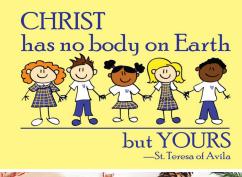


WEEKLY NEWS FROM SACRED HEART OF JESUS SCHOOL

DECEMBER 6, 2022

#### CALENDAR PEEK! CONFESSION WITH FR. TIM (3rd - 5th grade) 12.06 12.07 **OUIZ 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) 12.08 **DESIGN CLUB MEETING (3-5 pm)** 12.11 MASS (4th - 8th grade choir sings @ 11 am Mass) 12.15-16 **MIDTERM EXAMS** (6th - 8th grade dismiss at 11 am) 12.19 **MIDTERM EXAMS** (6th - 8th grade dismiss at 11 am) 12.20 CHRISTMAS THEME DRESS DAY 12.20 MASS (8 am in the church) CHRISTMAS SING-A-LONG, TREE DECORATING, & SWEATER 12.20 **CONTEST** (in the gym following Mass)

Baton Rouge, Louisiana 70802





PRINCIPAL'S POST

2251 Main Street

By: Cecilia Methvin

During our second week of Advent, we light the second purple candle and pray for PEACE. Although we often think of world peace, we know from the teachings of Jesus that peace begins in each one of us. We pray that we would always strive to be peacemakers in our daily lives.

We have a very busy two weeks before the end of the semester and we look forward to welcoming parents to some of our events.

- We celebrate our weekly Mass on Thursday of this week for the Feast of the Immaculate Conception; immediately following, we will have our Jr. Beta Club Induction. Parents are always welcome to join us for Mass and may stay for the ceremony if they would like.
- The last day of school for 2022 is Tuesday, December 20th. Parents are invited to join us for Mass at 8:00 am and afterwards, we will proceed to the gym for the Christmas sing-along and tree decorating program. After the sing-along, students will return to their class-rooms for their class parties before dismissal at 11 am.
  - You received an email with information regarding early sign out on this day, so please be sure to send in the requested information.
  - There will be no early sign outs in the office on this day; parents must go to classrooms to check out students. Dismissal/carpool is at 11:00 am.

"And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:7

225.383.7481

225.383.1810 (f)

www.SacredHeartBR.com

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

**QUIZ BOWL PRACTICE** Please plan to attend practice Wednesday, December 7. We will not practice during the week of exams, but will resume after the Christmas holidays.

CHRISTMAS SING-A-LONG AND TREE DECORATING Tuesday, December 20 is our last day of school before the Christmas holidays. Students are invited to wear red and/or green or Christmas theme shirts and accessories; long blue or black jeans (loose fitting with no holes), pants in the theme colors, or uniform bottoms (shorts or long pants). We will attend Mass at 8 am and then proceed to the gym for the Christmas sing-a-long and tree decorating program. After the sing-a-long, students will return to their classrooms for their class parties before dismissal at 11 am.

In order to expedite our dismissal process on this day, please return the form on page 7 by Monday, December 19. If you wish to take your student home with you immediately following the program in the gym, please check the box on the form that says my child will leave through early dismissal. If your student is going to stay for the class party, check the box that says my child will go home by carpool at 11 am. If your homeroom teacher does not receive this form by December 19, your student will be marked as carpool dismissal. Questions? Please contact your child's homeroom teacher.

**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.

Biddy Soccer: Our last game is this Wednesday night from 5:30-6:30. Following the game we will enjoy our awards ceremony and pizza. Thank you to our coaches and parents!

Boys Basketball: Join us for our first home game for our 3rd and 5th grade team this Friday, December 9 beginning at 5:45. If you are able to volunteer, please sign up <u>HERE!</u> The 5th grade boys basketball team will practice Tuesday and Thursday from 5-7 p.m. in the gym.

Our 7th grade team will be playing their Jamboree game at St. John in Plaquemine on Friday, December 9 at 6:30.

Parents of Pre-K - 2nd grade students, information regarding Biddy Basketball will be sent out via email this week

#### Biddy Soccer

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

#### Boys Basketball

December 9	3 <sup>rd</sup> Grade vs. SFX	5:45 p.m. Sacred Heart Gym
December 9	$5^{ m th}$ Grade vs. SFX	6:30 p.m. Sacred Heart Gym
December 9	7 <sup>th</sup> Grade Jamboree	6:30 p.m. @ St. John
December 13	$3^{ m rd}$ Grade @ Holy Family	5:45 p.m. @ Holy Family
December 13	5 <sup>th</sup> Grade @ Holy Family	6:30 p.m. @ Holy Family





- 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).
- SAVE THE DATE: BINGO night January 25, 2023! More details to come.





### **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)



#### **Making Healthier Versions of Holiday Favorites**

You may be shocked to hear I used six pounds of butter for my Thanksgiving meal. This included cakes and pies for 17 people. At some point in making out the menu of requested favorites, I knew I had to provide some healthy options in addition to it all. My cauliflower dirty rice and sheet pan broccoli and carrots were welcome additions. While I am still going to make the pie crust from scratch using real butter, I always try to add some healthy hacks to the holidays. Consider some healthy food swaps when planning your holiday meals:

#### **Holiday Hacks**

- Stay away from the casserole. Sure, casseroles are always a crowd pleaser and easy to pop in the oven but are the worst hidden calories we consume. Though reaching for a veggie dish can be healthier than loading up on starches, not all greens are the same. With that in mind, avoid a high-fat vegetable dish such as green bean casserole, and opting for green bean almondine instead. Not only is green bean almondine just as tasty as the casserole variety, but it also has much less saturated fat and eliminates the refined flour. Instead, it introduces heart-healthy monounsaturated fat, courtesy of the almonds.
- Did you know that low-fat Greek yogurt and pureed cauliflower can be a great substitute ingredient in mashed potatoes? When making mashed potatoes, use low-fat or skim milk rather than whole milk or half-and-half. You can even use low-fat Greek yogurt instead of buttermilk. In addition, include some pureed cauliflower to add flavor and fiber to your dish.
- What about my pie? Remove the top crust on the apple pie to reduce your calorie and fat intake. As an alternative, try baked cored apples, stuff them with cranberry relish and top them with a dollop of whipped cream for a healthier dessert option. Have pumpkin pie instead of pecan pie. Even with a dollop of whipped cream, you will cut calories and sugar by at least a third.
- Avoid the eggnog or get a new nog. Eggnog may be a holiday favorite, but it is also a nutritional nightmare. Just
  one (non-alcoholic) cup contains almost 350 calories, 19 grams of fat, and 21 grams of sugar—nearly the
  recommended amount of sweet stuff for an entire day. There are healthy alternatives to the popular drink. Almond
  Milk Nog does still contain eight grams of sugar per each 4-ounce serving, it is much lower in calories, sugar, and
  saturated fat than traditional eggnog.
- Reach for the cinnamon tea. It's easy to consume too much sugar during the holidays, so if you feel yourself going
  overboard, go ahead and make a cup of cinnamon tea instead of sipping on hot chocolate and whipped cream., the
  cozy tea may even help decrease blood sugar due to cinnamon's effect on blood glucose.
- Swap in avocados for creaminess. Fresh avocados are a heart-healthy fruit that provides naturally good fats. I love using avocados to whip up a luscious chocolate pudding or brownies with less saturated fat than you would get from using heavy cream or butter.
- Dip wisely. Instead of dunking your chips or veggies into a bowl of sour cream-based, cheese or cream-based dips, keep an eye out for Greek yogurt-based dips or use hummus instead because they contain fewer calories and less fat. Plus, Greek yogurt is packed with protein, crammed with calcium, and loaded with probiotics.
- Indulge in a mac and cheese makeover. Mac and cheese has become an American staple, and for those
  watching their weight, there are plenty of ways to make the old standby much healthier. Instead of regular elbow
  macaroni, for example, use a bean-based pasta or shirataki noodles. You can also cook with low-fat cheese instead
  of full-fat or forgo dairy altogether and use turmeric and nutritional yeast. Both simple swaps increase fiber and
  decrease saturated fat.

- Are you nuts? When you want something sweet, try chocolate-covered, cocoa-dusted, or cinnamon-spiced walnuts. You can make them yourself or find them at most major grocery stores, specialty shops, and in the bulk bins at natural foods stores. The walnuts will help kick off the holiday season with heart-healthy fat, fiber, and protein.
- If you are at a party with a charcuterie platter or making one for a soiree of your own, reach for the veggies instead of fatty meats and cheeses. Olives, peppers, artichokes, tomatoes, and whatever other veggies you like. That way, it is a healthy and lower calorie start to your meal.
- Cut the cookies. Like drinks and dips, cookies are everywhere you look during the holiday season. While it is fine to indulge every now and again, it is also good to have a cookie swap in mind, so you do not overdo it. A go to sweet treat that will not have you busting out of your jeans is a date filled with one teaspoon of almond butter and topped with cinnamon. These decreases refined sugar and saturated fat. Instead, it acts as a sweet treat that includes some fiber and monounsaturated fat. The cinnamon dust can help lower blood sugar response.
- Choose your chocolate wisely. Instead of white chocolate or milk chocolate, choose dark chocolate. While white
  chocolate contains no cocoa and therefore provides none of the health benefits, the cocoa in dark chocolate has
  antioxidants, which can help prevent excess weight gain. Dark chocolate is also one of the best anti-inflammatory
  foods around.
- Serve shrimp cocktail. Instead of fried appetizers, reach for some shrimp cocktail. There is nothing like a good
  crawfish etouffee in pastry or a fried boudin ball, but the calories in those little fried finger foods can add up quickly.
- If turkey is a staple at your holiday dinner table, choose roast turkey instead of the deep-fried variety.
- Pass the rolls or pass on the rolls? There is no denying dinner rolls are delicious, but instead of carb-loading so early in the meal, steer clear of the breadbasket.
- Pick sweet potatoes over white potatoes. If given the choice, pick sweet potatoes over their white potato
  counterparts. Although white potatoes offer some potassium and fiber, sweet potatoes reign supreme in the
  nutrition department. A large, sweet potato contains around 4 grams of satiety-boosting protein, 25 percent of the
  day's belly-filling fiber, and 11 times the recommended daily intake of vitamin A. What is more? It is less than 200
  calories.
- Eat zucchini noodles instead of pasta. Zucchini noodles look like spaghetti, but the similarities end there. Eating zoodles over pasta cuts out empty carbs but adds ever-important vitamins and fiber. If prepared well, zoodles can be just as flavorful as a bowl of spaghetti.
- Swap a few candies or desserts for frozen grapes. They are a sweet treat and natural source of antioxidants
  and other polyphenols. Since they are frozen, it takes longer to eat them, which may help that sweet tooth pass!

#### Fit in Favorites

No food is on the naughty list. Choose the dishes you really love and cannot get any other time of year. Slow down and savor a small serving, and make sure to count it in your meal plan.

Happy Swapping!

Nurse Geri

#### Mid Term Exam Schedule Middle School 2022 - 2023

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

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





#### SACRED HEART OF JESUS SCHOOL

2251 Main Street • Baton Rouge, Louisiana 70802 225.383.7481 • fax 225.383.1810 www.SacredHeartBR.com

#### CHRISTMAS BREAK DISMISSAL

December 5, 2022

Dear Parents and Caregivers,

In order to expedite our dismissal process for Christmas break, we request that you complete this form and send to school in backpack mail no later than December 19, 2022. If the office has not received your form by this day, the student will be marked carpool dismissal. Please keep the top half for reminders.

- If there are any changes that need to be made after you turn the form in, you may email your child's homeroom teacher and the school receptionist (awilliams@sacredheartbr.com).
- No changes can be made to dismissal after Monday, December 19, 2022.
- No check out or dismissal through the office will occur on this special day.

Parent Signature:

Thank you for assisting our staff in making this a smooth exit for our Christmas holidays!

CHRISTMAS BREAK DISMISSAL

Student Name: \_\_\_\_\_ Homeroom: \_\_\_\_\_\_

My child will go home by carpool at 11 am.

My child will leave through early dismissal.

Person to pick up: \_\_\_\_\_\_ Phone: \_\_\_\_\_\_

Date:







## ST. JOSEPH'S ACADEMY Holiday Volleyball Camp







Wednesday-Thursday,
December 21-22
9 a.m. - 4 p.m.
Skills Work and Game Play



Coach Sivi Miller



Friday, December 23 9 a.m. - 12 p.m. Tournament Play





\$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.

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