

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 18, 2023

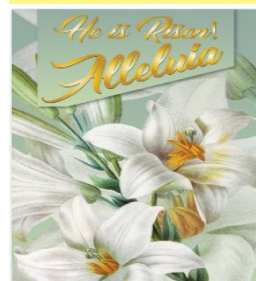
CALENDAR PEEK!

- 04.20 **ONLINE BIDDING FOR SHS AUCTION ENDS**
- 04.20 **PROGRESS REPORTS**
- 04.20 **GIRL SCOUT MEETING** (right after school in the Parish Hall)
- 04.21 **MASS** (8 am in the church - 4th 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 10)
- 04.26 **DESTROY THE DRESS CODE** (See flyer on page 11)
- 04.27 **BIRTHDAY FREE DRESS** (April birthdays)
- 04.28 **VOLUNTEER MASS** (8 am in the church)
- 04.28 **PEP RALLY** (1 pm in the gym)
- 04.28 **8TH GRADE VS. FACULTY VOLLEYBALL GAME** (immediately following the pep rally)

CHRIST
has no body on Earth



but YOURS
—St. Teresa of Avila



A Prayer for Easter

Jesus, our Risen Savior, all glory and praise to You, for You bring light to our darkness, joy to our sorrow and fullness of love to our hearts.

On this Resurrection Day, we ask You to renew our hearts, minds and bodies with the new joy of this Easter Season. Guide us to keep focused on Your Holy Word that is all encompassing and pure.

Allow us to be a reflection of Your peace and enlightenment to this world which so desperately needs Your eternal presence.

*He is Risen!
Alleluia! Alleluia!
Amen.*

PRINCIPAL'S POST

By: Cecilia Methvin

I hope everyone enjoyed their week away from school; it was certainly a restful time for me and my family. As restful as last week was, it is full speed ahead for the next month. Our 8th graders only have three weeks of classes left before they begin exams, which means there are only 5 weeks left for the rest of the school! As expected, the calendar is full of events and parents and guests are invited to attend any that are schoolwide.

First up is our annual auction- Sacred Heart Goes Hollywood! For tickets and more information, see the attachment in the newsletter. It is always a great time and we hope you and your friends and family can join us. Ms. Calandro will also showcase student work at the Art Show, which can be previewed at the auction. But don't worry if you miss it Saturday night; you can catch it from noon until 1:00pm on Sunday, April 23rd.

Please join me in wishing our 8th graders a successful Youth Legislature experience on Wednesday and Thursday of this week. Mrs. Broussard has been working with them all year to prepare and they are excited to experience our government in such a real and hands on way.

As you may know, we pray the Angelus together as a school community every Monday at noon. The exception to this is during the seven weeks of Easter (Easter Sunday until Pentecost) when we pray the Regina Caeli (translated 'Queen of Heaven'). This special prayer is tribute to our Blessed Mother and an exclamation of the joy at the Resurrection of our Lord.

Happy Easter, Alleluia!

GIRL SCOUT MEETING The girl scout meeting this week will be held in the Parish Hall instead of the Parish Activity Center.

SACRED HEART SCHOOL AUCTION The school auction is this Saturday! The online bidding will end Thursday night at 10 p.m.! The online auction will contain items typically found in the silent auction with donations from local businesses and area restaurants. 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!

ART SHOW Ms. Calandro has been hard at work preparing student artwork for the art show this weekend. Be sure to stop by the PAC Sunday from 12-1 pm to see the amazing art from our talented students.

ADVISORY BOARD RUNOFF The Advisory Board election last week did not produce a majority vote, therefore a runoff must be held. Please select two individuals on the ballot by [clicking here](#). As a reminder, only one vote per family is allowed; if you have multiple children, please use the name of your oldest child. Lastly, submit your votes via the linked electronic ballot by 12 pm Tuesday, April 25, 2023.

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. 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.

- Volleyball**

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-last home game & 8th grade night	6:45 p.m. @ Sacred Heart
April 24	8th Grade @ Holy Family	7:45 p.m. @ Holy Family
April 26	6th Grade @ Our Lady of Mercy	5:45 p.m. @ OLOM
April 26	8th Grade @ Our Lady of Mercy	7:45 p.m. @ OLOM
April 27	6th Grade @ St. Alphonsus	5:45 p.m. @ St. Alphonsus
May 3	6th Grade @ Catholic Pointe Coupee	5:45 p.m. @ Catholic Pointe Coupee

- Track**

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

Regina Coeli

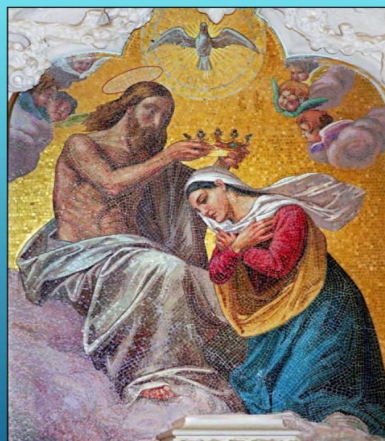
Queen of Heaven, rejoice, alleluia.
For He whom you did merit to bear,
alleluia.

Has risen, as he said, alleluia.
Pray for us to God, alleluia.

Rejoice and be glad, O Virgin Mary,
alleluia.

For the Lord has truly risen, alleluia.

Let us pray. O God, who gave joy to
the world through the resurrection
of Thy Son, our Lord Jesus Christ,
grant we beseech Thee, that through
the intercession of the Virgin Mary,
His Mother, we may obtain the joys
of everlasting life. Through the same
Christ our Lord. Amen.



SACRED HEART HOME + SCHOOL

NEWS AND REMINDERS

- The auction is this **SATURDAY**, April 22!! Tickets are on sale now! Questions? Contact Leah Bergeron (leahberg7@gmail.com) or Ashley Sensley-Square (asensley@att.net).
- Check out our sneak peek of auction items on pages 5-7.
- 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)



More Reasons to Have Less Sugar

I'm a country girl. Nothing is more beautiful than fields of tall green sugar cane. It is a livelihood for many people in Louisiana. That's where my love of sugar ends.

Researchers from China and the U.S. rounded up 8,601 scientific studies on sugar and combined them to evaluate its impact on 83 health outcomes. The studies accounted for decades of research on the topic, stretching back to the beginning of the largest electronic databases for scientific papers.

The result is a list that cites the world's most common health problems like heart disease, diabetes, obesity, high blood pressure, heart attack, high cholesterol, cancer, and depression.

Researchers looked at studies that evaluated the impacts of consuming free sugars, which means any food that contains processed or naturally occurring sugars like table sugar, honey high fructose corn syrup, or maple syrup. Sugar found in **whole** fruits and vegetables and in milk is not free sugar.

U.S. dietary guidelines recommend getting no more than 10% of daily calories from added sugars. For a typical 2,000-calorie-per-day diet, that equals no more than 200 calories, or about 12 teaspoons. The [CDC](#) reports that the average person consumes 17 teaspoons per day, with the largest sources being sugar-sweetened beverages, desserts, and snacks. For context: one 12-ounce can of soda contains the equivalent of 9 teaspoons of sugar.

The new analysis also found links between sugary beverage consumption and other diet and lifestyle characteristics that may contribute to health problems. People who consumed sugar sweetened beverages more frequently were likely to ingest more total and saturated fat, carbohydrate, and sodium and less fruit, fiber, dairy products, and wholegrain foods. *rs* wrote. This dietary pattern was also associated with more frequent smoking and drinking, lower physical activity levels, and more time spent watching television. These factors should be taken into consideration when explaining the association between sugar consumption and disease.

Recommendations for limiting sugar consumption are in place worldwide. More needs to be done given the known health dangers of sugar. To change sugar consumption patterns, especially for children and adolescents, a combination of widespread public health education and policies worldwide is urgently needed.

This umbrella review shows that high dietary sugar consumption, especially intake of sugars that contain fructose, is harmfully associated with large numbers of health outcomes. Evidence for the harmful associations between dietary sugar consumption and changes in body weight (sugar sweetened beverages), ectopic fat accumulation (added sugars), obesity in children (sugar sweetened beverages), coronary heart disease (sugar sweetened beverages), and depression (sugar sweetened beverages) seems to be more reliable than that for other outcomes. Evidence of the association between dietary sugar consumption and cancer remains limited, but I was surprised to see a strong link to pancreatic. In combination with the WHO (World Health Organization) and WCRF/AICR (American Institute for Cancer Research) recommendations reducing the consumption of free sugars or added sugars to below 25 g/day (approximately six teaspoons a day) and limiting the consumption of sugar sweetened beverages to less than one serving a week (approximately 200-355 mL/week).

Reducing your sugar intake can be done gradually. Small steps create long-lasting habits.

Wishing you la dolce vita with less free sugar,

Nurse Geri

SACRED HEART GOES HOLLYWOOD
SATURDAY, APRIL 22, 2023

CLASS AUCTION ITEMS

(only available at silent auction at live event)

PreK3 - Fingerprint Heart Picture

PreK4 - 3D Gold Cross Canvas with Thumbprints

Kindergarten - Clay Flower Pot Painting

1st - Plate designed with Fingerprints and Bible Quotes

*2nd - Signature Charcuterie Board with Heart
in the middle*

*3rd - Large White Platter with Fingerprint Sacred
Heart and Radiant*

4th - Painted Vase

5th - Crosses on Canvas Print

6th - Oval Planter with Fingerprints and Orchid

7th - Salad Bowl with Tongs & Herbs

8th - Caricature & Group Picture

SACRED HEART GOES HOLLYWOOD
SATURDAY, APRIL 22, 2023

SCHOOL AUCTION ITEMS

(only available at silent auction at live event)

P.E. Teacher for the Day

Music Teacher for the Day

Art Teacher for the day

1st in ELC Carpool Line (PK-K)

2nd in ELC Carpool Line (PK-K)

Class Taco Bar from Qdoba with Sacred Heart VIP's

Front Row for 3rd Grade Production (6 Seats)

Reserved Parking for 4th Grade Mardi Gras Parade

Reserved Seating for Kindergarten Closing (6 Seats)

Grandparents Day Reserved Seating for 4 + Parking

*"Day in the Life Of"... Photobook - A customized photo
book of your child's year at Sacred Heart*

Robinson, Leblanc & Mrs. Alexis - Game Night for 4 Players

Mrs. Banda - Pedicures and Lunch with Mrs. Banda for 3 Students

Mrs. Broussard - "Ring the Bell" 2 available (1 student per day)

Reserved Family Night Dinner Table

Reserved Pew for 8th Grade Promotion Ceremony

*Mrs. Wendy - Full Page 8th Grade Yearbook Ad
(must be purchased for a current 8th grader)*



SACRED HEART GOES HOLLYWOOD

SATURDAY, APRIL 22, 2023



LIVE AUCTION ITEMS



Free Dress Pass for the Class for the Week

One of a Kind Painting of the Sacred Heart of Jesus by
Fr. Josh Johnson

Dinner with the Governor, First Lady, Fr. Josh, and 3 couples
at the Governor's Mansion

BBQ, Bourbon, & Blessing from Fr. Josh Johnson

First in Line at Afternoon Carpool
in Line at Afternoon Carpool

Naming Rights to the Concession Stand

Naming Rights to the Main Street Ally

Principal for the Day

Assistant Principal for the Day

Dinner with Fr. Josh and 6 Couples at Bin 77

Paella Dinner and Sangria for 30 people at Solera

Guy's Night Out at BRcade with Fr. Josh and 6 Lucky Dudes

Dinner for 10 at Mestizo's with patron's choice of wine or
tequila pairing

Master Chef, Spirits & Wine Gurus to come to your Home and
Dazzle your Guests!

SACRED HEART GOES HOLLYWOOD

SATURDAY, APRIL 22, 2023



Williamson Campbell
& Whittington, LLC



BAKER DONELSON



State Farm
BRADY FLAVIN, AGENT
Let's go together, State Farm is here.



TOWER CAPITAL
CORPORATION
REAL ESTATE INVESTMENTS



THANK YOU TO OUR SPONSORS!



APRIL 2023

Elementary Schools



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

Inka's UNIFORMS



The **best quality** school uniforms.
Great customer service.

Our girls plaid items are made with our unique [UPSCALE™](#) growth features that let the garment grow with your child.

Busy Moms

LOVE

our **NEW** website!

inkas-uniforms.com

SAVE 20% in April!
15% in May!
10% in June!



[11626 Sherwood Forest Court](#)

SAVE 15% on June 13th, 2023
SAVE 10% on July 6th, 2023

(Our special sale days for Sacred Heart families)

(Use coupon code: **SHB** to save online)

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