



St. Alphonse Catholic School

The Buzz

Forming Faith and Future

Kristy M. Monsour, Principal

March 12, 2026

UPCOMING EVENTS

- **March 13 -**
Grandparent's
Day 2nd-4th
Grade - 12:00
p.m. Dismissal for
2nd-4th Grade
ONLY
- **March 16 -**
Home Volleyball
Games
- **March 17 -** St.
Patrick's Day
Dress
- **March 18 -**
Home Volleyball
Games
- **March 19 -**
Report Cards /
Home Volleyball
Games
- **March 20 -**
School Mass / Pep
Rally
- **March 21 -**
St. Alphonse
Auction

Festival of Two Rivers T-Shirts

Order your 2026 Fair T-shirts online by **March 18th!** After March 18th, shirts must be purchased in the church office. Students may wear their fair shirts with uniform bottoms or jeans every Wednesday and Friday beginning March 25th until the fair.




Click [HERE](#) to order your shirt before the deadline!

SAS Summer Camp

SUMMER CAMP Camp registration is now OPEN. 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. Register [HERE](#)

Questions: email Mrs. Tammy Fouts at tfouts@stalphonsebr.org

2nd-4th Grade Grandparent's Day

 Grandparents' Day for students in 2nd–4th grades will be held on **Friday, March 13th.** Students will meet their grandparents at St. Alphonse Church to begin the visit. Mass will begin at 8:30 a.m. Grandparents are invited to visit the classrooms. They may walk through the campus and stop by the gym for refreshments. Student check-out will take place in the classroom. Our new elevator will be available for anyone needing assistance getting to the second floor.

Parking is available between the church and the Family Center or behind the Family Center.

Students in 2nd–4th grade must either be checked out by their grandparents after the reception, or they will participate in a mini carpool at 12:00 p.m. All 2nd–4th grade students will be dismissed at 12:00 p.m.

***Students in PK3, PK4, Kindergarten and 5th through 8th grade have a full day of school and will not attend Mass on Grandparent's Day.



Choir Club

Choir Club is open to students in **5th–8th grade** who would like to sing for school Masses in **April and May**.

Click [HERE](#) to fill out the Google Form if your child would like to be part of the Choir Club. Students who miss a rehearsal or two are still eligible to participate.

Please contact Mrs. Love with any questions.

SAS Choir Club

Love to sing?

Choir club is open to students in 5th-8th grade who would like to sing for school Masses in April and May. Meetings/rehearsals will be after school on the following days until 4:30 p.m.

Click [HERE](#) to Register

- Tuesday, March 31st
- Tuesday, April 14th
- Wednesday, April 22nd
- Wednesday, April 29th
- Wednesday, May 13th
- Monday, May 18th

Scan QR Code to Register

St. Patrick's Day Dress

On **Tuesday, March 17th** students can wear a green shirt with spirit dress guidelines.

St. Jude Math-A-Thon

The St. Jude Math-A-Thon packets will be sent out next week on **Thursday, March 19th**. All donations need to be turned in by **Friday, March 27th**. Any student turning in \$20 or more to St. Jude will receive a free dress pass to be used on the day of their choosing (no Mass days). The easiest way to donate is online!

This year we will raise money in support of Melise Efferson, daughter of Michael Efferson, an SAS alum. Melise began her fight at 3 years old. Please read more about her courageous story below.

Information on setting up your online account is attached to the newsletter. Please e-mail any questions to Jennifer Glissman at jglissman@stalphonesusbr.org. Thank you!!

Food Pantry Donation Drive

St. Vincent de Paul is in need of the following items for their food pantry: peanut butter and jelly, spaghetti noodles, red beans (canned or dry), mac & cheese, and canned chicken or tuna. Donations will be collected **March 23rd – March 27th**.

Lost and Found

Our Lost and Found is very full. Please remind your child to check for and pick up any missing items. All remaining items will be donated to the used uniform sale.



2025-2026 Yearbooks

Buy your 2025-2026 yearbook today for \$40.00. The yearbooks will be distributed at the beginning of the 2026-2027 school year.

Click [HERE](#) to order your yearbook and use order number 2454. Yearbook orders are **ONLY ACCEPTED ONLINE.**

MAKE TIME STAND STILL

DEADLINE
03/16/26



YBK COST
\$40

ORDER A YEARBOOK

St. Alphonse Catholic School
USE OUR ORDER NUMBER WHEN YOU LOG ON:

2454

YEARBOOKORDERCENTER.COM



2026-2027 School Supplies

Order your K-8th grade student's school supplies for the 2026-2027 school year today! The deadline to order is **July 1st**. Scan the QR code or click [HERE](#) to order.

The **BEST** Way To Buy Back-To-School Supplies!



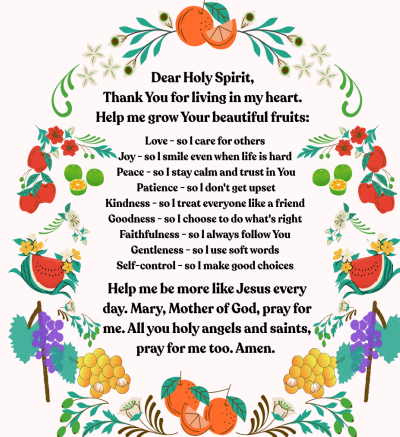
- ✓ The Exact School Supplies Your Teacher Requested
- ✓ Teacher Certified and Approved
- ✓ **NEW** Personalized Labels.
- ✓ **ONLY** Name Brand Products Like:



Order by:
July 1st

1stDaySchoolSupplies.com

FRUITS OF THE SPIRIT PRAYER



Dear Holy Spirit,
Thank You for living in my heart.
Help me grow Your beautiful fruits:

- Love - so I care for others
- Joy - so I smile even when life is hard
- Peace - so I stay calm and trust in You
- Patience - so I don't get upset
- Kindness - so I treat everyone like a friend
- Goodness - so I choose to do what's right
- Faithfulness - so I always follow You
- Gentleness - so I use soft words
- Self-control - so I make good choices

Help me be more like Jesus every day. Mary, Mother of God, pray for me. All you holy angels and saints, pray for me too. Amen.

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



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



VOLLEYBALL HOME GAMES

16

MARCH

5TH GRADE BLUE AT 5:30 P.M.
5TH GRADE GOLD AT 6:30 P.M.

18

MARCH

5TH GRADE WHITE AT 5:30 P.M.
7TH GRADE D2 AT 6:30 P.M.
8TH GRADE D2 AT 7:30 P.M.

19

MARCH

5TH GRADE WHITE AT 5:30 P.M.
6TH GRADE D1 AT 6:30 P.M.
8TH GRADE D1 AT 7:30 P.M.



SAVE THE DATE! Mini HORNET CHEER CAMP



May 27th - 29th
9am to 12pm
SAS gym

OPEN TO SAS STUDENTS GOING INTO KINDERGARTEN (5 YEARS OLD) - 2ND GRADE!

Cheer Information

- Mandatory cheer parent meeting will be on Wednesday, March 18th.
 - 5:00-5:40 p.m. - Junior and JV Parent Meeting (girls going into 3rd- 5th grade)
 - Varsity meeting TBD
- Cheer registration for the 2026/27 school year opens on Thursday, March 19th. This is for girls entering grades 3rd-8th grade next school year!
- Cheer information packets can be found on the school website.

Dance Information

- Mandatory dance virtual parent meeting will be on Thursday, March 19th at 4:30-5:00 p.m.
- Dance registration for the 2026/27 school year and dance information packet will be discussed at the meeting.



Counselor's CORNER

March 2026

Ms. Morgan Bueche

A Note from Ms. Morgan

Our guidance classes continue to be lots of fun as students learn and grow in their social-emotional skills! Pre-k and kindergarten students are continuing to learn about the "Spot of Emotions." In our most recent class, we focused on our "Happiness Spot" and what brings us happiness and how we can grow our spot.

In first grade, students practiced self-control skills through a fun and engaging game of animal feelings charades. Second and third grades are learning about empathy and how to recognize and think about the feelings of others.

Fourth grade guidance focused on respect — what it means to respect others and ourselves, and how that looks in everyday situations.

In fifth grade, students are exploring empathy and bullying through role-play group scenarios, helping them better understand how their words and actions impact others.

Middle school is also focusing on bullying prevention. Specifically, students worked on identifying the differences between rude, mean, and bullying behaviors using real-life scenarios.

Stay tuned to see what we'll be learning about in our next guidance classes!

Important Links

[Parent Referral Form](#)

[Elementary Student Check-In Form](#)

[Middle School Student Check-In Form](#)

[School Website Counseling Program](#)

Let's CONNECT!



mbueche@stalphonsusbr.org



225.261.5299

What's Coming Up?

We are excited to be hosting a presentation for parents by McCall Dempsey on Raising Body Confident Kids in a Diet Obsessed World. McCall is a graduate of our Baton Rouge Catholic Schools and presents all over the country to parents and teens. She struggled with an eating disorder for 15 years and her passion is bringing families the tools to help our children become confident and resilient in today's world of constant pressure. St. Alphonsus is hosting this Diocesan event at the Catholic Life Center on Wednesday, March 25 at 6pm. This free event being offered to all of the parents in our surrounding schools. Please see the next page for information about this upcoming presentation!





◆ 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 25th, 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



Southern Living

THE
HUFFINGTON
POST

Medium

Verily

Women's Health

Contact

mdempsey@allianceforeatingdisorders.com

mccalldempsey.com

mccalldempsey.substack.com



Join us for a fabulous evening at our annual St. Alphonsus Liguori 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 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!

KIDS IN MINISTRY EGG-STRAVAGANZA

Sunday, March 29, 2026
Parish Activity Center
1 PM - 3 PM



Easter Egg Hunt



Crafts



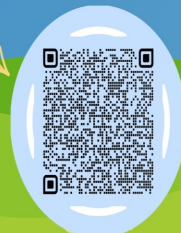
Photo w/ the Easter Bunny



Games



Food



SCAN HERE TO RSVP
OR GO TO ALPHONSUS.ORG

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



March 20 - 27, 2026

St. Alphonsus has been a proud supporter of St. Jude Children's Research Hospital for many years. **By participating in the Math-A-Thon, our students have raised more than \$300,792** to help those children and their families in need of services at St. Jude. Throughout the years, St. Alphonsus has had numerous students, and families, benefit from the care and services provided by St. Jude Hospital. Please consider helping us continue this tradition of helping those in need.

Please make all checks payable to St. Jude Children's Research Hospital

Label all donation envelopes with the following: St. Jude, your child's name and homeroom teacher.

All donations are due by Friday, March 27, 2026.

Online Instructions for the 2026 St. Alphonsus Math-A-Thon

Thank you for your support of the St. Alphonsus St. Jude Math-A-Thon. If your child would like to participate in the Math-A-Thon, please follow the instructions below.

1. Go to https://fundraising.stjude.org/site/TR/Math/Math?pg=entry&fr_id=161144
2. Select Register
3. Select Individual, then Next
4. Then begin your fundraising campaign!

This is the easiest way to donate, and the money will go directly to St. Jude. As coordinator, I will receive a notification that you have donated for your child.

If you have multiple children at St. Alphonsus, and you wish to donate for each child under one account, please use your oldest child's name and send me an email indicating the amount to be distributed amongst each child.

Each child that raises \$20 or more will receive a free dress pass for the date of their choosing – NO MASS DAYS.

***** YOUR ONLINE FUN BOOK WILL BE ON YOUR PERSONAL PAGE*****

If you need assistance with the website, please contact St. Jude at 1-800-386-2665 or mathathon@stjude.org

If you have any questions about the event please contact Jennifer Glissman, jglissman@stalphonsusbr.org

Meet Melise Efferson

Melise is our bright, funny, strong-willed little girl. She's the kind of kid with endless energy who always finds a way to make you smile. In **July 2023**, when she was just **3 years old**, Melise received a life-altering diagnosis: **Stage 4 Sacrococcygeal Yolk Sac Tumor**, a rare form of childhood cancer located near her tailbone. The cancer had also spread to her lungs and lower spine. From that moment on, our family's life became a loop of hospital stays, treatments, scans, and learning how to take things one day at a time.



Melise's journey has been long and intense

Summer/Fall 2023: Four 21 day rounds of inpatient IV chemotherapy (6 days at a time) to shrink the tumor and prepare for surgery.

November 20, 2023: Tumor removal surgery in Boston. Pathology showed active cancer cells with microscopic disease at the margins, so treatment continued.

Winter/Spring 2024: 4 additional inpatient chemo rounds and 3 stem cell collection attempts to prepare for the next phase.

Summer 2024: High-dose chemotherapy with autologous stem cell transplants (bone marrow "rescue"). This required months of hospitalization, strict infection precautions, a central line for treatment, and an NG feeding tube for nutrition. During this time, Melise and Michelle spent more nights in the hospital than at home.

December 2024: After six hopeful weeks, we learned the cancer had returned. She underwent a second tumor resection just 2 days before Christmas.

Spring 2025: Melise started an aggressive concurrent treatment regime of 6 rounds of chemo and **6 weeks of Mon-Fri radiation**. Because of her age, she had to be **sedated for each radiation session**. During this time, Michelle and Melise stayed at **Hogs for the Cause House** near Children's Hospital New Orleans, which helped eliminate exhausting daily commutes and gave Melise a stable place to rest.

Over the course of treatment, Melise received 84 blood and platelet transfusions; critical, lifesaving support that allowed her body to endure the chemotherapy meant to save her life.

Where we are now

As of today, **Melise is in remission!** On November 17, 2025, she rang the bell 🛎️, a moment we will never forget. We still have follow-up bloodwork, scans, and the reality that childhood cancer leaves a long trail behind. But right now, we're living in what we fought so hard for: hope, gratitude, and starting kindergarten.

Why this Math-A-Thon matters

It means the world that **St. Alphonsus Catholic School**, Michael's alma mater, is recognizing Melise and supporting **St. Jude Children's Research Hospital** through the Math-A-Thon. Families like ours don't get through this without community, research, and funding. They are what keep improving treatments and outcomes for kids facing the unthinkable. Thank you for loving our girl, supporting our family, and helping other children and families still deep in the fight.

With love and gratitude,

Melise, Michelle, Michael, and big sister Mariana Efferson

