only delicious and highly nutritious but will also help to hydrate. However, beware of too much fruit juice as this can be high in calories due to the sugar content which not only contributes to tooth decay but to obesity too.

Encouraging children to drink

Children may not remember to drink water or fluids by themselves, so it is important for adults to provide ways to encourage a regular intake of fluid. Having a special refillable spill-proof bottle is a great way to urge children to drink

while out and about and certainly during and after exercise. Providing drinks (preferably water or sugar free) at meal and break times will also remind children that they need to hydrate. Popsicles made from 100% juice are also a great way to hydrate your child (in moderation though, as even when iced, pure fruit juice contains sugar). Foods that are high in water content such as apples, celery, strawberries, melons, broccoli, tomatoes, iceberg lettuce etc. also help to hydrate and are tasty too.

How to encourage your family to drink more water

The message of good hydration for children is preeminent. Teaching children to drink water as a life skill will help them to live a healthy adult life. The best way to get your child to drink water is to be a role model for them. The more they see you do it, they will do it too. By drinking water routinely and offering it at every opportunity with each meal and snack time, it will build a lifelong habit for your children. It is important to mention that you should drink water before you feel thirsty. Feeling thirsty is one of the first signs of dehydration. Always have a water bottle close to you for a quick water fix. Your family will want to choose water first if you try some of these tips:

- Provide variety by adding fruit flavors like citrus, berries, melons or even mint
- Eat fruits and vegetables high in water content.
- Freeze fruit inside of ice cube trays-include the children in the process to boost their interest and willingness to try the flavored ice cubes
- Use special cups or water bottles specific to each child's interests
- Make your own popsicles or smoothies with pureed fruit-again include the children in the Preparation. Many websites are family friendly such as this one <https://www.chopchopfamily.org/recipe/keen-peachy-smoothie/>
- Offer a drink of half seltzer and half 100% juice as an alternative to sugary beverages.
- Have "soup night" once a week.

Basically, fit it in or sneak it in wherever you can!

Wishing you a healthy week ahead and drink your water!,

Nurse Geri



AUGUST 2022 Elementary

Daily Choice Elementary:
Mon-Pizza
T/TH- Baked Potato
W/F- Chicken Smackers

Monday

Tuesday

Wednesday

Thursday

Friday

1

2

3

4

5

Honey Citrus Chicken
Fried Rice
Garden Salad
Glazed Baby Carrots
Pineapples

8

Spaghetti and Meat Sauce
Garden Salad
Sweet Green Peas
Orange Wedges
Dinner Roll

9

Hamburger/Cheeseburger
Garden Salad
Baked Beans
French Fries
Diced Peaches

10

Jambalaya
Garden Salad
White Beans
Pears
Dinner Roll

11

Macaroni and Cheese
Garden Salad
Green Beans
Applesauce

12

Chicken Smackers
Spaghetti and Cheese
Garden Salad
Veggie Medley
Green Apple Wedges

15

Soft Tacos
with Seasoned Meat and cheese
Pinto Beans
Garden Salad
Jalapeno Cup
Salsa
Orange Wedges

16

Fish Nuggets
Creamed Potatoes
Broccoli with Cheese
Watermelon
Milk

17

Meatballs and Gravy
Over Rice
Garden Salad
Sweet Peas and Carrots
Diced Peaches
Breadsticks

18

Pizza
Baby Carrots
Corn
Pears

19

Chicken Tenders
Red Beans and Rice
Garden Salad
Pineapple

22

Cheesy Beef Pasta
Garden Salad
Vegetable Medley
Orange Wedges
Dinner Roll

23

Corn Dog Nuggets
Creamed Potatoes
Glazed Baby Carrots
Red Apple Wedges

24

Chicken Filet on Bun
Garden Salad
French Fries
Diced Peaches

25

Nachos
With Meat and Cheese
Garden Salad
Jalapeno Cup
Salsa
Mexican Corn
Pears

26

Honey Citrus Chicken
Fried Rice
Garden Salad
Glazed Baby Carrots
Pineapples

29

Spaghetti and Meat Sauce
Garden Salad
Sweet Green Peas
Orange Wedges
Dinner Roll

30

Hamburger/Cheeseburger
Garden Salad
Baked Beans
French Fries
Diced Peaches
Back to School Cupcake

31

Notes: Menus are subject to change. All meals are served with a choice of milk.

Notification Statement: Peanuts and Peanut butter are not purchased for meals produced by the Baton Rouge Diocese Child Nutrition Program; however, some products served may contain nuts, may be produced in plants that use nuts and may contain traces of nuts.

