

# 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

MARCH 21, 2023

## CALENDAR PEEK!

03.24	<b>MASS</b> (8 am in the church - 3 <sup>rd</sup> grade leaders)
03.24	<b>STATIONS OF THE CROSS</b> (2 pm in the church)
03.31	<b>MASS</b> (8 am in the church - 5 <sup>th</sup> grade leaders)
03.31	<b>8TH GRADE RETREAT</b> (9 am led by Deacon Michael Park)
03.31	<b>STATIONS OF THE CROSS</b> (2 pm in the church)
04.06	<b>LIVING WAY OF THE CROSS</b> (8:15 am in the gym)
04.07-.04.14	<b>NO SCHOOL EASTER HOLIDAYS</b>
04.16	<b>EASTER EGG HUNT</b> (following the 11 am Mass)
04.17	<b>STUDENTS RETURN TO SCHOOL</b>
04.20	<b>PROGRESS REPORTS</b>
04.20	<b>GIRL SCOUT MEETING</b> (2:45 pm in the PAC)
04.21	<b>MASS</b> (8 am in the church - 4 <sup>th</sup> grade leaders)
04.21	<b>SPIRIT SHIRT DAY</b>
04.22	<b>SACRED HEART AUCTION</b> (7 pm in the PAC)

CHRIST  
has no body on Earth



but YOURS  
—St. Teresa of Avila

SACRED HEART SCHOOL  
GOES HOLLYWOOD

*Sponsorship Opportunities*

Want to promote your business while supporting Sacred Heart School? Please see sponsorship opportunities for our auction on page 6.

## PRINCIPAL'S POST

By: Cecilia Methvin

One of my cousins introduced me to "The Best Lent Ever" several years ago. It's a program created by Matthew Kelly from *Dynamic Catholic* to help people make their Lenten experience more meaningful and prayerful through daily reflections and journaling opportunities. The reflection for Monday, March 20<sup>th</sup> resonated with me, so I would like to share a bit of it with you.

As we navigate our day to day lives, we experience moments that are holy and moments that are unholy, we get to decide which they will be. Since we are human, the unholy moments can sometimes come more naturally. Here are some deliberate ways you can choose to create holy moments in your day:

- Pray before making a decision.
- Encourage, coach, praise, or affirm someone.
- Be patient with that person who drives you crazy.
- Give whoever is in front of you your full attention.
- Overlook an offense against you.
- Go out of your way to make a new person feel welcome.
- Write a love letter.
- Clean up the mess even though you didn't make it.

For the next three weeks of Lent, let's challenge ourselves to make as many holy moments as possible.

**SPONSORSHIP OPPORTUNITIES** Want to promote your business while supporting Sacred Heart School? Please see sponsorship opportunities for our auction on page 6.

**ADVISORY BOARD NOMINATIONS** The Nomination/Election Committee is seeking nominations for new Advisory Board members. To nominate a parent or yourself, please review the qualifications (sent via email) and [click here](#) to submit the nomination by Tuesday, March 28<sup>th</sup>.

**"SANTIAGO: THE CAMINO WITHIN"** The non-profit Catholic film company, Ahava Productions, has gotten their film "Santiago: The Camino Within" into mainstream theaters! This wonderful film, narrated by Bishop Hying of Madison, helps us understand the beauty of pilgrimage by walking step-by-step with those who have traversed this ancient route. Supporting this film in theaters is a great opportunity to grow in our faith and encourage our Catholic community this Lent!

The Camino de Santiago, an ancient network of routes spanning across Europe, united hundreds of thousands of individuals each year as they make their way to the cathedral Santiago de Compostela in Galaxia, Spain, where the tomb of St. James lies. In 1987, the Camino de Santiago was certified as the first cultural route of the Council of Europe and in 1993 was inscribed on the World Heritage List. The nearly 1000 miles of interconnected routes lead individuals along a trek that challenges their minds and could, transforming lives along the way. Bishop Donald Hying leads viewers along the ancient path, through their own introspective journey, to find true meaning in their lives, their relationships and their faith.

"Santiago: The Camino Within" will be released for one night only, in English and Spanish, on Tuesday March 28 at Cinemark Perkins Rows, Citiplace and Juban Crossing at 7pm. For more information, please see the flyer on page 5 and plan to take the whole family or make it a date night! St. James, pray for us!

**SACRED HEART OF JESUS ST. VINCENT DE PAUL FOOD PANTRY** Sacred Heart of Jesus St. Vincent de Paul Food Pantry is in need of any non-perishable items. 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.

**SAVE THE DATE** Sacred Heart's Annual Father Daughter Dance on Friday, May 5, 2023 at 6:30pm in the Sacred Heart Parish Activity Center. This annual event is open to girls in all grades and their dads, stepdads, granddads, uncles or special friends to have a night of fun with dancing, food & games! We will have a photographer on site with a photo backdrop and a picture package available for purchase. Registration order forms will be sent out as the date gets closer. For any additional questions, please contact Joanna Canezaro at joanna.canezaro@gmail.com. We are looking forward to a fun night!

**ATHLETIC NEWS:** Contact Athletic Director Amy Daughdrill at [adaughdrill@sacredheartbr.com](mailto:adaughdrill@sacredheartbr.com) with any questions.

- **Volleyball**

March 24	6th Grade vs. St. Theresa	5:45 p.m. Sacred Heart Gym
March 24	8th Grade vs. St. Theresa	6:45 p.m. Sacred Heart Gym
March 28	6th Grade vs. St. Alphonsus <b>TEAM PICTURES @ 5:15</b>	5:45 p.m. Sacred Heart Gym
March 28	8th Grade vs. St. Alphonsus <b>TEAM PICTURES @ 6:15</b>	6:45 p.m. Sacred Heart Gym
- **Baseball**

March 22	5th Grade vs. Holy Family	6:00 p.m. @ Rivault Field
March 27	5th Grade vs. Holy Family	6:00 p.m. @ Rivault Field
- **Track**

March 26	Track Meet	1:00 p.m. @ East Ascension High
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# SACRED HEART HOME SCHOOL

## NEWS AND REMINDERS

- Tickets to the school auction on April 22 go on sale this week!
- Check out the flyer on page 6 for sponsorship opportunities. Questions? Contact Leah Bergeron ([leahberg7@gmail.com](mailto:leahberg7@gmail.com)) or Ashley Sensley-Square ([asensley@att.net](mailto:asensley@att.net)). If you or anyone you know would like to donate to our auction, please also contact Leah and Ashley to let them know.
- PIP hours - Be on the lookout for a few more opportunities to come to earn PIP before school ends.



### 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)

## **Effect of Sleep Changes on Health-Related Quality of Life in Healthy Children - a Second Look at the DREAM Crossover Trial**

I read an interesting study conducted by the University of Otago, Dunedin, New Zealand on quality-of-life change children experienced when they lost minor amounts of sleep over the course of a week. I thought it was very interesting, but it was a small study, and it did not spark my interest to write about it. In the last week, the secondary review of this study by the Department of Neuropsychology, Cincinnati Children's Hospital Medical Centre, Cincinnati, Ohio has been reported by virtually every news agency across the U.S.

Did I miss something? It was time to look at the secondary analysis.

While inadequate or poor-quality sleep has been associated with a wide range of adverse physical and psychological health outcomes in infants, children, and adolescents, interest is growing regarding the association of sleep with more global indicators of health, such as health-related quality of life (HRQOL). The HRQOL is a widely used concept with many definitions and measures and generally encompasses 3 main areas: physical, mental, and social health.

To date, most research has examined the association of more medically related sleep issues, such as obstructive sleep apnea, insomnia, and other sleep disorders, cognitive testing, and mood regulation. Evidence is emerging that HRQOL is also adversely affected in children with milder sleep health issues.

**Question:** Does losing sleep affect health-related quality of life in children?

### **Findings**

In this secondary analysis of a randomized crossover trial involving 100 healthy children aged 8 to 12 years, receiving 39 minutes less sleep per night resulted in significantly lower physical and overall well-being, ability to cope well at school, and total health-related quality of life, especially in children with at least a 30-minute difference in sleep leading to total HRQOL scores that were significantly lower when tired. Reductions in psychological well-being, social and peer support, and autonomy and parental relations.

### **Relevance**

Results of this secondary analysis of the DREAM trial indicated that even 39 minutes less of sleep per night for 1 week significantly reduced several facets in child's quality of life. This finding shows that ensuring children receive sufficient good quality sleep is an important child health issue.

Although it is difficult to untangle which behavioral changes might influence HRQOL the most as they tend to be interrelated in children. They found that when children slept less, they ate substantially more calories, particularly in the evenings, all of which came from noncore foods (generally those with poor nutritional quality) rather than from core foods, such as fruit and vegetables, which are associated with higher HRQOL. Children replaced this loss of sleep mostly with sedentary time and, to a lesser degree, light activity. In general, greater HRQOL has been associated with higher amounts of activity and lower amounts of sedentary time in children.

### **Conclusions**

Certainly, more studies are needed, but this secondary analysis, showed that after only 1 week of receiving 39 minutes less sleep per night between sleep conditions, children reported significantly lower physical and overall well-being and ability to cope well at school. These findings highlight that ensuring children receive sufficient good-quality sleep is an important child health issue.

Wishing you enough sleep in the week ahead,

Nurse Geri



# SAN IAGO

THE CAMINO WITHIN

EXCLUSIVELY IN THEATERS

**MARCH 28**

ONE NIGHT ONLY



Buy Tickets

FATHOM  
EVENTS



VISIT **FATHOMEVENTS.COM**

FOR PARTICIPATING THEATRES AND TICKET INFORMATION

# SACRED HEART SCHOOL GOES HOLLYWOOD

## Sponsorship Opportunities

### NAME OF COMPANY/SUPPORTER(S) \_\_\_\_\_

Please list the name as you wish for it to appear on printed materials.

**Contact Person** \_\_\_\_\_ **Title** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Email** \_\_\_\_\_ **Phone Number** \_\_\_\_\_

I would like to support Sacred Heart of Jesus School by sponsoring the 2023 Tiger Gala. Enclosed is my check made payable to Sacred Heart Home & School for:

\_\_\_\_\_ \$1250

\_\_\_\_\_ \$1000

\_\_\_\_\_ \$500

\_\_\_\_\_ \$250



Please email the completed form to Christina O'Brien at [cobrien@sacredheartbr.com](mailto: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



### 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)



### 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)



### 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)



Scan to purchase sponsorship online or visit our auction website  
[www.auctria.com/auction/TigerGala2023](http://www.auctria.com/auction/TigerGala2023)





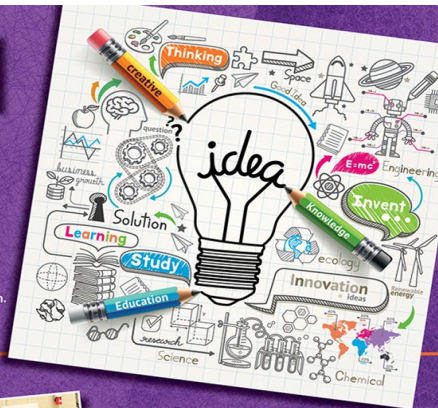


**JULY 2-22, 2023**

Apply online: [nsula.edu/advance/](https://nsula.edu/advance/)

ADVANCE is a three-week residential program for academically motivated students currently in grades 7 - 11.

- Expect challenging classes, engaging instructors, and a variety of activities in a family-like atmosphere.
- Students enroll in and complete one course during the program.
- ADVANCE creates an accepting community for its diverse students and fosters a supportive atmosphere.



### III | NORTHWESTERN STATE



**APPLICATION AND PAYMENT DEADLINES:**  
**April 1, 2023** (Financial Aid Application Deadline)  
**May 1, 2023** (Student Application Deadline)  
*Early applicants increase their class preference.*

**FOR INFORMATION:**  
[nsula.edu/advance/](https://nsula.edu/advance/) | 318-357-4500 | [palmerh@nsula.edu](mailto:palmerh@nsula.edu)

**FIELDS OF STUDY INCLUDE:** (subject to change)

- Engineering Technology
- Personal Finance
- Humanities
- Mathematics
- Sciences
- Programming

Course descriptions are available online at: [www.nsula.edu/advance/](https://www.nsula.edu/advance/)



**Apply Now!**

Application instructions can be found on our website:  
[nsula.edu/advance/](https://nsula.edu/advance/)

[/pages/Advance-Program](https://facebook.com/pages/Advance-Program)

**Tell others about ADVANCE!**



## MARCH 2023

Elementary Schools



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Chicken Smackers  
 Spaghetti and Cheese  
 Garden Salad  
 Veggie Medley  
 Golden Delicious Apple Wedges

**Choice:** Pepperoni Pizza

Chicken Tenders  
 Red Beans and Rice  
 Garden Salad  
 Pineapple  
 Biscuit

**Choice:** Pepperoni Pizza

Honey Citrus Chicken  
 Fried Rice  
 Asian Coleslaw  
 Glazed Baby Carrots  
 Pineapple

**Choice:** Pepperoni Pizza

Chicken Smackers  
 Spaghetti and Cheese  
 Garden Salad  
 Veggie Medley  
 Golden Delicious Apple Wedges

**Choice:** Pepperoni Pizza

Soft Tacos  
 Taco Salad Cup with Cheese  
 Pinto Beans  
 Salsa  
 Diced Peaches

**Choice:** Chicken Smackers

Beef-a-Roni  
 Garden Salad  
 Buttered Corn  
 Red Apple Wedges  
 Dinner Roll

**Choice:** Chicken Smackers

Chicken Spaghetti  
 Garden Salad  
 Broccoli with Cheese  
 Blue Raspberry Applesauce  
 Dinner Roll

**Choice:** Chicken Smackers

Soft Tacos  
 Taco Salad Cup with Cheese  
 Pinto Beans  
 Salsa  
 Diced Peaches

**Choice:** Chicken Smackers

Hamburger/Cheeseburger  
 Lettuce and Pickle Cup  
 French Fries  
 Baked Beans  
 Orange Wedges

**Choice:** Chef Taco Salad

Chicken and Sausage Gumbo  
 Garden Salad  
 Red Apple Wedges  
 Garlic Breadstick

**Choice:** Chef Chicken Smacker Salad

Pork Medallions with Gravy  
 Creamed Potatoes  
 Glazed Baby Carrots  
 Orange Wedges  
 Dinner Roll

**Choice:** Chef Chicken Caesar Salad

Hamburger/Cheeseburger  
 Lettuce and Pickle Cup  
 French Fries  
 Baked Beans  
 Orange Wedges

**Choice:** Chef Taco Salad

BBQ Pulled Pork Sandwiches  
 Roasted Red Potatoes  
 Coleslaw  
 Pineapple

**Choice:** Chef Chicken Smacker Salad

Chicken and Sausage Jambalaya  
 White Beans  
 Garden Salad  
 Peaches  
 Roll

**Choice:** Chicken Teriyaki Rice Bowl

Meatballs and Gravy  
 Over Rice  
 Garden Salad  
 Lima Beans  
 Orange Wedges  
 Dinner Roll

**Choice:** Buffalo Chicken Smacker Rice Bowl

Chicken Filet on Bun  
 Lettuce and Pickle Cup  
 French Fries  
 Raisins or Craisins

**Choice:** Chicken Teriyaki Rice Bowl

Chicken and Sausage Jambalaya  
 White Beans  
 Garden Salad  
 Peaches  
 Roll

**Choice:** Buffalo Chicken Smacker Rice Bowl

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

**Choice:** Chicken Teriyaki Rice Bowl

Cheese Pizza  
 Garden Salad  
 Buttered Corn  
 Red Apple Wedges  
**Non Dairy:** Fish Nuggets

**Choice:** Baked Potato

Fried Catfish  
 Roasted Red Potatoes  
 Coleslaw  
 Pineapples  
 Cinnamon Sugar Breadstick

**Choice:** Baked Potato

Mac and Cheese  
 Garden Salad  
 Broccoli with Cheese  
 Golden Delicious Apple Wedges  
 Celebration Cupcake  
**Non Dairy:** Fish Nuggets

**Choice:** Baked Potato

Nachos  
 Taco Salad Cup  
 Salsa  
 Mexican Corn  
 Red Apple Wedges  
**Non Dairy:** Fish Nuggets

**Choice:** Baked Potato

Cheese Pizza  
 Garden Salad  
 Buttered Corn  
 Strawberries and Whipped Cream  
**Non Dairy:** Fish Nuggets

**Choice:** Baked Potato





# Easter

## EGG HUNT

**04**

Month

**16**

Date

**23**

Year

### FOLLOWING THE 11AM MASS

SCHOOL PARENTS EARN PIP HOURS BY  
HELPING WITH CANDY, EGG FILLING AND  
SETTING UP THE HUNT

CONTACT THE CHURCH OFFICE  
225-387-6671  
FOR MORE INFORMATION



**SACRED HEART**  
OF JESUS CHURCH & SCHOOL



# Emmaus Night of Prayer

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**March 31, 2023**

**5:30–9:00 pm**

**Sacred Heart of Jesus Church**

**Stations of the Cross at  
5:30 p.m.**

*followed by:*

**Lenten Penance Service**

**Praise & Worship Music**

**Adoration**

**Prayer Teams led by the  
Mercedarian Sisters**



**SACRED HEART**  
**OF JESUS CATHOLIC CHURCH**  
**2250 Main Street**

*hosted by the Mercedarian Sisters of the Blessed Sacrament  
and the Mercedarian Laity of the Blessed Sacrament*

