

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 25, 2023

CALENDAR PEEK!

04.26	DESTROY THE DRESS CODE (See flyer on page 6)
04.27	BIRTHDAY FREE DRESS (April birthdays)
04.28	VOLUNTEER MASS (8 am in the church/reception following in the Parish Hall)
04.28	PEP RALLY (for spring sports - 1 pm in the gym)
04.28	8TH GRADE VS. FACULTY VOLLEYBALL GAME (immediately following the pep rally)
05.01-05.06	TEACHER APPRECIATION WEEK (more info on pg. 2)
05.02-05.03	CHEER TRYOUTS (more info on pgs. 7-8)
05.04	SPIRIT SHIRT DAY
05.05	MASS (8 am in the church)
05.05	MAY CROWNING
05.05	8TH GRADE VS. FACULTY LIP SYNC BATTLE (1:45 pm in the gym)
05.05	ANNUAL FATHER DAUGHTER DANCE (7 pm in the PAC)

CHRIST
has no body on Earth



but YOURS
—St. Teresa of Avila

**ONLY
22 DAYS UNTIL
GRADUATION**

A Prayer for Teachers

Lord, bless the teachers who give their heart to teaching. Thank you for the special gift that You have given them and for giving them a spirit of grace and compassion. May they have strength and endurance to perform their many tasks, and may they know and feel the deep gratitude of those whom they teach.

Amen

TEACHER APPRECIATION May 1st-5th is National Teacher Appreciation Week. The Student Council has created themes for each day to show our teachers how much we love and appreciate them for everything they do for us.

Monday- 'Do-nut' forget how much I appreciate you! (Doughnuts from Mrs. Methvin)

Tuesday: Your child can bring their teacher's favorite coffee, tea, or a gift card to get one at their favorite shop.

Wednesday: Hump day snacks. Help your teacher make it through the rest of the week by sending snacks for the teachers lounge.

Thursday: Students can write a 'Thank You' card or note to their teacher.

Friday: Friday is May Crowning and students are planning to bring a flower for Mary. If you would like, you may bring an extra flower for your teacher.

AUCTION ITEM PICK UP If you have not picked up your auction item yet, Leah Bergeron will be passing them out in afternoon car-pool on Thursday. She will be located behind the church where the cars line up.

YEARBOOK AD FOR 8TH GRADE ONLY Parents of 8th grade students, [click here](#) to order your 2022-23 yearbook ad before May 26. 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.

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.

Team and individual pictures for track, baseball and cheer are Wednesday, May 3 right after school. Please have your student bring their uniform to school to change into when the bell rings. We will meet in the gym.

- **Volleyball**

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. Aloysius	5:45 p.m. @ St. Aloysius
April 28-30	8th Grade vs. St. George Tournament	@ St. George
May 3	6th Grade @ Catholic Pointe Coupee	5:45 p.m. @ Catholic Pointe Coupee

- **Track**

April 30	Track Meet	1:00 p.m. @ Catholic High School
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SACRED HEART HOME SCHOOL



NEWS AND REMINDERS

- Thank you to all who participated in the auction, whether online or in person! It was a great success and a fantastic event. We certainly created some new Sacred Heart memories with our costumes and all the fun that was had!
- Special thanks to Leah Bergeron and Ashley Sensley-Square for their leadership in chairing this event and to the auction committee. So many hours go into putting on this event, and there is no way to even quantify what this group does, but we so very much appreciate it!
- Special thanks to our wine pull sponsors: Paul Bologna Wines, Bet R, the Campbell Family, the Stoeckle Family, and the Bodin Family.
- Our last Home & School night for parents will be on May 11. We'll be hosting Trivia Night. Stay tuned for more details and one last opportunity to earn PIP hours from Home & School.



HAPPY BIRTHDAY

April 15 - Gina Magri (2nd Grade Teacher)

April 27 - Cecilia Methvin (Principal)

April 27 - Candice Brooks (Elementary Religion Teacher)

The Immune System, Vaccines, and Why Some People Do Not Make Antibodies to Diseases or Vaccines Part One

If nothing else good comes from the pandemic, washing your hands, your immune system, and vaccines are more on our mind than it used to be. To understand how vaccines work, it helps to first look at how the body fights illness, so I am going to start there.

How the Body is Supposed to Fight Off Disease

When germs, such as bacteria or viruses, invade the body, they attack and multiply. This invasion, called an infection, is what causes disease. The immune system uses your white blood cells to fight infection. These white blood cells consist primarily of macrophages, B-lymphocytes, and T-lymphocytes:

Macrophages are white blood cells that swallow up and digest germs. The macrophages leave behind parts of the invading germs called antigens. The body identifies antigens as dangerous and stimulates antibodies to attack them.

B-lymphocytes are defensive white blood cells; they can produce antibodies to fight off infection.

T-lymphocytes are another type of defensive white blood cell, which recognizes a familiar germ, if the body is exposed again to the same disease.

The first time the body is infected with a certain germ, it can take several days for the immune system to make and use all the tools needed to fight the infection. After the infection, the immune system remembers what it learned about how to protect the body against that disease. If your body encounters the same germ again, the T-lymphocytes recognize the familiar germ, and the B-lymphocytes can produce antibodies to fight off infection.

How Vaccines Work

Vaccines can help protect against certain diseases by imitating an infection. This type of imitation infection helps teach the immune system how to fight off a future infection. Sometimes, after getting a vaccine, the imitation infection can cause minor symptoms, such as fever. Such minor symptoms are normal and should be expected as the body builds immunity. Once the vaccinated body is left with a supply of T-lymphocytes and B-lymphocytes that will remember how to fight that disease. However, it typically takes a few weeks for the body to produce T-lymphocytes and B-lymphocytes after vaccination. Therefore, it is possible that a person infected with a disease just before or just after vaccination could develop symptoms and get that disease, because the vaccine has not had enough time to provide protection. While vaccines are the safest way to protect a person from a disease, no vaccine is perfect. It is possible to get a disease even when vaccinated, but the person is less likely to become seriously ill.

Types of Vaccines

Scientists take many approaches to developing vaccines. These approaches are based on information about the diseases the vaccine will prevent, such as how germs infect cells, how the immune system responds to it, regions of the world where the vaccine would be used, the strain of a virus or bacteria and environmental conditions. Today there are five main types of vaccines that infants and young children receive in the U.S.:

Live, attenuated vaccines fight viruses and bacteria. These vaccines contain a version of the living virus or bacteria that has been weakened so that it does not cause serious disease in people with healthy immune systems. Because live, attenuated vaccines are the closest thing to a natural infection, they are good teachers for the immune system. Examples of live, attenuated vaccines include measles, mumps, and rubella vaccine (MMR) and varicella (chickenpox) vaccine. Even though they are very effective, not everyone can receive these vaccines. Children with weakened immune systems—for example, those who are undergoing chemotherapy—cannot get live vaccines.

Non-live vaccines also fight viruses and bacteria. These vaccines are made by inactivating, or killing, the germ during the process of making the vaccine. The inactivated polio vaccine is an example of this type of vaccine. Often, multiple doses are necessary to build up and/or maintain immunity.

Toxoid vaccines prevent diseases caused by bacteria that produce toxins (poisons) in the body. In the process of making these vaccines, the toxins are weakened so they cannot cause illness. Weakened toxins are called toxoids. When the

immune system receives a vaccine containing a toxoid, it learns how to fight off the natural toxin. The DTaP vaccine contains diphtheria and tetanus toxoids.

Subunit vaccines include only parts of the virus or bacteria, or subunits, instead of the entire germ. Because these vaccines contain only the essential antigens and not all the other molecules that make up the germ, side effects are less common. The pertussis (whooping cough) component of the DTaP vaccine is an example of a subunit vaccine.

Conjugate vaccines fight a type of bacteria that has antigens. These bacteria have antigens with an outer coating of sugar-like substances called polysaccharides. This type of coating disguises the antigen, making it hard for a young child's immature immune system to recognize it and respond to it. Conjugate vaccines are effective for these types of bacteria because they connect (or conjugate) the polysaccharides to antigens that the immune system responds to very well. This linkage helps the immature immune system react to the coating and develop an immune response. An example of this type of vaccine would be the *Haemophilus influenzae* type B (Hib) vaccine.

Vaccines Require More Than One Dose

There are four reasons that babies—and even teens or adults—who receive a vaccine for the first time may need more than one dose:

For some vaccines (primarily non-live vaccines), the first dose does not provide as much protection as possible. So, more than one dose is needed to build more complete immunity. For example, the [Hib vaccine](#) that protects young children against meningitis, requires 2- or 3-doses depending on manufacturer.

For some vaccines, protection begins to wear off over time. At that point, a “booster” dose is needed to bring protection levels back up. This booster dose usually occurs several years after the initial series of vaccine doses is given. For example, the DTaP vaccine requires the initial series of four shots for an infant to build protection against diphtheria, tetanus, and pertussis. But a booster dose is needed at 4 years through 6 years old. Another booster against these diseases is needed at 11 years or 12 years of age. This booster is called Tdap.

For some vaccines (primarily live vaccines), more than one dose is needed for everyone to develop the best protection. For example, after one dose of the measles, mumps, and rubella vaccine, some people may not develop enough antibodies to fight off infection. The second dose helps make sure that almost everyone is protected.

Finally, in the case of flu vaccines, everyone 6 months and older needs to get a dose every year because each year different flu viruses can be circulating and protection from a flu vaccine wears off with time. Children 6 months through 8 years old will need to get 2 doses of vaccine the first time they get flu vaccine, or if they only got one dose in previous years, they should get 2 doses during the current year.

Stay tuned next week to find out more what scientist have found regarding vaccine failure and what is next for required immunizations in Louisiana.

Wishing You a Healthy Week Ahead,

Nurse Geri

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

TUESDAY MAY 2ND
AND
WEDNESDAY MAY 3RD

CHEER TRYOUTS!

TUESDAY 3:00 - 5:00PM
WEDNESDAY 3:00 - 4:00PM
SACRED HEART MAIN GYM

Parents,

I hope that you and your families are doing well. It is time for cheerleading tryouts for next school year! If your daughter is interested in trying out to become a cheerleader, please read the following information.

Tryouts will be held on Tuesday, May 2nd and Wednesday May 3rd in the main gym from 3:00 – 5:00pm on Tuesday and 3:00 – 4:00pm on Wednesday. The girls will be taught a cheer and a dance from the current Sacred Heart cheerleaders. They will be videoed performing both the cheer and dance for outside judges.

Tryout requirements:

- A current 4th, 5th, 6th, or 7th grader at Sacred Heart.

Eligibility if she makes the squad:

- A passing grade in every subject and at least a 2.0 grade point average.
 - The report card issued immediately before the first practice of the season will be used to determine eligibility.
- A conduct grade of at least a B.
 - If a student with a C in conduct wishes to participate, a meeting with the Principal, Athletic Director, and parent/guardian must take place before the first practice of the season.

I would like the girls to keep in mind that they will be required to attend practice once a week, cheer at football and basketball games, attend open house, fall and spring pep rallies and any other school events decided by the moderator. Sacred Heart Cheerleading is a year-round sport but also a very rewarding and fun sport. If they do make the squad, they will need to purchase a cheer uniform and practice uniforms. If you are interested in the cost of these items, you may email me with your questions. We are so excited about building a new squad!

You can email me with any questions you have regarding cheer at mcalandro@sacredheartbr.com.

Best regards,

Maggie Calandro

Cheer Moderator



TACO BOUT FIESTA

AND JOIN US FOR SACRED HEART'S ANNUAL

FATHER DAUGHTER DANCE

ADVANCE TICKETS:

\$35 PER COUPLE

\$7 PER ADDITIONAL GIRL

TICKETS AT THE DOOR:

\$40 PER COUPLE

\$10 PER ADDITIONAL GIRL

DEADLINE FOR ADVANCE TICKETS:

Monday, May 1st

FRIDAY, MAY 5, 2023

7:00-9:00 PM

SACRED HEART PARISH ACTIVITY CENTER

HOSTED BY GIRL SCOUT TROOP 10278

FATHER DAUGHTER COUPLE: 1 @ \$35.00 = \$35.00

ADDITIONAL GIRL(S): # _ _ _ @ \$7.00 PER GIRL = \$ _ _ _

TOTAL: \$ _ _ _

GIRL SCOUT = FREE FOR
FUN PATCH: # _ _ _ _ GIRL SCOUTS

DAUGHTER(S) NAME(S): GRADE / CLASS

MAKE CHECKS PAYABLE TO GIRL SCOUT TROOP 10278

RETURN TO JOANNA CANEZARO C/O GIANNA 7TH GRADE BY MONDAY, MAY 1ST

SONG REQUEST: SONG NAME _ _ _ _ _ ARTIST _ _ _ _ _

PHOTOGRAPHY BY LAYNE PHOTOGRAPHY

PACKAGES TO BE PURCHASED DIRECTLY WITH THE PHOTOGRAPHER THE NIGHT OF THE DANCE
(SEE PHOTO ORDER FORM FOR DETAILS)



Sacred Heart of Jesus School Father/Daughter Dance 2023

Layne Photography will be at the **Sacred Heart Father/Daughter Dance on May 5th.**
We will be offering posed photos of you and your daughter(s).

Below is a sample of the pre-paid order form.

Digital files will be emailed to you.

Print orders will be brought to the school to be distributed.

You can fill out the form and bring it with you, and/or we will also provide forms to be filled out that night.

Each **Package** is one **Pose**

(225) 928-2986

LAYNE
Photography

angele@laynephoto.com

☐ Package A

☐ Package B

Digital File - \$10

2-5x7 - \$20

Parent's Name: _____

Child's Name: _____

Email: _____

Phone: _____

☐ Cash ☐ Credit Card ☐ Check

Card# _____ V# _____

Expiration Date _____ ZipCode _____

Total _____



APRIL 2023

Elementary Schools



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Chicken Tenders Red Beans and Rice Garden Salad Pineapple Biscuit</p> <p>Choloe: Pepperoni Pizza</p> <p>3</p>	<p>EASTER MEAL: Fried Catfish with Tartar Sauce Mac and Cheese Potato Salad Mixed Berry Lemon Sorbet Cup Roll Celebration Cupcake</p> <p>Choloe: Chicken Caesar Salad</p> <p>4</p>	<p>Jambalaya Garden Salad Glazed Baby Carrots Strawberries with whipped cream</p> <p>Choloe: Chicken Smackers</p> <p>5</p>	<p>Chicken Filet on Bun Lettuce and Pickle Cup French Fries Cherry Lemon Sorbet Cup</p> <p>Choloe: Chicken Teriyaki Rice Bowl</p> <p>6</p>	<p>Good Friday</p> <p>7</p>
<p>10</p>	<p>11</p>	<p>12</p>	<p>13</p>	<p>14</p>
<p>Easter Break</p>				
<p>Honey Citrus Chicken Fried Rice Asian Coleslaw Glazed Baby Carrots Pineapple</p> <p>Choloe: Pepperoni Pizza</p> <p>17</p>	<p>Chicken Tortilla Soup Tortilla Chips Salsa Jalapeno Cup Peaches</p> <p>Choloe: Chicken Smackers</p> <p>18</p>	<p>Spaghetti and Meat Sauce Garden Salad Broccoli with Cheese Blue Raspberry Applesauce Dinner Roll</p> <p>Choloe: Chef Chicken Smacker Salad</p> <p>19</p>	<p>Hamburger/Cheeseburger Lettuce and Pickle Cup French Fries Baked Beans Orange Wedges</p> <p>Choloe: Buffalo Chicken Smacker Rice Bowl</p> <p>20</p>	<p>Spirit Day: Chicken Filet on Bun Baby Carrots Whole Apple Chocolate Chip Cookie</p> <p>21</p>
<p>Chicken Smackers Spaghetti and Cheese Garden Salad Veggie Medley Green Apple Wedges</p> <p>Choloe: Pepperoni Pizza</p> <p>24</p>	<p>Soft Tacos Taco Salad Cup with Cheese Pinto Beans Salsa Diced Peaches</p> <p>Choloe: Chicken Smackers</p> <p>25</p>	<p>BBQ Pulled Pork Sandwiches Roasted Red Potatoes Coleslaw Mixed Berry Lemon Sorbet Cup</p> <p>Choloe: Chef Taco Salad</p> <p>26</p>	<p>Meatballs and Gravy Over Rice Garden Salad Black Eye Peas Orange Wedges Dinner Roll</p> <p>Choloe: Chicken Teriyaki Rice Bowl</p> <p>27</p>	<p>Pepperoni Pizza Garden Salad Buttered Corn Strawberries and Whipped Cream</p> <p>Choloe: Baked Potato</p> <p>28</p>

Notes: Menus are subject to change. All meals are served with a choice of milk.

Notification Statement: Peanuts and Peanut butter are not purchased for meals produced by the Baton Rouge Diocese Child Nutrition Program; however, some products served may contain nuts, may be produced in plants that use nuts and may contain traces of nuts.



PLEASE JOIN US!

MID CITY JOB FAIR

*Looking for a new job?
Stop by to visit with local employers
Get help in searching and applying for real jobs,
that could be right for you!*

SEE YOU AT SACRED HEART CHURCH
2250 MAIN ST.
ACTIVITY CENTER BY THE BALL FIELD
WEDNESDAY, MAY 17
10 AM - 2 PM

FREE LUNCH FOR ATTENDEES

HOSTED BY SACRED HEART CHURCH ST. VINCENT DE PAUL

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)



SUMMER AT CHS

ACADEMICS | ATHLETICS | STRENGTH & SPEED TRAINING
FOR BOYS AND GIRLS AGES 5 AND OLDER

 CATHOLICHIGH.ORG/SUMMERATCHS