

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 1, 2022

CALENDAR PEEK!

- 11.02 **QUIZ BOWL PRACTICE** (until 4:15 pm)
- 11.02 **LAST DAY TO ORDER JAMBALAYA FOR FALL FEST**
- 11.03 **FALL FEST SHIRT DAY & POSTER ART DUE TODAY**
- 11.04 **SPIRIT SHIRT DAY**
- 11.04 **CHOIR PRACTICE**
- 11.06 **TIGER SHOP CLOSING AT MIDNIGHT**
- 11.10 **PROGRESS REPORTS**
- 11.11 **VETERAN'S DAY MASS** (8 am in the church)
- 11.11 **FALL FEST & FALL FEST SHIRT DAY**
- 11.11 **CHOIR PRACTICE**
- 11.12 **BORN TO RUN RACE**
- 11.13 **ALUMNI MASS** (11 am in the church lunch and school tours to follow)
- 11.13 **CHOIR SINGS AT MASS** (11 am in the church)
- 11.16 **GRANDPARENTS DAY** (8 am in the church and then in the gym)

CHRIST
has no body on Earth



but YOURS
—St. Teresa of Avila



Remembering All Saints & All Souls Day



LOYOLA PRESS.
A JESUIT MINISTRY

VETERANS DAY MASS We invite all veterans to attend our school mass at 8 am Friday, November 11. Veterans that are related to a student may sit with them during mass. Please make sure to let their teacher know that you would like to have them sit by you.

AMAZON SMILE Did you know that shopping at Amazonsmile.com could help Sacred Heart? Well...IT CAN! Go to 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 each time you shop.

BOX TOPS Did you know that collecting box tops is easier than it has ever been? You just 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. In just 4 months one of our kindergarten parents earned over \$50 for our school!

WHO'S SWEATSHIRT IS THIS? Welcome to Louisiana fall where it is cold in the morning, but hot by noon. To prevent the loss of all of your precious sweatshirts and jackets, please label every item with your child's name. This includes lunchboxes and water bottles.

TECHNOLOGY PRESENTATION AT ST. MICHAEL Parents of 6th, 7th, and 8th graders are invited to a presentation at St. Michael High School on Wednesday, November 9th at 6 p.m. on responsible use of technology. Richard Guerry is a nationally known speaker and always has good information for his audiences about the sometimes confusing world of technology. It will be a presentation that can lead to valuable discussions with students. See more information on page 10.

SACRED HEART PARISH MESSENGER [Click here](#) to read this week's edition of The Sacred Heart of Jesus Parish Messenger. Are politicians beyond prayer? [Click here](#) for the answer from Fr. Josh.

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.

NEWS TO THE EDITOR Do you have news for The Tuesday Newsletter? Please email news to WMilam@SacredHeartBR.com by 1:00 p.m. the Monday prior to publication.



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

8th grade girls basketbal “dads vs daughters” game has been moved to November 16.

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 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 3	8 th grade @ St. Theresa	7:15 pm St. George
November 16	8 th grade vs. Dads	6:00 pm Sacred Heart Gym

- **Biddy Soccer**

November 2	Sacred Heart Baseball Field	5:30 - 6:30 p.m.
November 9	Sacred Heart Baseball Field	5:30 - 6:30 p.m.
November 16	Sacred Heart Baseball Field	5:30 - 6:30 p.m.
November 30	Sacred Heart Baseball Field	5:30 - 6:30 p.m.

HALLOWEEN CANDIDS



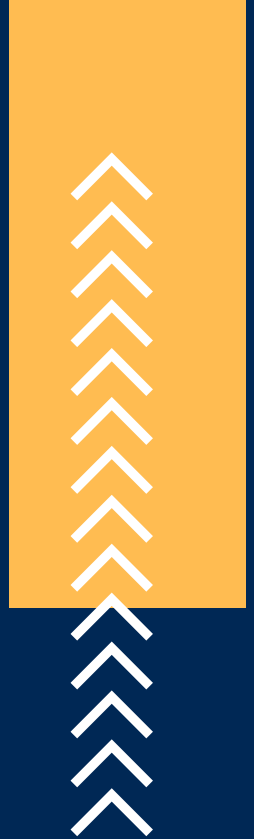
SACRED HEART HOME SCHOOL



NEWS AND REMINDERS



- Fall fest Sign up Genius' have gone out.
 - Click here to Volunteer
 - Click here to Donate.
- Jambalaya orders are due TOMORROW and posters are due THURSDAY! Order by the plate for lunch that day or order a pan for dinner that night!
- The Tiger Shop is open. Winter and cold weather are right around the corner. This is the perfect time to order your sweatshirts and fleece jackets. Make sure to shop before it closes again on November 6.
- Contact Greg Bodin (gbodin@bakerdonelson.com) and Jeff McCollum (mccollum22@gmail.com) with any Fall Fest questions.



HAPPY BIRTHDAY

October 21 - Marta Luque (Spanish Teacher)
October 25 - Michelle Newman (P.E. Teacher)
November 6 - Geri Perason (Nurse)



American Academy of Pediatrics Report Concerns Over Pediatric Hospitalizations from the Triple Threat and Joining the Sacred Heart School Smart Thermometer Community

As of today, 70% of all pediatric hospital beds are full in this country.

This is happening in large part to three illnesses. They are COVID-19, flu, and respiratory syncytial virus (RSV).

What do health officials mean by a “triple health threat”?

Health officials have been referring to the combination of RSV, COVID-19, and flu as a “triple threat” because they are all circulating simultaneously and could all fuel a spike in respiratory illnesses now and in the coming months. “It is concerning to see three respiratory viruses, all of which are very contagious, all of which are rising at the same time,” said the American Academy of Pediatrics. At the early stages of the COVID-19 pandemic, we heard about the importance of ‘flattening the curve’ to preserve hospital bed capacity. This would be the same issue, but instead of COVID-19 as the only ‘driver,’ it would potentially be driven by all three respiratory viruses.

What is respiratory syncytial virus (RSV)?

Respiratory syncytial virus, or RSV, is a respiratory virus that usually causes cold-like symptoms, including a runny nose, poor appetite, coughing, sneezing, fever, and wheezing. The virus can spread via coughs, sneezes, surfaces, and direct contact, according to the CDC. Most people who get infected experience mild symptoms and recover within a week or two, but the virus “can be serious, especially for infants and older adults,” the CDC says. “Each year in the United States, an estimated 58,000 children younger than 5 years old are hospitalized due to RSV infection,” the CDC says on its website.

Why has RSV been in the news recently?

While RSV usually circulates in the late fall, winter and spring, the U.S. has seen an early surge in pediatric RSV cases this year that has put a strain on hospitals. We have now had a couple of winters of people being more careful than usual, masking and staying in, and so people have had less exposure to flu and respiratory syncytial virus for a couple of years, our immune systems are, a little bit, in a lower state of response for these pathogens.

Where do COVID-19 and flu stand currently?

Covid 19 infections climbed from 3.9 to 6.2 per 100,000. In Louisiana in 3 weeks. That sounds like a low number, but 90% of all people are testing with at home kits and are not reported in the official numbers.

Cases of Flu are considered very high for our area.

How can you tell which virus you or your child has?

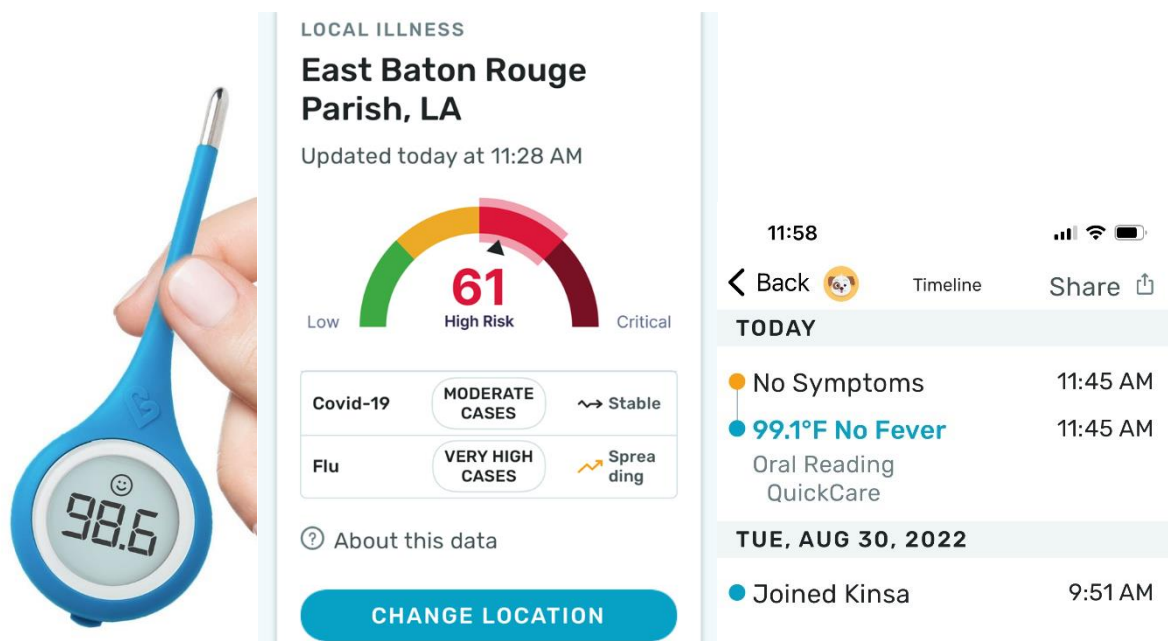
Distinguishing between the viruses’ symptoms can be difficult, health care providers say. If you have any symptoms, you must assume that it is one of these three things. Most illnesses, whether respiratory illnesses or in cold and flu season, most kids are fine at home, but always, always be on the lookout for difficulty breathing, a fever that lasts longer than three days, or a fever in a kid who’s younger than two months.

What can we do to prevent illness?

- While there is no vaccine to prevent RSV, only preventive treatments are given to high-risk children under the age of 2.
- Get kids vaccinated, because if you can get them vaccinated against the flu and COVID that takes two of the issues off the table.
- Consider a well-fitting, good-quality mask, especially indoors or in crowded spaces.
- Wash hands thoroughly and often.
- Use hand sanitizers, if unable to wash hands.
- Stay away from sick people.
- Avoid touching your eyes, nose, and mouth.
- Clean commonly touched surfaces.
- If you are sick, stay home and avoid contact with others.

- Arm yourself with information:

Sacred Heart School has been accepted into the Kinsa Smart Thermometer Program. Kinsa has provided us with a free smart thermometer for every family. Not only can you have an electronic record for your children's temperature, but you can also see trends in Covid and the flu in our area, health messages from me and lots of other resources. Here is what it looks like and a few screen shots.



TIPS TO STAY WELL

Get free COVID tests



Your insurance provider is required to offer free COVID tests, either up front or by reimbursement.

LEARN MORE

TIPS TO STAY WELL

New Omicron Boosters



We've got age-specific info on the new COVID booster. Those 5 years or older are eligible!

WHERE TO GET A VACCINE

How do I get a free smart thermometer for my family?

Email me at gpearson@sacredheartbr.com

I will send one home with your child. The more families who participate, the more free resources Sacred Heart will receive.

Wishing you a healthy week ahead,

Nurse Geri

FALL FEST 2022

11 ☆ 11 ☆ 2022

A SALUTE TO OUR VETERANS

Jambalaya Order



Orders **MUST** be purchased in advanced to guarantee you receive your jambalaya.

Deadline for payment is November 2nd.

Payment options:

Venmo

Checks - made payable to Sacred Heart Home & School

Checks should be delivered to school office in an enveloped marked "Jambalaya Order"

All Orders must be made using the online form, by clicking [here](#).

☆ **LUNCH BOWL - \$4**

☆ served at lunch the day of Fall Fest and includes a bowl of jambalaya.

☆ **LUNCH COMBO - \$5**

☆ served at lunch the day of Fall Fest and includes a bowl of jambalaya and a large drink.

☆ **TAKE HOME BOX - \$25**

☆ will be ready for pick up from 2:00pm-3:00pm and includes jambalaya only. For a family of four and dinner rolls.

This is the equivalent of four bowls, not a full pan

QUESTIONS:

Please contact our Fall Fest Co-Chairs

Greg Bodin at gbodinbakerdonelson.com or

Jeff McCollum at JLMcCollum@duprelogistics.com

FALL FEST 2022

11☆11☆2022

A SALUTE TO OUR VETERANS

Poster Art Contest



What you create is up to YOU!
The winning design will be featured at FALL FEST!

Drawing Due by
Thursday, November 3rd

Submit Drawing to the front office on a
8.5x11 sheet of white paper

Include student's name and grade

Winner will be announced
Monday, November 7th

Winner will receive a Poster Size Print of their Artwork!

QUESTIONS:

Please contact our Fall Fest Co-Chairs
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"It will be one of the most eye opening experiences you will ever have."

- Dwayne Peace - Retired Police Officer, V.P. of Dare to Care Inc.

Public & Permanent[®]

Motivate **Responsible** Use of Technology & **Prevent** Digital Abuse!

Date: Nov. 9, 2022

Time: 6:00 – 7:30 PM

WHO:

All St. Michael High School
Parents & Parents of 6th, 7th
& 8th Graders

WHERE:

St. Michael the
Archangel High School

SPONSORED BY:

St. Michael High School
Home & School Association

Are Your Kids
Gaming Online?

Think Privacy Settings
Keep you Private?

Do You Overshare?

What Will Your Digital
Footprint & Legacy Be?

KEEPING YOU SAFE ONLINE:

WHAT EVERY PERSON SHOULD KNOW

All attendees will obtain information about:

- Preventing Cyber Cruelty
- Safe Communication in Gaming
- Social Media Mindfulness & Safety
- Emerging Tech & the Need for Empathy
- Understanding & Teaching Legacy
- Many Other Current & Future Cyber Issues

This multi-award-winning program will eliminate the myths that Anonymity, Social Privacy and Disappearing Digital Content is possible with digital tools & apps.

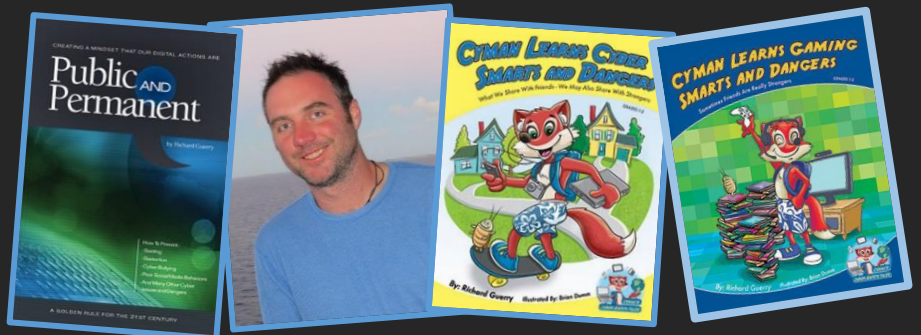
The audience will gain knowledge to promote responsible use of digital tools while also obtaining the wisdom to prevent negative, irresponsible, and malicious digital behaviors and trends.

Richard Guerry is the author of multiple cyber safety books and has been a featured speaker at numerous national & international conferences. He has also appeared as an expert on **Radio Disney**, **CNN**, **FOX**, **CBS**, **MTV's Thin Line Campaign**, as well as in **Parade Magazine** and many local, regional, and international publications.

This Program Received the School Safety Advocacy Council's

- Exemplary School Safety Program Award
- Exemplary School Safety Initiative Award
- National Anti-Bullying Award

Richard's books online for a donation to his nonprofit at iroc2.org



Learn more at www.IROC2.org



NOVEMBER 2022

Elementary Schools

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

Monday

Tuesday

Wednesday

Thursday

Friday

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

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

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