

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 20, 2024

CALENDAR PEEK!

02.21	GAME CLUB MEETING
02.22	BIRTHDAY FREE DRESS (February birthdays)
02.23	MASS (8 am in the church led by 4th grade)
02.23	JR. BETA INDUCTION (after Mass in the church)
02.23	STATIONS OF THE CROSS (2 pm in the church)
02.29	1929 DINNER (7 pm at White Oak Plantation)
03.01	SPIRIT SHIRT DAY
03.01	MASS (8 am in the church led by 3rd grade)
03.01	STATIONS OF THE CROSS (2 pm in the church)
03.06	GAME CLUB MEETING
03.08	MASS (8 am in the church led by 6th grade)
03.08	STATIONS OF THE CROSS (2 pm in the church)
03.08	END OF 3RD QUARTER
03.10	CHILDREN'S MASS (11 am in the church)



By: Michael Miller

PRINCIPAL'S POST

Greetings to All!!

We hope that you had a wonderful Mardi Gras season and break. I still miss the king cake!

A couple of reminders for this week; Birthday Free Dress on Thursday, Feb. 22nd for February birthdays, and we will be hosting our Jr. Beta induction for middle school students joining Beta Club here at Sacred Heart on Friday, Feb. 23rd immediately following Mass.

Thank you for getting the word out about our amazing Church and School community. Applications, tours, and school visits are decidedly up from past years. Parents, please be aware that some grade levels are already close to maximum capacity. Be sure to reenroll as soon as possible to ensure a spot for your child/children.

Thank you for your belief in Catholic education and Sacred Heart of Jesus Church and School.

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

REENROLLMENT The deadline to re-enroll without a late fee was yesterday, but reenrollment is still open. Complete the paperwork as soon as possible to ensure that your child has a spot at Sacred Heart next year. Some grades are already at or near capacity! For more information regarding tuition and fees, please visit our website or see the email from Mr. Miller that was sent on January 22.

JR. BETA INDUCTION Our Jr. Beta Induction will be on Friday, February 23 in the church right after Mass. Everyone is welcome to join us to celebrate these outstanding students. Parents of inductees should have received an email from Mrs. Jones informing you that your child met the requirements for the 2024-25 school year.

STATIONS OF THE CROSS Parents are welcome to join us for the Stations of the Cross at 2:00 pm in the church on Fridays during Lent.

COUNSELING CORNER The Louisiana Department of Education recently received a Trauma Recovery Demonstration Grant that benefits all grade levels and schools. If you feel your child is struggling emotionally or academically and has been exposed to trauma, he or she may benefit from this program. The deadline to submit students for trauma testing is on April 30, 2024. Please contact us for more information if interested. Mrs. Banda abanda@sacredheartbr.com or Mrs. O'Brien cobrien@sacredheartbr.com.

GIRL SCOUT COOKIES Girl Scout cookies are officially on sale now! See flyer 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.

2024 Living Lent

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18 1st Sunday of Lent  "You shall worship the Lord, Your God, and him alone shall you serve." Luke 4:8	19  Go somewhere QUIET, think about JESUS, and tell Him, "I love You!"	20  Go on a walk today and see all the beautiful things God made for us!	14  Jesus wants to be your Friend. This Lent, turn away from what is wrong and come closer to Him. Ash Wednesday FEBRUARY	15  Put your favorite toys or games in a box. On top, write "Goodbye for Lent. See you at Easter!" Give Mom the box.	16  Give up something you like (TV, ice cream) today and offer it for someone in need.	17  Decorate a candle and light it when your family prays.
25 2nd Sunday of Lent  His face changed in appearance and his clothing became dazzling white. Luke 9:29	26  Make a Giving Box by decorating a little box with a slot in the lid. Put a jar of coins nearby. Whenever anyone does a kind deed, they secretly take a coin from the jar and put it in the box. Give the money to the poor on Easter Sunday. Read Luke 6:38.	27  Make an ichthus with yarn. Wear it and tell people about Jesus making the Disciples fishers of men. Read Luke 5:1-11.	21  Forgive someone for something that made you feel sad or hurt your feelings.	22  "LORD, make me an instrument of Your peace." Today, keep quiet when you want to say angry words.	23  Have members of your family write their names on pieces of paper and put them in a bowl.	24  Draw names to find your secret friend for Lent! Do special things (write notes, give little gifts, offer prayers) for your friend, and give him or her a card on Easter Sunday!
3 3rd Sunday of Lent  "Whoever drinks the water I give will never thirst." John 4:14	4  Read Psalm 23 with your family—The Lord is your Shepherd.	5  Clean your room without being reminded.	28  Make an ichthus with yarn. Wear it and tell people about Jesus making the Disciples fishers of men. Read Luke 5:1-11.	29  DRAW A PICTURE of Jesus on the cross with sad people, and one of Jesus risen with happy people!	1  Just as food makes your body strong, God's Word makes your soul strong. Today, read Matthew 19:14. MARCH	2  Help clean up after a meal.
6  Gather some clothing and give it to the poor.	7  New Life Seeds! Poke holes in the bottom of a small transparent container. Add potting soil and plant beans or seeds. Just as Jesus died, was buried, and rose again, so the seeds will come to new life! Read John 12:24.	8  New Life Seeds! Poke holes in the bottom of a small transparent container. Add potting soil and plant beans or seeds. Just as Jesus died, was buried, and rose again, so the seeds will come to new life! Read John 12:24.	9  Make a list of 10 things you are thankful to God for. Then tell Him!			

SACRED HEART HOME + SCHOOL

NEWS AND REMINDERS

- **Welcome back! Hope everyone had a great Mardi Gras break!**
- **Trivia Night is coming soon!** Save the date! **March 19!** Please see the attached flyer for more information.
- **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).
- **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)

2024 TIGER AUCTION SUPER HEROES



OUR MISSION

Steeped in Catholic tradition, Sacred Heart of Jesus School is a diverse community dedicated to educating the mind, body, and spirit. Sacred Heart is a community of faith where the primary purpose is to create an environment permeated with the Gospel spirit of love and freedom.

To continue this important work, we would like to ask for your support!

SPONSORSHIP FORM

Deadline for all sponsorships is March 13, 2024 in order to receive full advertising benefits.

Please make checks payable to Sacred Heart School and include this form to Sacred Heart School; c/o SHS Auction; 2251 Main Street; Baton Rouge, LA 70802. Sponsors should email their logos in a high-resolution format to meghancharbonnet@cox.net by March 13, 2024. All contributions are tax deductible to the extent allowable by law. A letter acknowledging your contribution will be mailed after the event.

Contact Information:

Name _____ Business or Family Name _____

Phone Number _____ Email _____

Mailing Address _____

Select One:

☐ **POW LEVEL SPONSOR**

\$1,250

- Reserved table for 10 guests
- Name in parish newsletter distributed to Sacred Heart Church parishioners
- Logo in school newsletter distributed to Sacred Heart families
- Logo included in all marketing materials
- Logo on event banner and auction slideshow
- Logo on Sacred Heart social media pages (over 4000 followers)

☐ **WHAM LEVEL SPONSOR**

\$1,000

- Reserved table for 8 guests
- Name in parish newsletter distributed to Sacred Heart Church parishioners
- Logo in school newsletter distributed to Sacred Heart families
- Logo on event banner and auction slideshow
- Logo on Sacred Heart social media pages (over 4000 followers)

☐ **ZAP LEVEL SPONSOR**

\$500

- Reserved table seating for 4 guests
- Name in parish newsletter distributed to Sacred Heart Church parishioners
- Logo in school newsletter distributed to Sacred Heart families
- Logo on event banner and auction slideshow
- Logo on Sacred Heart social media pages (over 4000 followers)

☐ **CRUSH LEVEL SPONSOR**

\$250

- Name in school newsletter distributed to Sacred Heart families
- Name on event banner and auction slideshow
- Name on Sacred Heart social media pages (over 4000 followers)
- Name on signage for food/beverage stations



Scan to purchase sponsorship online or visit our auction website
<https://auctria.events/TigerAuction2024>



SACRED HEART OF JESUS SCHOOL
TRIVIA TOURNAMENT EMCEED BY
CHALLENGE ENTERTAINMENT



TUESDAY
MARCH 19

DOORS OPEN
AT: 6 PM

IN THE PARISH HALL

QUESTIONS WILL BE GENERAL TRIVIA ON VARIOUS TOPICS

4 PERSON TEAMS

ENTRY FEE: \$200/TEAM OR \$50/INDIVIDUAL
(INDIVIDUALS TO BE PLACED ON TEAMS)

JAMBALAYA DONATED BY THE KC'S, DRINKS, AND ADULT BEVERAGES
PROVIDED FOR ALL PLAYERS

1ST PLACE - CASH PRIZE

[Click here](#) to sign up.

Deadline to Register is Monday, March 18th

Doors Open at 6 PM. Please Arrive No Later Than 6:45 PM



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!

Bedwetting, More Common Than You Think

It may be an inconvenience for parents, but bedwetting is a common problem in children. Some children struggle to stay dry throughout the night from the day they are born, and others are able to stay dry for several months, or years, and begin wetting the bed again.

Who Wets the Bed?

Approximately 15 percent of children wet the bed at age 5. That number decreases with age occurring in only 1-2 percent of children aged 14 and older. Boys are twice as likely as girls to wet the bed. It happens more frequently in children with developmental delays and emotional and behavioral difficulties.

Why do kids wet the bed?

Children wet the bed for numerous reasons – here are a few of the most common:

- Time. Some children need extra time to develop control of their bladder.
- Genetics. Children who wet the bed tend to have a parent, aunt, uncle, or grandparent who wet the bed until a late age, suggesting a genetic component.
- Sleep. Children whose sleep is disturbed by snoring, television or pets, and children who are deep sleepers are more likely to wet the bed.
- Stress or life changes. Going through big changes like moving or a new sibling, or other stressors, can lead to children wetting the bed after being dry for a long period.
- Medical. Medical reasons such as having a urinary tract infection (UTI), constipation, or differences in the way the body is built or functions – like a small bladder or making too much urine – could be the cause. In addition, Type 1 Diabetes can also first show up as bedwetting along with increased thirst and urination.

What Can I Do About It?

Approximately 15 percent of kids who wet the bed learn to stay dry through the night without any intervention; however, the longer the bedwetting has been happening, the less likely it is to get better on its own. Here are a few things parents can try:

- Reduce drinks before bed and eliminate caffeinated drinks. Caffeine makes kids need to pee more often. • Encourage children to use the bathroom 15 minutes before bed and again right before bed. Some children pee just enough so they no longer feel the urge, so they may not be emptying their bladder.
- Make sure your child is getting enough sleep. Remove electronics and pets from your child's room. • Do not punish your child for accidents as this can increase stress, feelings of shame, and teach kids to hide their bedwetting. Instead, have your child help with clean up as much as they are able.
- Keeping track of dry nights can be helpful to motivate and reward children. It also helps keep track of bedwetting to know whether it is getting better or worse and identify patterns. If your child is hiding their bedwetting, you can give two stickers for dry nights, one for telling the truth about the wet night, or none for hiding or lying about it.
- Waking children before you go to bed or in the middle of the night to use the restroom can be helpful. If the bed is wet when you wake them, wake them earlier. If they wet the bed after you wake them, wake them later. You may need to adjust to find the right time.

Bedwetting Alarms

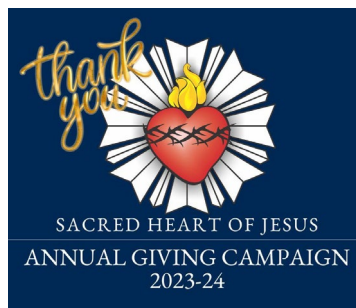
Bedwetting alarms typically clip to your child's underwear or have a pad for your child to sleep on. When the clip or pad gets wet, the alarm sounds or vibrates, which teaches your child's body to wake up when they need to pee. In order for this to work, your child actually has to wet the bed repeatedly so their brain can learn to wake up to pee. This means you should not use the strategies above when starting the alarm. This option should be a last resort given the time and disruption it can cost, but research shows that, when done correctly, it is the most effective method of teaching children to stay dry in the long term.

Consulting the Doctor

You can also discuss use of medication to stop bedwetting with your child's doctor. Medication works well for some children, but they often start wetting the bed once they stop. Medications may be a good idea to use strategically such as during sleepovers.

Contact the pediatrician if your child:

- Suddenly starts wetting the bed or having daytime accidents after being consistently dry for at least six months, particularly if there are no recent changes or stressors.
- Snores loudly or has pauses or gasps in breathing most nights.
- Complaints of a burning sensation or pain when urinating.
- Has to pee more often.
- Is drinking or eating much more than usual.
- Has swelling of the feet or ankles.



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>Chicken Smackers Spaghetti and Cheese Garden Variety Veggies Vegetable Melody Diced Peaches</p> <p>Choice: Pizza</p>	<p>20</p> <p>Hamburger/Cheeseburger Lettuce and Pickle Cup Baked Beans French Fries Garden Variety Veggies Diced Pears</p> <p>Choice: Chicken Smackers</p>	<p>21</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>22</p> <p>Gumbo Potato Salad Garden Variety Veggies Sorbet Cup Dinner Roll</p> <p>Choice: BBQ Pork Fries with Dinner Roll</p>	<p>23</p> <p>Cheese Pizza Buttered Corn Garden Variety Veggies Apple Wedges</p> <p>Choice: Baked Potato with Cheese</p>
<p>26</p> <p>Chicken Tenders Red Beans and Rice Garden Variety Veggies Pineapples Biscuit</p> <p>Choice: Pizza</p>	<p>27</p> <p>Soft Tacos Taco Salad Cup Pinto Beans Salsa Garden Variety Veggies Sorbet Cup</p> <p>Choice: Chicken Smackers</p>	<p>28</p> <p>Chicken Smackers Mashed Potatoes Buttered Corn Garden Variety Veggies Red Apple Wedges Dinner Roll</p> <p>Choice: Chef Taco Salad</p>	<p>29</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