

The Tuesday Newsletter



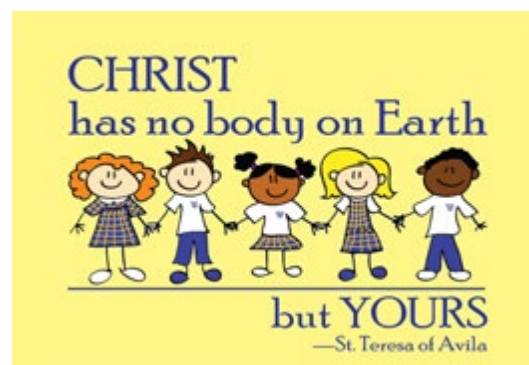
Sacred Heart of Jesus School is a diverse community dedicated to educating the body, mind and spirit.

WEEKLY NEWS FROM SACRED HEART OF JESUS SCHOOL

OCTOBER 18, 2022

CALENDAR PEEK!

10.19	QUIZ BOWL PRACTICE
10.20	BIRTHDAY FREE DRESS (October birthdays)
10.20	GIRLS BASKETBALL 8TH GRADE NIGHT (7:15 pm in the gym)
10.20	GIRLS BASKETBALL & CROSS COUNTRY JERSEY DAY (more info in athletic section on page 3).
10.20	GIRLS SCOUT MEETING (3 pm - 4:30 pm in the PAC)
10.21	MASS (8 am in the church)
10.21	CHOIR PRACTICE
10.21	1ST ANNUAL CORNHOLE TOURNAMENT (6:30 pm in the PAC)
10.24-28	RED RIBBON WEEK (see schedule on page 2)
10.24	TIGER SHOP OPENS
10.27	OPEN HOUSE (9 am - 1 pm)
10.28	MASS (8 am in the church)
10.28	CHOIR PRACTICE
10.28	HALLOWEEN CARNIVAL (6-8 pm in the PAC)



PRINCIPAL'S POST

By: Cecilia Methvin

I hope everyone enjoyed our first fall break this past weekend; I know I did! And with these cooler temperatures comes a new grading period. I spoke to the students at assembly last week and reminded them that if there is anything on their report card they aren't going to be happy to see, they have a clean slate and a fresh start to make some changes moving forward. I also reminded them that their effort is worth so much more than an 'A+'. Working hard and always trying should be the goal; an 'A' is just a cherry on top.

Next week, we will be hosting an Open House on Thursday, October 27th from 9:00am to 1:00pm. This is a wonderful opportunity for prospective parents to go on a student-led tour, meet faculty, staff, and administration, and see our students learning and interacting with each other. We are excited about all of the growth taking place on campus and are anxious to show everyone! If you happen to come to the office this week, you'll notice that we are 'freshening up' our hallways and offices. New paint, new furniture, and new wall décor have been added to some areas and the rest will be completed in the coming weeks.

Be sure to check out the school calendar regularly, especially in the next couple of months, for all of the activities that will be taking place on campus. Its going to be a busy quarter and we don't want you to miss a thing!

CORN HOLE TOURNAMENT Today is the last day to sign up for our 1st Annual Corn Hole Tournament! Don't suffer from FOMO, [click here](#) to sign up today and have fun this Friday at 6:30 pm. Food and drinks provided by Overpass Merchant and Fred's in Tigerland.

RED RIBBON WEEK Every year Red Ribbon Week is celebrated during the last week in October. Red ribbon's mission is to inspire our children to be happy, brave, and drug free. Next week we will celebrate at Sacred Heart with the following theme dress days.

Monday - "Team Up Against Drugs" - Wear your favorite sport team shirt or jersey

Tuesday - "Lei Off Drugs" - Hawaiian dress

Wednesday - "Don't Get Mixed Up In Drugs" - Mix-match Day (different shoes or socks, patterns or colors that don't match, etc.)

Thursday - "Too Bright For Drugs" - Wear neon colors and sunglasses

Friday - "Voting For My Future To Be Drug Free" - Wear red, white, and blue

GIRL SCOUTS Girl Scouts Troop 10510 will meet this Thursday, October 20th at the Parish Activity Center after school. The meeting will dismiss around 4:30. New scouts, in grades K-5, are welcome to join this year's troop. For any information, please reach out to Darrell at darrelljbroussard@gmail.com or ask either Sheila Alford or Danielle Baker.

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.

PIP OPPORTUNITIES Be on the lookout for more PIP opportunities for open house (snacks and drinks) and the Halloween Carnival (candy).

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.

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*Remember the
past, plan for the
future, but live for
today, because
yesterday is gone
and tomorrow
may never come.*

~Luke the Evangelist



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

Come cheer on the cross country team at their last meet this Thursday at 5:30 pm at Highland Road Park!

Join us on Thursday to celebrate the last game of the season for our 4th grade team and to honor our 8th grade players! Students support your fellow classmates by sporting your SHS gear and joining us in the student section! Make posters and signs to show your support! If you would like to volunteer during the games to earn PIP hours, please sign up [HERE](#).

Girl's Basketball and Cross Country athletes may wear their jersey to school on Thursday, October 20 (with a white t-shirt under their jersey) with jeans or uniform bottoms.

Our first Biddy Soccer practice is Wednesday, October 19 at 5:30 pm on the SHS Baseball Field.

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 if interested.

Boys Basketball Registration is now open. Register [HERE](#). Practices will begin the week of November 7. Parents, you will receive an email with more detailed information on the upcoming season.

- **Girls Basketball Schedule**

October 19	4 th grade vs Catholic of Pointe Coupee	6:30 pm Sacred Heart Gym
October 20	4 th grade vs. St. Aloysius	6:30 pm Sacred Heart Gym
October 20	8 th grade vs. St. Francis Xavier - 8th GRADE NIGHT	7:15 pm Sacred Heart Gym
October 24	8 th grade @ St. George	7:15 pm St. George

- **Cross Country Meet**

Thursday, October 20 - **LAST MEET** of the season 5:30 pm Highland Road Park

- **Football Schedule:**

October 23	4th Grade vs. False River	1 pm Port Allen Middle
October 23	6th Grade vs. Catholic Pointe Coupee	2:30 pm Port Allen Middle
October 23	8th Grade vs. Catholic Pointe Coupee	4 pm Port Allen Middle

HISPANIC HERITAGE CEREMONY



SACRED HEART HOME SCHOOL

NEWS AND REMINDERS

- Today is the last day to register your team for the 1st Annual Corn Hole Tournament on October 21st. Food will be provided by the Overpass Merchant and drinks will be provided by Fred's in Tigerland. Come join us for this fun event! [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.
- Congratulations to our 7th graders for selling the most Charleston Wrap items and raising the most money as a class. Tomorrow is free dress for 7th grade!
- Thank you EVERYONE for getting Fall Fest forms in. Please be on the look out for Jambalaya order forms and an email from Sign up Genius. This is a great way to volunteer and earn **DOUBLE PIP HOURS**. Contact Greg Bodin (gbodin@bakerdonelson.com) and Jeff McCollum (mccollum22@gmail.com) with any questions.



HAPPY BIRTHDAY

October 21 - Marta Luque (Spanish Teacher)
October 25 - Michelle Newman (P.E. Teacher)



*Overpass
Merchant*

Food and Drinks provided by
Overpass Merchant & Fred's

CORN HOLE TOURNAMENT ★★

October 21
6:30 pm

Parish Activity Center

**GRAND PRIZE
\$150**



**Limited Teams &
Spots are Going Fast!**



Scan Code to Register

October is Eczema Awareness Month

What is Eczema?

Eczema is an inflammatory skin condition that causes itchiness, dry skin, rashes, scaly patches, blisters, and skin infections. Itchy skin is the most common symptom of eczema. There are seven different types of eczema: atopic dermatitis, contact dermatitis, dyshidrotic eczema, nummular eczema, seborrheic dermatitis, and stasis dermatitis. More than 31 million Americans have some form of eczema. Eczema can begin during childhood, adolescence, or adulthood – and it can range from mild to severe. Newborn babies can experience eczema within the first weeks and months after birth. Young children with eczema can experience patches of skin that are extremely dry; itchy skin that can lead to blisters and skin infections due to excessive scratching. Many people with eczema use the phrase “flare-up” to describe a phase of eczema when they are experiencing one or more acute symptoms or side effects from prolonged itchiness; severe eczema may include periods of flare-ups that can last many days or even several weeks. Moisturizers, antihistamines, topical steroid creams, and corticosteroids are among the potential courses of eczema treatments usually recommended by healthcare providers.

Atopic dermatitis, the most common type of eczema (sometimes referred to as “atopic eczema”), results from an overactive immune system that causes the skin barrier to become dry and itchy. Eczema is not contagious. You cannot “catch it” from someone else. While the exact cause of eczema is unknown, researchers do know that people develop eczema because of an interaction between genes and environmental triggers. Many people with eczema often report comorbid symptoms of hay fever, allergic asthma, and food allergies. Proper, consistent skin care is essential in the prevention and management of eczema.

What are the causes of eczema?

Many factors can contribute to eczema, including an interaction between your environment and your genes. When an irritant or an allergen from outside or inside the body “switches on” the immune system, it produces inflammation, or a flare-up, on the surface of the skin. This inflammation causes the symptoms common to most types of eczema. Creases of the skin, especially the flexural areas behind the knees, elbows, lower legs, and other areas of skin that rub against each other can lead to irritation. There is also a potential genetic component to eczema that includes a protein called “filaggrin” that helps maintain moisture in your skin; a filaggrin deficiency can lead to drier, itchier skin.

Many common household items are also potential environmental irritants and can cause allergic reactions leading to an eczema flare. Additional common triggers of eczema may include:

- extended exposure to dry air, extreme heat or cold
- some types of soap, shampoo, bubble bath, body wash, facial cleansers
- laundry detergents and fabric softeners with chemical additives
- certain fabrics like wool or polyester in clothing and sheets
- surface cleaners and disinfectants
- natural liquids like the juice from fruit, vegetables, and meats
- fragrances in candles
- metals, especially nickel, in jewelry or utensils
- formaldehyde, which is found in household disinfectants, some vaccines, glues, and adhesives
- isothiazolinone, an antibacterial found in personal care products like baby wipes
- cocamidopropyl betaine, which is used to thicken shampoos and lotions

- paraphenylene-diamine, which is used in leather dyes and temporary tattoos

Emotional stress can also trigger an eczema flare-up, but it is not exactly known why. Some people's eczema symptoms and flare-ups get worse when they are feeling "stressed." Others may become stressed, just knowing they have eczema, and this can make their skin flare up.

What are the symptoms of eczema?

Eczema almost always includes itchy skin. The scientific term for itch is "pruritus." For many people, the itch can range from mild to moderate. Sometimes the itch gets so bad that people scratch it until it bleeds. This is called the "itch-scratch cycle."

Symptoms of eczema often include:

- Itch.
- Dryness, sensitive skin.
- Inflamed, discolored skin.
- Rough, leathery, or scaly skin, appearing as scaly patches.
- Oozing or crusting.
- Areas of swelling.

You might have all of these symptoms of eczema or only just a few. You might have some flare-ups, or your symptoms could go away entirely. Eczema can appear red in lighter skin, whereas people of color may experience eczema as ashen skin, grey skin, darker brown or purple in color. Black Americans are more likely to report severe symptoms associated with eczema.

Is there a cure for eczema?

There is no cure for eczema, but there are treatments. Every treatment plan should be tailored to your individual eczema symptoms. Depending on your age and the severity of your eczema, these treatments might include: medical grade moisturizing creams, prescription topical medications including topical corticosteroids, over-the-counter (OTC) home remedies, phototherapy (also known as light therapy), immunosuppressants and injectable biologics. Many people with eczema also find success with specific natural and alternative treatments, including bleach baths, cryotherapy, medical-grade honey, meditation and acupuncture.

For most types of eczema, managing flares comes down to these basics:

- Know your triggers so that you can avoid exposure.
- Implement a daily bathing and moisturizing routine.
- Use OTC creams and prescription medication consistently and as prescribed.

Symptoms may be different from one child to the next. More often than not, eczema goes away as a child grows older, though some children will continue to experience eczema into adulthood.

Adults can develop eczema, too, even if they never had it as a child.

PARENTS NEEDED to chaperone students back and forth to hearing screening on the following dates:

Friday, October 21st 9:30-10:30am
 Friday, October 21st 10:30-11 am
 Friday, October 21st 12:00-12:30 pm
 Wednesday, October 26th, 8:00 am-9:30 am
 Wednesday, October 26th 9:30 am -11 am
 Friday, October 28th 10:30 am -11 am
 Wednesday, November 2nd 10:15 -12:00 pm
 Thursday, November 3rd 9:00- 11 am

To participate, you must have completed the volunteer requirements listed on our website. PIP hours will be awarded for participation. You may work multiple slots. Please call Nurse Geri for more information or if you can help.

HALLOWEEN CARNIVAL

SACRED HEART PARISH ACTIVITY CENTER GYM

FRIDAY, OCTOBER 28TH

6-8 PM



RIP Pre-K through 5th Grade

Admission: \$3 with a canned good

\$4 without a canned good

All proceeds benefit St. Vincent de Paul Food Pantry

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/ao9AkfxMkpN3jq16>
Come out and support SHS and have some fun!

<div>  <div>LUNCH</div> <div> OCTOBER 2022 Elementary Schools </div> <div> Daily Choice Elementary: M/W- PIZZA T/TH- CHICKEN SMACKERS F- TACO SALAD </div> </div>				
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Tenders Red Beans and Rice Garden Salad Fresh Cantaloupe Wedges Biscuit <div>3</div>	Cheesy Beef Pasta Garden Salad Vegetable Medley Orange Wedges Dinner Roll <div>4</div>	Corn Dog Nuggets Creamed Potatoes Glazed Baby Carrots Red Apple Wedges <div>5</div>	Chicken Filet on Bun Garden Salad French Fries Diced Peaches <div>6</div>	Nachos With Meat and Cheese Garden Salad Jalapeno Cup Salsa Mexican Corn Pears <div>7</div>
Honey Citrus Chicken Fried Rice Garden Salad Glazed Baby Carrots Pineapples <div>10</div>	Spaghetti and Meat Sauce Garden Salad Sweet Green Peas Orange Wedges Dinner Roll <div>11</div>	Hamburger/Cheeseburger Garden Salad Baked Beans French Fries Diced Peaches <div>12</div>	Jambalaya Garden Salad White Beans Fresh Strawberries Dinner Roll <div>13</div>	Macaroni and Cheese Garden Salad Green Beans Applesauce <div>14</div>
Groovy Chicken Smackers Spaghetti and Cheese Garden Salad Veggie Medley Green Apple Wedges <div>17</div>	Good Vibes Soft Tacos with Seasoned Meat and cheese Pinto Beans Garden Salad Jalapeno Cup Salsa Orange Wedges <div>18</div>	Far Out Fish Nuggets Creamed Potatoes Broccoli with Cheese Fresh Cantaloupe Wedges <div>19</div>	Super Rad Meatballs and Gravy Over Rice Garden Salad Sweet Peas and Carrots Diced Peaches Breadsticks <div>20</div>	Kickin It Pizza Baby Carrots Corn Pears <div>21</div>
Chicken Tenders Red Beans and Rice Garden Salad Pineapple <div>24</div>	Cheesy Beef Pasta Garden Salad Vegetable Medley Orange Wedges Dinner Roll <div>25</div>	Corn Dog Nuggets Creamed Potatoes Glazed Baby Carrots Red Apple Wedges <div>26</div>	Chicken Filet on Bun Garden Salad French Fries Diced Peaches <div>27</div>	Nachos With Meat and Cheese Garden Salad Jalapeno Cup Salsa Mexican Corn Fresh Strawberries <div>28</div>
Ghoulish Gumbo Potato Salad Apple Wedges Dinner Roll Spooky Cupcake <div>31</div>	<div> National School Lunch Week: Peace, Love, and School Lunch </div>			

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

COME EXPERIENCE



Open House

THURSDAY, OCTOBER 20, 2022

WE CAN'T WAIT TO MEET YOU!

Tours offered between 3:30 and 7 p.m.

Please note that you must register
for a specific tour time.

To reserve your family's time,
please go to **Visitsja.org**.

Visits begin in Mother Alice Hall
(3080 Kleinert Avenue)

Our Admissions Team is ready to answer
your questions. **admissions@sjabr.org;**

(225) 388-2243.



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

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

Art by
Camille
Broussard



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:

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hello@angelleterrell.com