

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

APRIL 9, 2024

CALENDAR PEEK!

- 04.10 **VOLLEYBALL, TRACK AND BASEBALL PICS** (3 pm - meet in gym)
- 04.12 **SPIRIT SHIRT OR SUPER HERO 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)
- 04.19 **SPRING PEP RALLY** (1 pm in the gym)
- 04.19 **8TH GRADE VS. FACULTY VOLLEYBALL GAME** (after the pep rally)
- 04.19 **FATHER DAUGHTER DANCE** (6 pm in the PAC)
- 04.23-24 **TERRA NOVA TESTING** (3rd-8th grade)
- 04.25 **BIRTHDAY FREE DRESS** (April birthdays)



PRINCIPAL'S POST

By: Michael Miller

Greetings everyone!!

Happy Easter season. I hope all of our students, parents, faculty, staff, and parishioners had a wonderful break.

I would like to encourage everyone to be a "Superhero" and join us for our [annual school auction](#), this Saturday at 6 pm. This event is the primary fundraiser for our Home and School and is a tremendous benefit for our students and staff. Come dressed as your favorite superhero, because it is a whole lot of fun! If nothing else, you should come to see what Father Josh, Mrs. Jones, and Mr. Miller are wearing.

I really want to thank the chairs of our auction committee and all of our Home and School parents. Especially our Co-Chairmen, Leah Bergeron and Ashley Sensley Square. This is a year round commitment for them and their families, and they are truly appreciated.

Finally, next week is our 3rd grade musical on Wednesday, April 17th at 2 pm. Come out and enjoy a Broadway quality musical put on by Ms. Rianna Reed, Ms. Amanda Moran, and the 3rd grade students.

Thank you for your belief in the Sacred Heart of Jesus Church and School. See you Saturday!!

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

TIGER AUCTION Tickets are on sale now for our annual school auction and the bidding has begun! Join us this Saturday at 6 p.m. [Click here](#) to visit the auction website to find valuable information regarding ticket information, and paddle calls.

CHILDREN'S CHOIR The Children's Choir will sing this Sunday, April 14th at the 11:00 Mass with the Adult Choir. Any child in 4th - 8th Grade is welcome! Please try to attend practice at 10:15 in the choir room in the Parish Hall.

FATHER DAUGHTER DANCE 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. See the registration form on page 5. For any additional questions, please contact Joanna Canezaro at joanna.canezaro@gmail.com. We are looking forward to a fun night!

A NIGHT OF THE ARTS Please join us for a Night of the Arts on Saturday, April, 27th from 5-7 pm. We will showcase student art work, choir and Spanish performances. Doors will open at 5:00 pm to view the art show. The choir will perform at 6:00 in the newly renovated prayer room and at 6:30 students will perform an authentic flamenco dance in the grassy area of the school yard (weather permitting).

VAGABOND MISSION In August of 2023, the Vagabond Mission team of Baton Rouge began their work with our neighborhood youth. The 4 team members (Deacon Michael Parker, Kendrick Slan, Alanna Thibodeaux, and Sarah Vicknair) are often seen at school events or even walking down the streets near the school and church. Two times a week they visit Capitol High School to play games and sometimes bring the students treats. Every Tuesday, they invite students from the neighborhood to the Sacred Heart Parish Activity Center for "underground", which is a safe place for them to hang out after school to play basketball, connect with friends, and hopefully get to know Jesus. Our Vagabond Mission team is building friendships and serving teens within the geographical boundaries of Sacred Heart to bring them the Good News. For more information visit www.vagabondmissions.com.

RED STICK MOM'S TEACHER OF THE YEAR AWARD Red Stick Mom's is asking for nominations for teacher of the year. [Click here](#) if you would like to nominate one of our wonderful teachers here at Sacred Heart.

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 deadline to place your order is Friday, April 26. 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



Congratulations to our middle school baseball team and coaches on a successful season!

Congratulations to Gianna Canezaro for running the crescent city classic 10K over the break and finishing at 1:08!

Volleyball, Track, and Baseball pictures are right after school TOMORROW. 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
April 24	5th Grade vs. St. George	5:45 p.m. @ Sacred Heart
April 24	6th/7th Grade vs. St. George	6:45 p.m. @ Sacred Heart

- **Track**

April 14	St. Aloysius Track Meet @ Catholic High
April 28	Middle School Track Championship @ Catholic High



Gianna at the Crescent City Classic



Middle School Baseball Team

SACRED HEART HOME SCHOOL

NEWS AND REMINDERS

- Welcome back!!! We hope that everyone had a wonderful Easter break!!!
- **It's OUR SUPER SACRED HEART AUCTION WEEK!!!** This Saturday, April 13!! Purchase your ticket now if you have not done it yet!!! Our SUPER ITEMS are up to review and bid on now! [Click here to visit the auction site.](#) For questions, contact our Chairs Leah Bergeron (leahberg7@gmail.com) or Ashley Sensley-Square (asensley@att.net).
- There are still a few opportunities to volunteer to help clean up after the auction to earn double PIP hours. Please see the sign-up email sent on March 27.
- **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

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

COME ONE COME ALL

AND JOIN US FOR THE GREATEST SHOW ON EARTH

SACRED HEART'S ANNUAL

FATHER DAUGHTER DANCE

FRIDAY, APRIL 19, 2024

7:00 UNTIL 9:00 PM

SACRED HEART PARISH ACTIVITY CENTER

ADVANCE TICKETS:

\$40 PER COUPLE

\$10 PER ADDITIONAL GIRL

ADVANCE TICKETS DEADLINE

MONDAY, APRIL 15TH

TICKETS AT THE DOOR:

\$50 PER COUPLE

\$10 PER ADDITIONAL GIRL

HOSTED BY GIRL SCOUT TROOP 10278

FATHER DAUGHTER COUPLE: 1 @ \$40.00: \$40.00

ADDITIONAL GIRL(S): # @ \$10.00 PER GIRL: \$

TOTAL: \$

GIRL SCOUT FUN PATCH: # FREE FOR GIRL SCOUTS

DAUGHTER(S) NAME(S): _____ GRADE/CLASS

MAKE CHECKS PAYABLE TO GIRL SCOUT TROOP 10278

RETURN TO JOANNA CANEZARO C/O GIANNA 8TH GRADE BY MONDAY, APRIL 15TH

SONG REQUEST: SONG NAME ----- ARTIST -----

PHOTOGRAPHY BY LAYNE PHOTOGRAPHY

PACKAGES TO BE PURCHASED DIRECTLY WITH THE PHOTOGRAPHER THE NIGHT OF THE DANCE

(SEE PHOTO ORDER FORM FOR DETAILS)



night
of the
Arts

LOCATION:
SACRED HEART SCHOOL
ART ROOM
CHAPEL
SCHOOL YARD

SATURDAY

27

APRIL

DOORS OPEN AT 5:00 PM

We are so very GRATEFUL for you!



PLEASE JOIN US FOR THE

School
Volunteer
Mass

WITH VOLUNTEER RECOGNITIONS

FRIDAY, MAY 3, 2024

AT 08:00 AM
SACRED HEART OF JESUS CHURCH
*RECEPTION TO FOLLOW



The Breakfast Club: More than Just an Old Movie

One kid can't find their math book, the other is still in the bathroom, and you just spilled your coffee (while trying to find the math book). Mornings are chaotic enough. And you're supposed to make breakfast, too? Mornings are hard, but breakfast doesn't have to be. You've heard it before: Breakfast is the most important meal of the day. Actually, every meal is the most important meal of the day, but starting the day with a healthy meal is a worthy habit, especially for growing kids.

It is worth the (minor) effort to make sure your kids start their day with a healthy meal. Their breakfast should fill them up and keep them full when they go in for that first class of the day.

The Benefits of Breakfast

- A full belly in the morning gives kids the energy they need to learn and grow.
- Researchers have found that children who eat breakfast perform better on tests of attention and memory and have better academic performance.
- Morning meals are also associated with healthier body weight. Research shows that children who regularly eat breakfast are more likely to be a healthy weight than peers who skip breakfast.

How To Build a Healthy Breakfast for Kids

Go For the Dream Team

Your go-to formula should be protein (eggs, cheese, nut or seed butter) plus a carbohydrate — preferably a whole grain or a piece of fruit. The protein keeps little bellies full, while the carb provides healthy energy.

Mix It Up

Got extra time on a Saturday morning? Let your littles try something new. Blend some colorful smoothies with their fruits of choice or take whole grain flatbread and cover it with scrambled eggs, turkey sausage and cheese. Top it with avocado and salsa and voila – homemade breakfast pizza!

Keep It Varied

Variety is the spice of life and the key to a healthy diet. You don't have to offer a buffet every morning. But during the week, offer a variety of fruits, veggies, grains, protein, and dairy.

Plan Ahead

- Prepping breakfast the night before can be a sanity-saver during hectic mornings.
- Boil and peel eggs on Sunday evening that can be eaten all week.
- Make egg bites, muffins and other favorite in batches and freeze them. 20 seconds in the microwave in the morning and yum!
- Have a section of the freezer dedicated to ready breakfast food. It's hard enough to find the coffee in the morning, much less riffle around the freezer.

Healthy Breakfast Ideas: A Starter List

- Plain Greek yogurt topped with a sprinkling of high-fiber, lower-sugar cereal, and a handful of fruit.
- Whole grain English muffin with a microwaved egg and a slice of cheese (quick breakfast sandwich).
- Whole-wheat toast with natural peanut butter. A hard-boiled egg and a piece of fruit (quick, out the door, protein-carb pairing).
- Low sugar instant oatmeal with a swirl of nut butter and berries.
- Overnight oats prepared the night before – get creative with the mix-ins and let the kids prepare them.
- Breakfast tacos (shredded cheese or scrambled eggs on a tortilla, topped with salsa).

Leftover Dinner for Breakfast?

I have walked in the kitchen most mornings to find my youngest daughter eating leftover dinner for breakfast. There's always a protein and carbs on her plate. I see that as a win.

Get Inspiration from Others and Have Fun (Note the Pig in a Pool Recipe)

[Make-Ahead Breakfast Ideas for the Week | Recipes \(tasty.co\)](#)

[25 Best Make-Ahead Breakfast Recipes - Insanely Good \(insanelygoodrecipes.com\) 19](#)

[Make-Ahead Breakfast Recipes You Can Make in a Muffin Pan - Brit + Co](#)

Wishing you a good start every day this week and I hope you find that math book,

Nurse Geri

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



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