

WEEKLY NEWS FROM SACRED HEART OF JESUS SCHOOL

MARCH 7, 2023

CALENDAR PEEK! 03.08 **QUIZ BOWL PRACTICE** BIRTHDAY FREE DRESS (February & March Birthdays) 03.09 **SCHOOL MASS** (8 am in the church - 4th grade leaders) 03.10 **3RD GRADE MUSICAL** (1:45 pm in the gym) 03.10 QUIZ BOWL TOURNAMENT (@ St. Michael High School) 03.11 03.15 **END OF THIRD QUARTER GIRL SCOUT MEETING** (2:45 pm in the PAC) 03.16 03.17 ST. PATRICK THEME DRESS DAY MASS (8 am in the church - 6th grade leaders) 03.17 03.17 JOSEPH'S ALTAR (in the gym immediately following Mass) **STATIONS OF THE CROSS** (2 pm in the church) 03.17 MIDDLE SCHOOL DANCE (6:30 - 9:00 pm; more info on pgs. 8-10) 03.17 MASS (8 am in the church - 3rd grade leaders) 03.24



Principal's Post

By: Cecilia Methvin

What a beautiful Black History Month celebration last Tuesday! If you weren't able to come this year, mark your calendar so you don't miss next year. Thank you to all of our teachers who made this first-ever event so spectacular!

Speaking of events, our next one is this Friday with the 3rd grade Music Performance. All are invited! And don't forget our St. Joseph Altar, which will be next Friday, March 17th. We will celebrate St. Joseph's feast day (March 19th) with an altar on the gym stage. For some history on this practice, click here. The blessing of the altar will take place immediately after Mass at 9:15am in the gym and we invite you all to join us. This is a schoolwide project and each class will be participating in various ways; see page 2 for how each class will contribute. Since our celebration also falls on St. Patrick's Day, students may wear green, red, white or a combination of those colors on Friday, March 17th.

The purpose of our altar is three-fold: to celebrate and honor St. Joseph, the foster father of Jesus, to learn about an important tradition in our region and in our parish, and to help those who are in need with donations to the St. Vincent DePaul food pantry.

2251 Main Street

Baton Rouge, Louisiana 70802

225.383.7481

225.383.1810 (f)

www.SacredHeartBR.com

JOSEPH'S ALTAR CONTRIBUTIONS:

Pre-K3&4 - Bread baked into shapes (staff, fish, cross, etc.)

Kindergarten and 1st Grade - Coloring project

2nd Grade - Fava bean art project

3rd Grade - Paper lilies project

4th Grade - Food donation- Canned pasta sauce

5th Grade - Represent the Holy Family, Saints, & readings during the blessing

6th Grade - Food donation- canned beans and/or potatoes

7th Grade - Food donation- dried pasta

8th Grade - Fig cookies with cutouts project

Faculty/Staff - Fresh fruits, vegetables, desserts, etc.

Student Council - Altar setup on Thursday

Beta Club - Food pantry delivery on Friday

MARDI GRAS BEADS If you have any leftover beads from parades, 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 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.

Our first volleyball games of the season will be this Thursday at Our Lady of Mercy.

Track and Field uniforms will be going home with students via backpack mail on Thursday. Please email a<u>daughdrill@sacredheartbr.</u> com if there are any sizing issues. The first meet is on March 12!

Our SH Baseball team will play against Brusly Middle School at Rivault Field this Wednesday at 7:30.

March 9	6th Grade @ Our Lady of Mercy	5:45 p.m. OLOM Gym
March 9	8th Grade @ Our Lady of Mercy	7:45 p.m. OLOM Gym
March 14	6th Grade vs. St. Jude	5:45 p.m. Sacred Heart Gym
March14	6th Grade vs. St. Jude	6:45 p.m. Sacred Heart Gym

Baseball

March 8	5th grade vs. Brusly Middle School	7:30 p.m. @ Rivault Field
March 15	5th grade vs. Brusly Middle School	6:00 p.m. @ Rivault Field

Track

March 12 Track Meet 1:00 p.m. @ Zachary I	High Schoo

Congratulations to all of our biddy basketball players for a fun season!! A special thank you to Isabell Horton, Ella Taylor and Stripes for coming cheer on our youngest tigers!









- 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

March 5 - Christina O'Brien (Advancement Director)

March 7 - Brooke Robinson (4th & 5th Grade Teacher)

March 9 - Akeisha Williams (Administrative Assistant)

March 15 - Alexis Williams (Receptionist)

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



Creating Good Dental Hygiene for Your Children and the Health Problems Caused by Not Brushing Your Teeth

Your dentist has undoubtedly provided the warnings about poor dental hygiene: Tooth decay, tooth loss, gum disease and bad breath. For many adults, the thought of spending hours in a dental chair under a drill is enough to make that message sink in. (Sorry parents who are dentist. You know we love you.) Yet, this does not motivate a child to take better care of their teeth. However, the risks associated with not brushing your teeth go far beyond bad breath and the teeth and gum problems above. Poor dental hygiene can have a profound impact on your health and longevity.

It is all about the bacteria.

It is an unsettling fact. The human mouth – *your mouth* – is the perfect home for over 700 different strains of bacteria. Most of them are harmless, but a few can cause health problems. The two most likely to cause problems are *streptococcus mutans* and *porphyromonas gingivalis*. *Streptococcus mutans* feeds on sugars and starches in your mouth, producing acid that erodes your enamel and makes you more susceptible to tooth decay. Your mouth provides the right environment for these bacteria to grow and create a variety of health problems.

Five Health Problems Associated with not Brushing Your Teeth

- **Heart disease:** People with gum disease are twice as likely to have coronary artery disease. Doctors think it results from bacteria in your mouth entering your blood stream. These bacteria attach to plaque in your arteries, which causes inflammation and increases your chances for developing clots and blockages that lead to heart attacks.
- **Dementia:** Researchers discovered people who don't brush their teeth regularly were up to 65 percent more likely to have dementia. Bacteria associated with poor dental hygiene may cause this problem by spreading to the brain through the cranial nerve that connects to the jaw through the bloodstream.
- **Diabetes:** People with diabetes are more likely to have gum disease. Poor dental health may increase your risk for insulin-resistance and diabetes because it increases inflammation.
- **Pneumonia:** If you don't brush your teeth and have an overgrowth of bacteria in your mouth, it's possible to inhale them into your lungs where they can create problems such as pneumonia.
- **Pregnancy complications:** Expectant mothers with poor dental health have children who are more likely to develop cavities, have lower birth weight and preterm birth. Inflammation and bacteria from the mouth that colonize the placenta through the mother's bloodstream are the likely culprits.

How parents can help their children practice good dental hygiene

- Set a Good Example for Oral Hygiene Often, parents will try to enforce daily brushing without leading by example.
 Turn brushing into a family event. Set aside a few minutes each day to brush your teeth alongside your child. In addition to brushing, with your child, it is important that your child sees you flossing your teeth. Children naturally replicate what they see.
- Establish a Brushing Routine Early in Life
- Use an Age-Appropriate Toothbrush It is important to use an age-appropriate toothbrush. Most toothbrushes that are available for purchase include a recommended age on the packaging. Important elements are the size of the toothbrush head, the density of the brush, and even the design of the toothbrush handle. Choosing the right tools will make oral hygiene more enjoyable and comfortable for your child.
- No age is too early for establishing a tooth brushing routine. Good dental hygiene begins in infancy. New parents should run a clean, damp soft washcloth over their baby's gums to remove harmful bacteria. This will also get them accustomed to having their mouth cleaned, which will make it easier to establish good dental habits as they age.
- As soon as they begin to develop teeth around six months of age, you can begin to brush their teeth using an ageappropriate toothbrush. Flossing is not necessary or recommended until your child has more teeth. It is usually best to introduce flossing once your child is between two and three years old.
- Introduce your child to the dentist at an early age. It is recommend bringing your child for their first appointment around their first birthday. They may not have many teeth, however, this is still an important milestone. You are

establishing an important relationship built on trust and familiarity. Additionally, it is an excellent opportunity to observe the health and development of your child's teeth and gums.

- Children will be ready to start brushing their teeth on their own at different ages.
- Make Oral Hygiene Part of a Daily Routine

It is important to establish toothbrushing twice each day as part of your child's routine.

By brushing your teeth at the same time each day, you fall into a pattern that is easy to follow.

- Brush once in the Morning
 - Brush shortly after waking up to remove the bacteria and plague that accumulates during the night.
- Brush your teeth before heading to bed each night.

Failing to remove this debris before sleeping will lead to a greater possibility of developing cavities and decay.

- Associate toothbrushing with another common task.
 - For instance, they could brush their teeth immediately after getting dressed for the day. At nighttime, it is typical to associate toothbrushing with changing into pajamas.
- Turn Brushing into a Fun Game

Turning brushing into a fun game can make it easier to establish a habit in younger children.

- Create a sticker chart young children thrive when there is an incentive. Allow them to place a sticker after each time they brush their teeth.
- 2. Read a story to your child. There are many books available that were written specifically for this purpose! Reading a short story will help to pass the time in a way that is enjoyable for your child. You can also pass the time by making up a story each night that is based around tooth brushing.
- 3. Play a Song Instead of a Timer. Finding a song to listen to while brushing can help the time fly by!

 Since most songs are longer than two minutes, this is an easy way to keep an eye on the time while enjoying yourself.
- 4. Brush between a commercial break during their favorite show
- Use a Toothbrushing App There are several apps available for children of all ages to incentivize toothbrushing.
 These apps all provide a built-in timer as well as some form of entertainment to ensure your child is brushing for two minutes each time.
- Allow Them to Select Their Toothbrush. By allowing your child to use a toothbrush they are excited about, you can
 make toothbrushing a more exciting event for everyone involved!
- Try different flavors of toothpaste. Children have varying tastes and allowing them to use a toothpaste they enjoy
 can encourage them to brush more consistently.

Talking to a preteens and teenager about brushing his or her teeth takes some form of subtlety.

- This age group tend to be vainer than forward-thinking.
- Long lectures can seem tedious to your teenager and may agitate you as a parent.
- Try not to nag this age group about brushing his or her teeth.
- Most are very conscious about their appearance. Use this to your advantage by appealing to their sense of beauty and image. Remind them that teeth discoloration is not an attractive look for anyone and avoid bad breath which is repulsive and embarrassing to his or her peers.
- Do not use a visit to the dentist as a form of punishment. This can deter the teenager from ever visiting one in the future.

Through it all, I reminded my children that I was giving the gift of a lifetime helping keep their teeth healthy. Also, reading the story about George Washington's struggle with dentures didn't hurt.

Praying that all our children's teeth are pearly white,

Nurse Geri

SACRED HEART SCHOOL GOES HOLLYWOOD

Sponsorship Opportunities

Contact Person			Title		
Address					
City		State	Zip		
Email		Ph	one Number		
I would like to sup made payable to S	•		by sponsoring the	2023 Tiger Gala. Enc	losed is my check

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



Reserved Blockbuster Sponsor (\$500)

- Reserved table seating for 4 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 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



SACRED HEART MIDDLE SCHOOL

NEON DANCE



FRIDAY, MARCH 17 6:30 - 9:00 PM



SACRED HEART OF JESUS SCHOOL GYM

CLICK HERE FOR TICKET PRESALE FORM COME JOIN US FOR A NIGHT OF MUSIC. FUN, GAMES, AND PRIZES!

CLICK HERE FOR GUEST INFORMATION PERMISSION SLIP

ADMISSION PRICES: \$8 PRESALE UNTIL MARCH 17 AT 2:45 PM/ \$10 AT THE DOOR



GUESTS ARE ENCOURAGED TO BRING CANNED FOOD ITEMS TO HELP STOCK THE SACRED HEART FOOD PANTRY! ONE RAFFLE TICKET ENTRY PER CANNED **FOOD ITEM (MAX 10 TICKETS)**

PARENTS PLEASE USE THE LINKS BELOW FOR PIP HOUR OPPORTUNITIES

CHAPERONE/DECORATING SIGN UP GENIUS

REFRESHMENT/PRIZES SIGN UP GENIUS



SACRED HEART OF JESUS SCHOOL

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

Sacred Heart of Jesus School Ticket Presale Form

This form is for Sacred Heart Students wishing to attend the Middle School Dance on March 17, 2023. **Ticket presales will begin the week of March 6 and end at 2:45 pm on March 17**. Individual tickets will be \$8. Please send exact change or check please as we will not be able to make change during the presale. Tickets for Sacred Heart Students will be \$10 at the door.

Sacred Heart Student Name:
Please make a selection below:
I would like to purchase ONE presale ticket for \$8.00
I would like to purchase TWO presale tickets for \$16.00. Each Sacred Heart student may bring one guest from another school. Guests must be current 6-8 grade students and must have a completed permission slip on file. Permission slips must be turned in before 2:45 pm on March 17. No guest tickets will be sold at the door and no permission slips will be accepted at the door.
Parent/Guardian Name
Parent/Guardian Signature



SACRED HEART OF JESUS SCHOOL

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

Sacred Heart of Jesus School Guest Permission Form for Dances

Fill out the following information and obtain guest, administrator, and parent/guardian signatures. Bring this form to purchase a dance ticket for you and a guest.

***Please be advised that each SHS student may bring one guest only. All guests must be middle school students (6th, 7th, or 8th grade).

Sacred Heart Student Name:	
Guest's Name:	Guest's Grade:
Guest's Address:	
Guest's Emergency Contact:	Ph#
Guest's School:	Ph#
Guest's School Administrator Signature:	
Guest's School Administrator phone #:	
Rouge and Sacred Heart of Jesus School. I further given by any administrator, faculty, staff, or adults	vior towards others. I recognize that this a school icies, laws, and procedures of the Diocese of Baton agree to follow any rules or recommendations
Guest's Signature:	
Guest's Parent/Guardian Signature:	
Sacred Heart of Jesus School Administrator:	

This form must be turned in to the Main Office before 2:45 pm on March 17.

Permission slips will not be accepted at the door.



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 Becky '63 and Louis '62 DeJohn Aglonie and Michael DiVincenti, Jr.

Maria '67 and David DiVincenti Tiffany and Brian Dykes Elaine and Randy Ellis

Franklin Family Jane S. Green

Jeanne and Michael Henderson

Fr. Josh Johnson

Mary Beth '68 and Kelly '65 Kling

Laurie and Joey Landry

Ooly LeJeune

Pam and Brian Mascari Julie and Matt Massey Cecilia and Jeff Methvin Kathryn and Cliff Mount Risa and Tim Mueller Daniel R. Murray '58 Natasha and John Nnadi Christina '95 and Joe O'Brien 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 Shaye and Brian Harriford Kay and Robert Kenney Julie and Michael Perrault

Donna Seidel

David '70 and Peggy Whatley

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

Marietta '97 and Brandon Brackeen Kelly and Darrell Broussard Keith Constantino '69 Lisa and Clark Cosse' Tyre and Hal '69 Dupuy

Mary Lee Eggart and Clyde LeBlanc

Karleen and Reggie Green

Courtney Gustin Thomas Holliday '56

Catharine and Johnny McKay Cindy and Trey Ourso '84 Dr. and Mrs. Michael Owens

Barbara Schmitt Dennis P. Simoneaux

Ashley Sensley and Richard Square Kourtney and Vandale Thomas

Lillie and Lee Turner

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

Anonymous (7) Lisa Arnett Christine Baglow

Claire and Harold Bahlinger, Sr.

Gail and Richard Beall Caroline Bertrand

Beverly Culotta Bourdier '52

Candice Brooks Maggie Calandro '09 Sharon and Ronnie Ceruti

Kim Crawford Anne M. Dardis Mrs. Alice D. Davis Victoria Decuir Judy Determann '68 John Doiron Toni Douglas

Cindy Duenckel Teresa Dunn Dynamic Gear Outlet

Kay and Don Elliott Allison and James Fisher Linda and Paul Freese

Lillie Gallagher

Carol, Cayleen and Brandt Green

Dyra and CJ Huges

Beverly F. Jackson '47

Eilleen Jones Neal King

Whitney and Kevin Laird

Joyce '60 and Joe Lambert

Shannon Landry

Chloe '11 and Blake LeBlanc

Anne Leibowitz Marta Luque Lyles Family Gina Magri

Eleanor and Tyrone Malbrue

Timothy Malloy Cindy Mancuso '73

Diane and Tony '60 Marabella

Camp E. Matens '56 Deborah Matirne Kelly and Abbott Metz

Wendy Milam

Rebecca and Michael Miller

Glenda Minor Amanda Moran '08 Erin Moselv

Michelle and Sean Nelson Michelle Newman

Laura Oubre

Hannah and Joey Owens

Geri Pearson Amy Pickenheim Allison and Ron Ray William Reeves Sheila Reynaud Cindy Richard Melissa Ritter Brooke Robinson Janis and Robert Roux

Cheryl Savoy

Janelle Bergeron Shell '63

Kendrick Slan Liz Barber Spreen '85 John Smith Elise and Dan Stari Sonia Templet

Allyson Thibodeaux and Jesse Ledeau

Jennifer and Mike Thibodeaux

N. Scott Thomas '66 Vernon Thorning

^{*} 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>

Erin Wilcox '10 Alexis Williams Tammy Williams

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 Shannon Landry Brandon Kling '94 Mary Beth '68 and Kelly '65 Kling Lloyd and Velma Lyles The Lyles Family Charles 3. Marabella Diane and Tony Marabella Charles Marabella Kay and Don Elliott

Beau '16 Brown Madeleine Brown '18
Mamaw Dyra and Papaw CJ Huges
Brooklyn Nelson '27
Michelle and Sean Nelson
In Honor of Cora Jane Owens
Dr. and Mrs. Michael Owens
Pr. 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)

Rachel and Ron Ceruti 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 Harriford
C. Thomas Landry '98
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

Congregation of St. Joseph Wendy and Jim Daniels

Anne Dardis Becky '63 and Louis '62 DeJohn Pat Demouy

Judy Lindsey Determann '68 Most Reverend Shelton J. Fabre Monique and Perry Franklin Linda and Paul Freese

Linda and Paul Freese Jane S. Green

Emilia and Jake Henry III Anne and Randall Heine Tommy Holliday '56

Dyra and CJ Hughes Margaret and Michael Kling Joyce '60 and Samuel Lambert Laurie and Joey Landry

Sr. Joan LaPlace Dr. Karen Williams and Cornelius Lewis

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