

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

MAY 7, 2024

CALENDAR PEEK!

- 05.06-05.10 **TEACHER APPRECIATION WEEK**
- 05.08-05.10 **8TH GRADE EXAMS** (dismiss @ 11 am)
- 05.09 **BIRTHDAY FREE DRESS** (May & June birthdays)
- 05.10 **MASS** (8 am in the church led by 3rd grade)
- 05.11 **CYO SOFTBALL TOURNAMENT** (Cancelled)
- 05.12 **CHILDREN'S MASS** (11 am in the church)
- 05.13 **DESTROY THE DRESS CODE** (see flyers on pages 8-10)
- 05.13 **8TH GRADE FAMILY NIGHT DINNER** (6 pm in the school gym)
- 05.14 **8TH GRADE PROMOTION PRACTICE** (8 am) **FINAL WALK** (10:30 am)
- 05.14 **8TH GRADE VS. PARENTS KICKBALL GAME** (after the final walk)
- 05.15 **8TH GRADE PROMOTION PICTURE** (5:30 pm in front of the church)
- 05.15 **8TH GRADE PROMOTION** (6 pm in the church)
- 05.16 **PRE-K AND K SPLASH DAY**
- 05.17 **MASS** (8 am in the church led by 4th grade)
- 05.17 **KINDERGARTEN CLOSING CEREMONY** (9 am in the Parish Hall)



PRINCIPAL'S POST

By: Michael Miller

Greetings to All!

Happy teacher appreciation week to our amazing teachers! I am so grateful for their hard work and dedication to our school and our students. Please refer to the email from Mrs. Alexis for more information on how to participate. This is the last week of school for our 8th grade. We have truly been blessed by the leadership of this 8th grade class. They are such a great group of young people! They give me hope for the future and they will surely be missed. Shout out to Ms. Charlotte Boudreaux our Principal of the Day, last Friday, May 3rd; she is amazing in every way. I am proud to have had a small hand in the development of this group of graduates.

Eighth grade exams begin tomorrow! And don't forget about the 8th Grade Family Night Dinner on Monday, May 13th, from 6-8 pm. Tuesday, May 14th is Mass and 8th grade graduation practice, the final walkthrough of the school, and a kickball game for 8th graders vs. their parents. Last but not least, Wednesday, May 15th is the 8th grade promotion ceremony at 6 pm.

Please join us this Sunday, May 12 for Children's Mass at the 11:00 service. Choir students in grades 4th-8th will be invited to sing in the loft with the adult choir. We love when we have the opportunity to bring the church and school together! And Happy Mother's Day to all of our wonderful Sacred Heart Moms!

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

2251 Main Street

Baton Rouge, Louisiana 70802

225.383.7481

225.383.1810 (f)

www.SacredHeartBR.com

Non-discriminatory admissions

Continued on page 2

WHAT'S HAPPENING!

Continued from page 1

CHEER TRYOUTS Cheer tryouts are on today and tomorrow for girls that will be in 5th-8th grade next year. Questions? Contact Maggie Calandro (MCalandro@SacredHeartBR.com).

CHILDREN'S MASS This coming Sunday, May 12th, is the 2nd Sunday of the Month (The Ascension of the Lord), so it's the Kids Mass. All students in Grades 4-8 are welcome to join with the Adult Choir in the loft. If possible, please meet in the Choir Room in the Parish Hall at 10:10. Families are welcome to sit in the choir loft as well (Communion is brought upstairs). Listed below are the songs that will be played during Mass. They are clickable links for you to listen and practice.

[Opening: Holy, Holy, Holy](#), [Offertory: We Walk By Faith](#), [Communion 1: Worthy is the Lamb](#), [Communion 2: This Bread That We Share](#), [Recessional: Alleluia! Sing to Jesus](#)

DESTROY THE DRESS CODE Is a reward for students in grades 3-8 who have earned a certain number of Accelerated Reader points. The more AR points a student earned, the more of the dress code he or she will get to "destroy" that day! See flyers on pgs. 8-10.

SCHOOL SUPPLIES The deadline to order your school supplies for the 2024-25 and have them delivered to school is May 15. Questions? Contact Narkita Roscoe (roscoenarkita@gmail.com). See the flyer on page 7 for more information.

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

ANNUAL SCHOOL CALENDAR The [annual school calendar](#) for the 2024-25 school year is ready!

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!

Fr. Josh Johnson

INVITES YOU TO HIS

10th Anniversary
of Ordination

MASS, ADORATION, & PARTY
ROSARY @ 5:30 PM, AND MASS @ 6 PM

FRIDAY | MAY 31 | 6 PM

SACRED HEART OF JESUS CHURCH
2250 MAIN STREET, BATON ROUGE, LA

ATHLETIC CALENDAR: Contact Athletic Director Amy Daughdrill at adaughdrill@sacredheartbr.com with any questions.

Congratulations to the 6th/7th grade volleyball team for an UNDEFEATED SEASON!!

Congratulations to Peyton Landry and her Louisiana United Basketball Club (AAU) teammates as they traveled to Atlanta, GA and participated in circuit play this past weekend. They finished 2-1 for the weekend with 2 impressive wins on Sunday. One win coming by 30 points and another by 50 points. Peyton contributed in a major way by averaging 7 points, 8 rebounds, various steals, and blocked shots each game. We would like to ask that our Sacred Heart of Jesus family to keep them in prayer as the Landry and LUBC Family continue to travel to various states competing. Thank you!



Student life lately...



SACRED HEART HOME + SCHOOL

NEWS AND REMINDERS

- It's time to order **SCHOOL SUPPLIES** for next school year (2024-2025)! The deadline to order and have it shipped to school is **May 15th**. It's quick and easy, and one more thing you can check off your to-do list! School Tool Box has made it easy and hassle-free for families to order supplies and have them shipped directly to school, labeled with your student's name, and packed in an individual keepsake box. School Tool Box also has a one school year warranty guarantee on all products! Visit www.schooltoolbox.com to order and see flyer below for more details.
- **CALLING ALL VOLUNTEERS!** If you are interested in being more involved with Home and School for next school year, please contact Home and School Co-Presidents Kecia Campbell (keciacampbell@yahoo.com) or Lori Stoeckle (lori.stoeckle@gmail.com).
- **THANK YOU** to all our volunteers this year, especially our Volunteer of the Year Award recipients, Leah Bergeron and Rob & Keri Hetherington, Staff Appreciation Award recipient, Alexis Williams, and our Lifetime Volunteer Achievement Award recipient, Jennifer Thibodeaux. Sacred Heart appreciates you!!!



HAPPY BIRTHDAY

May 26 - Michael Miller (Principal)

May 27 - Rianna Reed (Music Teacher)

CHEER TRYOUTS



**TUESDAY, MAY
7TH FROM 3-5**

**WEDNESDAY, MAY
8TH FROM 3-3:45**

**TUESDAY: LEARN THE
CHEER AND DANCE
WEDNESDAY: TRYOUTS**

LOCATION: MAIN GYM

**ANY QUESTIONS PLEASE EMAIL
MAGGIE CALANDRO AT MCALANDRO@SACREDHEARTBR.COM**

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!





Don't miss our best storewide sale of the year!

IN-STORE AND ONLINE

SAVE 15% IN MAY



You'll also get \$10 in School Time Bucks for each \$100 spent in-store and online in May.

Sacred Heart of Jesus School

**15%
off**

**FRIDAY, JUNE 21 &
SATURDAY, JUNE 22, 2024**

Save on your entire purchase in-store and online during your school's sale days!

We'll also give you \$5 in School Time Bucks for each \$100 spent in June!
Use code **GOLDTIGER1** to get **FREE SHIPPING** and 15% off.

..... **WWW.SCHOOLTIMEUNIFORMS.COM**

If you miss your school's sale days, you can still **save 10% all month in June** in-store and online!

You will also get \$5 in School Time Bucks for each \$100 spent.

Why do parents love shopping at School Time?

We have a wonderful staff ready to help you find exactly what you need. We also allow returns and exchanges even when logos are on your items.

**WE OFFER
LAYAWAY**

DESTROY THE DRESS CODE DAY

Level Guidelines

Students in grades 3-8 will receive their official levels on Friday, May 10th. We will celebrate “Destroy the Dress Code” on Monday, May 13th. Please read over the following guidelines carefully and contact Mrs. Jones (sjones@sacredheartbr.com) or Mrs. Payne (spayne@sacredheartbr.com) if you have any questions!

Level 1: You may wear non-uniform socks and colorful tennis shoes. No other shoes are allowed.

Level 2: You may wear a non-uniform, loose-fitting shirt (with sleeves) and a non-uniform jacket, sweatshirt, or sweater.

Level 3: You may wear capris, jeans, athletic shorts, skirt, or shorts that are midhigh or longer. No short shorts, leggings, jeans with holes or rips, or pajama bottoms. If you reach level 3, you may wear a onesie.

Level 4: You may wear non-uniform accessories such as sunglasses, necklaces (no hoop earrings) bracelets, rings, fingernail polish, and baseball caps. No masks.

Level 5: You may wear face paint and temporary tattoos that are appropriate for our Catholic school. For example: an LSU tattoo on your cheek, face painted cat whiskers, etc. No makeup.

Level 6: You may wear fun hair accessories! This includes bows, ribbons, crazy hats (other than baseball caps), wigs, colorful clip-ins, and TEMPORARY hair color. Please make sure your appearance (including natural hair color and removal of fingernail polish and temporary tattoos!) is back to normal by Tuesday, May 14th.

DESTROY THE DRESS CODE DAY

When?

Monday, May 13, 2024

How does it work?

It is a reward for students in grades 3-8 who have earned a certain number of Accelerated Reader points. The more AR points a student earned, the more of the dress code he or she will get to “destroy” that day!

How do I know what level my student earned?

A note will be sent home Friday, May 10th letting you and your child know how many points they have earned and what “level” they will have on Destroy the Dress Code Day.

If they did not reach the first level, they will not receive a note.

The last day to test for Destroy the Dress Code is

Wednesday, May 8th.

	2nd Grade	3rd Grade	4th-5th Grade	6th-8th Grade
Level 1	All 2nd graders will have a free socks and shoes day to celebrate their reading accomplishments this year.	5 points	10 points	15 points
Level 2		10 points	20 points	30 points
Level 3		15 points	30 points	45 points
Level 4		20 points	40 points	60 points
Level 5		25 points	50 points	75 points
Level 6		30 points	60 points	90 points



Destroy the Dress Code

2nd Grade

For all of your reading and hard work this year, the entire 2nd grade is rewarded with a “fun socks and shoes” day on Monday, May 13th!

You may wear non-uniform socks and colorful tennis shoes.

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



Your Child's Hygiene and When Your Child Need Deodorant

Yesterday, a student came into my office sweaty and stinky with a big scrape on his leg. I informed him that I could not get all the dirt out of the wound without some painful scrubbing. I suggested that he let the water run down on his leg in the shower that evening. He said he only took a bath every other day and he wasn't due for a bath last night. I informed him that he did need to bathe or shower every day and wear deodorant. He gave me a bewildered look. We notice poor hygiene more in the Spring when it is starting to warm up. The question is how we lovingly or firmly instruct our children in good hygiene and more specifically taking baths and wearing deodorant. This brings us to the next question of "when should children start wearing deodorant?" The short answer is when they start having body odor.

Most children develop body odor between ages 8 and 14, however, some children develop body odor earlier. As your kiddo's body starts to change, you may notice an increased body odor that is persistent despite showering and bathing regularly. This is a sign that it is time to introduce your child to deodorant or antiperspirant.

Body odor tends to increase with increased activity or with a raised body temperature, so children may need deodorant for sports, or warmer weather. Children may also produce body odor without noticeable sweating.

Discussions about deodorant should begin with discussions about personal hygiene.

Here are some talking points:

What is hygiene?

Things we do to keep ourselves healthy and prevent disease, especially through cleanliness.

Hair Care

Why? Poor hair hygiene can cause problems like dandruff and infections of the scalp.

What to Do

- Wash your hair at least two times a week to keep the hair free from grease and dirt.
- Apply shampoo and rinse with water.
- If you have long hair, keep the hair tied up to avoid it from getting dirty.
- Avoid sharing his/her comb, pillow, hats, or caps with other children.

Nail Hygiene

Why? Nails accumulate a lot of dirt and germs from sand, mud or simply dirt.

What to Do

- Do not bite your nails. You can swallow germs that can make you sick.
- Cut your fingernails and toenails frequently with the help of a grown up.
- Scrub and wash under your nails thoroughly to ensure that they are always clean.

Bathing Hygiene

Why? Get rid of dirt and germs on your body.

What to Do

- Bathe or shower once a day.
- Gently scrub all parts of your body with soap and rinse with water.
- Wash your feet every time you take a bath.
- Always clean in between the toes, on the underside of the foot, and under the toenails to keep germs away.

Wear Deodorant!

Why? Deodorant is a product that eliminates odor caused by sweat. Sweat is usually the underlying cause of body odor.

What to Do

- Students should wear deodorant when they are old enough to sweat and stink at recess.
- There is no specific age for a child to start wearing deodorant. Each parent and child must decide together based on what they feel is best.
- Apply deodorant when you are clean before you start to sweat.
- Deodorant is not a substitute for a bath!

Deodorant vs Anti-perspirant

While the terms are often used interchangeably, antiperspirant and deodorant are not the same. Deodorants cover up the odor caused by sweat while antiperspirants block sweat glands and stop a person from perspiring, therefore preventing odor. For younger children, a deodorant along with a balanced diet and consistent hygiene practices should be enough to keep their smell in check. For your tweens and teens that are in the thick of puberty, an antiperspirant may be more suitable.

What to Look for When Buying Deodorant for Kids

- I am always cautious about putting anything in or on a growing body. Deodorants for children should be free of parabens, aluminum, artificial preservatives, and artificial fragrances and does not irritate sensitive skin. • As always, your children will use something if it is comfortable, easy to use, and makes them feel good about themselves.
- Choosing the right deodorant for your child will depend on your preferences as well as their age. • As body odor increases with age, older teens may find that kid-oriented products are not strong enough and may need to switch to ones marketed toward adults. Usually at this stage, teenagers wish to be identified as adults, so choosing an adult deodorant is often appealing.
- Much depends upon a child's comfort level and the reaction of peers to body odor.
- If children are using deodorant, and not antiperspirant, it may need to be applied after activities like p.e.
- Scents chosen should be light, so they do not affect more sensitive kids.

Here are some suggestions. Most of these can be found at major drug stores, Amazon, and Walmart except where specifically noted.

- Tom's of Maine Wicked Cool! Natural Deodorant
- Fresh Kidz Natural Roll-On Deodorant
- Hello Fragrance-Free Deodorant with Shea Butter
- FoodGradeOrganic Natural Kids Deodorant (yes, safe enough to eat, though not recommended) • Fairy Tales TBH Kids Deodorant (Charcoal-Based)
- Kopari Coconut Deodorant (Coconut Oil Based)
- Native Vegan Deodorant
- Secret Clinical Strength Soft Solid Deodorant (While not suitable for younger kids, this clinical strength product is an ideal option for teens going through puberty and who are very concerned with their sweating.
- Dove Aluminum-Free Deodorant
- Megababe Sunny Pits Daily Deodorant (Best for Tweens) (Megababebeauty.com and Ulta)

In rare cases

If your child's odor does not improve or worsens despite using an antiperspirant, a deodorant, and improving hygiene habits you can call your doctor. Sometimes, children can have conditions that cause excess perspiration. In rare cases, your doctor may suggest running tests to confirm whether body odor is due to growing up, or other problems like an infection, diabetes, or an overactive thyroid.

Wishing you a sweet-smelling Spring,

Nurse Geri

Monday Tuesday Wednesday Thursday Friday



6
Chicken Tenders
Red Beans and Rice
Garden Salad
Garden Variety Veggies
Pineapples
Biscuits
Choice: Pizza

7
Chopped Beef Steak and Gravy
Over Mashed Potatoes
Garden Salad
Garden Variety Veggies
Peaches
Roll
Choice: Chicken Smackers

1
Chili with Dinner Roll
Garden Salad
Garden Variety Veggies
Apple Wedges
Choice: Chef Chicken Smacker Salad

2
Nachos
Nacho Salad Cup
Salsa
Mexican Corn
Garden Variety Veggies
Orange Wedges
Celebration Cupcake
Choice: BBQ Pork Fries with Garlic Breadstick

3
Pizza
Garden Salad
Garden Variety Veggies
Diced Pears
Choice: Baked Potato with Taco Meat

13
Honey Citrus Chicken
Fried Rice
Garden Salad
Garden Variety Veggies
Pineapples
Choice: Pizza

14
BBQ Pulled Pork Sandwich
Baked Beans
Garden Variety Veggies
Lettuce and Pickle Cup
Tropical Fruit
Choice: Chicken Smackers

15
Chicken and Sausage Gumbo
Garden Salad
Garden Variety Veggies
Orange Wedges
Choice: Chef Caesar Salad

16
Pizza
Buttered Corn
Garden Salad
Garden Variety Veggies
Red Apple Wedges
Choice: BBQ Pork Fries with Garlic Breadstick

17
Chicken Filet on Bun
French Fries
Lettuce and Pickle Cup
Garden Variety Veggies
Fruit Choice
Choice: Baked Potato with Taco Meat

20
Hamburger
French Fries
Garden Variety Veggies
Whole Orange
Choice: Pizza

21
Nachos
Salsa
Mexican Corn
Garden Variety Veggies
Fruit Choice
Choice: Chicken Smackers

22
Chicken Smackers
Mashed Potatoes
Garden Variety Veggies
Fruit Choice
Dinner Roll
Choice: Pizza

23
Macaroni and Cheese
Green Beans
Garden Variety Veggies
Fruit Choice

24
Pizza
Buttered Corn
Garden Variety Veggies
Fruit Choice

27

28

29

30

31

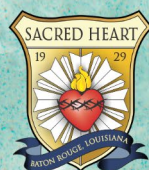
Enjoy Your Summer!

Sacred Heart of Jesus School



HOURS

Monday - Thursday
8 am - 12 pm



CONTACT US

225.383.7481

WWW.SACREDHEARTBR.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