

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

SEPTEMBER 19, 2023

CALENDAR PEEK!

09.22	MASS (8 am in the church 3 rd grade leaders)
09.22	ICE NIGHT (1 pm - 10 pm @ Jeremiah's Italian Ice - 3260 Highland Rd.)
09.28	YEARBOOK PICTURE RETAKES (8 am in the gym)
09.28	LAST DAY TO SELF-NOMINATE FOR STUDENT COUNCIL
09.29	MASS (8 am in the church 5 th grade leaders)
09.29	BIRTHDAY FREE DRESS (September Birthdays)
10.03	8TH GRADE WHITE SHIRT AND JEANS PICTURE (9 am)
10.06	MASS (8 am in the church 6 th grade leaders)
10.06	BLESSING OF THE PETS (Immediately following Mass in school courtyard)
10.06	SPIRIT SHIRT DAY



PRINCIPAL'S POST

By: Michael Miller

When I was younger, my Grandmother Miller used to always tell me to "Count My Blessings". Of course it sounded like "count your vlessings", my grandmother was born and raised in the country of Hungary until she was seventeen years old. The premise is pretty simple; when we are aware of all the good things we have in life, when we stop focusing on what we don't have and notice what we already have, we experience more joy. In other words, when we count our blessings, we realize how much God has blessed us and how grateful we are for those gifts.

We are so blessed here at Sacred Heart of Jesus Church and School. We have amazing students, superb parents, outstanding faculty and staff members, and an exceptional pastor. We are blessed with beautiful places to worship, pray, and learn. We give thanks for the things we have and may have taken for granted. Thank you all for being one of the many blessings here at Sacred Heart.

Just a reminder that we are having a give back night at Jeremiah's Italian Ice on Friday night. Thank you for your belief and trust in Catholic education and more importantly your trust in Sacred Heart of Jesus Church and School.

WHAT'S HAPPENING!

Continued from page 1

CHARLESTON WRAP 24 HOUR CHALLENGE Help Sacred Heart raise \$10,000 in the next 24-hours! Can you help us reach our 24-hour goal? Place your Charleston Wrap order now AND email, text, or share your fundraising link with 10+ friends & family TODAY! [Register now](#) using our school code 19710. Help us spread the word! Also, prizes are going home to students who've registered on the site and shared the link with friends and family.

ICE NIGHT We are excited to announce our first give back night of the year! Jeremiah's Italian Ice (3260 Highland Rd, Baton Rouge) is offering 20% back on all sales from 1 pm - 10 pm on Friday, September 22. We hope to see you there!

RETAKES, ALL SCHOOL HEART AND CLASS PICTURE DAY September 28 is retake day. If you would like your child to retake their school photo, please email Wendy Milam (WMilam@SacredHeartBR.com) with their name and grade so that she can add him/her to the list. We will also be taking class pictures and the all school heart picture on Thursday. Order envelopes will be sent home this week. If you would like to order either the class photo or all school photo, please return the order envelope/s to school by Wednesday, September 27.

GIRL SCOUT TROOP 10510 OPEN HOUSE Returning and potential new scouts and their families are invited to join us on Thursday, September 28th in the Parish Activity Center, Fr. Blasco Room. We will have sessions at 3:30, 4:30 and 5:30. You will be able to sign up for the school year at the meeting or come to find out what a great experience Scouts at Sacred Heart can be for your family. Questions? Contact Darrell Broussard (darrelljbroussard@outlook.com).

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!

QUIZ BOWL: Students in 5th - 8th grade are invited to join the Quiz Bowl Team sponsored by Mrs. Robinson and Mrs. Banda. See Mrs. Robinson or Mrs. Banda for more information. The first meeting will be September 27 from 3:05-4:00 p.m.

DESIGN CLUB: Students in 5th - 8th grade are invited to join the Design Club sponsored by Art Teacher Maggie Calandro. Sign up sheets will be in the Art Room. Meetings will be on Thursday afternoons beginning September 14. See flyer on page 8. Questions? Contact Maggie Calandro at MCalandro@SacredHeartBR.com.

BOARD GAME CLUB: We are opening enrollment to 4th and 5th grades as well as middle school to join the Board Game Club sponsored by Receptionist Alexis Williams. We hope you can join us for fun, games, collabs with other clubs and parties! Meetings will be every other Wednesday from September 13 - April 17. See flyer on page 9. 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 rice, canned tuna and chicken, and canned fruit. 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.



SONGLIST FOR MASS (9.14.23):

Opening: [Bless the Lord - Lead Me Guide Me Hymnal #451](#) [Sheet music](#)

Offertory: [Go - Lead Me Guide Me Hymnal #320](#) [Sheet music](#)

Communion: [Taste & See - Breaking Bread #335](#) [Sheet music](#)

Verse 1: Gianna Canazaro & Kalli Maxwell Verse 2: Moriah Knighten Verse 3: Ellie O'Brien

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

If your XC child is interested in the Born to Run event please let Coach Stoeckle or Amy Daughdrill know. The Sacred Heart team has two sponsors that have offered to cover the registration for any of our runners.

Later in the year, either at the Tiger 5K or the LA marathon, there will be an opportunity for our XC team to volunteer at one of the stations. In doing this, the event organizers will make a \$200-250 donation directly to the school. This money will be set aside for the cross country team. More information will be sent out closer to the dates of these events.

The 6th grade football team won their second game of the year 28-0 at Central Private on Saturday morning! Kaiden Monroe rushed for two touchdowns and Will Boudreaux threw for a touchdown. and the defense has not allowed a score this year.

If you would like to earn PIP hours during one of our home games, sign up [HERE!](#)

Get your Tiger Spirit Pass to all of our home games during the girls basketball season by [clicking HERE](#). Passes are \$30 and gain entry for each home game for the girls season and a free popcorn.

Attention Parents with students in grades Pre-K 4 through 2nd grade: If you are interested in earning PIP hours and helping coach your child and their classmates during the school year for any of our biddy sports, please take a moment to fill out this [FORM](#). Our biddy sports cannot succeed without the help of our parents! Please take a moment and fill out the above form by the end of this week if you are able to help. Please remember that all volunteers must have their background checks done and paperwork on file with the school.

• **Cross Country Schedule**

September 23	Brusly Middle Sinclair Run on the Levee
September 30	St. Aloysius @ Highland Rd. Park
October 7	St. Jude Cougar Invitational

• **Football Schedule**

September 24	4th Grade @ St. Aloysius	12:30 pm @ St. Aloysius
October 1	4th Grade vs. St. John	12 pm @ Port Allen Middle
October 1	6th Grade vs. St. John	1 pm @ Port Allen Middle
October 1	8th Grade vs. St. John	2:30 pm @ Port Allen Middle

• **Girls Basketball Schedule**

September 20	3rd Grade vs. St. George	5:45 pm @ Sacred Heart
September 20	4th Grade vs. St. George	6:30 pm @ Sacred Heart
September 20	5th Grade vs. St. George	7:15 pm @ Sacred Heart



Sacred Heart 6th grade football team’s defense putting in the work to prevent Central Private from scoring.

SACRED HEART HOME + SCHOOL

NEWS AND REMINDERS

- We had a blast at our first BINGO NIGHT! Thank you to those who came and spent a great time with us! We can't wait for our next Bingo Night in January!
- **Charleston Wrap: 24-Hour Goal Challenge!** Help Sacred Heart raise \$10,000 in the next 24 hours! Can you help us reach our 24-hour goal? Place your Charleston Wrap order now AND email, text, or share your fundraising link with 10+ friends & family TODAY! [Register](#) now using our school code 19710. Help us spread the word!
- Don't forget to order your Fall Fest package and Jambalaya! The deadline to submit a Fall Fest order form and payment is **September 22nd** to ensure your child receives a t-shirt.
- Click here for the **Fall Fest Order Form**
- Click here for the **Jambalaya Order Form**
- Click here for the **Fall Fest Sponsorship Form**
- If you have any questions or want to volunteer for Fall Fest, please contact our Fall Fest Chairs, Ron Broussard (rbroussardjr@gmail.com) and Jeff McCollum (mccollum22@gmail.com).
- Be on the lookout for Volunteers and Donations sign up for Fall Fest!
- TIGER SHOP - Don't forget that we are now open 24/7!

**Sept. 22
Deadline**



HAPPY BIRTHDAY

September 5 - Archana Banda - School Counselor

September 26 - Wendy Milam - Communications Coordinator

Charleston Wrap
BETTER PRODUCTS. BETTER FUNDRAISING.



24-hour fundraising CHALLENGE!
Can you help us reach our 24-hour goal?
www.registercw.com



WHEN ORDERING
MENTION
SACRED HEART
OF JESUS SCHOOL

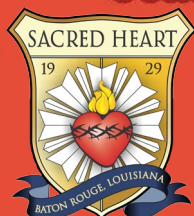


ICE NIGHT Offering a helping hand to our...

**FRIDAY,
SEPTEMBER 22nd
1PM-10PM**

20%

OF YOUR ORDER WILL BE DONATED



**JOIN US AS WE SUPPORT
SACRED HEART
OF JESUS SCHOOL**



3260 Highland Rd., Ste 9 | Baton Rouge, LA | 70802

NOW OPEN FULL TIME!

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).



SACRED HEART

Design Club

GRADES: 5TH - 8TH

WHERE: ART ROOM

WHEN: ONE THURSDAY A MONTH

(SCHEDULE WILL BE EMAILED)

FIRST MEETING: SEPT. 14TH

THERE WILL BE A SIGN UP FORM IN THE ART ROOM. STUDENTS WILL BE ALLOWED TO SIGN UP WHEN THEY COME TO ART CLASS.

TIME: 3 - 4:30 OR 5
STUDENTS NOT PICKED UP BY
THE DESIGNATED TIME WILL
BE SENT TO AFTERCARE

FEE
\$10

MCALANDRO@SACREDHEARTBR.COM



SACRED HEART OF JESUS SCHOOL

2251 Main Street • Baton Rouge, Louisiana 70802
225.383.7481 • fax 225.383.1810
www.SacredHeartBR.com

Game Club Parental Permission Form

Dear 4th-8th grade Parents,

Sacred Heart will be offering an after school Board Game Club beginning Wednesday, September 13, 2023. This program will run every other Wednesday from September 13, 2023 – April 17, 2024. **If you are interested in your child participating, please fill out the bottom section of this notice and return it to school with \$10 cash.** Our dues will cover the cost of parties and the occasional game. We can't wait to PLAY!

Participant Name & Grade: _____

I give permission for my child (named above) to attend Board Game Club every other Wednesday after school carpool from 3:15pm – 4:15 pm. I understand my child must be picked up at 4:15 pm at the front gate entrance.

Signature of Parent or Legal Guardian

Printed name of Parent or Guardian

Date

Pick up and Emergency Contact Information

Name	Relationship to child	Mobile
1.		
2.		

KEEP CALM AND JOIN QUIZ BOWL!



*Come join us for
our first Quiz
Bowl meeting
and tryout!*



SACRED HEART'S
QUIZ BOWL
TEAM

Battle of the Brains!

**GRADES
5TH - 8TH
ALL ARE
WELCOME!**

September 27
3:05-4:00pm
Mrs. Robinson's Room
Room 203



SEE MRS. BANDA OR MRS. ROBINSON FOR MORE INFORMATION

FALL FEST CANDYLAND 10-27-2023 GUMDROP PASS

IMPORTANT DEADLINES

The deadline for Fall Fest orders is FRIDAY, SEPTEMBER 22.

Link can be found in the Tuesday Newsletter or by using the QR Code on this flyer.

Questions – please contact Jeff McCollum at jlmcollum@duprelogistics.com



Gumdrop Pass Package - \$50 per student and includes

General Admission Arm Band

access to most booths, slides, space walks and face painting

3 Ticketed Arm Bands

used for concessions, photo booth and pitch burst

Fall Fest T-Shirt

can be worn on 10/13, 10/27 & 11/3

Personalized Drawstring Bag

(Total Value if purchased individually \$55)

Add-Ons: A la Carte (optional add-ons below)

General Admission Arm Band - \$20 each

Ticketed Arm Band - \$5 each

Fall Fest T-Shirt - \$15 each

Personalized Drawstring Bag - \$5 each



SACRED HEART SCHOOL

FALL FEST CANDYLAND SPONSORSHIPS

10-27-2023

**PLEASE SEND ALL SPONSORSHIP FORMS TO THE SCHOOL OFFICE
YOU MAY ALSO USE THE ONLINE FORM.**

Link can be found in the Tuesday Newsletter or by using the QR Code on this flyer.

All Sponsorship Forms and logos are due by **Friday, 9/22** to ensure your company's name or logo will be included on the fall fest t-shirt or fall fest sign. The deadline to submit payment is **Friday, 10/13.**

Any sponsorship forms and payments collected after these deadlines will mean your company's name or logo cannot be include on the fall fest t-shirt or fall fest sign.

Questions – please contact Jeff McCollum at jlmccollum@duprelogistics.com

☐ **King Candy Level - \$600 or more**

Sponsor's business logo (or name) on back of Fall Fest T-shirt & on Fall Fest sign
2 – Gumdrop Pass Package

☐ **Lord Licorice Level - \$400 - \$599**

Sponsor name (NOT LOGO) on back of Fall Fest shirt and on Fall Fest Sign
1 – Gumdrop Pass Package

☐ **Mr. Mint Level - \$200 - \$399**

Sponsor name (NOT LOGO) on Fall Fest sign
1 Fall Fest T-shirt

☐ **Gingerbread Boy Level- \$30 - \$199**

This game rental sponsorship helps defray the cost of game rentals and will be tied to the game of the sponsor's choosing, including class booths.

Name on booth sign
1 Tabbed band



Name: _____

Company Name: _____

Email Address: _____

Mailing Address: _____

Student's Name: _____ Gr: _____ T-Shirt Size: _____

**Sponsors over
\$200**

T-Shirt Sizes
3T, 4T, YXS
YS, YM, YL
AS, AM, AL, AXL,
AXXL, XXXL

***Additional King Candy Level Sponsor (\$600 or more) Information only**

Student's Name: _____ Gr: _____ T-Shirt Size: _____

Would you like your logo on the Fall Fest sign and t-shirt? ☐ yes ☐ no

SACRED HEART SCHOOL

FALL FEST CANDYLAND 10-27-2023 JAMBALAYA

**PLEASE SEND ALL JAMBALAYA ORDER FORMS TO THE SCHOOL OFFICE
YOU MAY ALSO USE THE ONLINE FORM.**

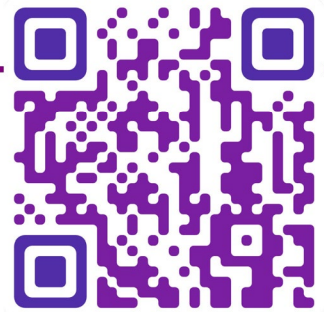
Link can be found in the Tuesday Newsletter or by using the QR Code on this flyer.

*Remember orders must be purchased in advance to guarantee you receive jambalaya. Only a very limited number of orders may be available the day of Fall Fest.

*If you have multiple orders, please select which item(s) you want and then list the number below. Use the name of your oldest student for "Student's Name."

Please note the deadline for order and payment is October 18th. Payment can be made via Venmo or check. Send checks (made out to Sacred Heart Home & School) to the school office in an envelope marked "Fall Fest Jambalaya Order Form."

Any questions, please email Jeff McCollum (jlmccollum@duprelogistics.com).



☐ **\$5 – Lunch Bowl**

Will be served at lunch the day of Fall Fest and includes a bowl of jambalaya

☐ **\$6 – Lunch Combo**

Will be served at lunch the day of Fall Fest and includes a bowl of jambalaya and a large drink

☐ **\$25 – Take Home Box**

Will be ready for pick up from 2p-3p. Includes jambalaya and dinner rolls for a family of four.

Total: \$ _____

If you order online, you do not need to turn in a paper order form

Student's Name: _____ Grade _____

Payment due by Venmo (<https://account.venmo.com/u/SHSBRHomeandSchool>) or check made payable to Sacred Heart Home & School by Wednesday October 18th

SACRED HEART SCHOOL

Monday

Tuesday

Wednesday

Thursday

Friday

Chicken Smackers
Spaghetti and Cheese
Garden Variety Veggies
Cauliflower with Cheese
Mixed Fresh Fruit

4

Choice: Pizza
Power Cup

Chicken Tenders
Red Beans and Rice
Garden Variety Veggies
Pineapples
Biscuit

11

Choice: Pizza
Power Cup

Honey Citrus Chicken
Fried Rice
Garden Variety Veggies
Pineapples

18

Choice: Pizza
Power Cup

Chicken Smackers
Spaghetti and Cheese
Garden Variety Veggies
Cauliflower with Cheese
Mixed Fresh Fruit

25

Choice: Pizza
Power Cup

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

5

Choice: Chicken Smackers
Power Cup

Soft Tacos
Taco Salad Cup
Pinto Beans
Salsa
Garden Variety Veggies
Sorbet Cup

12

Choice: Chicken Smackers
Power Cup

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

19

Choice: Chicken Smackers
Power Cup

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

26

Choice: Chicken Smackers
Power Cup

Jambalaya
White Beans
Garden Variety Veggies
Sorbet Cup
Dinner Roll

6

Choice: Chef Chicken Smacker Salad
Power Cup

Chicken Potato Bowl
Garden Variety Veggies
Red Apple Wedges
Dinner Roll

13

Choice: Chef Taco Salad
Power Cup

BBQ Pulled Pork Sandwich
Baked Beans
Garden Variety Veggies
Tropical Fruit
Celebration Cupcake

20

Choice: Chef Caesar Salad
Power Cup

Jambalaya
White Beans
Garden Variety Veggies
Sorbet Cup
Dinner Roll

27

Choice: Chef Chicken Smacker Salad
Power Cup

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

7

Choice: Totachos
Power Cup

Pepperoni or Cheese Pizza
Garden Variety Veggies
Garden Salad
Fresh Fruit

14

Choice: Totachos
Power Cup

Chicken Teriyaki Rice Bowl
Garden Variety Veggies
Sorbet Cup

21

Choice: Totachos
Power Cup

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

28

Choice: Totachos
Power Cup

Macaroni and Cheese
Green Beans
Garden Variety Veggies
Strawberry Applesauce

1

Choice: Pizza
Power Cup

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

8

Choice: Pizza
Power Cup

Chicken Filet on Bun
Tator Tots
Lettuce and Pickle Cup
Garden Variety Veggies
Diced Pears

15

Choice: Pizza
Power Cup

Macaroni and Cheese
Green Beans
Garden Variety Veggies
Strawberry Applesauce

22

Choice: Pizza
Power Cup

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

29

Choice: Pizza
Power Cup

BORN TO RUN 2023

7:30 am, Saturday, November 4
North Boulevard Town Square

5k Run and 1/2 Mile Fun Run Fundraiser for
Women's New Life Clinic

JOIN OUR TEAM FOR ITS 8TH YEAR OF PARTICIPATING!
SACRED HEART CHURCH & SCHOOL



Scan the QR code
to register or donate
or go to WomensNewLife.com/borntorun
Early-bird discount registration ends Sept. 15!

Majority of Melatonin Gummies in the US Inaccurately Labeled

New research shows the vast majority of melatonin gummies sold in the US may contain more melatonin than is listed on the label. Some products also contained cannabidiol (CBD).

Of the 25 products (88%) analyzed, 22 were inaccurately labeled, and only three (12%) contained a quantity of melatonin that was within 10% (plus or minus) of the declared quantity. In one brand of melatonin gummies, there was zero melatonin, just CBD. Five products listed CBD as an ingredient. The listed quantity ranged from 10.6 mg to 31.3 mg per serving, although the actual quantity of CBD ranged 104% to 118% of the labeled quantity. This study produced very similar results to studies in Canada and around the world. This research suggest that regulation of melatonin should be increased.

Melatonin products are not approved by the US Food and Drug Administration.

In the United States, melatonin is regulated as a dietary supplement, not a pharmaceutical, which means it is not regulated by the Food and Drug Administration (FDA). Unfortunately, this means there is little regulatory oversight and supplements are not held to the same high standards of quality assurance or clinical data supporting safety or effectiveness before they are marketable. Lack of regulation also affects standardization for dosages. In the absence of strict regulatory control for supplements, knowing how much melatonin is in a product can be challenging. [The U.S. Pharmacopeia \(USP\)](#) is an independent organization with a voluntary “USP Verified Mark” program for supplements that meet their standards.

What is Melatonin Anyway?

Melatonin is the “darkness hormone”. Contrary to popular belief, it doesn’t promote sleep in the same way a sleeping pill might. It’s really a nighttime information hormone. The hormone, which is secreted by the brain’s pineal gland in the evening, serves as a signaling mechanism. It starts telling the brain that it’s “biological night” and time to sleep. Although melatonin plays a key role in helping to regulate the daily cycle of sleep and wakefulness, taking it right before you want to fall asleep doesn’t typically have the immediate sleep-inducing effect many takers seem to assume it does.

Because it naturally occurs in the body, there is a general misperception that melatonin supplements are always safe. Side effects can include headaches, nausea, dizziness, agitation, elevated blood pressure, and vivid dreams or nightmares. Over 260, 000 calls to Poison Control regarding melatonin have occurred in the last decade with over 4000 children admitted to the hospital and two deaths.

Kids as a general rule do not need melatonin. Their brains make almost four times the necessary amount already. Most children's falling asleep and staying sleep issues can be treated with behavioral measures.

Try these strategies to help children get a good night’s sleep:

- Creating a dark, quiet, cool environment
- Setting an alarm so they wake up at consistent times every day.
- Exposing them to sunlight as soon as they wake up.
- Keeping them out of their bed until it’s time for sleep.
- Avoiding electronics and tablets at least an hour before bed
- Designating a half hour for them to think about or write down their worries and tasks they need to do the next day before winding down for bed.

If they maintain these behaviors over time, they’ll eventually sleep well.

Since melatonin is a hormone, experts say there are some concerns that regular use of the supplement could affect a child’s development, especially during puberty. If you’re considering giving your child melatonin, the [American Academy of Pediatrics](#) advises consulting a pediatrician and proceeding “cautiously and carefully.”

Wishing you sweet dreams,