

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

FEBRUARY 6, 2024

CALENDAR PEEK!

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
02.12-16	MARDI GRAS HOLIDAYS
02.19	STUDENTS RETURN TO SCHOOL
02.21	GAME CLUB MEETING
02.22	BIRTHDAY FREE DRESS (February birthdays)
02.23	MASS (8 am in the church led by 4 th grade)
02.23	JR. BETA INDUCTION (after Mass in the church)
02.23	STATIONS OF THE CROSS (2 pm in the church)



PRINCIPAL'S POST

Greetings to All!!

Mardi Gras season is upon us! Laissez le bon temps rouler! I really don't know how I survived the first 46 years of my life without king cake and Mardi Gras break. If the rest of the country knew what we knew, everyone would be moving to Louisiana!

Speaking of Mardi Gras, don't miss our Mardi Gras parade this Friday, Feb. 9th, hosted by our 4th grade. Every year we have amazing wagon "floats" made by our students and parents. All students may wear purple, green, and/or gold/yellow or theme shirts and accessories. We will also have early dismissal at noon.

Since we will be on break for Valentine's Day, we will celebrate early with a school theme dress day on Thursday, Feb. 8th. Students may wear red, white, and/or pink or theme shirts and accessories.

Also tonight, Tuesday, Feb. 6th we have one more home game (rescheduled from the freeze) for our 4th grade, 5th-6th grade, and 7th and 8th grade boys basketball teams. Come out and support the Tigers! Go Tigers!

Our school is participating in the Diocese of Baton Rouge District Accreditation Process. Your input is important to our school and to the district during this self-study process. Please take the time to complete this brief [online survey](#) by February 9.

Thank you for your support and belief in the Sacred Heart of Jesus Church and School! We are blessed to be a part of your family's lives and formation.

ACCREDITATION SURVEY Our school is participating in the Diocese of Baton Rouge District Accreditation Process. Cognia District Accreditation provides nationally recognized accreditation for the district and all its schools. Your input is important to our school and to the district during this self-study process. Please take the time to complete this brief [online survey](#) by February 9. All responses are confidential, and only the group statistics will be reviewed and included in the data reports. Thank you in advance for your help!

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.

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.

NO CHILDREN'S MASS THIS WEEKEND Because of the Mardi Gras weekend and holiday, there will not be a Children's Mass or Choir this Sunday, February 11th. The next Children's Mass and Choir will be held on Sunday March 10th. Any student 4-8 interested in singing with the Adult Choir can meet in the Choir Room in the Parish Hall at 10:10.

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.

GIRL SCOUT COOKIES Girl Scout cookies are officially on sale now! See flyer on page 5 for more information.

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.



St Valentine Prayer

O glorious advocate and protector,
St. Valentine,
look with pity upon our wants,
hear our requests,
attend to our prayers,
relieve by your intercession the miseries
under which we labour,
and obtain for us the divine blessing,
that we may be found worthy to join you
in praising the Almighty for all
eternity: through the merits of
Our Lord Jesus Christ.

Amen.

There will be NO BIDDY BASKETBALL on Sunday, February 11. Games will resume on Sunday, February 19.

The Sacred Heart Tournament scheduled for this weekend has been CANCELLED!

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.

Boys Basketball		
February 6	Boys Basketball Pictures in the GYM	Beginning at 5:15 p.m.
February 6	4th Grade vs. Episcopal	5:45 p.m. @ Sacred Heart Gym
February 6	6th Grade vs. Ascension Catholic	6:30 p.m. @ Sacred Heart Gym
February 6	8th Grade vs. CHS	7:15 p.m. @ Sacred Heart Gym
February 8	4th Grade vs. St. John	5:45 p.m. @ St. John
February 8	6th Grade vs. St. George	6:30 p.m. @ St. George
February 8	8th Grade vs. St. George	7:15 p.m. @ St. George
February 8-11	CANCELLED Sacred Heart Junior Varsity Tournament	CANCELLED



SACRED HEART HOME SCHOOL

NEWS AND REMINDERS

- **HAPPY MARDI GRAS EVERYONE!!!**
- 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)
February 29 - Barbara Ellis - (Child Nutrition Tech)



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!



What is the difference between Influenza (Flu) and COVID-19?

Since we returned from our Christmas break, there has been a stream of students in the nurse's station with very similar symptoms. Since I run a first aid station and not a clinic, I am NO substitute for your pediatrician. I am very grateful that I work in a small school and get to know each student's medical needs and temperament. Still, I have seen strep with no fever or sore throats, the flu, allergies and Covid. If I suspect your kid is getting the flu and they end up with allergies, please don't get irritated. I am doing my best.

If you have talked to me on the phone lately, I have probably stated, "I don't know how all the pediatricians haven't gone crazy yet. They are dealing with so many winter diseases that basically look alike" They have the tremendous job of sorting it all out. One thing we do know is that we are in a surge period of Covid and the flu. Let's consider what we know.

Indeed, it is hard to tell the difference between flu and COVID-19 by the symptoms alone because they have some of the same signs and symptoms. Specific testing is needed to tell what the illness is and to confirm a diagnosis. Having a medical professional administer a specific test that detects both flu and COVID-19 allows you to get diagnosed and treated for the specific virus you have more quickly. Getting treated early for COVID-19 and flu can reduce your risk of getting very sick. Testing can also reveal if someone has both flu and COVID-19 at the same time, this is becoming more common this year. People with flu and COVID-19 at the same time can have more severe disease than people with either flu or COVID-19 alone.

Signs and Symptoms

Similarities:

Both COVID-19 and flu can have varying degrees of symptoms, ranging from no symptoms to severe symptoms. Common symptoms that COVID-19 and flu share include:

- Fever or feeling feverish/having chills.
- Cough
- Shortness of breath or difficulty breathing
- Fatigue (tiredness)
- Sore throat
- Runny or stuffy nose
- Muscle pain or body aches
- Headache
- Vomiting
- Diarrhea (more frequent in children with flu, but can occur in any age with COVID-19)
- Change in or loss of taste or smell, although this is more frequent with COVID-19.

Similarities:

For both COVID-19 and flu, one or more days can pass from when a person becomes infected to when they start to experience symptoms of illness. It is possible to be infected with the virus that causes COVID-19 without experiencing any symptoms. It is also possible to be infected with flu viruses without having any symptoms.

Differences:

COVID

If a person has COVID-19, it could take them longer from the time of infection to experience symptoms than if they have flu.

Flu

Typically, a person may experience symptoms anywhere from **one to four days after infection**.

Differences:

If a person has COVID-19, they could be contagious for a longer time than if they have flu.

Flu

- People with flu virus infection are potentially contagious for about one day before they show symptoms. However, it is believed that flu is spread mainly by people who are symptomatic with flu virus infection.
- Older children and adults with flu appear to be most contagious during the first 3-4 days of their illness, but some people might remain contagious for slightly longer periods.
- Infants and people with weakened immune systems can be contagious for even longer.

COVID-19

- On average, people can begin spreading the virus that causes COVID-19 2-3 days before their symptoms begin, but infectiousness peaks one day before their symptoms begin.
- People can also spread the virus that causes COVID-19 without experiencing any symptoms. • On average, people are considered contagious for about eight days after their symptoms began.

How it Spreads

Similarities:

Both COVID-19 and flu can spread from person to person between people who are near or in close contact with one another. Both are spread mainly by large and small particles containing viruses that are expelled when people with the illness (COVID-19 or flu) cough, sneeze, or talk. These particles can land in the mouths or noses of people who are nearby and possibly be inhaled into the respiratory tract. In some circumstances, such as indoor settings with poor ventilation, small particles containing virus might be spread longer distances and cause infections.

Most spread is by inhalation of large and small droplets; however, it may be possible that a person can get infected by touching another person (for example, shaking hands with someone who has the virus on their hands), or by touching a surface or object that has virus on it, and then touching their own mouth, nose, or eyes.

Differences:

While the virus that causes COVID-19 and flu viruses are thought to spread in similar ways, the virus that causes COVID-19 is generally more contagious than flu viruses. Also, COVID-19 has been observed to have more superspreading events than flu. This means the virus that causes COVID-19 can quickly and easily spread to a lot of people and result in continual spreading among people as time progresses.

The virus that causes COVID-19 can be spread to others by people before they begin showing symptoms, by people with very mild symptoms, and by people who never experience symptoms (asymptomatic people).

Clear as mud, right?

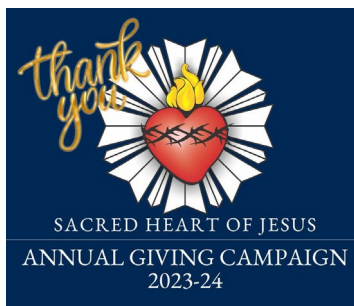
Take Away

We all want to stay healthy this winter. Seek medical advice from your pediatrician for illnesses longer than three days or any concerning symptoms such as high fever, prolonged vomiting, diarrhea, or dehydration. If symptoms are mild, make a call to your doctor and get advice. If you have any concerning symptoms, see your doctor or urgent care right away.

Did You Know?

Each household can order four free COVID tests on the website covidtests.gov or by calling 1-800-232-0233 (TTY 1-888-720-7489). If you skipped out on ordering a round of tests earlier this fall, you could now place a double order for eight free tests. It is good to have them around.

In gratitude for your children, 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
 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
 <p>Honey Citrus Chicken Fried Rice Garden Variety Veggies Broccoli with Cheese Pineapples</p> <p>Choice: Pizza</p>	<p>Beef A Roni Garden Salad Garden Variety Veggies Peaches Garlic Bread Stick</p> <p>Choice: Chicken Smackers</p>	<p>BBQ Pulled Pork Sandwiches French Fries Garden Variety Veggies Sorbet Cup</p> <p>Choice: Chef Caesar Salad</p>	<p>Chili with Cornbread Garden Salad Garden Variety Veggies Diced Pears</p> <p>Choice: BBQ Pork Fries with Cornbread</p>	<p>Macaroni and Cheese Green Beans Garden Variety Veggies Applesauce</p> <p>Choice: Baked Potato with Taco Meat</p>
<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>
<h2>Mardi Gras Break</h2>				
<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>
<p>Chicken Smackers Spaghetti and Cheese Garden Variety Veggies Vegetable Medley Diced Peaches</p> <p>Choice: Pizza</p>	<p>Hamburger/Cheeseburger Lettuce and Pickle Cup Baked Beans French Fries Garden Variety Veggies Diced Pears</p> <p>Choice: Chicken Smackers</p>	<p>Chicken Parmesan with Spaghetti Garden Salad Garden Variety Veggies Tropical Fruit Garlic Flat Bread</p> <p>Choice: Chef Chicken Smacker Salad</p>	<p>Gumbo Potato Salad Garden Variety Veggies Sorbet Cup Dinner Roll</p> <p>Choice: BBQ Pork Fries with Dinner Roll</p>	<p>Cheese Pizza Buttered Corn Garden Variety Veggies Apple Wedges</p> <p>Choice: Baked Potato with Cheese</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	
<p>Chicken Tenders Red Beans and Rice Garden Variety Veggies Pineapples Biscuit</p> <p>Choice: Pizza</p>	<p>Soft Tacos Taco Salad Cup Pinto Beans Salsa Garden Variety Veggies Sorbet Cup</p> <p>Choice: Chicken Smackers</p>	<p>Chicken Smackers Mashed Potatoes Buttered Corn Garden Variety Veggies Red Apple Wedges Dinner Roll</p> <p>Choice: Chef Taco Salad</p>	<p>Chili with Cornbread Garden Salad Garden Variety Veggies Diced Pears</p> <p>Choice: BBQ Pork Fries with Cornbread</p>	

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