



St. Alphonsus Catholic School

The Buzz

Forming Faith and Future

Kristy M. Monsour, Principal

March 27, 2025

UPCOMING EVENTS

- **March 28** - School Mass
- **April 3** - VB Home Games
- **April 4** - School Mass
- **April 7** - VB Home Games
- **April 10** - School Mass / Drama Club Dinner Theater
- **April 11** - Field Day / 1:00 p.m. Dismissal
- **April 14** - Way of the Cross 7:00 p.m.
- **April 15** - Way of the Cross 9:00 a.m.
- **April 16-17** - 8th Grade Mobile Classroom
- **April 17** - Progress Reports

St. Jude Children's Research Hospital®



Our students have raised \$5,967! Thank you so much for all of your support. You all really answered the call in that final push to exceed our goal. We appreciate all of the monetary donations, and we ask that you continue to pray for all patients, families, and those who work towards an end to childhood cancer. Pictured is 2nd grader Anthony Terrell, patient of St. Jude's, and most of all, an amazing young man!



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**.

SAS Summer Camp

Summer Camp is **FULL**. If you would like to be put on the waitlist, email Mrs. Tammy Fouts at tfouts@stalphonsusbr.org

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.



Drama Club Dinner Theater

The St. Alphonsus Drama Club will be performing "Beauty and the Beast" for our annual Dinner Theater on **Thursday, April 10th** at 7:00 p.m. in the Parish Activity Center (PAC). We will be serving jambalaya, white beans and coleslaw. Admission will be \$10.00. Please come out and support our Drama Club and enjoy "Dinner and a Show."



Quiz Bowl

This past weekend our 5/6 and 7/8 Quiz Bowl teams competed in the Diocesan Quiz Bowl tournament. Each team did a great job competing and won 2 of their 3 matches!

In the month of February our students learned about the Sword of the Spirit - "I choose to learn the Word of God and use it in my daily life." Yesterday, we celebrated our students that were nominated by their teachers with donuts and a Spirit Award. Congratulations to all of these students!





2025-2026 School Year News

- Mark your calendars! The first day of school for the 2025-2026 school year will be on **Thursday, August 7th!**
- 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.
- Order your student's school supplies for the 2025-2026 school year today! The deadline to order is **July 1st**. Scan the QR code or click **[HERE](#)** to order.



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 IMPULSE CONTROL

What It Is

Impulse control is the ability to resist a desire or temptation. Examples include:

- Choosing not to say something mean
- Finishing homework before playing
- Not yelling or being aggressive when angry
- Saying no to something that isn't good for you
- Saying no to things that won't help you reach your goals
- Thinking about the consequences of your words and actions

Why It Matters

Impulse control may have many lifelong benefits including:

- Increased ability to meet goals
- Improved academic performance
- Better friendships and relationships
- Improved physical health

Increasing Awareness

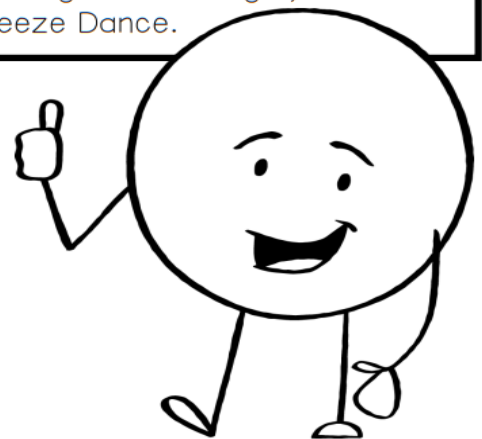
Children may struggle with impulse control because they aren't aware of their own thoughts, feelings, and actions. Here are some ways to help your child grow in this area:

- Make a habit of doing "feelings check-ins."
- Practice slowing down and being aware of yourself through deep breathing or mindfulness.
- Help your child come up with statements they can use to remind themselves of the benefits of impulse control.

©Counselor Chelsey

How To Help

- Be clear and specific about the behaviors that you want to encourage.
- When possible, remove distractions and temptations. This can make it easier, especially at first, for your child to develop the skill of impulse control.
- Use visual cues like signs or hand motions to remind your child to practice impulse control.
- Come up with a codeword that you can use to gently let your child know that they aren't using impulse control.
- Teach "replacement behaviors." These are things that your child can do in place of an undesired behavior. For example, instead of blurting out, help your child learn to raise their hand or write down their thoughts.
- Play games like Jenga, Memory, Red Light Green Light, and Freeze Dance.



Morgan Bueche
mbueche@stalphonusbr.org

<https://www.stalphonusbr.org/parents/counseling-corner.cfm>



VOLLEYBALL HOME GAMES

SAS 7TH GRADE JV VS. OLOM
3 APRIL | AT 5:45 PM

SAS 7TH GRADE VARSITY VS. OLOM
3 APRIL | AT 6:45 PM

SAS 8TH GRADE VARSITY VS. OLOM
3 APRIL | AT 7:45 PM

SAS FAMILY CENTER

Volleyball

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

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



FREE PHYSICAL DAY

GAME DAY PREP

SATURDAY, MAY 10 7AM - NOON

WHAT TO BRING

- Completed LHSAA physical form with parent or guardian signature (Part 1, Page 1)

THANK YOU TO OUR PARTNER



Our Lady of the Lake Health

AGE GROUP MIDDLE SCHOOL & HIGH SCHOOL

Registration Fee **FREE**

LOCATION 8080 Bluebonnet Blvd., BR, 70810

REGISTRATION brortho.com/physicals



ST. ALPHONSUS 1ST ANNUAL GOLF TOURNAMENT FUNDRAISER

APRIL 11, 2025

**COPPERMILL GOLF COURSE
ZACHARY, LA**

PRESENTED BY



**Knights of
Columbus**

COUNCIL #2807

SPONSORSHIP LEVELS

- \$750 Company Sponsor
- \$650 Foursome
- \$150 Hole Sponsor
- \$500 Beverage Cart
- ...and more opportunities on website.

SINGLE PLAYER COST

\$175

REGISTER TODAY

www.kofc2807golf.com
225-369-7071



AGENDA

- 7:30 AM Registration
- 8:30 AM Shotgun Start

KIDS IN MINISTRY

EGG-STRAVAGANZA

Sunday, April 13, 2025 at 1-3 PM
In the Parish Activity Center



Scan here or go to alphonsus.org to register:

Kids in Ministry is collecting prefilled eggs for our annual Easter Eggstravaganza. Drop off donations in the container in the Gather Space or the Faith Formation Office by April 4th.

Register your family for the event [HERE](#).



Mrs. Alaine Williamson is hosting a virtual workshop for parents. She visited our middle school students during Catholic Schools Week and presented students with an interactive presentation on rude, mean, and bullying.

RUDE, MEAN, & BULLYING

HOW TO HELP MY CHILD
NAVIGATE THEIR SOCIAL
WORLD

**A VIRTUAL WORKSHOP FOR PARENTS
WITH ALAINE WILLIAMSON, LPC,
REGISTERED PLAY THERAPIST**



**Join us and learn specific, practical
strategies that address your burning
questions:**

- “What is the difference between rude, mean, and bullying behavior ... and what do I do about it?”**
- “How do I tell the difference between ‘normal’ peer conflict and worrisome peer interactions?”
- “How do I best support my child when they are hurting or struggling with peers? How do I keep them coming to me for advice?”**
- “I think my child may be the one who is having trouble being kind. How do I help them?”

THURSDAY, APRIL 10

12-1:15pm / Live Stream / \$75

REGISTER HERE



Questions? Contact alaine@alainewilliamsonlpc.com

JOIN OUR FUNDRAISER WITH BUG NINJA!

For every new pest control or termite service,
Bug Ninja will donate \$75 to:

St. Alphonsus School

DATES

Active until April 30, 2025

Call 225-414-2020 and mention the fundraiser
or use bugninjapestcontrol.com/fundraiser



For most homes pest control is \$29.99 per month and termite service is \$39.99 per month.
Requires one year agreement and automatic billing.

