



# St. Alphonsus Catholic School

## The Buzz

*Forming Faith and Future*

Kristy M. Monsour, Principal

March 19, 2026

### UPCOMING EVENTS

- **March 20 -**  
School Mass / Pep Rally at 1:45 p.m.
- **March 21 -**  
St. Alphonsus Auction
- **March 23-27 -**  
SVD Food Drive
- **March 24 -**  
Club Pictures
- **March 25 -**  
Spirit Dress / Home Volleyball Games
- **March 27 -**  
Grandparent's Day PK3-1st Grade - 12:00 p.m. Dismissal for PK3-1st Grade ONLY / Last day for Math-A-Thon
- **March 30 -**  
Middle School Retreat / Way of the Cross at 9:00 a.m. and 6:30 p.m.

*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*

Live & Silent Auctions - \$10,000 & First Pick Raffles  
Catered Food - Wine & Dine - Vegas Costume Contest



#### Raffle Tickets



Go to [alphonus.org](http://alphonus.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 March 14-15.

Raffle tickets for our 2026 Auction, Taste Fair & \$10,000 Raffle are available for purchase in the Church Office or click [HERE](#).

## Spring Pep Rally / Spirit Dress

Tomorrow will be our Spring Pep Rally at 1:45 p.m. Students may wear SAS spirit shirts with jeans or school bottoms. NO shorts or sweatpants can be worn on Mass days.

## 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**. Your generosity helps support individuals and families in our community who are in need. Thank you for your continued support!

## Strategic Planning Update

Thank you again for your input on our Ultimate Question Survey and to the individuals who interviewed in person with ISPD. They have compiled an Initial Assessment Report from the survey, interviews and data given by the school. If you would like to read the full report, click [HERE](#). At the end of our planning process, everyone will be invited to attend our Convocation where we present all of our data, challenges, and strategic solutions. The Convocation is tentatively set for **Wednesday, May 6**.



St. Jude Children's Research Hospital®



The St. Jude Math-A-Thon packets have gone out in today's Thursday's envelope (**March 19**). All donations need to be turned in by **Friday, March 27th**. Any student turning in at least \$20.00 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! Information on setting up your online account is attached. Please e-mail any questions to Jennifer Glissman at [jglissman@stalphonsusbr.org](mailto:jglissman@stalphonsusbr.org). Thank you!!

*Update on Anthony Terrell:*

*Since completing chemotherapy, Anthony has had one follow up with his team of oncologists at OLOL St. Jude Affiliate. At his follow up, his labs showed he did not have leukemia cells in his blood. He will follow up every four months for this first year and then yearly for 9 years after that.*

*He competed in two Brazilian Jiu Jitsu tournaments at the end of 2025 and one this past weekend. He placed 2 out of 9 competitors in his gi division and 2 out of 5 in his no gi division. He still deals with occasional left-over effects from medications he took for the cancer; however, for the most part, he feels like, and is happy to be, a "normal" little boy.*

## SAS Summer Camp



Camp registration is now OPEN. Spots are limited, and only two weeks still have availability, so get your registration in quickly! Summer Camp will begin on Monday, June 8th and end Friday, July 24th. Campers must be 5 years old and a registered SAS student for the 2026–2027 school year.

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

## 2025-2026 Yearbooks

Buy your 2025-2026 yearbook today for \$45.00. 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



# ORDER A YEARBOOK

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

**2454**

[YEARBOOKORDERCENTER.COM](http://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

SCAN HERE TO ORDER


During the month of February, we focused on the Fruit of the Spirit—Kindness.

We are so proud of these students for displaying God's characteristic of kindness in their words and actions, their willingness to help others, and show compassion.

Congratulations to all of our February honorees!



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



# 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.

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

Click [HERE](#) to Register

Scan QR Code

## VOLLEYBALL HOME GAMES

**SAS 6TH GRADE D2 VS. ST. GEORGE**  
25 MARCH | AT 5:30 PM

**SAS 7TH GRADE D2 VS. ST. GEORGE**  
25 MARCH | AT 6:30 PM

**SAS 8TH GRADE D2 VS. ST. GEORGE**  
25 MARCH | AT 7:30 PM

## 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) – 2<sup>ND</sup> GRADE!

## Cheer Information

- Cheer registration for the 2026/27 school year is now open. This is for girls entering grades 3rd-8th grade next school year!
- Cheer information packets can be found on the school website.

[Jr. and JV Cheer Registration Link](#)  
[Varsity Cheer Tryout Form](#)

## Dance Information

- Dance is for girls going into 6th-8th grade next school year.
- 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](mailto: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 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



*Southern Living*

THE  
HUFFINGTON  
POST

**Medium**

*Verily*

**Women's Health**

## Contact

[mdempsey@allianceforeatingdisorders.com](mailto:mdempsey@allianceforeatingdisorders.com)

[mccalldempsey.com](http://mccalldempsey.com)

[mccalldempsey.substack.com](http://mccalldempsey.substack.com)



**COME AND EXPERIENCE**

*The Lightkeeper's*  
**Youth Ministry**

**F.I.R.E.**

**FOOD INTERCESSION RECREATION EUCHARIST**

MUSIC  
PIZZA AND GAMES  
ADORATION  
GRADES 6<sup>TH</sup> - 12<sup>TH</sup>  
BRING A FRIEND!!!!

5:00P - 8:00P SUNDAY, MARCH 22ND IN THE ST. FRANCIS ROOM

261-4644 LINKTR.EE/ALPHONSUSLIGHTHOUSE



**KIDS IN MINISTRY**  
**EGG-STRAVAGANZA**

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

Easter Egg Hunt  
Crafts  
Photo w/ the Easter Bunny  
Games  
Food

**EASTER FUN**  
**EGG HUNT**

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](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](mailto:mathathon@stjude.org)

If you have any questions about the event please contact Jennifer Glissman, [jglissman@stalphonsusbr.org](mailto: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

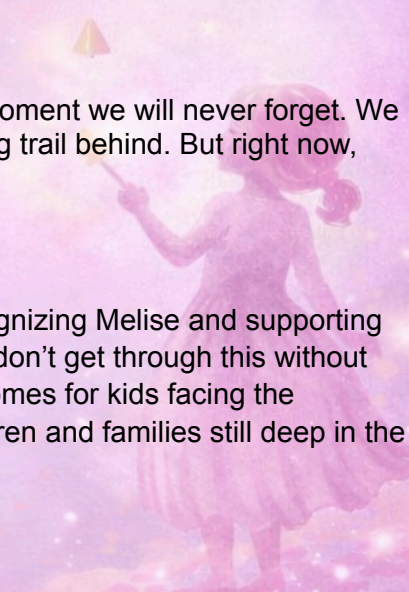
As of today, **Melise is in remission!** On November 17, 2025, she rang the bell 🛎️, a moment we will never forget. We still have follow-up bloodwork, scans, and the reality that childhood cancer leaves a long trail behind. But right now, we're living in what we fought so hard for: hope, gratitude, and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



## Acknowledgment of 2026 Ticket Sales

We would like to extend our sincere appreciation to everyone for your hard work and commitment in selling the St. Alphonsus Festival of 2 Rivers cash raffle tickets this year. Thanks to your dedication, we are pleased to announce that over 3,600 tickets have been sold so far, with additional tickets still being submitted in the past few days.

In recognition of exceptional efforts, aside from our two top-selling students, we would also like to acknowledge the following students who each sold 100 or more tickets:

**Fisher E., Jayden R. and Jackson W.**

### Contest Awards:

Top Class for PK thru 3<sup>rd</sup> - Mrs. Penton 3A sold 935 tickets

Top Class 4<sup>th</sup> thru 8<sup>th</sup> - Mrs. Perry 4A sold 350 tickets

Top Selling Student - William L. 3A sold 855 tickets

Second Place Student - Oliver B. sold 280 tickets

### Today's Weekly Drawing Winners

Frankie F. - KA

Camden O. - 6B

Although the contest is over, tickets may be sold up until the weekend of the fair. Our records indicate that **some tickets remain unsold. In compliance with state gaming rules**, all unsold tickets must be returned. Please send any tickets you do not intend to sell or purchase back to the school office as soon as possible.

Thank you for your continued support for our school and parish.

Lisa M. Deaton  
Cash Raffle Chair