

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 8, 2022

CALENDAR PEEK!

11.08	STUDENT COUNCIL MEETING
11.10	PROGRESS REPORTS
11.11	VETERAN'S DAY MASS (8 am in the church)
11.11	FALL FEST & FALL FEST SHIRT DAY
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)
11.14	TIGER SHOP OPENS
11.16	QUIZ BOWL PRACTICE
11.17	FALL FEST SHIRT DAY
11.17	"DRESS" REHEARSAL - PARENT WATCH DAY (1:15 pm in the gym)
11.18	MASS (8 am in the church)
11.18	GRANDPARENTS DAY (8 am in the church and then in the gym)
11.21-25	NO SCHOOL - THANKSGIVING HOLIDAYS

CHRIST
has no body on Earth



but YOURS
—St. Teresa of Avila

SACRED HEART



FALL FEST 2022

PRINCIPAL'S POST

By: Cecilia Methvin

For detailed information regarding Fall Fest, Alumni Mass, LSU Field Trip, Grandparent's Day, Christmas Tree Decorating and Sing Along please read Mrs. Methvin's Parent Memo which was emailed November 4. If you missed it and need it resent, contact Wendy Milam (wmi-lam@sacredheartbr.com).



Scan QR code to
update contact info

Welcome Home Tigers!

Sacred Heart of Jesus School Alumni Mass

Sunday, November 13 @ 11 am



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 if you would like to have them sit by you.

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).

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 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!

CHILDREN'S CHOIR Children's Choir is singing with the Adult Choir this weekend, November 13th at the 11:00 am Mass. Please meet in the choir room in the Parish Hall at 10:15, and please remember to bring your choir binder. New students are still welcome to join!

TECHNOLOGY PRESENTATION AT ST. MICHAEL Parents of 6th, 7th, and 8th graders are invited to a presentation at St. Michael High School tomorrow 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.

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.



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

8th grade girls basketball “dads vs daughters” game has been moved to November 16 at 6 pm.

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.

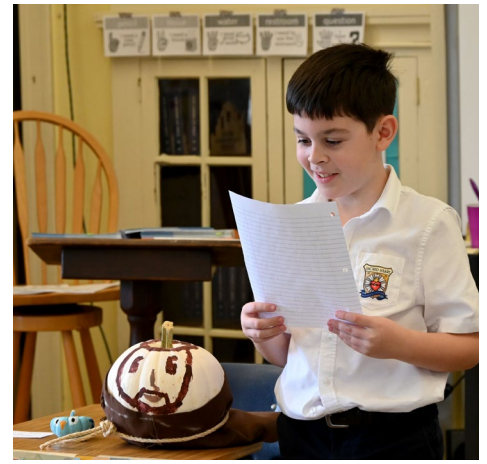
- **Girls Basketball Schedule**

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

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.

SAINTLY PUMPKINS AND PROJECTS

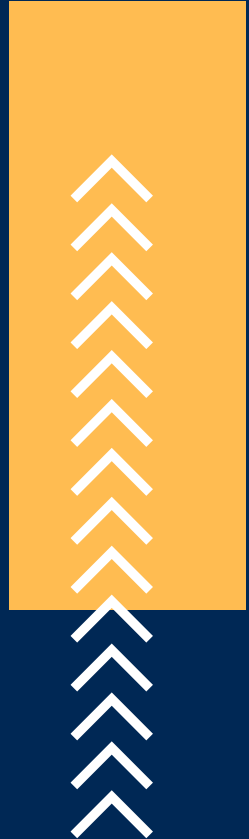


SACRED HEART HOME + SCHOOL

NEWS AND REMINDERS



- Please look at the SUG, and sign up to volunteer and donate if you haven't already! As Mrs. Methvin wrote in her memo on Friday, Fall Fest a wonderful day for Sacred Heart where many memories are made.
 - [Click here to Volunteer](#)
 - [Click here to Donate.](#)
- We still need tents, sweets, and candy! And remember, there are double PIP hours for volunteering.
- Thank you to all who participated in the poster contest. Congratulations to Georgia Harriford for her first place win! Look for a larger version of Georgia's submission at Fall Fest! And congratulations to our second place winner Connor Mount! All artwork will be on display at Fall Fest for all to see.
- Contact Greg Bodin (gbodin@bakerdonelson.com) and Jeff McCollum (mccollum22@gmail.com) with any Fall Fest questions.
- Charleston Wrap has shipped all orders to homes so be on the lookout for your items arriving this week. If you have any issues with your order(item missing, wrong item sent), please contact Kathryn Mount at ke_trick@hotmail.com. All prizes associated with Charleston Wrap sales are going home with students this week.



HAPPY BIRTHDAY

November 6 - Geri Pearson (Nurse)

Did You Hear That? What Your Child's School Hearing Screening Means

All Louisiana school students, K through 12, must be screened for minimal hearing requirements every year. We have resumed screening after two years of Covid restrictions. Last Wednesday, we completed school hearing screening (audiogram) for grades K through 8th. Thanks to everyone who helped with this process. Special thanks to Michelle Newman and Abby Rauschenberger for their help.

Audiologists are not fond of school screening.

I agree with them. Most schools performed with lots of volunteers all on one day. While this seems like an efficient way to perform screening, a high number of students fail their screening and must be retested, or they are sent straight to the audiologist. Here's the problem. Many students fail due to non-hearing related issues such as attention span, colds, sensory issues and even learning styles. For all these reasons, I decided years ago to screen every student myself. I have been blessed with knowing each student well enough to reduce the factors I just mentioned. Therefore, we get an increased accuracy. Please remember, this is a school screening to measure minimally hearing capabilities. It does not replace a professional exam.

Just what are we testing for and why is it important?

Students should be able to hear a range of sounds. Loud, soft, high, and low sounds are needed to be heard to build vocabulary, concepts and even math skills. We screen 20 and 40 decibels at 1000, 2000 and 4000 hertz. These are the state requirements.

The Relationship Between Hertz and Decibels

Vibrating objects create waves of energy that change the pressure of the surrounding air. These pressure changes are picked up by the human ear and interpreted by our brains as sound. The waves of energy produce alternating positive and negative changes in air pressure, known as oscillations, which can be measured in hertz and decibels.

Sound Frequencies

When an object vibrates, the alternating positive and negative pressure creates a wave, also known as an oscillation. A complete oscillation is measured in the frequency of waves per second. Hertz is the standard unit of measurement used to calculate the frequency of these oscillations. If one oscillation occurs in one second, the frequency is denoted as 1 Hertz. When 500 oscillations occur in one second, the frequency is denoted as 500 Hertz.

Pressure Changes

Humans hear vibrational energy -- or the changes in air pressure -- as sound. An object is perceived to be louder or quieter depending on the amount of air pressure generated by the vibrating object. This pressure changes regularly and dissipates for the listener as his distance increases from the source. Air pressure changes are measured in decibels.

The relationship between Hertz and decibels allows a listener to measure the frequency and perceived loudness of any sound. The frequency or amount of air pressure change vibration is measured in Hertz. The resulting change in air pressure created through the vibrating object is measured in decibels. Decibels, in effect, measure the loudness of a sound and Hertz measures the frequency of the sound.

Can you or your child hear sounds within the speech banana?

A speech banana is a banana-shaped range on an **audiogram** that covers the frequencies and decibels that are needed to understand speech. Contained within the speech banana are letters and letter combinations for these sounds. To understand the speech banana, let's first look at the audiogram. The audiogram is used to graph hearing sensitivity. Frequencies, also called pitch, are measured in Hertz (Hz). The frequencies on the audiogram start at the lower frequencies (or deeper pitches, such as a dog barking or the sound of a lawnmower) on the left and move to the higher frequencies on the right (such as birds chirping or bells ringing), like keys on a piano. Moving from top to bottom on the audiogram measures loudness in decibels (dB). The further down on the graph, the louder the sound needs to be to be heard. All the letters of the alphabet except /q/, /w/, /x/, and /y/ are within the speech banana. Also within the speech banana are the letter combinations /th/, /ch/, /sh/, and /ng/. Those letter combinations can be difficult for deaf and hard-of-hearing people to hear and understand.

The black box represents required testing for school screening. As you can see, it is a very small portion of sounds needed by your child. So why bother if we are doing minimum screening? If the required sounds are missing, there is a high probability that hearing loss is occurring in other areas.

Reasons for Short-Term (sudden or temporary) Hearing Loss:

- Middle ear infections
- Exposure to loud noise
- Accumulation of earwax
- Swimmer's ear
- Medication side effects

Sudden hearing loss in one ear without a clear reason is a medical emergency and should be treated promptly. The faster you get treatment, the better chance you have to regain your hearing. If you've been sick lately, this is important to tell your doctor, too—viral infections, including [mumps](#) and even [COVID](#), have been linked to sudden hearing loss.

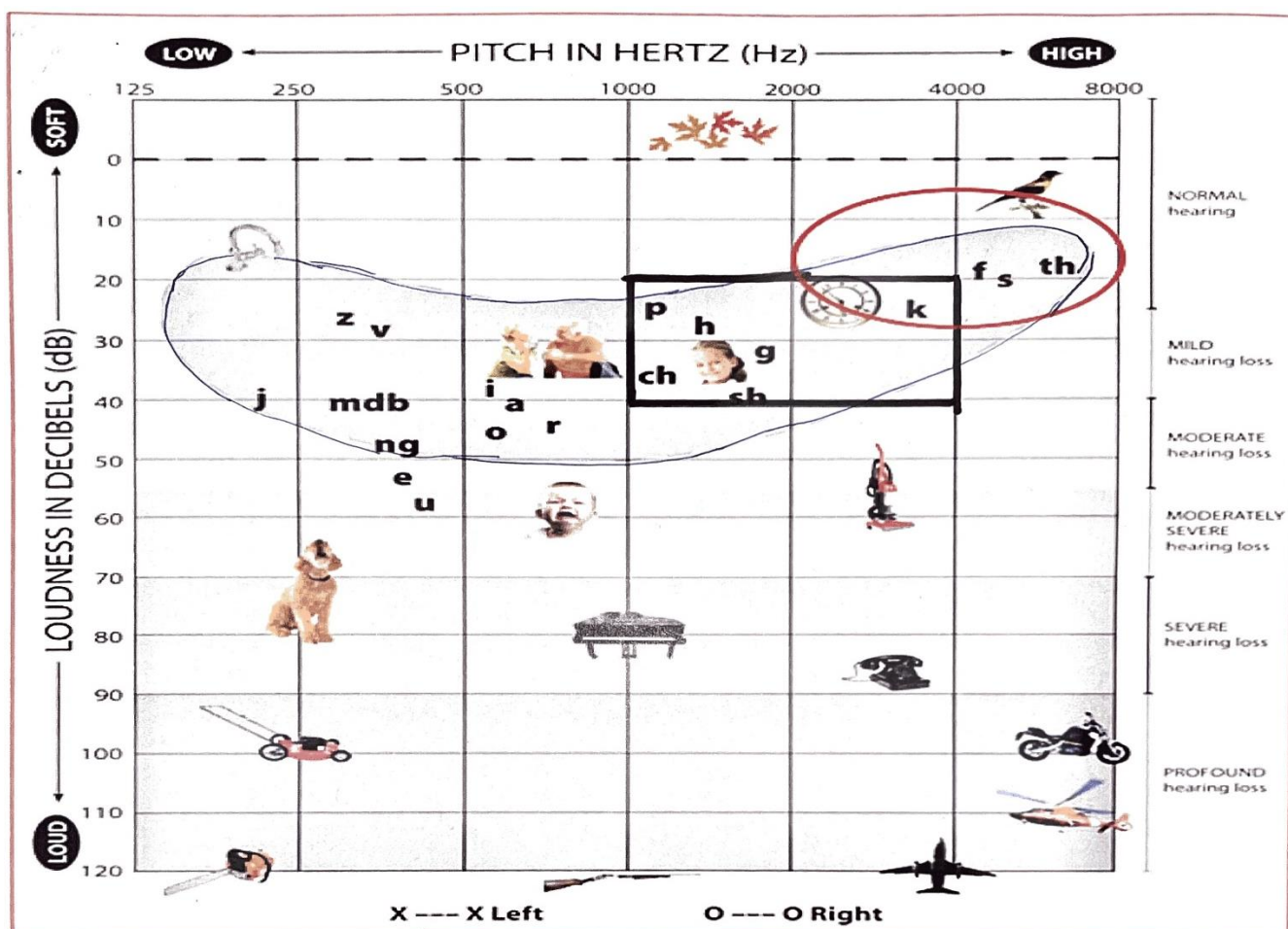
Reasons for Long Term (chronic or permanent) Hearing Loss

- Aging
- Chronic Loud Noise Exposure
- Occupational noises
- Recreational noises. from firearms and jet engines snowmobiling, motorcycling, carpentry or listening to loud music.
- Some medications
- Some illnesses. Diseases or illnesses that result in high fever

Hopefully, this simple article will paint a clearer picture on a complex subject. If you just skipped the whole article and are looking for the takeaway in the last few sentences, this is it. Don't assume your child is ignoring you when they don't answer you.

Wishing you hear all the beautiful sounds in the world,

Nurse Geri



"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.

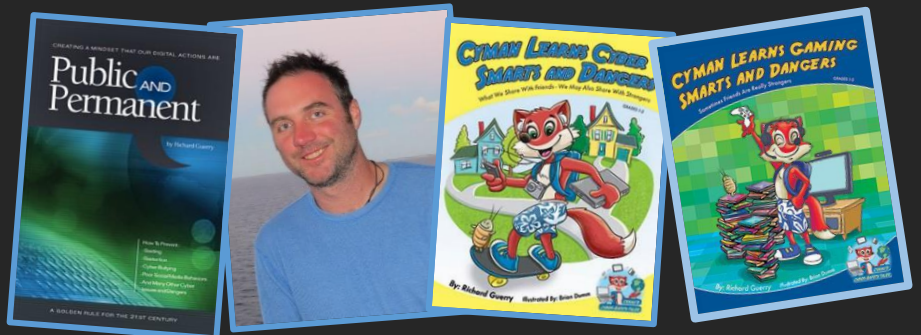
The audience will gain knowledge to promote responsible use of digital tools while also obtaining the wisdom to prevent negative, irresponsible, and malicious digital behaviors and trends.

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

November 12, 2022
5:30–9:00 p.m.

Neighborhood **BLOCK PARTY**

ALL ARE WELCOME!
FREE OF CHARGE!

5:30–6:30 pm:

- ✦ Food trucks
- ✦ Music
- ✦ Health screenings

***Movie on the ballfield
at 6:30–9:00 pm:***

MARVEL STUDIOS

BLACK PANTHER 1

(the 2018 movie)

Bring a blanket or folding chairs.



SACRED HEART
OF JESUS CATHOLIC CHURCH

2250 Main Street



Dear Families:

Books Make Great Gifts!



Sign in or create an account at:
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. 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

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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