

# 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

NOVEMBER 15, 2022

## CALENDAR PEEK!

11.16	<b>QUIZ BOWL PRACTICE</b>
11.17	<b>FALL FEST SHIRT DAY</b>
11.17	<b>"DRESS" REHEARSAL - PARENT WATCH DAY</b> (1:15 pm in the gym)
11.18	<b>MASS</b> (8 am in the church)
11.18	<b>GRANDPARENTS DAY</b> (8 am in the church and then in the gym)
11.21-25	<b>NO SCHOOL - THANKSGIVING HOLIDAYS</b>
11.27	<b>TIGER SHOP CLOSING AT MIDNIGHT</b>
11.28	<b>STUDENTS RETURN TO SCHOOL</b>
11.30	<b>QUIZ BOWL PRACTICE</b>
11.30	<b>CHOIR PRACTICE</b>
12.02	<b>MASS</b> (8 am in the church)
12.02	<b>SPIRIT SHIRT DAY</b>

CHRIST  
has no body on Earth



but YOURS  
—St. Teresa of Avila

there is always something to be grateful for



## PRINCIPAL'S POST

By: Cecilia Methvin

Hello, Sacred Heart! Recently, the Student Council had a meeting and we would like to share some of the items we discussed.

We looked through all of your suggestions very carefully and here are some we would like to address:

- In case some of the girls don't know, you are allowed to wear pants for Mass; they are part of the dress uniform as listed in the Parent-Student Handbook.
- The bathrooms are included in the renovation of the school and will be done in the very near future.
- We noticed a lot of dress up day suggestions and we think they are all great ideas for future spirit days.
- There were many concerns about the cafeteria menu and we would like to let you all know we are looking into it. We would love to see what we are able to do in the future for our cafeteria.

We are excited about planning a few events for you this year. Here are some of the topics we discussed in our last meeting:

- We are excited to announce that we will be hosting a talent show this school year! It will be a chance to showcase your skills to our school.
- We plan to host a middle school dance that will be run by our Student Council. It will be a night filled with fun, dancing, and most importantly, snacks!

Thank you for all of your suggestions! Please continue to share them with us through the classroom suggestion boxes.

Paige Roscoe, President

Lucy O'Brien, Vice-President

Charlotte Boudreaux, Secretary

Amelie Schmitt, Treasurer

**CHOIR PRACTICE** Choir practice will resume after Thanksgiving and will be right after school on Wednesdays instead of Friday. If your 4th-8th grade child would like to join, please email Alexis Williams ([AWilliams@sacredheartbr.com](mailto:AWilliams@sacredheartbr.com)).

**THANK YOU FROM THE FALL FEST 2022 CO-CHAIRS** Fall Fest was a fabulous event for our kids on Friday, with an unbeatable combination of unbelievable weather, a beautiful new tradition of starting the event with a School Mass, and the support and efforts of parents, sponsors, faculty members, and the staff of both the Church and School. While the complete list of volunteers would be hard to compile, we need to especially thank our Fall Fest Committee members (Kevin Alford, Joe O'Brien, Kelly Metz, Brooke Ingalls, Raymond Calandro, Jake Beck, Marietta Brackeen, Karen Church, Julie Taylor, Courtney Gustin, Jennifer Broussard, Jeff Boudreaux, Anna Kathyne Kronenberger, Rodgers Houston, and Darius Bonton); the ELC Coordinators (Sophie St. Romain, Sheila Alford, Kristin Howell, Monica Shaughnessy, Maia Weary, and Monica Courtney); and Fr. Josh, Mrs. Methvin, and Mr. Miller, along with special assistance from Wendy Milam, Alexis Williams, and Maggie Calandro with everything from communications to t-shirt designs. A very special thanks goes to the Home & School Board, who provided Fall Fest with the financial means to double the number of inflatables (and more than double the amount of Silly String – but we still needed more!), with a special recognition of the tireless efforts of H&S Treasurer Julie Massey, for keeping all of the accounts straight, and its Co-Presidents, Katie Bodin and Lori Stoeckle, who provided the guidance, assistance, and sense of urgency at every step along the way to the two rookies who co-chaired this event. It was a fabulous day for the students and community that are Sacred Heart of Jesus School and Church, and we thank everyone for their support and efforts. Just wait until next year! - 2022 Co-Chairs Greg Bodin and Jeff McCollum.

**SACRED HEART OF JESUS ST. VINCENT DE PAUL FOOD PANTRY** Sacred Heart of Jesus **St. Vincent de Paul Food Pantry is in desperate need of food items.** They serve 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.

**AMAZON SMILE** Did you know that shopping at Amazonsmile.com could help Sacred Heart? Well...IT CAN! Go to [www.amazonsmile.com](http://www.amazonsmile.com) and search under charities for Sacred Heart of Jesus School. Choose it as your charity and voila all of your future Amazon purchases including your Christmas shopping will benefit Sacred Heart. Just make sure you use [amazonsmile.com](http://amazonsmile.com) each time you shop.

**BOX TOPS** Collecting box tops is easier than it has ever been! Simply download the [box tops app](#), choose our school, and scan your receipt when you shop for food. Our school will automatically earn cash with every Box Tops product you buy! It adds up faster than you think.

**RED STICK MOM'S GUIDE** [Click here](#) for the Red Stick Mom's Guide to Baton Rouge Holiday Events.

**SACRED HEART PARISH MESSENGER** [Click here](#) to read this week's edition of The Sacred Heart of Jesus Parish Messenger.

**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.

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

If you are interested in coaching, there are opportunities available! 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.

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**

November 16	8 <sup>th</sup> grade vs. Dads	6:00 pm Sacred Heart Gym
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- **Biddy Soccer**

November 16	Sacred Heart Baseball Field	5:30 - 6:30 p.m.
November 30	Sacred Heart Baseball Field	5:30 - 6:30 p.m.

# SACRED HEART HOME+ SCHOOL

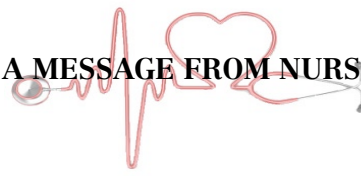
## NEWS AND REMINDERS

- **THANK YOU** Fall Fest Co-Chairs, Greg Bodin and Jeff McCollum – you did an amazing job! And, thank you to all our parent volunteers who worked so hard to make this a great day for the kids!
- Did you forget to order something from Charleston Wrap? No worries, you can still order until December 2. Just use the same Charleston Wrap link.
- **Tiger Shop is open!** Be sure to shop before it closes at midnight on Sunday, November 27.



**HAPPY BIRTHDAY**

November 6 – Geri Pearson (Nurse)



## Where's Your Heat Pocket? (How to take your child's temperature correctly.)

As the flu rages on in Baton Rouge, I don't think we can talk about staying well and what to do if someone in your family gets sick. Our area is listed as "very high and spreading" for the number and severity of flu cases. Yikes!

A hallmark of the flu and other winter illnesses are often a fever. Taking your child's temperature gives you and your health provider helpful information only if you take it correctly.

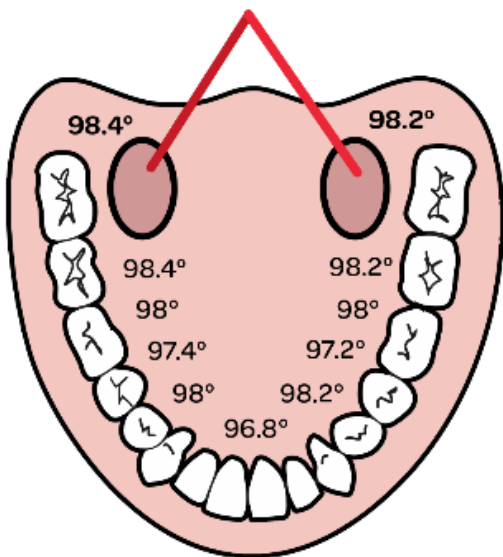
### It's all about the heat pockets

If someone asked you to point at the heat pockets in your mouth, would you know where to point? If you were to vaguely wave at some general spot beneath your tongue, this email is for you! (And, P.S., you're not alone)

For adults and older kids, your thermometer is best used orally. That would account for most of our students. For little ones younger than 4 years old, your thermometer can be used rectally and under the arm.

## Heat Pockets

(place thermometer here, under tongue)



### Here's the trick to finding those heat pockets:

- Avoid placing the probe tip right under the middle of your tongue. Instead, aim for the left or right, right where the base of your tongue meets the bottom of your mouth.
- **For maximally accurate readings, use the same side of your tongue every time.**
- Once your thermometer is placed, relax your tongue, and seal your lips.
- Wait a few seconds and - voila - there's your reading!

### Best Practices for Taking Oral Temperatures:

- Wait 2-3 minutes between readings. This allows the probe tip to fully cool after being in contact with your warm body.
- Avoid taking temperatures after bathing or vigorous exercise - both activities can elevate your temperature!
- Before you start your reading, make sure it's been 15 minutes since you last ate or drank. Both activities can artificially increase the temperature of your mouth.

Wishing you the safe and healthy Thanksgiving break,

Nurse Geri

Hi, Parents!

I'm excited to share our classroom is participating in Kinsa's FLUency school health program to stay healthy this year.

### What is FLUency?

Kinsa, with the support of Lysol, has been helping schools for over 8 years to stop the spread of illness. Our school will be receiving FREE smart thermometers to distribute to our school community!

Once you receive a thermometer from our school, all you need to do is follow these instructions to join our school group:



#### Step 1

**Download the free Kinsa app** by scanning the QR code found on the box or searching for **Kinsa** in your app store



#### Step 2

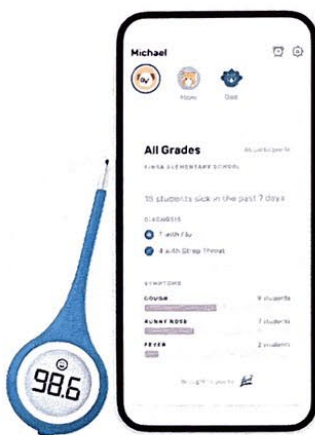
**Create an account and join your school**



#### Step 3

**Almost done!**

Connect your thermometer to get illness updates from your school



By signing up and activating your thermometer, our school also has a chance to receive free Lysol disinfectant wipes for our classrooms!

Not only that, the app will provide age-appropriate health guidance when a family member gets sick. Our school has a private dashboard that shows illness trends in the community so that we can stop the spread of illness together — and don't worry, any data contributed to the app is fully protected and private.

**E-mail Nurse Geri Today to get your family's free smart thermometer!**  
[gpearson@sacredheartbr.com](mailto:gpearson@sacredheartbr.com)



ST. JOSEPH'S ACADEMY  
**Holiday Volleyball Camp**

DECEMBER 21-23

Wednesday-Thursday,

December 21-22

9 a.m. - 4 p.m.

Skills Work and Game Play

Friday, December 23

9 a.m. - 12 p.m.

Tournament Play

Academy Student  
Center

Coach  
Sivi Miller

Girls in  
grades 4-8

==== \$140 =====

Space is limited. Registration now open.

Drop off for camp begins at 8:30 a.m. in the Academy Student Center. You can register online at [sizzlingsummer.org](http://sizzlingsummer.org). Limited spots available.

For more information, contact Ms. Corynn Major  
at (225) 388-2209 or [majorc@sjabr.org](mailto:majorc@sjabr.org).

Please bring your lunch Wednesday and Thursday.

# SJA OFFERS MERIT-BASED AWARDS



## THE 1868 AWARD

Since our founding in 1868 by the Sisters of St. Joseph, St. Joseph's Academy has been a place where young women explore their interests, find their passions and discover their unique gifts. The 1868 Award celebrates the exceptional achievements of young women in an area or activity of particular interest to them, including but not limited to the arts, service, community involvement, the STEM disciplines, leadership or extracurricular activities.

The 1868 Award provides \$1,868 toward freshman-year tuition for 10-12 incoming 9th graders.

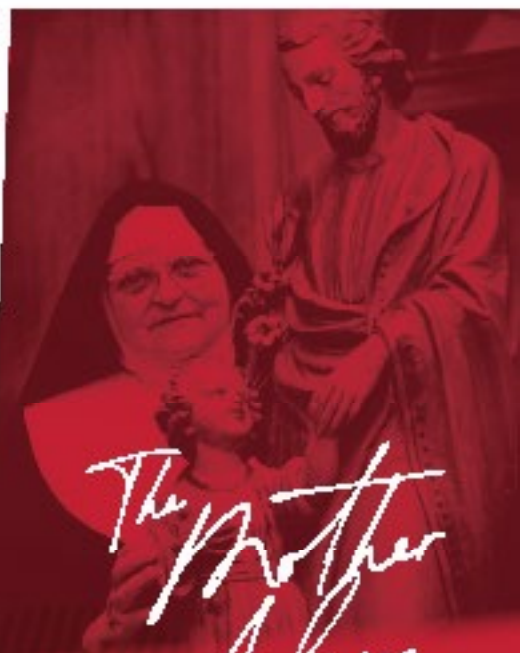
Named in honor of St. Joseph's Academy's first graduate, Josephine Bahlinger, class of 1877,

this \$4,000 award toward freshman-year tuition will be given to five incoming 9th grade students.



## The Josephine Bahlinger Award

Apply at  
[sjaawards.org](http://sjaawards.org)



## The Mother Alice AWARD

This award is named in honor of St. Joseph's Academy's first principal, Mother Alice Biguenet. She came to SJA in 1926 and taught until 1930, when she was named principal. (Prior to that, the Superior directed the school as well as the convent and orphanage.) Mother Alice was the builder of the Broussard Street campus. Award winners will be chosen because they exemplify the SJA motto of Sanctity, Joy and Action.

The Mother Alice Award provides \$3,000 toward freshman-year tuition for five incoming 9th grade students.



# NOVEMBER 2022

Elementary Schools

Daily Choice Elementary:  
M/W- PIZZA  
T/TH- CHICKEN SMACKERS  
F- CHEESE QUESDILLA W/ SALSA

Monday

Tuesday

Wednesday

Thursday

Friday

1

Spaghetti & Turkey Meat Sauce  
Sweet Green Peas  
Cherry Lemon Sorbet Cup  
Garlic Breadstick

2

Hamburger/Cheeseburger  
Baked Beans  
French Fries  
Shredded Lettuce and Pickle Cup  
Peaches

3

Honey Citrus Chicken  
Fried Rice  
Glazed Baby Carrots  
Pineapples

4

Macaroni and Cheese  
Broccoli  
Coleslaw  
Strawberry or Raspberry Applesauce

7

Chicken Smackers  
Spaghetti and Cheese  
Veggie Melody  
Green Apple Wedges

8

Soft Tacos  
Seasoned Meat and Cheese  
Pinto Beans  
Taco Cup  
Salsa  
Grapes

9

Fish Sticks  
Roasted Red Potatoes  
Broccoli with Cheese  
Fresh Cantaloupe Wedges

10

Meatballs and Gravy  
Over Rice  
Lima Beans  
Peaches  
Breadstick

11

Pizza  
Baby Carrots  
Buttered Corn  
Blue Raspberry Sorbet Cup

14

Chicken Tenders  
Red Beans and Rice  
Cauliflower with Cheese  
Pineapple

15

Cheesy Beefy Pasta  
Vegetable Melody  
Grapes  
Dinner Roll

16

Corn Dog Nuggets  
Creamed Potatoes  
Glazed Baby Carrots  
Fresh Berries with Whipped Cream

17

Thanksgiving Meal  
Pork Roast with Rice and Gravy  
Sweet Potatoes  
Rolls  
Watermelon Sorbet Cup  
Turkey Day Cupcake  
(No Choice Today)

18

Chicken Tortilla Soup  
Tortilla Chips  
Salsa  
Jalapeno Cup  
Peaches

21

22

23

24

25

Thanksgiving Break

28

Chicken Smackers  
Spaghetti and Cheese  
Veggie Melody  
Green Apple Wedges

29

Soft Tacos  
Seasoned Meat and Cheese  
Pinto Beans  
Taco Cup  
Salsa  
Grapes

30

Fish Sticks  
Roasted Red Potatoes  
Broccoli with Cheese  
Fresh Cantaloupe Wedges



**Dear Families:**  
**Books Make  
Great Gifts!**



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:

**3pm Nov. 28**

Every order helps  
us get **FREE Books**  
for the classroom!

**Mrs. Alex's**  
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)

# 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:

225-938-4477

hello@angellaterrell.com

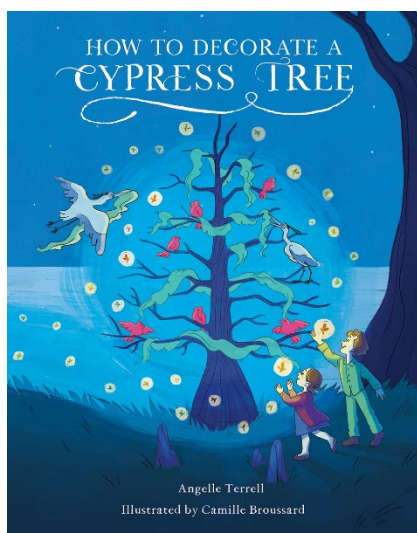


# PELICAN PUBLISHING

## An Imprint of Arcadia Publishing

990 N. Corporate Drive, Suite 100 New Orleans, LA 70123  
504-684-8976

### About the Book



MaLou and Rodney love the decorated tree in town and can't wait to do a fancy tree in their own home. But the year has been hard, and money is tight and, Mama and Daddy just don't think they'll be enough for a tree this year. No Christmas tree?! The only thing worse than that is seeing how sad their parents are. The children come up with a creative solution that embraces the Louisiana bayou's bounty. With ingenuity and open hearts, they fill the tree, and their family, with love for the perfect holiday blessing!

### Angelle Terrell Visit Book and Personalization Pre-Order Form

Title	Ages	Price	Quantity
How to Decorate a Cypress Tree	4-7	\$20.00	
TOTAL:			

School: \_\_\_\_\_

Teacher Name: \_\_\_\_\_

Student(s) Name(s): \_\_\_\_\_

**\*Note: Please write them as you'd want them to appear in the book.**

Parent/Guardian email: \_\_\_\_\_

Parents/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

**\*\*\*Please make checks out to Angelle Terrell\*\*\***

**For any special messages to include in addition to Angelle's signature, please print below:**