



St. Alphonsus Catholic School

The Buzz

Forming Faith and Future

Kristy M. Monsour, Principal

March 13, 2025

UPCOMING EVENTS

- **March 13 - 21** - Math-A-Thon *see page 3
- **March 14** - PK3-4th Grade Grandparents Day
- **March 17** - St. Patrick's Dress Day / VB Home Games
- **March 18** - VB Home Games
- **March 19** - 8th Grade Cap/Gown Pictures and Club Pictures
- **March 20** - Report Cards
- **March 21** - School Mass / Pep Rally 1:45 p.m.
- **March 24-25** - VB Home Games
- **March 26** - Spirit Dress

PK3-4th Grade Grandparent's Day



We are excited to host Grandparent's Day for PK3-4th grade on **Friday, March 14th**. Parking is available between the church and the Family Center or behind the Family Center. All PK3-4th grade students will be dismissed at 12:00 p.m. on **Friday, March 14th**. Bus service will not be available for that early dismissal time. All PK3-4th grade students who do not check out after Grandparent's Day must be picked up by carpool at 12:00 p.m. *However, buses will run for 5th-8th dismissal at the regular time. The schedule is below.

8:30-10:15: 1st - 4th Grade will attend Mass with a reception to follow in the Family Center.

10:30-11:30: PK3, PK4 and K will have a performance followed by refreshments in the Family Center.

***Students in 5th through 8th grade have a full day of school and will not attend Mass on Grandparent's Day. There will be NO aftercare.

St. Patrick's Day Dress



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

Bus Drivers Needed



St. Alphonsus Church and School has been gifted a school bus and drivers are needed. If you or anyone you know have a CDL license with the air brakes certification and would like to drive for field trips, sporting events or summer camp, please contact Kyle Cutrer at kylemcutrer@gmail.com. Thank you!



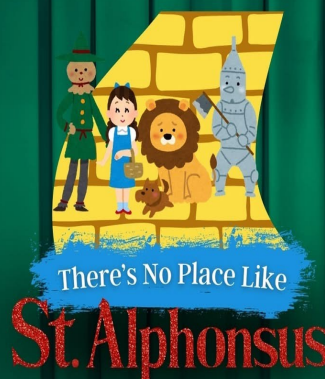
FESTIVAL OF 2 RIVERS TUITION RAFFLE

How does **FREE TUITION** sound to you?
The St. Alphonsus Auction and Taste Fair is giving you the opportunity to win free tuition for one student enrolled at St. Alphonsus School for the 2025 - 2026 school year! Raffle tickets can be purchased by anyone! That means grandparents or aunts/uncles can buy tickets to benefit any student! Tuition Raffle Tickets can be purchased online or in the church office for \$200.

Click [HERE](#)
to purchase
your
Tuition Raffle
Ticket!

Raffle tickets
for our 2025
Auction, Taste
Fair & \$10,000
Raffle are now
available for
purchase in the
Church Office
or click
[HERE](#).

Join us for a **WICKED GOOD** evening at our
St. Alphonsus Liguori Catholic Church & School
AUCTION, TASTE FAIR & \$10,000 RAFFLE



Saturday, March 22, 2025 from 5 - 9 PM
in the Parish Activity Center
Raffle Tickets now available for purchase!

FESTIVAL OF 2 RIVERS CASH RAFFLE TICKET CONTEST

We would like to thank everyone for your efforts thus far with selling the St. Alphonsus Festival of 2 Rivers cash raffle tickets. Over 50 children have turned in sold tickets. Due to Mardi Gras holidays, the final date to turn in tickets to be counted in the contest will be on March 25th. The final awards will be given out on March 27th.



St. Jude Children's Research Hospital®



The St. Jude Math-A-Thon packets will be sent home **today**. All donations need to be turned in by **Friday, March 21st**. Any student turning in at least \$10.00 to St. Jude will be allowed to wear a green shirt with jeans, uniform bottoms, or their school approved PE shorts on **Tuesday, March 25th**. Any student bringing in \$25 or more, 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 Anthony Terrell, a second grade student here at SAS.

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

8th Grade Cap and Gown Pictures

8th grade cap and gown pictures will be taken on **Wednesday, March 19th**. Students should be dropped off as close to 7:40 a.m. as possible and go to the Lighthouse. Students will be provided a cap and gown for pictures. Boys will also be provided a white collared button-down shirt and tie; however, they may bring their own if preferred. Boys' haircuts may be of only moderate length, height, and thickness in the front, back, top, and sides, naturally off of their ears, collar and eyebrows. Please see the student handbook for the dress code for haircuts. Students not following this dress code will be asked to make a separate appointment with Eric Frank.

2025-2026 School Year News

- Before purchasing PE uniforms and spirit shirts, please note that we will have a new design for next school year. More information on purchasing will be coming soon. Students will be able to wear the old ones for the next school year but will be phased out for the 2026-2027 school year.
- Mark your calendars! The first day of school for the 2025-2026 school year will be on **Thursday, August 7th!**

2024-2025 Yearbooks



Buy your 2024-2025 yearbook today for \$40.00. The last day to purchase your yearbook will be on April 1st. The yearbooks will be distributed at the beginning of the 2025-2026 school year.

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



DIOCESAN MIDDLE SCHOOL RALLY

We are so excited to announce that group registration for ARISE Middle School Rally is OPEN!!! St.

Alphonsus is hosting the inaugural event! It's going to be a great day of worship with Ryan Foulon, keynotes by Teresa LaCour, Mass with Bishop Duca, and a whole lot of fun! Registration is \$40 a person. Students should register and pay through their church parish. St. Alphonsus middle schoolers can sign up through the QR code.

ARISE

DIOCESAN MIDDLE SCHOOL RALLY

**OPEN TO
STUDENTS
6-8 GRADE**

**Saturday, March 29th
1-9pm
St. Alphonsus PAC**

Join Us For:

- Keynotes by Teresa LaCour
- Worship with Ryan Foulon
- Mass with Bishop Duca
- Workshops
- Confession, Adoration and lots more!



REGISTER HERE:



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

***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.***

Armor of God Prayer

I put on the helmet of salvation to guard my mind. I think the thoughts of Jesus.

I put on the breastplate of righteousness to guard my heart. I am righteous in Jesus.

I put on the belt of truth. I don't believe any lies, and I don't tell any either.

I put on the Gospel shoes of peace because I am on a mission for Jesus.

I take the shield of faith to stop all the darts of the enemy.

I take the sword of the Spirit, which is the Word of God, and I defeat the devil.

Amen



TIPS FOR HELPING KIDS WITH TEST ANXIETY



About Test Anxiety

What is test anxiety? Test anxiety is a feeling of nervousness, stress, or anxiety related to test taking that usually results in an inability to perform well.

How common is test anxiety? Studies show that test anxiety affects 10-40% of students.

What are the signs of test anxiety? Test anxiety can present itself in different ways, but here are a few things to look out for:

- Asking to stay home on test days
- Stomachaches or headaches before or during a test
- Trouble sleeping before a test
- Low test grades, even though the child clearly knows and understands the content.

Help Your Child Feel Prepared

Here are some ideas that your child can use to feel ready for the test:

- If possible, study for the test a little bit at a time instead of cramming last minute.
- Get a good night's sleep. Try to go to bed early and leave any devices or electronics in another room.
- Eat breakfast. A full stomach makes it easier to focus.
- Get to school/class on time or a few minutes early. This will give you time to settle in, make sure you have what you need, and ask any questions before the test starts.

Help Your Child Feel Confident

Help your child feel confident by teaching test-taking strategies like:

- Read the directions carefully.
- Underline or circle important information.
- Cross out answers you know aren't right.
- If you don't know the answer, move on and come back to it.
- Try to answer all the questions.
- Double-check your answers.

Help Your Child Feel Calm

To help kids feel less anxious during the test, help them learn coping skills that they can use while they are working, like:

- Deep Breathing: Breathe in for 4 seconds, hold the breath for 7 seconds, and exhale for 8 seconds.
- Positive Self-Talk: Come up with an encouraging sentence to tell yourself.
- Tensing & Relaxing: Focus on one part of your body. Make it as tense as possible, then relax.
- Focusing on what you can control



SAS Summer Camp

Camp registration is now OPEN. Summer Camp will begin on **Monday, June 2nd** and end **Friday, July 18th**. You may register for the entire summer or for specific weeks. Students must be a registered SAS student for the 2025-2026 school year and 4 years old to participate. Click [HERE](#) to register.

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

ST. ALPHONSUS CATHOLIC SCHOOL

Summer Camp

Registration is now open!

- ~ Ages 4 through 5th Grade
- ~ Registered SAS students
- ~ Field trips
- ~ Games
- ~ Crafts

**Don't wait! Spots
fill quickly!**





VOLLEYBALL HOME GAMES

17

MARCH

5:45 P.M. - 5TH GRADE WHITE
6:45 P.M. - 5TH GRADE BLUE

18

MARCH

5:45 P.M. - 5TH GRADE BLUE
6:45 P.M. - 7TH GRADE JV
7:45 P.M. - 8TH GRADE JV

Volleyball

Join us in the Family Center to cheer on our volleyball teams!

Click [HERE](#) for the volleyball schedule!

2025 HIVE GOLF TOURNAMENT

@Top Golf

LUNCH AND HOLE SPONSORSHIPS AVAILABLE NOW
CLICK QR CODE FOR REGISTRATION AND SPONSORSHIPS



MARCH 28

10am-1pm

REGISTRATION DEADLINE: MARCH 14

6 Player Teams or Individual spots available
Food and Hole Sponsorships available
Door Prizes and Raffle Items

Each 6 player team is allowed 2 bystanders at bay.

FAJITA BUFFET/CASH BAR

PRIZES FOR:

FIRST PLACE TEAM

1ST AND 2ND PLACE INDIVIDUALS

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 www.stalphonsusbr.org

Click
[**HERE**](#)

or scan
the QR
code to
register.



MARCH 2025

Elementary School Lunch



Monday

3

Mardi Gras Break

Tuesday

4

Mardi Gras Break

Wednesday

5

Macaroni and Cheese
Veggie Medley
Garden Salad
Baked Beans
Sorbet
Dinner Roll
Milk
Choice: Cheese Pizza

Thursday

6

Chicken Smackers W/ Potatoes
Buttered Corn
Garden Variety Veggies
Green Apple Wedges
Dinner Roll
Milk
Choice: Nacho Cheese Fries

Friday

7

Cheese Pizza
Garden Variety Veggies, Garden Salad
Sorbet
Milk
Choice: Cheesy Baked Potato

Chicken Smackers
Spaghetti and Cheese
Garden Variety Veggies
Veggie Medley
Red Apple Wedges
Milk

10

Choice: Loaded Baked Potato

Southwest Quesadilla
Nacho Salad Cup, Salsa
Spanish Rice
Garden Variety Veggies
Sorbet
Milk

11

Choice: Chicken Smackers

Beef a Roni
Sweet Peas
Garden Variety Veggies
Garden Salad
Dinner Roll
Oranges
Milk

12

Choice: Chef Chicken Smacker Salad

Chicken Fillet on Bun
French Fries
Baked Beans
Sandwich Salad Cup
Garden Variety Veggies
Peaches
Milk

13

Choice: Nacho Cheese Fries

Cheese Nachos
Nacho Salad Cup, Salsa
Buttered Corn
Garden Variety Veggies
Sorbet
Milk

14

Choice: Cheese Pizza

St. Patrick's Day
Honey Citrus Chicken
Fried Rice
Garden Variety Veggies, Garden Salad
Oranges
Milk
Cupcake

17

Choice: Loaded Baked Potato

Chicken & Sausage Jambalaya
White Beans
Garden Variety Veggies, Garden Salad
Red Apple Wedges
Dinner Roll
Milk

18

Choice: Chicken Smackers

Spaghetti and Meat Sauce
Sweet Peas
Garden Variety Veggies, Garden Salad
Peaches
Garlic Dinner Roll
Milk

19

Choice: Chef Taco Salad

Chicken Tenderloin
Red Beans and Rice
Garden Variety Veggies, Garden Salad
Orange Wedges
Biscuit
Milk

20

Choice: Nacho Cheese Fries

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

21

Choice: Cheese Pizza

Chicken Smackers w/ Potatoes
Buttered Corn
Garden Variety Veggies, Garden Salad
Red Apple Wedges
Dinner Roll
Milk

24

Choice: Loaded Baked Potato

Soft Tacos
Taco Salad Cup, Salsa
Pinto Beans
Garden Variety Veggies, Garden Salad
Strawberries
Milk

25

Choice: Chicken Smackers

Chicken Parmesan w/ Spaghetti
Garden Variety Veggies, Garden Salad
Diced Peaches
Milk

26

Choice: Chef Chicken Caesar Salad

Enchiladas
Spanish Rice
Corn
Garden Variety Veggies, Garden Salad
Green Apple Wedges
Milk

27

Choice: Nacho Cheese Fries

Cheese Pizza
Garden Variety Veggies, Garden Salad
Sorbet
Milk

28

Choice: Cheesy Baked Potato

Chicken Smackers
Spaghetti and Cheese
Garden Variety Veggies, Garden Salad
Veggie Medley
Green Apple Wedges
Milk

31

Choice: Loaded Baked Potato



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

MENUS: www.cnpbr.org

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.





March 13, 2025

Dear Parents,

St. Alphonsus is proud to once again participate in the St. Jude Math – A – Thon. The Math-A-Thon is a fundraising program for St. Jude Children's Research Hospital.

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 \$294,825** to help those children and their families in need of services at St. Jude. Throughout the years, St. Alphonsus has had numerous students benefit from the care and services provided by St. Jude Hospital. Please consider helping us continue this tradition of helping those in need.

Any student turning in at least \$10.00 to St. Jude will be allowed to wear a green shirt with jeans, uniform bottoms, or their school approved PE shorts on Tuesday, March 25th. Any student bringing in \$25 or more, will receive a free dress pass to be used on the day of their choosing (No Mass days).

- **Donations can be sent in an envelope labeled with the following: student name, teacher/homeroom, St. Jude Math-A-Thon. – *Make all checks payable to St. Jude Children's Research Hospital.***
- Online donations can be made. – ***This is the easiest way to donate. Please see the other side for online donation set up.***
- ***All donations need to be turned in by Friday, March 21.***

If you have multiple children at St. Alphonsus, and you wish to donate for each child under one account online, **please use the family name or name each child when making your fundraising page (The Smiths or Ally and John Smith)** use your oldest child's name and send me an email indicating the amount to be distributed amongst each child. If you wish to send just one check for your children, please send it with your oldest child and send me an email indicating the amount to be distributed amongst each child.

If you have any questions, please contact me, and thank you for your support in this worthy cause.

Jennifer Glissman (jglissman@stalphonsusbr.org)

Online Instructions for the 2025 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=154621
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. Reminder, each child will need to donated a minimum of \$10 to wear a green shirt, with jeans, PE shorts, or uniform bottoms on Tuesday, March 25, 2025.

***** 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

All donations are due by Friday, March 21, 2025.

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

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

Anthony Everett Terrell is 6 years old.

He loves Spider-Man, Jiu jitsu, being outdoors, swinging on the rings, swinging a baseball bat, Sonic, Legos, playing games, his older brother Seth, his big sister Abra Rose, and his family.

He was diagnosed with acute lymphoblastic leukemia (ALL) on March 14, 2023.

He has been undergoing treatment as part of a study through St. Jude since he arrived at St. Jude in Memphis via ambulance on March 15, 2023.

Although he has been in remission since the end of the 2023 school year, he must finish the remaining 56 weeks of chemotherapy and treatment per the study protocol.

He missed the last three months of kindergarten in 2023, but graduated on time that May. He spent 3/4 of his first-grade year learning his lessons at home, but was able to finish the last two months in person.

At the end of his treatment, he will be checked on a regular schedule to assure he stays in remission.

He is limited on playing sports, can't jump on trampolines, or do Jiu jitsu until his port is removed from his chest at the completion of his treatment. Other than that, he's a normal 6-year-old little boy.

Raising Funds WITH **RAISING CANE'S**



EAT AT
Raising Cane's

And we'll donate **15%** of our sales
from those who mention

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