

The Tuesday Newsletter



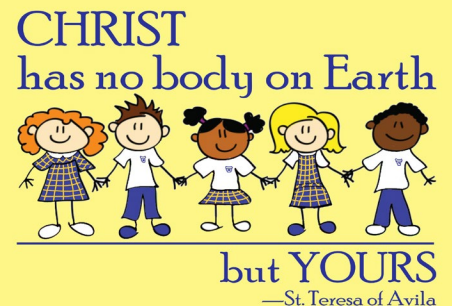
Sacred Heart of Jesus School is a diverse community dedicated to educating the body, mind and spirit.

WEEKLY NEWS FROM SACRED HEART OF JESUS SCHOOL

SEPTEMBER 20, 2022

CALENDAR PEEK!

- 09.22 **BIRTHDAY FREE DRESS** (September Birthdays)
- 09.22 **MATHLETES TOURNAMENT** (at Catholic High School)
- 09.23 **MASS** (8 am in the church / 7th grade leaders)
- 09.25 **TIGER SHOP CLOSSES AT MIDNIGHT**
- 09.27 **FOOTBALL AND CROSS COUNTRY TEAM PICTURES** (right after school in the school yard and church grounds)
- 09.28 **QUIZBOWL MEETING** (3:05-4:30 in Mrs. Robinson's room)
- 09.30 **MASS** (8 am in the church / 8th grade leaders)



PRINCIPAL'S POST

By: Cecilia Methvin

Our 1st through 8th grade students spent the last two weeks learning about the democratic process through our Student Council elections. Student Council is an organization made up of 6th through 8th grade students who are responsible for leading the student body in school and community activities. Students hold the offices of President (8th grade only), Vice President, Secretary, Treasurer, and Homeroom Class Representative. Interested candidates completed an application where they outlined their leadership experience and ideas they have to improve our school. They then had to design a social, spirit, or community event and describe in detail the steps needed to put their plan into action. Finally, candidates prepared and gave speeches to the student body about their experience, platform, and ideas for Sacred Heart. They spent the next week campaigning with posters, stickers, buttons, and key chains, all while taking the time to speak with other students about their vision. I was in awe of the enthusiasm, charisma, passion, and intelligence each of the candidates demonstrated during the week. Sacred Heart students inspire me and fill me with hope.

Here are our Executive Student Council members: Paige Roscoe, President; Lucy O'Brien, Vice President; Charlotte Boudreaux, Secretary; and Amelie Schmitt, Treasurer. Our Homeroom Class Representatives will be announced at dismissal today. Congratulations to you all and I look forward to working with you this year!

STUDENT GOVERNMENT Congratulations to the 2022-23 Sacred Heart Student Council members: President - Paige Roscoe, Vice President - Lucy O'Brien, Secretary - Charlotte Boudreaux, and Treasurer - Amelie Schmitt. Today we will announce the winners of the class representatives. Stay tuned to our social media pages to be the first to know!

TIGER SHOP The [Tiger Shop](#) is OPEN and will close on **Sunday, September 25 at midnight**. This is the last time the Tiger Shop will offer this year's spirit shirt and any shirts/sweatshirts that are screen printed. Be sure to order your screen printed items, especially the spirit shirts, athletic sweatshirts, and 8th-grade sweatshirts before it's too late! [Click here to shop](#). If you have any questions, please contact Jennifer Broussard (jenncbroussard@gmail.com) or Jennifer Thibodeaux (jthibodeaux@catholichigh.org).

OPEN HOUSE We are hosting an open house on October 27 from 9 am-1 pm. If you have friends, family, or co-workers that might be interested in attending, we have some push cards that you are welcome to pass along. We can send them home with your student. Simply email Wendy Milam (WMilam@SacredHeartBR.com). If you do not know anyone personally, but would like to display some at your work or place of business, you are welcome to do that as well.

ST. MICHAEL MP3 All Junior High School students are invited to the St. Michael Junior High MP3 on Saturday, September 24. The event begins at 6:30 pm in the SMHS gym. Join us for music, prayer, praise, and play. The event ends at 9:30 pm. Individuals and groups may sign up <https://forms.gle/KnoA6tWXXwujxgtAA>. See page 12 for more information.

EYEGASSES DONATION Do you have old eyeglasses that are not being used anymore? We are collecting them for the Lion's Club this month. Please consider giving the gift of sight to someone who cannot afford a pair of eyeglasses. Please send all donations to Nurse Geri at school.

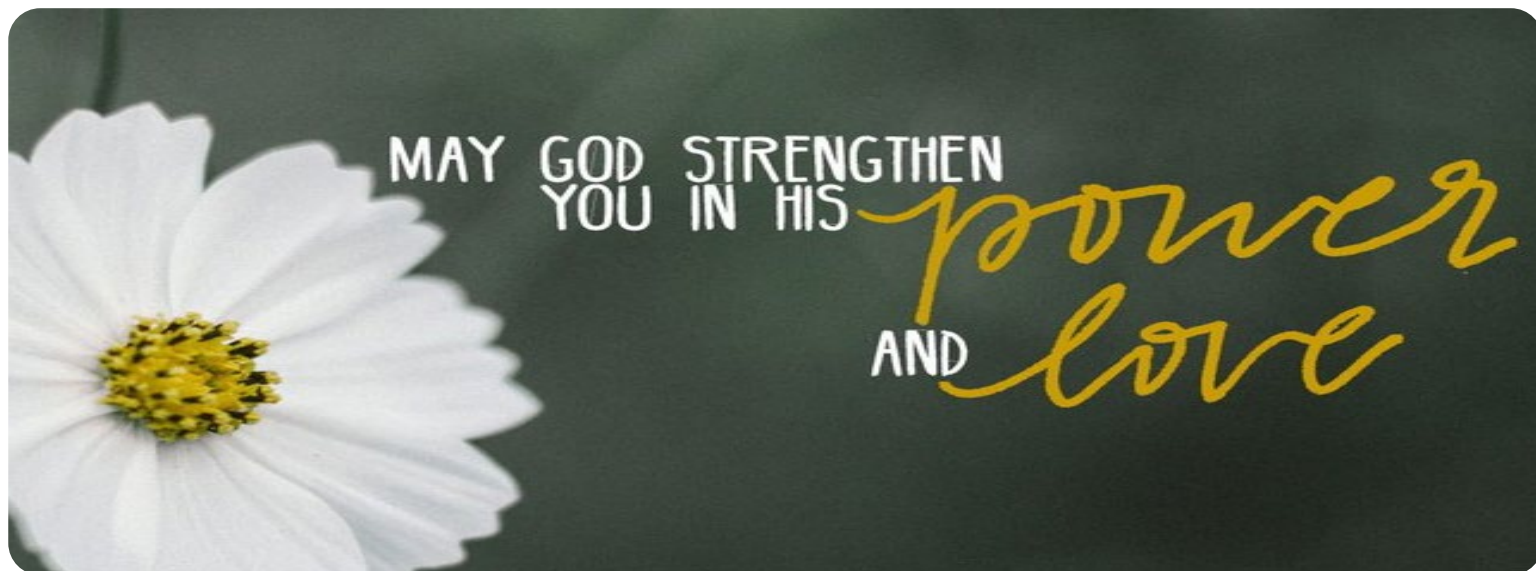
PIP OPPORTUNITY The nursing station is in need of volunteers for various tasks. PIP hours are available.

- 1) Cutting out laminated pictures. This is a task that can be done at home.
- 2) Escorting students to and from their class for upcoming hearing screening days. All volunteers participating in on campus activities must have completed the Safe and Sacred training for the diocese at Child & Youth Protection : Roman Catholic Diocese of Baton Rouge : Baton Rouge, LA (diobr.org) Please contact Nurse Geri for more details.

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](#) to listen to Fr. Josh's homily from Sunday.

NEWS TO THE EDITOR Do you have news for The Tuesday Newsletter? Please email news to WMilam@SacredHeartBR.com by



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

Save the date for girls basketball 8th grade night on Thursday, October 20 at 7:15 p.m.

Congratulations to our cross country team at the Brusly Middle Invitational Cross Country Meet! Special congratulations to Drew Mascari for a 2nd place overall finish. Highlights for the 2 mile race go to the athletes finishing in the top 3 for Sacred Heart. Girls: 1st - Gianna Canezaro, 2nd - Randee-Lyn Slaughter, 3rd - Olivia Sullivan; Boys: 1st - Drew Mascari, 2nd - Nathan Beall, 3rd - Mark DeBose. All of the athletes did an excellent job!

Congratulations to the football teams for their win against Central Private last weekend! 5th and 6th grade won 30-22 and 7th and 8th grade won 22-14! 4th grade fought hard until the end and only lost by one point. Keep up the good work!

If you have a high school student who would like to volunteer to work concessions, the clock or book during home basketball games and need service hours, please email Amy at adaughdrill@sacredheartbr.com.

Parents of students in Pre-k through 2nd grade our biddy soccer season will begin in the next few weeks. Be on the lookout for a registration email!

- **Girls Basketball Schedule**

September 23	4th grade vs. Our Lady of Mercy	6:30 pm Sacred Heart Gym
September 23	8th grade vs. Ascension Catholic	7:15 pm Sacred Heart Gym
September 28	4th grade vs. Holy Family	6:30 pm Sacred Heart Gym
September 28	8th grade vs. St. Jean Vianney	7:15 pm Sacred Heart Gym

- **Cross Country Meet**

Saturday, September 24 Brusly Cinclair Run on the Levee

- **Football schedule:**

September 21	6th Grade @ All Star Parkview	6:00 pm @ Parkview
September 21	8th Grade vs. Caneview	6:00 pm @ Port Allen Middle School
September 24	4th Grade @ False River	10:00 am @ False River

JERSEY DAY!



SACRED HEART HOME SCHOOL

NEWS AND REMINDERS

- Thank you all so much for a successful Charleston Wrap fundraiser. A huge thank you to Kathryn Mount for helping chair this great fundraiser!
- Corn hole will be held 10/21. [Click here to sign up.](#) Make sure you complete your registration by clicking the Venmo link on the second page of the form. Please include your name and "corn hole" in the description.
- 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)

SACRED HEART HOME SCHOOL



SPECIAL THANKS TO OUR 2022-23 ROOM MOMS!

Grade	Room Parents	Email
PK3	Maia Weary	maiakey90@yahoo.com
PK3	Kristin Howell	kloust1@gmail.com
PK4	Synnaman Bingham	synnaman19@gmail.com
PK4	Monica Shaughnessy	Tredicibakery@gmail.com
K	Monique Courtney	mdoug08@me.com
K	Sophie Seng-St. Romain	Avetrupp@gmail.com
1st	Alex Hayes	Alexf.barthelemy@gmail.com
1st	Keisha Houston	keishachouston@gmail.com
2nd	Ashley Sensley-Square	asensley@att.net
2nd	Trevor Taylor	trev2003@att.net
3rd	Kay Gaudin	kay@prolimo.com
3rd	Tiffany Jones	Tiffany.irving@gmail.com
4th	Keyshell Dyer	Keyshellgd@yahoo.com
4th	Destinee Monroe	monroe.destinee@yahoo.com
5th	Rosemary Beall	Rosemary@rosieswellness.com
5th	Kelly Metz	Kellysmetz76@outlook.com
6th	Juanicka Trusclair	Jtrusclair@yahoo.com
6th	Haley Nassif	Haleynassif@cox.net
7th	Shaye Sable	ssable@dsllc.com
7th	Keri Hetherington	Mrshttravels@gmail.com
8th	Courtney Gustin	cgustin@braf.org
8th	Jennifer Broussard	jenncbroussard@gmail.com



Can I just sit for 5 minutes? Mental Health Effects of the COVID-19 Pandemic on Children and Adolescents Part 1

I have had more kids come to me this year and say, “Can I just sit for five minutes.” I have encounter so many kids and adults in the community with increased anxiety and depression since the beginning of Covid 19, so what is going on? Today, I would like to talk about children and adolescents.

Emotional and Behavioral Responses Among Children and Adolescents

Range of symptoms and signs associated with emotional and behavioral reactions to stress

Reactions to stress among children and adolescents have some universal themes but are also age and context dependent. This was demonstrated in studies conducted since the pandemic started and showed the different ways that children in different age groups and different developmental needs have reacted to the pandemic.

- Infants and young children were found to be impacted by the stress of the pandemic and manifested distress through disruptions of physiologic functions like sleep, toileting and feeding. They may have difficulty with separation and regress in their skills or become more irritable or socially withdrawn.
- Emotional and behavioral reactions that have been observed among school-aged children during the pandemic include clinginess, attention seeking and increasing dependence on their parents.
- Globally, 1 in 4 youth are experiencing clinically elevated depression symptoms and 1 in 5 are experiencing anxiety. These estimates are double the pre-pandemic estimates. Children and adolescents experiencing anxiety and depression at baseline are at even greater risk for an exacerbation of those symptoms.
- Adolescent presentation to the emergency department and primary care clinics for behavioral and mental health problems as well as suicide attempts have increased significantly during and following the acute phase of the pandemic. These crises have strained further an already challenged behavioral health infrastructure and underscore the severity of the behavioral health crisis that is unfolding. Primary care providers and other child-serving systems, such as emergency departments, are being called on to increase their attention to screening for and identifying mental health emergencies and must prepare themselves accordingly.
- According to the Centers for Disease Control and Prevention (CDC), emergency department visits among adolescent females (ages 12–17 years) increased for 2 mental health conditions (eating and tic disorders) during 2020, 4 (depression, eating, tic, and obsessive-compulsive disorders) during 2021, and 5 (anxiety, trauma and stressor-related, eating, tic and obsessive-compulsive disorders) and overall mental health visits during January 2022, compared with 2019. The proportion of ED visits with eating disorders doubled among adolescent females. The AAP has resources for clinicians and families.
- Children with special health care needs including neurodevelopmental disorders such as autism, ADHD and intellectual disability and preexisting mental health disorders were found to be more vulnerable to uncertainty and disruptions of routines and are more dependent on resources and support that was interrupted during the pandemic. These children are at greatest risk of exacerbation or relapse of behavioral symptoms, which may, in turn, trigger more stress and conflict with caregivers and further increase the stress for both caregivers and children.

Other factors that can influence the impact and manifestations of stress in infants, children, and adolescents

Their Environment

- The emotional well-being of children is inextricably dependent on their parents’ well-being, and children are said to be the emotional barometers of the family. As the physical, environmental, relational, and financial stressors change over time, parents and caregivers and other supportive adults who are expected to be the safe haven for children are, themselves, increasingly struggling to cope and be nurturing and emotionally available to their

children. The increase in substance use during the pandemic demonstrates the severity of these challenges. As a result, infants and young children experience stress both directly and vicariously, and without the maturity to process their experiences, they often adapt by internalizing the impact.

- Individual factors: Children and adolescents enter stressful situations with a particular temperamental style determined by their biobehavioral reactivity, defined as the extent or intensity with which a child responds physiologically, emotionally and behaviorally to a range of environmental stimuli. For example, children who adapt more easily to change may be able to adjust to remote learning and new daily routines, whereas children with less flexibility may struggle with change.
- Loss and grief: It is currently estimated that over 149,000 children in the United States lost a primary or secondary caregiver to COVID-19. Globally, this number is estimated to be over 10 million children. The risk as well as the impact of losing a parent during the pandemic is likely higher in communities of color, immigrant communities and under resourced communities. The emotional impact of losing a parent, including trauma and grief, is often compounded by the loss of material stability and economic hardship and has been associated with poor educational outcomes and long-term mental health consequences. All children and youth may present with behavioral issues that may be misinterpreted and, in fact, may represent a response to trauma, grief, or loss.

Assessing the impact of the COVID-19 pandemic on emotional and behavioral health

Pediatricians are experts in providing surveillance and screening around developmentally appropriate behaviors. During the COVID-19 pandemic, it is especially important that pediatricians continue to inquire about child, youth and family functioning

Social determinants of health

Assessment for social determinants of health, including food insecurity and unstable housing, takes on an added urgency as the pandemic has resulted in significant economic impacts on families. These impacts are especially true for historically under resourced populations facing inequities. Families experiencing additional stressors, (i.e., related to multigenerational living and employment as an essential worker) may require additional supports. The level of concern by families for these issues can be further elicited. Internet connectivity has become necessary for socialization, remote learning, employment, and access to health care and must also be included in the evaluation of social determinants of health, especially given the increasing digital divide.

Trauma informed approach

Taking a trauma-informed care approach begins with recognizing that emotional and behavioral symptoms in children may be related to COVID-19 related exposures and events. Similarly, distress brought on by the pandemic may trigger other stress responses related to past traumas. Using open-ended surveillance questions to identify if children have experienced COVID-19 or other traumas and considering the use of trauma symptom screening tools to help assess presence and severity of symptoms, will allow for a tailored response. For many of those impacted, office-based guidance (reassurance of safety, returning to routine, simple relaxation, and regulation techniques) have been sufficient support for recovery. For those who are more impacted, referral to mental health services, particularly evidence-based trauma therapy, in the community may be necessary. Ultimately, promoting a positive expectation of recovery and reassurance that with support children can do well may be the most important message.

More to come next week.

Wishing you a mentally healthy and low stress week,

Nurse Geri



Louisiana Lions Eye Foundation
FREE Vision Screening
CONSENT & REFERRAL FORM
For more information call (504) 525-7235



PLEASE PRINT CHILD'S INFORMATION

Child's Name: _____
First mid initial Last

Date of Birth: ____/____/____ Age: _____ Male: _____ Female: _____

Is your child under the care of an Eye Doctor? ____YES ____NO Does your child wear glasses? ____YES ____NO

School Name: _____ Teacher's Name: _____

PLEASE PRINT PARENT CONTACT INFORMATION

Parent's Name: _____

Email: _____

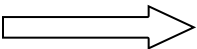
Phone: (_____) _____ - _____ Secondary phone: (_____) _____ - _____

I, the undersigned, hereby give permission for my child, _____, to participate in the LLEF CubSight Vision Screening. I understand the following regarding this program:

1. The information obtained from this vision screening is preliminary and does not constitute a complete vision exam. It is designed to potentially detect eye problems such as myopia (near-sightedness), hyperopia (far-sightedness), astigmatism (not seeing things in focus), strabismus (eyes point in different directions), amblyopia (lazy eye), or anisocoria (different size pupils).
2. There is **no charge** to participate in the vision screening. The screening is done using a camera that takes a picture/reading of your child's eyes. No medication is needed to complete the screening. The screener stands approximately 3-4 feet away from your child.
3. The LLEF CubSight screener or volunteer may take a picture of my child which could possibly be used in future CubSight promotions.
4. If my child is referred, I am responsible for arranging a complete eye exam by a vision professional.
5. If my child is referred and examined by a vision care professional, the examiner should release the results of my child's exam to the CubSight Program and to my child's school/day-care. These results may not remain confidential as they will be shared with my child's school/day-care administration, the CubSight office staff, and participating Lions Clubs.
6. I will not hold the Lions Club organizations, the LLEF CubSight Program, or the Louisiana Lions Eye Foundation accountable for any errors or omissions obtained by this screening.
7. If my child receives a REFER outcome, I should be notified by the school and may be contacted by the LLEF CubSight staff to follow up on my child's vision screening. I may contact the LLEF CubSight staff at any time with questions or concerns regarding my child's vision screening.

Signature of Parent/Guardian: _____ Date _____

Was the child wearing glasses when screened? ____ Yes ____ No

Circle Result 
& Place Refer Sticker
Here

(Do not cover result information with sticker)

PASS:

The screening did not detect a vision problem.

UNABLE TO SCREEN:

We were unable to obtain a clear result on your child. We recommend that your child receive a complete vision exam by an eye doctor.

REFER:

Your child did not pass our vision screening. We recommend that your child receive a complete vision exam by an eye doctor.

For information about this screening, or LA Lions Clubs, call:

Name _____ Phone _____

Rev. 5/25/2021

KEEP CALM AND JOIN QUIZ BOWL!



*Come join us for
our first Quiz
Bowl meeting
and tryout!*

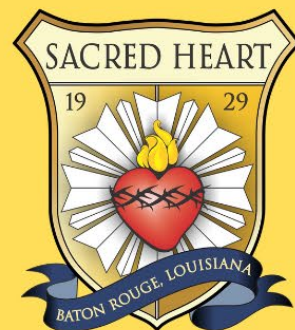


SACRED HEART'S QUIZ BOWL TEAM

Battle of the Brains!

**GRADES
5TH - 8TH
ALL ARE
WELCOME!**

**September 28
3:05-4:30pm
Mrs. Robinson's Room
Room 203**



SEE MRS. BANDA OR MRS. ROBINSON FOR MORE INFORMATION

FOURTH NIGHTS



4TH FRIDAYS OF THE MONTH

Nights of sports, prayer and dinner along with fellowship.
For young men who have an openness to a call to the priesthood.

Dads are encouraged to attend especially on the 3rd-7th grade nights.

**HELD AT THE SACRED HEART OF JESUS ACTIVITY CENTER
FROM 7-9 P.M. ON THE FOLLOWING FRIDAYS:**

Friday, August 26, 2022 (8th-12th Grade)
Friday, September 30, 2022 (3rd-7th Grade)
Friday, October 28, 2022 (8th-12th Grade)
Friday, January 27, 2023 (8th-12th Grade)
Friday, February 24, 2023 (3rd-7th Grade)
Friday, April 28, 2023 (3rd-7th Grade)

*Sponsored by St. John of Avila Men &
The Vocations Office of the Diocese of Baton Rouge*

Rev. Joshua Johnson
Director of Vocations
spayne@diobr.org
225-336-8778



Please RSVP to
luke.zumo@gmail.com

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

Sacred Heart of Jesus



Alumni Mass & Lunch

Meet us on Main Street

Sunday, November 13 at 11:00 a.m.

Sacred Heart of Jesus Church

Lunch to follow in the Sacred Heart of Jesus School Cafeteria

& Student led tours of newly renovated classrooms in the main school building



**SACRED HEART
OF JESUS SCHOOL**

Continuing the legacy of the
Sisters of St. Joseph begun in 1929

Sacred Heart Of Jesus School *1st Annual Corn Hole Tournament*

FRIDAY, OCTOBER 21ST 6:30PM
PARISH ACTIVITY CENTER



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: <https://forms.gle/ao9AkfxsMkpN3jq16>
Come out and support SHS and have some fun!

PIZZA!

GAMES!

TALKS!

JUNIOR HIGH MP3



**SERVE
LIKE**

CHRIST

Who?
6th, 7th,
and 8th
grade!

**\$10
at the
door**

Time?
6:30-9:15

**Saturday
September,
24**

Where?
St. Michael
High School
Gym

SIGN UP AT: <https://www.smhsbr.org/faith-formation/mp3-program.cfm>

Please Support Your Child's Reading!



Please sign in or create an account at:
scholastic.com/bookclubs

Connect to me by entering
our Class Code:

Y	L	R	Q	K
---	---	---	---	---

Or click Find Your Child's Teacher
and look for my name.

Please order by our class due date:

October 5th

Every order helps us get
FREE Books for the classroom!



Mrs. Alexis
Your Child's Teacher



PICK A
FREE BOOK
With an online order of \$25+.

If you have't started yet...

START COLLECTING!



Save Proofs of Purchase from all Community products.

All coffee, tea, creamer & sugar products and coffee filters contain eligible Proofs of Purchase. Boxes of coffee and coffee-related products delivered to restaurants, hotels and other businesses contain high value Proofs of Purchase.

It's an easy way to help earn cash for our school! Just clip and save. Bundle in groups of 10, 25 or 50 and place in either a zip-lock bag or a sealed envelope. Be sure to label with student's name, teacher & grade. Then have student turn in proofs of purchase to their teacher before the deadline.

All Proofs of Purchases should be turned in by January 9th.

For more info about Community Coffee's Cash for Schools program, visit www.communitycoffee.com/cashforschools



You can help women receive the life-affirming care they need by participating in Woman's New Life Clinic's 10th annual Born to Run - Baton Rouge 5K & 1/2-mile Fun Run presented by The Parable Foundation!

Register for the Born to Run 5K or 1/2 mile Fun Run and **join the Sacred Heart of Jesus Church and School team**. Both races are open to all ages and skill levels. After the race join us for the **post-race "Birth" Day Party** for free food, drink, music, and fun for the whole family!

Born to Run will be held 8:30 am November 12, 2022 at the downtown North Boulevard Town Square. Early-bird registration ends Friday, September 30th. To register or donate go to: www.womansnewlife.com/borntorun Be sure to **join the Sacred Heart team** and complete the full, two-step registration. With 10 or more team members we pick our shirt color and have the Sacred Heart logo printed on the front!

This year is team Sacred Heart's seventh year to participate and we want to make it our best ever. Our goal is for our team to join forces with you and raise \$2,500.00 to support the life affirming services provided by Woman's New Life Clinic. If you cannot participate, please consider donating to our team!

How to Decorate a Cypress Tree:

A New Louisiana Classic



Angelle Terrell
AUTHOR
FALL SCHOOL VISITS



ABOUT ANGELLE

Angelle Terrell is a Louisiana native and author of *HOW TO DECORATE A CYPRESS TREE* (Pelican Publishing, '22). With over a decade of education under her belt, Angelle loves to engage school-age children.

ABOUT THE BOOK

In *HOW TO DECORATE A CYPRESS TREE*, Louisiana siblings MaLou and Rodney are on a mission to create Christmas magic with the beauty of their bayou home. In 32 exquisitely illustrated pages, children will learn about family, creativity, and the whimsy of nature.

ABOUT THE VISIT

During a 90 minute visit, Angelle can:

- Read to multiple classes.
- Read to a multi-grade assembly.
- Present a lesson on the path to publishing or following your passions.
- Q and A with students.
- Personalize a talk for your community needs!

CONTACT:

225-938-4477
hello@angelleterrell.com