

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 26, 2023

CALENDAR PEEK!

09.28	YEARBOOK PICTURE RETAKES, ALL SCHOOL HEART PICTURE, & CLASS PICTURES (beginning at 8 am)
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
10.11	CHILDREN'S MASS (11 am in the church)
10.12	LIVING ROSARY (8:15 am in the church)



PRINCIPAL'S POST

By: Michael Miller

Prayer is an important part of our daily lives. As Catholics, we often associate praying with long traditional prayers that we have learned and recited from the time we were children. But real prayer is the prayer that comes from deep down in your heart. It is an intimate act. It is taking a pause from this crazy world we live in to talk to Jesus.

Starting this Friday, Sacred Heart of Jesus School is sending a "prayer box" home with one student from each grade level. Each Prayer box has an image of the Blessed Mother Mary and the infant Jesus, rosaries, and prayers students are learning or have learned. This is one of the ways that Sacred Heart of Jesus School encourages prayer in the family. Thank you to those who have already received the box and your prayers!

In response to the 6th graders thorough research on St. Francis of Assisi and advocating for our pets, we are happy to announce that Friday, October 6th, we will be hosting "Blessing of Pets"! Parents are encouraged to bring pets to the school courtyard **after Mass** to be blessed by Father Josh. We understand this may be a challenge for some families, so you are welcome to also bring a picture of your pet. If your pet can't fit in a motor vehicle without special adaptations please do not transport said pet to school. (i.e. llamas, livestock, horses, donkeys, billy goats, etc.) If you have any questions, please do not hesitate to ask.

RETAKES, ALL SCHOOL HEART AND CLASS PICTURE DAY This Thursday, September 28 is retake day. If you would like your child to retake their school photo, please email Wendy Milam (WMilam@SacredHeartBR.com) before Thursday 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 were sent home last 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.

CHARLESTON WRAP DEADLINE EXTENDED The deadline to order Charleston Wrap items has been extended to October 4. 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!

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).

8TH GRADE WHITE SHIRT AND JEANS PICTURE: Tuesday, October 3 is the 8th grade white shirt and jeans picture. 8th grade students are invited to wear a white shirt with jeans to school and remain in that for the whole day. If they would like to change into their uniform after the photo they may do that as well.

BLESSING OF THE PETS: Please join us for the blessing of the pets Friday, October 6. Families are invited to bring their pets to the school courtyard **AFTER** Mass for Fr. Josh to bless them. If you are unable to bring your pet, you may bring a picture of your pet. Questions? Email Alexis Williams AWilliams@SacredHeartBR.com.

STUDENT COUNCIL: Middle school students be on the lookout for more information regarding student council coming soon!

KNITTING CLUB: Mrs. Alexis Williams is sponsoring another club! Knitting! We hope you can join our cozy corner with meetings on Mondays beginning Monday, November 6. See flyer and permission slip on pages 7-8. Questions? Contact Alexis Williams AWilliams@SacredHeartBR.com.

KIDS ORCHESTRA: Kids Orchestra will host trombone classes on Mondays and Wednesdays from 4:00 - 5:00 p.m. at Sacred Heart. Please scan the QR code on the flyer on page 6 to register!

JEREMIAH'S ICE NIGHT UPDATE: Thank you to everyone that came out to support Sacred Heart at our first Jeremiah's Ice Night last week. With your help we raised \$130!

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.

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.



SONGLIST FOR MASS (9.29.23):

Opening: [Lead Me, Guide Me Sheet music](#)

Offertory: [Grateful - by Hezekiah Walker Music Lyrics](#)

Communion: [Take and Eat Sheet music](#)

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.

SHS Cross Country team placed 3rd in Brusly's Middle Cinlaire Meet this past Saturday. The top three girls were Gianna Canezaro with a time of 21:52, Cadence Scheidt at 27:25 and Clarke Volland at 28:29. The top three boys were Cooper Volland with a time of 13:27 (finished 2nd overall), Jacques Parms (9th overall) at 14:29 and Nathan Beall (11th overall) at 14:35.

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.

Any parent interested in supporting biddy sports and earning pip hours, please contact Amy Daughdrill directly at adaughdrill@sacredheartbr.com. In order for us to have biddy sports, we will need 1-2 parent coaches from each grade.

The Athletic Department is selling door wreath sashes to raise money for a Sacred Heart tent and new athletic uniforms. The sashes are \$50 for either the Sacred Heart Radiant or the Sacred Heart Tiger or \$55 for the duo with the Radiant on one side and the Tiger on the other side. [Click here](#) to purchase. Contact Amy Daughdrill (adaughdrill@sacredheartbr.com) with any questions.

• **Cross Country Schedule**

September 30	St. Aloysius @ Highland Rd. Park
October 7	St. Jude Cougar Invitational

• **Football Schedule**

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**

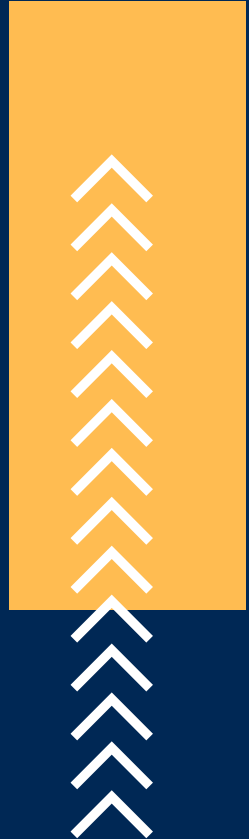
September 26	3rd Grade vs. OLOM	5:45 pm @ OLOM	Reminder OLOM is cashless!
September 26	4th Grade vs. OLOM	6:30 pm @ OLOM	Reminder OLOM is cashless!
September 26	5th Grade vs. OLOM	7:15 pm @ OLOM	Reminder OLOM is cashless!

SACRED HEART HOME + SCHOOL

NEWS AND REMINDERS



- THE CHARLESTON WRAP FUNDRAISER HAS BEEN EXTENDED UNTIL 10/4!!!! We are almost halfway to our goal of \$25,000 in gross sales. Please [click here](#) to place your order. Our organization ID is 19710. If you have any questions concerning Charleston Wrap, please contact Kathryn Mount (ke_trick@hotmail.com) or Danielle Baker (rdbaker2012@gmail.com) **SHARE, SHOP, AND SUPPORT!!!**
- CALLING ALL PARENTS FOR FALL FEST COMMITTEE!!! There is still an opportunity to volunteer to help with Fall Fest!!! We appreciate those who ordered your Fall Fest package in a timely manner. 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). The deadline to order jambalaya is October 18th. [Click here to order.](#)
- Thank you to all of our 2023-2024 room parents. We appreciate you taking your time to help in your children's classrooms! See the full list of room parents on the next page.
- TIGER SHOP - Don't forget that we are now open 24/7!



HAPPY BIRTHDAY

September 5 - Archana Banda - School Counselor

September 26 - Wendy Milam - Communications Coordinator

Room Parent Information			
Grade	Parent	Child	Email
PK3	Banti Zehyoue	Stephen-Eden Marvie	drbantizeh@gmail.com
PK4	Maia Weary	Ezra Weary	maiakey90@yahoo.com
PK4	Alyssa Puckett Robicheaux	Jane Francis Robicheaux	alyssarpuckett@gmail.com
K	Sarah Vitenas	Mary Frances Vitenas	sarahmvitenas@gmail.com
K	Kristina Miremont	Creighton Miremont	Kristina.creighton@yahoo.com
1st	Kristin Howell	Ella Howell	kloust1@gmail.com
1st	Amanda Robben	George Robben	robben.amanda@gmail.com
2nd	Keisha Houston	Rowyn Houston	keishachouston@gmail.com
2nd	Karen Hamilton	Jade Hamilton	karen_tuggle@yahoo.com
3rd	Ashley Sensley-Square	Malachi Square	asensley@att.net
3rd	Trevor Taylor	Nicholas Taylor	trev2003@att.net
4th	Marietta Brackeen	Andrew Brackeen	mgatti82@gmail.com
4th	Jenee Harvey	Josephine Harvey	jenee111@gmail.com
5th	Courtney Gustin	Benson Gustin	cgustin@braf.org
5th	Meghan Bland	Quinn Bland	meghankbland@yahoo.com
6th	Kelly Metz	Quentin Metz	kellysmetz76@outlook.com
6th	Rosemary Beall	Nathan Beall	rosemary@rosieswellness.com
7th	LaMiesa Bonton	Ryan Bonton	lamiesa@bontonassociates.com
8th	Katie Bodin	Eliza and Joseph	katiegbodin@gmail.com
8th	Shaye Sable	Georgia Harriford	ssable@dslc.com

Sacred Heart Families

PROGRAM SITE



KO PROGRAM INCLUDES

- Trombone group lessons allow students to learn the fundamental instrumental processes and content for their instrument.
- Students receive an instrument, free of charge, from KO to use during group lessons.
- Performance opportunity at the end of each semester.
- Weekly classes taught by professional teaching artists.
- Visit www.kidsorchestra.org to learn more.

DAYS

Mondays & Wednesdays

TIME

4:00- 5:00pm

START DATE

TBD

REGISTRATION OPEN



Registration & Information

- Registration is available at <https://kidsorchestra.org/programs/sacred-heart/>
- Submitting a registration does NOT guarantee acceptance
- Registrations are accepted on a first-come, first-served basis



Information needed to complete registration:

- Family information
- Contact information
- Student information
- Class selection
- Policy agreement
- Payment information

KO Office Assistance:

info@kidsorchestra.org
225.922.4656

Follow us on:



Sacred Heart



Knitting Club

COME JOIN OUR COZY
CORNER ON CAMPUS! JUST
COMPLETE A PERMISSION SLIP
SO YOUR KIT CAN BE
ORDERED!

Grades:
4th - 8th & Staff

When:
Most Mondays

Schedule will be
emailed.

MONDAY, NOVEMBER 6, 2023 ENDS @ 4:30PM

Club Fee:

\$10

Kit Cost:

\$23

Deadline for
sign up is:

Oct 11

awilliams@sacredheartbr.com



SACRED HEART OF JESUS SCHOOL

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

Knitting Club Parental Permission Form

Due: October 11th, 2023 (kits need to be ordered in advance)

Dear 4th-8th grade Parents,

Sacred Heart will have a new club this fall to add skill and fun into your student(s) life! Knitting Club will run most Mondays after school from November 6, 2023 – April 29, 2024. **If you are interested in your child participating, please fill out the bottom section of this notice and return with \$10 cash to school.** (Our dues will pay for miscellaneous supplies along with Christmas and End of the year parties.) In addition, please have your student make a starter kit selection below and see payment options.

We will also hold out of school open knit days (1-2 hours) over holiday breaks and the occasional weekend that will be for fun and with no obligation.

Participant Name & Grade: _____

I give permission for my child (named above) to attend Knitting Club on Mondays after school carpool from 3:15pm – 4:30 pm. I understand my child must be picked up at 4:30 pm at the front gate entrance. Or my child will be sent to extended care.

Printed name of Parent or Guardian

Date

Starter Kit Yarn Selection: (please select one and send \$23 to Alexis Williams for ordering.)

- ☐ **Flora:** Red/Mauve/Pink/Green
- ☐ **Zen:** Mint/Pastel Yellow/White/Light Bamboo Green
- ☐ **Tropical:** Yellow/Pink/Teal/White

Payment types:

- ☐ Cash _____
- ☐ Check (Alexis Williams) _____
- ☐ Venmo (@ARW77) Please include the kit selection and student 1st name in memo. _____

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

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).



Charleston Wrap
BETTER PRODUCTS. BETTER FUNDRAISING.



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

American Academy of Pediatrics Releases New Guidelines for Managing Childhood Obesity

This January, the American Academy of Pediatrics (AAP) released new clinical practice guidelines for managing childhood obesity. These guidelines reflect our increased understanding of obesity as a complex chronic disease. A better understanding of the causes of this disease has challenged the old-worn concept of lack of willpower and personal responsibility as the cause of obesity, (which has been the basis for weight-related bias and stigma.) The updated guidelines have also been influenced by lifestyle intervention studies and the US Food and Drug Administration's approval of new anti-obesity medications and other treatments.

The current and long-term health of 14.4 million children and adolescents is affected by obesity, making it one of the most common pediatric chronic diseases. The American Medical Association recognized obesity as a complex, chronic disease that requires medical attention. Long stigmatized as a reversible consequence of personal choices, obesity has complex genetic, physiologic, socioeconomic, and environmental contributors. The scientific and medical community's understanding of obesity is constantly evolving. As more and more people in the US have obesity, access to evidence-based treatment has become even more crucial.

Significant milestones in the fight to counter misperceptions about obesity:

- 1998, when the National Institutes of Health (NIH) designated obesity as a chronic disease.
- 2011 NIH Obesity Task Force
- 2013 designation of obesity as a disease by the American Medical Association.
- 2016 American Association of Pediatrics (AAP) "Algorithm for the Assessment and Management of Childhood Obesity"
- 2 decades, AAP and its members have had the opportunity to collaborate with multiple scientific and professional organizations to improve the clinical care of children with overweight and obesity.

Starting with an Assessment

In the new AAP guidelines, assessing the genetic, environmental, and social-determinant risks for obesity forms the basis for evaluation and intervention.

1. Medical Evaluation
 - Review of her symptoms
 - Family history
 - Physical examination to assess for other diseases that could affect weight like Thyroid function.
 - Genetics
2. Diet and Behaviors
 - drinking sweet beverages, fruit, and vegetable intake
 - parent feeding style
 - portion sizes
 - emotional eating
 - hyperphagia (an abnormally strong sensation of hunger or desire to eat often that cannot be satisfied)
3. Physical Activity Behaviors
 - physical education
 - organized sports
 - screen time
4. Social Divers of Health
 - food insecurity
 - neighborhood
 - school environment

5. Family and Household Factors

- family composition
- support
- number of caregivers
- parenting style

6. Mental and Physical Health

- autism
- attention-deficit/hyperactivity disorder.
- history of being bullied.
- developmental and physical disabilities

The guidelines use BMI as a criterion for screening for obesity because it is inexpensive and easy to obtain in the clinical setting. The Centers for Disease Control and Prevention growth chart uses BMI as well. Recently, there has been controversy about solely using BMI to define obesity, which is a point that the guidelines address by emphasizing the evaluation of the whole child along with BMI to make a diagnosis of obesity. The child's age and the severity of their obesity drive the evaluation for comorbidities and treatment.

In children aged 10 years or older, primary care providers should evaluate for lipid abnormalities, abnormal glucose metabolism, and abnormal liver function in children and adolescents with obesity (BMI \geq 95th percentile).

Considering Treatment Options

As emphasized in the guidelines, the importance of managing obesity and comorbidities concurrently to the family. The staged treatment approach where progressively more intensive interventions are adopted (a hallmark of the 2007 guidelines) is no longer recommended. Rather, the primary care provider should offer treatment options guided by age, the severity of obesity, and comorbidities.

The new AAP guidelines outline the benefits of early and intensive intervention. The shift from some of the earlier recommendations is partly driven by the persistence of childhood obesity into adulthood, especially for older children with serious psychosocial and other physical diseases.

Hopefully, by implementing the new guidelines, the physician can provide empathetic, bias-free, and effective care that recognizes the needs and environment of the whole child.

For more information, you may read the full 100+ page set of guidelines on the American Academy of Pediatrics website. Wishing you a healthy week ahead,

Nurse Geri

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!