

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 31, 2023

CALENDAR PEEK!

- 11.01 **ALL SAINTS DAY MASS** (8 am in the church led by 3rd grade)
- 11.06 **KNITTING CLUB** (3 pm)
- 11.07 **GIVE BACK NIGHT @ CURBSIDE BURGER** (4-8 pm)
- 11.08 **FOOTBALL AND XC PICTURES** (3 pm in the gym)
- 11.08 **GAME CLUB** (3 pm)
- 11.10 **COMMUNION SERVICE** (8 am in the church led by 5th grade)
- 11.12 **ALUMNI AND CHILDREN'S MASS** (11 am in the church)
- 11.12 **ALUMNI LUNCHEON** (12 pm in the school cafeteria)
- 11.15 **2ND GRADE FIELD TRIP**
- 11.16 **TRIVIA NIGHT**
- 11.17 **MASS** (8 am in the church led by 6th grade)



PRINCIPAL'S POST

By: Michael Miller

This is a big thank you to all parents, staff, and faculty, for their work on the Fall Fest! It was a great event and the students enjoyed themselves so much! A special thanks to the parents who came to help the day before or the day of the Fall Fest! Rumor around town is someone was in the Bell Tower after hours (gasp)!

We hope everyone has a safe and fun Halloween. If you were around school today you could have seen all of our faculty and staff dressed for Halloween. We were the special days of the calendar. There was Father's Day (Fr. Josh), Mother's Day (Mrs. Pickenheim), Groundhog Day (Mrs. O'Brien), and Grandparents Day (Mrs. Morales) just to name a few check out our social media for some great pictures!

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. Just a reminder that we will be attending Mass on this Wednesday, All Saints Day.



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.

CLASS REPRESENTATIVES Congratulations to the following 2023-24 student class representatives! Representing 8th grade is Eliza Bodin, 7th grade is Dalton Brockhoeft and 6th grade is William Boudreaux.

SHS BEAUTIFICATION FREE DRESS Parents who participated in the SHS Beautification Work Day on Aug 6th of this year were contacted on October 30th. Their children will be allowed to wear free dress on November 8th as a thank you for the time and dedication this summer, in preparation for the 1st day of school. Contact Alexis Williams with any questions awilliams@sacredheartbr.com.

GIRL SCOUT TROOP 10510 NOVEMBER TROOP MEETING The first troop meeting will be on Wednesday, November 8th in the Parish Hall. We will walk the troop over after the end of the school day and the agenda will end at 4PM. The meeting will be for returning troop members, new troop members and potential troop members. Registration will still be open at the time of the meeting. Parents and guardians are welcome to join the meeting.

CURBSIDE BURGER GIVE BACK NIGHT Who needs another excuse not to cook? Join us on Tuesday, November 7 from 4-8 pm at Curbside Burger on Government Street for another give back night.

ALUMNI MASS AND LUNCHEON Please spread the word about our Alumni Mass and Luncheon on Sunday, November 12 for 11 am Mass followed by lunch in the school cafeteria. See invitation on page 6.

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) or Danielle Baker (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 an 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 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.

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!

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.



XC and football pictures are on Nov 6 right after school. Please bring your uniform to school to change into.

Friday, November 3 is a makeup game for the 5th grade girls basketball team.

The 5/6th grade football team has been invited to play in the St Michael Warrior Bowl on November 11 at noon at St Michael.

Boys basketball registration is now open. Please see email sent last week for registration information.

A huge thank you to all of our coaches and parents for our girls basketball teams! The season would not have been possible without you.

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.

- **Football Schedule**

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**

November 3	5th Grade @ St. Jude	7:15 pm @ St. Jude
	LAST GAME OF THE SEASON	

- **Cross Country Schedule**

November 8	PICTURE DAY!	3:00 @ Sacred Heart
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Prayer for Halloween

God of Laughter and Joy,

We turn to you in the way of our ancient ancestors, grateful for the abundance of food and festivity that surrounds us at this time of year.

Keep all children safe as they embark on their Halloween revels.

Light their way through the dark night and enfold them in love.

May the real treat in their lives be grace that multiplies in depth and breadth as they grow older.

We pray this with all the saints in heaven.

Amen

SACRED HEART HOME + SCHOOL

NEWS AND REMINDERS

- Our 2023 FALL FEST was a huge success!!!! We love to see the big smiles and excitement on our students' faces! WE would like to thank our fall fest chairs, Jeff McCollum and Ron Broussard, our own Home & School Board, and our coordinators who made Fall Fest happen!! Big shoutout to our volunteers and those who made donations!!!! Your support and help is very much appreciated!
- Our first Fall Fest Parents Night/Meat Sale was so much fun! Kickball was a hit; however, our bodies may not have been up for the task!! (TIP: soaking in the tub with epsom salt might help). Thank you to Jeff McCollum for putting on this event and to all the parents who attended.
- Speaking of fun parents' nights, we would like to invite you to join us for TRIVIA NIGHT! Mark your calendars, for November 16 at 6:30 p.m. at the PAC. More details to come! Be on the lookout for an opportunity for PIP hours for donations.
- Did you forget to order something or just thought of a new holiday gift idea?! You can still order Charleston Wrap through 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) or Danielle Baker (rdbaker2012@gmail.com).
- TIGER SHOP IS OPEN 24/7! Buy yourself, your friends, and your family Sacred Heart merch and gear and support our school!!! The weather is getting cooler so don't forget to order sweatshirts and outerwear!



HAPPY BIRTHDAY

November 4 - Christie Lauff - Middle School Science Teacher
November 6 - Gerianne Person - School Nurse

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

November is
the month
of souls

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



A MESSAGE FROM NURSE GERI

Incredibly Simple Ways to Show Love for Children

While it's somewhat easy to be intentionally thoughtful on special or celebratory days, let's be honest, being intentional about showing love for children during day to day life can get lost in the mix of... well *surviving*.

The thing is though- for your child, being loved *is* a means of emotional survival. In human development, it's been well documented that a child comes into the world with the vital primary needs of safety and security, and gets these needs met through responsive and attuned attachments caregivers. Essentially, the thousands of small moments of love you show your child throughout their early life, build the foundation for their emotional health and future relationships.

These moments of positive connection that parents can develop with their kids are, as an affective neuroscientist described, like fertilizer for the brain. They support brain development and social skill development. One of the most important things we can give to our kids is that caring attuned attention.

Making it a priority to demonstrate love for children clearly and regularly has the following benefits:

- meets your child's basic need for safety and security
- improving confidence
- decreasing stress
- improved academic performance
- better parent-child communication
- healthy emotional developmental
- more positive social interactions
- increases empathy

Showing kids love doesn't have to be elaborate or fancy, and in fact, it can most definitely happen in the small moments of daily life. Showing love for children doesn't need to be complicated, but it *does* need to be intentional. This list will help you remember how important small daily acts of love are to your child, and just how you'll be able to make them happen.

1. Apologize when you mess up
2. Tell them a story about your childhood
3. Really listen to them
4. Take a 1:1 walk around the block
5. Make eye contact when you're talking to them
6. Join in *their* play
7. Clean their room for them
8. Ask about the high/low of their day.
9. Ask how you can help
10. Give them free time to play
11. Teach them their character > their grades
12. Make a heart candy trail from their bedroom to breakfast
13. Let them [express their emotions](#)
14. Do yoga together
15. Send a joke in their lunchbox
16. Be brave together and try a new activity
17. Watch their favorite show (even if you hate it!)
18. Read to them
19. Make a hot chocolate bar
20. Frame a picture of you together for their room
20. Incorporate them into your workout routine
21. Give them a massage or back scratch
22. Include them in a typical 'grown-up' job
23. Have a [family meeting](#)
25. Create art and gift it to them (they'll be so surprised to be on the receiving end for once!)
26. Limit screen time
27. Bake a healthy dessert together

25. Give them your absolute undivided attention
26. Ask them their opinion on something important
27. Pray together
28. Fold their laundry for them
29. Write them a letter about how amazing they are
30. Give them a soft cozy item
34. Make them a healthy meal
35. Put hearts on their bedroom door with their positive qualities
36. Send them an expected email
37. Grow something together
39. Pick 'your song' together
40. Teach them a new card game
41. Write them a poem
42. Pick or buy them flowers
43. Take a trip to cuddle animals at the Humane Society
44. Take a hot chocolate drive to bond and chat
45. Create a scrapbook with them
46. Give them a spa day (I suggest this happens at home. My daughters are expensive spa buddies!)
47. Read an extra bedtime story
48. Tell them a make-believe story
49. Watch a show from your childhood (hello Mr. Rogers!!)
50. Read [positive affirmations for kids](#) with them
51. Give them screen time limits
52. Genuinely compliment them
53. Complete a challenging puzzle together
54. Take a hike in a nearby parish/state park
55. Buy or check-out from the library a book you think they'd love
56. Add 20 seconds to your morning hug
57. Put on glow bracelets and have a dance-in-the-dark party
58. Set goals with them
59. Help them pursue their interests
60. Notice and comment on their strengths
61. Leave a love note on the bathroom mirror
62. Let them have a sleepover in your bedroom
63. Let them pick the music in the car
64. Ask your child what they'd like to do together!
65. Have a family dinner
66. Make a picnic on the floor with a blanket
67. Pick-up a new game to play together at a thrift shop
68. Volunteer together or do something to help others
69. Do each others hair/nails
70. Sing together
71. Look at your child's baby pictures with them
72. Make a fort with blankets and pillows

Demonstrating love for a child doesn't need to come with a big price tag. As your family's schedule (and the stresses of the world) ebb and flow, work with the time and resources you have.

Monday

Tuesday

Wednesday

Thursday

Friday

HAPPY
THANKSGIVING

Chicken Smackers
Spaghetti and Cheese
Garden Variety Veggies
Vegetable Melody
Mixed Berries with Whipped Cream

Choice: Pizza
Power Cup

Chicken Tenders
Red Beans and Rice
Garden Variety Veggies
Pineapples
Biscuit

Choice: Pizza
Power Cup

Honey Citrus Chicken
Fried Rice
Garden Variety Veggies
Pineapples

Choice: Pizza
Power Cup

Gumbo
Potato Salad
Garden Variety Veggies
Diced Peaches
Dinner Roll

Choice: Chicken Smackers
Power Cup

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

Choice: Chicken Smackers
Power Cup

Spaghetti and Meatsauce
Garden Salad
Garden Variety Veggies
Orange Wedges
Garlic Bread Stick

Choice: Chicken Smackers
Power Cup

BBQ Pulled Pork Sandwich
Baked Beans
Garden Variety Veggies
Diced Pears

Choice: Chef Caesar Salad
Power Cup

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

Choice: Chef Chicken Smacker Salad
Power Cup

Chicken Smackers
Mashed Potatoes
Buttered Corn
Garden Variety Veggies
Red Apple Wedges
Dinner Roll

Choice: Chef Taco Salad
Power Cup

BBQ Pulled Pork Sandwich
Baked Beans
Garden Variety Veggies
Tropical Fruit

Choice: Chef Caesar Salad
Power Cup

Pastalaya
Garden Salad
Garden Variety Veggies
Sorbet Cup

Choice: Chicken Teriyaki Rice Bowl
Power Cup

Thanksgiving Meal:
Pork Fricassee
Rice and Gravy
Corn
Garden Variety Veggies
Sorbet Cup
Dinner Roll
Celebration Cupcake
No Choices Today

Pepperoni or Cheese Pizza
Buttered Corn
Garden Variety Veggies
Garden Salad
Diced Peach Cup

Choice: Chicken Teriyaki Rice Bowl
Power Cup

Pastalaya
Garden Salad
Garden Variety Veggies
Sorbet Cup

Choice: Chicken Teriyaki Rice Bowl
Power Cup

Nachos
Nacho Salad Cup
Salsa
Mexican Corn
Garden Variety Veggies
Orange Wedges
Choice: Pizza
Power Cup

Macaroni and Cheese
Green Beans
Garden Variety Veggies
Strawberry Applesauce

Choice: Pizza
Power Cup

Brunch for Lunch:
Egg Bites
Biscuits
Grits
Tator Tots
Fruit Choice

Thanksgiving Break

GIVE
THANKS

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!



PRESS RELEASE

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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

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.