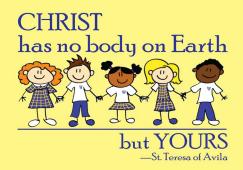


WEEKLY NEWS FROM SACRED HEART OF JESUS SCHOOL

**DECEMBER 13, 2022** 

#### CALENDAR PEEK! **GIRL SCOUT MEETING** (in the PAC after school) 12.15 12.15-16 **MIDTERM EXAMS** (6th - 8th grade dismiss at 11 am) **MIDTERM EXAMS** (6th - 8th grade dismiss at 11 am) 12.19 CHRISTMAS THEME DRESS DAY 12.20 12.20 MASS (8 am in the church) 12.20 CHRISTMAS SING-A-LONG, TREE DECORATING, & SWEATER **CONTEST** (in the gym following Mass) **CHRISTMAS HOLIDAYS - NO SCHOOL** (students return to school on 1/4) 12.21-01.03 01.04 QUIZ BOWL PRACTICE 01.06 PARENT TEACHER CONFERENCES (Pre-K3 through Kindergarten) NO SCHOOL FOR PRE-K3 THROUGH KINDERGARTEN 01.06 01.06 MASS (8 am in the church) **SPIRIT SHIRT DAY** 01.06 01.08 MASS (4th - 8th grade choir sings @ 11 am Mass)





# PRINCIPAL'S POST

By: Cecilia Methvin

What a JOY-filled third week of Advent! Many people know that during Lent, we pray, fast, and give alms in preparation for the Resurrection of Christ. Truth be told, this is something we should do year-round, but most of us "step it up" during Lent. But did you know Advent is another season in the Church when we are specifically called to prayer, fasting, and almsgiving? During our morning assemblies, students have been encouraged to consider an activity, behavior, or food they can fast from, and they have been encouraged to give alms by providing food and money for the Sacred Heart St. Vincent de Paul Society's Food Pantry. If you have not considered fasting yet this Advent, I encourage you to pray and reflect on it during these last two weeks of Advent. Check out the church's calendar for prayer opportunities to help you!

In just a few short days, we will be leaving school to spend two weeks with friends and family, celebrating one of the holiest of holidays-Christmas! This next 7 days are full of school activities; our middle schoolers are taking exams and the PK3, PK4 and Kindergarten will have a pajama and movie day on Friday. We celebrate Christmas as a school on Tuesday, December 20th with Mass, our Christmas Tree Decorating and Sing Along, and classroom Christmas parties. We look forward to you joining us on the last day!

On January  $3^{rd}$ , faculty and staff will gather for a retreat morning with Fr. Josh followed by an in-service; please pray for us as we gather in prayer and fellowship. Students will return on Wednesday, January  $4^{th}$  with a full day of school.

On behalf of the faculty and staff at Sacred Heart of Jesus School, we wish you and your loved ones a very Merry Christmas and blessed New Year. But for now, it's still Happy Advent!

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**CHRISTMAS SING-A-LONG AND TREE DECORATING** Tuesday, December 20 is our last day of school before the Christmas holidays. Please see email from Mrs. Methvin with more details regarding this day.

**GIRL SCOUTS** Girl Scouts Troop 10510 will meet this Thursday, December 15th after school. The Scouts will walk over to the PAC from the cafeteria after dismissal. We will have our holiday party and talk about next year's cookie sales.

**MIDDLE SCHOOL EXAMS** Middle school exams start Thursday, December 15 and end on Monday, December 19. Middle school students will take 2 exams each day and dismiss at 11 am. See schedule on page 5.

**RED STICK MOM'S GUIDE** Click here 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 <u>Click here</u> 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.

Please see following message from Athletic Director Amy Daughdrill.

Our Biddy Soccer season has officially wrapped! I would like thank our coaches and parents for making this season possible. Our next biddy sport for our Pre-K4 through 2nd grade students will be Biddy Basketball. My goal for this season is to have our Pre-K4 and Kindergarten students begin to learn the game and develop basic basketball skills and knowledge. For our 1<sup>st</sup> and 2<sup>nd</sup> grade students, the focus will shift a little more to learning basic rules and positions to prepare them for developmental league ball in 3<sup>rd</sup> grade.

This season we will hold all practices and games in the Sacred Heart gym and will be able to play on our new installed height adjustor goals! Prior to beginning registration, I wanted to reach out to all parents in grades Pre-K4 through 2<sup>nd</sup> grade to see if anyone was be interested in volunteering to coach. All volunteer coaches must have their background checks done and diocesan paperwork filled out and on file with the school. If you are interested in coaching, please email Amy Daughdrill at adaughdrill@sacredheartbr. com with your name, child's name and contact information.

Registration will open prior to Christmas Break and our season will begin following our Middle School Boys Basketball Tournament being held January 6-8. The practice and game schedule will be dependent on our coaches' availability.

#### • Boys Basketball





- · Good luck to middle school on exams!
- 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)



### Supporting Children's Mental Health During the Holiday Season

The holidays are a special time of year for children and adults alike. However, the school break, holiday gatherings, and presents can also bring stress, anxiety, and fatigue. Here are some tips below to support your child's mental health during this holiday season.

#### **Prevent Stress**

The best way to prevent stress in your children is to manage your own stress. If you are managing stress well – you will set a calm example. Be sure to practice good self-care and get enough sleep. You are the role model for your children! For kids, a lot of the stress that comes this time of year is from uncertainty. This was intensified during the pandemic and appears to have stayed. Be sure to be open about what their holiday break schedule will look like this year, including what they are expected to do and what activities are planned. Predictability is key in managing stress.

#### Give your child the tools to work through stress/anxiety

No matter how much you plan and attempt to reduce stress, there are still times where it can overcome your child. Some tools that we suggest using when your child is feeling stress include, focusing on calming breath or meditation, journaling, reading quietly, allowing them to spend time alone, getting outdoors into fresh air, taking a warm shower or bath. Talk with your child about why they are feeling stress and help them to find ways to work through it successfully.

#### Keep a routine

Again, predictability is key! Try to keep sleep and eat schedules close to the schedules your children keep while in school. An exception for special occasions like New Year's Eve, is all right for children older than 5 years. The remainder of the holiday season, it is best to keep bed and wake-up times within an hour of the usual during school time. Eat three healthy meals a day and be sure to keep active! Be sure your children get 8-10 hours of sleep each night. Also plan for relaxing activities that allow for recharging such as reading, a movie night or family yoga class.

## Prepare for family and friend time

The holiday gatherings that you will have with family and friends are supposed to bring joy and togetherness. For children, a room full of adults asking them questions can be overwhelming. Prepare your child by giving them an idea of who will be at the gathering and what the event will look like. Remind them that the people they will be surrounded by are excited to learn about what they have been up to since they were seen last. Help them to prepare and practice answers to common questions so they will feel more comfortable.

Remember that they are kids! Some traditions depend on kids being on their best behavior and with lengthy services, parties with strangers, and elaborate meals the demand can be high. When scheduling events be sure to have just one high demand activity per day, or every other day. Allow plenty of time for rest and recovery.

#### Have fun

It is so easy to get wrapped up in the hustle and bustle of the holiday season and miss out on fun activities that can be had together. Take time to do something that you all want to do and do not feel like you must do. Laugh and be silly!

#### Make a New Year's resolution.

Talk with your children about their wishes and goals for the coming year. Encourage a resolution that supports mental health. Some examples include start a gratitude journal or do the Roses & Thorns or highs and lows game in the evenings at mealtime. Family meals are where critical connections to your children can be made. At one point, I dubbed myself "the dinner Nazi." We ate dinner every night together. Sissy is going to cheerleading and will not be home until 8: pm. Get a snack. Brother has track. Get a snack. Everyone understood this important ritual. I found out more about my children and some of our best memories were made at dinner table. Here is a website I just love. It may help you create and maintain a dinnertime that strengthens your child's resilience. Click here for more info https://thefamilydinnerproject.org/fun\_content/rose-and-thorn/

# 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	Social Studies	Literature	Math
	9:15 – 9:30 am	Break	Break	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\*\*





## 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

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.

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