

The Tuesday Newsletter



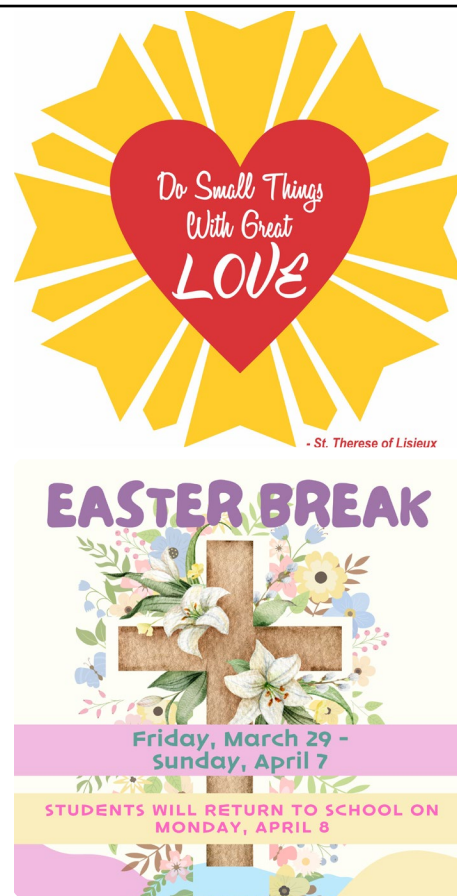
Sacred Heart of Jesus School is a diverse community dedicated to educating the body, mind and spirit.

WEEKLY NEWS FROM SACRED HEART OF JESUS SCHOOL

MARCH 26, 2024

CALENDAR PEEK!

- 03.26 **CANE'S FUNDRAISER TODAY!** (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 9 & 11 am Masses)
- 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 **MASS** (8 am in the church led by 4th grade)
- 04.13 **ANNUAL SCHOOL TIGER AUCTION** (6 pm in the PAC)
- 04.16 **8TH GRADE FIELD TRIP** (to New Orleans)
- 04.17 **3RD GRADE MUSICAL** (2 pm in the gym)
- 04.17 **GAME CLUB MEETING** (end of the year party)
- 04.19 **PROGRESS REPORTS**
- 04.19 **MASS** (8 am in the church led by 6th grade)



PRINCIPAL'S POST

Greetings to All!!

Easter season is nearly upon us!!

I would like to thank our current 2nd grade teacher Mrs. Gina Magri for her dedication and service to Sacred Heart of Jesus Church and School for the past several years. Unfortunately, Mrs. Magri will be leaving us at Easter Break to tend to her family's needs. Please keep Mrs. Magri and her family in your prayers. She will be greatly missed.

However, we were blessed to hire a very qualified replacement. Mrs. Brandi Aydell will ensure our 2nd grade students receive the support they need to finish this school year and years to come at Sacred Heart of Jesus School. Mrs. Aydell is a twenty year veteran teacher with a wealth of knowledge of curriculum and educational best practices. Please help us give Mrs. Aydell a very warm Sacred Heart welcome!

On Thursday, you don't want to miss the Living Way of the Cross at 8:15 in the school gym. Our 8th grade students have been working really hard for this opportunity to share Jesus's path to the Cross with us. It is always a beautiful event that reminds us of the true sacrifice Jesus made for us.

On behalf of all the faculty and staff at Sacred Heart of Jesus School, we hope you and your family have a blessed Easter season. Enjoy the break, we will see you back here on Monday, April 8th.

CANES FUNDRAISER Join us **TODAY** from 10 a.m. - 10 p.m. at Cane's on Government Street. Don't forget to **mention Sacred Heart** and they will donate 15% of their sales to our school. See flyer on page 5 for more information.

HELP FOR ST. LUKE'S EPISCOPAL CHURCH St. Luke's Episcopal Church fundraiser deadline is this Thursday! 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.

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.

SAVE THE DATE Sacred Heart's Annual Father Daughter Dance on Friday, April 19 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. 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).

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 and search for Sacred Heart School. The yearbooks will be delivered in the fall. Questions? Email Wendy Milam (WMilam@SacredHeartBR.com).

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.

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).

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!

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.



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

Congratulations to our track and field team for an amazing weekend at the Episcopal Meet. PR's were accomplished by many of the athletes! Results: 100 meter: Caleb Clark 2nd & James Rutledge 6th; 400 meter: Mathieu Brackeen 7th; 200 meter: Caleb Clark 3rd & James Rutledge 6th; 4x100 relay team: Mathieu Brackeen, James Rutledge, Andrew Brackeen, and Caleb Clark 2nd place; Long Jump: Caleb Clark 1st place & Mathieu Brackeen 6th place.

Volleyball, Track, and Baseball pictures are right after school on Wednesday, April 10. Be sure to bring your uniforms to change into for pictures

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

- **Volleyball**

April 12	5th Grade vs. St. Thomas More	5:45 p.m. @ Sacred Heart
April 12	6th/7th Grade vs. St. Thomas More	6:45 p.m. @ Sacred Heart
April 15	5th Grade vs. St. George	5:45 p.m. @ Sacred Heart
April 15	6th/7th Grade vs. St. George	6:45 p.m. @ Sacred Heart
April 18	5th Grade @ St. Thomas More	5:45 p.m. @ St. Thomas More
April 18	6th/7th Grade @ St. Thomas More	6:45 p.m. @ St. Thomas More

- **Track**

April 14 St. Aloysius Track Meet @ Catholic High



Baseball Game Candid

SACRED HEART HOME SCHOOL

NEWS AND REMINDERS

- **Much appreciation to those who donated, volunteered, and joined us for Trivia Night! It was a fun night!**
- **We wish everyone a wonderful Easter Break next week!**
- 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 25 - Caroline Bertrand (1st Grade Teacher)

April 15 - Gina Magri (2nd Grade Teacher)

April 27 Candice Brooks (Coordinator of Religions Education & Elementary Religion Teacher)

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

DATE & TIME:

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

LOCATION:

5020 Government St, Baton Rouge, LA



Reading Food Labels for Allergens

This weekend I made brunch for a group of 35 people. I traveled through the minefield of food allergies having guest with dairy, gluten, coconut, tree nut, kiwi, banana, and avocado allergies, I had to look at a lot of labels and make some things from scratch. There is an old saying, "Better the devil you know than the devil you don't." I say that to myself when I read food labels. With so many people allergic to so many things, we rely on food labels that are true and complete to keep people safe. It is more than just looking at the nutritional facts. For food allergies, the ingredient list and any warning labels are the most important. Packaged and processed foods often contain ingredients that are not labelled in a straightforward way. This can make reading food ingredient labels difficult, and it may be hard to know how a particular ingredient relates to an allergy.

Here are a few tips and things to keep in mind when reading a food label for food allergy:

Read the label every time.

Food manufacturers often change the ingredients of their products without modifying their packaging. A common example is a chocolate bar that may be labeled "peanut free" most of the year, whereas the version made for Halloween may be labeled "may contain peanuts."

Start with "Contains" Statement

"Contains" statements and Precautionary Allergen Labels (PALs) are notices that sometimes appear below "ingredients". It list in plain language the most common food allergies contained in that package.

What are PALs? These are statements that disclose if a food "May Contain" specific allergens, is made on shared equipment with other allergen-containing foods or is made in shared facilities with other allergen-containing foods. PALs are voluntary for manufacturers and are not regulated by the FDA. While by law they must be truthful, their meanings may vary depending on the manufacturer, their facilities, their equipment, and processes. Some manufacturers provide PALs, and they will appear below the "Contains" statement (which IS regulated by the FDA. *). Other wordings include:

- a. May contain X
- b. Made in a facility that uses or processes X
- c. Made on shared equipment with X
- d. Not guaranteed to be free of X

For people with gluten sensitivity, labeling can be inconsistent. Although wheat is mandated to be labelled as it is one of the big eight allergenic sources, other sources of gluten (barley and rye) are not. Therefore, it may be best to look for 'gluten free products' if the consumer has celiac disease.

What are the major allergenic sources that must be labeled? .

1. **Milk** (from cow). Someone allergic to cow's milk would likely react to milk from sheep, goats and maybe camels.
2. **Eggs** (from chickens). Someone allergic to chicken egg would also likely react to eggs from other birds.
3. **Fish** (fin fish including bass, flounder, trout, cod, salmon, shark, and skate)
4. **Crustacean shellfish** (shrimp, lobster, crab)
5. **Tree nuts** (for example: almonds, cashews, pistachios, pecans, walnut, hazelnut).
6. **Peanuts** (also called ground nut by some)
7. **Wheat** (any form, includes spelt, Kamut)
8. **Soybean** (soy)
9. **Sesame**

Are there labeling exceptions?

- Mustard and molluscan shellfish, such as oysters, clams, mussels, or scallops, are not required to be labeled as a major allergen.
- Any food product regulated by the Alcohol and Tobacco Tax and Trade Bureau.
- Raw agricultural products (corn, rice) may contain low levels of a different allergenic crop (soybean, wheat) due to shared farm equipment and are not labeled.
- Spices and colorants do not have to be labeled unless they are any of the big nine allergens. • Highly refined oils, like refined peanut or soybean oil, are exempted from allergen labeling requirements because the allergen proteins are destroyed during the refining process. While labels must disclose what kind of oil is used, the oil does not have to be listed as a major food allergen (MFA.)



Other Tips

- Read the detailed ingredients list at least TWICE.
- Allergy Apps can be helpful while shopping and for recalls.
- Pay close attention to recalls. You can subscribe directly to FDA Allergy Recall Alerts
- Look for certified products that comply with rigorous, auditable standards. 'CFF' certification certifies products and/or manufacturing facilities to be *free from* specific ingredients, like specific allergens or gluten or animal products.

Hidden Allergens

- Lecithin can be derived from soy, eggs, sunflower seeds, and corn. US food labeling does not require the label to specify which one.
- Imitation crab (surimi) can contain eggs, shellfish, fish, soy, and wheat, as well as corn or potato.
- Sesame seeds can also be called benne seeds, or benniseed, or til, or many other things.
- "Natural flavorings" and "Spices" are minefields of unknowns.

Learning how to read allergy warnings can help prevent allergic reactions. As with any allergy, the more ingredients it contains, the higher the risk for hidden allergens.

Wishing you a safe and Happy Easter,

Nurse Geri

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>1</p>	<h1>Easter Break</h1>			 <p>5</p>
<p>8</p> <p>Chicken Smackers Spaghetti and Cheese Buttered Corn Steamed Broccoli Diced Peaches</p> <p>Choice: Pizza</p>	<p>9</p> <p>Soft Tacos Taco Salad Cup Pinto Beans Salsa Garden Variety Veggies Sorbet Cup</p> <p>Choice: Chicken Smackers</p>	<p>10</p> <p>Chicken Parmesan with Spaghetti Garden Salad Garden Variety Veggies Apple Wedges Garlic Flatbread</p> <p>Choice: Chef Chicken Smacker Salad</p>	<p>11</p> <p>Hamburger/Cheeseburger Lettuce and Pickle Cup French Fries Garden Variety Veggies Tropical Fruit</p> <p>Choice: BBQ Pork Fries with Garlic Breadstick</p>	<p>12</p> <p>Pizza Buttered Corn Garden Variety Veggies Diced Peaches</p> <p>Choice: Baked Potato with Taco Meat</p>
<p>15</p> <p>Chicken Tenders Red Beans and Rice Garden Variety Veggies Pineapples Biscuit</p> <p>Choice: Pizza</p>	<p>16</p> <p>Chopped Beef Steak and Gravy Over Rice Spinach Madalline Garden Variety Veggies Peaches Roll</p> <p>Choice: Chicken Smackers</p>	<p>17</p> <p>Chicken Filet on Bun French Fries Lettuce and Pickle Cup Garden Variety Veggies Fresh Strawberries</p> <p>Choice: Chef Taco Salad</p>	<p>18</p> <p>Jambalaya White Beans Garden Variety Veggies Sorbet Cup Dinner Roll Celebration Cupcake</p> <p>Choice: BBQ Pork Fries with Dinner Roll</p>	<p>19</p> <p>Nachos Nacho Salad Cup Salsa Mexican Corn Garden Variety Veggies Orange Wedges</p> <p>Choice: Baked Potato with Taco Meat</p>
<p>22</p> <p>Honey Citrus Chicken Fried Rice Broccoli with Cheese Garden Variety Veggies Pineapples</p> <p>Choice: Pizza</p>	<p>23</p> <p>Spaghetti with Meat Sauce Garden Salad Garden Variety Veggies Orange Wedges Raisin Cinnamon Roll</p> <p>Choice: Chicken Smackers</p>	<p>24</p> <p>BBQ Pulled Pork Sandwich Baked Beans Garden Variety Veggies Lettuce and Pickle Cup Tropical Fruit</p> <p>Choice: Chef Caesar Salad</p>	<p>25</p> <p>Pizza Buttered Corn Garden Variety Veggies Red Apple Wedges</p> <p>Choice: BBQ Pork Fries with Garlic Breadstick</p>	<p>26</p> <p>Macaroni and Cheese Green Beans Garden Variety Veggies Strawberry Applesauce</p> <p>Choice: Baked Potato with Taco Meat</p>
<p>29</p> <p>Chicken Smackers Spaghetti and Cheese Garden Variety Veggies Vegetable Melody Diced Peaches</p> <p>Choice: Pizza</p>	<p>30</p> <p>Soft Tacos Taco Salad Cup Pinto Beans Salsa Garden Variety Veggies Sorbet Cup</p> <p>Choice: Chicken Smackers</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

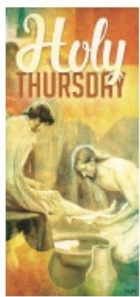
Sacred Heart of Jesus Catholic Church
2250 Main Street, Baton Rouge, LA

Register Online:
SpiritualDirection.com/Events

Questions? Email 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

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.



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