

The Tuesday Newsletter



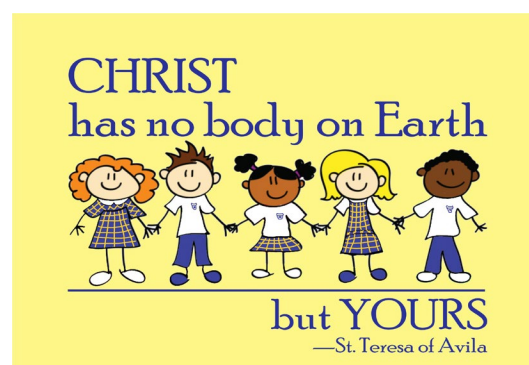
Sacred Heart of Jesus School is a diverse community dedicated to educating the body, mind and spirit.

WEEKLY NEWS FROM SACRED HEART OF JESUS SCHOOL

SEPTEMBER 6, 2022

CALENDAR PEEK!

09.08	PROGRESS REPORTS
09.09	MASS (8 am in the church)
09.11	MASS (4-8 grade invited to sing with the adult choir at the 11 am Mass)
09.12	TIGER SHOP OPENS
09.15	RETAKES, CLASS PICTURES, AND ALL SCHOOL HEART PHOTO
09.15	GIRL SCOUT TROOP 10510 MEETING
09.15	DESIGN CLUB MEETING (3 pm in the art room)
09.16	MASS (8 am in the church)
09.19	CANES GIVE BACK NIGHT (12-9pm Government Street location only)



PRINCIPAL'S POST

By: Cecilia Methvin

Without delving into the history of Labor Day and how it became a national holiday, most of us recognize it as a day to relax and enjoy a day off from our regular toils in the workplace. I found it fitting that this year, the feast of St. Teresa of Calcutta fell on Labor Day. Who better to be recognized and celebrated for dedicating her life to caring for the poorest of the poor while living among them? Every morning, St. Teresa would recite this prayer:

Dear Jesus, help me to spread Thy fragrance everywhere I go. Flood my soul with Thy spirit and love. Penetrate and possess my whole being so utterly that all my life may only be a radiance of Thine. Shine through me and be so in me that every soul I come in contact with may feel Thy presence in my soul. Let them look up and see no longer me but only Jesus. Stay with me and then I shall begin to shine as you shine, so to shine as to be a light to others. Amen.

It reminds us that the reason we care for the bodily needs of others is that our love for them makes us long to bring their souls to Christ. Today, we prayed this together during our morning school assembly.

St. Teresa died on September 5, 1997. Pope John Paul II put into effect the expedited process of Mother Teresa's beatification a mere six years after her death. Like so many others around the world, he found her love for the Eucharist, for prayer, and for the poor a model for all to emulate. I don't think there is a better example of someone who lived our theme "Christ has no body on earth but yours."

St. Teresa of Calcutta, pray for us!

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.

CHURCH CHOIR The Sacred Heart Church Choir would like to invite interested students in 4th-8th 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).

SCHOOL CHOIR Music teacher Riclebio Souza invites any 4th-8th grade students interested in joining the Sacred Heart of Jesus School Choir to sign up in the front office. Practices will be held on Fridays beginning September 16. School choir members will sing in church during our school masses.

GIRL SCOUTS Girl Scouts Troop 10510 first meeting will be after school on Thursday, September 15th. Questions? Email Darrell (darrelljbroussard@gmail.com) or Sheila (sheilann23@gmail.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.

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

- **Girls Basketball Schedule**

September 8	Middle School Jamboree	7:15 pm @ Holy Family
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- **Cross Country Meet**

Saturday, September 17	Catholic Pointe Coupee
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- **Football schedule:**

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
September 17	4th grade vs. Central Private	10:15 am @ Central Private
September 17	6th Grade vs. Central Private	11:30 am @ Central Private
September 17	8th Grade vs. Central Private	1 pm @ Central Private



Saint Mother Teresa,
You lived your life strong in faith and love
of God.
You reached out to help everyone you met
- especially the poor and homeless.
Help us to care about other people and
help them when they need us.
Help us to grow together strong in our
faith and love of God and to be the best
persons we can be.
St Mother Teresa...Pray for Us.
Amen.

SACRED HEART HOME + SCHOOL

NEWS AND REMINDERS

- Thank you to all of the parents and faculty members for attending our first Home and School Bingo night. It was a great success and a lot of fun.
- Thank you to our hospitality board for helping pull off a great night!
- 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).
- Calling all parents for Fall Fest Committee. You can contact Greg Bodin (gbodin@balerdonelson.com) and Jeff McCollum (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)

The 5 Love Languages for Children

When I was a new mother of three children, I decided that I was going to treat each child the same. Stop laughing. It did not take long to realize how different they were. What worked for one child did not necessarily work for the other two. Sound familiar? I have read about the “5 love languages”, but I never considered how it applied to children. When I researched the topic, I started noticing the love languages of my students. Here are the five love languages for kids explained. Knowing your child’s love language can not only help them feel more loved, but also ensure that you make each of your children feel loved in their own love language. If you don’t know what your child’s love language is yet, consider taking [this quiz](#) on the five love languages website. Sit down with your kids and discuss it with them.

1. "Cuddle Me! Chase Me!" Physical Touch Love Language.

Is this your kid? Did your child run to the door, grab your leg, and climb all over you when they were younger. If children are constantly in your space, touching you, or playing with your hair, that is a signal that they need to be touched more.

Express love like this:

- Snuggle on the couch
- Let them sit on your lap
- Offer a foot message
- High fives
- Wrestle and play sports that require jostling
- Give loud kisses all over their head (the way Cookie Monster eats a cookie)
- Have a secret handshake
- Give hugs and kisses
- Read to your kids
- Tossing kids up into the air (safely)

Avoid doing this:

- A slap or spanking is devastating to one whose primary love language is touch
- Dads tend to become less physically affectionate when their daughters start to grow older because they feel ill at ease, make it a habit of good-morning and good-night hugs, even as kids get older.
- For children with this love language, they will receive love more deeply through these acts than through words or receiving gifts.

2 "Talk to Me!" Words of Affirmation Love Language

For kids who listen intently and speak sweetly, your loving words matter most.

Is this your kid? If your child beams whenever you praise them or offers you lots of sweet feedback—like a child pulls you close to whisper, "Mommy, you are my favorite mommy"—they relish words of affirmation.

Express love like this:

- Little notes in their lunch box
- Texts
- A bracelet with something like "my hero" printed on it can mean the world to these kids
- Get down on their level so you can look them in the eyes and says, "You are the best thing in my life. You are so important to me."
- "Gossiping" or whispering loudly to a stuffed animal, another adult, or even a bird outside about something your kid did well, since research shows we all believe more of what we overhear than what is told directly to us.
- To show your child love through this love language, consider not only telling them I love you but also words of praise when they have done something good.
- Ask to speak to your child while you are calling home.

Avoid doing this:

- Insults cut deep and it is particularly important for these kids to hear the words "I love you" standing alone, rather than, "I love you, but..." Tying those three words to anything else can imply that your love is conditional.
- For children with this love language, words are more powerful than actions. Words of praise and endearment and positive guidance are going to make them feel deeply loved. This is also true about yelling or scolding them when they are being bad. These words will not be soon forgotten and can really hurt them.

3. "Come Here! Look at This!" Quality Time Love Language

These children feel most valued when you choose to spend time with them. Is this your kid? A child who often says, "Watch this!" or "Play with me!" is begging for quality time. "Come to my room! I want to show you something."

Express love like this:

- In addition to just being together, offer your undivided attention.
- It can be short, but let your child choose the activity.
- One-on-one chats are important.

Avoid doing this:

- Putting a child in their room and isolating them, that is a severe punishment to that child.
- Do not assume that spending extra time together means that you need to abandon your to-do list. Even reading beside your child when they are absorbed in their own play will let them feel your warm presence.
- If your child's love language is quality time, this means they will need your full and undivided attention. This is your way of saying that you are important to me and that I want to spend time with you. This can make your child feel loved when you are available for them even when you are busy.
- Remember that it is not about the activity or how you are spending your time, but that you are together doing it.
- If you have more than one child, consider spending quality time together, but also one on one as well. This will make them feel more special and let them know that you are only focusing on them right now.

4. "Presents, Please!" Gifts Love Language

Children who feel loved when they receive things are not just pandering for more stuff. Instead, they are actively seeking ways to feel loved by you. Is this your kid? Someone whose primary love language is gifts tends to care about how a present is wrapped, and often remembers who gave them what for months or years after the fact. Another tip-off? Your kid has trouble throwing out things they have been given, even if they have not looked at them in ages. If receiving gifts is your child's primary love language, then they are going to view gifts as symbols of love from you. While many children will respond in a positive manner to gifts, if this is your child's love language, gifts can mean more than just something fun to do. Children may beg and even break down and cry for things, but for those who have gifts as their primary love language, they will respond differently.

Express love like this:

- Your child sees a gift as a symbol of your love, and it can be anything from a very smooth stone to a ball of yarn in just the color they mentioned liking two Tuesdays ago.
- Although it is fine to keep a closet full of wrapped dollar-store toys, you do not need to spend money.
- Try leaving an origami creation on your child's chair or a wildflower on their pillow.
- Stickers and star charts are also concrete ways of making these children feel valued.
- On the receiving end, be sure to make a big deal of any gifts your child gives you by hanging artwork or creating a "precious things" table for those sculptures made from pipe cleaners and old corks.

Avoid doing this:

- Avoid overdoing gifts.
- Give kids gifts that are appropriate for their age and that will be helpful to them, rather than just what they want.

5. "You Do it For Me!" Acts of Service Love Language

- Acts of service is the most peculiar-sounding love language, but kids who speak it appreciate thoughtful gestures, like buying flavored seltzer and making a mocktail complete with a mini umbrella and a pineapple slice.

Is this your kid?

Your child may beg you to tie their shoes, fix a broken toy, or fluff his pillow. As a result, parents of these kids often end up feeling like servants, but it may help to reframe seeing those requests as simple requests to feel loved.

Express love like this:

- Make exceptions to a general rule helping a child dress when they are having a bad morning
- Going above and beyond (such as first warming their clothes in the dryer on a cold morning).
- Encourage self-reliance and expect them to do what they can for themselves at each stage of development but let them know you are there if needed.
- Walk your child through a new process and teaching him, step-by-step, how to be more capable.
- Children will communicate this by asking you to fix or do something for them.

Avoid doing this:

- Do not have to jump at every request. A thoughtful response will do, even if it's to deny an ask.
- Watch out for how those exceptions to rules pile up.

Scientist believes that love languages are like personality traits that stay with us for life, your child's preference might seem to change from moment to moment and stage to stage. A toddler who craves snuggles may grow into a 7-year-old who likes to roughhouse. A kid who basks in praise might become skeptical of your reassurance at some point and instead, just need a little quality time.

In gratitude for your precious children,
Nurse Geri



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

JOIN THE SACRED HEART OF JESUS SCHOOL CHOIR!

CHOIR MEMBERS WILL SING IN CHURCH
DURING OUR WEEKLY SCHOOL MASSES



Open to students in 4th-8th grade.
Students will receive special vocal training!
Practice Friday afternoons beginning September 16

SIGN UP IN THE MAIN OFFICE
EMAIL MR. SOUZA FOR MORE INFORMATION
RSOUZA@SACREDHEARTBR.COM



LUNCH



SEPTEMBER 2022

Elementary Schools

Daily Choice Elementary:

M/W- PIZZA

T/TH- CHICKEN SMACKERS

F- TACO SALAD

Monday

Tuesday

Wednesday

Thursday

Friday



5

Chicken Tenders
Red Beans and Rice
Garden Salad
Pineapple

12

Honey Citrus Chicken
Fried Rice
Garden Salad
Glazed Baby Carrots
Pineapples

19

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

26

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

6

Cheesy Beef Pasta
Garden Salad
Vegetable Medley
Orange Wedges
Dinner Roll

13

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

20

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

27

Fish Nuggets
Creamed Potatoes
Broccoli with Cheese
Pineapple

7

Corn Dog Nuggets
Creamed Potatoes
Glazed Baby Carrots
Red Apple Wedges

14

Hamburger/Cheeseburger
Garden Salad
Baked Beans
French Fries
Diced Peaches

21

Fish Nuggets
Creamed Potatoes
Broccoli with Cheese
Pineapple

28

Jambalaya
Garden Salad
White Beans
Pears
Dinner Roll

1

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

8

Chicken Filet on Bun
Garden Salad
French Fries
Diced Peaches

15

Jambalaya
Garden Salad
White Beans
Pears
Dinner Roll

22

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

29

Macaroni and Cheese
Garden Salad
Green Beans
Applesauce

2

Pizza
Baby Carrots
Corn
Pears

9

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

16

Macaroni and Cheese
Garden Salad
Green Beans
Applesauce

23

Pizza
Baby Carrots
Corn
Pears

30

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.

MY
SCHOOL
BUCKS

PAY FOR MEALS ONLINE
MySchoolBucks.com

Save the date!

Raising Funds
WITH



Monday, September 19
12pm - 9pm

MENTION SACRED HEART
and we will receive 15% of the pre-tax sales
5020 Government St.

Sacred Heart Of Jesus School 1st Annual Corn Hole Tournament



FRIDAY, OCTOBER 21ST 6:30PM PARISH HALL

**2 Person Teams Max Teams: 32 Entry Fee: \$50/Team Winner Take All
Prize: \$150 plus gift package (TBD- will have wine and liquor and promo items).**

***Teams Must be registered no later than Tuesday, October 18th ***

- If the total number of teams is less than 32, Father Josh will blind draw team names by Thursday October 20th for 1st round "bye".
- Scoring is aggregate (not difference of point total each turn). Ex: Player 1, Team 1 scores 6 on 1st turn. Player 1, Team 2 scores 4 on 1st turn. Score is 6-4 heading to next player's turn.
- 1st team to 21 wins for each round except final round.
- Final Round is 1st to 21 win by 2. The team that throws second will get to throw if 1st team reaches 21 by 2 1st. **There will be a 10-minute time limit for the 1st 2 rounds.**
- Scoring is 3 pts for a Cornhole, 1 point for anywhere on the board. "Hangers" (part on/part off) do not count.

Included in the Event

Players will have plenty of Water, Soda, Beer and Wine. Food will be provided by a TBD restaurant There is a strong likelihood of good whiskey finding its way in.

Please register at _____
Come out and support SHS and have some fun!