

The Tuesday Newsletter



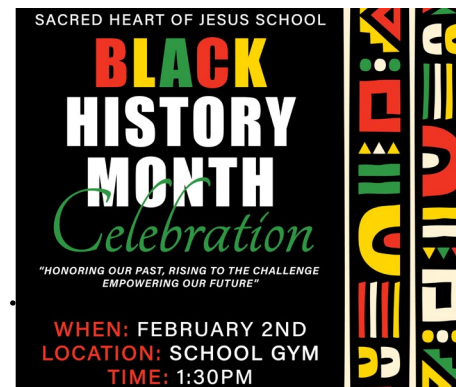
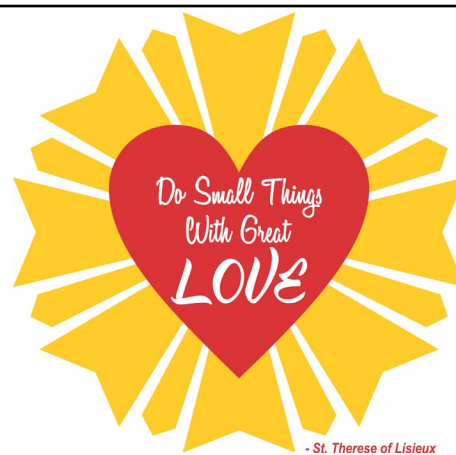
Sacred Heart of Jesus School is a diverse community dedicated to educating the body, mind and spirit.

WEEKLY NEWS FROM SACRED HEART OF JESUS SCHOOL

JANUARY 30, 2024

CALENDAR PEEK!

01.28-02.02	BOOK FAIR
01.28-02.02	CATHOLIC SCHOOL'S WEEK
01.31	BASKETBALL & CHEER 8TH GRADE NIGHT (6:30 p.m. in the gym)
02.01	1ST RECONCILIATION (6:30 p.m. in the church)
02.02	MASS (with blessing of the throats at 8 am in the church led by 7 th grade)
02.02	BLACK HISTORY CELEBRATION (1:30 p.m. in the gym)
02.02	PROGRESS REPORTS
02.06	BASKETBALL TEAM PICTURES (beginning at 5:15 in the gym)
02.07	GAME CLUB MEETING
02.08	VALENTINE THEME DRESS
02.09	MASS (8 am in the church led by 5 th grade)
02.09	MARDI GRAS THEME DRESS DAY
02.09	MARDI GRAS PARADE @ 9:30 A.M.
02.09	DISMISS AT 12 PM



PRINCIPAL'S POST

Greetings to All!!

Happy Catholic Schools Week! This week around the country Catholic Schools will celebrate the unique and distinct education that we provide for children throughout the United States and beyond.

Celebrations are all around us: Congratulations to our Distinguished Graduate Award Winner, Mrs. Christina DiVincenti O'Brien, class of 95'. Thank you for all that you have done and continue to do for the Sacred Heart of Jesus Community. Congratulations to Charlotte Boudreaux our 8th grade student of the year and Skye Cannon our 5th grade student of the year. They both are outstanding students and young people. Congratulations to Julia Troegel for being named a Ballinger Award finalist for St Joseph Academy. Congratulations to our 5th/6th grade and 7th/8th grade quiz bowl teams and their moderators, Mrs. Archana Banda and Mrs. Brooke Robinson. The 5th/6th team placed as the runner up in the competition and our 7th/8th grade took second in their pool. And finally the 7th and 8th grade boys basketball team won the St. George Tournament last weekend. We are proud of all!

Tomorrow, Wednesday, January 31st come out and celebrate our 8th grade cheerleaders and our boys basketball team at 6:30 pm. Please keep our second grade students in your prayers as they engage in the Sacrament of Reconciliation for the first time on Thursday, February 1st at 6:30 pm at Sacred Heart Church. Join us Friday at 1:30 p.m. for our Black History Celebration. The students and Ms. Rianna have been working hard for weeks and we can't wait to see what they have in store for us!

REENROLLMENT The re-enrollment period has begun. The deadline to re-enroll without a late fee is February 19. For more information regarding tuition and fees, please visit our website or see the email from Mr. Miller that was sent on January 22.

SCHOLARSHIP MEETING TONIGHT If you would like to attend the first National Eucharistic Congress in Indianapolis, Indiana this summer, there will be an information meeting regarding scholarship opportunities tonight from 6:30-7:30 p.m. for families with children who are 18 or younger.

CATHOLIC SCHOOLS WEEK Theme dress days for the rest of the week:

Wacky Wednesday students dress like teachers and teachers dress like students, Thursday: career day dress as who you want to be when you grow up, Friday: school spirit day; wear any Sacred Heart shirt.

CATHOLIC SCHOOL'S WEEK DONATIONS Student Council is still collecting laundry room supplies: gift cards, cleansers, laundry detergent, laundry baskets, flashlights, and all size batteries to donate to Catholic Charities.

THE BOOK FAIR CONTINUES THROUGH THURSDAY! The book fair will remain open through Thursday of this week. [Click here](#) if you would like to volunteer and earn PIP hours. See flyer on page 6 for more information.

VALENTINE THEME DRESS Because Valentine's day falls during our Mardi Gras break this year, we will have our annual Valentine theme dress day on Thursday, February 8. Students may wear red, pink, and/or white or theme 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.

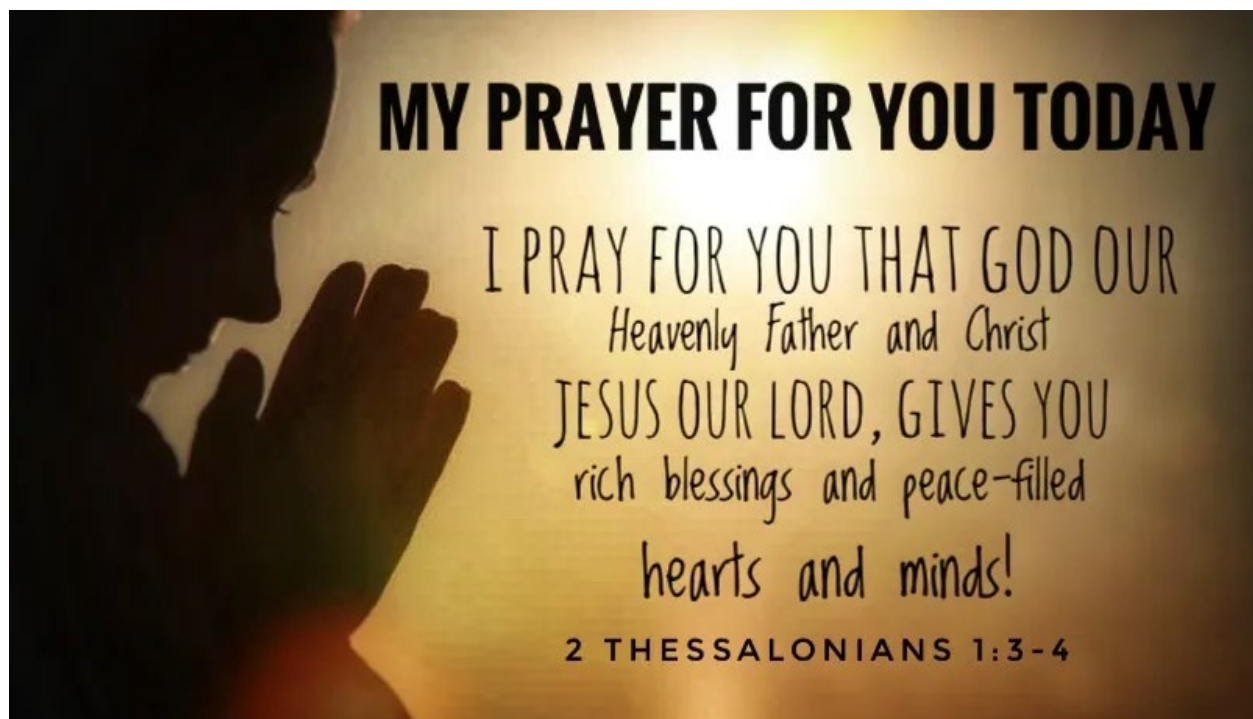
MARDI GRAS THEME DRESS Mardi Gras theme dress day is Friday, February 9. Students may wear purple, green, and/or gold/ yellow or theme shirts and accessories; long blue or black jeans (loose fitting with no holes) or uniform bottoms (shorts or long pants), or pants in the theme colors.

GIRL SCOUT COOKIES Girl Scout cookies are officially on sale now! See flyer on page 7 for more information.

JR. BETA INDUCTION Our Jr. Beta Induction will be on Friday, February 23 in the church right after Mass. Parents are welcome to join us to celebrate these outstanding students.

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!



Congratulations to the 7th and 8th grade boys basketball team for winning the St. George Tournament last weekend. We so proud of you!

There will be NO BIDDY BASKETBALL on Sunday, February 4 & 11 due to tournaments being held at the school. Games will resume on Sunday, February 19.

Sacred Heart Developmental Tournament will be held February 2-4 (see schedule on page 5). Please sign up to volunteer [HERE!](#)

Track and Field Registration is open. If your student (Grades 4-8th) is interested, please register [HERE](#). Practices will begin mid-February following the close of basketball season.

Volleyball Registration is now open! If your daughter (Grades 5th-8th) is interested in playing, please register [HERE](#). An email with more information regarding practices and important dates will be sent to parents this evening.

Join us this Tuesday and Wednesday nights, to see of our Tigers in action! If you are in need of PIP hours (or have a student in need of service hours), please [Sign Up](#) to volunteer during one of the games.

8th Grade night for our basketball player and cheerleaders will be held prior to the start of the game on January 31st. We invite you all to attend and cheer on our 8th graders in their last home game!

- **Boys Basketball**

January 30

4th Grade vs. Catholic Pointe Coupee

5:45 p.m. @ Sacred Heart Gym

January 30

6th Grade vs. Catholic Pointe Coupee

6:30 p.m. @ Sacred Heart Gym

January 30

8th Grade vs. Catholic Pointe Coupee

7:15 p.m. @ Sacred Heart Gym

January 31

6th Grade vs. RSG

6:00 p.m. @Sacred Heart Gym

January 31

8th Grade vs. RSG

6:45 p.m. @Sacred Heart Gym

January 31

8th GRADE NIGHT

6:30 p.m. @Sacred Heart Gym

February 2-4

Developmental Tournament

See Schedule on Page 4.

February 6

Boys Basketball Pictures

Beginning at 5:15 p.m.

February 6

4th Grade vs. Episcopal

5:45 p.m. @ Sacred Heart Gym

LSU
BASKETBALL

YOUTH SPORTS TEAMS!

SCAN THE QR CODE FOR SPECIAL TICKET OFFERS

JOIN THE LSU MEN'S BASKETBALL TEAM AT THE PMAC!

SACRED HEART HOME SCHOOL

NEWS AND REMINDERS

- Thank you so much to those who came out to help and join us for BINGO NIGHT and our Used Uniforms Sale!!
- Save the date for our Annual School Auction on April 13!!! If you or anyone you know is interested in sponsoring or donating to the Auction, please contact Leah Bergeron (leahberg7@gmail.com) or Ashley Sensley-Square (asensley@att.net).
- Trivia Night is coming soon! Save the date! March 19! More details to come.
- 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

February 6 - Sharon Jones (Assistant Dean of Student Affairs)

February 10 - Suzanne Payne (Middle School Religion Teacher and Librarian)

February 22 - Rachel Ceruti - (Pre-K4 Teacher)

Sacred Heart Developmental

Round Robin February 3-4

SH Gym

Saturday, February 3

8:00 STM vs Aloy Grey (3rd)

8:45 Aloy Lions vs SJV White (3rd)

9:30 Aloy Blue vs MBS Grey (3rd)

10:15 SH vs Aloy White (4th)

11:00 MBS Gray vs Aloy Lions (4th)

11:45 Aloy Grey vs SJV White (3rd)

12:30 MBS Gray vs Aloy Lions (3rd)

1:15 SJV Red vs STM (3rd)

2:00 St. Theresa White vs SJV Black (4th)

2:15 St. Theresa Red vs Aloy White (4th)

Our Lady of Mercy

Saturday, February 3

11:30 OLOM Blue vs MBS Maroon (3rd)

12:15 OLOM White vs SJV Black (3rd)

1:00 OLOM Jays vs MBS Maroon (3rd)

1:45 OLOM Blue vs SJV Red (3rd)

2:30 OLOM White vs St. Aloysius Blue (3rd)

3:15 OLOM Jays vs SJV Black (3rd)

4:00 OLOM Grey vs MBS Maroon (4th)

4:45 OLOM Grey vs St. Aloysius Red (4th)

5:30 OLOM White vs St. Theresa Red (5th)

6:15 OLOM Grey vs. St Theresa Navy (5th)

7:00 OLOM Blue vs St. Theresa White (5th)

Parish Activity Center

Saturday, February 3

8:45 Aloy Red vs STM Navy (5th)

9:30 MBS Grey vs St. Theresa Red (5th)

10:15 STM Gold vs St. Theresa Navy (5th)

11:00 MBS Maroon vs St. Theresa White (5th)

11:45 MBS Maroon vs STM Gold (5th)

12:30 SAS Lions vs SJV Red (5th)

1:15 St. Alphosus Gold vs SAS Red (5th)

SH Gym

Sunday, February 4

12:15 STM vs St. Theresa White (4th)

1:00 SH vs St Theresa Red (4th)

1:45 SJV Black vs MBS Maroon (4th)

2:30 OLOM Blue vs STM (4th)

3:15 MBS Grey vs Aloy Red (4th)

4:00 OLOM Blue vs Aloy Lion (4th)

4:45 OLOM White vs STM Navy (5th)

5:30 OLOM Grey vs MBS Grey (5th)

6:15 OLOM Blue vs Aloy Lions (5th)

7:00 SJV Red vs Aloy Gold (5th)

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:

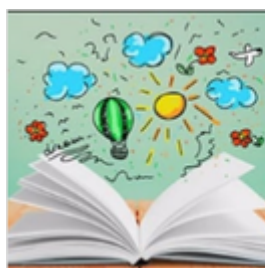
Monday, January 29	Tuesday, January 30	Wednesday, January 31	Thursday, February 1
K: 8:00-8:50	8th: 8:00-8:50	6th: 11:00-12:00	5th: 12:30-1:15
Pre-K3&4: 9:00-10:30	2nd: 9:00-9:50	7th: 1:45-2:30	3rd: 1:15-2:00
4th: 1:00-2:00	1st: 10:00-10:50		

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



Support Sacred Heart Girl Scout Troop 10510!

Scan the QR code or click directly on link to place an order to the Troop! Select Girl Delivery to receive your order in person.



<https://digitalcookie.girlscouts.org/scout/troop10510346?fpkp=1>

Orders will be available at the end of February.



Thank you!



3 Reasons Kids Misbehave and How You Can Respond with Grace and Love

If you've got a child who seems to be misbehaving more than usual, it's time to pause and reflect on what might be driving your misbehaving child. When your child seems to be acting out all of a sudden, you might have a **Stressed, Anxious, or Discouraged ("SAD")** child. These complex emotions are common to all of us.

Being "SAD" doesn't excuse misbehavior. Whether you're 3, 33, or 93, when any of us are stressed, anxious, or discouraged, we are less able to control our emotions. When parenting is stressful and discouraging, that's when we are more likely to be harsh and controlling. And in those difficult situations, how often do we say a vulnerable, honest statement like, "I'm feeling stressed right now and need a little extra support today."

Understanding what might be under the surface of your child's behavior makes it easier to empathize and guide your child toward wiser choices. You can be a person of peace in the midst of chaos. You *can* understand your misbehaving child. So, what's going on in kids' brains when they struggle with outbursts of whining and demanding behavior?

Why do kids misbehave?

It helps to remember that kids generally don't misbehave to make your life miserable! There are a variety of reasons a child might be acting out with strong emotions. Kids could be:

- **Stressed** by external circumstances. Life is simply too much. This might be overwhelmed by schoolwork (including possible learning or attention challenges), a packed schedule, an overwhelming mess to clean up, the complexity of getting out of the house in the morning, etc.
- **Anxious** due to sensory issues (their body feels uncomfortable, and their sensory environment feels aversive) or fear about what's happening in the world. Rejection or even bullying from peers. A sensitive temperament that feels things deeply and notices the anxiety of others. Also, gifted kids are generally anxious, with brains buzzing with learning and ideas.
- **Discouraged** because of feelings of failure, inferiority, or sibling conflict. Problem child identity. A mismatch between their skills and the demands of the task.

In addition to these difficult elements, the fight/flight system is alive and well in youngsters, and it can spark big reactions to stressful, anxiety-producing, or discouraging situations that feel threatening. But, a child's frontal lobe is very much under construction until their third decade of life, making it less available to regulate and guide a child toward wise responses to these perceived threats.

Another contributing factor in your child's struggles could be serotonin imbalances, which are *common* in children. When serotonin is low, kids are easily angry, aggressive, impulsive, irritable, anxious, discouraged, and don't sleep as well. Whatever the underlying cause, remember:

Your child's struggle is not a reflection of their character.

Once I heard a four-year-old describe her inner turmoil after a busy morning with other kids at preschool; *"My brain couldn't make my body stop being mean. My heart is kind, but my body doesn't listen!"*

A negative response with lectures and consequences will only increase your child's stress and reinforce a "problem-child identity." When kids off-load their stress, their outbursts are signaling the need for a safe parent to come alongside and coach them through it.

How can I help my misbehaving child?

- **Get in their shoes.**

Ask yourself, "What's it like to be my child right now?"

- **Joining with compassion.**

Joining brings two people together to form a solution in partnership. Think of it this way. Your child is freaking out about something. They cannot solve a problem on their own (otherwise they would not be coming unglued.) Joining

creates dignity and respect because a problem is solved together without blame or making the other person feel bad. It doesn't matter whether your child is working on the solution in a 50/50 capacity. It is whether they **feel** you are making them a partner in the process. I don't know how many times I have told a child, "I am sorry this happened to you. Let's figure out how we can solve this together." Or in the case of the preschooler, "We'll get this all figured out! I love your kind heart; it still shines through even when your body doesn't listen."

- **Enter confidently as an ally and a coach.**

Communicate, either through your words or actions, "I'm strong enough to handle your difficult feelings. The Holy Spirit comes alongside to comfort and help me so that I can do the same for you!" (John 14:26)

When kids off-load their stress, their outbursts signal the need for a safe parent to come alongside and coach them through it.

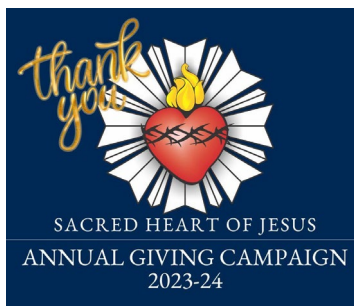
Listen deeply, especially when your child is acting out.

Kids can sometimes have big feelings and could have extensive outbursts when feelings overwhelmed them. Work through the outbursts in a healthy, validating way. *"You have some big feelings! Let's set the timer for three minutes, and you can tell me everything you're feeling and upset about. When the timer rings, we'll problem-solve!"* This not only allows the child time to cool down, but it also allows you time to set aside your judgments and listen well. This helps both the child and parent calm down so they can solve the problem.

When we respond with understanding and compassion, we can build an identity in our child as a problem-solver rather than a "problem child." That's something to celebrate!

The goal is not to eliminate chaos and make behavior go away but to invite God's grace and truth to guide our compassion for our struggling children.

As you learn to listen deeply and empathize with your misbehaving ("**SAD**") child, you will often find your child is more receptive to your help. You can provide your child with peace and guidance when they feel sad, anxious, or discouraged.



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
 Patricia & Ben Ragusa
 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

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

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
 Lauren Hoover & Jon Eval
 Beverly F. Jackson '47
 Eilleen 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

Friend of Sacred Heart cont'd (\$1-\$249)

Tammy Williams

In Memory of

Frank & Maria 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

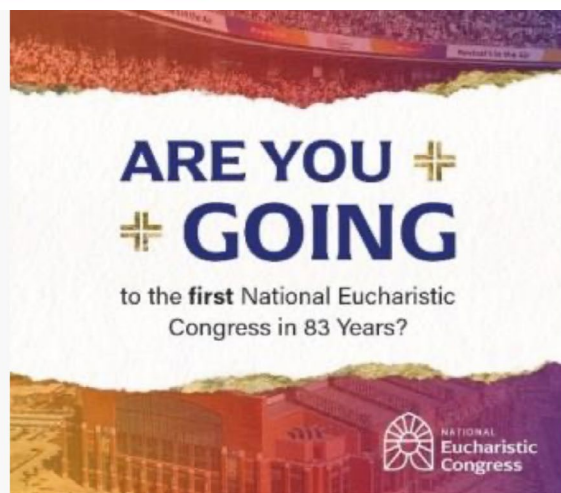
Brooklyn Nelson '27

Michelle and Sean Nelson

Sr. Patricia Wolfe

Charleen Kaelin '59

Monday	Tuesday	Wednesday	Thursday	Friday
1 <i>New Years Holiday</i>	2 	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		



Scholarship Information Meeting will be held

Tuesday, January 30th

at 6:30-7:30 pm

in the Sacred Heart Parish Hall

for families with children 18 and younger
 planning on attending the National Eucharistic
 Congress July 17th - 21st in Indianapolis, Indiana

SACRED HEART OF JESUS SCHOOL

BLACK HISTORY MONTH

Celebration

"HONORING OUR PAST, RISING TO THE CHALLENGE
 EMPOWERING OUR FUTURE"

WHEN: FEBRUARY 2ND
LOCATION: SCHOOL GYM
TIME: 1:30PM



Are you wondering where your lost items have gone?

The front office currently houses all lost items that have been turned in with no name. We are overflowing with sweatshirts, fleeces, cardigans and even a few free dress jackets!

Call the office (225.383.7481) with the item and size you are looking for.



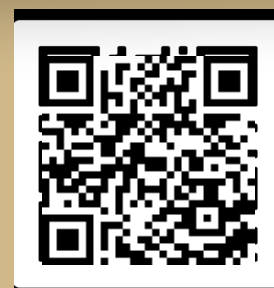


TIGER *Shop*



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