

The Pelican Express

January 22, 2026

225.751.0273

mbsbr.org



MBS
Most Blessed Sacrament

Most Blessed Sacrament Catholic School serves our Church, its families, and the community by nurturing Gospel values, academic excellence, and a lifetime of prayer and service.

School Hours August - May

7:20 - Morning Carpool, office opens
7:45 - School Assembly, Gym
2:50 - Afternoon Carpool
3:30 - Office Closes

School Calendar

The school calendar is an active, live site. Click [here](#) for a full calendar.

Social Media



Attendance Reminders

- When a student is absent due to illness, parents are asked to verify the absence by either emailing the school office at MBSabsent@mbsbr.org or calling the school office before 9:00am.
- Students who arrive at school after 7:45am must be walked into the school office by a guardian who will sign the student in. The student will be given a tardy slip to admit to class.
- Students who check out of school due to illness cannot return to school until they have been fever-free without medication for 24 hours. Children with a fever at school must be picked up immediately.
- Early check-out procedures are similar. Parent/guardian must report to the school office who will sign the student out. The latest time to check out a student is 2:15pm.

Handbook Reminder (updated weekly)

A student must be in attendance over half of the day to be counted present for that day. Attendance is awarded when a student checks in prior to 11:15 am or checks out after 11:15 am. The Late Work Policy (pg. 9), applies to all absences.

Acceptable Absences

- Include illness, medical appointments due to illness or injury, and death in the family.
- When a student is absent for one day due to illness, parents are asked to verify the absence by either emailing the school office at mbsabsent@mbsbr.org or calling the school office before 9:00 am.
- Students who are absent one or two days may email their teacher. Longer absences require a written excuse from the physician. These must be submitted to the school office within three days of return.
- Weather, impassable roads, and emergencies are at the discretion of the administration.
- In the event of an extended absence due to illness or unforeseen circumstances, parents must contact the school counselor to coordinate a make-up plan for late work.

Unacceptable Absences

- Family vacations or non-school related travel such as competitive sports
- Concerts, plays, musicals, etc.
- High school shadow days unless approved by administration

Important Links

- [My School Bucks](#)
- [ClassLink](#)
- [Student Health](#)
- [Academic Support](#)
- [Tuition Policy](#)

Time & Talent Opportunities

- Cafeteria Volunteers - February - click [here](#)
- 4th Grade Junior Achievement Restaurant Volunteer - click [here](#)
- Donations for Restaurant (4A) - click [here](#)
- Donations for Restaurant (4B) - click [here](#)

The weekly Pelican Express is published on Thursdays and is posted on the website under "News."

UPCOMING EVENTS

January 22

- Mass, 8:15, Dress Uniforms required
- LEGO Robotics, 1-5th grade,
- Varsity Cheer Practice, St. Ursula
- 6th Varsity & 8th Grade Basketball Games

January 23

- Diocesan Art & Talent Showcase
- Quiz Bowl Practice
- 3rd , 4th grade basketball games

January 24

- 3rd , 5th , 6th JV Grade basketball games

January 26

- Catholic Schools Week - bring a TY note to your teacher
- BR Food Bank collection
- Acceptance Letters for new students emailed
- Drama Club, St Ursula
- 4th, 5th, 6th JV, Grade Basketball Games

January 27

- Enrollment of new students
- BR Food Bank collection
- Catholic Schools Week - wear your neon shirts with uniform bottoms
- JV Cheer Practice, St. Ursula
- Dance Practice, St. Ursula
- 6th Grade Varsity, 7th JV, 8th Grade Basketball Games

January 28

- Catholic Schools Week - wear red, white, and blue shirts with uniform bottoms
- BR Food Bank collection
- CSW Diocesan Mass, St. Joseph
- Pelibots, St. Ursula
- Dance Practice, St. Ursula
- Pep Squad Practice, HFH
- 3rd, 5th, 7th Grade Basketball Games

January 29

- School Mass, 8:15 - Dress Uniforms required
- Service Awards after Mass
- 6th Varsity, 8th Grade Basketball Games

January 30

- No School for PK-5th - Parent/Teacher Conferences
- Catholic Schools Week - Middle School wear your MBS Colors with uniform bottoms

February 1

- Fellowship Sunday. See page 16 for information.

February 2

- No School for 6-7 grades - Parent/Teacher Conferences
- 5th, 6th JV, 7th JV, Grade Basketball Game

February 3

- Taylor Melancon Memorial Day sponsored by Student Council- wear baby blue or purple with uniform bottoms.
- Progress Reports online - nothing is emailed to you; login to FACTS and check your child's progress
- JV Cheer/Dance Practice - St. Ursula
- 3rd, 4th, 6th Varsity Grade Basketball Games

February 4

- Praise & Worship, St. Ursula
- Dance Practice - St. Ursula
- ECO Club Meeting, Room 53
- 6A Field Trip
- Pelibots, St. Ursula
- Pep Squad, HFH

February 5

- School Mass, 8:15 - Dress uniforms required
- Book Fair Preview Day
- LEGO Robotics
- Varsity Cheer, St. Ursula

February 6

- Home and School Cookie Sale
- Mercedarian Sisters visit
- Book Fair Preview Day
- Spring Pep Rally
- Quiz Bowl Practice

3rd Grade Basketball Game

January 22nd : Saint Vincent

Today we remember St. Vincent of Saragossa.
Vincent was trained and ordained a deacon. Under Christian persecution he was imprisoned when he wouldn't follow the orders of the emperor.

Vincent was tortured, but survived.
Vincent was then thrown into jail and later died.

St. Vincent...pray for us.



IMPORTANT INFORMATION

Conference Days

Parent/Teacher Conferences are coming up:

- Friday, January 30 - No School for PK-5th Grade; Middle School students attend school.
- Monday, February 2 - No School for Middle School; PK-5th Grade students attend school.

Mandatory Parent Meeting - Homeland Security Presentation

All parents in grades 3-8 are required to attend the Homeland Security Presentation on **Monday, February 9, 6-7pm.**

Know2Protect was created to educate and empower children, teens, parents, trusted adults and policy makers to prevent and combat online child sexual exploitation and abuse. It's never too early to start talking to your children and teens about the risks they encounter online.

Taylor Melancon

The Student Council is sponsoring a Taylor Melancon Memorial Day on February 3. Each homeroom will decorate a butterfly to be displayed on campus. All students are invited to wear Taylor's favorite color shirt (Baby blue or purple) on Tuesday with uniform bottoms.

2026-27 Fees

The 2027-27 Tuition and Fees have been published to the website. Please click [here](#) for more information.

Science Fair Winners

Chemistry:

3rd: Bentley Comeaux: Fluoride v. Demineralization of Teeth

2nd: Grant Cloessner: Sour Dough on the Rise

1st: Adalyn Burrough: Household Items vs. Stain Removal

Physical Science:

3rd: Jonathan Richard: The perfect pitch

2nd: Myles Robichaux: Density Drives Distance

1st: Jack Johnson: The Perfect Cookie

Engineering:

3rd: Harvey LaFevre: Browser Tabs v Computer Performance

2nd: Drew Amato Magnets v. Generator Electricity

1st: Victoria Viguet: Biodegradable vs. Metal Implants

Life Science:

3rd: Everett Authement: Age v. Reaction Time

2nd: Eloise Duvall: UV v Bacteria

1st: Sophia Vinyard: Soap Sud Showdown

Overall Winner: Sophia Vinaryd

Free Throw Championship

The Knights of Columbus held their Annual KC Free Throw Contest on Saturday, January 17. The winners were as follows:

- Boys Age 9 - Sebastian Brandt
- Boys Age 10 - Jon David Adcock
- Girls Age 11 - Mary Commander
- Girls Age 12 - Maggie Larriviere
- Boys Age 12 - Flynn Ferrer
- Boys Age 13 - Grayson Dobra



<div>  LUNCH </div> <div> FEBRUARY 2026 Elementary School </div> <div>  </div>				
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Smackers Spaghetti and Cheese Green Beans Garden Variety Veggies Green Apple Wedges Milk Choice: Pepperoni or Cheese Pizza	Soft Tacos Pinto Beans & Fiesta Corn Taco Salad Cup, Salsa Garden Variety Veggies Red Apple Wedges Milk Choice: Chicken Smackers	Chicken Parmesan w/ Spaghetti Steamed Broccoli Garden Variety Veggies Orange Wedges Garlic Dinner Roll Milk Choice: Pepperoni or Cheese Pizza	Chicken & Sausage Gumbo Steamed White Rice & Potato Salad Garden Variety Veggies Peaches Dinner Roll Milk Choice: Loaded Baked Potato	Chicken Sandwich French Fries Sandwich Salad Cup Garden Variety Veggies Fruit Sorbet Milk Choice: Pepperoni or Cheese Pizza
Chicken Tenderloin Strips Red Beans and Rice Garden Variety Veggies Orange Wedges Biscuit Milk Choice: Pepperoni or Cheese Pizza	Hamburger/Cheeseburger Sandwich Salad Cup Baked Beans French Fries Garden Variety Veggies Tropical Fruit Milk Choice: Chicken Smackers	Chicken & Sausage Jambalaya White Beans Garden Variety Veggies Peaches Dinner Roll Milk Vanilla Mardi Gras Cupcake Choice: Pepperoni or Cheese Pizza	Chicken Smackers Mashed Potatoes & Vegetable Medley Garden Variety Veggies Green Apple Wedges Dinner Roll Milk Choice: Loaded Baked Potato	Macaroni and Cheese Green Beans Garden Variety Veggies Diced Strawberry Fruit Cup Dinner Roll Milk Choice: Pepperoni or Cheese Pizza
				
Chicken Smackers Spaghetti and Cheese Green Beans Garden Variety Veggies Green Apple Wedges Milk Choice: Pepperoni or Cheese Pizza	Soft Tacos Pinto Beans & Fiesta Corn Taco Salad Cup, Salsa Garden Variety Veggies Peaches Milk Choice: Chicken Smackers	Chicken Sandwich French Fries Sandwich Salad Cup Garden Variety Veggies Red Apple Wedges Milk Choice: Pepperoni or Cheese Pizza	Chicken & Sausage Pastalaya Steamed Corn Garden Variety Veggies Orange Wedges Milk Choice: Loaded Baked Potato	Grilled Cheese Sandwich Veggie Soup Garden Variety Veggies Fruit Sorbet Milk Choice: Cheese Pizza

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.cnpbr.org



OFFICE OF CHILD PROTECTION

According to the Safe Environment Policy promulgated by the Diocese of Baton Rouge, **all parish and school ministry volunteers/chaperones must complete a mandatory background check and child protection training.** Child Protection credentials allow the holder of these credentials the opportunity to chaperone/volunteer. All credentialed adults must abide by the sign-up and confirmation process for each event.

New Volunteer Credentialing for the 2025-2026 School Year

New Volunteer Applications for parents/guardians are being accepted now. Please email your volunteer request to childprotection@mbsbr.org to get the process started.

Update Your Volunteer File for 2025-2026

Please note that the [Code of Ethics](#) must be reviewed by all volunteers of MBS School annually as required by the Diocese of Baton Rouge. Please complete and submit the Code of Ethics Acknowledgement form, page 5, to the MBS Office of Child Protection to update your file.

For your convenience, you may scan and email the forms to childprotection@mbsbr.org.

PARENTS' COMMITMENT TO CHURCH & SCHOOL

Enrollment and/or continued enrollment at Most Blessed Sacrament Catholic School requires a commitment to ALL of the following:

- **Prayer and Mass** – Families must commit to daily prayer at home. Catholic families must attend weekly, Sunday, Mass on Holy Days of Obligation. Non-Catholic families must attend Sunday services at their home church.
- **Service** – Twenty (20) hours of Time and Talent 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. Definition of an hour of Time and Talent: an actual hour of volunteer work or donation purchases of \$10
- **Weekly Church Offering** – A minimum amount of \$325 will be donated to the Church to support the stewardship program as an Identified Offertory Giver (IOG). Those donations must be made through weekly use of MBS church envelopes, automatic church deductions, or online giving through the church website. Church members who meet the *IOG requirement will receive the in-parish tuition*. Donations will be verified by December 15 unless otherwise authorized by the Pastor/Principal. Any offerings thereafter will count towards the following year.

Families meeting these requirements will receive the in-parish tuition rate. Any families who have not met the stewardship commitment requirements will receive either the Catholic Out-of-Parish tuition or Non-Catholic rates.

New Students

Time and Talent hours are prorated (10 hours) for new students. New families must also meet the IOG requirement of \$325.00 to receive in-parish tuition the following school year.

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.

Lots of info on the school website ~ click “athletics” tab! Parish Sports and all sports!

Parish Sports Tee Ball practice is underway; schedule coming soon!

MBS Track & Field practice is underway; schedule coming soon!

MBS Volleyball practices start week of February 9, matches start week of March 9, schedule will be released by CSAA late February!

Lots of home boys’ basketball games! MBS Student Section wants to see all students! Pack the Nest!!

Co-Hosting a 3rd , 4th , & 5th grade boys basketball tournament with St. Jean Vianney January 29 thru February 1 ~ details coming soon!

If you are interested on a carpool line sign or gym sign, please email Tommy Krysan:
tkysan@mbsbr.org

If you are interested in joining Pelican Power, please email Tommy Krysan:
tkrysan@mbsbr.org

Go Pelicans!

Athletics can be an important part of a young person’s life. It teaches discipline and self- pride while helping one realize the importance of cooperation. Athletics are a component of, and interact with, the spiritual, social and academic components of the overall school program. MBS recognizes that support from the administration, faculty, staff, coaches, parents and fans are necessary in providing a positive Catholic athletic experience for the student-athlete. Athletes, parents, and fans are a direct reflection of MBS and should adhere to the philosophy of the school by always acting in a dignified manner.

Go Pelicans!

Tommy Krysan, Athletic Director

MBS Athletics

tkrysan@mbsbr.org





Most Blessed Sacrament
Catholic Church



MBS Women's ACTS Retreat Registration
Rosaryville Retreat Center Ponchatoula, LA
March 5-8, 2026

ACTS is an acronym for Adoration, Community, Theology and Service. The retreat's goals are to strengthen our faith and its application in our daily life, to renew ourselves spiritually, and to build strong lasting friendships. The ACTS weekend is presented by lay Catholic women with support provided by a Spiritual Companion and clergy. The retreat begins Thursday evening, March 5, with check-in between 4:45 and 5:15 pm in the St. Peter Room at the MBS Parish Activity Center. Transportation to and from Rosaryville will be provided. We will return to MBS Church on Sunday, March 8, for the 11:30 am Mass with a reception following Mass.

Space is limited. Preference will be given according to the following criteria: (1) Registered MBS parishioners, (2) Catholics, and (3) non-Catholics. **Registration will be accepted for women aged 21 and over.** The full cost of the retreat is \$325. The payment link will be sent to accepted retreatants to either pay online or in the church office to secure your spot. Payments will not be returned if cancellations are within 2 weeks of the retreat.

Please note: A fund has been established to provide registration assistance for retreat attendance. If you have financial concerns, a limited number of scholarships are available for each retreat. Please note your need on your registration.

ACTS is a parish-based program. Registration will begin on Saturday, January 10 and closes on Tuesday, January 20. Use your camera on the QR code below to register:



Payments may be dropped off (Attn: Sarah Rico, Retreat Director) at the MBS Parish Office (15615 Jefferson Hwy, Baton Rouge, LA, 70817) either in person or by mail. Anyone who does not register during the open registration period will be put on a waiting list and will be contacted as space is available. When the retreat is full, a waiting list is maintained until the day of the retreat to fill any vacancies. Retreatants will receive an email about two weeks prior to the retreat describing the necessities you should bring on the retreat. For more information or questions about submitting your registration, please contact one of the leaders listed below:

Sarah Rico, Director: (225) 963-0030
Cindy Abed, Co-Director: (225) 229-0295
Dara Weidman, Co-Director: (225) 278-8827
Carlisa Bargas, Spiritual Coordinator (225) 939-3910



7th Grade Food Drive
Greater Baton Rouge Food Bank
Tuesday, January 20th – Thursday,
January 29th

Please help 7th grade with their ministry project, the Greater Baton Rouge Food Bank Drive. We are asking the students to bring in items according to their grade levels. Thank you for your generosity.

Grade	Food Item
Pre-K	Rice
Kindergarten	Pasta
1 st	Peanut Butter
2 nd	Canned Fruit/Fruit Cups
3 rd	Plastic Jars or Can Spaghetti Sauce Canned Ravioli, Spaghetti O's...
4 th	Tuna Fish
5 th	Canned Soup
6 th	Canned Vegetables
7 th	Jelly
8 th	Dried Beans

Labeled boxes will be placed outside in the hallways for the collection of food. The GBRFB will also accept monetary donations made ***payable to Greater Baton Rouge Food Bank***, which should be sent daily to the front office.

Students must bring in a food item sometime during the week as entry into the Flamingo Game held on Thursday, January 29th. Thank you!

◆◆◆ MBS MEN'S CLUB ◆◆◆

BBQ SALE

SATURDAY, JAN 31

PRE-ORDER SALES ONLY ONLY 45 BUTTS AVAILABLE
PICK-UP JANUARY 31, 10:00 -12:00

**THE
SOLO BUTT
\$55**

**1 BOSTON BUTT
1 PINT BBQ SAUCE**

**THE
FULL MONTY
\$80**

**1 BOSTON BUTT
1 PINT BBQ SAUCE
1 QUART BAKED BEANS
1 QUART CANDIED YAMS
1 QUART COLESLAW**

WHAT YOU GET

12 hour slow smoked Boston butt pork roast, take home and "pull it"
Each roast (5-7 pounds meat) provides 5 large or 10 regular servings
Each quart side provides 4 large or 8 small servings

HOW TO ORDER

Send us an email @ mbsmensclub@yahoo.com
Tell us which package you would like
We will confirm your order and send you a Venmo link to pay in advance
You pick up at MBS Holy Family Hall on Jan 31 between 10:00 - 12:00

PLEASE CONSIDER
SUPPORTING THE MBS

Forward
in Faith
Gala

FEBRUARY 28, 2026



WWW.MBSAUCTION.COM

DONATE
AUCTION
ITEMS

BUY
TICKETS






BECOME
A
SPONSOR



Most Blessed Sacrament

CATHOLIC SCHOOLS WEEK

JANUARY 24TH - JANUARY 30TH

SAT JAN. 24	CELEBRATE OUR FAMILIES <ul style="list-style-type: none">• 4:30 MASS WITH SCHOOL CHOIR• ALL STUDENTS, FACULTY AND STAFF ARE ENCOURAGED TO ATTEND.	
MON. JAN. 26	CELEBRATE OUR TEACHERS & STAFF <p>BRING A THANK CARD TO YOUR TEACHER AND ADOPTED TEACHER/STAFF MEMBER.</p>	
TUES. JAN. 27	CELEBRATE OUR STUDENTS: OUR STUDENTS SHINE BRIGHTLY! <p>WEAR YOUR NEON COLORS</p>	
WED. JAN. 28	CELEBRATE OUR COUNTRY <ul style="list-style-type: none">• WEAR RED, WHITE, AND BLUE SHIRTS WITH UNIFORM BOTTOMS!	
THURS. JAN. 29	CELEBRATE THE EUCHARIST & SERVICE <ul style="list-style-type: none">• SERVICE AWARDS• NEIGHBORS WAY AWARDS• JILL PENO AWARD• MASS: DRESS UNIFORM REQUIRED• FLAMINGO GAME @1PM IN SCHOOL GYM	
FRI. JAN. 30	CELEBRATE OUR SCHOOL & COMMUNITY <ul style="list-style-type: none">• DRESS IN YOUR FAVORITE MBS COLORS OR MBS ATTIRE• NO SCHOOL PREK-5; CONFERENCE DAY	

a dozen reasons

to choose Catholic Schools



2026 FLAMINGO GAME

THURSDAY, JAN. 29 @ 1PM

8TH GRADE STUDENTS VS. FACULTY/STAFF



*Pelicans vs.
Flamingos*

8TH GRADE PARENTS ARE INVITED!
ENTRY COST IS A FOOD DONATION TO THE B. R. FOOD BANK



Save the Date

You're invited to a

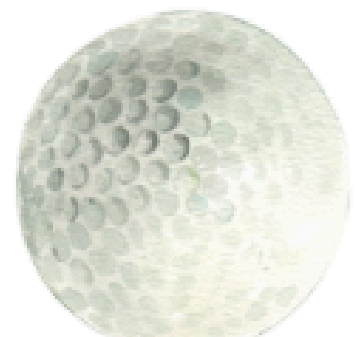
MBS MOTHER-SON EVENT

On Friday, March 27th from 6:00-9:00pm

On the grounds of Most Blessed Sacrament School

Featuring Tre's Street Kitchen Food Truck

Ticket sale coming soon!





**Join your
teammates,
classmates and
fellow club
members for
Sunday Mass and
fellowship.**

Fellowship Sunday

Beta

Chess

Eco 2026

4-H

Kindness Club

**Wear your team
jersey, or club t-shirt
to Mass and join
everyone for donuts
afterwards in
Our Lady of the
Eucharist..**

***February 1
9:45am
Mass***

MBS Men's Club

Pelican Classic

GOLF TOURNAMENT

Monday March 16, 2026

**Benefitting the Taylor
Melancon Memorial
Scholarship**

-Santa Maria Golf Club

\$50,000 hole-in-one giveaway

**Annual golf cart raffle tickets
will soon be available**

**Registration is now open.
Please register today!**

[Birdease.com/pelicanclassic](https://birdease.com/pelicanclassic)

