

# 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 30, 2022

## CALENDAR PEEK!

08.30	<b>HOME &amp; SCHOOL MEETING WITH BINGO</b> (6 pm in the PAC)
08.31	<b>GIRL SCOUT PARENT INFORMATIONAL MEETING</b>
09.02	<b>SPIRIT SHIRT DAY</b>
09.02	<b>MASS</b> (8 am in the church)
09.05	<b>LABOR DAY HOLIDAY</b>
09.08	<b>PROGRESS REPORTS</b>
09.09	<b>MASS</b> (8 am in the church)
09.11	<b>MASS</b> (4-8 grade invited to sing with the adult choir at the 11 am Mass)
09.12	<b>TIGER SHOP OPENS</b>

CHRIST  
has no body on Earth



but YOURS  
—St. Teresa of Avila

**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**

**PLEASE COMPLETE** ALL parents are encouraged to complete the online Free – Reduced Meals Application found at [this link](#). Please complete the process prior to October 1, 2022. Collective data from the Child Nutrition F-R Meals Program is used for government program funding such as Title I services for eligible students, stimulus program funding such as the CARES Act and EANS or P-EBT food assistance, as well as any future programs the government may offer to address school needs related to health and safety and continuous learning. No personal information is shared and the process is confidential.

**GIRL SCOUTS** Girl Scouts Troop 10510 will have a parent informational meeting online on Wednesday, August 31 at noon (12-12:30). The meeting is for parents of returning scouts and any new K through 4th grade Sacred Heart students that would want to hear about getting involved in scouting. Questions or follow up after the meeting addressed to Darrell, [darrelljbroussard@gmail.com](mailto:darrelljbroussard@gmail.com), or Sheila, [sheilann23@gmail.com](mailto:sheilann23@gmail.com). The first troop meeting will be after school on Thursday, September 15th. [Click here](#) to join the meeting Wednesday, August 31.

**CHURCH CHOIR** The Sacred Heart Church Choir would like to invite interested students in 4-8 grades to sing with them at church every 2nd Sunday of the month at the 11:00 am Mass. Interested students should meet in the Choir Room in the Parish Hall before Mass at 10:15 am. Questions? Email Davis Hotard ([brp2pleader@yahoo.com](mailto:brp2pleader@yahoo.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 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.

**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 22<sup>nd</sup> Sunday in Ordinary Time.

**ATHLETIC NEWS:** Contact Athletic Director Amy Daughdrill at [adaughdrill@sacredheartbr.com](mailto: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](mailto:justin.stoeckle@gmail.com)).
- Football schedule:

August 30	6th grade vs. Brusly (scrimmage)	5:30 pm @ Brusly High School
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

## Prayer for Humility

O Father, give us the humility which realizes its ignorance,  
Admits its mistakes, recognizes its need, welcomes advice,  
Accepts rebuke. Help us always to praise rather than to criticize,  
To sympathize rather than to discourage, to build rather than to destroy,  
And to think of people at their best rather than at their worst.  
This we ask for thy name's sake.

# SACRED HEART HOME SCHOOL

## NEWS AND REMINDERS

- Bingo will be held TONIGHT at 6:00 in the PAC. 10 bingo cards for \$30 (CASH ONLY). You will receive 1 PIP hour for attendance. There will be cash prizes and Charleston Wrap giveaways.
- There is ONE slot left on Sign Up Genius for Bingo tonight. This is another chance to earn PIP hours!
- Charleston Wrap is due September 16, 2022. Check out [Charlestonwrap.com](http://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).
- Calling all parents for Fall Fest Committee. You can contact Greg Bodin ([gbodin@balerdonelson.com](mailto:gbodin@balerdonelson.com)) and Jeff McCollum ([mccollum22@gmail.com](mailto:mccollum22@gmail.com)) if you would like to be on the committee.



### HAPPY BIRTHDAY

September 5 - Archana Banda (Director of Student Services)  
September 26 - Wendy Milam (Communications Coordinator)

## Is Your Child a Germaphobe? How to Help Them Cope

Parents are responsible for teaching their children basic hygiene practices. Brush your teeth, take a shower, and avoid germs. Most families strike a healthy balance when it comes to hygiene; allowing room for getting dirty and exploring, while helping kids understand that certain practices regarding cleanliness are expected of them. In some cases, kids take the concept of good hygiene to a whole different level, fixating on pristine cleanliness and avoiding germs at all costs. When this happens, parents may begin to wonder if they are raising a germaphobe.

### What Is a Germaphobe?

By definition, a germaphobe is someone overly concerned with the potential dangers of exposure to germs. Germaphobes often believe that when they come into contact with a surface, they have immediately picked up a virus or bacteria and are now at significant risk of becoming ill. Hence, they must clean themselves and said surfaces immediately. An example of a germaphobe might be someone who obsessively washes their hands, regardless of whether they are dirty. As with other phobias, the person experiencing germaphobia has a response that is disproportionate to an actual threat. They cannot discern that the risk of danger is low.

### Do Some Kids Have a Predisposition to Germaphobic Behaviors?

It is possible that children with anxiety could be at greater risk for developing germaphobia and related behaviors. Obsessive-compulsive disorder (OCD) is closely associated with this particular phobia. Obsessive-compulsive disorder is a specific type of anxiety that convinces people to perform certain rituals repeatedly to immediately reduce the anxiety and distress they are feeling. About one-quarter to one-third of people with OCD experience some level of contamination fear, accompanied by correlating contamination fear rituals, such as cleaning compulsions or avoidance rituals.

### Sign and Symptoms of Germaphobia in Kids

What does germaphobia look like in children?

- An association with public places being germey, and because of this, they avoid those places
- Refusal to touch typical surfaces, handles, or buttons
- Desire to cover things in plastic or wear gloves
- Exhibits emotional and physical distress when forced into a public space
- Worry and rituals regarding cleanliness are impeding daily life

Some of the more common symptoms of germaphobia include:

- Excessive washing of hands, sometimes to the point of raw skin
- Intense fear and terror over contracting an illness and becoming sick
- Physical symptoms like rapid heartbeat, sweating, and upset stomach
- Persistent worry about germs that will not or cannot be dismissed

### Helping Kids Overcome a Fear of Germs

If you have noticed that your child is exhibiting the signs and symptoms of germaphobia, you will then want to know whether this is something you can help them through on your own, or if they require professional help. You never want to treat a child for something you merely suspect. For anyone to benefit from therapeutic strategies, they must first be treated for the correct disorder.

### Germs are NOT Necessarily the Enemy

You first want to explain that not all germs are the enemy. You can explain to your child that inside of their body are tiny little "fighters" that attack germs that enter the body. These "fighting" helpers cannot grow more stronger and protect them until they get a bit of fighting practice, and the only way to do that is to allow germs to enter your person and let your immune system stretch. Germs are helpful in this way because when kids are exposed to them, they can strengthen their immune system, creating a layer of protection. Encourage children to visualize little fighters inside of their body growing stronger each time they fight an intruding virus. Next, help kids visualize these fighters banning together to create a strong and safe force field known as their immune system. Explain to your kids that, try as they might, there is no avoiding all germs. Kids with this disorder grow to believe that they can control their environment to a degree where no germs ever touch their person. This can never be the case, as germs are everywhere. Coming to terms with this reality is an essential fact for

children to accept. Children who wash their hands repeatedly or believe they must wash their hands a specific number of times per day or per hour have developed an unhealthy hygiene practice. When kids dine in a restaurant, they may wash their hands before eating and after their meal as well. This is also a standard hygiene practice. Children who refuse to touch a surface in a restaurant or refuse to eat there because they have no control over the preparation of their food have developed an unhealthy practice related to germaphobia. Teach children what is considered healthy hygiene. Give children specific windows and situations of time where handwashing is acceptable. Teach them to wash their hands with soap and warm water for no more than one minute.

### **Model the Behaviors You Want to See in Your Kids**

Parents need to model the behaviors that they hope to see in their children. Be sure that you are also washing your hands at acceptable times. Think about how you approach cleanliness and germs. Are you constantly telling your child to sanitize or wash, or are you giving out continuous reminders to avoid certain surfaces because they are dirty or gross? Parents should engage in self-reflection to ensure they are not contributing to their child's existing fear of germs.

### **Introducing Useful Techniques**

When a child is fighting a phobia, different techniques can help them work through their intense fear. Utilize techniques to supplement any work that a doctor or a therapist is doing to help your child. Your techniques are not there to replace professional help, and all methods being used should be reviewed and approved by a professional.

### **Practice Relaxation Techniques**

Teach your child relaxation techniques that might help quell the physical symptoms that often accompany anxiety. Practice deep breathing as well as self-talk to help them connect with their "regular brain" and not their "anxious brain." The anxious brain is the one with the thoughts that convince a child they are in imminent danger. The regular brain reminds them that not all germs hurt, millions of germs come into contact with millions of people each day, and nothing bad transpires. You are teaching your child to listen to their own rational thinking instead of irrational thinking. You can also introduce meditation practices, making moments of calm and connection part of a child's daily routine. Start with small pockets of time, a few minutes only, and model how to meditate.

### **Facing Fears and Working Through Them**

Avoidance is not your friend in this case, and the more you avoid situations out of fear, the more the fear will grow. Facing fear is a difficult thing for most people. Facing a phobia is exponentially more challenging and uncomfortable because of the heightened sense of danger someone with a phobia experiences. Support your child when they must face a fear related to germs. Remember to use rational talk with the "regular brain" as well as relaxation techniques.

### **Work Towards Reduction**

Children with germaphobia will wash their hands excessively to reduce the number of germs they encounter. Take a gauge at how many times your child is washing their hands. Work to reduce the number of washes per day, starting small. When children feel anxious over not participating in their washing ritual, work through relaxation techniques with them, encourage them to verbalize their thoughts and feelings and try to occupy them with fun activities that help take their mind off their phobia.

### **Knowing When to Get Help**

Any time you think something is amiss with your child, you will want to jump right in and get to fixing it. While letting something like a phobia fester is never the way to go, rushing in to conquer it can also be detrimental. If you suspect your child is struggling with severe anxiety, obsessive-compulsive disorder, or germaphobia, ask a pediatrician for their opinion. They can assess your child and recommend ways to help your child work toward stable mental health.

Wishing you a healthy week ahead,

Nurse Geri





# Sacred Heart of Jesus School REGISTER NOW FOR OUR FUNDRAISER

Organization ID:  
**19710**

## 3 EASY STEPS



[www.registercw.com](http://www.registercw.com)

### 1# REGISTER

Register participant at  
[www.registercw.com](http://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

# 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](mailto: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.

