

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

OCTOBER 3, 2023

CALENDAR PEEK!

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
10.09	LIVING ROSARY (8:15 am in the church)
10.11	MOM'S NIGHT OUT (5:30 pm @ 210 S. 14th Street)
10.12	FIELD TRIP (for 3rd-5th grade)
10.13	MASS (8 am in the church 4 th grade leaders)
10.13	FALL FEST SHIRT DAY
10.16	NO SCHOOL! FALL BREAK



PRINCIPAL'S POST

By: Michael Miller

Greetings to All!

Well, it is October I am praying for a cold front, so we can have a little sweater or sweatshirt weather rather than melt at noon on the playground. Also, October is the month of the Rosary, join us for our Living Rosary, on Monday, October 9th at 8:15 am. In praying the rosary, we are drawn closer to Mother Mary and in turn, closer to Jesus. Please join us in praying for our children, our school, our families, and our country.

What is the Origin of the Term "Rosary" you may or may not ask? Some people believe Saint Dominic to be the initiator and promoter of the rosary, and that he had received the rosary from Our Lady. In fact, it was Dominic of Prussia and Alanus de Rupe who were the actual pioneers of the rosary prayer. This happened in the fifteenth century. If you really want to nerd out like me the full explanation can be found [here](#).

Also, this week and the following we are holding our Student Council elections for students in 6th, 7th, and 8th grade. Students make their opening campaign speeches tomorrow at morning assembly and we vote next week on the office holders. You may see a great deal of buttons and posters on campus supporting our students. Good luck to all and we are very proud of the students who are running for these important offices.

Congratulations to Mrs. Luque, our Spanish teacher, and her family as they welcomed a baby girl, Morgan, into their family yesterday. Both Mom and baby are healthy and doing well.

Finally thank you all for your trust and belief in the Sacred Heart of Jesus Church and School! There is much more in store and we are only in October.

CALLING ALL PARENTS!! WE ARE IN NEED OF SUBSTITUTE TEACHERS: Have you ever thought about subbing at our school? If so, we would love to have you! Please contact Sharon Jones (SJones@SacredHeartBR.com) to be added to the list. Of course you will have to complete a background check before subbing. Our teachers thank you in advance!

CHARLESTON WRAP DEADLINE IS TOMORROW! The deadline to order Charleston Wrap items is tomorrow, October 4. We are 2/3 of the way to our goal of \$25,000! Let's make these last 24 hours count! Place your Charleston Wrap order TODAY! [Register now](#) using our school code 19710.

BLESSING OF THE PETS: Please join us for the blessing of the pets this 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.

COME LORD JESUS LEADERS NEEDED Our Come Lord Jesus program for 8th grade is starting in a few weeks. These small groups of 8th graders meet weekly to discuss the upcoming Sunday gospel and how it relates to them in their lives now. The groups meet during their religion class on Friday normally between (10:30-11:30 am). All supplies and discussion questions are supplied to group leaders! If you are interested or have questions, please contact Julie Massey at julie_massey2000@yahoo.com or 504-975-8874. This is an amazing way to volunteer and is truly a wonderful experience for all. Remember you must have completed your background check to volunteer in the school.

FALL FEST UPDATE!! We had a great response from all of you for Fall Fest. Thank you all! As we get closer, we wanted to announce some changes to this year's event.

1. We will be pre-selling Silly String instead of it being sold the day of the event. Please follow [the link](#) to a google form to order your child's silly string for Fall Fest. There will be only a few leftover cans that will be available for sale on the day of Fall Fest, so to ensure your child can participate in the fun, please order ahead. The deadline to order Silly String is October 11th. ****SILLY STRING IS FOR 1ST THROUGH 8TH GRADE ONLY.** <https://forms.gle/Lw5buEbXXEZemfDJ7>
2. Another addition to this year is our first annual Meat Sale/Parent Night. We will be selling Smoked Pulled Pork Trays for the families. The tray will consist of 3-4 pounds of meat, trimmings, and an 8 pack of buns. This will also be a presale event only. Parent Night will be Thursday October 26th from 6-9 pm at the Sacred Heart Baseball field. This will be a B.Y.O.B. event. All meat trays will be handed out before you leave Parent Night. Please click on [the form](#) below to sign up on the google form. The price of the meat tray will be \$20. You can also purchase a whole Boston Butt (8-10 pounds) for \$35. The deadline to order a tray is October 18th. <https://forms.gle/NF9R7TGTyAfbxUp59> ****Please note that no orders will be considered final until payment is received for each purchase.**

STUDENT COUNCIL: The campaigning is in full swing! Middle school candidates will present their speeches to 1st - 8th grade students tomorrow morning immediately after morning assembly. A schoolwide election will be held on October 12 and the winners will be announced on Friday, October 13.

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. The deadline to sign up is October 11. 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!

SACRED HEART PARISH MESSENGER [Click here](#) to read this week's edition of The Sacred Heart of Jesus Parish Messenger.



SONGLIST FOR MASS (10.06.23):

Opening: [I Will Bless the Lord at All Times - Joe Pace Music Lyrics](#)

Offertory: [Make Me a Channel of Your Peace \(Prayer to St. Francis\) Music Lyrics](#)

Communion: [Grateful - Hezekiah Walker](#)

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

The 6th grade football team continues their winning streak with a 28-0 win over St. John! Last weekend, the SHS cheerleaders cheered them on as Kaiden Monroe ran for 2 touchdowns, James Rutledge caught a touchdown pass and Will Boudreaux threw two touchdown passes and ran for a conversion. Congratulations Tigers! Keep up the good work!

IMPORTANT! The times and location of our next home football games on October 15 are changing. See Below:

Before the games, all Football players and their families are invited to Holy Family Church for 10:30 Mass honoring Fall Sports Athletes. We ask that you wear church pants and your game jersey (Gray) to mass on this day. All players are highly encouraged to attend. All Football games will be at Brusly High School Game Field

1pm- 4th grade vs CPC

2 pm- 6th grade vs CPC

3:30 - 8th grade vs CPC

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.

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.

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

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**

October 7	St. Jude Cougar Invitational
October 14	Northwestern Braves Battlefield Run

- **Football Schedule**

October 4	8th Grade @ Ascension Christian	6:30 pm @ Ascension Christian
October 8	6th Grade @ St. Jude	12 pm @ St. Jude
October 8	8th Grade @ St. Jude	4 pm @ St. Jude

- **Girls Basketball Schedule**

October 4	4th Grade @ Catholic of Pointe Coupee	5:45 pm @ Catholic of Pointe Coupee
October 4	5th Grade @ St Aloysius	6:30 pm @ St. Aloysius
October 9	3rd Grade vs. Holy Family	5:45 pm @ Sacred Heart
October 9	4th Grade vs. Holy Family	7:15 pm @ Sacred Heart
October 9	5th Grade @ St. Jude	7:15 pm @ St. Jude
October 10	4th Grade @ St. Alphonsus	7:15 pm @ St. Alphonsus

SACRED HEART HOME + SCHOOL

NEWS AND REMINDERS

- Only one day left to place your order for our THE CHARLESTON WRAP FUNDRAISER!!! The deadline is TOMORROW October 4th!!! We are almost to our goal of \$25,000 in gross sales. Please [click here](#) to order; our organization ID is 19710. If you have questions concerning Charleston Wrap, please contact Kathryn Mount (ke_trick@hotmail.com) or Danielle Baker (rdbaker2012@gmail.com) SHARE, SHOP, AND SUPPORT!!!
- Mark your Calendar!!! FALL FEST IS FRIDAY, OCTOBER 27th!!! We would love for you to come volunteer with us!! Be on the lookout for an email to sign up for volunteers and donations!! 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 Fall Fest Jambalaya is October 18th - [click here](#)
- TIGER SHOP - Don't forget that we are now open 24/7!



HAPPY BIRTHDAY

October 21- Marta Luque - Spanish Teacher

October 25 - Michelle Newman - P.E. Teacher

October 27 - Victoria Stewart - Middle School Math Teacher

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. _____

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).



FINAL CHANCE

to support our fundraiser!



Charleston Wrap
BETTER PRODUCTS. BETTER FUNDRAISING.

Registering Online is Easy!

- 1 Register Online.**
Go to www.registercw.com
- 2 Send Invites + Text**
Use our email generator to email friends & family, share on social media & text a link to your contact list.
- 3 Shop!**
Pick out something for yourself or a friend! Orders ship directly to your home.

*You and your organization earn credit
for all online purchases!*



Charleston Wrap
BETTER PRODUCTS. BETTER FUNDRAISING.
www.registercw.com



Sensory Stress and Anger in Children

Kids have tantrums for any variety of reasons. Conventional teaching might suggest ignoring, walking away, or removing privileges later because of the current outburst. To implement these methods with little or no understanding about why a child is having a tantrum misses a great opportunity. Instead, we can help our child grow in the wisdom and the skills needed to be self-aware, and to self-regulate when she wants to explode.

Sometimes kids are tired, or their blood-sugar levels are off, or they are mad about something else on their minds, or they have intensely wired nervous systems. Many children with intense anger issues also have sensitive nervous systems that are easily irritated by noises or bodily sensations. These kids are simply overwhelmed and frustrated with how they experience life, which sends them into a fight or flight response much more easily than kids without sensitivities.

Conventional parenting approaches are often counterproductive because challenging behavior is often less about misbehavior, and more about needing to learn coping skills to deal with their emotional and sensory stress.

Sensory overload can happen in simple situations such as

- The sensation of changing their clothes
- brushing their teeth
- sitting on a cold toilet seat
- constipation

Disciplining their reactions is like punishing them for getting a cold. Some children's nervous system are in a constant state of "fight or flight." stress can often throw off digestive function, which causes discomfort and more stress to know how stressed a child is by the experience of daily life in his/ her body.

SENSORY OVERLOAD FEEDS ANGER. Understanding increases empathy, and when we empathize, we are calmer, our child is calmer, and we can more creatively develop healthy, effective solutions.

Talk to your pediatrician about a referral to a pediatric occupational therapist for a sensory processing evaluation. For children with sensory overload, it works wonders.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Chicken Tenders Red Beans and Rice Garden Variety Veggies Pineapples Biscuit</p> <p>Choice: Pizza Power Cup</p>	<p>Soft Tacos Taco Salad Cup Pinto Beans Salsa Garden Variety Veggies Sorbet Cup</p> <p>Choice: Chicken Smackers Power Cup</p>	<p>Chicken Smackers Mashed Potatoes Buttered Corn Garden Variety Veggies Red Apple Wedges Dinner Roll</p> <p>Choice: Chef Taco Salad Power Cup</p>	<p>Pepperoni or Cheese Pizza Garden Variety Veggies Garden Salad Diced Peach Cup</p> <p>Choice: BBQ Pork Fries with Cheez its Power Cup</p>	<p>Chicken Filet on Bun Tator Tots Lettuce and Pickle Cup Garden Variety Veggies Diced Pears</p> <p>Choice: Pizza Power Cup</p>
<p>Honey Citrus Chicken Fried Rice Garden Variety Veggies Pineapples</p> <p>Choice: Pizza Power Cup</p>	<p>Spaghetti and Meatballs in Sauce Garden Salad Garden Variety Veggies Orange Wedges Garlic Bread Stick</p> <p>Choice: Chicken Smackers Power Cup</p>	<p>BBQ Pulled Pork Sandwich Baked Beans Garden Variety Veggies Tropical Fruit</p> <p>Choice: Chef Caesar Salad Power Cup</p>	<p>Pastalaya Garden Salad Garden Variety Veggies Sorbet Cup</p> <p>Choice: BBQ Pork Fries with Cheez its Power Cup</p>	<p>Nachos Nacho Salad Cup Salsa Mexican Corn Garden Variety Veggies Orange Wedges</p> <p>Choice: Pizza Power Cup</p>
<p>Chicken Smackers Spaghetti and Cheese Garden Variety Veggies Cauliflower with Cheese Mixed Fresh Fruit</p> <p>Choice: Pizza Power Cup</p>	<p>Hamburger/Cheeseburger Lettuce and Pickle Cup French Fries Garden Variety Veggies Tropical Fruit</p> <p>Choice: Chicken Smackers Power Cup</p>	<p>Gumbo Potato Salad Garden Variety Veggies Sorbet Cup Dinner Roll</p> <p>Choice: Chef Chicken Smacker Salad Power Cup</p>	<p>Chicken Parmesan with Spaghetti Garden Salad Garden Variety Veggies Diced Peaches Garlic Bread Stick</p> <p>Choice: BBQ Pork Fries with Cheez its Power Cup</p>	<p>Macaroni and Cheese Green Beans Garden Variety Veggies Strawberry Applesauce</p> <p>Choice: Pizza Power Cup</p>
<p>Chicken Tenders Red Beans and Rice Garden Variety Veggies Pineapples Biscuit</p> <p>Choice: Pizza Power Cup</p>	<p>Soft Tacos Taco Salad Cup Pinto Beans Salsa Garden Variety Veggies Sorbet Cup</p> <p>Choice: Chicken Smackers Power Cup</p>	<p>Chicken Smackers Mashed Potatoes Buttered Corn Garden Variety Veggies Red Apple Wedges Dinner Roll</p> <p>Choice: Chef Taco Salad Power Cup</p>	<p>Pepperoni or Cheese Pizza Garden Variety Veggies Garden Salad Fresh Fruit</p> <p>Choice: BBQ Pork Fries with Cheez its Power Cup</p>	<p>Chicken Filet on Bun Tator Tots Lettuce and Pickle Cup Garden Variety Veggies Diced Pears</p> <p>Choice: Pizza Power Cup</p>
<p>Honey Citrus Chicken Fried Rice Garden Variety Veggies Pineapples</p> <p>Choice: Pizza Power Cup</p>	<p>Eyeball Pasta Graveyard Garden Salad Garden Variety Veggies Orange Wedges Garlic Bread Stick Halloween Cupcake</p> <p>Choice: Chicken Smackers Power Cup</p>			

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!