



St. Alphonsus Catholic School

The Buzz

Forming Faith and Future

Kristy M. Monsour, Principal

April 17, 2025

UPCOMING EVENTS

- **April 17 -**
Progress Reports
- **April 18-25 -**
Easter Holiday -
No School
- **April 28 -**
Students Return
- **April 28 & 29 -**
Volleyball Home
Games
- **April 30 -** Spirit
Dress
- **May 2 -** School
Mass
- **May 5 -** May
Crowning 8:30
a.m.
- **May 6 -** Volleyball
Home Games
- **May 7 - 9 -** 8th
Grade Exams
- **May 8 -** Volleyball
Home Games
- **May 9 -** School
Mass / Middle
School Dance

Easter Holidays - NO SCHOOL on April 18th - April 25th. We will return to school on April 28th.

There will be NO aftercare on Friday, May 2nd due to the Festival of Two Rivers.

Festival of Two Rivers - May 2-4, 2025

Schedule, volunteer sign-ups, T-shirts, and more information can be found [HERE](#).

Weekend Passes

Weekend Mega Pass Bands for unlimited rides are now available for purchase through the ride company.

Click [HERE](#) to purchase your Mega Pass.

St. Alphonsus Liguori Parish Festival of Two Rivers

May 2-4, 2025

Back Parking Lot/Field

**Rides, Games, Live Music,
Food, and More!**



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.

Ring-A-Drink Donations

We need your help to reach our goal! It's almost time to play your favorite Ring-A-Drink game at this year's fair! In order to have a successful game, we need at least 100 2-liter drinks.



Living Way of the Cross

The 8th graders did an absolutely wonderful job performing the Living Way of the Cross. Their heartfelt portrayal of the Stations of the Cross was both moving and meaningful.

A heartfelt thank you to Lynette Shaffett, Lori Tomecek, Kelli Hill, Sarah Love, Kourtney Rogers, and everyone who played a part in bringing this special presentation to life. Your hard work and dedication are truly appreciated. We are so blessed to be part of the St. Alphonsus Catholic School family.

Wishing everyone a joyful and blessed Easter!



Mother Seton Award

Congratulations to Mrs. Casey Ebey, Home and School Vice President. She was honored by the Diocese of Baton Rouge Catholic Schools Office with the Mother Seton Award.



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 SEPARATION ANXIETY

Symptoms of Separation Anxiety

- Feeling upset when it's time to separate from a caregiver
- Refusal to participate in activities without a caregiver
- Physical symptoms like stomachaches and trouble sleeping in the time leading up to a separation from a caregiver
- Worry that harm will come to the caregiver when they are gone

What To Say

- "It's okay that you're worried."
- "I will be back when..."
- "While I'm gone, ___ will take care of you."
- "While I'm gone, you will get to___."
- "I love you."

What To Do

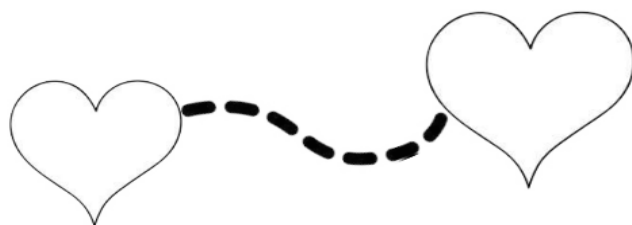
- Keep your goodbyes short and sweet.
- Practice separating for small amounts of time, and then build up from there.
- If your child is going somewhere, allow them to take a small object or photo that feels familiar.
- Create a consistent drop-off routine so they know what to expect.

Things To Avoid

- Avoid shaming your child for their separation anxiety. Try not to say things like "stop being a baby" or "big kids don't cry."
- If possible, stick with your decision to go. Canceling your plans so you can stay with your child may make their separation anxiety worse.
- Don't be dishonest about how long you'll be gone.

Other Tips To Try

- Get on the same page as the person who will be caring for your child. Work together to create a plan for your child.
- Try to manage your emotions and stay calm. If your child senses that you are feeling upset or worried, they may have a harder time calming down.
- If the separation anxiety continues or gets in the way of their ability to do the things they enjoy, consider getting help from a professional.



Morgan Bueche
mbueche@stalphonsubr.org

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

Cheer Registration

Cheer registration for the 2025/26 school year is now **OPEN**. This is for girls entering grades 3rd-8th next year!

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.
- The deadline to register is **Friday, April 18th**

[Information Packets](#)

[Registration for 3rd-5th grade](#)

[Registration for 6th-8th grade](#)



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



Volleyball

Congratulations to our Volleyball Teams! We're so proud of our girls for their outstanding performance at the St. Alphonsus Volleyball Tournament this past weekend! Way to go, girls!

8th Grade Team – 1st Place
5th Grade Team – 1st Place
7th Grade Team – 2nd Place

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



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 <http://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



OUR BIGGEST SALE

15% OFF

EVERY PURCHASE IN MAY
IN-STORE AND ONLINE

**In addition to our sales, we are giving
out School Time Bucks in May and June!**

We're giving out \$5 in School Time Bucks for each
\$100 spent in-store and online, and you will get **DOUBLE**
School Time Bucks on all purchases over \$100 in May.



St. Alphonsus Catholic School

15% OFF

Save on your entire purchase in-store and
online during your school's sale days!

**Friday, June 13 &
Saturday, June 14, 2025**

Use code **HORNETS1** to get **FREE SHIPPING** and 15% off online.

WWW.SCHOOLTIMEUNIFORMS.COM

Can't shop during our sale in May or your school's special sale days?
You can still save 10% on everything in-store and online in June!

*Returns and exchanges are allowed even when logos are on your items. We also offer layaway in the summer!
You can take advantage of our sale pricing in May and June even if you put your items on layaway.*

School Uniforms • Backpacks • Nap Mats • Accessories

7745 Jefferson Hwy • Baton Rouge • (225) 926-5371 • Facebook @SchoolTimeBatonRouge

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



MARCUS THORNTON

MBS BASKETBALL CAMP

BOYS | JUNE 2ND-5TH

2nd-8th grade | 9:00am - 11:45am

GIRLS | JUNE 9TH-12TH

2nd-8th grade | 9:00am - 11:45am

Players will learn basketball fundamentals and skills.

Players will learn to "COMPETE"

Offensive Points of Emphasis:

Ball handling, passing, skill set with out the ball, shooting, rebounding, screens, posts and fast break skills

Defensive Points of Emphasis:

Footwork, man to man, zone principles, rebounding and help defense

Team Concepts:

Work together as a team, compete, being disciplined and motivated

Athletic Concepts:

Proper stretching/warm up, conditioning, and mental strength

Winning Boys Team and Winning Girls Team qualify for a guided tour of LSU Basketball practice facility, PMAC, etc. Hosted by Marcus Thornton (date TBA)

\$295

per player
(includes a t-shirt)

CAMP DIRECTOR

10 YEAR NBA PLAYER

SEC PLAYER OF THE YEAR 2009- LSU



REGISTER NOW!

CLICK HERE

[Marcus Thornton](#)
[BKB Camp](#)



CONTACT: Tommy Krysan - Athletic Director - tkrysan@mbsbr.org