

# 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 12, 2023

## CALENDAR PEEK!

12.13	<b>FREE DRESS</b> (for food drive participants)
12.14	<b>FIFTH GRADE FIELD TRIP</b>
12.14	<b>FREE DRESS</b> (for Candyland participants)
12.15	<b>MASS</b> (8 am in the church led by 4th grade)
12.15	<b>MIDTERM EXAMS</b> (middle school dismissed @ 11 am)
12.18	<b>MIDTERM EXAMS</b> (middle school dismissed @ 11 am)
12.18	<b>KNITTING CLUB</b>
12.19	<b>MIDTERM EXAMS</b> (middle school dismissed @ 11 am)
12.20	<b>CHRISTMAS THEME DRESS DAY</b>
12.20	<b>MASS</b> (8 am in the church)
12.20	<b>CHRISTMAS TREE DECORATING &amp; SING A LONG</b> (gym @ 9 am)
12.20	<b>EARLY DISMISSAL</b> (Dismiss at 11 am)
12.21-01.03	<b>CHRISTMAS HOLIDAYS</b>
01.04	<b>STUDENTS RETURN TO SCHOOL</b>
01.04	<b>QUIZ BOWL PRACTICE</b>
01.05	<b>REPORT CARDS</b>



## PRINCIPAL'S POST

By: Michael Miller

Greetings of Peace to All!

Thank you again for your understanding and patience Monday of this week. A fuse on Entergy's line blew over the weekend leaving us with partial power. We canceled school because we did not have power to half the main building; and our phones, bells, and internet were also out.

Exams begin Friday of this week for the 6th - 8th grade students. The middle school teachers are busy reviewing and preparing our students for their exams.

Santa Claus visited today on a fire truck and distributed candy canes to our PK3 - 5th grade students. Thank you to Mr. Kyle Beall for arranging a stop for Santa Claus at Sacred Heart! Also, thank you to Akeisha Williams and Sharon Jones for having the East Baton Rouge Fire Department escort Santa!

Blessings for you all! I am so thankful for all our students, parents, grandparents, teachers, staff, parishioners, and Father Josh. This school year has given so much to me spiritually, emotionally, and professionally.

**NO BUS SERVICE** There will be no bus service December 18-20. Please make arrangements to pick up your child.

**NUTCRACKER** Eighth grader Eliza Bodin will perform in The Baton Rouge Ballet Theatre Production of *The Nutcracker, A Tale from the Bayou* on December 16-17. Last year she was Clara and this year she will be Snow, Angel, Soldier, and a Flower. See the poster on page 5 for ticket information.

**THE HAPPY ELF** Third grader Jackie Broussard will perform in the Playmakers Production of The Happy Elf again this weekend. [Click here](#) for more information or to buy tickets.

**PARENT TEACHER CONFERENCES** Pre-k and kindergarten parent-teacher conferences are on January 8th. There will be no school for students in pre-k and kindergarten on this day.

**SCHOOL TOOLBOX DONATION** School Tool Box recently presented YOUR round-up dollars to Shriners Hospital for Children. Thanks to the generosity of the parents and families that rounded-up their School Tool Box purchase to the nearest dollar, we were able to donate over \$25,000 to Shriners Childrens! At Shriners, where their motto is "Love to the Rescue", they deliver life-changing medical care to children around the world - regardless of their ability to pay.

**STUDENT OF THE YEAR** Congratulations to the Sacred Heart of Jesus School Students of the Year, Skye Canyon and Charlotte Boudreaux! They 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](mailto:Sjones@sacredheartbr.com).

**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 6.

**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

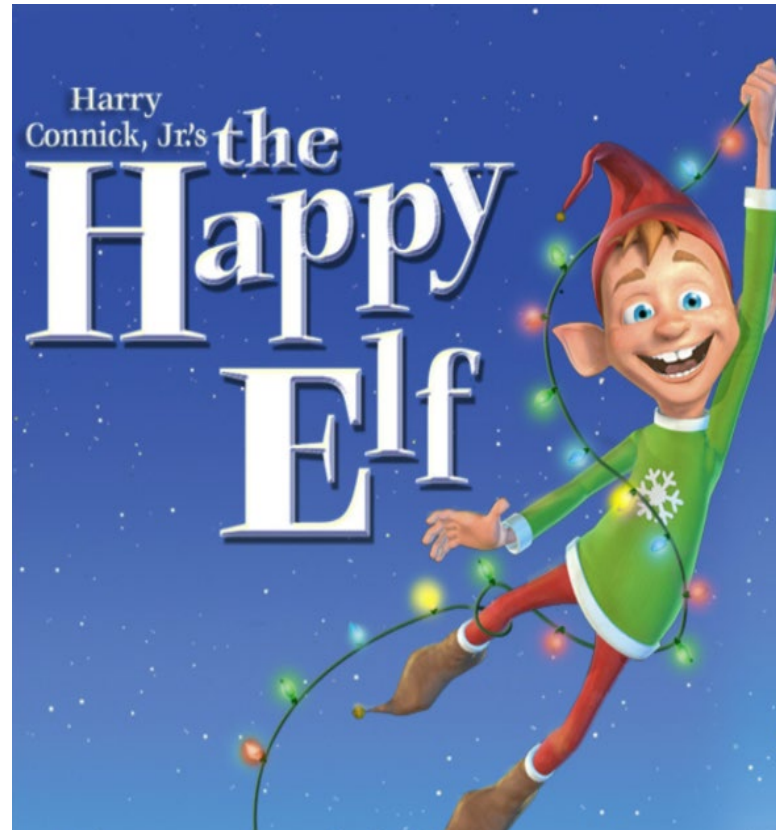
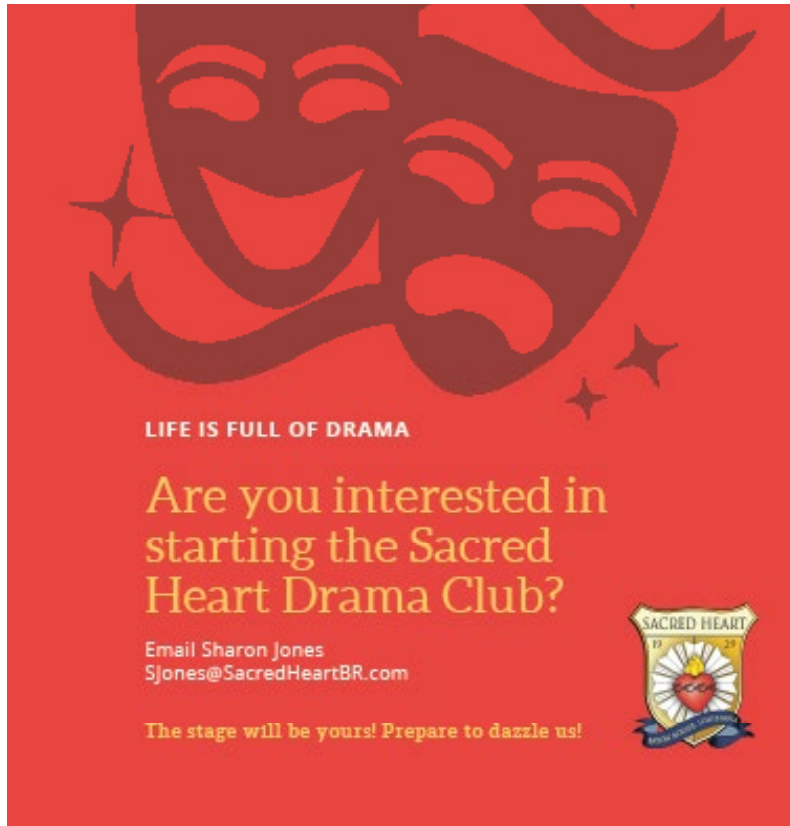
**ATHLETIC CALENDAR:** Contact Athletic Director Amy Daughdrill at [adaughdrill@sacredheartbr.com](mailto:adaughdrill@sacredheartbr.com) with any questions.

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

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

December 14-17th

St. Alphonsus Tournament



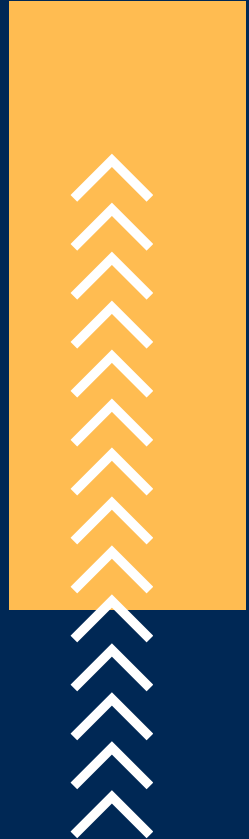
# SACRED HEART HOME + SCHOOL

## NEWS AND REMINDERS



### Good luck to our middle schoolers for midterm exams!!!

- 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).
- **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! [Click here to shop!](#)
- **SAVE THE DATE: BINGO NIGHT** is on January 23, 2024! More details to come!



### HAPPY BIRTHDAY

December 16 - Amy Daughdrill (Athletic Director)

December 29 - Lisa Arnett (Administrative Assistant)

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



THE BATON ROUGE BALLET THEATRE PRESENTS

# The Nutcracker

*A Tale From The Bayou*

**TICKETS**  
**\$30-\$90**

with the Baton Rouge  
Symphony Orchestra



RIVER CENTER THEATRE

DECEMBER 16-17, 2023 @ 2 & 6 P.M.

225-766-8379

**BatonRougeBallet.org**



## SACRED HEART ALUMNI SHIRT \$20



## SACRED HEART SCHOOL SHIRT \$20



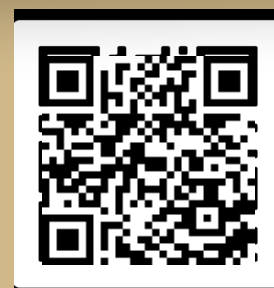


# TIGER *Shop*



SHOP FOR YOUR  
OUTERWEAR NEEDS.

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



SCAN ME



7 ways to prevent holiday stress — for your children.

Years ago, I read a research study that said the most stressful day of a child's year is their birthday and closely following that day is Christmas. This year, I read an article of the study repeated with the same results. I already talked about creating simple birthdays last month. It is time to talk about the runner up- Christmas. LOL! The holidays can be hectic — and tense. Between buying presents, holiday events (how many holiday concerts can there be?), entertaining (so much cooking), traveling, and family gatherings, what should theoretically be fun has a way of becoming stressful to adults AND children.

Okay, they aren't driving long distances, dealing with office parties, or managing a credit card bill. But it is stressful, nonetheless. Routines are off, there are so many expectations, and the ambient stress has a way of affecting children too.

Here are seven ways to prevent and reduce holiday stress for children this season.

1. Manage your own stress. Not only are you setting an example, but there's also just no way to stop your children from sensing your stress and being affected by it. It's kind of like the safety message we hear every time we get on an airplane: if you are flying with a child and the oxygen masks drop, you should put yours on first and then put on the child's. You're no good to anyone if you can't function. Try to be self-aware. Set aside time for yourself. Create code words that your partner and friends can use to let you know when you are starting to act like a snippy, crazy person. Practice self-care. Get enough sleep. Speaking of sleep...
2. As much as possible, keep routines the same. Kids do best when routines are predictable — and healthy. This is particularly true for sleep. As tempting as it may be to let kids stay up late and sleep late throughout the holidays, try to stay within an hour of usual times, except for special occasions (like New Year's Eve). We all do better when we stick to our sleep routines. Same goes for mealtimes (be sure your kids get three healthy meals a day, preferably with you and not in front of the television). As you think about how your children will spend the holidays...
3. Manage expectations. Children can look like snowballs rolling down a hill when it comes expectations. This is true for lots of kids and is very preventable. Up front, let kids know what they can and can't expect. You don't have to give away the surprise, but you could, as a family, say that everyone gets one big but not break-the-bank gift (and otherwise set parameters on gifts). And you can sit together, look at the calendar, and let your kids know what you can and cannot pull off when it comes to vacation activities. As you think about activities...
4. Keep kids active. Speaking of television, sitting in front of it (or a gaming console or an iPad or phone) all day isn't good for anyone, and exercise is a known stressbuster. Kick them outside. Go to the park. Take advantage of free swim time at the local Y. Go for walks together. That together part is key...
5. Spend some time together. Real time, where you are sharing an activity. Going to the movies or having a family movie night is fine (and a nice way to end a crazy day) but try to do things that involve actual interaction. Play games together. Visit a museum together. Bake cookies. Which is a good example of how you can...
6. Build some family holiday rituals if you don't have them already. Whether it's holiday baking, or making homemade gifts together, or a particular concert you always attend, or some friends you invite every year, create things you can do together every year that are meaningful and fun. There are plenty of things you have to do. Make your family rituals things you want to do. And as you build your rituals...
7. Choose something to do as a family that helps others. Choose toys for a toy drive. Go through clothes in the closet and bring gently used ones to a shelter or clothing drive. Donating money to causes is always great but look for things that your children can actively participate in, preferably that you can do as a family. Try not to think of it as another family chore. Instead, think of it as a way to not only teach kindness, but to keep perspective on the holidays — and on what's way more important than presents or parties.

That's a perspective we all need — and the perspective that could save all of us a lot of stress.

Wishing you a stress free holiday season, Nurse Geri





# DECEMBER 2023

## Elementary



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 Cholesterol Today

7

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

14

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

1

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

8

Choice: Pizza  
Power Cup

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

BBQ Pulled Pork Sandwich  
Baked Beans  
Garden Variety Veggies  
Diced Pears

20

Choice: Chef Caesar Salad  
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

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  
Choice: Chef Chicken Smacker Salad  
Power Cup

22

# 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 CATHOLIC SCHOOLS OFFICE OF  
BATON ROUGE  
CATHOLIC SCHOOLS OFFICE



ST. MICHAEL  
THE ARCHANGEL  
HIGH SCHOOL

