

# 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

MARCH 19, 2024

## CALENDAR PEEK!

- 03.19 **TRIVIA NIGHT** (7 pm in the Parish Hall)
- 03.20 **ST. JOSEPH'S ALTAR** (9 am in the gym - students are invited to wear red)
- 03.20 **GAME CLUB MEETING**
- 03.21 **BIRTHDAY FREE DRESS** (March birthdays)
- 03.22 **MASS** (8 am in the church led by 7th grade)
- 03.22 **STATIONS OF THE CROSS** (2 pm in the church)
- 03.26 **CANE'S FUNDRAISER** (10 am-10 pm 5020 Government Street)
- 03.28 **LIVING WAY OF THE CROSS** (8:15 am in the gym)
- 03.29-04.07 **EASTER HOLIDAYS** (students return to school on April 8)
- 03.31 **EASTER EGG HUNT** (Church yard after the 11 am Mass)
- 04.08 **STUDENTS RETURN TO SCHOOL**
- 04.10 **VOLLEYBALL, TRACK AND BASEBALL PICS** (3 pm - meet in gym)
- 04.12 **SPIRIT SHIRT DAY**
- 04.12 **COMMUNION SERVICE** (8 am in the church led by 4th grade)



- St. Therese of Lisieux



## PRINCIPAL'S POST

By: Michael Miller

Greetings to All!

Well, we are in the home stretch to Easter! I don't know about you, but I am ready for Easter break. That being said, we still have some time for us to all grow in our Lenten journey. Last week, Mrs. Jones and I were both able to attend a one day retreat to help us fuel our own fires of faith. We both appreciate working in an environment where we can share our faith within our community.

Trivia Night is tonight! Come out to the Parish Hall at 7:00, if you would like to experience some fellowship with other parents and have a little fun.

Tomorrow morning, we are hosting our St. Joseph altar in the gym at 9:00 am. Everyone is invited to attend. Please refer to the write up below about what each grade should bring to contribute. Students may wear something red to show their support of St. Joseph.

Thursday, March 21st is birthday free dress for March birthdays and school Mass and Stations are this Friday, March 22nd.

Finally, ask me about my Catholic squirrels joke. It's a "dad" joke but a good one.

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

**HELP FOR ST. LUKE'S EPISCOPAL CHURCH** St. Luke's Episcopal Church was considered a total loss after a fire on February 17. Our student council and Jr. Beta Club would like to raise money to support their church community as they rebuild. They would like each student to bring a minimum of \$10 to help cover the cost of church supplies such as vestments, pews, kneelers, etc. Or, if possible, a donation of \$25, which will be used to purchase a hymnal that can be used right away as they are currently having Mass in the school gym. You may send cash, check (made payable to Sacred Heart School) or [PayPal](#). Classes with 100% participation will receive free dress, and the class with the highest amount collected will be awarded a class celebration. The deadline to donate is **March 28**.

**ST. JOSEPH'S ALTAR** Tomorrow, Sacred Heart of Jesus School will celebrate St. Joseph's feast day with a St. Joseph Altar on the gym stage. For a history of the altar, [click here](#). The blessing of the altar will take place after assembly on Wednesday at 9:00 am. This Altar is a schoolwide project and each class will be participating in various ways. Below you will find the food contribution list. All items below, should be brought to school on March 20th. Most classes work on a project that will also be displayed on the Altar. On St. Joseph's Feast Day, people typically wear red so students may wear a red shirt and accessories for our celebration. The blessing will start at 9:00 am, then Beta will deliver the goods to the St. Vincent de Paul food pantry. In order to have a variety of food, we are asking for the following donations by class:

PreK - Macaroni and cheese	Kindergarten - Canned beans	1st Grade - Canned soup	2nd Grade - Canned potatoes
3rd Grade - Canned meat	4th Grade - Canned pasta sauce	5th Grade - Canned vegetables	6th Grade - Canned fruit
7th Grade - Pasta	8th Grade - Rice	Staff - Fresh fruits and vegetables	

**GIRL SCOUT COOKIE BOOTH POST CARPOOL** On the afternoon of Wednesday, March 20th, the Sacred Heart Girl Scout Troop will have a cookie booth set up in the Church parking lot. Please come by AFTER pickup and leaving the school yard for great cookies and support of the local troop. We currently have inventory of all flavors, but they won't last long. Cookies are five dollars (\$5.00) a box.

**SAVE THE DATE** Sacred Heart's Annual Father Daughter Dance on Friday, April 19, 2024 at 7pm in the Sacred Heart Parish Activity Center. This annual event is open to girls in all grades and their dads, stepdads, granddads, uncles or special friends to have a night of fun with dancing, food & games! We will have a photographer on site with a photo backdrop and a picture package available for purchase. Registration order forms will be sent out as the date gets closer. For any additional questions, please contact Joanna Canezaro at [joanna.canezaro@gmail.com](mailto:joanna.canezaro@gmail.com). We are looking forward to a fun night!

**LIBRARY HELP NEEDED** Our librarian, Mrs. Payne needs help organizing the shelves in the library. This is a great way to earn PIP hours or service hours (for high school students). If you are interested in helping out, contact Suzanne Payne ([SPayne@sacredheartbr.com](mailto:SPayne@sacredheartbr.com)).

**YEARBOOK SALES HAVE BEGUN** If you would like to purchase a yearbook for the 2023-24 school year, please [click here](#) or visit [www.yearbookforever.com](http://www.yearbookforever.com) and search for Sacred Heart School. The yearbooks will be delivered in the fall. Questions? Email Wendy Milam ([WMilam@SacredHeartBR.com](mailto:WMilam@SacredHeartBR.com)).

**TIGER AUCTION** Tickets are on sale now for our annual school auction on April 13 at 6 p.m. [Click here](#) to visit the auction website to find valuable information regarding sponsorships, ticket information, and paddle calls.

**CANES FUNDRAISER** Join us on Tuesday, March 26 from 10 a.m. - 10 p.m. at Cane's on Government Street. Mention Sacred Heart and they will donate 15% of their sales to our school. See flyer on page 6 for more information.

**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](mailto:abanda@sacredheartbr.com) or Mrs. O'Brien [cobrien@sacredheartbr.com](mailto:cobrien@sacredheartbr.com).

**LSU SUMMER LANGUAGE CAMP** Summer 2024 camp will offer Chinese, French, German, Italian and Spanish. The two week camp runs June 10-14 / June 17-21 from 9am-4pm. Registration is \$600 (\$550 plus \$50 reg. fee). 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 rice, beans, peanut butter, canned fruit and canned meat. Thank you so much for your support!

Congratulations to the 6/7th grade volleyball team on a great win!!

Congratulations to Josie Broussard for being named Player of the Game on her church softball team. She earned RBIs and scored helping her team win 18-6. Good job Josie! Great sportsmanship and teamwork.

The [Tiger Shop](#) is always open for fan gear!

- **Boys Baseball**  
March 27 6th Grade vs. Ascension Catholic 7 p.m. @ Plaquemine Field 1A
- **Volleyball**  
March 20 6th/7th Grade vs. St. Aloysius 7:45 p.m. @ St. Aloysius  
March 23 5th Grade @ St. Aloysius 10 a.m. @ St. Aloysius  
March 25 5th Grade vs. Our Lady of Mercy 5:45 p.m. @ Sacred Heart  
March 25 6th/7th Grade vs. Our Lady of Mercy 6:45 p.m. @ Sacred Heart
- **Track**  
March 24 East Ascension Track Meet  
April 14 St. Aloysius Trach Meet @ Catholic High



Gianna Canazero & Cadence Scheidt at the Shamrock 5K



Josie Broussard Player of the Game for softball

# SACRED HEART HOME SCHOOL

## NEWS AND REMINDERS

- **Trivia Night is TONIGHT! March 19 in the Parish Hall!** Doors open at 6 pm.
- Be **SUPER SACRED HEART!** Go sponsor and purchase your tickets now! **Our annual School Auction is coming SUPER fast 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). Please see the flyer for more details.
- **TIGER SHOP IS OPEN 24/7!** Buy yourself, friends, and family Sacred Heart merch and gear! It's a great way to help support our school!



### HAPPY BIRTHDAY

March 5 - Christina O'Brien (School Counselor)

March 7 - Brooke Robinson (4th & 5th Grade Teacher)

March 9 - Akeisha Williams (Director of Advancement & Development)

March 15 - Alexis Williams (Receptionist)

March 25 - Caroline Bertrand (1st Grade Teacher)

# 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](mailto: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>



— JOIN OUR —

# FUNDRAISER

## AT RAISING CANE'S

**Mention the fundraiser in Drive Thru  
and Cane's will donate 15% of sales to:**

**Sacred Heart of Jesus School**

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**DATE & TIME:**

**Tuesday, March 26, 2024 from 10AM - 10PM**

**LOCATION:**

**5020 Government St, Baton Rouge, LA**





## **Sulfites Selected as Allergen of the Year**

Your child has a rash. You and I begin the endless questions to find out what it is. All we know is that it is a contact dermatitis. It simply means your child has come in contact with something that irritated the skin. I have a few students who have occasional contact dermatitis whose cause has not been diagnosed. We have eliminated food, laundry detergents, lotions, hand sanitizers, etc. Recently, I started reading research about contact dermatitis relating to sulfite exposure. I did not realize how many things in our daily lives contain sulfites. Sulfites are present in foods, drinks, pharmaceuticals, and personal care products.

One percent of the population is sensitive to or has reactions to sulfites. It is such a concern that The American Contact Dermatitis Society (ACDS) has named it the "2024.Allergen of the Year."

Sulfites function as antioxidants and preservatives in a range of products including food and beverages, personal care products, and pharmaceuticals. For example, Sulfites are useful as food preservatives because they prevent bacterial growth. They also improve the quality and texture of bread dough and prevent oxidation or browning of sliced vegetables and fruit. Sulfites also help keep black spots from developing on shrimp and lobster.

Sulfites are distinct from sulfates, and the groups do not cross-react with each other.

## **Other Common Names**

On food labels, sulfites are not always listed as sulfites. This means that you have to be aware of other common terms used for them:

- Potassium metabisulfite
- Potassium bisulfite
- Sodium bisulfite
- Sodium metabisulfite
- Sodium sulfite

## **High-sulfite food products (> 100 ppm)**

- dried fruit (raisins and prunes are exceptions)
- bottled lemon or lime juice (but not frozen products)
- wine
- molasses
- grape juice (white, or white, pink, and red sparkling)
- pickled cocktail onions.
- Sauerkraut
- Kimchi
- pre-made gravies and sauces.
- canned vegetables
- condiments
- frozen shrimp
- dehydrated potatoes
- potato chips
- jams
- trail mix.

\*Fresh fruits and vegetables that are meant to be eaten raw are not allowed to contain any sulfites.

**Some other common sulfite sources include:**

- hairspray
- tanning lotions
- shampoos
- makeup
- sunscreens
- deodorants
- topical antifungals
- topical corticosteroids
- swimming pool chemicals
- in the production of beer and wine
- hair coloring and bleach products

**Common Symptoms**

Sulfite reactions are a Type IV hypersensitivity. This means the body has a delayed reaction that may take a **day or more to develop** after exposure.

- A tingling or faintly burning skin sensation that prompts a person to rub or scratch, an itch.
- Combination of raised and flat red spots in patches
- The rash may contain some bumps with fluid.

Contact dermatitis from sulfites usually occurs on the parts of the body coming in contact with the irritant.

- Face (30%) an eczema like rash of the lips is also common in patients with ingested food sources of sulfites.
- Hands and arms
- Scattered generalized rash distribution (all over) (13.6%).

**How to Spot Sulfite Allergies**

The type of sulfite allergy diagnosed by patch testing is Sulfites, which are currently not found in most screening patch test series, so may be missed as a relevant contact allergen.

Most cases of allergic contact dermatitis occur at the site of application of the allergen. Depending on the location of the dermatitis, a detailed history of exposures that includes cosmetics and topical medications, and foods and beverages might suggest a sulfite allergy.

Given the range of potential ways it shows up on the body and the many and varied exposures to sulfites, routinely screen for them and evaluate the many avenues of exposure if a patch test is positive.

Takeaway: Sulfites are used in many foods and products in our everyday lives. If you are sensitive to sulfites, you can take steps to reduce your exposure.

Wishing you a healthy week ahead,

Nurse Geri



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Honey Citrus Chicken Fried Rice Broccoli with Cheese Garden Variety Veggies Pineapples</p> <p><b>Choice:</b> Pizza</p> <p><b>4</b></p>	<p>Beef A Roni Garden Salad Garden Variety Veggies Peaches Garlic Flatbread</p> <p><b>Choice:</b> Chicken Smackers</p> <p><b>5</b></p>	<p>BBQ Pulled Pork Sandwich Baked Beans Garden Variety Veggies Lettuce and Pickle Cup Tropical Fruit</p> <p><b>Choice:</b> Chef Caesar Salad</p> <p><b>6</b></p>	<p>Jambalaya White Beans Garden Variety Veggies Sorbet Cup Dinner Roll</p> <p><b>Choice:</b> Chicken Teriyaki Rice Bowl</p> <p><b>7</b></p>	<p>Macaroni and Cheese Green Beans Garden Variety Veggies Strawberry Applesauce</p> <p><b>Choice:</b> Baked Potato with Cheese</p> <p><b>1</b></p>
<p>Chicken Parmesan with Spaghetti Garden Salad Garden Variety Veggies Diced Peaches Garlic Bread Stick</p> <p><b>Choice:</b> Pizza</p> <p><b>11</b></p>	<p>Hamburger/Cheeseburger Lettuce and Pickle Cup Baked Beans French Fries Garden Variety Veggies Raisins</p> <p><b>Choice:</b> Chicken Smackers</p> <p><b>12</b></p>	<p>Gumbo Garden Salad Garden Variety Veggies Sorbet Cup Dinner Roll</p> <p><b>Choice:</b> Chef Chicken Smacker Salad</p> <p><b>13</b></p>	<p><b>St Patrick's Meal:</b> Chicken Smackers Spaghetti and Cheese Garden Variety Veggies Green Beans Apple Wedges Celebration Cupcake</p> <p><b>Choice:</b> Chicken Teriyaki Rice Bowl</p> <p><b>14</b></p>	<p>Nachos Nacho Salad Cup Salsa Mexican Corn Garden Variety Veggies Apple Wedges</p> <p><b>Choice:</b> Baked Potato with Cheese</p> <p><b>8</b></p>
<p>Chicken Tenders Red Beans and Rice Garden Variety Veggies Pineapples Biscuit</p> <p><b>Choice:</b> Pizza</p> <p><b>18</b></p>	<p>Soft Tacos Taco Salad Cup Pinto Beans Salsa Garden Variety Veggies Sorbet Cup</p> <p><b>Choice:</b> Chicken Smackers</p> <p><b>19</b></p>	<p>Chicken Smackers Mashed Potatoes Buttered Corn Garden Variety Veggies Red Apple Wedges Dinner Roll</p> <p><b>Choice:</b> Chef Taco Salad</p> <p><b>20</b></p>	<p><b>Easter Meal:</b> Pastalaya Garden Salad Garden Variety Veggies Peaches</p> <p><b>Choice:</b> Chicken Teriyaki Rice Bowl</p> <p><b>21</b></p>	<p>Cheese Pizza Buttered Corn Garden Variety Veggies Diced Pears</p> <p><b>Choice:</b> Baked Potato with Cheese</p> <p><b>15</b></p>
<p>Honey Citrus Chicken Fried Rice Broccoli with Cheese Garden Variety Veggies Pineapples</p> <p><b>Choice:</b> Pizza</p> <p><b>25</b></p>	<p>Meatballs and Gravy Over Rice Garden Salad Garden Variety Veggies Peaches Roll</p> <p><b>Choice:</b> Chicken Smackers</p> <p><b>26</b></p>	<p>BBQ Pulled Pork Sandwich Baked Beans Garden Variety Veggies Lettuce and Pickle Cup Tropical Fruit</p> <p><b>Choice:</b> Chef Caesar Salad</p> <p><b>27</b></p>	<p>Chicken and Waffles With Syrup Grits Steamed Broccoli and Carrots Sorbet Cup</p> <p><b>Choice:</b> Pizza</p> <p><b>28</b></p>	<p><b>Good Friday</b></p> <p><b>29</b></p>

## INTERIOR LIFE THROUGH THE LENS OF ST. TERESA OF AVILA



Join Dan Burke as he talks about the Purgative, Illuminative, and Unitive ways through the teachings of St. Teresa of Avila.

**Tuesday, April 16th**

**7:00 - 8:30 PM**

Mass at 6:00 PM

**Sacred Heart of Jesus Catholic Church**

2250 Main Street, Baton Rouge, LA

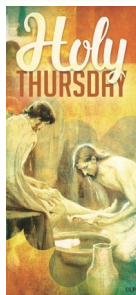
Register Online:

[SpiritualDirection.com/Events](https://SpiritualDirection.com/Events)

Questions? Email [Events@MyAvila.com](mailto:Events@MyAvila.com)



**Dan Burke**  
President and Founder,  
Avila Foundation



INVITING CHILDREN OF ALL AGES TO JOIN US FOR A SPECIAL PROCESSION AT THE HOLY THURSDAY MASS OF THE LORD'S SUPPER!

Join us on Thursday, March 28, 2024, at 7:00 p.m. at Sacred Heart Church for the Celebration of the Lord's Supper. Mass will end with a procession led by the children.

Please fill out the form below and return to Denise Williston in the Parish Office or to

Candice Brooks in the School Office no later than **Tuesday, March 26, 2024**, or you may email the form to Denise Williston, [dwilliston@sacredheartbr.org](mailto:dwilliston@sacredheartbr.org)

SHS STUDENT COUNCIL AND JR. BETA CLUB ARE SPONSORING

## St. Luke's FUNDRAISER

TO SUPPORT ST. LUKE'S EPISCOPAL CHURCH AS THEY REBUILD, SHS STUDENT COUNCIL AND JR. BETA ARE ASKING EACH STUDENT TO BRING A MINIMUM OF \$10 TO HELP COVER THE COST OF CHURCH SUPPLIES OR A DONATION OF \$25 TO PURCHASE A HYMNAL FOR IMMEDIATE USE.



LAST DAY TO DONATE

**03.15.24**

FREE DRESS DAY FOR 100% PARTICIPATION CELEBRATION FOR THE CLASS WITH THE HIGHEST AMOUNT COLLECTED



# 2024 SUMMER CAMP

@ The Dufrocq School



**Register Here**

Tuition  
**\$250**  
per week

Week 1  
**June 3-7**

Week 2  
**June 10-14**

Week 3  
**June 17-21**

Week 4  
**June 24-28**

**M - F**

**8:00 am - 5:00 pm**

**Lunch and snacks provided**

**No prior musical experience needed!**

## Instruments Available:

- |             |            |
|-------------|------------|
| Violin      | Flute      |
| Viola       | Clarinet   |
| Cello       | Trumpet    |
| Bass        | Trombone   |
| Foundations | Percussion |

\*instruments included in tuition fee\*

Register at [www.kidsorchestra.org/summer-camp](http://www.kidsorchestra.org/summer-camp)



# Your child may be eligible for a K-12 private school scholarship

**ARETE SCHOLARS** provides private K-12 scholarships exclusively to qualifying low-to-moderate-income students. The scholarships empower parents who otherwise have limited options to select a school that best meets their child's unique gifts, talents, and learning needs.

**Maximum scholarship amounts:** \$4,350 for grades K-8; or \$4,900 for grades 9-12.

**Application period:** February 27, 2024 through May 31, 2024 (or sooner if application limit reaches 3,200)

**Note:** Applications are first-come, first-served, with priority given to current students using the Louisiana Scholarship Program Scholarship and TDC scholarships. An application does not guarantee a scholarship.

**To be eligible for a scholarship in Louisiana, a student must meet the following income, residency, and prior school year requirements:**

1. Louisiana resident, *AND*
2. Enrolled in Louisiana public school for 2023-24, *OR*
3. Entering kindergarten in 2024-25, *OR*
4. Received a TDC or Louisiana Scholarship Program award in 2023-24, *AND*
5. Family income less than the following maximum amounts:

HOUSEHOLD SIZE	MAX ANNUAL \$
2 People	\$51,000
3 People	\$64,550
4 People	\$78,000
5 People	\$91,450
6 People	\$104,900
7 People	\$118,350



**Instructions to apply:** visit [www.aretescholars.org](http://www.aretescholars.org) or scan the QR code to begin the online application process.

**Questions?** contact Mary Helen at [maryhw@aretescholars.org](mailto:maryhw@aretescholars.org)

# LSU 2024 Summer Language Camp

Ciao!

Hallo!

Ni hao!



Bonjour!

Hola!

**Chinese, French, German, Italian & Spanish  
Elementary-Aged Students Ages 6-10**

**June 10-14 & June 17-21, 2024  
9AM - 4PM**

**Interactive Language Lessons  
Games, Movies & Field Trips  
Arts & Crafts  
Cooking Lessons!!**

**\$550 plus \$50 registration fee**

**Contact Dr. Mike Dettinger:  
[mbdett1@lsu.edu](mailto:mbdett1@lsu.edu)**

**Camp Website &  
Registration Here!**



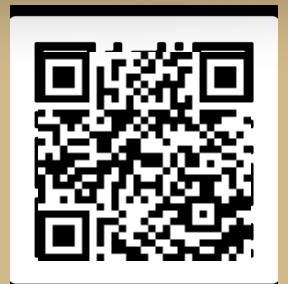


# TIGER *Shop*



SHOP FOR YOUR  
OUTERWEAR NEEDS.

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



## 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