

# 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

JANUARY 9, 2024

## CALENDAR PEEK!

01.10	<b>QUIZ BOWL PRACTICE</b>
01.10	<b>GAME CLUB MEETING</b>
01.11	<b>MEET &amp; GREET</b> (hosted by the Flavin's for prospective parents)
01.12	<b>MASS</b> (8 am in the church led by 3 <sup>rd</sup> grade)
01.12	<b>LAST DAY TO DONATE AND BE INVITED TO THE 1929 DINNER</b>
01.14	<b>CHILDREN'S MASS</b> (11 am Mass)
01.15	<b>NO SCHOOL</b> (Martin Luther King, Jr. Holiday)
01.17	<b>QUIZ BOWL PRACTICE</b>
01.17	<b>3<sup>RD</sup> GRADE FIELD TRIP</b>
01.19	<b>MASS</b> (8 am in the church led by 6 <sup>th</sup> grade)
01.20	<b>DIOCESAN QUIZ BOWL TOURNAMENT</b>
01.22	<b>100<sup>TH</sup> DAY OF SCHOOL</b>



## PRINCIPAL'S POST

By: Michael Miller

Greetings to all!

We hope you have had a blessed Christmas season and a wonderful New Year! We have such an amazing community of parents, students, teachers, staff, and clergy. I am so excited to see everyone back from Christmas break and ready for a great second semester.

Speaking of things to be excited about, our first through eighth grade teachers will begin posting homework assignments to RenWeb (Student Information System). This information can be found under the homework tab. We want parents and guardians to be informed as much as possible about their students' academics. If you have questions, contact your child's classroom teacher.

Sacred Heart School will also be hosting a second Open House for potential new students on January 24th from 5-7 pm. Encourage your friends and/or family who are looking for a great school with amazing teachers and a pretty cool pastor to come check us out.

Finally, the deadline to be invited to the annual 1929 Society dinner hosted by Chef John Folse is this Friday, January 12. Members of the 1929 Society have donated a minimum of \$1000 dollars to the school's Annual Giving Campaign. Please join us by considering becoming a 1929 Society benefactor today.

Well that was a lot but I haven't been able to talk to you since last year! Blessings of Peace to all!

*Do Small Things With Great Love - St. Thérèse of Lisieux*

**MEET AND GREET** The Flavin family has graciously offered to host a Sacred Heart meet and greet for prospective parents at their home in St. Francisville this Thursday, January 11. If you have friends or family in that area who are interested in learning what Sacred Heart has to offer, you are welcome to invite them. Questions? Email Akeisha Williams ([AWilliams1@SacredHeartBR.com](mailto:AWilliams1@SacredHeartBR.com)).

**1929 SOCIETY DEADLINE** Join us February 29<sup>th</sup> for the annual 1929 Society Dinner hosted by Chef John Folsie! Tickets are \$1000/couple and will benefit our Annual Giving Campaign. [Click here](#) to purchase tickets before the Friday, January 12 deadline.

**CHOIR** The Parish Adult Choir will welcome all children in grades 4-8 interested in singing with them on Sunday, January 14th at the 11:00 Kids Mass. If you are interested, please meet in the Choir Room in the Parish Hall at 10:10. Parents are always welcome to sit in the choir loft with them.

**FREE THROW CHAMPIONSHIP** The Knights of Columbus Council based in Zachary is hosting a local & district round of the Free Throw Championship on January 28th. Winners move on to Diocesan and state rounds of the competition. See flyer on page 10 for more information.

**SAVE THE DATE FOR THE BOOK FAIR** Sunday, January 28 is the opening day of our Annual Scholastic Book Fair in the school library. The book fair will be on campus from January 28-February 2.

**USED UNIFORM SALE** Sunday, January 28 from 10 AM-1PM in the school gym. Questions? Contact Jennifer Thibodeaux ([jthibodeaux@catholichigh.org](mailto:jthibodeaux@catholichigh.org)) or Kendal Scheidt ([kendalsheryl@gmail.com](mailto:kendalsheryl@gmail.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!

**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.



## Scholastic Book Fair

# SAVE THE DATE

## OPENING DAY

01  
MONTH

28  
DAY

24  
YEAR

In the Sacred Heart of Jesus School Library from 10 am - 1 pm.  
(Donuts and coffee will be served)



# Sacred Heart Used Uniform Sale



## Sunday, January 28

10 AM - 1 PM

**Shop in the SHS school gym**

Questions? Email Jennifer Thibodeaux ([jthibodeaux@catholichigh.org](mailto:jthibodeaux@catholichigh.org)) or Kendal Scheidt ([kendalsheryl@gmail.com](mailto:kendalsheryl@gmail.com))



Both the 6th grade and 8th grade boys basketball teams started the season with WINS over the St George Dragons. Go Tigers!

Join us this Wednesday in the Sacred Heart gym to see all of our boys basketball teams in action beginning at 5:45 PM.

Thank you to our coaches for an amazing first day of Biddy Basketball this past Sunday. We will meet again this Sunday in the gym. Pre-K4/K students at 2:00 and 1st/2nd at 3:00.

Parents of girls in grades 5-8, please contact Amy Daughdrill at [adaughdrill@sacredheartbr.com](mailto:adaughdrill@sacredheartbr.com) if you did not receive the email regarding volleyball interest.

Track and Field sign ups will be sent out this week. Practices will begin immediately following the end of basketball season and will be held 3 days per week.

The Knights of Columbus Council based in Zachary is hosting a local & district round of the Free Throw Championship on January 28th. Winners move on to Diocesan and state rounds of the competition. See flyer on page \_\_\_\_ for more information.

• **Boys Basketball**

January 10	4th Grade vs. SFX	5:45 p.m. Sacred Heart Gym
January 10	6th Grade vs. SFX	6:30 p.m. Sacred Heart Gym
January 10	8th Grade vs. SFX	7:15 p.m. Sacred Heart Gym
January 12	4th Grade vs. Holy Family	5:45 p.m. Sacred Heart Gym
January 12	6th Grade vs. St. Elizabeth	6:30 p.m. Sacred Heart Gym
January 12	8th Grade vs. Holy Family	8:30 p.m. Sacred Heart Gym
January 16	6th Grade vs. Ascension Catholic	6:00 p.m. Sacred Heart Gym
January 16	8th Grade vs. CHS	6:45 p.m. Sacred Heart Gym
January 17	6th Grade @ St. Aloysius	5:45 p.m. St. Aloysius
January 17	8th Grade @ St. Aloysius	7:15 p.m. St. Aloysius





# SACRED HEART HOME SCHOOL

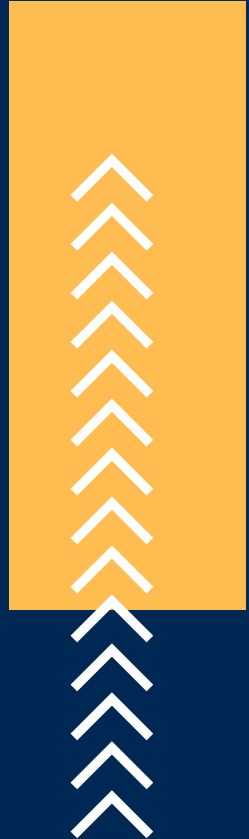


## NEWS AND REMINDERS



**We hope everyone had 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's cold now so don't forget to order sweatshirts and outerwear! This is a great way to help support our school! [Click here to shop!](#)
- **JOIN US FOR BINGO NIGHT** January 23, 2024, for Fun, Fellowship, and CASH prizes! See flyer for more details. A sign-up genius will be sent out soon for donations for this fun adult evening!



### HAPPY BIRTHDAY

January 4 - Erin Wilcox (Pre-K Assistant)

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



# BINGO

Tuesday, Jan 23

6:30p - Doors Open

7:00p - Games Start

\$10 to Enter Door  
\$30 ea BINGO Pack

BINGO Pack includes  
10 games with 3 boards per game

**CASH ONLY - ADULTS ONLY**

Location:  
Sacred Heart  
Parish Activity Center

**GAMES + FUN + Food/Drinks**  
**CASH PRIZES**

brought to you by:

Sacred Heart

Home & School Association



## Are We Talking About Concussions Again?

I seem to only have two themes lately, the flu and concussions. Over the holidays, at least 10 people I know have had children or grandchildren with concussions. Besides one kid having an ATV accident and another falling out of a deer stand, all of the concussions I heard about were caused by very simple, slips, trips, and running into things. Some of the kids having very simple accidents fared the worse. Anything can happen to any kid at any time. I worry about head injuries in school age children, well because, they are going to need their brains for a long time! Minor injuries in some can affect them for many years to come. It is worth keeping this information front and center for parents.

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

### WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

#### SYMPTOMS REPORTED BY ATHLETE:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise • Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

#### SIGNS OBSERVED BY PARENTS/ GUARDIANS:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily • Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes

#### DANGER SIGNS

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if s/he has:

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior



- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

#### WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION

1. **SEEK MEDICAL ATTENTION RIGHT AWAY** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.
2. **KEEP YOUR CHILD OUT OF PLAY.** Concussions take time to heal. Don't let your child return to play the day of the injury and until a health care professional says it's OK. Children who return to play too soon - while the brain is still healing - risk a greater chance of having a second concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. **TELL YOUR CHILD'S COACH ABOUT ANY PREVIOUS CONCUSSION.** Coaches should know if your child had a previous concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

#### HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION OR OTHER SERIOUS BRAIN INJURY?

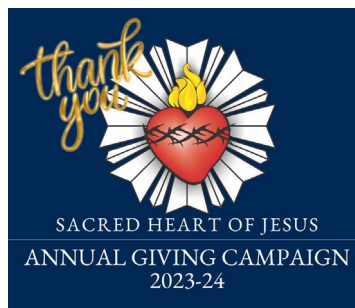
- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
- However, helmets are not designed to prevent concussions. There is no "concussion-proof" helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

#### HOW CAN I HELP MY CHILD RETURN TO SCHOOL SAFELY AFTER A CONCUSSION? Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Receive help with schoolwork
- Reduce time spent reading, writing, or on the computer

Talk with your child's teachers, school nurse, coach, speech-language pathologist, or counselor about your child's concussion and symptoms. As your child's symptoms decrease, the extra help or support can be removed gradually.

Wishing you an accident-free week ahead,  
Nurse Geri



### **The 1929 Society (\$1000+)**

Anonymous (3)  
 Bridget and Rick Akin  
 Patti Alford  
 Sheila and Kevin '95 Alford  
 Archana and Venkat Banda  
 Rosemary and Kyle Beall  
 Katie and Greg Bodin  
 LaMeisa and Darius Bonton  
 Mary Elizabeth & Sid Bowden  
 Paul Burns  
 Pat & Sonny Calandro  
 Kecia '91 and Robb Campbell  
 Becky '63 & Louis '62 DeJohn  
 Maria '67 and David DiVincenti  
 Algonie & Mike DiVincenti, Jr.  
 Elaine and Randy Ellis  
 David Fauchaux  
 Franklin Family Fund  
 Jane S. Green  
 Shaye & Brian Harriford  
 Tricia & Brady Hurdle  
 Mary Beth '68 and Kelly '65 Kling  
 Laurie and Joey Landry  
 Julie and Matt Massey  
 Mrs. & Dr. Michael Miguez  
 Kristina & John Miremont  
 Kathryn and Cliff Mount  
 Daniel R. Murray '58  
 Natasha and John Nnadi  
 Christina '95 and Joe O'Brien  
 Partin Roofing, LLC  
 Cynthia Ristroph  
 Allie and Phil Schmitt  
 Dennis Simoneaux

### **Sisters of St. Joseph (\$500-\$999)**

Baton Rouge Digital Products  
 Jamie Broyles  
 Congregation of the Sisters of St. Joseph  
 Keith Constantino '69  
 Kay and James Culotta  
 Rebecca & Eric Lewis  
 Carol Marabella  
 Cindy & Trey '84 Ourso  
 Donna Seidel  
 David '70 and Peggy Whatley

### **Monsignor Dominic Blasco (\$250-\$499)**

Kelly and Darrell Broussard  
 Samuel Cancienne  
 Rachel & Ron Ceruti  
 Lisa and Clark Cosse'  
 Tyre and Hal '69 Dupuy  
 Mary Lee Eggart and Clyde LeBlanc  
 Karleen and Reggie Green  
 Thomas Holliday '56  
 Dr. and Mrs. Michael Owens  
 Julie & Michael Perrault  
 Ashley Sensley and Richard Square  
 Akeisha Williams

### **Friend of Sacred Heart (\$1-\$249)**

Anonymous (13)  
 Peter Arbour '62  
 Gail and Richard Beall  
 Caroline Bertrand  
 Paul Bologna '74  
 Candice Brooks  
 Maggie Calandro '09  
 Kim Crawford  
 Judy Determann '68  
 Sam DiVincenti  
 Cindy Duenckel  
 John Eldridge  
 Kay & Don Elliott  
 Fredrick "Rickey" Esnard '60  
 Allison and James Fisher  
 Gary Focht  
 Marion Gatti  
 Carol, Cayleen and Brandt Green  
 Charles W. Haase  
 Kyle Harvey  
 Gail Hawkes  
 Beverly F. Jackson '47  
 Eilleen Jones  
 Charleen Kaelin '59  
 Neal King  
 Christie Lauff  
 Chloe '11 and Blake LeBlanc  
 Marty LeBlanc  
 Claudia & Ted '70 Lyles  
 Gina Magri

Cindy Simmons Mancuso '73  
 Diane and Tony '60 Marabella  
 Camp E. Matens '56  
 Deborah Matirne  
 Catherine & Jonny McKay  
 Wendy Milam  
 Rebecca and Michael Miller  
 Rose Miller  
 Rosalie Zito Moak  
 Amanda Moran '08  
 Michelle and Sean Nelson  
 Michelle Newman  
 Michael Olinde  
 Ann & Justin Ourso  
 Suzanne Payne  
 Sallie Kay Percy Janes '61  
 Amy Pickenheim  
 Allison and Ron Ray  
 Laura & Edward Rhorer, Jr.  
 Omer Roberts, Jr. '54  
 Brooke Robinson  
 Janis and Robert Roux  
 Barbara Schmitt  
 John Schwab, Jr. '62  
 Janelle Bergeron Shell '63  
 Corliss & John Sandy Smith  
 Andy Smothermon  
 Victoria Stewart  
 Diana Saul Stewart  
 Marta Luque Suarez  
 Jennifer & Mike Thibodeaux  
 Scott Thomas '62  
 Erin Wilcox '10  
 Alexis Williams  
 Tammy Williams



***In Memory of***

**Marie Bologna**

Paul Bologna '74

**Betty Burns**

Paul Burns '66

**“Miss Libby” Dupuy**

Tyre & Hal '69 Hall

**John Gatti, Sr.**

Marion Gatti

**Martha Haase**

Charles Haase

**Brandon Kling '94**

Mary Beth '68 and Kelly '65 Kling

**Lloyd and Velma Lyles**

Claudia & Ted '70 Lyles

**Charles S. Marabella**

Kay & Don Elliott

**Adrienne & Bob Percy**

Sallie Kay Percy Janes '61

**Mr. & Mrs. O.L. Roberts, Sr.**

Omer Roberts, Jr. '54

**Julius Saul**

Diana Saul Stewart

**John Schwab, Sr.**

John Schwab, Jr. '62

**Evelyn Smith**

Allie & Phill Schmitt

**Stephanie Cheramie Simoneaux**

Dennis Simoneaux

***In Honor of***

**Mrs. Clifford Blanchard** Charleen

Kaelin '59

**Mrs. Jones**

Charleen Kaelin '59

**Sr. Mary Lawrence**

Charleen Kaelin '59

**Brooklyn Nelson '27**

Michelle and Sean Nelson

**Sr. Patricia Wolfe**

Charleen Kaelin '59

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <i>New Year's Holiday</i>	<b>2</b> 	<b>3</b> Pepperoni or Cheese Pizza Buttered Corn Broccoli and Cheese Diced Peaches <b>Choice:</b> Chicken Smackers	<b>4</b> Macaroni and Cheese Green Beans Peas and Carrots Strawberry Applesauce <b>Choice:</b> Chicken Teriyaki Rice Bowl	<b>5</b> Hamburger/Cheeseburger Baked Beans French Fries Diced Peas <b>Choice:</b> Baked Potato with Taco Meat
<b>8</b> Chicken Smackers Mashed Potatoes Buttered Corn Pineapples Dinner Roll <b>Choice:</b> Pizza	<b>9</b> Soft Tacos Taco Salad Cup Pinto Beans Salsa Garden Variety Veggies Sorbet Cup <b>Choice:</b> Chicken Smackers	<b>10</b> Chicken Tenders Red Beans and Rice Garden Variety Veggies Apple Wedges Biscuit <b>Choice:</b> Chef Taco Salad	<b>11</b> Chili with Cornbread Garden Salad Garden Variety Veggies Diced Peas <b>Choice:</b> Chicken Teriyaki Rice Bowl	<b>12</b> Macaroni and Cheese Green Beans Garden Variety Veggies Strawberry Applesauce <b>Choice:</b> Baked Potato with Taco Meat
<b>15</b> 	<b>16</b> Beef A Roni Garden Salad Garden Variety Veggies Peaches Garlic Bread Stick <b>Choice:</b> Chicken Smackers	<b>17</b> Grilled Cheese Veggie Soup Garden Variety Veggies Diced Peas <b>Choice:</b> Chef Caesar Salad	<b>18</b> Pastalaya Garden Salad Garden Variety Veggies Sorbet Cup <b>Choice:</b> Chicken Teriyaki Rice Bowl	<b>19</b> Nachos Nacho Salad Cup Salsa Pinto Beans Garden Variety Veggies Apple Wedges <b>Choice:</b> Baked Potato with Taco Meat
<b>22</b> Chicken Smackers Spaghetti and Cheese Garden Variety Veggies Vegetable Melody Grapes <b>Choice:</b> Pizza	<b>23</b> Hamburger/Cheeseburger Lettuce and Pickle Cup Baked Beans French Fries Garden Variety Veggies Diced Peas <b>Choice:</b> Chicken Smackers	<b>24</b> Chicken Parm with Spaghetti Garden Salad Garden Variety Veggies Diced Peaches Garlic Bread Stick <b>Choice:</b> Chef Chicken Smacker Salad	<b>25</b> Gumbo Potato Salad Garden Variety Veggies Orange Wedges Dinner Roll Celebration Cupcake <b>Choice:</b> Chicken Teriyaki Rice Bowl	<b>26</b> Pepperoni or Cheese Pizza Buttered Corn Garden Variety Veggies Sorbet Cup <b>Choice:</b> Baked Potato with Taco Meat
<b>29</b> Chicken Tenders Red Beans and Rice Garden Variety Veggies Pineapples Biscuit <b>Choice:</b> Pizza	<b>30</b> Soft Tacos Taco Salad Cup Pinto Beans Salsa Garden Variety Veggies Sorbet Cup <b>Choice:</b> Chicken Smackers	<b>31</b> Chicken Smackers Mashed Potatoes Garden Variety Veggies Red Apple Wedges Dinner Roll <b>Choice:</b> Chef Taco Salad		

## Boys and Girls, Ages 9-14

**Sunday, January 28th**

**Entry Round: Registration 1:30, Shooting 2 PM**

**District Round: Sign-in 3:30, Shooting 4 PM**

**BREC Church St Park Gym**

**3210 Church St, Zachary, LA**

**Contact: KC Community Director**

**James Graves (337) 534-2700**

**Sponsor: Knights of Columbus**

**Council #10080**

Save time & bring your own completed registration:



Or visit: <http://tinyurl.com/kc10080-ftc>

Winners advance to Baton Rouge Diocesan round (February TBD) and then state round (March 16 in Lafayette).

Please note: Entrants may compete in only one local competition.

1686 11/21



Knights of Columbus  
**Free Throw  
Championship**



Faith in Action

Community

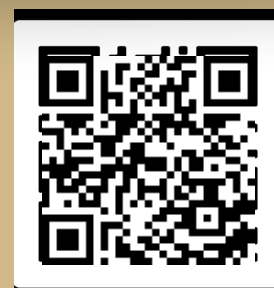


# TIGER *Shop*



SHOP FOR YOUR  
OUTERWEAR NEEDS.

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



SCAN ME



## SACRED HEART ALUMNI SHIRT \$20



If you are interested in purchasing either shirt, [click here](#) to fill out the form.



## SACRED HEART SCHOOL SHIRT \$20