

# 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 24, 2023

## CALENDAR PEEK!

10.25	<b>RED RIBBON: TEAM UP AGAINST DRUGS</b> (team shirt or jersey)
10.25	<b>GIRLS BASKETBALL PICTURES</b> (3 pm in the gym)
10.26	<b>RED RIBBON: PROUD TO BE DRUG FREE</b> (red, white or pink shirt)
10.26	<b>BIRTHDAY FREE DRESS</b> (October Birthdays)
10.26	<b>FALL FEST PARENT NIGHT</b> (6-9 pm at the baseball field)
10.27	<b>SCHOOL MASS</b> (8 am in the church led by 7th grade)
10.27	<b>FALL FEST</b> (9:45 am)
10.27	<b>FALL FEST SHIRT DAY</b>
10.28	<b>HALLOWEEN CARNIVAL</b> (5:30 pm in the PAC and on the baseball field)
11.01	<b>ALL SAINTS DAY MASS</b> (8 am in the church led by 3rd grade)
11.07	<b>GIVE BACK NIGHT @ CURBSIDE BURGER</b> (4-8 pm)



## PRINCIPAL'S POST

By: Michael Miller

Autumn has fallen upon us! (Well maybe semi-Autumn weather.) It may not feel like fall weather but our fall events are right around the corner.

First, we have Fall Fest Parent Night this Thursday from 6-9 p.m. It is an adult only event and we will play kickball and other games. BYOB. Next, Fall Fest is this Friday, October 27th! I'm sure between us and your children haven't let you forget it. Because this event occurs on a school day, there are some important things to remember:

- Only parents (or grandparents) are allowed on campus that day. Former students and siblings of current students who do not attend SHS cannot attend.
- It is mandatory for individuals to be in compliance with Child Protection Guidelines to attend Fall Fest, even if you are not volunteering. Click here for more information on the requirements. If you are unsure of your status with Child Protection, please contact Lisa Arnett at [larnett@sacredheartbr.com](mailto:larnett@sacredheartbr.com).

In addition, our students are showing their support for living "drug free" by dressing differently this week for Red Ribbon Week. Today, they are wearing a Sacred Heart School spirit shirt or school colors with jeans or uniform bottoms. Wednesday, October 25th, students will wear their favorite team shirt or jersey with jeans or uniform bottoms. And Thursday, October 26, students wear a red, white, or pink shirt and accessories with jeans or uniform bottoms.

Saturday is the annual Halloween Carnival in the PAC from 5:30-8 pm. Everyone is invited to attend! And finally the middle school Halloween Walk is Tuesday, October 31st at 2 pm. For more information, please see the flyers on pages 5 & 6.

Thank you for choosing Sacred Heart of Jesus Church and School to assist your family in their educational growth and faith journey!

*Do small things with Great Love!*

**STUDENT COUNCIL:** Congratulations to the following members of our 2023-24 student council! President Charlotte Boudreaux, Vice President Dillon Gosserand, Secretary Konnor Brockhoeft, and Treasurer Joseph Bodin

**RED RIBBON WEEK** We are celebrating Red Ribbon Week Tuesday-Thursday of this week to remind our students to say no to drugs. Today's theme is "Our School Chooses to Be Drug Free!" Tomorrow is "Team up against Drugs"- students may wear their favorite team shirt or jersey with jeans or uniform bottoms. Thursday is "Proud to Be Drug Free!" - Students may wear a red, white, or pink shirt and accessories with jeans or uniform bottoms.

**FALL FEST PARENT NIGHT** Our very first Fall Fest Parent Night is Thursday, October 26th from 6-9 pm at the Sacred Heart Baseball field. This is a free event open to all Sacred Heart parents and a great way to mingle and meet other parents. Parent night is a BYOB event and the purchase of a meat try is not required.

**NOVEMBER IS THE MONTH OF SOULS** The counseling department wants you to bring a "4x6" or smaller photo of your deceased loved one to the All Saints Day Mass on Wednesday, November 1st. We will display the photos in the main building as we pray for souls the month of November." Questions? Email Christina O'Brien [cobrien@sacredheartbr.com](mailto:cobrien@sacredheartbr.com).

**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](mailto: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!

**LUNCH WITH STUDENTS** Parents are invited to eat lunch with their student/s on campus everyday. Please let your child's teacher know that you will be here and be sure to check in at the office before going to the cafeteria. Questions? Email Sharon Jones ([SJones@SacredHeartBR.com](mailto:SJones@SacredHeartBR.com)).

**CHARLESTON WRAP:** Online ordering for Charleston Wrap will continue up to December 4th. Help Sacred Heart meet our goal of \$25,000. 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](mailto:ke_trick@hotmail.com)) or Danielle Baker ([rdbaker2012@gmail.com](mailto:rdbaker2012@gmail.com)).

**CHRISTMAS CARD OPPORTUNITY** Would you like your artwork to be the cover of the Sacred Heart Christmas card? Here's your chance! Each student will be allowed to turn in a drawing for the school's Christmas card. The theme of the card must go along with these Bible verses:

- Matthew 2: 1-2 Magi from the east came to Jerusalem and asked, "Where is the one who has been born king of the Jews? We saw his star when it rose and have come to worship him."
- Matthew 2: 11 On coming to the house, they saw the child with his mother Mary, and they bowed down and worshiped him. Then they opened their treasures and presented him with gifts of gold, frankincense and myrrh.

The drawing must be turned in on a 8.5 x 11 piece of paper on Monday, November, 27th to Ms. Calandro. They can use crayons, markers, or colored pencils to color their drawing.

**AMAZON SMILE** Did you know that shopping at Amazonsmile.com could help Sacred Heart? Well...IT CAN! Go to [www.amazonsmile.com](http://www.amazonsmile.com) and search under charities for Sacred Heart of Jesus School. Choose it as your charity and voila all of your future Amazon purchases including your Christmas shopping will benefit Sacred Heart. Just make sure you use amazonsmile.com each time you shop.

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

**OPPORTUNITY WITH ST. VINCENT DE PAUL FOOD PANTRY** Experience the joy of building personal relationships with our neighbors and being of service to those in need AND earn PIP hours while you to it. St. Vincent de Paul volunteers meet every other Saturday at 8:30 a.m. and the following Wednesday at 6:30 p.m. beginning on October 28 in the Parish Activity Center. Questions? Email Autumn Sullivan ([autumnesullivan@gmail.com](mailto:autumnesullivan@gmail.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 pasta, soups, chili, tuna and cornbread mix. Thank you so much for your support!

Dear God,  
Help me spend today   
with a *Smile* on my face,  
  
Love in my heart,  
 Joy in His grace,   
and my *thinking cap* on all day.

Amen

The fifth grade lady tiger basketball team beat St. Jean Vianney in their third straight victory! Congratulations Lady Tigers!

Football News: Our 6th grade football team is still undefeated! Their most recent win was against Ascension Catholic who was also undefeated going into the game. SHS won 38-24 with Kaiden Monroe leading the way with FIVE touchdowns!! Before Wednesday night's game, our defense led by Daniel Campbell, Finn Daughdrill, Mark Debose, James Rutledge, and Konnor Brockhoeft had not given up a score this year and William Boudreaux continues to throw touchdown passes and run for conversions.

Our Cross Country season has ended and our runners had an amazing season. In our final meet at the Metro Championship, Cooper Volland finished the 2 mile run in 11:31, breaking the previous school record by 9 seconds! Here is a list of our cross country runners and their season personal best times: Boys - Cooper Volland - 11:31, Nathan Beall - 12:48, Mathieu Brackeen - 13:29, Jacques Pharms - 13:50, Jordan McGee - 14:09, Asher Beall - 16:27, Shane Robinson - 16:43, John Michael Church - 17:13, Max Jones - 17:17, Wills Gaudin - 17:24, Jacob Stoeckle - 20:20. Girls - Gianna Canezaro - 18:12, Cadence Scheidt - 20:12, Clarke Volland - 28:08.

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 our 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](mailto:adaughdrill@sacredheartbr.com). In order for us to have biddy sports, we will need 1-2 parent coaches from each grade.

• **Football Schedule**

October 29	4th Grade vs. St. Jude	12:00 pm @ Port Allen Middle
October 29	6th Grade vs. St. Theresa	1:00 pm @ Port Allen Middle
October 29	8th Grade vs. St. Theresa	2:30 pm @ Port Allen Middle
November 5	4th Grade vs. St. John	12:00 pm @ St. John
November 5	6th Grade vs. St. John	1:00 pm @ St. John
November 5	8th Grade vs. St. John	2:30 pm @ St. John
November 8	PICTURE DAY!	3:00 @ Sacred Heart

• **Girls Basketball Schedule**

October 25	PICTURE DAY!	3:00 pm @ Sacred Heart Gym
October 26	5th Grade @ MBS	7:15 pm @ MBS

• **Cross Country Schedule**

November 8	PICTURE DAY!	3:00 @ Sacred Heart
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# SACRED HEART HOME SCHOOL

## NEWS AND REMINDERS

- FALL FEST IS THIS FRIDAY, OCTOBER 27th!!! Thank you to those who signed up to volunteer and donate. There is still an opportunity to volunteer and sign up for donations for Fall Fest.

- To sign up to volunteer, click [here](#):
- To sign up to make a donation, click [here](#):

**\*\*\* Parents will earn DOUBLE PIP hours for Volunteering at FALL FEST!**

- Please contact our Fall Fest Chairs, Ron Broussard ([rbroussardjr@gmail.com](mailto:rbroussardjr@gmail.com)) and Jeff McCollum ([mccollum22@gmail.com](mailto:mccollum22@gmail.com)) if you have any questions.
- Please come join us at our First Fall Fest Parents Night/Meat Sale!!!! Mark your calendar! October 26th from 6:00-9:00 p.m. It will be a lot of fun to hang out with each other!
- Don't forget you can still order Charleston Wrap up to December 4th. Help Sacred Heart meet our goal of \$25,000. 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](mailto:ke_trick@hotmail.com)) or Danielle Baker ([rdbaker2012@gmail.com](mailto:rdbaker2012@gmail.com)).



### HAPPY BIRTHDAY

October 21- Marta Luque - Spanish Teacher

October 25 - Michelle Newman - P.E. Teacher

October 27 - Victoria Stewart - Middle School Math Teacher

# Fall Fest Parent Night!

Come pass a good time at the  
Sacred Heart Ball Field!



Thursday, October 26, 2023  
6p-9p

Adults Only!  
BYOB

We will hang-out, play kickball and other games!





# HALLOWEEN WALK

DATE: OCTOBER 31, 2023

TIME: 2:00-2:30

FOR: ALL 6<sup>TH</sup>- 8<sup>TH</sup> GRADERS

WHILE TRYING TO EDUCATE OUR STUDENTS IN SHOWING KINDNESS IN VARIETY OF WAYS, THIS YEAR'S HALLOWEEN WALK WILL SUPPORT ST. JUDE'S CHILDREN'S HOSPITAL. ST. JUDE IS LEADING THE WAY THE WORLD UNDERSTANDS, TREATS AND DEFEATS CHILDHOOD CANCER AND OTHER LIFE-THREATENING DISEASES. THE NAME COMES FROM SAINT JUDE THADDEUS, THE PATRON SAINT OF HOPELESS CAUSES. WE ARE EXCITED TO HAVE OUR MIDDLE SCHOOL SUPPORT THIS WONDERFUL CAUSE!



## DONATIONS:

\$10.00 DONATION= WALK WEARING A COSTUME

\$15.00 DONATION = (8<sup>TH</sup> GRADE ONLY) = NAME TO GO INTO A DRAWING TO BE THE "MONSTER OF CEREMONIES" PLUS YOUR COSTUME. "MONSTER OF CEREMONIES" IS THE MASTERS OF CEREMONIES.

ALL OTHER DONATIONS ARE WELCOMED!

EVERYONE IN GRADES 6<sup>TH</sup> -8<sup>TH</sup> WILL WALK IN THE HALLOWEEN WALK!

COSTUMES MUST BE SCHOOL APPROPRIATE



# Counseling Corner

The counseling department invites you to bring a 4" x 6" or smaller photo of your deceased loved one to the All Saints Day Mass on Wednesday, November 1st. We will display the photos in the main building as we pray for souls in the month of November.

Questions?

Email Christina O'Brien

[cobrien@sacredheartbr.com](mailto:cobrien@sacredheartbr.com)

November is  
the month  
of souls



## PRESS RELEASE

**CONTACT:** Melanie Hebert  
(cell) 225-802-4069  
Melanie@batonrougeballet.org

### **FOR IMMEDIATE RELEASE**

#### **BRBT PRESENTS PREMIER CHRISTIAN DANCE COMPANY BALLET MAGNIFICAT!**

BATON ROUGE - SEPTEMBER 10, 2023 - The Baton Rouge Ballet Theatre (BRBT) is proud to open its 2023-2024 season by presenting the World's Premier Christian Ballet Company, Ballet Magnificat!, in the Manship Theatre's Shaw Center for the Arts October 29 at 2:00 p.m. and 7:00 p.m. This internationally-acclaimed group will perform *The Scarlet Cord*, a full-length ballet depicting the story of two Christian missionaries who refuse to give up their faith in Communist Soviet Union.

Ballet Magnificat! comes to the Capital City with an ounce of famous Louisiana roots in its Co-Founder and Executive Director Keith Thibodeaux, who is the Lafayette-born former child actor best known as Little Ricky on the "I love Lucy" television series. Keith and his wife, professional dancer and Artistic Director Kathy Thibodeaux, fulfilled their goal to see the art of dance restored to the church when they founded Ballet Magnificat in 1986.

"Kathy and Keith have built an incredibly impressive company that tours all over the world and rarely visits Baton Rouge," said BRBT Co-Artistic Director Molly Buchmann, "so we are thrilled to bring this beloved group to our community."

The two-hour production of *The Scarlet Cord* tells the story of Rahab, who learns a hard lesson when she is abandoned by the Soviet commander she loved. Dancers portray missionaries who share the hope of Jesus Christ to this dejected woman while a powerful story of a revolution unfolds. The performers reveal that the Lord's amazing plan of redemption works in the midst of unlikely places, woven through life like a scarlet cord.

Tickets to *The Scarlet Cord* range from \$26-\$46 and can be purchased online, in person, or by phone through the Manship Theatre Box office (225) 344-0334, or at a reduced price with a BRBT season ticket package (which also awards an opportunity to get the best seats). Patrons have the option to purchase all four shows of the season for \$210 or their choice of three shows for \$175. For more information visit [BatonRougeBallet.org](http://BatonRougeBallet.org)

The non-profit BRBT has served Greater Baton Rouge for more than half of a century nurturing and training hundreds of award-winning dancers and choreographers under the artistic direction of Molly Buchmann and Sharon Mathews. With help from the community, BRBT continues to bring world-class professional touring companies to the Baton Rouge stage in addition to presenting Baton Rouge's own professional dancers through multiple performances a year.

Supported by a grant from the Louisiana Division of the Arts, Office of Cultural Development, Department of Culture, Recreation and Tourism, in cooperation with the Louisiana State Arts Council. Funding has also been provided by the National Endowment for the Arts.

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## How much candy is too much on Halloween?

No one love Halloween more than my husband Dan. While his favorite food group is refined carbs (candy and deserts), he especially loves seeing the look on the little ones faces when they come to the door. The first year we were married, he asked me to get 12 bags of candy. I thought he must want lots of leftovers. I dutifully bought the candy. Thirty minutes into trick or treat he asked, "Where's the rest of the candy?" I was shocked because I had given him all of the candy-12 bags! After a few quick moments of interrogation, I determined that he had given out ALL of the candy.

My first thought was, "Those poor mothers."

The spookiest part of Halloween to me is the amount of candy and sugar consumed. Don't get me wrong. There's no one who loves a white chocolate Reese cup more than I do. Halloween is a holiday- we look at it as a treat, its tradition, culture, and all of that – so Halloween is important for that reason. In general, we eat too much sugar despite Halloween, and then on Halloween it's just magnified.

Studies suggest that the amount we eat from the candy bowl can be concerning. The average trick-or-treating kid can consume around three cups of sugar (or about 7,000 calories of candy on Halloween. For context: That's 675 grams of sugar, or the same as downing almost 170 sugar cubes. Yum. Even though our bodies are not designed to metabolize that much sugar, we can still enjoy the holiday.

The American Heart Association (AHA) says kids ages 2 to 18 should have less than 25 grams of sugar or 6 teaspoons of added sugar for a healthy heart. Which is approximately 4 small fun sized pieces of candy. That doesn't seem entirely realistic on Halloween, right?

Two or three days of excessive excess isn't necessarily a make-or-break long-term health unless you already suffer from a serious medical condition. Having extra sugar on Halloween is probably fine, if people have a more balanced day-to-day approach (and can deal with cranky kids who are having sugar crashes).

What can you do to reduce the effects of Halloween candy?

Stay away from large amounts of carbohydrates at dinner from Halloween night and until the candy is gone from the house. That means drastically reducing or cutting out white rice, pasta, bread and sugary drinks like juice and soda.

Discuss with your trick or treater your expectations that no candy will be eaten while trick or treating and exactly how much candy they may have once they get home and every day until it is gone. Remember it is considered negotiating if it is done before a crisis. LOL

It takes a village! Consider offering less candy and more non-edible treats and encourage your neighbors to do the same. Temporary tattoos, glow in the dark vampire fangs, finger puppets, mini play dough, glow in the dark slime, Halloween stamps, bubbles, glow sticks and pencils are always a hit.

Make sure their kids brush their teeth well before they go to bed, especially the littlest ones!

Lastly, save some of the candy or chocolate to fold into brownies or cupcakes and freeze them. As your child enjoys a dessert in the weeks to come, remind them that not eating all their candy on Halloween night will result in enjoying their candy a lot longer!

Unfortunately, Halloween is on a Tuesday this year. That means I will be calling some of you the next morning. If you pick up my call, I promise not to remind you that you were warned!

Nurse Geri



# OCTOBER 2023

## Elementary Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Tenders Red Beans and Rice Garden Variety Veggies Pineapples Biscuit <b>Choice:</b> Pizza Power Cup	Soft Tacos Taco Salad Cup Pinto Beans Salsa Garden Variety Veggies Sorbet Cup <b>Choice:</b> Chicken Smackers Power Cup	Chicken Smackers Mashed Potatoes Buttered Corn Garden Variety Veggies Red Apple Wedges Dinner Roll <b>Choice:</b> Chef Taco Salad Power Cup	Pepperoni or Cheese Pizza Garden Variety Veggies Garden Salad Diced Peach Cup <b>Choice:</b> BBQ Pork Fries with Cheez its Power Cup	Chicken Filet on Bun Tator Tots Lettuce and Pickle Cup Garden Variety Veggies Diced Pears <b>Choice:</b> Pizza Power Cup
Honey Citrus Chicken Fried Rice Garden Variety Veggies Pineapples <b>Choice:</b> Pizza Power Cup	Spaghetti and Meatballs in Sauce Garden Salad Garden Variety Veggies Orange Wedges Garlic Bread Stick <b>Choice:</b> Chicken Smackers Power Cup	BBQ Pulled Pork Sandwich Baked Beans Garden Variety Veggies Tropical Fruit <b>Choice:</b> Chef Caesar Salad Power Cup	Pastalaya Garden Salad Garden Variety Veggies Sorbet Cup <b>Choice:</b> BBQ Pork Fries with Cheez its Power Cup	Nachos Nacho Salad Cup Salsa Mexican Corn Garden Variety Veggies Orange Wedges <b>Choice:</b> Pizza Power Cup
Chicken Smackers Spaghetti and Cheese Garden Variety Veggies Cauliflower with Cheese Mixed Fresh Fruit <b>Choice:</b> Pizza Power Cup	Hamburger/Cheeseburger Lettuce and Pickle Cup French Fries Garden Variety Veggies Tropical Fruit <b>Choice:</b> Chicken Smackers Power Cup	Gumbo Potato Salad Garden Variety Veggies Sorbet Cup Dinner Roll <b>Choice:</b> Chef Chicken Smacker Salad Power Cup	Chicken Parmesan with Spaghetti Garden Salad Garden Variety Veggies Diced Peaches Garlic Bread Stick <b>Choice:</b> BBQ Pork Fries with Cheez its Power Cup	Macaroni and Cheese Green Beans Garden Variety Veggies Strawberry Applesauce <b>Choice:</b> Pizza Power Cup
Chicken Tenders Red Beans and Rice Garden Variety Veggies Pineapples Biscuit <b>Choice:</b> Pizza Power Cup	Soft Tacos Taco Salad Cup Pinto Beans Salsa Garden Variety Veggies Sorbet Cup <b>Choice:</b> Chicken Smackers Power Cup	Chicken Smackers Mashed Potatoes Buttered Corn Garden Variety Veggies Red Apple Wedges Dinner Roll <b>Choice:</b> Chef Taco Salad Power Cup	Pepperoni or Cheese Pizza Garden Variety Veggies Garden Salad Fresh Fruit <b>Choice:</b> BBQ Pork Fries with Cheez its Power Cup	Chicken Filet on Bun Tator Tots Lettuce and Pickle Cup Garden Variety Veggies Diced Pears <b>Choice:</b> Pizza Power Cup
Honey Citrus Chicken Fried Rice Garden Variety Veggies Pineapples <b>Choice:</b> Pizza Power Cup	Eyeball Pasta Graveyard Garden Salad Garden Variety Veggies Orange Wedges Garlic Bread Stick Halloween Cupcake <b>Choice:</b> Chicken Smackers 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](https://WomensNewLife.com/borntorun)  
Early-bird discount registration ends Sept. 15!



Help the Society of St. Vincent de Paul  
bring the love and mercy of Jesus  
to all in need within the  
geographical boundaries of our parish.

8:30 a.m.  
Saturday, October 28, 2023  
Parish Activity Center



Join us to  
experience the joy  
of building  
personal  
relationships with  
our neighbors and  
being of service to  
those in need.

For more information, contact Autumn Sullivan  
225-975-1226 or [autumnesullivan@gmail.com](mailto:autumnesullivan@gmail.com)



**PLEASE SHARE WITH ANY ALUMNI FRIENDS OR FAMILY.  
WE WOULD LOVE TO SEE THEM!**

