

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 23, 2024

CALENDAR PEEK!

04.23-24	TERRA NOVA TESTING (3rd-8th grade)
04.25	BIRTHDAY FREE DRESS (April birthdays)
04.25	4TH & 5TH GRADE FIELD TRIP
04.25	LIP SYNC BATTLE (1:45 pm in the gym)
04.26	MASS (8 am in the church led by 7th grade)
04.26	8TH GRADE RETREAT
04.27	A NIGHT OF THE ARTS (5-7 pm in the art room, prayer room & yard)
04.28	1ST COMMUNION (at the 11 am Mass)
04.28	ART SHOW (after the 11 am Mass in the main school building)
05.03	SPIRIT SHIRT DAY
05.03	MAY CROWNING (8 am in the church)
05.03	VOLUNTEER MASS & RECEPTION (8 am in the church led by 8th grade)
05.03	MIDDLE SCHOOL END OF THE YEAR DANCE (6 pm in the gym)



PRINCIPAL'S POST

By: Michael Miller

Greetings to All!

Well, it is getting to be that time of the year when school begins to wind down but time seems to fly!

Last week Father Josh, Mrs. Jones, Mrs. Broyles, Ms. Calandro, myself, and a squad of 8th grade students and moms went to New Orleans for our 8th grade trip. I have to say that it was a blast! My favorite was celebrating Mass at the Notre Dame Seminary Chapel; it is absolutely beautiful. Then on Wednesday, we had our 3rd grade musical, which was an outstanding show! Many thanks to all our enrichment teachers for their help and a big shout out to Ms. Reed and Ms. Moran for inspiring the 3rd grade to such an amazing performance. If that was not enough, on Friday we had our spring sports pep rally and our 8th grade vs. faculty and staff volleyball game. I was worried that this was the year we would be beaten by the 8th grade. Not to grind them or anything but that did not happen (still undefeated).

Terra Nova testing is today and tomorrow, but if you want to watch some fun, come out to the 8th grade vs. faculty and staff lip sync battle on Thursday afternoon. It is always a lot of fun and is sure to be entertaining. Friday, we have 8th grade retreat, Saturday is "Night of the Arts" and Sunday is 1st Holy Communion. It is a busy week, but I'm certain these are memories just waiting to be made. Thank you for your belief and support of Sacred Heart of Jesus School and Church.

TERRA NOVA TESTING SCHEDULE Terra Nova testing is today, April 23 and tomorrow, April 24. Testing on Tuesday will begin at 8:15 am and end at 10:45 am. Wednesday students will test from 8:15 am-9:30 am. Thursday and Friday are makeup days. Please be sure to send your student to school on time and feed them a healthy breakfast.

YEARBOOK DEADLINE The last day to purchase a yearbook for the 2023-24 school year is **THIS FRIDAY, April 26**. 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).

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). The art show will be open again on Sunday, April 28 after the 11:00 am Mass.

MAY CROWNING Please join us for May Crowning after Mass on May 3. Students are invited to bring a flower for Mary.

FATHER DAUGHTER DANCE The annual father/daughter dance has been rescheduled to Saturday, May 4th from 6:00 - 8:00p in the Sacred Heart school gym. The new deadline for advance tickets is Tuesday, April 30th. For those of you who have already turned in registration and are no longer able to attend, please email Joanna Canezaro at joanna.canezaro@gmail.com and your payment will be returned to you. For those who have registered and will still attend, no action is needed. For all new registrations, please complete the form on page 7 and return it to Joanna Canezaro c/o Gianna Canezaro - 8th grade, or complete the registration form found [here](#) and send payment by Tuesday, April 30th.

ADVISORY BOARD ELECTIONS The Nomination/Election Committee has received seven nominations of qualified candidates for the Advisory Board. Please review the document that was emailed today to learn more about the candidates and [click here](#) to vote Please select one individual on the ballot and note, only one vote per family is allowed. If you have multiple children, please use the name of your oldest child. Lastly, submit your votes via the electronic ballot by 12 pm, Tuesday, April 30, 2024. Thank you for your continued support of Sacred Heart of Jesus School.

LOST AND FOUND If your child is missing a sweatshirt, please have them check the lost and found cubby. We have A LOT of sweat-shirts (with no names in them) on those shelves.

SCHOOL SUPPLIES I know this year has not ended yet, but school supplies for the 2024-25 school year are available for purchase. See the flyer on page 8 for more information.

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.

ANNUAL SCHOOL CALENDAR The [annual school calendar](#) for the 2024-25 school year is ready! See page 9 for the first day of school and holidays for next year.

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!

Our last home game for volleyball is this Wednesday and our last track meet is this weekend. Come out and support our tigers!

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

- **Volleyball**

April 24

April 24

April 29

5th Grade vs. St. George

6th/7th Grade vs. St. George

6th/7th Grade @ St. Jean Vianney

5:45 p.m. @ Sacred Heart

6:45 p.m. @ Sacred Heart

6:45 p.m. @ St. Jean Vianney

- **Track**

April 28

Middle School Track Championship @ Catholic High

Spirit Week, Pep Rally, & 8th Grade vs. Faculty Volleyball Game



SACRED HEART HOME SCHOOL

NEWS AND REMINDERS

- We are still feeling SUPER about our auction night! But there is still an opportunity to sign up for FREE DRESS WEEK PASS for the week of April 29-May 3 for \$25! The deadline to sign-up is Thursday, 4/25. Please [click here](#).
- TIGER SHOP IS OPEN 24/7! Don't forget to buy yourself, friends, and family Sacred Heart merch and gear for your summer wear! It's a great way to help support our school! [Click here to shop](#).



HAPPY BIRTHDAY

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

May 26 - Michael Miller (Principal)

May 27 - Rianna Reed (Music Teacher)



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



COME ONE COME ALL

AND JOIN US FOR THE GREATEST SHOW ON EARTH

SACRED HEART'S ANNUAL

FATHER DAUGHTER DANCE

SATURDAY, MAY 4, 2024

6:00 UNTIL 8:00 PM

SACRED HEART SCHOOL GYM

ADVANCE TICKETS:

\$40 PER COUPLE

\$10 PER ADDITIONAL GIRL

ADVANCE TICKETS DEADLINE

TUESDAY, APRIL 30TH

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 TUESDAY, APRIL 30TH

SONG REQUEST: SONG NAME _____ ARTIST _____

PHOTOGRAPHER WILL BE ONSITE

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

Order online **today!**

Dear parents,

We are happy to announce that we have chosen to sell prepackaged school supplies for the next school year through School Tool Box.

It doesn't get any easier than this!

- Put your zip code in the box at **SchoolToolBox.com**
- Find the school, then choose your child's new grade
- Each supply box matches your teacher's approved list
- Supplies are name-brand and guaranteed all school year



SCHOOL TOOL BOX

schooltoolbox.com

800-952-1119

Your order supports



One Box, One Meal

School Name:

Sacred Heart of Jesus School
Baton Rouge, LA 70802

Ordering Available:

April 22nd - May 15th

Pick-up date at school:

In classroom on first day



Notes



Scan here to view your school's boxes and place your order today!



Annual School Calendar

2024



2025

Sacred Heart of Jesus

July

July 25
New Family
Night @ 6 pm

August

August 1-7
Teacher In-
Service
August 8
First Day of School

September

September 2
Labor Day
Holiday

October

October 18 & 21
Fall Holidays
October 22
Students return
to school

November

November 22
1/2 day
November 25 - 29
Thanksgiving
Holidays

December

December 2
Students return
to school
December 20
1/2 day
**December 23-
January 6**
Christmas Holidays

January

January 6
Teacher In-Service
January 7
Students return
to school
January 20
Martin Luther King,
Jr. Holiday

February

February 28
1/2 day

March

March 3-7
Mardi Gras
Holidays
March 10
Students return
to school

April

April 17
1/2 day
April 18-25
Easter Holidays
April 28
Students return
to school

May

May 22
Last Day of
School

June



Self-Regulation and Emotional Regulation: It's all the same, right?

Self-regulation. Emotional regulation. There's a difference. You might not be sure exactly what those buzzwords mean. But you do want to help your child get to a settled place when their big emotions seem to take over in hurtful ways. It can be so discouraging when you offer to help your child calm down, and they respond, NOOOOO! and the big emotions get even bigger!!

What is self-regulation? How is it different from emotional regulation?

Self-regulation is the ability to monitor and manage your "arousal state" or energy level. More specifically, it means *being aware of your energy level (and basic emotions)* that result from either external experiences and/or your internal thoughts. The next step is *choosing strategies to adjust* your energy level for the most effective response.

Energy self-awareness + healthy coping strategies = SELF-REGULATION

As an adult, this might look like, "I am *losing' it!!* I'm going to go take a walk and cool down!" With the strong, rhythmical, calming muscle-joint input of walking as you take a brisk walk, you use up the fight/flight chemistry that has started to flood your system. This helps your brain decide "the danger is over," and your frontal lobe begins to function again.

That's self-regulation, and it preps you for the next step: emotional regulation.

Emotional regulation

Emotional regulation is when you understand, evaluate, and even problem-solve what you are feeling. Sometimes self-regulation and emotional regulation get mixed up in pop terminology.

Emotional regulation involves the skills to answer these questions:

- What am I feeling?
- What thoughts or beliefs are driving those feelings?
- What is a wise course of action? (i.e., let it go or ideas to solve the problem)

Energy self-awareness + healthy coping strategies + *emotional insight* = EMOTIONAL REGULATION This kind of emotional insight is a complicated and often slow process. The brain will shut the process of emotional regulation down in fight-or-flight because emotional regulation gets in the way of quick, self-protective, fight-or-flight reactions.

So much hurt can be caused by family members who just lash out and move on, with no awareness of what is happening under the surface. If they never learn any new ways to handle intense emotions, the cycle just repeats.

So, if you want to learn new skills as you work through the frustrations of family life, remember this:
self-awareness → **calming strategy** → **emotional insight** a *vital sequence for both parents and kids.*

Energy self-awareness + healthy coping strategies + *emotional insight* = EMOTIONAL REGULATION

Adults often regulate themselves and don't realize it.

Most of us have a go-to strategy when we need to calm down. Those are really important skills to have as a parent, especially when they keep us from "losing' it" with our kids!

- Deep, rhythmical breaths.
- A few minutes in a quiet room away from the chaos.
- A phone call to a friend.

- A cup of tea.
- A funny TV show.

These are self-regulation activities, and you probably know which self-regulation activities help *you*. *We do these things without even realizing they are helping us calm down!* But for our kids' **unstable, developing brains**, it's another story...

What happens in fight-or-flight and how your child's five senses can help?

When your child is having a tantrum, their fight-or-flight system has "hijacked" their brain, and they have lost control. This does not ignore the role of choice, and responsibility in a child's (or adult's) outburst. But for all of us, when needs and stress are high and skills are low, it's very difficult to make a wise choice. Dysregulation is a neurological challenge. Because of that, you can think of your child's outburst as primarily a brain issue, not a character issue.

In your child's outburst, the blood flows out of the frontal lobe (where emotions are processed) and into the motor cortex and big muscles to prepare him/her for physical self-protection. Even if there's no physical danger, it's the *same self-protection system*.

When a person is in true danger, they cannot stop and consider, "Hmmm, what am I feeling right now?" That would slow down quick self-defense reactions, so emotional insight shuts down in fight-or-flight.

For a child to grow in emotional regulation and emotional intelligence, they need to calm down enough to get their frontal lobe "back online" and ready to process emotions.

Using the body for self-calming sensory activities

"Motion changes emotion." Sensory activities do two important things:

1. They use up the **big muscle fight-or-flight chemistry** so that it doesn't feed an ongoing anxious state.
2. They tap into the miracle of our sensory systems to **signal an "all-clear."** *Life is calm and pleasant, so the danger must be over.*

By helping your kids learn self-regulation skills, their frontal lobes can resume functioning. Only then can they figure out what's going on in them and what to do about it.

Self-regulation needs instruction and practice

For a small percentage of kids, self-regulation comes naturally. **For most others, they need a lot of instruction and practice.** So don't be discouraged that your children aren't emotional regulation masters!

You've probably experienced trying to get your kids to talk about why they got upset and made a poor choice. But... their brains were still in fight-or-flight. What happened? They are most likely to either shut down or get even more upset. The conversation was probably anything *but* a wisdom-building, emotionally regulating discussion!

Why is teaching self-regulation important?

Self-regulation is a stepping stone to emotional intelligence. These two skills will impact your kids' ability to make and maintain lifelong relationships.

This may seem a bit scary if you've got a child that loses their cool easily, blames everyone else, and has little awareness about what is going on in them. But there's plenty of hope!

Wishing you calm and peaceful emotional regulations in the final weeks of school,

Nurse Geri

Monday

Tuesday

Wednesday

Thursday

Friday

Easter Break



1

2

3

4

5



Chicken Smackers
Spaghetti and Cheese
Buttered Corn
Steamed Broccoli
Diced Peaches

8

Soft Tacos
Taco Salad Cup
Pinto Beans
Salsa
Garden Variety Veggies
Sorbet Cup

9

Chicken Parmesan
with Spaghetti
Garden Salad
Garden Variety Veggies
Apple Wedges
Garlic Flatbread

10

Hamburger/Cheeseburger
Lettuce and Pickle Cup
French Fries
Garden Variety Veggies
Tropical Fruit

11

Pizza
Buttered Corn
Garden Variety Veggies
Diced Pears

12

Choice: Pizza

Choice: Chicken Smackers

Choice: Chef Chicken Smacker Salad

Choice: BBQ Pork Fries with Garlic Breadstick

Choice: Baked Potato with Taco Meat

Chicken Tenders
Red Beans and Rice
Garden Variety Veggies
Pineapples
Biscuit

15

Chopped Beef Steak and Gravy
Over Rice
Spinach Madalaine
Garden Variety Veggies
Peaches
Roll

16

Chicken Filet on Bun
French Fries
Lettuce and Pickle Cup
Garden Variety Veggies
Fresh Strawberries

17

Jambalaya
White Beans
Garden Variety Veggies
Sorbet Cup
Dinner Roll
Celebration Cupcake

18

Nachos
Nacho Salad Cup
Salsa
Mexican Corn
Garden Variety Veggies
Orange Wedges

19

Choice: Pizza

Choice: Chicken Smackers

Choice: Chef Taco Salad

Choice: BBQ Pork Fries with Dinner Roll

Choice: Baked Potato with Taco Meat

Honey Citrus Chicken
Fried Rice
Broccoli with Cheese
Garden Variety Veggies
Pineapples

22

Spaghetti with Meat Sauce
Garden Salad
Garden Variety Veggies
Orange Wedges
Raisin Cinnamon Roll

23

BBQ Pulled Pork Sandwich
Baked Beans
Garden Variety Veggies
Lettuce and Pickle Cup
Tropical Fruit

24

Pizza
Buttered Corn
Garden Variety Veggies
Red Apple Wedges

25

Macaroni and Cheese
Green Beans
Garden Variety Veggies
Strawberry Applesauce

26

Choice: Pizza

Choice: Chicken Smackers

Choice: Chef Caesar Salad

Choice: BBQ Pork Fries with Garlic Breadstick

Choice: Baked Potato with Taco Meat

Chicken Smackers
Spaghetti and Cheese
Garden Variety Veggies
Vegetable Melody
Diced Peaches

29

Soft Tacos
Taco Salad Cup
Pinto Beans
Salsa
Garden Variety Veggies
Sorbet Cup

30

Choice: Pizza

Choice: Chicken Smackers





arts council
GREATER BATON ROUGE

DEAR MAGNET SCHOOL
PRINCIPALS,

I hope that this letter finds you well. My name is Shamira Gatz, I am one of six district leaders heading a new national arts project hosted by the Arts Council of Greater Baton Rouge. The project is called "Arts for Everybody", and we are thrilled to partner with the EBR Fine Arts Department for this event. I am overjoyed to open this opportunity to all EBR students to continue experiencing the magic of performing arts this summer. On July 27th, we will be presenting a performing arts show with a multitude of different dance styles, acting, and music. AUDITIONS are next Saturday, April 27th, at the Arts Council downtown. Casting will be divided in three separate time blocks according to age brackets. Myself and Mike Esneault are spearheading this event and can't wait to spread the word with your help. We have EBR Central Office/EBR Communications Department approved marketing materials for your students. Thank you for your continued support of the arts, and recognizing the power in bringing a community together.



225-439-2228
fortheloveofdance@yahoo.com
3446 Drusilla Ln. BR, LA 70809
ftldstudios.com

OUR BEST,

Shamira Gatz

District Leader
(Owner/Director FTLD Studios)

ACGGBR- Director of Arts In Education



This program or event is sponsored in whole or part by the U.S. Department of Health and Human Services-Office of Minority Health and the City of Baton Rouge



arts council
GREATER BATON ROUGE

Dance Auditions

**April 27th
2024
3:00pm-7:30pm**

Audition blocks:

**Ages 6-9yrs 3pm-4:30pm
Ages 10-12yrs 4:30pm-6:00pm
Ages 13-17yrs 6:00pm-7:30pm**

**ARTS
FOR
EVERY
BODY**

ONE NATION/ONE PROJECT

Open casting call EBR students
ages 6-17 welcome!

Wear ALL Black

Dance shoes required:

Jazz, ballet, and sneakers for hip-hop.

Audition Location:

**Arts Council of Greater Baton Rouge
233 Ferdinand St. BR, LA 70802**

Show dates: July 26th & 27th 2024



This program or event is sponsored in whole or part by the *U.S. Department of Health and Human Services-Office of Minority Health* and the *City of Baton Rouge*

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