

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 16, 2024

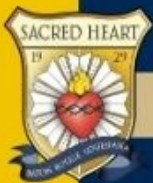
CALENDAR PEEK!

- 01.19 **MASS** (8 am in the church led by 6th grade)
- 01.20 **DIOCESAN QUIZ BOWL TOURNAMENT**
- 01.22 **KNITTING CLUB**
- 01.23 **100TH DAY OF SCHOOL**
- 01.23 **BINGO** (6:30 p.m. in the PAC)
- 01.24 **GAME CLUB MEETING**
- 01.24 **OPEN HOUSE** (5 p.m. - 7 p.m.)
- 01.25 **BIRTHDAY FREE DRESS** (January Birthdays)
- 01.26 **MASS** (8 am in the church led by 8th grade)
- 01.28 **OPENING DAY FOR BOOK FAIR** (10 am - 1 pm in the school library)
- 01.28 **USED UNIFORM SALE** (10 am - 1 pm in the school library)



SACRED HEART OF JESUS SCHOOL
OPEN HOUSE
WEDNESDAY, JANUARY 24

5 PM - 7 PM



REENROLLMENT The re-enrollment period has begun. The deadline to re-enroll without a late fee is Friday, January 27. More information regarding tuition and fees will be sent by the end of the week.

1929 SOCIETY DEADLINE Join us February 29th 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 new Friday, January 19 deadline.

OPEN HOUSE Please spread the word regarding our open house January 24 from 5-7 p.m.

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 Join us for opening day of the book fair in the school library Sunday, January 28 from 10 a.m. to 1 p.m. The book fair will be on campus from January 28-February 2.

USED UNIFORM SALE Sunday, January 28 from 10 a.m.-1 p.m. in the school gym. Questions? Contact Jennifer Thibodeaux (jthibodeaux@catholichigh.org) or Kendal Scheidt (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 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) or Kendal Scheidt (kendalsheryl@gmail.com)



Tonights 6th and 8th grade basketball games have been canceled. At this time there have been no changes made to Wednesday's game schedule.

Biddy Basketball will meet this Sunday. Pre/K students at 2:00 and 1st/2nd at 3:00. If your child was not able to attend this past weekend, they will receive their shirt this Sunday.

Sacred Heart Boys Developmental Basketball Tournament will be held February 2-4th.

Middle School JV Tournament will be held February 8-11. Sign ups to volunteer at these tournaments will be emailed this week. Please pass along the Sign-up to high school students in need of service hours.

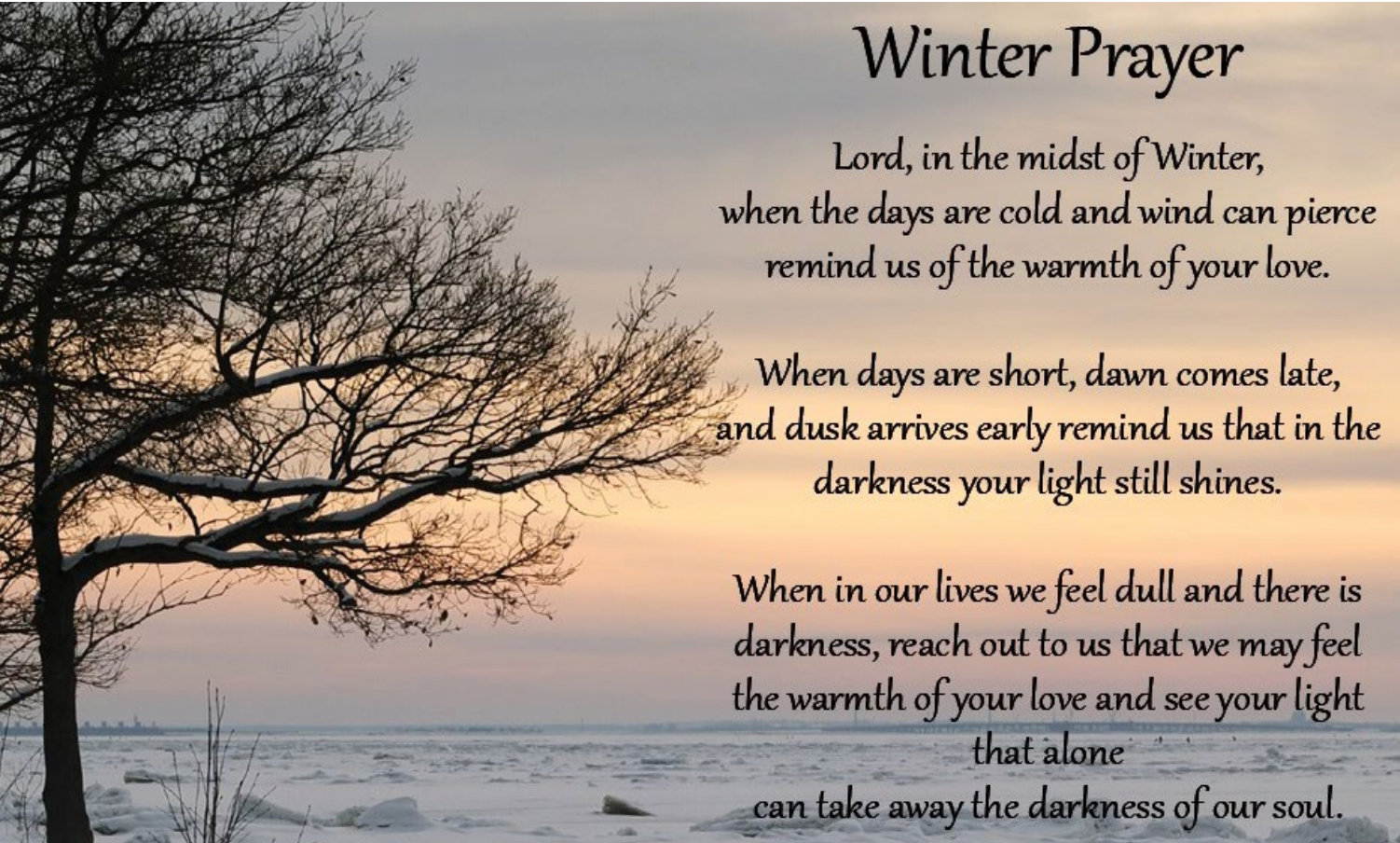
Parents, if your daughter (grades 5-8) has any interest in playing volleyball this season please fill out [this interest form](#). The teams will be receiving new uniform tops this year! Official registration will be sent out later this month.

Track and Field Registration is now open! Students grades 4th-8th may register [HERE](#). Please see email sent for more information.

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 16	6th Grade vs. Ascension Catholic	CANCELED	6:00 p.m. Sacred Heart Gym
January 16	8th Grade vs. CHS	CANCELED	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
January 24	8th Grade @ St. Thomas More		7:15 p.m. St. Thomas More
January 25	4th Grade vs. OLOM		5:45 p.m. Sacred Heart Gym
January 25	6th Grade vs. RSG		6:30 p.m. Sacred Heart Gym
January 25	8th Grade vs. OLOM		7:15 p.m. Sacred Heart Gym



SACRED HEART HOME SCHOOL

NEWS AND REMINDERS

- **BINGO NIGHT is Tuesday, January 23, 2024! Doors open at 6:30 pm. Food and Drinks are provided! CASH PRIZES! \$10 to attend and each BINGO packet costs \$30, which includes 10 games. ONLY-ADULTS and CASH ONLY! A SignUp Genius for donations was sent yesterday. Please see the flyer for more details. Parents who attend will earn a PIP hour. If you have any questions, please contact Lori Stoeckle: at loristoeckle@gmail.com, or Kecia Campbell: at keciacampbell@yahoo.com**
- **Our Annual School Auction is coming!!! 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).**
- **Used Uniform Sale - Sunday, January 28 from 10 am until 1 pm in the Gym. A Sign-Up Genius will be sent out soon for volunteers.**
- **TIGER SHOP IS OPEN 24/7! Buy yourself, friends, and family Sacred Heart merch and gear! It's cold now and the Tiger Shop is the only place to purchase Sacred Heart uniform-approved sweatshirts and outerwear - place your orders NOW! It's a great way to help support our school!**



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

SCHOLASTIC
BOOK FAIR

**WE'RE HAVING A
BOOK FAIR!**



SACRED HEART OF JESUS SCHOOL
2251 MAIN ST, BATON ROUGE, LA 70802

In-Person FAIR DATES
Jan 28 - Feb 1

Our Book Fair will begin on Sunday, January 28 from 10 am-1 pm in the Sacred Heart School Library.

During the week, each class will have an opportunity to visit the Book Fair. Parents and guardians are invited to join their child(ren) during their designated time.

Class shopping schedule:

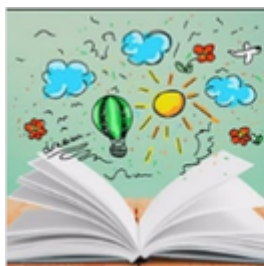
Monday, January 29	Tuesday, January 30	Wednesday, January 31	Thursday, February 1
K: 8:00-8:50	8th: 8:00-8:50	6th: 11:00-12:00	5th: 12:30-1:15
Pre-K3&4: 9:00-10:30	2nd: 9:00-9:50	7th: 1:45-2:30	3rd: 1:15-2:00
4th: 1:00-2:00	1st: 10:00-10:50		

If you can't make it to the Fair, you may shop at our school's Online Book Fair. All orders ship directly to your home, and shipping is free for book orders over \$25. Your online orders will also benefit our school.

Visit our Book Fair homepage to learn more and get started with eWallet and online shopping:

<https://bookfairs.scholastic.com/bf/sacredheartofjesusschool1>

Sign up to help with the Fair here:



Book Fair Volunteers

The Sacred Heart Book Fair will be Sunday, January 28 - Thursday, February 1. This is a wonderful opportunity to volunteer and earn PIP hours! Many...

 signupgenius.com



Dry Chapped Lips and Hands, Nosebleeds and Othe Winter Skin Problems in Children

Many kids come into the nurse's station for other reasons, but I can't help noticing their shriveled chapped lips or them scratching their hands. "Does that hurt?" I ask. There is usually a nod affirming my question.

Why do children have more skin problems in winter?

- A child's skin is more permeable than an adult. In this case meaning that moisture can pass in and out of the skin at a higher rate. They are more prone to dryness and irritation.
- Their skin is also thinner which means it loses moisture much more quickly.
- Central heating during the winter months makes the atmosphere in our houses dry, and this in turn dries out your little one's skin.
- Wind and cold weather outside further dry out skin, causing chapping that can result in rough, sore, red skin.

How can I stop my child getting sore winter skin?

1. Don't bathe them for too long.

Don't keep them in the bath longer than 10 minutes as it starts to dry out the skin.

2. Don't use fragrances.

As far as possible don't buy fragranced soaps/bubble baths- it's so tempting to get something that smells amazing! But the most common irritant in children's products are fragrances. Buy products without fragrances.

3. Use the right moisturizer

Use moisturizers liberally ones with oils, few fragrances, and few chemical additives. For very dry skin with particularly rough patches, apply twice daily and pick an emollient based cream – parents are often put off by thicker, greasier creams, but they really do provide an effective barrier, helping protect delicate skin from the elements. Or try organic coconut oil rubbed into your child's skin and left on overnight for rough, sore patches of skin that can't tolerate anything else – it really does work wonders!

4. Take preventative measures for chapped lips

Don't forget lips and cheeks. Dry air and windy weather can make exposed lips chapped and cheeks windburned, which looks and feels like sunburn. The best thing to do is apply lip balm, before exposure even happens.

5. Sunburn

It may be cold outside, but the sun still plays a big role in winter skin care. UV rays can still get through on a gloomy day, so sun cream is important throughout the seasons. A sunscreen rating of 50 with gentle ingredients are recommended.

6. Dry skin from alcohol gel

Due to coronavirus, kids are using hand gels more than ever before and we recommend using a sanitizer without alcohol as this is really drying for children's skin – it can also be very stingy on already chapped hands, ouch! Sanitizer without alcohol is preferred.

7. Cover up

Dress your child in warm clothing to protect their skin from the cold and dry air .

8. Stay hydrated

Encourage your child to drink plenty of fluids to keep their skin hydrated .

9. Eczema

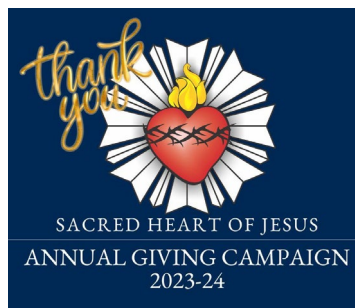
Kids with eczema often have red, itchy skin year-round, but it can be worse in the winter. Talk to your child's pediatrician if your usual eczema regimen isn't working during the winter. They can give you advice on treating hard-to-control eczema, especially if using a topical steroid and moisturizer isn't working to control your child's symptoms.

10. Nosebleeds

When caused by dry air, nosebleeds can be prevented by moisturizing your child's nose with saline spray or a nasal gel each day. Keep in mind kids can also get nosebleeds when they have colds, sinus infections, or allergies.

Stay warm and don't forget to take care of your skin!

Nurse Geri



The 1929 Society (\$1000+)

Anonymous (3)
 Bridget and Rick Akin
 Patti Alford
 Sheila and Kevin '95 Alford
 Brent Altazin
 Archana and Venkat Banda
 Rosemary and Kyle Beall
 Kim & Sterling Bertrand
 Katie and Greg Bodin
 LaMeisa and Darius Bonton
 Mary Elizabeth & Sid Bowden
 Cristina Caminita & Kurt Brauner
 Diane & Paul '66 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
 Jeanne & Michael Henderson
 Tricia & Brady Hurdle
 Fr. Joshua Johnson
 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

Sisters of St. Joseph (\$500-\$999) cont'd

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
 Lauren Hoover & Jon Eval
 Beverly F. Jackson '47

Eileen Jones
 Sharon & Rob 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
 Lori & Justin Stoeckle
 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 Jones '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
Christina DiVincenti O'Brien '95
Pat & Sonny Calandro
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
1 <i>New Year's Holiday</i>	2 <i>New Year's Holiday</i>	3 Pepperoni or Cheese Pizza Buttered Corn Broccoli and Cheese Diced Peaches Choice: Chicken Smackers	4 Macaroni and Cheese Green Beans Peas and Carrots Strawberry Applesauce Choice: Chicken Teriyaki Rice Bowl	5 Hamburger/Cheeseburger Baked Beans French Fries Diced Peas Choice: Baked Potato with Taco Meat
8 Chicken Smackers Mashed Potatoes Buttered Corn Pineapples Dinner Roll Choice: Pizza	9 Soft Tacos Taco Salad Cup Pinto Beans Salsa Garden Variety Veggies Sorbet Cup Choice: Chicken Smackers	10 Chicken Tenders Red Beans and Rice Garden Variety Veggies Apple Wedges Biscuit Choice: Chef Taco Salad	11 Chili with Cornbread Garden Salad Garden Variety Veggies Diced Peas Choice: Chicken Teriyaki Rice Bowl	12 Macaroni and Cheese Green Beans Garden Variety Veggies Strawberry Applesauce Choice: Baked Potato with Taco Meat
15 	16 Beef A Roni Garden Salad Garden Variety Veggies Peaches Garlic Bread Stick Choice: Chicken Smackers	17 Grilled Cheese Veggie Soup Garden Variety Veggies Diced Peas Choice: Chef Caesar Salad	18 Pastalaya Garden Salad Garden Variety Veggies Sorbet Cup Choice: Chicken Teriyaki Rice Bowl	19 Nachos Nacho Salad Cup Salsa Pinto Beans Garden Variety Veggies Apple Wedges Choice: Baked Potato with Taco Meat
22 Chicken Smackers Spaghetti and Cheese Garden Variety Veggies Vegetable Melody Grapes Choice: Pizza	23 Hamburger/Cheeseburger Lettuce and Pickle Cup Baked Beans French Fries Garden Variety Veggies Diced Peas Choice: Chicken Smackers	24 Chicken Parm with Spaghetti Garden Salad Garden Variety Veggies Diced Peaches Garlic Bread Stick Choice: Chef Chicken Smacker Salad	25 Gumbo Potato Salad Garden Variety Veggies Orange Wedges Dinner Roll Celebration Cupcake Choice: Chicken Teriyaki Rice Bowl	26 Pepperoni or Cheese Pizza Buttered Corn Garden Variety Veggies Sorbet Cup Choice: Baked Potato with Taco Meat
29 Chicken Tenders Red Beans and Rice Garden Variety Veggies Pineapples Biscuit Choice: Pizza	30 Soft Tacos Taco Salad Cup Pinto Beans Salsa Garden Variety Veggies Sorbet Cup Choice: Chicken Smackers	31 Chicken Smackers Mashed Potatoes Garden Variety Veggies Red Apple Wedges Dinner Roll Choice: 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-fts>

Winners advance to Baton Rouge Diocesan round (February TBD) and then state round (March 15 in Lafayette).

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

1/24 11/24



Knights of Columbus
**Free Throw
Championship**



Faith in Action

Community

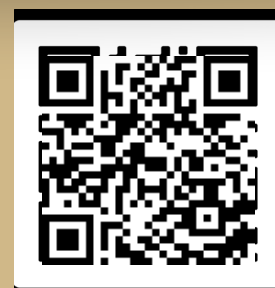


TIGER *Shop*



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