

The Pelican Express

December 18, 2025

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)

Accelerated Math Courses

Accelerated math courses are offered in 6th through 8th grade. With rigorous, challenging coursework, students will engage in accelerated learning designed to allow students to take high school Algebra in 8th grade.

Math Placement is determined by the following criteria:

1. Yearly subject average
2. Standardized test scores
3. End of year placement tests
4. Teacher recommendation based on grades, conduct, participation, and work habits

Student acceptance in these classes is determined on a yearly basis. Therefore, a student is not guaranteed placement in accelerated classes solely based on their placement the previous year. Teachers and administrators will conduct a review of students in advanced math at the end of each year.

Important Links

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

Time & Talent Opportunities

- Cafeteria Volunteers - January - click [here](#)
- Strategic Planning Meetings - click [here](#)

The weekly Pelican Express is published on Thursdays and is posted on the website under "News." There will not be an issue published over the Christmas Holidays. The next issue will be January 8.

UPCOMING EVENTS

December 18

- School Mass, 8:15, dress uniforms required
- Varsity Cheer, St. Ursula
- MS Exams with early dismissal for middle school only

December 19

- No buses - carpool only
- Wear Christmas attire with uniform bottoms
- 2nd nine weeks ends
- The Nativity Story, 10:00-11:00, St. Ursula
- MS Exams
- Early Dismissal, 11:15
- No Afternoon Extended Care

January 5

- No Buses - Carpool Only
- Students in grades 1-8 return to school from Christmas break.
- No school for PK or K.
- New prospective PK & K student screenings
- Grade book disabled in FACTS

January 6

- PK & K return to school from Christmas break.
- Scholarship Pajama Day
- JV Cheer Practice, St. Ursula
- Dance Practice, St. Ursula

January 7

- Praise & Worship, 7:20am - St. Ursula
- Dance Practice, St. Ursula
- Eco Club, Room 53
- Pelibots, St. Ursula
- Dance Practice, St. Ursula
- Pep Squad Practice, HFH
- MBS School Strategic Planning Focus Group, 6:30, St. James Room, Church Office

January 8

- Re-enrollment opened through January 16
- School Mass, dress uniforms required, Piety Awards
- Epiphany, King Cake Day
- Report Cards emailed
- Varsity Cheer, St. Ursula
- LEGO Robotics, 3-4

January 9

- Re-enrollment opened through January 16
- Mercedarian Sisters visit
- Quiz Bowl Practice, Room 7 (Harbin)

January 12

- Re-enrollment opened through January 16
- 4&5 Math Club, Room 53 (Barrilleaux)
- Drama Club, St. Ursula
- MS Math Club, Room 15 (Delaune)
- Dance Practice, St. Ursula
- MBS School Strategic Planning Focus Group, 6:30, St. James Room, Church Office

January 13

- Re-enrollment opened through January 16
- 7B visits Food Bank
- 4H Club Meeting, Room 6 (Duvall)
- JV Cheer Practice, St. Ursula
- Dance Practice, St. Ursula

January 14

- Re-enrollment opened through January 16
- Kindness Club, 7:20, Library
- 7A visits Food Bank
- 3rd grade confession
- Pelibots, St. Ursula
- Dance, St. Ursula
- Pep Squad Practice, HFH

December 18th : Saint Flannan

Today we remember St. Flannan.

Ireland and Scotland both honor St. Flannan. He was educated by monks, stayed close to nature, made a pilgrimage to Rome, was appointed bishop, wandered about preaching, and worked miracles.

All that makes him a Celtic saint.

St. Flannan...pray for us.



IMPORTANT INFORMATION

2026-27 Enrollment - January 8-16

Existing Kindergarten-7th grade students

- All students (K-7) who will remain at MBS for the 2026-27 year must "Re-enroll" through Facts Family Portal
- Re-enrollment takes place January 8-16. This function will not be active until these dates.
- The fee is \$400. After the 16th, a \$100 late fee will be added. The enrollment fee is non-refundable.
- Tuition is not deducted in January.
- Have your FACTS login information. Reminder: District Code is MBS-LA
 - Login to FACTS Family Portal
 - Click Apply/Enroll>Enrollment/Reenrollment
 - You will have to click on submit TWICE: once before the payment, once after the payment.

Existing PK Students

- PK students who applied to Kindergarten in November will be notified of acceptance on January 26.
- January 27-February 10, accepted students will be asked to "Enroll" in FACTS.
- Enrollment fee is \$400 and is non-refundable.

Upcoming Charges on FACTS account

Just like last year, all 2026-27 fees will be charged as "Incidental Fees" after enrollment/beginning of February. You can pay them at that time, or over several months. The due date for all fees to be paid in full is June 30, 2026.

- **Enrollment fee \$400.** After the enrollment deadline, the enrollment fee increases to \$500 per student for returning students.
- **Technology fee of \$300.** This fee is assessed to students to cover all technology, which not only applies to the cost of student chrome books, but also to online textbooks licenses, subscriptions to ClassLink and all its components.
- **Security fee of \$300.** This fee is applied to families to staff a Baton Rouge Sheriff Office deputy on campus from 6am to 6pm while the students are present.
- **Facts fee of \$55.** A Facts payment plan must be set up during the enrollment process.
- **Capital Maintenance Fee of \$400** per family if applicable. This fee is assessed to families who are not identified offertory givers of MBS Church, those who are registered at another church parish, and/or those who are non-Catholic.

The PK-First Grade Fee and the 8th Grade Class Fee will be drafted with the first tuition payment for the 2026-27 school year, which will be in June of 2026.

- **PK-1st Grade fee of \$450.** This fee is assessed to students for snacks & supplies.
- **8th Grade fee of \$275.** This fee is assessed to students for Youth Legislature, caricature shirt, graduation, and field trip.

Scholarship Pajama Day

Student Council is collecting \$2 per student on **Tuesday, January 6**. Those students who bring in a minimum of \$2 are able to wear Pajamas to school. This money goes towards the Jill Peno Memorial Scholarship and the Home & School Angel Scholarship, both honor MBS students whom we have lost before their 8th Grade Graduation.

No slippers or flip flops.

Pajamas must be modest and appropriate.

Students with inappropriate pajamas must call home for a uniform.

Students must wear athletic shoes.

Strategic Plan - Focus on Next Five Years - We need you!

Focus Group Sessions

As part of the strategic planning process, Most Blessed Sacrament Catholic School will be hosting three, in person, focus group meetings, inviting you, our stakeholders, to share thoughts about the future of our school. Please mark your calendars with the following dates and times. The meetings are led by parent volunteers.

- Wednesday, January 7, 2026 at 6:30pm - St. James Room - Parish Hall
- Monday, January 12, 2026 at 8:00am - St. James Room - Parish Hall
- Friday, January 16, 2026 at 12:15pm - St. James Room - Parish Hall

sign up [here](#) to RSVP for one or more meetings.

Lego Robotics

We will hold Lego Robotics for grades 1-5 starting January 8. The classes will meet after school until 4pm on Thursdays. The class will go to February 12. Students will build new projects each week using critical thinking and engineering skills. The cost is \$135. The registration form is here: <https://payit.nelnet.net/form/SLMTpXWu>

Middle School Exam Schedule

Wednesday, December 17

7:20-7:55 Homeroom and Assembly
8:00-9:20 **Literature Exam** (8th /6th take the exam, 7th has study hall)
9:25-9:45 Brunch
9:50-11:05 **Science Exam** (7th /8th take the exam, 6th has study hall)
11:15 Dismissal from Homerooms (Car Rider Pro)

Thursday, December 18

7:20-7:55 Homeroom and Assembly
8:00-9:20 **Religion Exam** (7th /8th take the exam, 6th has study hall)
9:25-9:45 Brunch
9:50-11:05 **English Exam** (all take the exam)
11:15 Dismissal from Homerooms (Car Rider Pro)

Friday, December 19

7:20-7:55 Homeroom and Assembly
8:00-9:20 **Social Studies Exam** (8th take the exam, 6th /7th have study hall)
9:25-9:45 Brunch
9:50-11:05 **Math Exam** (all take the exam)
11:15 Dismissal from Homerooms (Car Rider Pro)

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.

Mental Health Moment from The Contented Child, Child Well Being Consultancy

Why December Feels Big for Many Children

December brings a shift in rhythm. Normal routines change, school days look different, and the build-up to the holidays can feel like a lot to hold. Even small changes in schedule can unsettle a young person who relies on predictability to feel safe.

Mounting Sensory Triggers

Lights, music, decorations, crowds, smells — December is a sensory rollercoaster. For some children, this creates excitement. For others, especially those who are already carrying a full emotional load, it can tip them into overwhelm. Their behavior may change long before adults can see the reason.

Excitement and Anxiety Can Look the Same

A child who seems "over-excited" may actually be anxious or unsure. Big events, visitors, end-of-term assemblies, and social expectations all place extra demands on their nervous system. What looks like silliness, clinginess or irritability is often dysregulation in disguise.

When Emotional Capacity Shrinks

Sleep can be disrupted, their usual coping tools may falter, and transitions become harder. December often reduces a child's capacity to tolerate frustration, leading to more meltdowns, refusals, or emotional shutdowns. Their behavior isn't defiance — it's communication.

What Helps Adults Support Them

Slowing down where you can, offering extra co-regulation, and keeping expectations gentle can make a meaningful difference. Predictable pockets of calm, visual schedules, sensory breaks, and early empathy help a child feel anchored when everything around them feels more intense.

You're Not Imagining It — December Is a Lot

If your child seems more emotional, reactive, or sensitive right now, you're not alone. December triggers are real, common, and human. Understanding them is the first step to responding with connection rather than frustration.

DECEMBER TRIGGERS

DECEMBER CAN BE AN ESPECIALLY TRICKY TIME IN SCHOOL, WITH EXCITEMENT, CHANGE AND EXPECTATIONS ALL RUNNING HIGH.



HOW WE CAN HELP

We can support by keeping things predictable where possible, offering clear explanations when routines change, and building in calm, grounding moments throughout the day. Small adjustments make a big difference – visual timetables, movement breaks, quiet corners, noise-reducing strategies, and checking in with a young person before overwhelm hits. Most importantly, we stay connected. When we notice their cues, validate their experience, and co-regulate alongside them, we show them they are safe, understood and not alone in the noise of it all.



LUNCH

DECEMBER 2025

Elementary School

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| 1 Chicken Smackers Spaghetti and Cheese Vegetable Medley Garden Variety Veggies Tropical Fruit Milk Choice: Loaded Baked Potato | 2 Soft Tacos Pinto Beans & Spanish Rice Taco Salad Cup, Salsa Garden Variety Veggies Peaches Milk Choice: Chicken Smackers | 3 Chicken & Sausage Gumbo Steamed White Rice Potato Salad Garden Variety Veggies Fruit Sorbet Dinner Roll Milk Choice: Pepperoni or Cheese Pizza | 4 Chicken Parmesan w/ Spaghetti Parmesan Roasted Zucchini Garden Variety Veggies Green Apple Wedges Garlic Dinner Roll Milk Choice: Loaded Baked Potato | 5 Cheesy Chili Crunch Bowl Frito Chips Nacho Salad Cup & Sour Cream Garden Variety Veggies Orange Wedges Milk Choice: Pepperoni or Cheese Pizza |
| 8 Spaghetti and Meat Sauce Garden Salad Garden Variety Veggies Red Apple Wedges Garlic Dinner Roll Milk Choice: Loaded Baked Potato | 9 Hamburger/Cheesburger Sandwich Salad Cup Baked Beans French Fries Garden Variety Veggies Peaches Milk Choice: Chicken Smackers | 10 Sliced, Roasted Turkey w/ Gravy Roasted Red Potatoes & Green Beans Garden Variety Veggies Orange Wedges Dinner Roll Christmas Cupcake Choice: Pepperoni or Cheese Pizza | 11 Macaroni and Cheese Green Beans Garden Variety Veggies Green Apple Wedges Dinner Roll Milk Choice: Loaded Baked Potato | 12 Chicken Sandwich French Fries Sandwich Salad Cup Garden Variety Veggies Fruit Sorbet Milk Choice: Pepperoni or Cheese Pizza |
| 15 Honey Citrus Chicken Fried Rice Steamed Broccoli Garden Variety Veggies Pineapple Milk Choice: Loaded Baked Potato | 16 Hamburger Steak w/ Gravy Mashed Potatoes & Lima Beans Garden Variety Veggies Red Apple Wedges Dinner Roll Milk Choice: Chicken Smackers | 17 Chicken and Waffles Homestyle Grits Garden Variety Veggies Orange Wedges Milk Choice: Pepperoni or Cheese Pizza | 18 Nachos PreK Classes: Grilled Cheese Fiesta Corn & Salsa Garden Variety Veggies Peaches Milk Choice: Loaded Baked Potato | 19 Pepperoni or Cheese Pizza Garden Variety Veggies Whole Grain Goldfish Crackers Fruit Sorbet Milk Choice: No Choice |
| 22 | 23 | 24 | 25 | 26 |
|  | | | | |
| 29 | 30 | 31 | | |

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.cnprb.org


PAY FOR MEALS ONLINE
MySchoolBucks.com

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!

2 nd Annual Marcus Thornton Christmas Basketball Camp! Tuesday, December 30.
Boys & Girls 3rd grade through 8th grade! High level instruction and FUN!
Registration Link: <https://pajit.nelnet.net/form/gviAYB18>

MBS 5th Grade Gray & Maroon Boys Basketball are in a tournament this Saturday
20th & Sunday 21st at St. Michael High School! Go Pelicans!

Coming in January ~ Girls Volleyball Registration, Parish Sports Tee Ball
Registration!

Saturday, January 17 - Knights of Columbus Free Throw contest, ages 9-14 boys and girls. More
information 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



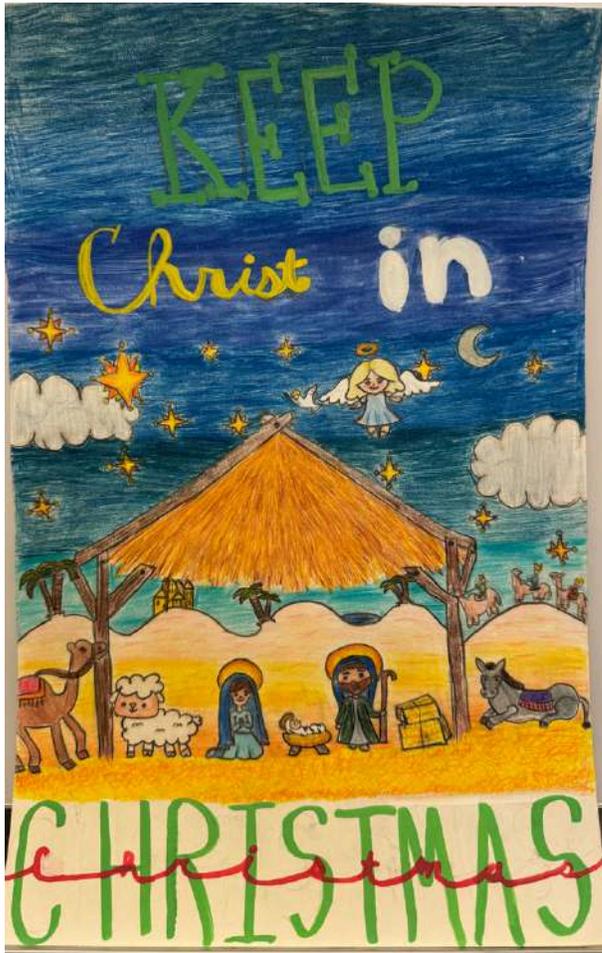
KEEP CHRIST IN CHRISTMAS POSTER CONTEST WINNERS



Ava Santos, 1-2 Grade



Liv Chaney, 3-4 Grade



Hannah Falgoust, 5-6 Grade



Harvey LeFevre, 7-8 Grade

JOIN US!

CHEERS WITH MBS HOME & SCHOOL

01/15/2026

**6:30 PM DRINKS & MINGLING
7:00 PM PRESENTATION**

ST. URSULA

**COME MEET THE HOME &
SCHOOL BOARD, LEARN WHAT
H&S DOES FOR OUR MBS
SCHOOL COMMUNITY, AND
WHAT OPPORTUNITIES WE
HAVE!**

**WE LOOK FORWARD TO SEEING
YOU!**

DRINKS - SMALL PLATES - DOOR PRIZES!

**KEYNOTE SPEAKER: JOANNE HARVEY - DIOCESE OF
BATON ROUGE HOME & SCHOOL PRESIDENT**



Upcoming Events

The Immaculate Conception of the Blessed Virgin Mary

HOLY DAY OF OBLIGATION

MASS TIMES: 8:15 AM, 12:00 PM, & 6:00 PM

Dec
8

Advent Penance with Parish Adoration

6:00 PM

Dec
16

Christmas Eve

MUSIC PRELUDE 30 MINUTES BEFORE EACH MASS

MASS TIMES: 4:00 PM & 6:30 PM

MIDNIGHT AT 12:00 AM

Dec
24

Christmas Day

MUSIC PRELUDE 15 MINUTES BEFORE MASS

MASS TIME: 10:00 AM

Dec
25

New Years - Solemnity of Mary, Mother of God Holy Day of Obligation

12/31 - NEW YEARS EVE VIGIL

MASS TIMES: 4:00PM & 6:00PM

NEW YEARS DAY MASS TIME: 10:00 AM

Jan
1



NEW Spirit Store Merchandise!

All new items are available to purchase in the Webstore!



Spirit Store Update

The webstore will close Dec. 17 and will reopen after Christmas break.

Please email us at mbsbr.spiritstore@gmail.com with any questions or suggestions on what you would like to see available in the store!

[Click Here to Shop Online!](#)

THE NATIVITY STORY

**FRIDAY, DECEMBER 19
10 A.M. ST. URSULA HALL**

ALL ARE WELCOME

Collectibles

SECOND 9 WEEKS COLLECTION REMINDER

We are collecting Community Coffee Labels again!

2ND 9 WEEKS COLLECTION:

December 15th - 19th

- Turn in one bag per family with your kids names & homerooms!
- Buckets will be placed in each classroom!

FAMILY PRIZE ENTRY
Kids who turn in labels are entered for a chance to win a family prize! The winner will be announced at mass in January!

QUESTIONS?
For questions, please contact our Pelican Partners Committee Chair, Tricia Hollis! (triciaghollis@hotmail.com)

MOTHER SETON AWARD NOMINATIONS OPEN

WHAT IS THE MOTHER SETON AWARD?

Every year the Diocese of Baton Rouge sponsors the Mother Seton Award Program. The Mother Seton Award honors an individual who exemplifies the qualities and service of Mother Elizabeth Anne Seton. Mother Seton was the founder of the Sisters of Charity of St. Vincent de Paul and a leader in Catholic education by establishing the first Catholic elementary school in the United States in Baltimore in 1808 as well as an orphanage in Philadelphia in 1814. Mother Seton became an exemplary role model and an inspiration to others who followed in her footsteps through her life as a wife, mother, widow, and member of a religious order. She was canonized in 1975 by Pope Paul VI.

QUALIFICATIONS

- Recognized as a volunteer, not an employee of the school.
- At least 3 years involvement within the local Home and School organization.
- Dependable, hard working, self-sacrificing, attuned to the needs of the children and the school.
- Enthusiastic, generous, supportive of the educators and the administration.
- Concerned and ready to go the extra mile for Catholic education.
- A model of living Gospel values.

KNOW SOMEONE DESERVING?

Use this QR code or link below to submit your nominee!



[Mother Seton Award
2026 - Nomination
Form – Fill out form](#)

NOMINATION DEADLINE:

Friday
January 16th

Questions - contact Lauren Stelly
lwstelly@gmail.com



MBS Christmas BASKETBALL CLINIC

Coached by

FORMER NBA, LSU TIGER, & CURRENT COACH AT LSU

MARCUS THORNTON

TUESDAY, DECEMBER 30

Girls- 3rd-8th grade

9:00 am - 11:00 am

Boys- 3rd-8th grade

1:00 pm - 3:00 pm

\$50 per player
(includes a t-shirt)



CONTACT: Tommy Krysan
Athletic Director
tkrysan@mbsbr.org



MBS
Most Blessed Sacrament



Knights of Columbus

Free Throw

Championship

Boys and Girls, Ages 9-14

Location: Most Blessed Sacrament School Gym

Date: Saturday, January 17, 2026 Time: 10 am - 2 pm

Contact: Bryan Gerace 225-278-8038 or David Commander 225-431-4345

