

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 3, 2023

CALENDAR PEEK!

01.04	STUDENTS RETURN TO SCHOOL
01.04	QUIZ BOWL PRACTICE CANCELED
01.05	REPORT CARDS
01.06	PARENT TEACHER CONFERENCES (Pre-K3 through Kindergarten)
01.06	NO SCHOOL FOR PRE-K3 THROUGH KINDERGARTEN
01.06	MASS WITH FR. TIM (8 am in the church 8th grade leaders)
01.06	SPIRIT SHIRT DAY
01.08	MASS (4th - 8th grade choir sings @ 11 am Mass)
01.09	TIGER SHOP OPENS
01.11	QUIZ BOWL PRACTICE
01.13	MASS (8 am in the church 3rd grade leaders)
01.13	1929 DEADLINE (see more info on page 2)
01.16	NO SCHOOL - MARTIN LUTHER KING, JR. HOLIDAY

CHRIST
has no body on Earth



but YOURS
—St. Teresa of Avila



1929 SOCIETY DEADLINE 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. [Click here](#) to purchase tickets before the Friday, January 13 deadline.

NO SCHOOL FOR PRE-K3 THROUGH KINDERGARTEN Pre-K3 through kindergarten will have parent teacher conferences Friday, January 6. A Signup Genius will be sent via email from Mr. Miller or your homeroom teacher.

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, 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.

Please see following message from Athletic Director Amy Daughdrill.

Biddy Basketball will begin soon for Pre-K4 through 2nd grade students. The 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 1st and 2nd grade students, the focus will shift a little more to learning basic rules and positions to prepare them for developmental league ball in 3rd 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! If you are interested in coaching, please email Amy Daughdrill at adaughdrill@sacredheartbr.com with your name, child's name and contact information. All volunteer coaches must have their background checks done and diocesan paperwork filled out and on file with the school. 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**

January 6-8

Middle School Tournament

Sacred Heart Gym

SACRED HEART HOME + SCHOOL

NEWS AND REMINDERS

- We hope you all had a very Merry CHRISTmas and a Happy New Year!
- 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

January 3 - Hannah Owens (1st Grade Teacher)

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



Making New Year's resolutions with your kids can be a great parenting opportunity.

Here are 5 ways to make meaningful ones

Every year, I unbox our family stockings and prepare to hang them from our mantel. Before I hang them, I take out the small piece of paper from inside my stocking. Yes, you guessed it. It is my new years resolution from last year. I spend a small amount of time in personal reflection. On the paper, is my gratitude of the moment, my resolution and end with asking for world peace. That one seems like a lofty goal, but it does not hurt to ask!

Resolutions can be good if you do them the right way. Kids can have New Year's resolutions, too. It helps them learn how to set goals. If you help your child make a resolution, take it seriously. You could even make a family goal. You can help them create realistic goals and break it down into small steps. Regardless of whether they succeed or fail, you can make it into a teachable moment.

New Year's is a great opportunity to teach kids how to set goals. You can help them learn new skills and deal with the outcome if they fall short of their goal. Don't just tell your kids to set goals on their own. Create a resolution together so you can provide guidance and support along the way.

1. Take the task seriously

You could even create a family goal. Rather than ask about your child's future goals in a nonchalant way, take the task seriously. Put away your digital devices and hold a meeting to discuss resolutions. This doesn't mean you need to treat it like a job interview and ask where they hope to be next year at this time. You can begin talking about self-development and personal growth in a helpful manner. Use the conversation as an opportunity to talk about why goal setting is important and how good it feels to achieve goals — even though it's tough to do. You might decide to establish a family goal. Maybe everyone goes for a 20-minute walk each evening, or every family member shares three things they're grateful for over dinner. Or you could help your kids establish an individual resolution, such as practicing a musical instrument for 30 minutes three times per week. Just make it clear that as a family you can hold each other accountable, support one another's efforts, and cheer each other on throughout the year.

2. Consider alternatives to traditional resolutions

You could make a new challenge for every month. Taking your resolutions seriously doesn't mean you can't get creative. Your kids will be much more likely to stick to goals that feel fun and exciting, rather than grueling and painful. Instead of picking a goal about health or money, you might decide your family's goal is to fill a bulletin board with things you're grateful for every week. You could also establish a new 30-day challenge every month. Your family challenges could range from cleaning out all the closets and drawers to learning a new skill together. You might also create a bucket list filled with things the family can do in the next year — and then decide when you're going to do them. It could include anything from places you want to visit to tasks you want to accomplish.

3. Help your child identify realistic and healthy goals

Help them craft resolutions that are within their control.

When you ask your child what they'd like to accomplish, you might hear anything from "I want to be the most popular kid in school" to "I want to score the most points on the basketball team." Listen to their ideas and help them tweak their resolutions as needed. If their goals are unhealthy, unrealistic, or unattainable, work together to establish a better resolution. Make sure resolutions are within their control. For example, I once worked with a child who set out to get the highest science grade in the entire class. While she studied hard and greatly improved, there was another student with a near-perfect score. She had zero control over how other students performed. A healthier goal would have been to improve her grade or to commit to studying a specific amount of time. If your child picks a goal that isn't in line with your values (like being the most popular kid in the world), you might help them reframe it into something healthier — like showing kindness to someone every single day.

4. Identify small, actionable steps

Help them break it down. Help your child turn a big resolution into small, actionable steps. "I'll study my spelling words for 10 minutes a night, five nights a week" or "I'll walk for 20 minutes on the treadmill after school three nights a week" are clear action steps. Write down these action steps. Hang them up somewhere where your child can see it.

Talk about when your child will get started (sometimes January 1st doesn't work well because it's school vacation). Identify a clear start date and create a plan for taking action.

5. Make it a learning experience

It can help them learn about failure and motivation. Whether your child crushes their goals, or the resolutions don't last more than a day, make the experience a teachable moment. Talk about issues such as motivation, goal setting, time management, failure, and life's inevitable challenges. Whether the opportunity allows you to improve your communication skills or a failed opportunity gives you a chance to build resilience, there's a good chance that both you and your child can learn a lot from the experience.

I always enjoy seeing your children in January. They come back taller, more mature, maybe with new teeth and hopefully refreshed to start the new semesters. Don't forget to enjoy the small things. Remember, you only have them for 18 Christmases before they venture out into the world. Make it count.

It is an honor to watch your children grow.

In gratitude,
Nurse Geri

Monday



2

Tuesday

Chicken Smackers
French Fries
Green Beans
Strawberry Applesauce

3

Choice: Pepperoni Pizza

Wednesday

Fish Nuggets
Creamed Potatoes
Broccoli with Cheese
Pineapple

4

Choice: Pepperoni Pizza

Thursday

Pizza
Buttered Corn
Garden Salad
Peaches

5

Choice: Chicken Smackers

Friday

Chicken and Sausage Gumbo
Garden Salad
Cantaloupe Wedges
Garlic Breadstick

6

Choice: Baked Potato

Chicken Tenders
Red Beans and Rice
Garden Salad
Pineapple
Biscuits

9

Choice: Pepperoni Pizza

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

10

Choice: Chicken Smackers

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

11

Choice: Chef Taco Salad

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

12

Choice: Chicken Teriyaki Rice Bowl

Nachos
Garden Salad
Jalapeno Cup
Salsa
Mexican Corn
Peaches

13

Choice: Baked Potato



16

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

17

Choice: Chicken Smackers

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

18

Choice: Chef Chicken Smacker Salad

Chicken and Sausage Jambalaya
White Beans
Garden Salad
Peaches
Roll

19

Choice: Buffalo Rice Bowl

Macaroni and Cheese
Garden Salad
Green Beans
Red Apple Wedges

20

Choice: Baked Potato

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

23

Choice: Pepperoni Pizza

Chicken and Sausage Gumbo
Garden Salad
Cantaloupe Wedges
Garlic Breadstick

24

Choice: Chicken Smackers

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

25

Choice: Chef Chicken Caesar Salad

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

26

Choice: Chicken Teriyaki Rice Bowl

Pizza
Garden Salad
Corn
Mixed Berries with whipped cream

27

Choice: Baked Potato

Chicken Tenders
Red Beans and Rice
Garden Salad
Pineapple
Biscuit

30

Choice: Pepperoni Pizza

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

31

Choice: Chicken Smackers

Notes: Menus are subject to change. All meals are served with a choice of milk.

Notification Statement: Peanuts and Peanut butter are not purchased for meals produced by the Baton Rouge Diocese Child Nutrition Program; however, some products served may contain nuts, may be produced in plants that use nuts and may contain traces of nuts.

MY
SCHOOL
BUCKS

PAY FOR MEALS ONLINE
[MySchoolBucks.com](https://www.myschoolbucks.com)

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