



The Pelican Express

Let Go...Let God

SEPTEMBER 8, 2022

CALENDAR

Friday, September 9

- **Teaching Mass** - Middle School students learn Mass parts in St. Ursula/ dress uniform NOT required
- **Buddy Program** - K/6 buddies, 2/8 buddies, 1/7 buddies

September 12-26

- **St. Vincent de Paul Collections**
- Collection is sponsored by the Office of Christian Formation, see handout that went home Tuesday or page 2.

Tuesday, September 13

- **Progress Reports**
- No report is sent home. On this day, log into FACTS after 3pm to see how your child is progressing this 9 weeks.

Wednesday, September 14

- **Praise & Worship, 7:20am, St. Ursula**
- Grades 3-5 students are invited. Mrs. Tiffany Boudreaux is the moderator. See page 3 for more information

Thursday, September 15

- **Professional Development Day for Middle School (6-8) teachers.**
- Middle School students DO NOT attend school.
- PK-5 Students attend school - 8:15 Mass & wear Spirit Shirts to Mass (yes, you read that correctly)

Friday, September 16

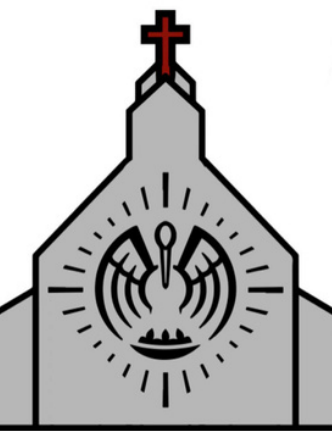
- **Professional Development Day for PK-5 teachers.**
- PK - 5 students DO NOT attend school.
- Middle School students attend school - wear Spirit Shirts.
- Student Council speeches and elections



Did you know that MBS Athletics has their own event calendar that is separate from our school calendar? It is managed by our Athletic Director and changes daily.

Save the calendar to your phone and come support the Pelicans!

Did you know?



Office of...

At Most Blessed Sacrament, we have a tradition of helping our communities' needs through grade-level service projects throughout the year. Each year our third, fourth, and fifth graders' collections support the ministries of the St. Vincent de Paul Society. This year we are combining our three collections into one HUGE two-week drive. St. Vincent de Paul has always been able to depend on the generous people of MBS to help them serve the community.

Monday, September 12th - Monday, September 26th

Third & Fourth Grades will be collecting toiletry items for Men's, Women's, and Children's Shelters.

Items they need help donating are

Baby items such as

- diapers & wipes
- shampoo & lotion
- bottles
- pacifiers
- etc

Men/Women items such as

- shampoo & conditioner
- shaving cream
- razors & lotion
- toothbrush & toothpaste
- deodorant & soap
- personal care items

Fifth Grade will be collecting gently-used clothing. Items they need help donating are

- socks
- shoes
- shirts
- shorts
- pants
- sweaters
- dresses
- jackets & coats

If your donation is too large for your child to carry to school through bus or carpool, you may drop items off to St. Ursula on any day during the drive from 7:30am-2:30pm.

On behalf of the 3rd, 4th, and 5th grade students, we thank you for your generosity.

Christian Formation

TECH INFO

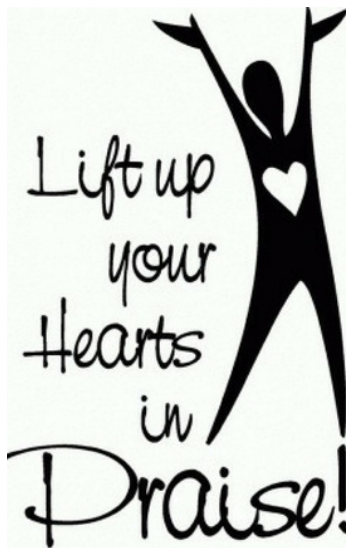
Questions about Technology
ClassLink, IXL, MBS app, etc?

Visit the [MBS Technology Page](#)
for the latest updates.

VOLUNTEER opportunities



Click [here](#) for
an opportunity
to donate items.



(donuts, milk, & orange juice
will be served. Please let us
know of any food allergies.)

Praise & Worship
Meeting
7:20am
Wednesday,
September 14
Enter through side
door of Ursula.
Returning
members may
wear their P&W
shirt with uniform
bottoms. Order
info will be sent
home this month.

***"The finished hem must be to
the top of the knee."***

***22-23 Student Handbook,
page 41***



**CHS invites you to an
Instrument Demo Night
November 15th * 6:30-7:30pm
CHS Band Room**

St. Jude Walk/Run

Baton Rouge

Locally Presented By:

Dream Day Foundation



Register today MBS Pelicans!

Go for it! Gather with friends, family and your community for the St. Jude Walk/Run. Taking place each September during Childhood Cancer Awareness Month, this family-friendly event is where you can have fun and get fit while supporting the lifesaving mission of St. Jude: Finding cures. Saving children®.

Let's cure childhood cancer. Together.

October 1, 2022

AZ Young Park

stjude.org/walkbatonrouge



National Series Sponsors:



Locally Presented By:



©2022 ALSAC/St. Jude Children's Research Hospital (SJR-7801)
Some photos taken prior to 2020



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MBS Yellow Pages



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Appraisals, & Consulting
Chase.SoldByUnited.com

Contact Chase Muller
225.615.8055

MBS Children: Melody - 2nd grade, Margo - PK4



August is Dental Month!

**20% off dentals
the whole month**

**MBS Children:
Hayes - 1st grade,
Emorie - 7th grade**

prairievilleanimalhospital.com



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MBS Children:
Clayton - 5th grade
Marilyn - 3rd grade
Gwendolyn - K



<https://riverparishpt.com/>

Accepting employment
applications for clerical &
physical therapy.

MBS Son: Brady Pitre - 7th grade

OFFICE OF CHILD PROTECTION



According to the Safe Environment Policy promulgated by the USCCB and the Diocese of Baton Rouge, all parish and school ministry volunteers/chaperones must complete a mandatory background check and child protection training. Please note that MBS School child protection requirements are not the same as MBS Church Parish. Therefore, if you are compliant for one, you are not automatically compliant for the other. Please email Mrs. Landry at childprotection@mbsbr.org to check the status of your file and/or receive the required paperwork to activate your file.

2022-2023 Chaperone and Volunteer Agreement

All volunteers with active files must complete and submit this school year's Chaperone and Volunteer Requirements Agreement and the Code of Ethics Acknowledgement Form (page 5 of CoE document). Please find the **agreement** [here](#) and **Code of Ethics** [here](#). Please scan/email the completed paperwork to childprotection@mbsbr.org. One service hour may be counted in FACTS for updating the agreement and CoE.

New Volunteer Applications are being accepted at this time. Anyone that has not completed the child protection process for MBS School previously, please email your volunteer request to childprotection@mbsbr.org. Please note that five hours may be entered in FACTS for "Time and Talent" service hours once the child protection process is completed.

Is your child in need of a tutor?

IF YOUR CHILD IS IN NEED OF
ADDITIONAL HELP AFTER
SCHOOL,
PLEASE CONSULT OUR
TUTOR LIST ON OUR WEBSITE:
MBSBR.ORG>ACADEMICS>
TUTORS

"Education is
not the learning
of facts, but the
training of the
mind to think."

- Albert Einstein



MBS Yellow Pages



COWBOY CHICKEN

WOOD FIRE ROTISSERIE

6555 Siegen Ln, Baton Rouge, LA 70809

MBS Children:

Ryan - Alum

Luke - 7th grade

Kids eat free Mondays

- all-natural rotisserie chicken
- dry-rubbed chicken
- fresh, never frozen
- slow-roasted over real wood
- salads & sandwiches
- family meals & catering
- order through app for rewards, discounts, and other deals

dine-in, carryout, or delivery

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RE/MAX PROFESSIONAL

O: (225) 615.7755 Each Office is Independently Owned and Operated

1996 MBS Alumni and Life Long Parishioner

MBS Children: Flynn - 4th grade, Hayes - 1st grade

Want to see your business in our newsletter?

PLeier@mbsbr.org

Maggie Rose Designs

monogram * appliqué
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customize designs and logos

Facebook

Angela, 241-7191

MBS Children:

Carson - Alumnus,

Bella Rose - 6th grade

WAIT u n t i l 8th

There is a complex and highly integrated network in the brain that only activates when we are “doing nothing.” This is known as the default mode network.

When you are sitting in the waiting room or unwinding after dinner, if you are not reading, watching television, or on your phone, your default mode network is projecting the future and sorting out the past. It’s processing your life. It activates when we daydream, during meditation, and when we lie in bed before going to sleep.

A healthy default mode network is necessary for the human brain to rejuvenate, store information in more permanent locations, gain perspective, process complicated ideas, and be truly creative. It also has been linked in young people to the development of a strong sense of identity and a capacity for identity.

Scientists are concerned that because of technology’s ubiquity, young people have too few opportunities to activate their default mode network, and, as a result too few opportunities for self-reflection. People who do have more “daydreaming” moments do better on tests of memory, flexibility of thought, and reading comprehension. They also have better mental health.


Parents, what can you do?

- Talk to your kids about the importance of “doing nothing.”
- Model more down moments to your crew. Don’t let your default mode be a quick scroll on the phone.
- If your child has a personal device such as a phone or a tablet, put good boundaries in place on when and where they can use the device to allow more down time.
- Delay smartphones until at least 8th grade with the Wait Until 8th pledge, and delay social media until 16+. Consider a basic phone if you need to get in touch before then (options on our [website](#) and on Instagram Story highlights @waituntil8th).

You’ve got this! Stay informed and be intentional!

This information about the brain is from the national bestseller, “The Self-Driven Child. The science and sense of giving your kids more control over their lives.” Check out this great book!

MBS Yellow Pages



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Office: 225-744-4663

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MBS Children:

Tristan - 8th grade, Paisley - PK



ASSOCIATES IN PEDIATRIC DENTISTRY
ROBERT L. DELAROSA, DDS BRADLEY S. COMEAUX, DDS
PAIGE SIGSWORTH, DDS BRYNN L. LEROUX, DDS
WWW.AIPDBR.COM 225-924-6622

MBS Children:

Bentley - 5th grade, Addison - Alum '22



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for MBS families

MBS Daughter:
Nora Montet, PK



MBS Children:

Parker - 2nd grade

Riley - 1st grade

Time & Talent (Service Hours)

Parent's Commitment to Church and School One of the requirements for enrollment and/or retention at Most Blessed Sacrament Catholic School is a commitment to the following agreement.

- In addition to daily prayer at home, the Catholic members of our family will attend Mass every weekend and on Holy Days of Obligation.
- Twenty (20) hours of Time and Talent will be given to the school and/or Church each year. Hours must be completed between January 1 and December 31 to receive the in-parish tuition rate. These hours are reviewed each year.
- A minimum amount of \$325.00 will be donated to the Church to support the stewardship program as an Identified Offertory Giver (IOG). IOGs will receive in-parish tuition. Donations will be verified by December 15 unless otherwise authorized by the Pastor. Any offerings thereafter will count towards the following school year.

Definition of an Hour

One (1) hour is defined as an actual hour of volunteer work or donation purchases of \$10.

New Students Clause

Time and Talent hours are prorated for new students. However, new families must still meet the IOG requirement of \$325.00 to receive in-parish tuition.

Log your Service Hours into FACTS.

Go to Family > Family Home. You will see "Service Hours" in the middle of the screen. Click "add" to add the hours. You must type in a description. Select "type a custom value," and then type your description.

Sending Items to School

Please label your items that you send to school from a SignUp Genius:

- **Parent Name (signed up on the SUG)**
- **Name of item**
- **Title of Sign Up (ex: 5th Grade Auction Basket)**

This helps us match your hours in FACTS.



A FUN
ADVENTURE
OF FAITH AND
FRIENDSHIP...

This experience provides ...

- your family with an education that transcends through different boundaries and growth outside the home
- valuable learning experiences
- your children education, awareness and tolerance of other cultures
- opportunities to learn Spanish
- travel to other countries

Exchange Students ...

- are matched with an American student, same age (11-17), gender and interests who attends a Catholic school
- participate in the same activities as the host students
- have been screened, prepared, know English at some level and had Bonding program support
- have all expenses, including air fare, full medical insurance, tuition, cafeteria and spending money paid for by each exchange student's family

Consider hosting students from Guatemala for just eight weeks (Oct.-Dec.)!

BONDING Program

Since 1999 the BONDING program has made it possible for exchange students to support Catholic missions in Guatemala by being English/Spanish translators!

BONDING is grateful for all the support and prayers of bishops, priests, Catholic schools and families who have made these opportunities possible!

Join us in continuing our family's faith throughout the world!

IF YOU WANT TO HOST, please complete the online application: www.catholicbonding.org

Or, for more information, contact us at: info@catholicbonding.org



**Middle School Students:
Reminder that
Applications
for Student Council
are due to
Mrs. Berry by 8:00
tomorrow morning.**



Father Todd held his first of four Teaching Masses this morning. During this Mass, he was able to explain and share about the beautiful traditions and sacredness of our Catholic Faith.

