

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

APRIL 4, 2023

CALENDAR PEEK!

04.06	LIVING WAY OF THE CROSS (8:15 am in the gym)
04.07-.04.14	NO SCHOOL EASTER HOLIDAYS
04.16	EASTER EGG HUNT (following the 11 am Mass)
04.17	STUDENTS RETURN TO SCHOOL
04.20	PROGRESS REPORTS
04.20	GIRL SCOUT MEETING (2:45 pm in the PAC)
04.21	MASS (8 am in the church - 4 th grade leaders)
04.21	SPIRIT SHIRT DAY
04.22	SACRED HEART AUCTION (7 pm in the PAC)
04.23	ART SHOW (See flyer on page 9)
04.26	DESTROY THE DRESS CODE (See flyer on page 10)
04.27	BIRTHDAY FREE DRESS (April birthdays)
04.28	VOLUNTEER MASS (8 am in the church)

CHRIST
has no body on Earth



but YOURS
—St. Teresa of Avila



Jesus said to her,
"I am the resurrection and the life.
He who believes in me will live,
even though he dies;
and whoever lives and believes in
me will never die."
Happy a blessed Easter

PRINCIPAL'S POST

By: Cecilia Methvin

This week, we journey with Jesus as he prepares for His last days as a man on earth. As we celebrate the resurrection of our Lord and Savior on Easter Sunday and move through the season of Easter, don't forget that the tenets of Lent are as relevant after Easter as they are before. Prayer, fasting, and charity all year long are ways we continue to build God's Kingdom on earth. During this holiest and most solemn week of the year, I challenge you to relish every moment of it, especially the Triduum. I hope you and your families will take advantage of the opportunities at Sacred Heart or any other church to recall the Last Supper, walk with Jesus to Calvary, witness his crucifixion, and rejoice in the glory of the Risen Lord on Easter Sunday.

"For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord." Romans 6:23

ADVISORY BOARD ELECTIONS [Click here](#) to vote for the new Advisory Board members before the deadline of Thursday, April 6 by noon. For more information, please see the email that was sent this morning.

PIP OPPORTUNITY The church office needs help with the upcoming easter egg hunt. Earn pip hours by donating candy, filling eggs, and setting up the hunt. If you would like to help, contact the church office 225-387-6671.

SACRED HEART SCHOOL AUCTION The school auction will be here before you know it! Starting on Thursday, April 13 at 10 a.m., you will have one week to bid **ONLINE ONLY** for the online auction. This auction will contain items typically found in the silent auction with donations from local businesses and area restaurants. On Thursday, April 19 at 10 p.m., the online auction will close, and all winners can pick up their items on April 22 at the Live Auction and party. Tickets for online bidding and in person auctions are on sale now! [Click here](#) to purchase your ticket. We really look forward to seeing you all on April 22!

TIGER TRACKS YEARBOOK [Click here](#) to order your 2022-23 yearbook. Books should be delivered in the fall of 2023. Questions? Email Wendy Milam (WMilam@SacredHeartBR.com).

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.

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

Last weekend the baseball team played their final games of the season in a double header. With only 9 players able to play due to several injuries, the baseball team finished their season strong taking home a win in their final game! Congratulations on a great season!

- Volleyball**

April 5	6th Grade @ St. Jean Vianney	5:45 p.m. St. Jean Vianney
April 5	8th Grade @ St. Jean Vianney	7:45 p.m. St. Jean Vianney
April 18	6th Grade @ St. George	6:45 p.m. St. George
April 18	8th Grade @ St. Thomas More	7:45 p.m. St. Thomas More
April 20	6th Grade vs. St. John	5:45 p.m. @ Sacred Heart
April 20	8th Grade vs. St. John (8th grade night)	6:45 p.m. @ Sacred Heart

- Track**

April 22-23	Track Meet	Holy Family
April 30	Track Meet	1:00 p.m. @ Catholic High School



SACRED HEART HOME SCHOOL



NEWS AND REMINDERS

- Tickets to the school auction on April 22 are on sale! Questions? Contact Leah Bergeron (leahberg7@gmail.com) or Ashley Sensley-Square (asensley@att.net).
- PIP hours - Be on the lookout for a few more opportunities to come to earn PIP before school ends.
- If you are interested in getting involved with Home & School for next year, please contact H&S co-presidents, Katie Bodin (katiegbodin@gmail.com) or Lori Stoeckle (lori.stoeckle@gmail.com).



HAPPY BIRTHDAY

April 15 - Gina Magri (2nd Grade Teacher)

April 27 - Cecilia Methvin (Principal)

April 27 - Candice Brooks (Elementary Religion Teacher)

What Causes Stomachaches?

“My stomach hurts” is a common complaint of school age children. When you ask the child to point to where it hurts most, I have fingers pointing in every location from the shoulders to the hips. It’s no wonder that parents (and you school nurse) have to do some investigating to find a cause. When it comes to stomach pain, there are many potential causes. While stomach pain may be caused by something serious, most stomach aches are caused by simple problems or circumstances.

These are just a few of the many possibilities:

- **Skiping Breakfast:** This seems like a no-brainer, but children do not always make the connection between hunger and a stomachache.
- **Gas:** Gas is a normal process in digestion, but it can cause pain if gas is trapped or not moving well through the intestines. The child's diet is normally what causes the pain. Carbonated drinks (such as sodas), sugar substitutes (found in sugar-free candies), beans, spicy foods, dairy products and eating/drinking too quickly can cause an increased production of gas. Eating slowly and limiting the offending food or drink is often the remedy.
- **Constipation:** This is a common source of stomach pain. Pain is often found near their belly button or on the left lower side of the abdomen and typically comes and goes. Ask the child if they pooped yesterday or today. If not, their pain may be due to constipation.
- **Stress:** When children are stressed or anxious, their bodies release the hormone cortisol into the blood. This can trigger abdominal cramps and discomfort. If your child has a recurrent stomachache with no other apparent cause, it could be stress. The best remedy for this cause is to gently ask them if they are worried about something and if they would like to talk about it.
- **Growing pains:** Some children may also experience abdominal pain during episodes of growing. The pain does not occur every day. It comes and goes. Growing pains often strike in the late afternoon or early evening and disappear by morning. Sometimes the pain awakens a child in the middle of the night.
- **Seasonal Allergies** Among some of the lesser-known symptoms of seasonal allergies are stomach upset, constipation, bloating, diarrhea, GERD, acid reflux, nausea, and stomach cramping. These digestive symptoms can come with little or no upper respiratory symptoms which is why it can be difficult for these symptoms to be traced back to their source of seasonal allergies. When histamine is released in the gastrointestinal tract, it can cause symptoms like stomach pain, bloating, nausea, diarrhea, and constipation.
- **Dehydration:** Drinking a lot of fluid is important especially for children due to their higher metabolism.. Drinking enough fluids will help them maintain healthy bowel function. At least half the fluid a child drinks should be plain water. Avoid soda and other sugary drinks, including sweetened juices, flavored waters, and sports drinks. Too much sugar can actually cause stomachaches — not to mention obesity and the long-term health problems associated with it.
- **Overeating:** This can cause stomach discomfort that your child finds painful. Eating too much of anything, from pizza to fruit, can cause abdominal pain. As kids often eat quickly and don't know the painful downsides of doing so, they tend to eat well past when their stomach is actually full. They then feel the pain afterward.
- **Lactose intolerance:** Lactose is a type of sugar found in milk and milk products, such as cheese and ice cream. The body typically produces an enzyme called lactase to digest lactose properly, but some people don't have this enzyme. When they eat milk products, they experience abdominal cramps, gas, diarrhea or constipation.

- **Food poisoning:** About 48 million Americans experience food poisoning every year, and kids aren't exempt from being included in this number. Food poisoning occurs when you eat food that wasn't cooked properly or food that has gone bad over time. It can cause stomach pain as well as diarrhea and vomiting.
- **Stomach virus:** It is a viral infection that affects the stomach rather than the upper respiratory system or sinuses. Stomach pain is usually the first symptom of a stomach virus, typically followed by vomiting and diarrhea within 24 hours.
- **Appendicitis:** This is one cause of stomach pain for which you would want to bring to your child to the emergency department as soon as possible. Appendicitis is inflammation of the appendix, which is a small organ that projects from the colon. If your child says they have severe, constant pain in the lower right side of their abdomen and that even slight movement causes pain there, it could be appendicitis. While it is uncommon in children under the age of 5, appendicitis is more likely to occur in older children and teenagers.

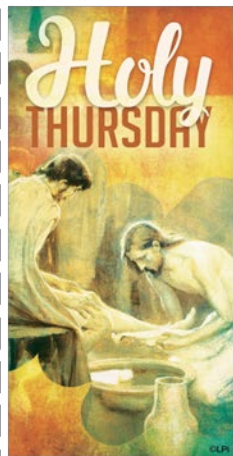
With any abdominal pain, seek urgent medical attention if children have:

- Pain so severe that they can't move without causing more pain.
- Difficulty sitting or finding a comfortable position.
- Fever
- Bloody stools
- Persistent nausea and vomiting
- Skin that appears yellow
- Severe tenderness when the abdomen is touched.
- Swelling of the abdomen
- Your child's symptoms last longer than five days.
- Your child is showing signs of dehydration, such as dry lips, decreased urine, pale skin or listless behavior. These are signs that something more serious could be wrong.

Most of the time, a stomachache shouldn't cause alarm. But parents should be mindful of how long it lasts and any other symptoms that come with it. Recurring tummy aches that seem like gastroenteritis could really be a sign of inflammatory bowel disease (IBD) – especially if you have a family history of IBD. Frequent stomachaches can also be caused by food allergies, celiac disease, parasites and lactose intolerance.

Wishing you a stomachache free Easter basket and a healthy restful break,

Nurse Geri



INVITING CHILDREN OF ALL AGES TO JOIN US FOR A SPECIAL PROCESSION AT THE HOLY THURSDAY MASS OF THE LORD'S SUPPER!

Join us on **Thursday, April 6, 2023, at 7:00 p.m.**
at **Sacred Heart Church** for the
Celebration of the Lord's Supper.
Mass will end with a procession led by the children.

*Please fill out the form below and return to Denise Williston in the Parish Office or to
Candice Brooks in the School Office no later than **Tuesday, April 4, 2023.**
or you may email the form to Denise Williston, dwilliston@sacredheartbr.org*

Child's Name: _____ Grade: _____ Age: _____

Parent's Name: _____

Contact Number: _____

Email Address: _____

SACRED HEART GOES HOLLYWOOD

SATURDAY, APRIL 22, 2023



Williamson Campbell
& Whittington, LLC



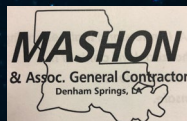
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Auto, Life, Fire, Marine, and more



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CORPORATION
REAL ESTATE INVESTMENTS



THANK YOU TO OUR SPONSORS!

Monday

Chicken Tenders
Red Beans and Rice
Garden Salad
Pineapple
Biscuit

Choice: Pepperoni Pizza

Tuesday

EASTER MEAL:
Fried Catfish with Tartar Sauce
Mac and Cheese
Potato Salad
Mixed Berry Lemon Sorbet Cup
Roll
Celebration Cupcake
Choice: Chicken Caesar Salad

Wednesday

Jambalaya
Garden Salad
Glazed Baby Carrots
Strawberries with whipped cream

Choice: Chicken Smackers

Thursday

Chicken Filet on Bun
Lettuce and Pickle Cup
French Fries
Cherry Lemon Sorbet Cup

Choice: Chicken Teriyaki Rice Bowl

Friday

*Good
Friday*

Easter Break

Honey Citrus Chicken
Fried Rice
Asian Coleslaw
Glazed Baby Carrots
Pineapple

Choice: Pepperoni Pizza

Chicken Tortilla Soup
Tortilla Chips
Salsa
Jalapeno Cup
Peaches

Choice: Chicken Smackers

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

Choice: Chef Chicken Smacker Salad

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

Choice: Buffalo Chicken Smacker Rice Bowl

Spirit Day:

Chicken Filet on Bun
Baby Carrots
Whole Apple
Chocolate Chip Cookie

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

Choice: Pepperoni Pizza

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

Choice: Chicken Smackers

BBQ Pulled Pork Sandwiches
Roasted Red Potatoes
Coleslaw
Mixed Berry Lemon Sorbet Cup

Choice: Chef Taco Salad

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

Choice: Chicken Teriyaki Rice Bowl

Pepperoni Pizza
Garden Salad
Buttered Corn
Strawberries and Whipped Cream

Choice: Baked Potato



ADVANCE

Program for Young Scholars

JULY 2-22, 2023

Apply online: nsula.edu/advance/

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

- Direct 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 includes an exciting summer trip for its diverse students and fosters a supportive atmosphere.

III. NORTHWESTERN STATE



FIELDS OF STUDY INCLUDE:

- Engineering/Technology
- Mathematics
- Personal Finance
- Science
- Humanities
- Programming

Course descriptions and a fully online application are available at: nsula.edu/advance/



Apply Now!

Applications for ADVANCE can be found on our website:
nsula.edu/advance/



APPLICATION AND AWARD DEADLINES:
April 1, 2023 (Financial Aid Application Deadline)
May 15, 2023 (Student Application Deadline)
Both applications require their own preferences.

FOR INFORMATION:
nsula.edu/advance | 1-800-447-4474 | advance@nsula.edu

Let others know about ADVANCE!





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

SACRED HEART OF JESUS SCHOOL 2023

ART SHOW

SUNDAY, APRIL 23

12:00 PM - 1:00 PM

**LOCATION:
PARISH ACTIVITY CENTER**

DESTROY THE DRESS CODE

When?

Wednesday, April 26th

How does it work?

It's a reward for students in grade 3-8 who have earned a certain number of Accelerated Reader points. The more AR points a student earned, the more of the dress code he or she will get to "destroy" that day!

How do I know what level my student earned?

A note will be sent home Monday, April 24th letting you and your child know how many points they have earned and what "level" they will have on Destroy the Dress Code Day.

If they did not reach the first level, they will not receive a note.

The last day to test for Destroy the Dress Code is Friday, April 21st

Please contact Mrs. Caroline (cbertrand@sacredheartbr.com) with any questions!

	2 nd Grade	3 rd Grade	4 th - 5 th Grade	6 th – 8 th Grade
Level 1	<i>All 2nd graders will have a free socks and shoes day to celebrate their reading accomplishments this year.</i>	5 points	10 points	15 points
Level 2		10 points	20 points	30 points
Level 3		15 points	30 points	45 points
Level 4		20 points	40 points	60 points
Level 5		25 points	50 points	75 points
Level 6		30 points	60 points	90 points