

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

JANUARY 17, 2023

CALENDAR PEEK!

01.18	QUIZ BOWL PRACTICE
01.19	DESIGN CLUB MEETING
01.19	GIRL SCOUT MEETING
01.20	NO SCHOOL MASS
01.22	OPENING DAY FOR BOOK FAIR (10 am - 1 pm in the school library)
01.22	USED UNIFORM SALE (10 am - 1 pm in the school gym)
01.22	TIGER SHOP CLOSSES
01.25	QUIZ BOWL PRACTICE
01.26	BIRTHDAY FREE DRESS (January birthdays)
01.26	1ST RECONCILIATION (6 pm in the church)
01.27	RE-ENROLLMENT ENDS
01.27	SCHOOL MASS (8 am in the church - 7 th grade leaders)
01.29-02.03	CATHOLIC SCHOOLS WEEK

CHRIST
has no body on Earth



but YOURS
—St. Teresa of Avila

DEAR GOD,
THANK YOU FOR TODAY,
YESTERDAY AND TOMORROW;
MY FAMILY, MY JOYS, MY SORROWS;
FOR ALL THAT MADE ME STRONGER.
AMEN.



Scholastic Book Fair



OPENING DAY

Sunday, January 22

In the Sacred Heart of Jesus School
Library from 10 am - 1 pm.
(Donuts and coffee will be served)

[Click here](#) to volunteer and earn PIP hours.



Sacred Heart Used Uniform Sale



Sunday, January 22
10 AM - 1 PM

Shop in the SHS school gym

Questions? Email Jennifer Broussard at
jennbroussard@gmail.com or Jennifer Thibodeaux
at jthibodeaux@catholichigh.org



1929 SOCIETY DINNER Join us February 2nd for the annual 1929 Society Dinner hosted by Fr. Josh and Mrs. Methvin! Tickets are \$1000/couple and will benefit our Annual Giving Campaign.

REENROLLMENT The re-enrollment period has begun. The deadline to re-enroll without a late fee is Friday, January 27. For more information regarding tuition and fees, please see email from Mrs. Methvin sent on January 6.

BOOK FAIR VOLUNTEER OPPORTUNITY Sunday, January 22 from 10 am - 1 pm is the opening day of our Annual Scholastic Book Fair in the school library. The book fair will be on campus from January 22-January 27. [Click here](#) to sign up to help and earn PIP hours!

MARY LEE EGGART'S PEACE PRAYER [Click here](#) to preview the show of Mary Lee Eggart's "Peace Prayer" exhibit. You may also visit her displays at LeMieux Galleries 332 Julia St., New Orleans, LA from January 7 - February 17.

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, canned ravioli, canned spaghetti & meatballs, chili & tuna. 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.

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.

Boys basketball is in full swing! To volunteer for any January home game, please sign up [HERE!](#)

Boys 7th grade basketball team pictures will be Thursday, January 19 @ 7 pm.

Biddy Basketball registration is currently open to all students in grades Pre-K through 2nd through Wednesday. Register for the upcoming season [HERE!](#) We will have practice on Saturday, January 21 in the Sacred Heart gym. Pre-K4/K students will practice at 9:00. 1st/2nd grade at 9:30.

Boys Baseball season details will be emailed to parents this week.

Registration information for students interested in Track and Field season will be emailed this week along with practice information.

If you know anyone who is interested in coaching this volleyball season, please have them email Amy Daughdrill at adaughdrill@sacredheartbr.com. Registration for the season will open next week.

BRCC is hosting a Sacred Heart night this Friday at their 5:30 basketball game! All students will get in free. Be sure to show your Sacred Heart pride and support our local community college!

- **Boys Basketball**

January 19	3 rd Grade vs. Catholic Pointe Coupee	5:45 p.m. Sacred Heart Gym
January 19	5 th Grade vs. St. George	6:30 p.m. Sacred Heart Gym
January 19	7 th Grade vs. MBS (Team pics @ 7:00 pm)	7:30 p.m. Sacred Heart Gym
January 20-22	3 rd Grade-5th Grade Tournament @ St. Thomas More	STM Gym
January 24	5 th Grade @ St. Alphonsus	6:30 p.m. St. Alphonsus Gym

- **Biddy Basketball**

January 21	Biddy Basketball Practice	9:00 a.m. Sacred Heart Gym
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SACRED HEART HOME SCHOOL

NEWS AND REMINDERS

- Tiger Shop closes Sunday, January 22.
- Used Uniform Sale - Sunday, January 22 from 10 am - 1 pm in the Gym
- BINGO RESCHEDULED to Thursday, February 16th.
- AUCTION SAVE THE DATE 4/22 : Be on the look out for sponsorship opportunities - contact Leah Bergeron (leahberg7@gmail.com) or Ashley Sensley-Square (asensley@att.net) with any questions.



HAPPY BIRTHDAY

January 3 - Hannah Owens (1st Grade Teacher)

January 4 - Erin Wilcox (Pre-K3 and Kindergarten Assistant)



What Causes a Sore Throat (Pharyngitis) and Why It is Important?

We think of a sore throat as a minor symptom of illness. While that can be true, prolonged sore throats should not be ignored. Here are some of the reasons why we have them.

Sore throats can be caused by allergies. Postnasal drip is the main culprit in cases of allergy-induced sore throat. It's the result of exposure to an allergen and occurs when congestion in the nose and sinuses drains down to the throat. This causes tickling or scratchy pain. The drainage also can cause coughing, excessive swallowing, throat irritation and clearing, and possibly difficulty speaking. Many allergies, such as pollen allergies, are seasonal. If you experience symptoms year-round, your symptoms will worsen during seasons where the amount of airborne irritants is high. These irritants can include pollinating flowers and trees during springtime. Other common allergens and irritants include dust mites, mold and mildew (ramped in Louisiana), pet dander, especially that of cats and dogs, and cigarette smoke.

They can be caused by viruses that are the smallest of all the microbes. They are said to be so small that 500 million rhinoviruses (which cause the common cold) could fit on to the head of a pin. They are unique because they are only alive and able to multiply inside the cells of other living things. The cell they multiply in is called the host cell. A virus is made up of a core of genetic material, either DNA or RNA, surrounded by a protective coat called a capsid which is made up of protein. Sometimes the capsid is surrounded by an additional spikey coat called the envelope (think COVID). Viruses are capable of latching onto host cells and getting inside them.

Sore throats can be caused by bacteria. Bacteria are microscopic, single-cell organisms that live almost everywhere on the earth. Bacteria live on and inside plants, animals, and people. Most bacteria are harmless to people and relatively few can make people sick like streptococcus (strep) or staphylococcus (staph).

Viruses' vs Bacteria

Viruses are different to bacteria. Bacteria attack your cells from the outside of the cell. However, viruses move into, and live inside your cells. Viruses can't reproduce on their own, like bacteria do. Instead, virus cells will latch onto your healthy cells and use those cells to reproduce. Viruses and bacteria also have a different structure and a different way of surviving. Viruses are surrounded by a protective protein coating; they don't have cell walls that can be attacked by antibiotics like bacteria does. It is because of this that antibiotics don't work on viruses.

Distinguishing viral and bacterial reasons for sore throats based on history and physical examination alone is difficult. However, cough is not usually associated with a strep infection. Sore throats after several days of coughing or runny nose is more consistent with a virus. Headache and sudden onset are consistent with bacterial infection.

A worrisome bacterial infection causing sore throat can be strep. In addition, the factors above, strep may be ruled out or diagnosed by something called "Centor criteria":

Centor criteria for strep allocates one point for each of these:

- Fever
- Swollen lymph nodes in the front of the head (anterior cervical nodes)
- Pus from the tonsils
- Absence of cough

A strep infection is unlikely with a score of 0-1; a score of 4 makes it likely.

Although swollen lymph nodes in the front of the head are consistent with a strep infection, generalized lymph node swelling is consistent with infectious mononucleosis (mono) caused by the Epstein-Barr virus (EBV).

Many conditions cause sore throats. No matter what the cause, patients who have been diagnosed with sore throats for any reason should follow up if their symptoms do not improve within 72 hours.

Wishing you a sore throat free week ahead, Nurse Geri



Dear Parents and Families:

Get Ready! The Scholastic Book Fair is coming our way (YAY!). Choosing their own books empowers kids and inspires them to become Bolder, Prouder, and Stronger Readers. AND—as always—every book they buy earns rewards for our school.

Here's what you need to know about the Fair, which will take place from January 22-January 27 at our Sacred Heart School Library:

On January 22nd, we will host our Book Fair Grand Opening from 10:00am-1:00pm. All families and friends are encouraged to come out and shop while enjoying coffee and donuts.

During the school week, each class will have an opportunity to visit the Book Fair. Parents and guardians are invited to join their child(ren) during their designated time. The shopping schedule is as follows:

PK3/4- Tuesday 9:00-10:30
Kindergarten- Monday 8:15-9:00
1st Grade- Monday 9:30-10:15
2nd Grade- Wednesday 9:55-10:40
3rd Grade- Thursday 9:00-9:40

4th Grade- Thursday 8:00-8:45
5th Grade- Wednesday 8:55-9:40
6th Grade- Tuesday 10:45-11:30
7th Grade- Tuesday 12:55-1:40
8th Grade- Wednesday 8:00-8:45

This year, we are also participating in the Scholastic Book Fair Classroom Wish List program. This is an effective way for teachers to let families know which books they would love to add to their classroom libraries. Our teachers have created wish lists that will be kept in the library during the week of the Book Fair. When entering the Book Fair, you may choose the wish list of the teacher(s) who you want to purchase for, then find the book(s) and complete your purchase.

If you can't make it to the Fair, you may **shop at our school's Online Book Fair**. All orders ship directly to your home, and shipping is free for book orders over \$25. Your online orders will also benefit our school.

Visit our Book Fair homepage to learn more and get started with eWallet and online shopping:
<https://bookfairs.scholastic.com/bf/sacredheartofjesusschool1>

Happy Reading,

Caroline Bertrand
cbertrand@sacredheartbr.org
Librarian



Scholastic Book Fair



OPENING DAY

SAVE THE DATE

01

MONTH

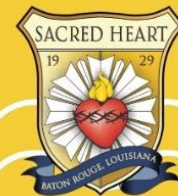
22

DAY

23

YEAR

In the Sacred Heart of Jesus School
Library from 10 am - 1 pm.
(Donuts and coffee will be served)



Olive Wood Carvings from the Holy Land

*Holy Land Gifts at Sacred Heart
January 28 & 29, 2023*

These beautiful olive wood carvings are made in home workshops by Catholic families in the Holy Land who rely on their sales to tourists as their main source of income.

Recent hostilities and COVID restrictions have curtailed tourism to the Holy Land, resulting in 90% unemployment in these traditional olive wood workshops.

The Catholics of the Holy Land ask for the support of your prayers and the purchase of these handcrafted artworks. Proceeds from sales generate employment opportunities and monetary funds for 600 Catholic families in Bethlehem.





JANUARY 2023

Elementary Schools



Monday



2

Tuesday

Chicken Smackers
French Fries
Green Beans
Strawberry Applesauce

3

Choloe: Pepperoni Pizza

Wednesday

Fish Nuggets
Creamed Potatoes
Broccoli with Cheese
Pineapple

4

Choloe: Pepperoni Pizza

Thursday

Pizza
Buttered Corn
Garden Salad
Peaches

5

Choloe: Chicken Smackers

Friday

Chicken and Sausage Gumbo
Garden Salad
Cantaloupe Wedges
Garlic Breadstick

6

Choloe: Baked Potato

Chicken Tenders
Red Beans and Rice
Garden Salad
Pineapple
Biscuits

9

Choloe: Pepperoni Pizza

Beef-a-Roni
Garden Salad
Squash and Zucchini
Satsumas
Dinner Roll

10

Choloe: Chicken Smackers

Corn Dog Nuggets
Creamed Potatoes
Glazed Baby Carrots
Mixed Berries with whipped cream

11

Choloe: Chef Taco Salad

Chicken Filet on Bun
Lettuce and Pickle Cup
French Fries
Cantaloupe Wedges

12

Choloe: Chicken Teriyaki Rice Bowl

Nachos
Garden Salad
Jalapeno Cup
Salsa
Mexican Corn
Peaches

13

Choloe: Baked Potato



16

Spaghetti and Meat Sauce
Garden Salad
Cauliflower with Cheese
Blue Raspberry Applesauce
Dinner Roll

17

Choloe: Chicken Smackers

Hamburger/Cheeseburger
Lettuce and Pickle Cup
Baked Beans
French Fries
Mixed Berries with whipped cream

18

Choloe: Chef Chicken Smacker Salad

Chicken and Sausage Jambalaya
White Beans
Garden Salad
Peaches
Roll

19

Choloe: Buffalo Rice Bowl

Macaroni and Cheese
Garden Salad
Green Beans
Red Apple Wedges

20

Choloe: Baked Potato

Chicken Smackers
Spaghetti and Cheese
Garden Salad
Veggie Medley
Green Apple Wedges

23

Choloe: Pepperoni Pizza

Chicken and Sausage Gumbo
Garden Salad
Cantaloupe Wedges
Garlic Breadstick

24

Choloe: Chicken Smackers

Fish Nuggets
Roasted Red Potatoes
Broccoli with Cheese
Coleslaw
Pineapple
Celebration Cupcake

25

Choloe: Chef Chicken Caesar Salad

Meatballs and Gravy
Over Rice
Garden Salad
Black Eye Peas
Satsumas
Dinner Roll

26

Choloe: Chicken Teriyaki Rice Bowl

Pizza
Garden Salad
Corn
Mixed Berries with whipped cream

27

Choloe: Baked Potato

Chicken Tenders
Red Beans and Rice
Garden Salad
Pineapple
Biscuit

30

Choloe: Pepperoni Pizza

Beef-a-Roni
Garden Salad
Squash and Zucchini
Satsumas
Dinner Roll

31

Choloe: Chicken Smackers



GENDER IDENTITY COURSE

Thursdays in March 2023

6:30-8:30pm

Frassati House on Highland Rd.

How Gender Identity Theory developed, Compare & contrast gender Identity with Catholic teaching, Learn how to navigate the gender question with compassion & truth

Email imageandgift@gmail.com for registration information.

Enrichment Credit
Diocese of Baton Rouge



The 1929 Society (\$1000+)

Anonymous
 Bridget and Rick Akin
 Sheila and Kevin '95 Alford
 Archana and Venkat Banda
 Gail and Richard Beall
 Rosemary and Kyle Beall
 Kim and Sterling Bertrand
 Katie and Greg Bodin
 LaMeisa and Darius Bonton
 Kecia '91 and Robb Campbell
 Rachel and Ron Ceruti
 Wendy and Jim Daniels
 Becky '63 and Louis '62 DeJohn
 Aglonie and Michael DiVincenti, Jr.
 Maria '67 and David DiVincenti
 Elaine and Randy Ellis
 Franklin Family
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 Jeanne and Michael Henderson
 Mary Beth and Kelly Kling
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 Natasha and John Nnadi
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 Paulette and Mike '64 O'Brien
 Partin Roofing, LLC
 Allie and Phil Schmitt

Sisters of St. Joseph (\$500-\$999)

Kay and James Culotta
 Samuel Cancienne
 Frederick "Rickey" Esnard '60
 Kay and Robert Kenney
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 David '70 and Peggy Whatley

Monsignor Dominic Blasco (\$250-\$499)

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 Keith Constantino '69
 Lisa and Clark Cosse'
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 Cindy and Trey Ourso '84
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 Barbara Schmitt
 Dennis P. Simoneaux
 Ashley Sensley Square
 Kourtney and Vandale Thomas

Friend of Sacred Heart (\$1-\$249)

Anonymous (6)
 Lisa Arnett
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 Caroline Bertrand
 Beverly Culotta Bourdier '52
 Candice Brooks
 Maggie Calandro '09
 Sharon and Ronnie Ceruti
 Kim Crawford
 Anne M. Dardis
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 John Doiron
 Toni Douglas
 Cindy Duenckel
 Teresa Dunn
 Dynamic Gear Outlet
 Kay and Don Elliott
 Allison and James Fisher
 Lillie Gallagher
 Dyra and CJ Hugues
 Beverly F. Jackson '47
 Eileen Jones
 Neal King

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 Shannon Landry
 Chloe '11 and Blake LeBlanc
 Anne Leibowitz
 Marta Luque
 Lyles Family
 Gina Magri
 Eleanor and Tyrone Malbrue
 Timothy Malloy
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 Amy Pickenheim
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 Sheila Reynaud
 Cindy Richard
 Melissa Ritter
 Brooke Robinson
 Janis and Robert Roux
 Cheryl Savoy
 Janelle Bergeron Shell '50
 Kendrick Slan
 Liz Barber Spreen '85
 John Smith
 Elise and Dan Stari
 Sonia Templet
 Allyson Thibodeaux and Jesse Ledean
 N. Scott Thomas '66
 Vernon Thorning
 Erin Wilcox '10
 Alexis Williams
 Tammy Williams

Friend of Sacred Heart (cont'd)

In Memory of

In Honor of

Frank Culotta, Jr.

Beverly Culotta Bourdier '52

Therese Barcelona Cush

The Wagenechts and The Gautreauxs

Wesley Hunt Green

Carol, Cayleen and Brandt Green

Hollis Keene

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Lloyd and Velma Lyles

The Lyles Family

Charles S. Marabella

Diane and Tony Marabella

Charles Marabella

Kay and Don Elliott

Beau '16 Brown Madeleine Brown '18

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Brooklyn Nelson '27

Michelle and Sean Nelson

In Honor of Cora Jane Owens

Dr. and Mrs. Michael Owens

Fr. Miles Walsh

Elaine and Randy Ellis



Creating a Centennial

CAPITAL CAMPAIGN DONORS

ELITE (\$60,000 and above)

The Pocorello Family
Sacred Heart of Jesus Church

PREMIER (\$30,000)

Bridget and Rick Akin
Katie and Greg Bodin
LaMiesa and Darius Bonton
Pat and Sonny Calandro
Kecia '91 and Robb Campbell
Aglonie and Michael DiVincenti, Jr.
Re '67 and David DiVincenti
Kristina and John Miremont
Christina '95 and Joe O'Brien

SELECT (\$15,000)

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Jeanne and Michael Henderson

SIGNATURE (\$10,000)

Kathleen and Mike Crapanzano
Pam and Brian Mascari
Marjory B. and E.J. Ourso Fund

SUPPORTING (\$5,000)

1 Anonymous
Sheila and Kevin '95 Alford
Pattie Alford
Rosemary and Kyle Beall
Aimee and John Dawes
Shaye and Brian Harriord
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Cheryl and Michael Leggio
Kathryn and Cliff Mount
Risa and Tim Mueller
Paulette and Mike '64 O'Brien
Partin Roofing, LLC
Debbie and Gary Pickell

CONTRIBUTING

(Less than \$5,000)

3 Anonymous
Peter Arbour
Ascension Publishing Group
Beverly Culotta Bourdier '52
Marietta '97 and Brandon Brackeen
Diana and Paul '66 Burns
Emily and Robert Coco
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Wendy and Jim Daniels
Anne Dardis
Becky '63 and Louis '62 DeJohn
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Cinthia and Albert '73 Mancuso
Diane and Anthony '60 Marabella
Deborah B. Matirne
Caroline and Spyrie Mays
Catharine and Johnny McKay
Allie and Phil Schmitt
Sara Smith

Pledges as of January 12, 2023

If you are interested in donating, please contact Christina O'Brien '95 (CO'Brien@SacredHeartBR.com).

Every effort is made to assure that names are listed correctly. If an error is made or a name omitted, please contact Wendy Milam (WMilam@SacredHeartBR.com)