

# The Pelican Express

January 29, 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](mailto: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)

### Student Illness

Should the school nurse believe it is necessary for a student to leave school, she will contact the appropriate person to take the student home. We ask that the student be picked up within an hour of being called. Students with fever of 100.4 or above may not attend school until they are fever free for 24 hours WITHOUT Motrin or Tylenol or any other fever reducing medication that may mask symptoms.

Students with vomiting, diarrhea or other symptoms may not attend school until they have been symptom free (without vomiting or diarrhea) for 24 hours. Students being treated for contagious illness requiring antibiotics (such as strep throat), may not return until they have been on an antibiotic for 24 hours. You will be called to pick up your child if he/she returns to school too soon after an illness.

Students absent for 3 consecutive days due to illness should submit a physician's note to [mbsabsent@mbsbr.org](mailto:mbsabsent@mbsbr.org) with instructions on when the student is cleared to return to school.

## Time & Talent Opportunities

### Important Links

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

- Book Fair HELP! - click [here](#)
- 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

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## January 29

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

## January 30

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

## February 1

- Fellowship Sunday. See page 14 for information.

## February 2

- No School for 6-8 grades - Parent/Teacher Conferences
- 5th, 6<sup>th</sup> JV, 7<sup>th</sup> 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 (no sales)
- LEGO Robotics
- Varsity Cheer, St. Ursula

## February 6

- Home and School Cookie Sale
- Mercedarian Sisters visit
- Book Fair Preview Day (no sales)
- Spring Pep Rally
- Quiz Bowl Practice
- 3<sup>rd</sup> Grade Basketball Game

## February 8

- Book Fair Shopping Day, 9-1:30 - School Library

## February 9

- MS Math Club Meeting, Room 15
- Book Fair Shopping Day, 8-2:30 - School Library
- 4th-5<sup>th</sup> Grade Math Club Meeting, Room 53
- Drama Club, St. Ursula
- 6th Varsity, 7<sup>th</sup> JV, 8<sup>th</sup> Grade Basketball Games

## February 10

- Book Fair Shopping Day, 8-2:30 - School Library
- Religion Fair
- 4H Club Meeting, Room 6
- JV Cheer/Dance , St. Ursula

## February 11

- Kindness Club, 6-8, St. Ursula
- 4<sup>th</sup> Grade Restaurant Set up, St. Ursula
- Dance Practice, St. Ursula
- Class Group/Clubs/8<sup>th</sup> Graduation Pictures- **Dress Uniforms required**
- Book Fair Shopping Day, 8-noon - School Library
- Pelibots, St. Ursula
- Dance, St. Ursula
- Pep Squad, HFH
- 6th JV & V , 7<sup>th</sup> JV, 8<sup>th</sup> Grade Basketball Games

## February 12

- Mass, 8:15, Church, Dress Uniforms required
- 4<sup>th</sup> Grade Restaurant
- LEGO Robotics
- Varsity Cheer, St. Ursula

## February 13

- Wear Valentine Day Attire with uniform bottoms
- 4<sup>th</sup> Grade Restaurant
- K and 6<sup>th</sup> Grade Mardi Gras Parade
- Quiz Bowl Practice

## **January 29th : Saint Thomas Aquinas**

Yesterday, we remembered St. Thomas Aquinas. Thomas came from a wealthy Italian family. When he was 5, he was sent to a Benedictine monastery in hopes that he would one day become an abbot.

When older, Thomas went to the University of Naples and was introduced to the Dominicans. Their life of prayer and study fascinated him, and he was determined to join them.

Thomas joined the order and became well known for his writings in philosophy and theology. His most famous work, *Summa Theologiae*, contains 5 volumes of thought on all Christian mysteries.

His love for the Eucharist led him to write prayers and hymns that are still used today to honor the Eucharist.

Thomas died at the age of 49 on his way to France.

St. Thomas is a Doctor of the Church and the patron saint of Catholic Schools.

St. Thomas Aquinas...pray for us.



# IMPORTANT INFORMATION

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## Conference Days

Parent/Teacher Conferences are coming up:

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

## Group/Club/Graduation Pictures

On Wednesday, February 11, all students must wear DRESS UNIFORMS. We will take Class Group pictures, Club Group pictures, and 8<sup>th</sup> Grade Graduation pictures.

## 2026-27 Fees

The 2026-27 Tuition and Fees have been published to the website. Please click [here](#) for more information.

## Kinder Enrollment for 2026-27

All existing PreK students must enroll in Kindergarten for the 26-27 school year. You should have received your emailed acceptance letter on Friday, January 23. Issues with enrollment should be sent to Penne Leier at [PLeier@mbsbr.org](mailto:PLeier@mbsbr.org)

## Forward in Faith Gala

The Forward in Faith Gala will be on Saturday, February 28 at the Country Club of LA.

- Tickets are on sale now! Get yours [here](#).
- The coveted week of Free Dress Pass is available for sale now AND the "Name the Gym" Raffle tickets are on sale. Click [here](#) to purchase these INSTABUY items.
- If you own a business and would like to donate an item for the auction, please click [here](#).
- If you would like to be a branded sponsor of the gala, please click [here](#).

## Scholastic Book Fair

- The Book Fair is back. Click [here](#) for all things Book Fair.
- To see when your child's class attends the Book Fair, click [here](#).
- To sign up to help with the Book Fair, Click [here](#).
- To set up eWallet for your child, click [here](#).

## 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.

## From the Counselor

As we near the first anniversary of the loss of our dear Taylor Melancon, I wanted to provide some brief guidance on navigating this difficult time. I pray it helps you and/or your student(s). And, as always, I am here to support any of you further, so please reach out so that I may do so.

Honoring the anniversary of a sudden, tragic loss is a deeply personal process. You may choose quiet reflection or active commemoration. There is no "right" or "wrong" way to grieve, so focus on what feels necessary or helpful for your healing.

Here are some things to keep in mind:

- Examine (and lower) expectations: Spend some time exploring your expectations and the expectations of others around you. Give yourself grace and patience to feel however you feel. Do not feel pressured to "be okay" or even to commemorate the day if you feel only sorrow or anger.
- Plan ahead: Decide if you prefer to be alone, surrounded by friends, or distracted by activities. But also, allow yourself the flexibility to change any plans when the day actually arrives.
- Express any or all emotions: Allow yourself to cry, laugh, or simply rest—all responses are valid. Feel free to reminisce or not, to look at photos or not, to stay home or go out into the world. Be wherever you are.

For further reading:

[Grief & Loss: Dealing with Death Anniversaries, Birthdays, Holidays](#) by Dr. Christina Hibbert

Dr. Hibbert is a clinical psychologist, speaker, social media influencer, and thought leader in the areas of motherhood, women's mental health, postpartum, parenting, grief/loss, self-worth, and personal growth. <https://www.drchristinahibbert.com/about/>



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

## PARENTS' COMMITMENT TO CHURCH & SCHOOL

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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 3 rd , 4 th , & 5 th grade boys basketball tournament with St. Jean Vianney January 29 thru February 1!

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

If you are interested in joining Pelican Power, please email Tommy Krysan:  
[tkrysan@mbsbr.org](mailto: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](mailto:tkrysan@mbsbr.org)





The Roman Catholic Diocese of  
**BATON ROUGE**  
YOUTH & YOUNG ADULT MINISTRY

# ARISE

DIOCESAN MIDDLE SCHOOL RALLY

*Saturday, 03.07.26*

*1PM-9PM*



**RACHAEL DUCHMANN**

Emcee



**FR. BRAD DOYLE**

Keynote



**RYAN FOULON**

Worship

SCAN TO SIGN  
UP TO ATTEND  
WITH MBS!



-MUSIC-

-KEYNOTES-

-WORKSHOPS-

-ADORATION-

-MASS W/

BISHOP DUCA-

**ST. ALPHONSUS CATHOLIC CHURCH**  
**GREENWELL SPRINGS, LOUISIANA**

TRANSPORTATION TO ST.  
ALPHONSUS NOT PROVIDED

**DIOCESAN PERMISSION FORMS AND PAYMENT INFO WILL BE EMAILED**

**DEADLINE TO REGISTER TO ATTEND WITH MBS IS 2/10**

**QUESTIONS? CONTACT MARY GIROIR AT [MGIROIR@MBSBR.ORG](mailto:MGIROIR@MBSBR.ORG)**



◆◆◆ MBS MEN'S CLUB ◆◆◆

# BBQ SALE

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## SATURDAY, JAN 31

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**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

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### 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

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### HOW TO ORDER

Send us an email @ [mbsmensclub@yahoo.com](mailto: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](http://WWW.MBSAUCTION.COM)

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ITEMS

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TICKETS

BECOME  
A  
SPONSOR











# Most Blessed Sacrament

## CATHOLIC SCHOOLS WEEK

JANUARY 24TH - JANUARY 30TH

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

# a dozen reasons to choose Catholic Schools







*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)**





# Catholic High School Cheerleading Clinics

Open to girls 1<sup>st</sup> through 5<sup>th</sup> grade



**Sunday, March 1 or  
Sunday, March 8**

**1:00 p.m. – 3:00 p.m.**

*Performance for parents at  
3:00 p.m.*

**Catholic High School Gym**

**Cost - \$40**

*Includes a t-shirt and snack*

**Register by Friday, February 6 at**  
**<https://mychs.catholichigh.org/cheer/clinic>**

***(You will need to create a myCHS account.)***



***Any questions, please email [CHSCheer@catholichigh.org](mailto:CHSCheer@catholichigh.org).***