

The Tuesday Newsletter



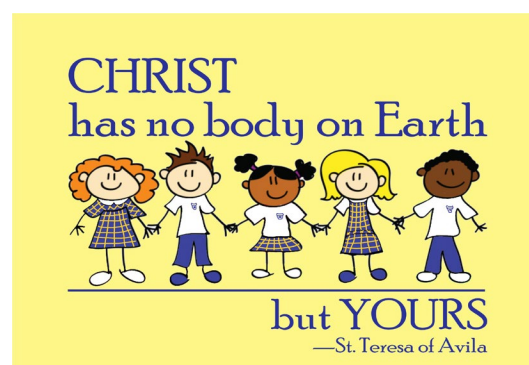
Sacred Heart of Jesus School is a diverse community dedicated to educating the body, mind and spirit.

WEEKLY NEWS FROM SACRED HEART OF JESUS SCHOOL

AUGUST 23, 2022

CALENDAR PEEK!

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 SHIRT DAY
09.02	MASS (8 am in the church)
09.05	LABOR DAY HOLIDAY
09.08	PROGRESS REPORTS
09.09	MASS (8 am in the church)



PRINCIPAL'S POST

By: Cecilia Methvin

As we enter our third week of school, excitement over so much 'newness' is still in the air, but everyone seems to be falling into the routines of campus life.

As many of you know, last year's 3rd through 8th grade students took the TerraNova NEXT Standardized Test that was newly adopted by the diocese. We have received the reports and will be mailing your child's information to you on Friday along with a cover letter. The back of the report contains information that can assist you in understanding the results. Because it is a new test, we do not have any comparative data at this time, however, we are pleased with our students' progress based upon the preliminary reports we have been able to review. It is important to remember that a child's TerraNova Next score is only part of his or her academic portfolio. Other performance measures in the portfolio are formal classroom assessments, work samples, and projects. Together, these performance measures demonstrate a comprehensive picture of a student's academic performance.

The TerraNova NEXT for the 2022-23 school year will be administered in late April/early May. There will also be two Beacon interim tests administered before the summative. The first Beacon window is open now and closes on September 15th; we will begin testing after Labor Day. The second window will be open from March 1st through March 31st. These interim test scores are not available to parents but are instead used to inform classroom instruction.

If you have questions about your child's results after reviewing the back of their score report, please reach out to me or Mr. Miller and we will do our best to answer your questions.

WHAT'S HAPPENING!

Continued from page 1

YEARBOOK PHOTOS Get your hair bows, curlers, hairspray and steamers ready! Yearbook picture day is Monday, August 29. Please send your child to school in their school uniform. The photographer will begin taking photos at 8 am in the gym. If your child is absent, don't worry, we will have retakes on Sept. 15. Questions? Contact Wendy Milam (WMilam@SacredHeartBR.com).

PARKING REMINDER Please do not park in the reserved church office parking spots across the street from school. These are reserved for individuals that are visiting the church office only.

USED UNIFORM ORDER FORM Our vendors have reported a shortage in the plaid material used for our girls' uniforms. This is a great time to take advantage of our [Used Uniform Order Form](#). Fill out the form and return it along with your payment in an envelope labeled "used uniform". If items are not available in the size you need, you will be contacted directly. Questions? Contact Jennifer Broussard (jennnbroussard@gmail.com) or Jennifer Thibodeaux (jthibodeaux@catholichigh.org).

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).

DESIGN CLUB We have a new club on campus this year! The design club led by Art Teacher Maggie Calandro will design and make tshirts for the school and learn other creative skills. Fifth-eighth grade students interested in joining should sign up in the art room. More information on page 7. Questions? Email Maggie Calandro (MCalandro@SacredHeartBR.com).

IN THE NEWS The 25th Annual African American Catholic Mass was held at St. Joseph's Cathedral last weekend. Our very own Fr. Josh Johnson delivered the homily and Sacred Heart second grader Marleigh Wilson danced showcasing traditions that are unique to an African American experience. [Click here](#) for the news article. Look for Marleigh around the 1 minute mark.

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 Friday during our school liturgy. Students, faculty, and staff donate non-perishable food items and are a major source of donations. **At this time, the food pantry especially needs canned fruit, soup, muffin mix, mac and cheese, canned tomato items, and rice.**

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. [Click here](#) for Fr. Josh's homily for the 21st Sunday in Ordinary Time.

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

- Girls Basketball practice will be every Monday and Wednesday:
 - Mondays: 3rd/4th 2:45-4:30 (in PAC)
 - 8th team -4:30-6:00 (in Gym)
 - Wednesdays: 3rd/4th 4:30 - 6:00 (in PAC)
 - 8th: 2:45-4:30 (in Gym)
- Cross Country practices are Monday thru Thursday at 5:30 at City Park and Saturdays at 8 am at Highland Road park. Parents if you have not been added to the team GroupMe, please contact Coach Stoeckle (justin.stoeckle@gmail.com).
- Football games begin in September! Mark your calendar for the first games of the season.

September 10	4th grade vs. Catholic Pointe Coupee	10 am @ Port Allen Middle School
September 11	6th grade vs. St. John	1 pm @ Port Allen Middle School
September 11	8th grade vs. St. John	3:30 pm @ Port Allen Middle School

SACRED HEART HOME SCHOOL

NEWS AND REMINDERS

- Bingo will be held August 30, 2022 at 6:00 in the PAC. 10 cards for \$30 CASH ONLY. Cash prizes, drinks, and food are provided. You will earn one pip hour for attendance.
- You may also earn PIP hours by signing up to bring finger foods and refreshments for bingo night on Sign up Genius.
- Charleston Wrap is due September 16, 2022. Check out charlestonwrap.com for more items. This is a great fundraiser for the school. Please contact Kathryn Mount if you have any questions (225-324-3769).



HAPPY BIRTHDAY

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

August 18 - Cindy Deunckel (REACH)

August 28 - Amy Pickenheim (Kindergarten Teacher)



BINGO NIGHT

brought to you by the Home & School Association

Tuesday
August 30th

6PM-8PM

Parish Activity Center

\$30 CASH ONLY

adults only

**CASH PRIZES
DRINKS & FOOD
PROVIDED**



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

Gift Wrap & Accessories

Charleston Bags™

Candles

Kitchen Essentials

Gourmet



The Dirty Dozen and Clean Fifteen for 2022

Every year the FDA and USDA release data about pesticides contained in our fruits and vegetables. The organization Environmental Working Group (EWG) dissect this data and publicizes a best and worse list. It is called a Shopper's Guide to Pesticides in Produce. The "worst" list is called "The Dirty Dozen." The "best" list is known as "The Clean Fifteen". This list advises shoppers on which fruits and vegetables they should buy organic (grown without pesticides), and which are safest to buy conventional (grown with pesticides).

The **Dirty Dozen** refers to the 12 fruits and vegetables that were found to contain the highest pesticide levels, **even after being washed thoroughly**. The list goes from highest to lowest pesticide concentration.

The EWG recommends that shoppers in the U.S. buy organic versions of the items on the Dirty Dozen whenever possible, even though organic produce is generally more expensive. Excessive pesticide exposure has been linked to a number of health concerns, including hormone disruption, cancer, and nervous system issues, according to the EPA. Choosing organic (especially for foods on the Dirty Dozen list) is most important for pregnant people, babies, and children.

Here is the 2022 Dirty Dozen:

1. **Strawberries**
2. **Spinach**
3. **Kale, collard, and mustard greens**
4. **Nectarines**
5. **Apples**
6. **Grapes**
7. **Bell and hot peppers**
8. **Cherries**
9. **Peaches**
10. **Pears**
11. **Celery**
12. **Tomatoes**

The **Clean Fifteen** is the opposite of the Dirty Dozen — it is a collection of produce that the EWG found to contain the lowest amount of pesticide residue, even when grown conventionally. This year, the EWG found that nearly 70 percent of samples of Clean Fifteen produce had zero detectable pesticide residue. Therefore, the EWG believes these are the safest fruits and vegetables to buy from the more affordable conventional section.

Here is the 2022 Clean Fifteen:

1. **Avocados**
2. **Sweet corn**
3. **Pineapple**
4. **Onions**
5. **Papaya**
6. **Sweet peas (frozen)**
7. **Asparagus**
8. **Honeydew melon**
9. **Kiwi**
10. **Cabbage**
11. **Mushrooms**
12. **Cantaloupe**
13. **Mangoes**
14. **Watermelon**
15. **Sweet potatoes**

The Dirty Dozen and Clean Fifteen aside, eating fresh produce is important for everyone.

The EWG still recommends consumers to, "Buy organic whenever possible, buy lots of fresh fruits and vegetables, and stick to the Clean Fifteen if you can't afford organic."

Basically, even if you do not have access to organic produce, you should still eat plenty of fresh conventional fruits and veggies, as their health benefits outweigh the risks associated with pesticide exposure. And for times when organic produce is an option, splurge on organic versions of items on the Dirty Dozen list.

As for produce that does not appear on either list, you'll have to use your own judgment. If you can afford the organic versions of those items, the EWG recommends buying organic; if not, rest assured that the items did not make the Dirty Dozen, and you'll still be reaping their nutritional benefits.

Below is the EWG pocket guide. I have mine in my wallet and refer to it when I grocery shop.

Wishing you a healthy shopping trip in the week ahead,

Nurse Geri



Instructions:

1. Cut along outside line.
2. Fold along middle line.

DESIGN CLUB

GRADES: 5TH - 8TH

WHERE: ART ROOM

WHEN: TWO THURSDAY'S A MONTH

(DATES WILL BE IN THE TUESDAY NEWSLETTER)

TIME: 3:00 - 4:30

FEE: \$10

STUDENTS NOT PICKED UP BY 4:30
WILL BE SENT TO AFTERCARE

IN THIS CLUB YOU WILL BE DESIGNING AND
MAKING T-SHIRTS FOR THE SCHOOL. ALSO YOU
WILL LEARN OTHER CREATIVE SKILLS.

ANY QUESTIONS EMAIL MS. CALANDRO AT
MCALANDRO@SACREDHEARTBR.COM

THERE WILL BE A SIGN UP FORM IN THE ART
ROOM. THE STUDENTS WILL BE ALLOWED TO
SIGN UP WHEN THEY COME TO ART CLASS.



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.

