



St. Alphonsus Catholic School

The Buzz

Forming Faith and Future

Kristy M. Monsour, Principal

April 3, 2025

UPCOMING EVENTS

- **April 4** - School Mass
- **April 7** - VB Home Games
- **April 10** - School Mass / Drama Club Dinner Theater 7:00 p.m.
- **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
- **April 18-25** - Easter Holiday - No School

Festival of Two Rivers T-shirt



Students may wear their Fair T-Shirt with Spirit Dress guidelines any Wednesday or Friday leading up to the festival. T-shirts may be worn with uniform pants/shorts/skirts OR jeans (tucked in with belts if worn with jeans). See the form attached or click [HERE](#) to order a fair shirt.

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."

The 2025 Hive Golf Tournament

The 2025 Hive Golf Tournament was a smashing success! We are so grateful for all of the sponsors and players that spent the day with us fellowshiping and raising funds for our athletic programs and facilities!

We raised \$12,800 to go towards bettering our athletic programs at St. Alphonsus and we are so excited about the future opportunities our booster program will allow at our school!





Field Day

Field Day will be on Friday, April 11th. Opening ceremonies will begin at 8:30 a.m. Students will be dismissed at 1:00 p.m. and there is NO aftercare. Parent volunteers are needed. Please click [HERE](#) to sign up to volunteer for field day.

**This year we will have Kona Ice at field day. Students will need to bring \$3 to purchase a snowball. Money may be sent to homeroom teachers in advance.*

Field Day Schedule

	Pre-K3	Pre-K4	K	1st	2nd	3rd
9:00-9:20		50 yd.dash	Penguin Race	Softball Toss	Tug-O-War	Spoon Race
9:20-9:40	50 yd.dash	Tug-O-War	Softball Toss	3 Leg Race	Spoon Race	Wheelbarrow
9:40-10:00	Break	Spoon Race	Break	Tug-O-War	50 yd.dash	Softball Toss
10:00-10:20	Tug-O-War	Break	50 yd.dash	Break	3 Leg Race	Free Throw
10:20-10:40	Spoon Race	Penguin Race	Tug-O-War	50 yd.dash	Wheelbarrow	Break
10:40-11:00	LUNCH	Softball Toss	Spoon Race	Penguin Race	Break	Tug-O-War
11:00-11:20		LUNCH	LUNCH	Break	Softball Toss	50 yd.dash
11:20-11:40				LUNCH	Penguin Race	3 Leg Race
11:40-12:00					LUNCH	Penguin Race
12:00-12:20						LUNCH
12:20-12:40						
12:40-1:00						

	4th	5th	6th	7th	8th
9:00-9:20	Free Throw	3 Leg Race	Team Skier	Wheelbarrow	Broadjump
9:20-9:40	Penguin Race	Break	Free Throw	Broadjump	Team Skier
9:40-10:00	Wheelbarrow	Ring Toss	Broadjump	3 Leg Race	Penguin Race
10:00-10:20	Ring Toss	Wheelbarrow	Penguin Race	Break	Softball Toss
10:20-10:40	Break	Free Throw	3 Leg Race	Softball Toss	Break
10:40-11:00	3 Leg Race	50 yd. dash	Wheelbarrow	Team Skier	Free Throw
11:00-11:20	Tug-O-War	Broadjump	Break	Penguin Race	3 Leg Race
11:20-11:40	Softball Toss	Tug-O-War	50 yd. dash	Free Throw	Break - P
11:40-12:00	50 yd.dash	Softball Toss	Tug-O-War	Break - P	Wheelbarrow
12:00-12:20	LUNCH	Penguin Race	Softball Toss	Tug-O-War	50 yd. dash
12:20-12:40		LUNCH	LUNCH	50 yd. dash	Tug-O-War
12:40-1:00				LUNCH	LUNCH



Thank You - Festival of 2 Rivers Cash Raffle Ticket Sales

We would like to thank everyone for your efforts this year with selling the St. Alphonsus Festival of 2 Rivers cash raffle tickets. We are happy to report a total of more than 3900 tickets were sold with more being turned in the last few days. The following students each sold 100 or more tickets; **Natalie R., Rowen K., Jackson W., Wade D., Jackson S., and Logan B.**

Contest Awards:

Top Class for PK thru 3rd: Mrs. Byrne - KA sold 500 tickets

Top Class for 4th thru 8th: Mrs. Dunn - 8B sold 345 tickets

Top Selling Student: Oliver B. KA - sold 370 tickets

Second Place Student: William L. 2A - sold 310 tickets

Although the contest is over, tickets may be sold up until the weekend of the fair. According to our records there are still unsold tickets out. State gaming rules state we are **required to have all unsold tickets returned**; therefore, we are asking you to send any tickets you are **not planning to sell or buy** to the school office ASAP.

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

Lisa M. Deaton
Cash Raffle Chair



God's Helping Hands

For the month of March, 1st and 2nd grade students in God's Helping Hands Club honored our SAS cafeteria staff for their hard work and dedication to our school!

We thank them for all they do for us every day!



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 K-8th grade 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](https://1stDaySchoolSupplies.com) 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 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
- Trouble sleeping before a test
- Stomachaches or headaches
- Low test grades, even though the child before or during a test 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

©Counselor Chelsey

Morgan Bueche
mbueche@stalphonsusbr.org

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



VOLLEYBALL HOME GAMES

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

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

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

SAS FAMILY CENTER

Volleyball

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

**Mark your calendars! The girls will be hosting a volleyball tournament next weekend at SAS. More information will be posted soon.*

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

Cheer Registration

Cheer registration for the 2025/26 school year opens on **Monday, April 7th**. This is for girls entering grades 3rd -8th next year!

****UPDATED** Squad info packets will be available on the school website on **April 4th**.

Important upcoming dates:

- Tryout clinics for students going into 6th-8th grade are **April 28th & 29th** after school.
- Cheer tryouts are on **Thursday, May 1st** immediately after school.
- Email Morgan Bueche for more information
mbueche@stalphonsusbr.org

Summer Camp

for our future Hornet Cheerleaders

May 28th - 30th
8am to 12pm
@ SAS Gym

\$115 per camper (includes shirt and set of poms)
open to SAS students going into pk4 - 2nd grade

CLICK [HERE](#) TO REGISTER!

REGISTER BY MAY 2nd to receive shirt & poms the first day of camp

Hosted by St. Alphonsus Cheer
Contact Morgan Bueche for information
mbueche@stalphonsusbr.org



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



LUNCH

APRIL 2025 Elementary School Lunch



Monday

Tuesday

Wednesday

Thursday

Friday

Honey Citrus Chicken
Fried Rice
Steamed Broccoli
Garden Variety Veggies, Garden Salad
Orange Wedges
Milk
Choice: Loaded Baked Potato

Chicken Smackers w/ Potatoes
Steamed Broccoli
Garden Variety Veggies, Garden Salad
Red Apple Wedges
Dinner Roll
Milk
Choice: Loaded Baked Potato



Chicken Smackers
Spaghetti and Cheese
Steamed Broccoli
Garden Variety Veggies, Garden Salad
Red Apple Wedges
Milk
Choice: Loaded Baked Potato

Southwest Quesadilla
Nacho Salad Cup, Salsa
Spanish Rice
Garden Variety Veggies
Orange Wedges
Milk
Choice: Chicken Smackers

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

Soft Tacos
Taco Salad Cup, Salsa
Pinto Beans
Garden Variety Veggies
Orange Wedges
Milk
Choice: Chicken Smackers



Southwest Quesadilla
Nacho Salad Cup, Salsa
Spanish Rice
Garden Variety Veggies
Orange Wedges
Milk
Choice: Chicken Smackers

Pork Lo Mein
Sauteed Cabbage
Garden Variety Veggies, Garden Salad
Strawberries w/ Whipped Topping
Milk
Choice: Chef Chicken Caesar Salad

Spaghetti and Meat Sauce
Steamed Broccoli
Garden Variety Veggies, Garden Salad
Strawberries w/ Whipped Topping
Garlic Dinner Roll
Milk
Choice: Chef Taco Salad

Easter Dinner
Turkey w/ Rice & Gravy
Glazed Carrots
Garden Variety Veggies, Garden Salad
Strawberries w/ Whipped Topping
Milk
Cupcake
Choice: Chef Chicken Smacker Salad



Beef a Roni
Steamed Broccoli
Garden Variety Veggies, Garden Salad
Strawberries w/ Whipped Topping
Dinner Roll
Milk
Choice: Chef Chicken Smacker Salad

Chicken Fillet on Bun
French Fries
Baked Beans
Sandwich Salad Cup
Garden Variety Veggies
Red Apple Wedges
Milk
Choice: Nacho Cheese Fries

Chicken Tenderloin
Red Beans and Rice
Garden Variety Veggies, Garden Salad
Green Apple Wedges
Biscuit
Milk
Choice: Nacho Cheese Fries

Fish Sticks
Macaroni and Cheese
French Fries, Steamed Broccoli
Garden Variety Veggies, Garden Salad
Strawberries & Peaches w/Whipped Topping
Milk
Choice: Nacho Cheese Fries






Cheese Nachos
Nacho Salad Cup, Salsa
Steamed Broccoli
Garden Variety Veggies
Strawberries & Peaches w/ Whipped Topping
Milk
Choice: Cheese Pizza

Cheese/Pepperoni Pizza
Steamed Broccoli
Garden Variety Veggies,
Garden Salad
Green Apple Wedges
Milk
Choice: Cheesy Baked Potato







Easter Break

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

**MY
SCHOOL
BUCKS**

PAY FOR MEALS ONLINE
MySchoolBucks.com

ST. ALPHONSUS PARISH COMMUNITY
2025
FESTIVAL OF TWO RIVERS
T-SHIRT ORDER FORM

Please return the completed form with payment to the school office.

Checks should be made payable to **St. Alphonsus Church Fair**.

T-shirts may also be ordered online at <https://alphonsus.org/>

Name: _____

Phone #: _____ Homeroom at SAS: _____

YOUTH T-Shirt Sizes - \$16.00:

_____ YXS(4-5) _____ YS (6-8) _____ YM (10-12) _____ YL (14-16)

ADULT T-Shirt Sizes - \$16.00:

_____ AS _____ AM _____ AL _____ AXL

ADULT – T-Shirt Sizes - \$20.00:

_____ 2XL _____ 3XL

Total # of Shirts Ordered: _____

Students may wear their Fair T-Shirt to school every Wednesday and Friday until the fair.

Inka's

U N I F O R M S



The best quality school uniforms.
Great customer service.



Our girls plaid items are made with our
unique **UPSCALE** growth features that
lets the garment grow with your child.

SAVE 20% in April

SAVE 15% in May

SAVE 10% in June

FREE Alterations

April 21st—26th, 2025

Inka's Uniforms only (new or used)

Limit 10 Items per customer

inkas-uniforms.com



11626 Sherwood Forest Court

celebrating
35 Years



great summer camps for girls
Boys are invited to attend some
Technology Camps

Registration opens
February 28
at sizzlingsummer.org!



ATHLETICS

Volleyball, Basketball, Cheerleading,
Softball, Fitness Training, Soccer,
Self Defense



ARTS

Art, Theater, Media Arts, Dance



themed day camps

Adventures in Fairy Tales, Camping
with the Stickers, Aloha Summer,
Holiday Extravaganza, Around the
World in Five Days



ENRICHMENT

Cooking, Baking, Sewing, Knitting, CPR
& First Aid, Scrapbooking, Self-Care,
Astronomy & Space, Happiest Camp
on Earth, IMPACT: Inspire, Mentorship,
Personal Growth, Adventure, Community,
Team Building, Summer Swifties



Academics

Study Skills, Spanish, Algebra I Prep,
Algebra II Prep, Geometry Prep,
Creative Writing, Math Facts



technology

Keyboarding, Gaming, eSports, Variety
of STEM camps



CAMPS OPEN TO INCOMING FRESHMEN

Basketball, Volleyball, Geometry Prep,
Algebra I Prep, Algebra II Prep, Cooking,
Dance, CPR & First Aid, Keyboarding,
Baking

Please contact Victoria Hudson at (225) 388-2209 or camps@sjabr.org for more
information on camps and limited financial assistance.

ST. JOSEPH'S ACADEMY | 3015 BROUSSARD STREET | BATON ROUGE, LA 70808