

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 19, 2023

CALENDAR PEEK!

12.19	MIDTERM EXAMS (middle school dismissed @ 11 am)
12.20	CHRISTMAS THEME DRESS DAY
12.20	MASS (8 am in the church led by 5th grade)
12.20	CHRISTMAS TREE DECORATING & SING A LONG (gym @ 9 am)
12.20	EARLY DISMISSAL (Dismiss at 11 am)
12.20	END OF 2ND QUARTER
12.21-01.03	CHRISTMAS HOLIDAYS
01.04	STUDENTS RETURN TO SCHOOL
01.04	QUIZ BOWL PRACTICE
01.05	REPORT CARDS
01.05	MASS (8 am in the church led by teachers)
01.05	SPIRIT SHIRT DAY
01.08	PRE-K & KINDERGARTEN PARENT TEACHER CONFERENCES (no school for pre-k and k)



6 Days to Christmas

PRINCIPAL'S POST

By: Michael Miller

Well we've done it. We've very nearly made it through the first semester of the 2023-2024 school year. I don't know about you, but it sure did pass quickly. Time flies when you're having fun! A big Thank You from the leadership team for making this one of the best semesters of our careers. It is such a blessing to be a part of Sacred Heart's amazing community.

Today was the last day of exams for our middle school students, and tomorrow we will celebrate the Christmas season with Mass at 8:00, a Christmas sing along, and ending with a class party! Students will dismiss at 11:00, and we will see you all again on January 4th.

On behalf of all of us at Sacred Heart of Jesus, we are wishing you and your family a safe, joyful, and healthy holiday season. MERRY CHRISTMAS!



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

CHRISTMAS THEME DRESS Tomorrow, students are invited to wear red and/or green or Christmas themed shirts and accessories; long blue or black jeans (loose fitting with no holes) or uniform bottoms (shorts or long pants), or pants in the theme colors.

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.

DRAMA CLUB INTEREST FORM Have you always wanted to perform on stage? Well, here is your chance! We are looking for students in grades 1-8 who are interested in participating in a Sacred Heart Drama Club with production. If you are interested, please [click here](#). More information will be sent after the holidays. Questions? Contact Sharon Jones 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!

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.

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

Biddy ball registration will end at the end of this week and the season will begin on January 7. Parents please see email for registration information.

Boys basketball schedules will be emailed to parents on Wednesday, December 20.

The 6th-grade boys basketball team won their scrimmage against Holy Family on Saturday with a score of 28-15. The 4th-grade boys won 1st place in the St. Alphonsus tournament! Congratulations to these athletes!



SACRED HEART HOME SCHOOL



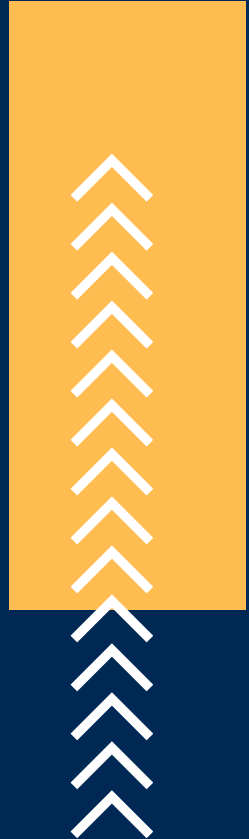
NEWS AND REMINDERS



Good luck to our middle schoolers for their last day of midterm exams!!!

Sacred Heart Home and School wishes everyone a Merry Christmas and a Happy New Year!!!

- 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 is a great way 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)

January 4 - Erin Wilcox (Pre-K Assistant)

January 8 - Andy Smothermon (P.E. Teacher/Coach)

SACRED HEART ALUMNI SHIRT \$20



SACRED HEART SCHOOL SHIRT \$20



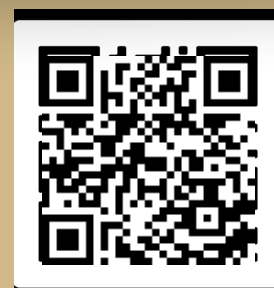


TIGER *Shop*



SHOP FOR YOUR
OUTERWEAR NEEDS.

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



SCAN ME

A MESSAGE FROM NURSE GERI

All I want for Christmas is not to have the Flu (and my 2 front teeth)

I had prepared a lovely safety article for this week, but another cringe worthy e-mail from one of my fellow school nurses or looking at the distribution map of flu in our community had me doing a serious pivot. The flu has hit Baton Rouge hard. We have had a sprinkling of students with the flu. Most of those who have had the flu have been quite sick. It is important to talk about what are normal child responses to the flu and when to consider emergency treatment.

Typical Flu Symptoms in Children

Many flu symptoms in children bear watching but are not cause for alarm. Typical symptoms in kids include:

- Fever
- Body aches
- Fatigue
- Headache
- Sore throat and/or cough
- Runny or stuffy nose

Should You Call a Healthcare Provider?

With the help of lots of fluids and plenty of rest, most children will recover from the flu within a week. But contact your healthcare provider about their symptoms to discuss whether they should be evaluated. It's important to ensure the proper diagnosis and start treatment right away. Antivirals, for example, are most effective if given within two days after symptoms emerge. Expect flu symptoms to peak in two to three days and begin improving on day four.

How to Treat the Flu in Children

Most of the time, children can be treated at home and recover from the flu in a few days. Rest, along with plenty of fluids, can help to keep kids hydrated and comfortable as they get better. Certain medications can help with their recovery.

OTC Medications and Home Remedies

Fever and pain symptoms can be treated with over-the-counter medications including Tylenol (acetaminophen), Motrin or Advil (ibuprofen), and, for older kids, cough medicines.

Use caution, though, as the U.S. Food and Drug Administration (FDA) does not recommend the use of cough and cold medications in children under age 2. Instead, you can try:

- Inhaling steam
- Using a cool mist humidifier
- Saline nose drops or sprays.
- Nasal suctioning

Other home remedies and OTC treatments include:

- Vapor rubs (like Vicks) applied to the chest
- Vitamin C lozenges to ease throat discomfort.
- Tea with honey (honey should only be used in kids older than 1 year)

Avoiding Aspirin for Kids with Flu

Keep in mind that aspirin is not a safe choice for children. Its use to treat flu symptoms can lead to Reye's syndrome, which can prove fatal in kids. Always check the labels of other products that may contain aspirin (like Pepto-Bismol).

Acetaminophen vs. Ibuprofen

Anti-Viral Treatment

Antivirals given within 48 hours offer the greatest benefits when treating the flu. Drugs like Tamiflu also can be given to prevent flu if your child has been in contact with an infected person, but it does not play the same preventive role as a vaccine.

Emergency Flu Signs in Children

Certain symptoms of the flu, like severe dehydration, suggest that the child in your care needs immediate medical attention.

- Changes in level of consciousness
- Difficulty breathing
- No improvement in comfort level, even if the fever goes down.
- Fever and flu symptoms come back after they go away.
- No tears when crying.
- No urine (pee) in the last 8 hours
- extreme irritability
- severe headaches.
- High or Prolonged Fever fever with the flu can be as high as 103 F (39.4 C) to 105 F (40.5 C). If you're worried that the child's temperature is too high, or if they start to have seizures from the fever (this can occur at 100.4 degrees F or higher, usually during the first day) call your child's healthcare provider immediately.
- Turning Blue or Changes in Breathing
- Severe Stiff Neck
- Vomiting doesn't get better.
- Having difficulty walking and talking

Appearing to Get Better, Then Getting Worse

A relapse could be an indication that your child has a secondary infection or complication as a result of the flu, such as pneumonia. If your child gets sick again shortly after they showed signs of getting better, check with your healthcare provider as soon as you notice the change.

Risk Factors for Severe Flu in Kids

Certain individuals are more likely than others to have severe complications from the flu, including children under 5 years old, but especially children under 2. A child may be at higher risk of flu complications when they have:

- A chronic (long-term) or congenital (at-birth) heart or lung condition
- Diabetes or other endocrine disorder
- Underlying kidney or liver disease
- Weak immune system from HIV/AIDS or long-term use of immune-suppressing medicines
- A blood disorder such as sickle cell disease

Kids With Asthma and the Flu

Even with well-controlled asthma, the influenza virus can irritate sensitive airways and provoke a severe asthma attack or pneumonia. Asthma is the medical condition most common among children hospitalized for influenza.

Flu Prevention

Flu vaccines can help kids and adults avoid infection, recover from flu faster, and avoid hospitalization or death. Getting vaccinated is one of the most important things you can do to protect your children from a serious or fatal case of the flu.

That's because getting vaccinated helps your child's body build up defenses they need to fight the flu. Without vaccination, it can often take weeks for your body to build up enough defenses to fight off an infection. It's your child's best defense, along with:

- Avoiding people who are sick.
- Careful handwashing and hygiene

Everyone age 6 months and older can get a flu vaccine, which is formulated specifically for each year's season. Most people need just one dose and should get it by October each year, but it's still important for your child to get a shot even if it's later in the flu season. Some kids need two shots and should start their doses in July or August, if possible.

Wishing everyone a healthy happy holiday, 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

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

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

14

Choice: BBQ Pork Fries with Cheez Its
Power Cup

Macaroni and Cheese
Green Beans
Garden Variety Veggies
Strawberry Applesauce

15

Choice: Pizza
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
Tater Tots

22

Choice: Chef Chicken Smacker Salad
Power Cup

25

26

27

28

29

Christmas Break