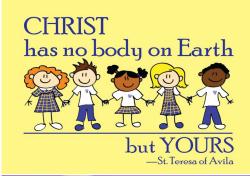


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WEEKLY NEWS FROM SACRED HEART OF JESUS SCHOOL

FEBRUARY 28, 2023

CALENDAR PEEK! **BLACK HISTORY ASSEMBLY** (1:15 pm in the gym) 02.2803.01 **OUIZ BOWL PRACTICE 7TH GRADE CRAZY HAT AND SOCK DAY** 03.02 03.03 **SCHOOL MASS & SPIRIT SHIRT** (8 am in the church - 4th grade leaders) **STATIONS OF THE CROSS** (2 pm in the church) 03.03 03.08 QUIZ BOWL PRACTICE **BIRTHDAY FREE DRESS** (February & March Birthdays) 03.09 03.10 **SCHOOL MASS** (8 am in the church - 4th grade leaders) **3RD GRADE MUSICAL** (1:45 pm in the gym) 03.10 03.10 MIDDLE SCHOOL DANCE (6:30 - 9:00 pm in the gym) 03.11 **OUIZ BOWL TOURNAMENT** (@ St. Michael's)





PRINCIPAL'S POST

By: Cecilia Methvin

As we enter our first full week of Lent, the faculty, staff, and students are committed to making this Lenten season purposeful. In religion classes, Ms. Brooks and Mr. Slan have introduced a schoolwide Lenten program called 'Lenten Sacrifice Beans'. A jar has been placed on the table in the entryway and underneath is a basket of beans. As students do a Lenten sacrifice of prayer, service, or fasting (the three pillars of Lent), they may take a bean from the basket and place it in the jar. The students told me many things that would allow them to place a bean in the jar: standing up for someone who others were not being kind to, sharing a treat, saying an extra prayer for someone who needs it, doing extra chores at home, cleaning up a mess that you didn't make, not eating candy or dessert, playing with a younger sibling, etc. It fills my heart with joy to see a student quietly walk past the jar and place a bean in it privately with no need to show everyone how they are fulfilling their Lenten promises.

The 3rd through 8th grade classes are also spending extra time in prayer this Lent by walking with Jesus on the road to Calvary each Friday. Parents are welcome to join us for the Stations of the Cross at 2:00 pm in the church on Fridays during Lent. The exception to this is next Friday, March 10th; we will have our 3rd grade musical performance that afternoon.

I hope this season of Lent brings you and your family closer to the Risen Lord at Easter.

Jesus, help me to see this holy season of Lent as a time of spiritual renewal, rather than a time of deprivation. Motivate me to reach a new level of experiencing your grace.

v level of experiencing your grace.

2251 Main Street Baton Rouge, Louisiana 70802 225.383.7481 225.383.1810 (f) www.SacredHeartBR.com

2UNE-IN WBRZ NEWS Tune in to WBRZ tomorrow morning from 5 am-9 am for a chance to see Gia and Mother Rosario visit our students at school. We will post the link on our social media pages once it airs tomorrow.

7TH **GRADE CRAZY HAT AND SOCK DAY** 7th graders are invited to wear crazy hat and socks on Thursday, March 2 for winning the most participation at Bingo.

3RD GRADE MUSICAL You ae invited to watch our talented third graders perform songs they learned in choir with Ms. Reed next Friday, March 10 at 1:45 pm in the gym.

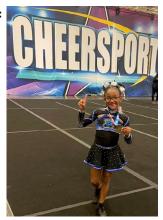
MARDI GRAS BEADS If you have any leftover beads from parades last week, please consider donating them to the art department. Ms. Calandro would like them for a project. Thank you!

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 <u>Click here</u> to read this week's edition of The Sacred Heart of Jesus Parish Messenger.

CAUGHT BEING A HIGH ACHIEVER:

Congratulations to first grader
Britton Landry and her competetive
cheer team, Aces Squad of Top Notch
Athletics. They competed in Jackson,
Mississippi last weekend at Cheersport and took home 1st place. We are
so #sacreheartproud of you!



Fifth grader Finn Daughdrill placed 2nd in the Baton Rouge City opening wrestling tournament in his weight class this past Saturday. Congratulations Finn! We are #sacredheartproud of you!



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

Volleyball practice will be held Thursday and Friday for all players from 2:45-5:00. Game schedule will be sent out as soon as it is received. Parents, please refer to email for future practice schedule.

Our last Biddy basketball game will be this Sunday! Trophies and pizza will be provided following each game.

Biddy baseball is right around the corner. If you are interested in coaching, please reach out to Amy at <u>adaughdrill@sacredheartbr.com.</u>

Track and field practice will be held this week. Parents be on the lookout for an email from the coaches with details.

Congratulations to our 5th grade baseball team on the win this past Friday!!

• Biddy Basketball

March 4 Final Biddy Basketball Game w/trophies 1:30 p.m. Sacred Heart Gym

Baseball

March 3 5th grade vs. Catholic Pointe Coupee 5:30 p.m.





- Thanks for coming out for Bingo! 7th grade is the winner for participation, earning a hats and socks day on Thursday, March 2.
- AUCTION SAVE THE DATE 4/22: Check out the flyer on page 6 for sponsorship opportunities – contact Leah Bergeron (leahberg7@gmail.com) or Ashley Sensley-Square (asensley@att.net) with any questions.
- Also, if you know anyone who would like to donate to our auction, please contact Leah and Ashley.



HAPPY BIRTHDAY



February 22 - Rachel Ceruti (Pre-K Teacher) & Flat Amy February 23 - Michael Buisson (Middle School Science Teacher)

March 5 - Christina O'Brien (Advancement Director)

March 9 - Akeisha Williams (Administrative Assistant)

March 15 - Alexis Williams (Receptionist)

March 25 - Caroline Bertrand (Librarian & 1st Grade Assistant)



Tackling Seasonal Allergies

The sun is shining the birds are singing and seasonal allergies are moving in. Yay Spring!

An allergy that occurs in a particular season is more commonly known as hay fever. Seasonal allergies trigger during the change in weather. The most common allergens are pollens from wind-pollinated plants, such as trees, grasses, and weeds. I monitor the allergy cast every day. I look at air quality and what allergens are present. Mold, dust, tree pollen, grass pollen and ragweed are our biggest offenders. Louisiana has high mold and dust count. We are a very humid state. We are also plagued with dust from Texas moving west to east, Saharan dust (dust moving from the Sahara Desert in Africa and comes in through the jet stream), gases affecting our ozone from the swamps and the discharge of pollutants from plants along the river. Mix it all up and you have a gigantic allergy cocktail! Since the air quality is with us always, we have learned to adapt to most of it. Every Spring, we have a little lagniappe with seasonal allergies.

Kids who are allergic to pollen may seem to have symptoms like:

- sneezing, watery, and itchy eyes
- runny or stuffy nose
- itchy sinuses, throat, or ear canal
- wheezing
- coughing
- fevers over 100 degrees are not associated with hay fever.

How To Treat Seasonal Allergies in Children

- 1. Your pediatrician may recommended an over the counter antihistamine like Claritin or Zyrtec so they do not get sick due to seasonal allergies every time the weather changes. Always ask your pediatrician about medication and how safe it is according to your child's age and the dosage you need.
- 2. **Stay Hydrated** They might refuse to eat or drink, but whatever form of liquid you prefer juices, water, popsicles just keep offering to help your child stay hydrated.
- 3. Humidifier A humidifier releases moisture in the air that helps loosen the mucus, making it less hard to breathe with a stuffy nose. My kids' pediatrician recommends having a humidifier in the main area during the day and the child's bedroom at night. Keep in mind; humidifiers require frequent cleaning otherwise, it can be a breeding ground for mold.
- 4. **Handwashing and Bathing Frequently** Have your child wash hands frequently. Bathing your child every day, especially after outdoor activities, should help. This will help pollen or dust get washed away. Shower before bedtime results in faster recovery; however, if you follow morning routines for showers, change your child's clothes after outdoor play while they have allergies.
- 5. **Plain Saline Nasal Spray** This spray helps soften the mucus inside the nasal passage, and definitely, it is worth having this product at hand as you are going to use it regularly. It contains no steroids or decongestants- just sterile water with a small amount of dissolved salt (saline), so it can be used without the worry of medication side effects. Most kids will need it before bedtime, when they usually have trouble sleeping through the night due to the congested nose, spray 3 to 4 times in each nostril, and your child sleeps comfortably.
- 6. **Saline Wipes** Seasonal allergy can cause a stuffy nose. Saline wet wipes like Boogie wipes will help you wipe off the runny or stuffy nose easily without causing rashes around the nose, usually due to frequent wiping off with an ordinary dry tissue. The best hack is, moisten the tissue as it becomes soft and does not scratch delicate skin.
- 7. Air Purifier Having an Air Purifier is the best thing you can do when you have babies and older kids. Make sure your house is smoke-free, with small kids. Air purifiers help to keep the air clean in the house, especially during the pollen season.

8. Change Bedcovers and Crib Sheets Frequently Last but not least, this remedy works best during the pollen allergy season. Changing bedcovers frequently for kids' beds are equally essential. During pollen season, bedcovers get pollens too if you have doors or windows open during any time of the day. Keep windows and doors shut at home and in your car during allergy season. Washing clothes and bed cover frequently helps you avoid getting sick. If your child gets sick during pollen season, change linens, towels, and other essentials more often, especially after your child starts feeling better.

9. Start Giving a Vitamin Supplement to Have Better Immunity

Supplements every day can increase your immunity tremendously to fight all sorts of diseases. Do your research and ask your doctor for recommendations. All vitamins and supplements are not the same.

Typically, it will take about 2 to 3 days to feel better. If symptoms persists longer than that, consult your child's doctor.

Do not worry, the scorching heat following Spring will have less allergy problems.

Wishing you a sniff free week,

Nurse Geri

SACRED HEART SCHOOL GOES HOLLYWOOD

Sponsorship Opportunities

Contact Person			Title		
Address					
City	St	ate	Zip		
Email		Pho	ne Number		
I would like to suppor			y sponsoring the 2	2023 Tiger Gala. Enclosed is	my check
made payable to Sacr	ed Heart Home	& School for:			

Please email the completed form to Christina O'Brien at cobrien@sacredheartbr.com by Friday, March 17, or send it by mail to:

Christina O'Brien c/o Sacred Heart of Jesus School 2251 Main Street Baton Rouge, LA 70802

Thank you for your generous support of Sacred Heart of Jesus School!



Silverscreen Sponsor (\$1250)

- Reserved table for 10 guests
- Name in parish newsletter distributed to Sacred Heart Church parishioners
- Logo in school newsletter distributed to Sacred Heart families
- Logo on event banner and marketing materials
- Logo on Sacred Heart social media pages (over 3500 followers)
- · Logo included in auction slideshow



Tinseltown Sponsor (\$1000)

- Reserved table for 8 guests
- Name in parish newsletter distributed to Sacred Heart Church parishioners
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Reserved Blockbuster Sponsor (\$500)

- Reserved table seating for 4 guests
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- Logo on event banner and auction slideshow
- Logo on Sacred Heart social media pages (over 3500 followers)



Food and Beverage Sponsor (\$250)

- Logo in school newsletter distributed to Sacred Heart families
- Logo on auction slideshow
- Logo on Sacred Heart social media pages (over 3500 followers)







WONDERING IF YOUR GRIEF IS NORMAL?

Join us for a Free Grief Seminar

Friday, March 17 12-1:30 PM

Sacred Heart of Jesus Parish Hall 2550 Main Street, Baton Rouge

Richard Braniff, PhD, LCSW, LPC

Christina O'Brien, PLPC

For more information email christinadobrienplpc@gmail.com





Catholic High School Cheerleading Clinics

Open to girls 1st through 5th grade

Sunday, March 5 or Sunday, March 12

1:00 p.m. - 3:00 p.m.

Performance for parents at 3:00 p.m.

Catholic High School Gym

Cost - \$25

Includes a t-shirt and snack



Register by Wednesday, February 8 at

https://mychs.catholichigh.org/cheer/clinic



Enrichment Credit Diocese of Baton Rouge

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.



The 1929 Society (\$1000+)

Anonymous

Bridget and Rick Akin Sheila and Kevin '95 Alford Archana and Venkat Banda Rosemary and Kyle Beall Kim and Sterling Bertrand Katie and Greg Bodin LaMeisa and Darius Bonton Kurt and Cristina Brauner Kecia '91 and Robb Campbell Rachel and Ron Ceruti Wendy and J. Daniels

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^{*} Every effort is made to assure that names are listed correctly. If an error is made or a name omitted, please contact Wendy Milam <u>(WMilam@SacredHeartBR.com)</u>

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In Memory of

In Honor of

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In Honor of Cora Jane Owens

Dr. and Mrs. Michael Owens

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Elaine and Randy Ellis

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