



# St. Alphonse Catholic School The Buzz

*Forming Faith and Future*

Kristy M. Monsour, Principal

February 26, 2026

## UPCOMING EVENTS

- **February 27** - School Mass
- **March 3 & 5** - Home Basketball Games
- **March 6** - School Mass
- **March 9** - Summer Camp Registration Opens
- **March 10** - Spring Pictures
- **March 11** - 8th Grade Cap and Gown Pictures
- **March 13** - Grandparent's Day 2nd-4th Grade - 12:00 p.m. Dismissal for 2nd-4th Grade ONLY
- **March 19** - Report Cards

The St. Alphonse Online Auction opens on Thursday, February 26 and ends Friday, March 6 at 9 PM.

Go to the Auction website at <https://auctria.events/alphonsusauction> to view and bid on your favorite school items!

Our Online Auction is OPEN for bidding!

Click **HERE** to view and bid on your favorite school item!

Raffle tickets for our 2026 Auction, Taste Fair & \$10,000 Raffle are now available for purchase in the Church Office or click **HERE**

Join us for a fabulous evening at our annual **St. Alphonse Liquori Catholic Church & School Auction, Taste Fair & \$10,000 Raffle**

Saturday, March 21, 2026 at 5 PM in the Parish Activity Center

Our Event will include:

Live Auction - \$10,000 Raffle Drawing - First Pick Raffle  
Silent Auction - Food from Local Caterers - Wine & Dine  
Vegas/Elvis Costume Contest & More!

### Raffle Tickets

Go to [alphonsus.org](http://alphonsus.org) or scan this QR code with your phone to purchase tickets online. Tickets are available for purchase in the Church Office and will also be sold after Masses on Feb. 21-22, March 7-8, and March 14-15, 2026.



### Online Auction Feb 26-March 6

The online portion of our auction will include popular school items such as: First in Carpool, Pick Your Teacher, Colorful Shoes, breakfast with teachers, passes to all 2026-2027 SAS home athletic events, & more!





# SAS Summer Camp - Save the Date

Camp registration will begin on **Monday, March 9th**. Families will get a link for registration via email. Spots are limited, so get your registration in quickly! Summer Camp will begin on **Monday, June 8th** and end **Friday, July 24th**. You may register for the entire summer or for specific weeks. Campers must be 5 years old and registered SAS student for the 2026-2027 school year.



Questions: email Mrs. Tammy Fouts at [tfouts@stalphonsusbr.org](mailto:tfouts@stalphonsusbr.org)

## Sweatpants Policy Reminder

Per the Parent/Student Handbook, the last day students may wear sweatpants to school is **February 26th**.

After **February 26th**, students will only be permitted to wear sweatpants if the outside temperature is 50°F or colder at 7:45 a.m.

## Festival of 2 Rivers Cash Raffle Ticket Contest

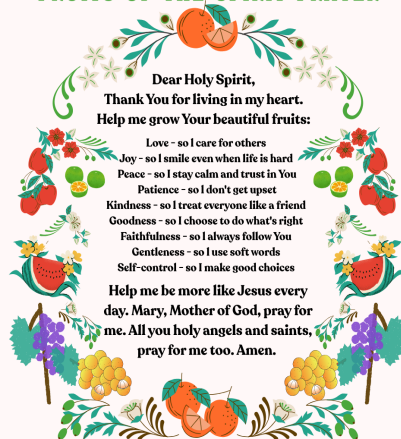
If your family has more than one child at our school, the tickets were sent home with the youngest child. Note the blue flyer explains how the parish will reward the efforts of your family for selling the cash raffle tickets. If you have more than one child in your family, we are asking when you return the sold tickets and money, indicate on the envelope the name of the student to receive credit for the family sales.

According to the state gaming rules, we are required to have all tickets returned. Therefore, we are asking you to send any tickets you are not planning to sell or buy to the school office ASAP.

**If you need additional tickets to sell, they can be obtained from the school office.**

Again, **thank you** for your continued support for our school and parish.

### FRUITS OF THE SPIRIT PRAYER



*The Mission of St. Alphonsus Liguori Catholic School is to form students in the Catholic Faith spiritually, academically, physically, and culturally in an environment of academic excellence.*



## ◆ A PRESENTATION FOR PARENTS BY MCCALL DEMPSEY



# A PRESENTATION FOR PARENTS: RAISING BODY CONFIDENT KIDS IN A DIET OBSESSED WORLD

Presenter: McCall Dempsey, Mental Health Speaker, Writer, and Advocate  
Founder/Director of Southern Smash, a program of the National Alliance for Eating Disorders






### ABOUT THIS PRESENTATION

Kids today face constant pressure about how they should look, eat, and move — starting as early as elementary school. These messages can affect self-esteem, mental health, and lifelong relationships with food and exercise. Parents and caregivers play a powerful role. What you say and model can protect children from harmful messages or reinforce them. This presentation offers tools to help raise confident, resilient kids in a body-focused culture.

### DATE AND LOCATION

March 25<sup>th</sup>, 2026 at 6:00 pm  
Tracey Center Ballroom, Catholic Life Center  
1800 S. Acadian Thruway

### YOU WILL LEARN:

-  How body image develops in children
-  How media, sports, and school environments impact self-worth
-  Why boys and girls experience body pressure differently
-  What “diet culture” looks like in everyday family life
-  How to be a healthy role model without perfection or pressure

COMPLETE [GOOGLE FORM](#) TO REGISTER

## About the Presenter

McCall Dempsey, founder of Southern Smash, is a nationally recognized speaker on body image and eating disorder prevention. She brings evidence-based education, real life experience, and practical tools that students and parents can actually use.

After a 15-year battle, McCall sought treatment in December 2010. Since then, she has made eating disorder awareness and prevention her life's work and passion. McCall travels the country, sharing her story of hope and healing with audiences everywhere.

McCall also writes the popular blog, Loving Imperfection. Her writing has been featured in various national television, print and online publications, including Today Show, Women's Health, Southern Living, and Huffington Post. A Baton Rouge native, McCall now resides in Ponte Vedra Beach, Florida, with her husband, Jordan, and her two children, Manning and Marjorie.



### Featured In



## Contact

[mdempsey@allianceforeatingdisorders.com](mailto:mdempsey@allianceforeatingdisorders.com)  
[mccalldempsey.com](http://mccalldempsey.com)  
[mccalldempsey.substack.com](http://mccalldempsey.substack.com)



THE HIVE

LUNCH AND HOLE SPONSORSHIPS ARE AVAILABLE

# 2026 HIVE GOLF TOURNAMENT

**MARCH 27, 2026**  
11 AM - 2 PM

Click [HERE](#) or Scan the QR Code to REGISTER NOW!



REGISTRATION DEADLINE  
MARCH 20TH

*The mission of the Hive Booster Club is to support all athletic and spirit programs at St. Alphonsus Catholic School.*

Get More Info:

225-261-5299

**LUNCH:**  
LENT FRIENDLY OPTIONS

Top Golf Baton Rouge  
10955 N Mall Dr,  
Baton Rouge, LA



Join us in the gym to cheer on our basketball teams!

Click [HERE](#) for the boys' basketball schedule!

## BASKETBALL HOME GAMES

**3**

MARCH

6:00 PM - 6TH GRADE JV  
7:00 PM - 7TH GRADE JV

**5**

MARCH

5:45 PM - 6TH GRADE VARSITY  
6:30 PM - 6TH GRADE JV  
7:30 PM - 7TH GRADE JV



We celebrated our 8th grade boys basketball teams last night with their final home game and rose ceremony!  
Thank you for your hard work, leadership, and love for the game. We're proud of you!



# ALL ABOUT EXECUTIVE FUNCTIONING

## What It Is

Executive functioning skills are the tools, strategies, and skills that help us plan, start, and complete tasks. They make it easier to get things done.

Examples include:

- Impulse control
- Emotional control
- Planning
- Organization
- Task initiation
- Working memory
- Flexible thinking
- Attention & Focus
- Self-Monitoring
- Time management

## Why It Matters

A child with strong executive functioning skills may find it easier to do things like:

- Make a plan of what needs to be done
- Think about the consequences of their choices
- Stay focused even when there are distractions
- Handle challenges or disruptions
- Express emotions appropriately
- Remember instructions
- Keep track of their things
- Start and complete tasks



## How To Help

Thankfully, people can improve their executive functioning skills over time! Here are some ways to support your child as they grow in this area:

- Use systems like checklists, planners, and visual schedules.
- Create routines that will help your child develop positive habits.
- Talk with your child about where they are improving and where they need more support.
- Create a positive reinforcement system to help your child get motivated and turn their new skills into a habit.

## Fun Activities

Like any skill, executive functioning can improve with practice. Try these fun ideas to help your child grow in this area:

- Play board games together. Many games – like Jenga, Connect 4, Memory, or Spot It – require executive functioning skills.
- Have your child plan a special day or event for your family.
- Cook with your child. Allow them to be as involved as possible.
- Work together to create visual schedules, check lists, etc. Use fun markers, stickers, etc.

©Counselor Chelsey



Save the Date

# ST. ALPHONSUS MAHJ & MINGLE




May 9th at 5 PM



Please join us for a fun and social evening bringing the St. Alphonsus community together to play, connect, and raise money for the Emergency Tuition Assistance Fund.

*More details to come at a later date*




**WINE**  
**Donations Needed**

The Auction and Taste Fair Committee are in need of wine donations for the **“Wine and Dine”** portion of the evening.

Please send donations of bottles of wine to the church or school office by March 7th.

Contact Megan Jenkins with any questions  
225-335-4118



The Roman Catholic Diocese of  
**BATON ROUGE**  
YOUTH & YOUNG ADULT MINISTRY

# ARISE

DIOCESAN MIDDLE SCHOOL RALLY

*Saturday, 03.07.26*

**1 PM-9 PM**





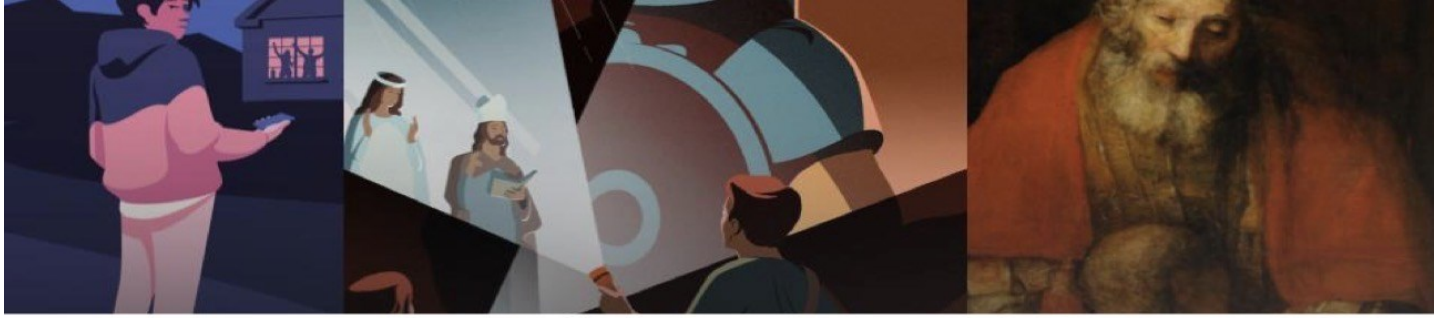
**RACHAEL DUCHMANN** Emcee  
**FR. BRAD DOYLE** Keynote  
**RYAN FOULON** Worship

- MUSIC-
- KEYNOTES-
- WORKSHOPS-
- ADORATION-
- MASS W/ BISHOP DUCA-

**ST. ALPHONSUS CATHOLIC CHURCH**  
GREENWELL SPRINGS, LOUISIANA

REGISTRATION CLOSING: **2-12-26**

REGISTER HERE: 



Dear Parents,

As you may know, our school has partnered with Hallow, the #1 Catholic prayer platform, to provide a resource that supports both the spiritual and mental well-being of our school community.

During Lent, students and teachers will participate in **Pray 40**, a daily Hallow Lenten prayer challenge, during the school week. Weekends provide a meaningful opportunity for families to pray together at home. Even a few minutes of prayer on Saturday or Sunday can help reinforce the Lenten practices your child is learning at school.

As part of the **Pray 40** challenge, students will participate in age-appropriate content:

- ["The Return" \(adult/teacher content\)](#)
- ["Miracle Hunters" \(elementary students preK-6\)](#)
- ["The 180" \(middle school students 7-12\)](#)

**Follow the instructions below to log into your child's Hallow account:**

1. Download the Hallow app or visit <http://app.hallow.com>
2. Click **Already have an account?** Log in with **Email/Phone** and switch to email (not Google or Apple)
3. **Username:** your student's school email address
4. **Password:** hallowed

**Tips for Praying Through Lent at Home**

- Create a consistent prayer routine by choosing a regular time and quiet place to pray together. Car rides are a great opportunity!
- Discuss Lenten practices such as prayer, fasting, and almsgiving
- Try using Hallow Lenten music in your home or while in the car!

If you have any questions, or if there is anything we can offer up in prayer for your family this Lenten season, please do not hesitate to reach out to us or contact the Hallow team directly at [schools@hallow.app](mailto:schools@hallow.app).

May this Lenten journey be a time of grace and renewal for your family!

Find additional Lenten ideas and resources at [hallow.com/lent](https://hallow.com/lent).

# MARCH 2026

## Elementary School



### LUNCH

#### Monday

Chicken Tenderloin Strips  
Red Beans and Rice  
Garden Variety Veggies  
Peaches  
Biscuit  
Milk

2

**Choice:** Pepperoni or Cheese Pizza

Honey Citrus Chicken  
Fried Rice  
Steamed Broccoli  
Garden Variety Veggies  
Orange Craisins  
Milk

9

**Choice:** Pepperoni or Cheese Pizza

Chicken Smackers  
Cheezy Bayou Noodles  
Mambo Green Beans  
Garden Variety Veggies  
Peaches  
Milk

16

**Choice:** Pepperoni or Cheese Pizza

Chicken Tenderloin Strips  
Red Beans and Rice  
Garden Variety Veggies  
Peaches  
Biscuit  
Milk

23

**Choice:** Pepperoni or Cheese Pizza

Sausage & Cheese  
Buttermilk Pancake Sandwich  
Homestyle Grits  
Potato Hash  
Garden Variety Veggies  
Green Apple Wedges  
Milk

30

**Choice:** Pepperoni or Cheese Pizza

#### Tuesday

Chicken Parmesan w/ Spaghetti  
Garden Variety Veggies  
Cinnamon Pears  
Garlic Dinner Roll  
Milk

3

**Choice:** Chicken Smackers

Sliced Turkey & Gravy  
Mashed Potatoes & Lima Beans  
Garden Variety Veggies  
Peaches  
Dinner Roll  
Milk

10

**Choice:** Chicken Smackers

Bon Temps Tacos  
Pinto Beans & Fiesta Corn  
Taco Salad Cup, Salsa  
Garden Variety Veggies  
Green Apple Wedges  
Milk

17

**Choice:** Chicken Smackers

Chicken Parmesan w/ Spaghetti  
Vegetable Medley  
Garden Variety Veggies  
Cinnamon Pears  
Garlic Dinner Roll  
Milk

24

**Choice:** Chicken Smackers

Honey Citrus Chicken  
Fried Rice  
Steamed Broccoli  
Garden Variety Veggies  
Fruit Sorbet  
Milk

31

**Choice:** Chicken Smackers

#### Wednesday

Hamburger/Cheeseburger  
Sandwich Salad Cup  
Baked Beans  
French Fries  
Garden Variety Veggies  
Strawberry Craisins  
Milk

4

**Choice:** Pepperoni or Cheese Pizza

Brunch for Lunch  
Bacon, Egg & Cheese Eggstravaganza  
Homestyle Waffle & Grits  
Garden Variety Veggies  
Diced Strawberry Fruit Cup  
Milk

11

**Choice:** Pepperoni or Cheese Pizza

Down-Home Chicken Sandwich  
Fleur-de-Lis French Fries  
Sandwich Salad Cup  
Garden Variety Veggies  
Strawberry Craisins  
Milk

18

**Choice:** Pepperoni or Cheese Pizza

Hamburger/Cheeseburger  
Sandwich Salad Cup  
Baked Beans  
French Fries  
Garden Variety Veggies  
Orange Craisins  
Milk

25

**Choice:** Pepperoni or Cheese Pizza

#### Thursday

Chicken Smackers  
Mashed Potatoes & Steamed Corn  
Garden Variety Veggies  
Green Apple Wedges  
Dinner Roll  
Milk

5

**Choice:** Loaded Baked Potato

Spaghetti and Meat Sauce  
Green Beans  
Garden Variety Veggies  
Green Apple Wedges  
Garlic Dinner Roll  
Milk

12

**Choice:** Loaded Baked Potato

Chicken & Sausage  
Jazy Jambalaya  
Zydeco White Beans  
Garden Variety Veggies  
Red Apple Wedges  
Dinner Roll  
Milk

19

**Choice:** Loaded Baked Potato

Chicken Smackers  
Mashed Potatoes & Steamed Corn  
Garden Variety Veggies  
Green Apple Wedges  
Dinner Roll  
Milk

26

**Choice:** Loaded Baked Potato

#### Friday

Macaroni and Cheese  
Green Beans  
Garden Variety Veggies  
Fruit Sorbet  
Dinner Roll  
Milk

6

**Choice:** Cheese Pizza

Cheese Nachos  
PreK Classes: Grilled Cheese  
Fiesta Corn  
Nacho Salad Cup, Salsa  
Garden Variety Veggies  
Fruit Sorbet  
Milk

13

**Choice:** Cheese Pizza

Bayou Fish Bites & French Fries  
Cheezy Broccoli  
Garden Variety Veggies  
Fruit Sorbet  
Dinner Roll  
Milk

20

**Choice:** Cheese Pizza

Grilled Cheese Sandwich  
Veggie Soup  
Garden Variety Veggies  
Fruit Sorbet  
Milk

27

**Choice:** Cheese Pizza

LOUISIANA  
SCHOOL  
LUNCH  
WEEK

LOUISIANA



**Notes:** Menus are subject to change. All meals are served with a choice of milk.

**Notification Statement:** Peanuts and Peanut butter are not purchased for meals produced by the Baton Rouge Diocese Child Nutrition Program. However, some products served may contain nuts, may be produced in plants that use nuts, and may contain traces of nuts.

**MENUS:** [www.cnpr.org](http://www.cnpr.org)

MAGIC OF  
SCHOOL  
LUNCH  
Louisiana  
School Lunch  
Week 2026