

# The Tuesday Newsletter



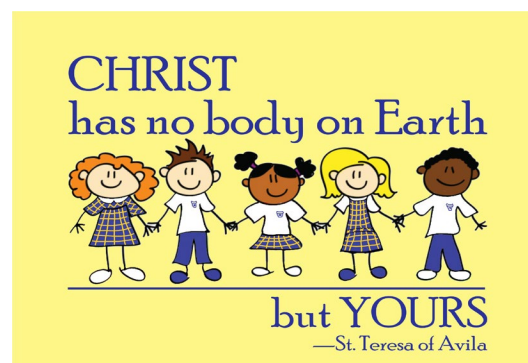
*Sacred Heart of Jesus School is a diverse community dedicated to educating the body, mind and spirit.*

WEEKLY NEWS FROM SACRED HEART OF JESUS SCHOOL

SEPTEMBER 27, 2022

## CALENDAR PEEK!

09.27	<b>FOOTBALL AND CROSS COUNTRY TEAM PICTURES</b> (right after school in the school yard and church grounds)
09.28	<b>QUIZ BOWL MEETING</b> (3:05-4:30 in Mrs. Robinson's room)
09.29	<b>DESIGN CLUB MEETING</b> (3:00-4:30 in Ms. Calandro's room)
09.30	<b>MASS</b> (8 am in the church / 8 <sup>th</sup> grade leaders)
10.06	<b>CONCERT FOR HOPE</b> (with Composer/Pianist Eric Genuis @ 1 pm in the gym)
10.07	<b>SPIRIT SHIRT DAY</b>
10.07	<b>MASS</b> (8 am in the church / 8 <sup>th</sup> grade leaders)
10.09	<b>MASS</b> (11 am in the church / choir sings at Mass)
10.12	<b>HISPANIC HERITAGE ASSEMBLY</b> (1:45 pm in the gym)



## PRINCIPAL'S POST

By: Cecilia Methvin

From September 15th through October 15th, the United States celebrates Hispanic Heritage Month. The flier on page 5 contains information on what Hispanic Heritage Month is, why it is important, who it includes, and how it can be celebrated around the world. Senorá Luque and our Spanish classes have been working hard to prepare for our very own school-wide celebration that will take place on Wednesday, October 12th at 1:45 pm in the school gym. Students will read poems, demonstrate dances, display information boards for the 21 Hispanic countries in the world, and create the decorations for the table displays for each country. We are excited to invite parents and family members to this event! After the performances are finished and classes have had an opportunity to view each country's display board, each class will then have a special treat to take back to their classroom before dismissal. Our 8th graders, however, will end the event together with a fiesta!

This is a wonderful opportunity for our students to experience not only the language, but many different aspects of the Hispanic culture. We are very grateful to Senorá Luque for taking on this project with our students and look forward to a fun-filled and educational afternoon. For all that you do to support our Sacred Heart community, ¡GRACIAS!

**STUDENT GOVERNMENT** Congratulations to the 2022-23 Sacred Heart Class Representatives: 6<sup>th</sup> grade - Dalton Brockhoeft, 7<sup>th</sup> grade - Dillon Gosserand, and 8<sup>th</sup> grade Izzy Freese.

**CHARLESTON WRAP** If you are sad that Charleston Wrap has come to an end, we have good news! You may continue to place orders online until December 2. Orders placed between now and December 2 will be shipped via FedEx and Sacred Heart will still receive a portion of the proceeds.

**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.

**VISION SCREENING POSTPONED** Due to unforeseen circumstances with the Lion's Club, vision screening has been rescheduled for October.

**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](mailto:WMilam@SacredHeartBR.com) by 1:00 p.m. the Monday prior to publication.

Dear God,  
Thank you for looking after our School.  
Thank you that you love each and everyone of us here.  
Help us to learn, play and share together,  
So that the wonderful world you have  
made becomes more beautiful everyday.  
Amen.



**ATHLETIC NEWS:** Contact Athletic Director Amy Daughdrill at [adaughdrill@sacredheartbr.com](mailto:adaughdrill@sacredheartbr.com) with any questions.

Today is picture day for the football and cross country teams right after school!

Join us on Wednesday for Girls Basketball in the Sacred Heart Gym. Our 4th grade team will take on Holy Family at 6:30 and our 8th grade team will take on St. Jean Vianney at 7:15.

Congratulations to our cross country team at the Brusly Cinlaire Run on the Levee Cross Country Meet! Our Boys team placed 4th out of 17 teams! 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 - Randee-Lyn Slaughter, 2nd - Gianna Canezaro; Boys: 1st - Drew Mascari, 2nd - Jacques Parms, 3rd - Nathan Beall. All of the athletes did an excellent job! Come out and watch our cross country team in action this Saturday at Highland Road Park. The girls will begin racing at 10:30 and the boys will begin at 11:00.

Come out and support the football teams this Saturday at Port Allen Middle!

Registration for our Biddy Soccer season is currently open through October 7. Practices will begin the following week (day and time will be dependent on the coach). Register [HERE](#).

If you are interested in coaching, there are opportunities available! In addition to Biddy Soccer, our boys basketball season is in less than 2 months. Please reach out to Amy Daughdrill at [adaughdrill@sacredheartbr.com](mailto:adaughdrill@sacredheartbr.com) if interested.

PIP hour opportunities are available during our home games. Sign up [HERE](#) for our next two home games.

• **Girls Basketball Schedule**

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
October 3	4th grade vs.St. Aloysius	5:45 pm Sacred Heart Gym
October 3	8th grade vs. St. Aloysius	7:15 pm Sacred Heart Gym

• **Cross Country Meet**                      Saturday, October 1                      Dragon Dash @ Highland Road Park

• **Football schedule:**

October 1	4th Grade vs. Catholic Pointe Coupee	9:00 am @ Port Allen Middle School
October 1	6th Grade vs. Central Catholic	10:30 am @ Port Allen Middle School
October 1	8th Grade vs. Central Catholic	12:00 pm @ Port Allen Middle School

**JOHNNY APPLESEED DAY!**





# SACRED HEART HOME + SCHOOL

## NEWS AND REMINDERS

- If you are sad that Charleston Wrap has come to an end, we have good news! You may continue to place orders online until December 2. Orders placed between now and December 2 will be shipped via FedEx, but Sacred Heart will still receive a portion of the proceeds.
- 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. Contact Greg Bodin ([gbodin@bakerdonelson.com](mailto:gbodin@bakerdonelson.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)  
October 21 - Marta Luque (Spanish Teacher)  
October 25 - Michelle Newman (P.E. Teacher)



## **Five Things to Know About Hispanic Heritage Month**

It's a national celebration to honor the history, culture, and influence of past generations that came from Spain, Mexico, the Caribbean and Central and South America. Hispanic Heritage Month has been a big celebration in the U.S. for more than 40 years. Hispanics across the country celebrate this month with pride and joy, while commemorating the importance of diversity.

### **What is Hispanic Heritage Month?**

It's a national celebration to honor the history, culture and influence of past generations who came from Spain, Mexico, the Caribbean and Central and South America. U.S. & World: The observance started in 1968 under President Lyndon Johnson's administration as a one-week celebration called Hispanic Heritage Week. Years later, President Ronald Reagan proposed extending this celebration into a month-long event. It was enacted into law on Aug. 17, 1988, officially designating the 30-day period as National Hispanic Heritage Month.

### **When is Hispanic Heritage Month Celebrated?**

Hispanic Heritage Month is celebrated from Sept. 15 to Oct. 15. The celebration starts mid-month because Sept. 15 marks the independence anniversary of five countries: Costa Rica, Nicaragua, El Salvador, Honduras and Guatemala. It is followed by Mexico's Independence Day on Sept. 16 and Chile's on Sept. 18. Another important date that falls within this 30-day period is Día de la Raza, or Columbus Day, which is celebrated on Oct. 12.

**What does Hispanic mean?** While many people use Latino(a) and Hispanic interchangeably these two words mean different things. A Hispanic person is someone who comes from or is a descendant of a Spanish-speaking country. Latino(a) is used when referring to someone who comes from Latin America or is a descendant from any Latin American country. A person can be both Hispanic and Latino(a), but not all Latinos are Hispanic. Brazilians, for example, are Latinos, but their native language is not Spanish. Conversely, not all Hispanics are Latino(a). Spaniards are considered Hispanic, but not Latinos since they are part of the European Union.

### **How many Hispanics are there in the U.S.?**

The Pew Research Center says the U.S. Hispanic population is the nation's second-fastest-growing ethnic group after Asians. The Hispanic population in the U.S. as of July 1, 2017 is 58.9 million, according to the U.S. Census Bureau. Hispanics account for 18.1% of the total U.S. population.

**How can we celebrate Hispanic Heritage Month?** People use this celebration to show the importance of Hispanics in the U.S. by donating to Hispanic charities, eating food from any of the countries that are being celebrated, learning from their cultures, and honoring influential Hispanics who have made an impact on society.

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

### **Part 2 of 3**

Because of the pervasiveness of the changes associated with the pandemic, it is likely that all children and families have been affected. Behavioral and mental health surveillance and screening should, be integrated into every pediatrician visit. Surveillance can take the form of incorporating questions about the impact of the pandemic on the well-being of the child (including any behavioral difficulties) and family. Screening utilizes evidence-based social, emotional, and behavioral screening tools. Families may be reluctant to bring up behavioral concerns in their children and may consider them circumstantial and temporary without realizing the severity or enduring nature of symptoms. Implementing a universal surveillance and screening strategy helps to overcome these barriers.

### **Parental/Caregiver Well-Being**

Increased stress associated with the pandemic may cause or exacerbate emotional vulnerabilities and distress in parents and other caregivers. Parents/caregivers struggling with their own mental health problems, health issues or substance use will have more difficulty responding sensitively and supportively to their children's reactions to stress. There are also a number of adults who continue to have ongoing symptoms related to COVID-19 that have affected their physical and mental health, and their ability to function, work and parent their children as they had before the illness.

### **The Effects of Remote Learning (Long After Remote Learning)**

The impact of remote/hybrid learning on academic progress, emotional health and social adjustments in children will continue to unfold for years to come. These impacts may not be uniform across all children and may differ based on individual as well as environmental factors. Children who were at critical learning stages such as kindergarten and first grade and those who have learning, developmental or cognitive disabilities or attentional deficits may be at higher risk of being negatively impacted by the interruption of formal in person schooling.

### **Children and Youth with Special Health Care Needs**

Children and youth with special health care needs depend on uninterrupted access to specialized medical, educational and/or mental health services. Interruption of services for these children an increase stress on the family and place the child at risk for skill regression. It is important for the pediatrician to inquire about continued access to these services, to support families experiencing an interruption of services by offering interim solutions and to advocate for continued services. As much as possible, children and adolescents with behavioral challenges should continue to follow structured routines and reward systems and those with fear, anxiety or depression should be encouraged to practice mindfulness and reframing. It is essential to ensure continuation of pharmacologic treatments and that parents have the financial and prescriptive access to ongoing medication management.

### **General Anticipatory Guidance Related to Emotional and Behavioral Health**

Pediatricians play a critical role in the assessment, and guidance around developmentally appropriate behaviors in children and youth. During the COVID-19 pandemic, it is especially important that pediatricians continue to advise families about emotional and behavioral responses and needs in the context of typical development.

It is common for children to have developmental regression during times of stress. Transient changes may not be detrimental, especially when paired with supportive and attentive caregiving. This holds true even more during times of stress, when nurturing adults serve as vital buffers for children..

The pediatrician can highlight the key role of the parent in supporting the overall development and growth of children and adolescents. Helping parents understand the range of ways stress manifest may equip them to interpret specific behaviors and address them appropriately, whether they are expected and manageable or are clues to a more significant problem.

Pediatricians can help parents/caregivers individualize their support for their children and adolescents. For example, some children or adolescents may require more time and space to express their feelings or may require gradual conversations and nonverbal activities such as painting, drawing or physical activity to allow them to express themselves and manage stress. Many adolescents are capable of a more conversation about the pandemic and its effects. They may need to talk to a trusted adult about how to maintain social connection and their feelings of boredom, fear, and loss. Adolescents who are faced with so many restrictions may need space and private time to decompress from their day. This behavior may not be an indication of a problem. However, if withdrawal seems excessive and accompanied by other symptoms, it may warrant further exploration.

Caregivers should be encouraged to have open and honest conversations with their children and adolescents about what they are hearing in the media. Avoidance of such conversations does not protect children. Instead, parents/caregivers should answer children's questions honestly and concretely.

### **Managing And Communicating Uncertainty**

The often mixed or conflicting messages communicated during the ongoing COVID-19 pandemic, including the evolution of new COVID strains and development of new vaccines and treatments, cultivate a perception of unpredictability and uncertainty. This can be anxiety provoking, and children and families may need to limit how much information they expose themselves to. Guidance on the uncertainty and communicating it to children may be helpful for families and would include acknowledgment and acceptance of the lack of control, open communication, and focusing on things that families do have control over, such as healthy habits and spending time doing things that bring them joy. Being able to accept and adapt to uncertainty have been linked to developing a more resilient approach to life.

### **Physical Activity**

Older children and adolescents often found the social isolation related to the pandemic overwhelming. Socializing with peers is a mainstay of child and adolescent development. Children and adolescents should be encouraged to spend time outdoors participating in physical activities. Participating in physical activity allows youth to improve their cardiovascular health, strength, body composition and overall fitness. Mentally, youth may experience benefits from the increased socialization with friends. These psychological and physical benefits can help support their developmental growth. Exercise also has immune system benefits.

More to come next week. Until then, I hope you have a low stress week ahead.

Nurse Geri

KEEP CALM AND JOIN QUIZ BOWL!



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

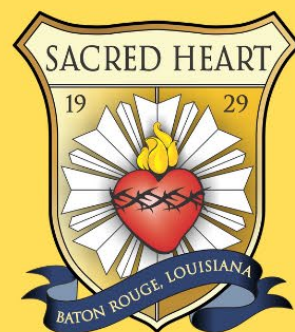


# **SACRED HEART'S QUIZ BOWL TEAM**

*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**



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

National School Lunch Week: Peace, Love, and School Lunch

Monday

Tuesday

Wednesday

Thursday

Friday

Chicken Tenders  
Red Beans and Rice  
Garden Salad  
Fresh Cantaloupe Wedges  
Biscuit

3

Honey Citrus Chicken  
Fried Rice  
Garden Salad  
Glazed Baby Carrots  
Pineapples

10

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

17

Chicken Tenders  
Red Beans and Rice  
Garden Salad  
Pineapple

24

Ghoulish Gumbo  
Potato Salad  
Apple Wedges  
Dinner Roll  
Spooky Cupcake

31

Cheesy Beef Pasta  
Garden Salad  
Vegetable Medley  
Orange Wedges  
Dinner Roll

4

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

11

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

18

Cheesy Beef Pasta  
Garden Salad  
Vegetable Medley  
Orange Wedges  
Dinner Roll

25

Corn Dog Nuggets  
Creamed Potatoes  
Glazed Baby Carrots  
Red Apple Wedges

5

Hamburger/Cheeseburger  
Garden Salad  
Baked Beans  
French Fries  
Diced Peaches

12

Far Out Fish Nuggets  
Creamed Potatoes  
Broccoli with Cheese  
Fresh Cantaloupe Wedges

19

Corn Dog Nuggets  
Creamed Potatoes  
Glazed Baby Carrots  
Red Apple Wedges

26

Chicken Filet on Bun  
Garden Salad  
French Fries  
Diced Peaches

6

Jambalaya  
Garden Salad  
White Beans  
Fresh Strawberries  
Dinner Roll

13

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

20

Chicken Filet on Bun  
Garden Salad  
French Fries  
Diced Peaches

27

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

7

Macaroni and Cheese  
Garden Salad  
Green Beans  
Applesauce

14

Kickin It Pizza  
Baby Carrots  
Corn  
Pears

21

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

28



# *Sacred Heart Of Jesus School* *1<sup>st</sup> Annual Corn Hole Tournament*

FRIDAY, OCTOBER 21<sup>ST</sup> 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 18<sup>th</sup> \***

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

# 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

# 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



# Please Support Your Child's Reading!



Please sign in or create an account at:  
**[scholastic.com/bookclubs](http://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 5<sup>th</sup>*

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](http://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 30<sup>th</sup>. To register or donate go to: [www.womansnewlife.com/borntorun](http://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