

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

DECEMBER 5, 2023

CALENDAR PEEK!

12.05	DARE GRADUATION (1:30 pm in the gym)
12.06	GAME CLUB CHRISTMAS PARTY (ends @ 4:30 pm)
12.07	PEP RALLY (1:45 pm in the gym)
12.08	MASS (8 am in the church led by 7th grade)
12.08	ANNOUNCE STUDENT OF THE YEAR AFTER MASS
12.10	CHILDREN'S MASS (11 am in the church)
12.11	KNITTING CLUB CHRISTMAS PARTY (ends @ 4:30 pm)
12.13	FREE DRESS (for food drive participants)
12.14	FREE DRESS (for Candyland participants)
12.15	MIDTERM EXAMS (middle school dismissed @ 11 am)
12.18	MIDTERM EXAMS (middle school dismissed @ 11 am)
12.19	MIDTERM EXAMS (middle school dismissed @ 11 am)
12.20	MASS (8 am in the church led by 7th grade)
12.20	CHRISTMAS TREE DECORATING & SING A LONG (in the gym)
12.20	EARLY DISMISSAL (Dismiss at 11 am)
12.21-01.03	CHRISTMAS HOLIDAYS



PRINCIPAL'S POST

By: Michael Miller

Greetings to You All!

December, already?!?! Yes, we are in the first week of Advent and look forward to the coming of the birth of Jesus. It is a hectic, but wonderful time of the year. It seems the month of December is always crammed with extra opportunities for students to grow along with the exciting and fun learning that takes place in the day to day education and formation.

Speaking of education and formation, our 5th grade will be graduating from the DARE program today at 1:30 pm. DARE is the Sheriff's office initiative led by a law enforcement officer that teaches a series of classroom lessons to 5th grade students on how to resist peer pressure and live productive drug and violence-free lives.

Finally, congratulations to our nominees for the Student of the Year here at Sacred Heart of Jesus School. Our 5th grade nominees are Skye Canyon, Ethan Coates, and Ellie O'Brien. Our 8th grade nominees are Eliza Bodin, Charlotte Boudreaux, and Lauryn Young. One student will be selected from each grade to represent our school in the Diocese of Baton Rouge Student of the Year competition in January. Congratulations to all our nominated students!

PEP RALLY Join us this Thursday at 1:45 pm in the gym for our pep rally! Everyone is invited to attend.

DARE GRADUATION Our 5th grade students have been participating in the DARE Program for the past 12 weeks. They will graduate today 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.

STUDENT OF THE YEAR Each year fifth grade and eighth grade students are nominated for student of the year by their peers, teachers, and administration based on their academic excellence, impressive leadership abilities, and dedication to service and citizenship. They must complete a portfolio including a biography of themselves with special awards and accomplishments they have received. They are also interviewed by a chosen panel of judges. The winners will be announced after Mass this Friday. The two students chosen will represent Sacred Heart in the Diocese of Baton Rouge Student of the Year competition.

CHRISTMAS DECORATIONS If you have any extra Christmas decorations around the house, we would love to use them for our Christmas Tree Sing-a-long on December 20. If you would like to donate them to us, please drop them off by Monday, December 18.

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.

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!

Christmas Season Mass Schedule



Photo by Lisa Cossé



SACRED HEART
OF JESUS CATHOLIC CHURCH

The Parish Office will be closed
December 25, 2023 – January 2, 2024

Sunday, December 24, 2023
10:00 a.m. *only*

FOURTH SUNDAY OF ADVENT MASS

Sunday, December 24, 2023
4:00 p.m.

**THE NATIVITY OF THE LORD
MASS OF CHRISTMAS EVE**

Monday, December 25, 2023
12:00 Midnight

**THE NATIVITY OF THE LORD
MASS OF CHRISTMAS DURING THE NIGHT**

Monday, December 25, 2023
10:00 a.m.

**THE NATIVITY OF THE LORD
MASS OF CHRISTMAS DAY**

Saturday, December 30, 2023
4:00 p.m.

Sunday, December 31, 2023
9:00 a.m. & 11:00 a.m.

**MASS OF THE FEAST OF THE HOLY FAMILY
OF JESUS, MARY, AND JOSEPH**

THE SOLEMNITY OF MARY, MOTHER OF GOD
is *not* a Holy Day of Obligation this year.
Refer to the parish website and social media for
updates of the Mass schedule.

Saturday, January 6, 2024
4:00 p.m.

VIGIL MASS OF THE EPIPHANY OF THE LORD

Sunday, January 7, 2024
9:00 a.m. & 11:00 a.m.

MASS OF THE EPIPHANY OF THE LORD

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.

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 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

The stage will be yours! Prepare to dazzle us!



SACRED HEART HOME SCHOOL

NEWS AND REMINDERS

- Thank you for supporting our Charleston Wrap fundraiser! Huge thank you to Kathryn Mount and Danielle Baker for co-chairing this committee.
- 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 Slots are Filled!!!! Thank you to all of those who volunteered to cover our teachers! They truly appreciate your help and are all excited!
- If anyone is interested in getting involved in the Annual School Auction contact Leah Bergeron (leahberg7@gmail.com) or Ashley Sensley-Square (asensley@att.net).



HAPPY BIRTHDAY

December 16 - Amy Daughdrill (Athletic Director)

December 29 - Lisa Arnett (Administrative Assistant)

December 30 - Kelly Broussard (Middle School Social Studies Teacher)

SACRED HEART ALUMNI SHIRT \$20



SACRED HEART SCHOOL SHIRT \$20



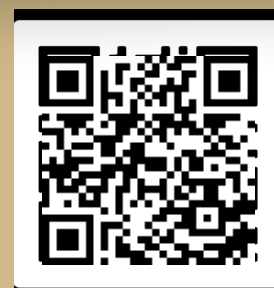


TIGER *Shop*



SHOP FOR YOUR
OUTERWEAR NEEDS.

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



SCAN ME



Christmas Traditions Can Increase Our Emotional Health This Holiday Season

One year, when the kids were growing up, a friend invited us to the Christmas Bonfires around Lutchter on Christmas Eve. All three of my kids broke into our conversation politely declining the invitation, "We can't come. We have a Christmas Eve home mass. Our uncle Louie is a priest, and all our family will be there, and mom makes the gumbo every year." My friend and I laughed, and I affirmed my children with a nod and a smile. Yes, we have done the same thing as long as I have been alive. Christmas Eve mass with 50-60 loud members of the Couvillon family. What made my kids panic like that? I have to say, they like their traditions.

What's A Tradition?

A tradition, or ritual, is an action that you repeat at the same time or in the same way. It includes the stories, beliefs, and customs that we pass on from one generation to the next. Traditions and rituals are not the same as routines or habits. Instead, they have meaning, intentionality, and purpose.

Why does Tradition make us feel so good? What is it about traditions that are so important?

Psychologists remind us that the foundations of emotional health are a good sense of self, a sense of belonging, life stability and connection to other humans. Traditions are filled with emotional goodness. Here are some of the major benefits of tradition for you and your family.

Tradition:

- **Provides A Sense of Identity**

Traditions teach us who we are and give us a sense of belonging. It affirms our family history, where we came from, who our family was in the past, and indirectly, who we can be in the future. When we spend time together as a family intentionally, we are sending the message to our kids that they are special, valued, loved and important, increasing a sense of identity.

- **Creates A Constant**

Our lives are full of changes. We change jobs; we move to new houses; we go through the seasons. Having something constant, something that remains the same throughout these changes, brings us comfort and security. Traditions slow us down and help us to deal with changes from a place of familiarity.

- **Binds Us Together and Passes on Family Values**

Keeping a special tradition help us stay centered and connected with the family. Our values may come from our culture, from our religion, or our worldview. We can use traditions to pass on these values to the next generation. Traditions play an important part in passing on a legacy of values. Traditions are an easy way for the old and young to bond with each other.

- **Allows You to Be Intentional**

Family traditions allow us to be intentional with our time together. You are making intentional choice that an activity is important.

- **Allows you To Make Memories and Have Fun**

One of the main purposes of having family rituals is to have fun with your family and make memories. Having fun increases hormones that make us feel good and reduce depression and anxiety. These are the things that will help your family to stay connected and healthy through life's ups and downs.

I hope you find some ways to incorporate some cherished traditions with your family or make some new ones during this holiday season.

Wishing you a healthy week ahead,
Nurse Geri

Monday

Tuesday

Wednesday

Thursday

Friday



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

4

Choice: Pizza
Power Cup

Gumbo
Potato Salad
Garden Variety Veggies
Diced Peaches
Dinner Roll

5

Choice: Chicken Smackers
Power Cup

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

6

Choice: Chef Chicken Smacker Salad
Power Cup

Christmas Meal:
Pork Fricassee
Mac and Cheese
Green Beans
Garden Variety Veggies
Sorbet Cup
Dinner Roll
Celebration Cupcake
No Choices Today

7

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

1

Chicken Tenders
Red Beans and Rice
Garden Variety Veggies
Pineapples
Biscuit

11

Choice: Pizza
Power Cup

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

12

Choice: Chicken Smackers
Power Cup

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

13

Choice: Chef Taco Salad
Power Cup

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

14

Choice: BBQ Pork Fries with Cheez its
Power Cup

Honey Citrus Chicken
Fried Rice
Garden Variety Veggies
Pineapples

18

Choice: Pizza
Power Cup

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

19

Choice: Chicken Smackers
Power Cup

BBQ Pulled Pork Sandwich
Baked Beans
Garden Variety Veggies
Diced Pears

20

Choice: Chef Caesar Salad
Power Cup

Pastalaya
Garden Salad
Garden Variety Veggies
Sorbet Cup

21

Choice: BBQ Pork Fries with Cheez its
Power Cup

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

22

Choice: Chef Chicken Smacker Salad
Power Cup

25

26

27

28

29

Christmas Break

THE CATHOLIC SCHOOLS OFFICE & ST. MICHAEL HIGH SCHOOL PRESENT
CATHOLIC EDUCATION CAREER EXPO
HAVE YOU EVER WONDERED WHAT IT TAKES TO BE A TEACHER
IN A CATHOLIC SCHOOL?



DECEMBER 14, 2023
5:30PM-7:30PM

ST. MICHAEL HIGH SCHOOL
17521 MONITOR AVE, BATON ROUGE, LA

Scan Here to
Register



THE BISHOP'S CATHOLIC SCHOOLS OFFICE
BATON ROUGE

