

# 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

NOVEMBER 28, 2023

## CALENDAR PEEK!

11.30	<b>BIRTHDAY FREE DRESS</b> (November & December)
12.01	<b>SPIRIT SHIRT DAY</b>
12.01	<b>MASS</b> (8 am in the church led by 8th grade)
12.04	<b>KNITTING CLUB</b>
12.04	<b>CHARLESTON WRAP DEADLINE</b>
12.05	<b>DARE GRADUATION</b> (1:30 pm in the gym)
12.06	<b>GAME CLUB</b>
12.07	<b>PEP RALLY</b> (2:00 pm in the gym)
12.08	<b>MASS</b> (8 am in the church led by 7th grade)
12.11	<b>KNITTING CLUB</b>
12.15	<b>MIDTERM EXAMS</b> (middle school dismissed @ 11 am)
12.18	<b>MIDTERM EXAMS</b> (middle school dismissed @ 11 am)
12.19	<b>MIDTERM EXAMS</b> (middle school dismissed @ 11 am)
12.20	<b>MASS &amp; CHRISTMAS TREE DECORATING &amp; SING A LONG</b>
12.21-01.03	<b>CHRISTMAS HOLIDAYS</b> (return to school 1/4)



## PRINCIPAL'S POST

By: Michael Miller

Greetings to You All!

We at Sacred Heart Church and School hope that everyone had a wonderful Thanksgiving Holiday! We are so thankful for all of our students and families. Thanksgiving and Christmas have always been my favorite holidays.

In case you are not aware, today all Catholic Schools and Parishes are asking for donations for special projects. IGiveCatholic is a one day fundraiser. This year the Sacred Heart Community is trying to raise funds for cooling paint for the school playground. Mr. Michael Weary, an outstanding local artist and father of Ezra Weary (PK4), has agreed to help design and paint the playground for our students.

Speaking of new things, we want to thank John and Kristina Miremont for their generous donation of the new playground cover on campus. It looks amazing and our students already love the additional shade. Come check it out if you get a chance.

Finally, I want to thank our Sacred Heart Parish community personally for all the support, blessings, and trust that you give to us as we try to form your children into the Saints they are called to be by Jesus Christ!

# WHAT'S HAPPENING!

Continued from page 1

**DRAMA CLUB** Have you always wanted to run a Drama Club? Well, here is your chance! We are looking for someone to start a Sacred Heart Drama Club with production. If you are interested, please contact Sharon Jones [Sjones@sacredheartbr.com](mailto:Sjones@sacredheartbr.com).

**DARE GRADUATION** Our 5th grade students have been participating in the DARE Program for the past 10 weeks. They will graduate Tuesday, December 5th at 1:30 pm in our school gym. Parents of 5th graders are invited to attend.

**T-SHIRTS FOR SALE** We offered 2 shirts for sale at the alumni day lunch, but wanted to offer them to our parents as well. The options are either the drawing of the Sacred Heart School or the Alumni Tiger shirt. If you are interested in purchasing either one, [click here](#) to fill out the form. Check out the images of them on page 5.

**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)).

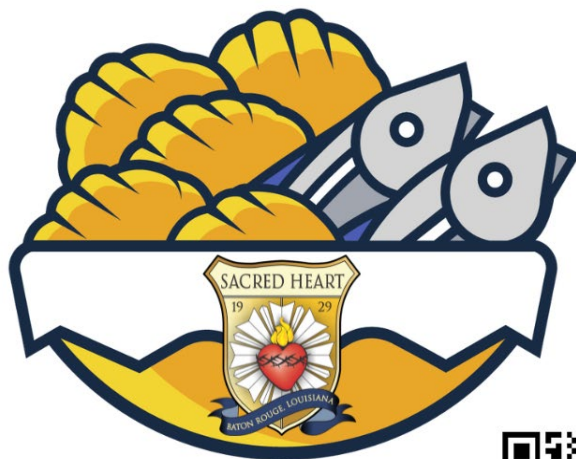
**AMAZON SMILE** Did you know that shopping at [Amazonsmile.com](https://www.amazon.com/amazonsmile) could help Sacred Heart? Well...IT CAN! Go to [www.amazonsmile.com](https://www.amazon.com/amazonsmile) and search under charities for Sacred Heart of Jesus School. Choose it as your charity and voila 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](mailto:WMilam@SacredHeartBR.com) by 1:00 p.m. the Monday prior to publication.

Help us get started on our new  
cooling paint playground. Scan  
the QR code to donate to  
iGiveCatholic today!



#iGIVECATHOLIC




Pre-K through 2nd grade parents, we will begin biddy basketball after the holidays. Registration information will be sent soon. If you are interested in volunteering, please email Athletic Director Amy Daughdrill at [adaughdrill@sacredheartbr.com](mailto:adaughdrill@sacredheartbr.com).

XC and Girls basketball parents, please turn in washed uniforms in a bag with your players name as soon as possible.

**4th grade boys basketball schedule for December:**

December 4	4th Grade vs. St. George	5:45 pm @ St. George
December 8	4th Grade vs. St. Theresa	7:15 pm @ St. Theresa
December 14-17th	St. Alphonsus Tournament	




LIFE IS FULL OF DRAMA

Are you interested in starting the Sacred Heart Drama Club?

Email Sharon Jones  
[SJones@SacredHeartBR.com](mailto:SJones@SacredHeartBR.com)

The stage will be yours! Prepare to dazzle us!



# SACRED HEART HOME SCHOOL

## NEWS AND REMINDERS

- We hope that everyone had a wonderful Thanksgiving with friends and family!!!
- Still looking for a Christmas gift idea? Look no further! 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)). Prizes are going home with students today.
- TIGER SHOP IS OPEN 24/7! Buy yourself, friends, and family Sacred Heart merch and gear! It would make great Christmas gifts and help to support our school!!! The weather is getting cooler so don't forget to order sweatshirts and outerwear!
- Teachers' Half Day Off is Back!!!! This year we are giving the teachers a much deserved half day off for Christmas. [Click here](#) to sign up for an opportunity to fill in for your favorite teacher so they can enjoy their half day off. You must have all your EAPPS volunteer requirements complete to participate.



### HAPPY BIRTHDAY

November 4 - Christie Lauff - Middle School Science Teacher

November 6 - Gerianne Person - School Nurse

November 29 - Fr. Josh Johnson - Pastor

## SACRED HEART ALUMNI SHIRT \$20



## SACRED HEART SCHOOL SHIRT \$20





# TIGER *Shop*



SHOP FOR YOUR  
OUTERWEAR NEEDS.

ANY QUESTIONS, PLEASE CONTACT  
JENNIFER THIBODEAUX (JTHIBODEAUX@CATHOLICHIGH.ORG) OR  
KENDAL SCHEIDT (KENDALSHERYL@GMAIL.COM).



SCAN ME



## Encourage Healthy Eating Habits During the Holidays

The holidays are a time to celebrate with your kids and enjoy the change of pace from your usual routine. However, that routine change often comes with a dietary change, and not a healthy one. Kids and adults alike tend to indulge in sweets and desserts as well as overly starchy and fatty foods, but this isn't inevitable.

On average, people gain 1-3 pounds during the six weeks from Thanksgiving to New Year's Day. If your child reverts to unhealthy eating habits during the holidays, it can be challenging for them to get back to good food choices again in the new year. Making sure that you and your child continue to practice healthy behaviors throughout the holidays will help ensure that your family's health stays in top shape year-round.

### Tips to maintain healthy eating habits during the holidays:

1. **Keep normal eating pattern.** During school breaks, it can be easy for your child's routine to get off-track. If your child usually eats three meals a day and snacks, try to keep that schedule consistent. Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.
2. **Don't skip meals to save up for a feast.** It will be harder to manage your blood sugar, and you'll be really hungry and more likely to overeat. Maintaining your regular eating schedule helps keep hunger at bay and allows you time to enjoy your holiday favorites without overeating.
3. **Plan for healthy snacks.** The holidays are a busy time and sometimes events may interfere. When that happens, parents are in a hurry and often reach for convenient foods, which are rarely healthy. Stock up on healthy snacks just before the busiest days of your schedule. Try to pre-cut raw vegetables and pre-packaged individual servings of nuts too so you can grab healthy snacks as needed.
4. **Disguise healthy snacks.** Even the pickiest kids are more likely to try new foods when they're disguised as boats, cars, butterflies, or cows.
5. **Concentrate on portions.** Keep portions small, eat slowly and pay attention to your body. For many, the holidays are synonymous with overindulgence.
6. **Remember to honor your fullness cues and stop eating when full yet still feeling comfortable.** If you feel like you are about to burst, you have eaten too much. Talk to your kids about what it feels like to "be full" and listen to your body's cues, so they don't overeat and become uncomfortable.
7. **Offer plenty of vegetables with holiday meal.** Choosing high-fiber foods and more vegetable-based dishes can help reduce the number of calories you consume during the holidays. Try lighter preparations, such as those that are grilled or baked.
8. **Encourage kids to help with healthy food preparations.** Cooking food together is a fun family bonding experience, but it can be a healthful strategy too. Having kids help with meal preparation can teach them about healthier substitutions. If you have difficulty convincing your kids to eat healthy food, ask them to help you prepare those healthy dishes. Kids often want to taste the foods they've helped to make, so this can be a great way to make those healthy foods more appealing to kids. For younger kids, you can have them set the table or help prepare salads.
9. **Serve large meals in stages.** For large holiday feasts, some families lay out the entire spread at once: salads, main dishes, side dishes, and desserts. If kids are serving themselves, they may load up their plates with desserts and neglect the nutritious foods. Even if you dish up for your kids, they may be resistant to eating their healthy foods because dessert is already on the table tempting them, so bringing out those desserts later is ideal.

10. **Plan for picky eaters.** Maintaining healthy eating habits over the holidays is challenging for every parent, but it's especially difficult if you have a picky eater in the family. If you do have a picky eater, make sure you have at least one or two healthy items in your big holiday feast that they will eat. It could help to have a back-up in stock at home as well.
11. **Eat from the rainbow.** This does NOT mean Skittles or jellybeans. It means teaching your children to eat healthy fruits and vegetables in assorted colors, such as blueberries, spinach, pomegranates, yellow squash, and red bell peppers, at every meal. Challenge your kids to eat meals that consist of every color of the rainbow... And don't forget to set the example!
12. **Take the time to organize family activity.** Adding physical activity into your holiday is a good way to keep up healthy habits and enjoy quality time together as a family. Plan a post-meal walk around the neighborhood or a visit to the park.
13. **Get nutritional support.** Studies have shown that an alarmingly high percentage of children eat less than the minimum daily allowance of many essential nutrients and that modern foods don't meet children's needs for those nutrients. Adding a multivitamin/mineral supplement to your kids' diet can help provide the nutritional support they need.
14. **Invited to a party?** Offer to bring a healthy dish along.
15. **If you have a sweet treat,** cut back on other carbs (like potatoes and bread) during the meal.
16. **If you slip up,** get right back to healthy eating with your next meal.

Most of all, enjoy the meals you get to have together with family and friends. Isn't that what it's all about?

Wishing you a healthy week ahead,

Nurse Geri





# NOVEMBER 2023

## Elementary Schools



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



# DECEMBER 2023

## Elementary



Monday

Tuesday

Wednesday

Thursday

Friday

Chicken Smackers  
Spaghetti and Cheese  
Garden Variety Veggies  
Cauliflower with Cheese  
Grapes

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

**Choice:** Chicken Smackers  
Power Cup

Hamburger/Cheeseburger  
Lettuce and Pickle Cup  
French Fries  
Garden Variety Veggies  
Diced Pears

**Choice:** Chef Chicken Smacker Salad  
Power Cup

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

**Choice:** Chef Taco Salad  
Power Cup

BBQ Pulled Pork Sandwich  
Baked Beans  
Garden Variety Veggies  
Diced Pears

**Choice:** Chef Caesar Salad  
Power Cup

**Christmas Meal:**  
Pork Fricassee  
Mac and Cheese  
Green Beans  
Garden Variety Veggies  
Sorbet Cup  
Dinner Roll  
Celebration Cupcake

**No Choices Today**

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

**Choice:** BBQ Pork Fries with Cheez its  
Power Cup

Pastalaya  
Garden Salad  
Garden Variety Veggies  
Sorbet Cup

**Choice:** BBQ Pork Fries with Cheez its  
Power Cup

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

**Choice:** Pizza  
Power Cup

Chicken Filet on Bun  
French Fries  
Lettuce and Pickle Cup  
Garden Variety Veggies  
Apple Wedges

**Choice:** Pizza  
Power Cup

Macaroni and Cheese  
Green Beans  
Garden Variety Veggies  
Strawberry Applesauce

**Choice:** Pizza  
Power Cup

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

**Choice:** Chef Chicken Smacker Salad  
Power Cup