



St. Alphonsus Catholic School

The Buzz

Forming Faith and Future

Kristy M. Monsour, Principal

January 24, 2025

UPCOMING EVENTS

- **January 26-31** - Catholic Schools Week
- **January 31** - School Mass
- **February 6** - Progress Reports
- **February 7** - Bingo Night *see page 5 for more information
- **February 11** - 1:00 p.m. Dismissal - *No Aftercare
- **February 14** - School Mass
- **February 15** - Daddy Daughter Dance *see page 6 for more information
- **February 21** - School Mass

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.**

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!



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@stalphonusbr.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.

Boys Basketball

The Hornet Madness Tournament is on **January 29th-February 2nd**. Join us in the Family Center to cheer on our basketball teams!

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

BASKETBALL HOME GAMES

Date	Game Time	Game Details
27 JAN	6:00 P.M.	6TH GRADE JV WHITE
	6:45 P.M.	6TH GRADE JV BLUE
28 JAN	5:45 P.M.	5TH GRADE WHITE
	6:30 P.M.	6TH GRADE JV WHITE
	7:15 P.M.	6TH GRADE JV BLUE
29 JAN	5:30 P.M.	3RD GRADE WHITE
	7:45 P.M.	5TH GRADE WHITE



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.






TOGETHER, WE CAN PREVENT YOUTH SUICIDE.
HEAR FROM ATHLETES SHARING STORIES OF HOPE AND RESILIENCE.


 RYAN CLARK


 EMMA BENOIT


 SHERRARD CRESPO


 DR. RAY TUCKER


 DJ CHARK

FEBRUARY 12TH, 2025 | PETE MARAVICH ASSEMBLY CENTER
REGISTER: [BIT.LY/PSOH-REGISTER](https://bit.ly/PSOH-REGISTER)

RAIN WILL BRING FLOWERS FOUNDATION





LCLUB

PLANTING SEEDS OF HOPE
HOSTED BY RYAN CLARK
6:00 PM • FEBRUARY 12, 2025
PETE MARAVICH ASSEMBLY CENTER





LSU | ATHLETICS

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



Bingo Night

Click [HERE](#) to purchase a VIP table.

**ST. ALPHONSUS HOME
AND SCHOOL PRESENTS**

BINGO

NIGHT

**FEBRUARY 7TH
6:30-8:30 P.M.**

PARISH ACTIVITY CENTER

- **VIP TABLES FOR \$50 ARE BEING SOLD ONLINE ONLY AND WILL INCLUDE: TWO - ONE TOPPING PIZZA, TWO - 2-LITER DRINKS AND 10 BINGO BOARDS.**
- **ONLY 20 TABLES ARE AVAILABLE.**
- **NO VIP TABLE SALES AT THE DOOR AND NO WALKINS.**



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*