



St. Alphonsus Catholic School

The Buzz

Forming Faith and Future

Kristy M. Monsour, Principal

January 16, 2025

UPCOMING EVENTS

- **January 17 -**
School Mass /
Basketball Home
Games
- **January 20 -**
Martin Luther King,
Jr. Day - No
School
- **January 21 -**
Basketball Home
Games
- **January 22 -**
Basketball Home
Games
- **January 24 -**
School Mass -
Bishop Duca will
be dedicating the
new altar at Mass.
- **January 26-31 -**
Catholic Schools
Week *see page 2
for more information
- **January 31 -**
School Mass

- There will be **NO** school on Monday, January 20th.
- We are expecting very cold and possibly wet wintry weather next week. The teachers are preparing lessons to be done at home if this is the case. Please stay alert to weather conditions and the news. As policy states, we will follow the Central Community School System for closure. You will also receive updates from the school via text and email.

Enrollment for the 2025-2026 School Year

Re-enrollment for currently enrolled students is open. The registration fee is now \$375.00 and will go up to \$425 on **January 31st**.

Please note: Enrollment will be completed online. Parents will pay registration online through their FACTS account. We encourage parents to re-enroll students now to secure their spot for the 2025-2026 school year. Re-enrollment is available through the "Family Portal" on RenWeb or by clicking on this link: <https://SA-LA.client.renweb.com/pw/>. Once on the Family Portal, select "Apply/Enroll" and then click "Enrollment/Reenrollment". Only new students will require an application. Please contact Bethany Richard at brichard@stalphonsusbr.org to enroll a sibling.

- [Registration Timeline](#)
- [2025-2026 Tuition & Fee Schedule](#)

New Student Registration

If you know of someone interested in joining our St. Alphonsus School family, please let them know that new student registration is now open. Tours can be scheduled by calling 225-261-5299.

Tax Statements for 2024

A printable payment summary is available by logging into [FACTS](#).

Please follow the steps below:

- Click Financial Home
- Click View Details in the Payment Plan and Billing Box
- Click View Payment Summary (note: page will open in another window or tab)

If you need assistance navigating to your FACTS account, please click [here](#) for detailed instructions.



St. Alphonsus School Celebrates Catholic Schools Week

January 26th - January 31st

••••• **Sunday 1/26-Celebrate our Parish** •••••
Attend Mass in school uniform or SAS gear.

••••• **Monday 1/27-Celebrate our Faculty and Staff** •••••
PJ Day - Pajama pants with spirit shirt.

••••• **Tuesday 1/28-Celebrate Vocations** •••••
Dress like your favorite Catholic Saint. **Free dress guidelines

••••• **Wednesday 1/29-Celebrate our Nation** •••••
Crazy Hair Day with a patriotic shirt with spirit dress guidelines.

••••• **Thursday 1/30-Celebrate our Students** •••••
Dress up like your dream job. **Free dress guidelines

••••• **Friday 1/31-Celebrate our Community** •••••
Mass Dress

****Free Dress Guidelines - No leggings, no inappropriate graphics, shorts and skirts must be longer than the student's fingertips, no halter, sleeveless or tank tops. Students must wear athletic shoes.**

~ Catholic Schools Week ~ Catholic Charities

Catholic Charities will conduct their annual supply drive again this year during Catholic Schools Week. The collection will be from **January 20th-January 28th.**

Suggested items:

Kitchen Supplies: Coffee cups, glasses, mixing bowls and Tupperware.

Kitchen and Bathroom Essentials: trash bags, toilet paper, toilet brush and toilet plunger.

Cleaning Supplies: Broom/dustpan, mop and bucket.

Personal Hygiene: Full Size shampoo and conditioner.

Small Appliances: Laundry baskets, laundry detergent and individual kitchen knives (no block sets).

Other Essentials: Gift cards, baby wipes and all size batteries.

Your generosity is greatly appreciated!



COUNSELOR'S

SCHOOL AVOIDANCE & ATTENDANCE

Does your child have increased anxiety and/or emotional distress when returning to school after a long break?

School avoidance or refusal is when a child regularly resists going to school. This avoidance can lead to excessive absences, tardiness, check-outs, and calls to mom & dad during the day. Many of these students complain of not feeling well and have anxiety related symptoms such as headaches, nausea, or dizziness -- symptoms that happen most often on school days and are absent on the weekends.

Below are tips for helping kids overcome school avoidance:

WONDERING HOW TO HELP YOUR CHILD IMPROVE SCHOOL ATTENDANCE?

10 TIPS TO HELP ATTENDANCE MATTERS

Good attendance is a parent and student responsibility. Help your child understand why going to school every day matters. Reinforce that showing up to school consistently is an important life skill that will help them be successful in their future.

2 HAVE A NIGHT TIME ROUTINE

Having a night time routine makes for a much smoother morning. Here are some helpful ideas:

- *Clean out and organize backpack.
- *Complete any homework.
- *Lay out clothes/shoes the night before.
- *Pre-prepare breakfast.
- *Make lunch at home the night before.
- *Go to bed on time.



3 HAVE A MORNING ROUTINE

Help your child learn the value of a regular routine. Do your best to do the routine the same way every morning. Don't drag out the goodbye process...it makes leaving home even more difficult.

4 LEAD BY EXAMPLE

Be a good example and enforce rules. Speak highly of the school and support staff. Don't let your child take time off school for minor reasons. Don't let your child persuade you into making an excuse for them to miss school.



5 OPEN COMMUNICATION

If your child doesn't want to go to school, determine the reason(s) why. Have open communication with their teacher and other school staff in order to create a strong support system.



6 BE PREPARED FOR SETBACKS

Don't get discouraged with regression. Going back to school after a long weekend, holiday break, or illness can cause school avoidance to flare up again. Be prepared for this and remember consistency is the key.

7 DON'T GIVE UP

The best gift you can give your child is to not give up... even when you feel like it. There's no "quick fix" in overcoming school anxiety. The best lesson your child learns is they **CAN** do hard things and be successful.



8 KEEP A SCHOOL CALENDAR

Keep a school calendar. Write down all important dates, holidays, events that will take place each month. This helps your child be aware of what is coming up and to help them be prepared in advance for commitments. It is also a convenient place to document absences.



9 TEACH PROBLEM SOLVING SKILLS

Learning to handle problems effectively is a valuable life skill. When problems arise, don't rush to solve your child's problem for them. Encourage them to come up with their own ideas of solutions to their problems.



10 TEACH CALMING STRATEGIES

Teaching your child calming strategies is a great way for them to take an active role in overcoming school avoidance.

Easy Deep Breathing Exercise:
Inhale through nose. Hold for five seconds. Exhale through mouth. Repeat three times.





Congratulations to the 2024 Keep Christ in Christmas Poster Contest winners!

Kindergarten

- 1st Place – Bailey B.
- 2nd Place – Elliott C.
- 3rd Place – Riley C.

Grade 3rd-4th

- 1st Place – Olivia M.
- 2nd Place – River L.
- 3rd Place – Hunter W.

Grade 7th-8th

- 1st Place – Ainsley E.
- 2nd Place – Mackenna S.
- 3rd Place Tie – Carsyn C. / Olivia E.

Grade 1st-2nd

- 1st Place – Lucia C.
- 2nd Place – Spencer T.
- 3rd Place – Annie F.

Grade 5th-6th

- 1st Place – Jillian B.
- 2nd Place – Jude R.
- 3rd Place – Thomas C.



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



Boys Basketball

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

Click [HERE](#) for the boys' basketball schedule!

BASKETBALL HOME GAMES



17 JAN
 5:45 P.M. - 5TH GRADE BLUE
 6:30 P.M. - 6TH GRADE JV WHITE
 7:15 P.M. - 6TH GRADE JV BLUE

21 JAN
 5:45 P.M. - 3RD GRADE WHITE
 6:30 P.M. - 3RD GRADE BLUE
 7:15 P.M. - 4TH GRADE WHITE

22 JAN
 5:45 P.M. - 4TH GRADE BLUE
 6:30 P.M. - 5TH GRADE WHITE
 7:15 P.M. - 5TH GRADE BLUE



Mighty Moms Central

Thank you to all the students that participated in the Mighty Moms free dress day on Wednesday. We raised \$705.61.

Congratulations

Congratulations to our 2nd graders that received their First Reconciliation this week!





Daddy Daughter Dance

The SAS Daddy Daughter Sweetheart Dance will be on **Saturday, February 15th** at 7:00 p.m. Click [**HERE**](#) to purchase tickets.



St. Alphonsus Cheerleaders
present

DADDY



daughter

SWEETHEART DANCE

Saturday
15
February

St. ALPHONSUS
PARISH ACTIVITY
CENTER

7:00PM
to
9:00PM

Ticket Prices:

\$20 FOR DADS (includes picture cost)
\$10 FOR EACH DAUGHTER





Women's Welcome Retreat

The next Women's Welcome Retreat is coming up on **February 22nd-23rd, 2025.**

Sign up online [HERE](#).

WELCOME

There IS more to life!

We invite you to join us for our

WOMEN'S WELCOME RETREAT

beginning

SATURDAY, FEBRUARY 22, 2025 AT 7:30 AM

ending

SUNDAY, FEBRUARY 23, 2025 AT 3:30 PM

in the St. Alphonsus Parish Activity Center



*To register, go to
www.alphonsus.org or
use the QR code*



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ST. ALPHONSUS
HOME AND SCHOOL
PRESENTS



14

BINGO NIGHT

SAVE THE DATE

FEBRUARY 7TH

6:30-8:30 P.M.

**MORE INFORMATION
COMING SOON*



13



10

***Please note - The menu has been updated for the remainder of the month.**

LUNCH

JANUARY 2025

Elementary School Lunch

Child Nutrition Program
Diocese of Baton Rouge

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="display: flex; justify-content: space-between;"> <div style="width: 15%;"> <p>*</p> </div> <div style="width: 60%; text-align: center;"> <p style="font-size: 1.5em; font-weight: bold; color: red;">HAPPY NEW YEAR</p> </div> <div style="width: 15%; text-align: right;"> </div> </div>				
<p style="text-align: right; font-weight: bold; background-color: black; color: white; padding: 2px 5px;">6</p> <p>Chicken Smackers Spaghetti and Cheese Garden Variety Veggies Veggie Medley Sorbet Cup Milk</p> <p style="text-align: left; font-weight: bold;">Choice: Loaded Baked Potato</p>	<p style="text-align: right; font-weight: bold; background-color: black; color: white; padding: 2px 5px;">7</p> <p>Chicken & Sausage Jambalaya White Beans Garden Variety Veggies Peaches Dinner Roll Milk</p> <p style="text-align: left; font-weight: bold;">Choice: Chicken Smackers</p>	<p style="text-align: right; font-weight: bold; background-color: black; color: white; padding: 2px 5px;">1</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">Christmas Holiday</p>	<p style="text-align: right; font-weight: bold; background-color: black; color: white; padding: 2px 5px;">2</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">Christmas Holiday</p>	<p style="text-align: right; font-weight: bold; background-color: black; color: white; padding: 2px 5px;">3</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">Christmas Holiday</p>
<p style="text-align: right; font-weight: bold; background-color: black; color: white; padding: 2px 5px;">6</p> <p>Chicken Smackers Spaghetti and Cheese Garden Variety Veggies Veggie Medley Sorbet Cup Milk</p> <p style="text-align: left; font-weight: bold;">Choice: Loaded Baked Potato</p>	<p style="text-align: right; font-weight: bold; background-color: black; color: white; padding: 2px 5px;">7</p> <p>Chicken & Sausage Jambalaya White Beans Garden Variety Veggies Peaches Dinner Roll Milk</p> <p style="text-align: left; font-weight: bold;">Choice: Chicken Smackers</p>	<p style="text-align: right; font-weight: bold; background-color: black; color: white; padding: 2px 5px;">8</p> <p>Hamburger/Cheeseburger Sandwich Salad Cup French Fries Garden Variety Veggies Oranges Milk</p> <p style="text-align: left; font-weight: bold;">Choice: Chef Chicken Smacker Salad</p>	<p style="text-align: right; font-weight: bold; background-color: black; color: white; padding: 2px 5px;">9</p> <p>Chicken Parmesan with Spaghetti Garden Salad Garlic Bread Stick Garden Variety Veggies Green / Red Apples Milk</p> <p style="text-align: left; font-weight: bold;">Choice: Nacho Fries</p>	<p style="text-align: right; font-weight: bold; background-color: black; color: white; padding: 2px 5px;">10</p> <p>Cheesy Beef Pasta Corn Garden Variety Veggies Garden Salad Dinner Roll Green / Red Apple Wedges Milk</p> <p style="text-align: left; font-weight: bold;">Choice: Pepperoni or Cheese Pizza</p>
<p style="text-align: right; font-weight: bold; background-color: black; color: white; padding: 2px 5px;">13</p> <p>Chicken Tenderloin Red Beans and Rice Garden Variety Veggies Pineapple Biscuit Milk</p> <p style="text-align: left; font-weight: bold;">Choice: Loaded Baked Potato</p>	<p style="text-align: right; font-weight: bold; background-color: black; color: white; padding: 2px 5px;">14</p> <p>Chili Pinto Beans Cornbread Garden Variety Veggies Sorbet Cup Milk</p> <p style="text-align: left; font-weight: bold;">Choice: Chicken Smackers</p>	<p style="text-align: right; font-weight: bold; background-color: black; color: white; padding: 2px 5px;">15</p> <p>Chicken Smackers Mashed Potatoes w/ Gravy Buttered Corn Garden Variety Veggies Green / Red Apple Wedges Dinner Roll Milk</p> <p style="text-align: left; font-weight: bold;">Choice: Chef Chicken Taco Salad</p>	<p style="text-align: right; font-weight: bold; background-color: black; color: white; padding: 2px 5px;">16</p> <p>Pepperoni/Cheese Pizza Garden Variety Veggies Garden Salad Orange Wedges Milk Jello w/ Whipped Topping</p> <p style="text-align: left; font-weight: bold;">Choice: Nacho Fries</p>	<p style="text-align: right; font-weight: bold; background-color: black; color: white; padding: 2px 5px;">17</p> <p>Chicken Fillet on Bun French Fries Sandwich Salad Cup Garden Variety Veggies Grapes Milk</p> <p style="text-align: left; font-weight: bold;">Choice: Pepperoni or Cheese Pizza</p>
<p style="text-align: right; font-weight: bold; background-color: black; color: white; padding: 2px 5px;">20</p> <p style="color: purple; font-weight: bold; font-size: 1.2em;">Martin Luther King Holiday</p>	<p style="text-align: right; font-weight: bold; background-color: black; color: white; padding: 2px 5px;">21</p> <p>Pulled Pork Sandwich Baked Beans Garden Variety Veggies Sorbet Cup Milk</p> <p style="text-align: left; font-weight: bold;">Choice: Chicken Smackers</p>	<p style="text-align: right; font-weight: bold; background-color: black; color: white; padding: 2px 5px;">22</p> <p>Spaghetti and Meat sauce Garden Salad Garden Variety Veggies Orange Wedges Garlic Dinner Roll Milk</p> <p style="text-align: left; font-weight: bold;">Choice: Chef Chicken Smacker Salad</p>	<p style="text-align: right; font-weight: bold; background-color: black; color: white; padding: 2px 5px;">23</p> <p>Macaroni and Cheese Green Beans Garden Variety Veggies Applesauce Milk</p> <p style="text-align: left; font-weight: bold;">Choice: Nacho Fries</p>	<p style="text-align: right; font-weight: bold; background-color: black; color: white; padding: 2px 5px;">24</p> <p>Chili Pinto Beans Cornbread Garden Variety Veggies Sorbet Cup Milk</p> <p style="text-align: left; font-weight: bold;">Choice: Pepperoni or Cheese Pizza</p>
<p style="text-align: right; font-weight: bold; background-color: black; color: white; padding: 2px 5px;">27</p> <p>Chicken Smackers Spaghetti and Cheese Garden Variety Veggies Veggie Medley Apples Milk</p> <p style="text-align: left; font-weight: bold;">Choice: Loaded Baked Potato</p>	<p style="text-align: right; font-weight: bold; background-color: black; color: white; padding: 2px 5px;">28</p> <p>Gumbo (Chicken & Sausage w Rice) Garden Variety Veggies Potato Salad Apple Wedges Garlic Breadstick Milk</p> <p style="text-align: left; font-weight: bold;">Choice: Chicken Smackers</p>	<p style="text-align: right; font-weight: bold; background-color: black; color: white; padding: 2px 5px;">29</p> <p>Hamburger/Cheeseburger Sandwich Salad Cup French Fries Garden Variety Veggies Oranges Milk Baked Beans</p> <p style="text-align: left; font-weight: bold;">Choice: Chef Chicken Smacker Salad</p>	<p style="text-align: right; font-weight: bold; background-color: black; color: white; padding: 2px 5px;">30</p> <p>Chicken Parmesan with Spaghetti Garlic Dinner Roll Garden Salad Garden Variety Veggies Peaches Milk</p> <p style="text-align: left; font-weight: bold;">Choice: Nacho Fries</p>	<p style="text-align: right; font-weight: bold; background-color: black; color: white; padding: 2px 5px;">31</p> <p>Cheesy Beef Pasta Corn Garden Variety Veggies Garden Salad Dinner Roll Green / Red Apple Wedges Milk</p> <p style="text-align: left; font-weight: bold;">Choice: Pepperoni or Cheese Pizza</p>

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.

