

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

AUGUST 15, 2023

CALENDAR PEEK!

08.15	8TH GRADE PARENT MEETING (Beginning with Mass at 6 pm)
08.16	TIGER SHOP CLOSING AT MIDNIGHT
08.16	LAST DAY TO REGISTER FOR GIRLS BASKETBALL & CROSS COUNTRY
08.18	MASS (8 am in the church 5 th grade leaders)
08.24	INDIVIDUAL YEARBOOK PICTURES (8 am in the gym)
08.25	MASS (8 am in the church 4 th grade leaders)
08.31	BIRTHDAY FREE DRESS (July and August birthdays)
09.01	MASS (8 am in the church)
09.04	LABOR DAY HOLIDAY
09.08	SPIRIT SHIRT DAY
09.08	MASS (8 am in the church)



PRINCIPAL'S POST

By: Michael Miller

Greetings to all!

What an amazing start to the school year! It is hard to believe that we have only been in school for four days. It is truly an honor and privilege for all of us to serve, witness, and teach your children. We have such an outstanding faculty and staff to work with our students led by a great administrative team to serve your children and a Pastor like no other! We feel especially blessed that we have been able to attend Mass on two of those four days! It is our goal with prayer and energy to continue to build God's community here at Sacred Heart.

Our school theme this year is "Do Small Things with Great Love" - St. Thérèse of Lisieux. And we hope that this theme is exhibited and lived here at Sacred Heart and in all of our homes.

We are thankful for so many things but most importantly, we are thankful for your belief and trust in Sacred Heart of Jesus Church and School. We are blessed beyond measure to work with such devoted parents and guardians.

*O Lord, help us, now and always, to listen for the voice of God,
To think fairly, to love widely, to witness humbly, and to build bravely.*

Go SHS Tigers! Forget a day, it is going to be a great year!

THE TUESDAY NEWSLETTER We look forward to communicating with you each week via The Tuesday Newsletter. Parents will receive a newsletter in their inbox at the email address provided in their RenWeb/FACTS account. We are happy to send the newsletter to other family members or interested parties. Simply email Wendy Milam (WMilam@SacredHeartBR.com) and provide their name and email address.

PARENT-STUDENT HANDBOOK ACKNOWLEDGEMENT FORM If you have not already done so, please sign and return the Parent-Student Handbook Acknowledgement Form (located on page 50 of the [handbook](#)) before Friday, August 18. Only one form per family is required. You may also email a picture of your signed form to Alexis Williams (AWilliams@SacredHeartBR.com).

TIGER SHOP! Our Tiger Shop is open until Wednesday, August 16 at midnight! [Click here](#) to shop for some fun spirit gear and don't forget to purchase the white spirit shirt to wear on our spirit shirt days.

BORN TO RUN: Save the date, register now and join Team Sacred Heart for Woman's New Life Clinic's Born to Run 5K or ½ mile Fun Run. Races are open to all ages and skill levels. Your participation and generous support help women in need! The ½ mile fun run begins at 8:30 am November 4, 2023 at the downtown North Boulevard Town Square with the 5k following at 9 am. Early-bird registration ends Friday, September 15th. Adult ticket prices increase by \$10 after the 15th. [Click here](#) to register or donate. This is team Sacred Heart's eighth-year to participate and we want to make it our best ever. Our goal is for our team to join forces with you in supporting the life affirming services provided by Woman's New Life Clinic. If you cannot participate on race day, please consider [donating](#) to our team!

DOES YOUR YARD NEED FRESH DECOR? If you are in need of a new Sacred Heart yard sign, please email Akeisha Williams at AWilliams1@SacredHeartBR.com.

BIRTHDAY FREE DRESS PASSES Students celebrating July and August birthdays will enjoy their free dress pass on Thursday, August 31. Appropriate dress includes blue jeans, capris, shorts (no shorter than 4 inches above the knee and no athletic shorts), loose-fitting tops (no tank tops or spaghetti straps), tennis shoes (no sandals or boots). Questions? Contact Alexis Williams AWilliams@SacredHeartBR.com.

SACRED HEART OF JESUS ST. VINCENT DE PAUL FOOD PANTRY Sacred Heart of Jesus St. Vincent de Paul Food Pantry serves 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. While all donations are accepted, the pantry is in particular need of tuna, canned vegetables, canned fruit, and beans. Thank you so much for your support.

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. **SOCIAL MEDIA** If you haven't already done so, be sure to follow us on [Facebook](#) and [Instagram](#).

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

August 16 - Girls Basketball & Cross Country registrations close.

- [Click here](#) to register for Girls Basketball
- [Click here](#) to register for Cross Country
- [Tiger Shop](#) with SH athletic gear closes at midnight

Cross Country Practice will be held on Monday thru Thursday at Perkins Road Park beginning at 5:30 pm.
Saturday Practices will be held at Highland Road Park beginning at 8:00 am.

Parents with students in grades Pre-K thru 2nd, if you are interested in earning PIP hours and helping with our Bidby Sports program by coaching, please fill out your information [HERE](#). We will offer soccer, basketball, and t-ball/coaches pitch. Please note that all volunteers must have their background on file with Sacred Heart.



SACRED HEART HOME + SCHOOL

NEWS AND REMINDERS

- Welcome back! We are excited about the new school year and hope everyone has a joyful first day and week!! A big Sacred Heart thank you to Hospitality Chair Abby Rauschenberger and all parents who volunteered their time and donated items for Back to School afternoon on Sunday. It was a wonderful event and a great way to kick off the school year!
- Room Parents Needed: If you are interested in volunteering to be a room parent, please fill out this [Room Parent form](#). The deadline to submit the form is Wednesday, August 23rd. If you are selected, there will be a meeting in early September to go over responsibilities. This is a great way to get to know your teachers and other parents. Sign up today!!!
- Tiger Shop: Don't forget to place your Tiger Shop orders today! The Shop closes tomorrow, August 16th. If you want your child's Spirit shirt in by the first Spirit shirt day, you must place your order by tomorrow. Happy shopping!
- Home & School Board contact info: If you have any questions about Home and School or want to volunteer, you can contact anyone on the Board:
 - Lori Stoeckle, Co-President (lori.stoeckle@gmail.com)
 - Kecia Campbell, Co-President (keciacampbell@yahoo.com)
 - Paige Brockhoeft, Co-Vice-President (paige.brockhoeft@gmail.com)
 - Tiffany Jones, Co-Vice-President (tiffany.irving@gmail.com)
 - Sophie St.Romain, Secretary (avetrupp@gmail.com)
 - Julie Massey, Treasurer (julie_massey2000@yahoo.com)
 - Katie Bodin, Past-President (katiegbodin@gmail.com)



HAPPY BIRTHDAY

August 07 - Blake LeBlanc - 5th Grade Teacher & Coordinator of Parent and Faculty Relations

August 18 - Cindy Duenckel - REACH

August 28 - Amy Pickenheim - Kindergarten Teacher

TIGER *Shop*



SHOP FOR YOUR SPIRIT
ITEMS, AS WELL AS YOUR
OUTERWEAR NEEDS,
SUCH AS SWEATSHIRTS
AND FLEECE

ANY QUESTIONS, PLEASE CONTACT
JENNIFER THIBODEAUX
(JTHIBODEAUX@CATHOLICHIGH.ORG) OR
KENDAL SCHEIDT (KENDALSHERYL@GMAIL.COM).



August 2023

Dear Sacred Heart Families,

Welcome to the School Counseling Department! **Your counselors are Christina O'Brien, MA, PLPC and Archana Banda, MSW.** We are very excited to be working with you and your child this upcoming school year!

Our mission is to provide a supportive environment in which each student can develop emotionally, socially, spiritually, physically and academically. We hope to achieve this by facilitating clear and open communication between students, families and teachers, through classroom guidance lessons, small group counseling, individual and academic counseling, and parent consultation and support.

When should I contact a counselor?

Please contact us whenever you or your child has concerns about:

- Family change (separation, divorce, death, illness, moving, etc.)
- Classroom behaviors
- Sudden changes in your child's behavior
- Concerns about peer relationships
- Parenting issues
- Academic concerns
- Implementation or changes regarding Accommodation Plans
- Requesting evaluations for Gifted/Talented
- Facilitating/scheduling outside Speech or Occupational therapies into the school day
- Facilitating teacher reports for Evaluations

We look forward to meeting and working with you and your child throughout the school year. Please do not hesitate to contact us with any questions or concerns that you may have as we begin this new school year.

A counselor will be at school M-Th. during school hours. The quickest way to contact us is through email. You are welcome to copy us both on any communication as we work as a collaborative team. We will always get back with you in a timely manner.

Thank you for sharing your children with us, and God bless us all for a safe, happy, and healthy school year!

Best,

Archana Banda, MSW

abanda@sacredheartbr.com

Christina O'Brien, MA, PLPC

cobrien@sacredheartbr.com

"Do Small Things With Great Love." - St. Therese of Lisieux

Water Bottles, Hydration, and a State of Emergency?

Every two hours or so, I get heat advisory notification on my phone. About every two hours, on queue, a student walks into my office with red blotchy skin, nausea and dizziness. They are suffering from mild heat sickness and the beginning of dehydration. The remedy of course is getting out of the heat, water, water, and water. It is not surprising that yesterday, Governor John Bel Edwards declared a state of emergency due to the multiple impacts of extreme heat affecting the state.

Heat advisories and declarations by the governor reinforce what we already know. Our school kids need a lot of water right now.

Picture a gallon of milk. Your child needs $\frac{3}{4}$ of that gallon in water every day. Why?

1. Children have a higher body water to body weight percentage than adults.
2. Kids are smaller in size, and their metabolism uses up water and electrolytes more quickly than adults.
3. Kids are constantly on the move, losing water and precious electrolytes through sweat.
4. They require proportionally greater volumes of water to support growth.
5. Depending on age, they may rely on adults for access to water.

It All Starts with the Water Bottle - Bring Your Water Bottle to School!

Children who do not bring a reusable water bottle to school are 5 times more likely to visit the nurse than those who drink water throughout the school day. Their opportunities to take in fluid during the school day are limited to mealtime and the water fountain a few times a day. That is simply not enough fluid to keep your student healthy or battle this heat.

At Home:

1. Instruct your child regularly and be specific about how many bottles of water they need to drink.
2. Make sure water is always available including popsicles, watermelon, smoothies, slushies and anyway you can sneak it in!
3. Limit sugar filled drinks.
4. Encourage foods that are high in water content such as apples, celery, strawberries, melons, broccoli, tomatoes, iceberg lettuce etc. also help to hydrate.
5. The best way to get your child to drink water is to be a role model for them. The more they see you do it, they will do it too. By drinking water routinely and offering it at every opportunity with each meal and snack time, it will build a lifelong habit for your children.
6. It is important to mention that you should drink water before you feel thirsty. Feeling thirsty is one of the first signs of dehydration.
7. Use special cups or water bottles specific to each child's interests. If you do not have a water bottle for school yet, visit the Tiger shop at this link. I like them because you can have it personalized. A lost water bottle without a name on it usually remains lost and your child will not be drinking water. [30oz. Plastic Water Bottle with Sip Straw - Sacred Heart of Jesus School Tiger Shop - Don's Sportsman Shop, Inc. \(chipply.com\)](#)
8. Basically, fit it in or sneak it in wherever you can!

Wishing you a healthy week ahead and drink your water! It is going to be a hot one,
Nurse Geri



AUGUST 2023

Elementary Schools



Monday

Tuesday

Wednesday

Thursday

Friday

Honey Citrus Chicken
Fried Rice
Garden Variety Veggies
Pineapples

Spaghetti and Meatballs in Sauce
Garden Salad
Garden Variety Veggies
Orange Wedges
Garlic Bread Stick

BBQ Pulled Pork Sandwich
Baked Beans
Garden Variety Veggies
Tropical Fruit

Chicken Teriyaki Rice Bowl
Garden Variety Veggies
Sorbet Cup

Macaroni and Cheese
Green Beans
Garden Variety Veggies
Strawberry Applesauce

Chicken Smackers
Spaghetti and Cheese
Garden Variety Veggies
Vegetable Melody
Green Apple Wedges

Hamburger/Cheeseburger
Lettuce and Pickle Cup
French Fries
Garden Variety Veggies
Tropical Fruit

Jambalaya
White Beans
Garden Variety Veggies
Sorbet Cup
Dinner Roll

Chicken Parmesan with
Spaghetti
Garden Salad
Garden Variety Veggies
Diced Peaches
Garlic Bread Stick

Nachos
Nacho Salad Cup
Salsa
Mexican Corn
Garden Variety Veggies
Orange Wedges

Chicken Tenders
Red Beans and Rice
Garden Variety Veggies
Pineapples
Biscuit

Soft Tacos
Taco Salad Cup
Pinto Beans
Salsa
Garden Variety Veggies
Sorbet Cup
Choice: Chicken Smackers
Power Cup

Chicken Potato Bowl
Garden Variety Veggies
Red Apple Wedges
Dinner Roll
Choice: Chef Taco Salad
Power Cup

Pepperoni or Cheese Pizza
Garden Variety Veggies
Garden Salad
Fresh Fruit
Choice: BBQ Chicken Fries
Power Cup

Chicken Filet on Bun
Tator Tots
Lettuce and Pickle Cup
Garden Variety Veggies
Diced Peaches
Choice: Pizza
Power Cup

Honey Citrus Chicken
Fried Rice
Garden Variety Veggies
Pineapples
Choice: Pizza
Power Cup

Spaghetti and Meatballs in Sauce
Garden Salad
Garden Variety Veggies
Orange Wedges
Garlic Bread Stick
Choice: Chicken Smackers
Power Cup

BBQ Pulled Pork Sandwich
Baked Beans
Garden Variety Veggies
Tropical Fruit
Celebration Cupcake
Choice: Chef Caesar Salad
Power Cup

Chicken Teriyaki Rice Bowl
Garden Variety Veggies
Sorbet Cup
Choice: BBQ Chicken Fries
Power Cup

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.



Application Period Now Open For

Women's ACTS Retreat!

October 5th - 8th, 2023

Tracey Center - Baton Rouge

The application period is now open for our first Sacred Heart women's ACTS retreat. Information sheets will be distributed after all Masses this weekend. Space is limited and the total retreat cost is \$300. If your name is selected, a deposit for \$75 made payable to Sacred Heart Church (ACTS in memo line) will be required in order to hold your spot. Deadline for applications is Monday, August 21st by noon. Please use the QR code provided to access the application or visit the link directly: <https://forms.gle/cmLgikbd7K5GYLNG6>



BORN TO RUN BATON ROUGE

5K and 1/2-Mile Fun Run

November 4, 2023

North Boulevard Town Square,
Downtown Baton Rouge

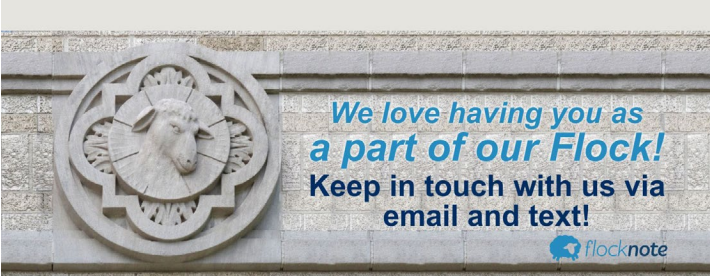
womansnewlife.com/borntorun



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  SACRED HEART

**DON'T FORGET TO SIGN UP FOR FLOCK NOTES TO
RECEIVE MESSAGES DIRECTLY FROM FR. JOSH.**



A Back to SCHOOL PRAYER

Father, Son & Holy Spirit, thank You for this day,
Help us as we worship You, in our love, work & play.
You know all our feelings; our hopes, joys & fears,
And You stick beside us, right through the years!
From drop-off to pick-up, all the day long,
Your love is big & best, and it's to You we belong.
Amen!

Why not say the Prayer together, or get your kids to repeat each line after you?

