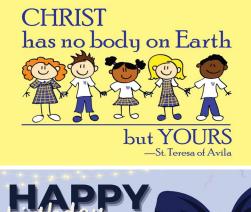


WEEKLY NEWS FROM SACRED HEART OF JESUS SCHOOL

NOVEMBER 29, 2022

CALENDAR PEEK! **1ST GRADE FIELD TRIP** 11.29 11.29 FR. JOSH'S BIRTHDAY 11.30 **QUIZ BOWL PRACTICE - CANCELED** 11.30 **CHOIR PRACTICE** (3:00 - 4:30 in the church) 12.01 **DESIGN CLUB** 12.02 MASS (8 am in the church) 12.02 SPIRIT SHIRT DAY 12.02 **PEP RALLY** (1:50 pm in the gym) 12.06 CONFESSION WITH FR. TIM (3rd - 5th grade) 12.07 **QUIZ BOWL PRACTICE** 12.07 LAST BIDDY SOCCER GAME (with award ceremony) 12.08 **BIRTHDAY FREE DRESS** 12.08 MASS (8 am in the church - Feast of the Immaculate Conception) 12.08 CONFESSION WITH FR. JOSH (6th - 8th grade)





PRINCIPAL'S POST

By: Cecilia Methvin

As we embark on the season of Advent, our students are reminded of this time of preparation by lighting the candles of the Advent wreaths in their classrooms. The four candles of the Advent wreath represent the four weeks of Advent, and one candle is lit each Sunday. Three of the candles are purple because the color violet is a liturgical color that signifies a time of prayer, penance, and sacrifice. Each candle also represents a theme for the week and the theme for the first week of Advent is HOPE. This first candle is sometimes called the 'Prophecy Candle' in remembrance of the prophets, particularly Isaiah, who foretold the birth of Christ. There are certainly challenges in our day to day lives that make us feel hopeless, but the HOPE that Advent brings allows us to look beyond the struggles of daily life to focus on the eternal life that Christ promises us.

In Religion classes yesterday, students learned about our school-wide Advent activity called "Make Jesus's Manger Soft With Kindness". The idea is that the students will do kind deeds (at home, school, or anywhere) and when they do a kind deed, they can add a piece of hay into Jesus' manger as we prepare for His birth. The more deeds, the more hay, and the softer the manger is for Baby Jesus! Here's the link if you want to read more about it. This is a beautiful and concrete way for us to build God's Kingdom on earth. Please help us encourage and recognize our student's acts of kindness during this Advent!

God of hope, the rock we stand upon, be the center, the focus of our lives always, and particularly this Advent time.

2251 Main Street

Baton Rouge, Louisiana 70802

225.383.7481

225.383.1810 (f)

www.SacredHeartBR.com

CHOIR PRACTICE Wednesday choir practices begin this week. If your 4th-8th grade child would like to join, please email Alexis Williams (AWilliams@sacredheartbr.com).

QUIZ BOWL PRACTICE CHANGE Practice this week has been canceled. Please plan to attend practice next Wednesday, December 7. We will not practice during the week of exams, but will resume after the Christmas holidays.

HOW TO DECORATE A CYPRESS TREE PRESALE Author Angelle Terrell and Illustrator Camille Broussard (SHS class of 2011) will visit Sacred Heart Tuesday, December 6 to read and sign their book How to Decorate a Cypress Tree. If you are interested in purchasing a book for your child, please return the order forms on page 11-12 to the school office by Thursday, December 1. Questions? Email Librarian Caroline Bertrand (CBertrand@SacredHeartBR.com).

RED STICK MOM'S GUIDE <u>Click here</u> for the Red Stick Mom's Guide to Baton Rouge Holiday Events.

SACRED HEART OF JESUS ST. VINCENT DE PAUL FOOD PANTRY Sacred Heart of Jesus St. Vincent de Paul Food Pantry is in need of hearty soups, chili, dried beans, canned fruit & evaporated milk. 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 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.

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 by 1:00 p.m. the Monday prior to publication.

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

The 5th grade boys basketball team will practice Tuesday and Thursday from 5-7 p.m. in the gym.

If you are interested in coaching or volunteering there are opportunities available! Please reach out to Amy Daughdrill at adaugh-drill@sacredheartbr.com if interested.

Biddy Soccer

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

December 7 (Last Game w/awards) Sacred Heart Baseball Field 5:30 - 6:30 p.m.







- We hope everyone had a wonderful break and a happy Thanksgiving!
- If anyone is interested in getting involved in the Annual School Auction/Sping BASH - contact Leah Bergeron (leahberg7@gmail.com) or Ashley Sensley-Square (asensley@att.net).





HAPPY BIRTHDAY

December 16 - Amy Daughdrill (Athletic Director)

December 21 - Kendrick Slan (Middle School Religion Teacher)

December 29 - Lisa Arnett (Administrative Assistant/Child Protection Coordinator)

December 30 - Kelly Broussard (Middle School Social Studies Teacher)

A MESSAGE FROM NURSE GERI

Encourage Healthy Eating Habits During the Holidays

The holidays are a time to celebrate with your kids and enjoy the change of pace from your usual routine. However, that routine change often comes with a dietary change, and not a healthy one. Kids and adults alike tend to indulge in sweets and desserts as well as overly starchy and fatty foods, but this isn't inevitable.

On average, people gain 1-3 pounds during the six weeks from Thanksgiving to New Year's Day. If your child reverts to unhealthy eating habits during the holidays, it can be challenging for them to get back to good food choices again in the new year. Making sure that you and your child continue to practice healthy behaviors throughout the holidays will help ensure that your family's health stays in top shape year-round.

Tips to maintain healthy eating habits during the holidays:

- 1. Keep normal eating pattern. During school breaks, it can be easy for your child's routine to get off-track. If your child usually eats three meals a day and snacks, try to keep that schedule consistent. Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.
- 2. **Don't skip meals to save up for a feast.** It will be harder to manage your blood sugar, and you'll be really hungry and more likely to overeat. Maintaining your regular eating schedule helps keep hunger at bay and allows you time to enjoy your holiday favorites without overeating.
- 3. **Plan for healthy snacks**. The holidays are a busy time and sometimes events may interfere. When that happens, parents are in a hurry and often reach for convenient foods, which are rarely healthy. Stock up on healthy snacks just before the busiest days of your schedule. Try to pre-cut raw vegetables and pre-packaged individual servings of nuts too so you can grab healthy snacks as needed.
- 4. **Disguise healthy snacks.** Even the pickiest kids are more likely to try new foods when they're disguised as boats, cars, butterflies, or cows.
- 5. **Concentrate on portions.** Keep portions small, eat slowly and pay attention to your body. For many, the holidays are synonymous with overindulgence.
- 6. Remember to honor your fullness cues and stop eating when full yet still feeling comfortable. If you feel like you are about to burst, you have eaten too much. Talk to your kids about what it feels like to "be full" and listen to your body's cues, so they don't overeat and become uncomfortable.
- 7. **Offer plenty of vegetables with holiday meal.** Choosing high-fiber foods and more vegetable-based dishes can help reduce the number of calories you consume during the holidays. Try lighter preparations, such as those that are grilled or baked.
- 8. **Encourage kids to help with healthy food preparations.** Cooking food together is a fun family bonding experience, but it can be a healthful strategy too. Having kids help with meal preparation can teach them about healthier substitutions. If you have difficulty convincing your kids to eat healthy food, ask them to help you prepare those healthy dishes. Kids often want to taste the foods they've helped to make, so this can be a great way to make those healthy foods more appealing to kids. For younger kids, you can have them set the table or help prepare salads.
- 9. Serve large meals in stages. For large holiday feasts, some families lay out the entire spread at once: salads, main dishes, side dishes, and desserts. If kids are serving themselves, they may load up their plates with desserts and neglect the nutritious foods. Even if you dish up for your kids, they may be resistant to eating their healthy foods because dessert is already on the table tempting them, so bringing out those desserts later is ideal.

- 10. **Plan for picky eaters**. Maintaining healthy eating habits over the holidays is challenging for every parent, but it's especially difficult if you have a picky eater in the family. If you do have a picky eater, make sure you have at least one or two healthy items in your big holiday feast that they will eat. It could help to have a back-up in stock at home as well.
- 11. **Eat from the rainbow.** This does NOT mean Skittles or jellybeans. It means teaching your children to eat healthy fruits and vegetables in assorted colors, such as blueberries, spinach, pomegranates, yellow squash, and red bell peppers, at every meal. Challenge your kids to eat meals that consist of every color of the rainbow... And don't forget to set the example!
- 12. **Take the time to organize family activity**. Adding physical activity into your holiday is a good way to keep up healthy habits and enjoy quality time together as a family. Plan a post-meal walk around the neighborhood or a visit to the park.
- 13. **Get nutritional support**. Studies have shown that an alarmingly high percentage of children eat <u>less than the minimum</u> daily allowance of many essential nutrients and that modern foods don't meet children's needs for those nutrients. Adding a multivitamin/mineral supplement to your kids' diet can help provide the nutritional support they need.
- 14. **Invited to a party?** Offer to bring a healthy dish along.
- 15. **If you have a sweet treat**, cut back on other carbs (like potatoes and bread) during the meal.
- **16.** If you slip up, get right back to healthy eating with your next meal.

Most of all, enjoy the meals you get to have together with family and friends. Isn't that what it's all about?

Wishing you a healthy week ahead,

Nurse Geri

Mid Term Exam Schedule Middle School 2022 - 2023

Date	Time	8 th Grade	7 th Grade	6 th grade
Thursday December 15	8:00 – 9:15 am 9:15 – 9:30 am	Social Studies Break	Literature Break	Math Break
	9:35 – 10:50 am	Religion	English	Science
Friday December 16	8:00 – 9:15 am	Literature	Math	Social Studies
	9:15 – 9:30 am	Break	Break	Break
	9:35 – 10:50 am	English	Science	Religion
Monday December 19	8:00 – 9:15 am	Math	Social Studies	Literature
	9:15 – 9:30 am	Break	Break	Break
	9:35 – 10:50 am	Science	Religion	English

^{**} All Middle School students must be picked up from carpool no later than 11:15**



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 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. Limited spots available.

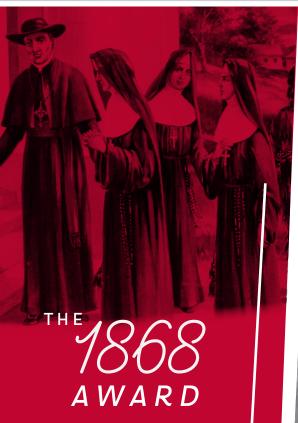
For more information, contact Ms. Corynn Major at (225) 388-2209 or majorc@sjabr.org.

Please bring your lunch Wednesday and Thursday.

Coach



SJA OFFERS MERIT-BASED AWARDS

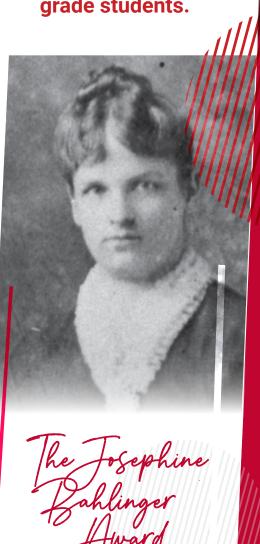


Since our founding in 1868 by the Sisters of St. Joseph, St. Joseph's Academy has been a place where young women explore their interests, find their passions and discover their unique gifts. The 1868 Award celebrates the exceptional achievements of young women in an area or activity of particular interest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

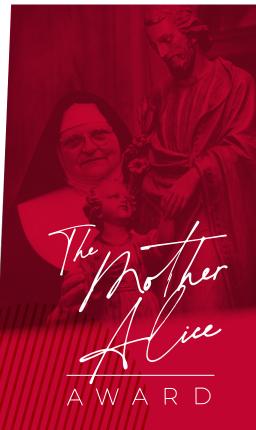
The 1868 Award provides \$1,868 toward freshman-year tuition for 10-12 incoming 9th graders.

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

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



Apply at sjaawards.org



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 freshmanyear tuition for five incoming 9th grade students.







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







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!





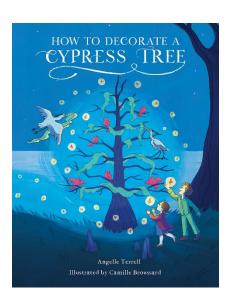






PELICAN PUBLISHING An Imprint of Arcadia Publishing

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: