

The Pelican Express

March 5, 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)

Religious Education

Service ministry projects are planned and executed by each grade level. The ministries for each grade level are as follows:

- Pre-K – Our Lady of the Lake Children’s Hospital
- Kindergarten – Homebound of MBS Parish
- 1 st – Sick members of MBS Parish and School
- 2 nd – Baton Rouge Miracle League
- 3 rd – St. Vincent de Paul Shelters
- 4 th – St. Vincent de Paul Easter Project
- 5 th – St. Vincent DePaul Warehouse
- 6 th – Old Jefferson Community Care Center
- 7 th – Greater Baton Rouge Food Bank
- 8 th – Missionaries of Charity Soup Kitchen and Shelter

Important Links

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

Time & Talent Opportunities

- Cafeteria Volunteers - March - click [here](#)

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

UPCOMING EVENTS

March 5

- 8th Grade Youth Legislature - off campus
- School Mass, 8:15, Dress Uniforms required
- Varsity Cheer, 3:15-4:30, St. Ursula
- Mandatory Cheer Tryout Parent Meeting, 6:30, Room 1
- 6th JV, 7th JV Basketball Games

March 6

- Mercedarian Sisters on campus
- Friday Lenten Dinners, Holy Family Hall

March 9

- Drama Club, St. Ursula, 3:15-4:30
- 5th grade, 6th JV, 8th JV Grade Volleyball - see schedule on website

March 10

- 4H Club, Room 6, 2:45 - 4
- Dance Practice, St. Ursula, 3:15-4:30
- 8th Varsity Volleyball - see schedule on website

March 11

- Kindness Club, Library, 7:20-7:45am
- 3rd Grade Field Trip
- 8th Grade Confession
- Dance Practice, St. Ursula, 3:15-4:30
- Eco Club Meeting, Room 53, 3:15-4:30
- Pelibots, St. Ursula, 3:15-4:30
- Louie's Little Pelicans, 3:15-4:15

March 12

- School Mass, 8:15, dress uniforms required
- 6th JV, 6th V, 7th JV, 7th V, 8th JV, 8th V Volleyball games - see schedule on website

March 13

- 3rd Nine week ends
- Family Bingo Bash & Fish Fry, Holy Family Hall, 5:30 - till prizes run out.

March 15

- St. Joseph Altar, Our Lady of the Eucharist Room, Church Campus, after 11:30 Mass

March 16

- No Buses - Carpool only
- 4th Nine Weeks Begin
- Last day for AR Tests
- 4&5 Math Club Meeting, room 53
- Drama Club, St. Ursula, 3:15-4:30

March 17

- Wear St. Patrick's Day shirts with uniform bottoms
- Cheer Tryouts - off campus
- Dance Practice, St. Ursula, 3:15-4:30
- 6th V, 7th V, 8th V Volleyball Games - see schedule on website

March 18

- Cheer Tryouts - off campus
- Donuts for Dads, PK & K
- AR Free Dress and doghnuts
- Dance Practice, St. Ursula, 3:15-4:30
- Kindness Club Field Trip
- Pelibots, St. Ursula, 3:15-4:30
- Louie's Little Pelicans, 3:15-4:15
- 5th, 8th JV Volleyball Games - see schedule on website

March 19

- 7th Grade Boys CHS Mass/Visit
- School Mass, 8:15, dress uniforms required, St. Joseph Feast Day
- Report Cards online
- Cheer Tryouts - off campus

March 20

- Professional Development - PK-5th grades attend school; No School for Middle School students

March 23

- Professional Development - Middle School students attend school; No School for PK-5th grades
- MS Math Club Meeting, Room 15, 7:15am
- Drama Club, St. Ursula, 3:15-4:30
- 5th, 6th V, 7th V Volleyball Games - see schedule on website

March 24

- ARK Testing, grades 3-8
- Dance Practice, St. Ursula, 3:15-4:30

March 5th : Saint Colette

Tomorrow we will remember Saint Colette.

Colette was a beautiful woman whose inner strength attracted people. It was her spirituality, her commitment to God, and her heart for souls that suited her for her reforming mission.

At 17 after her parents died, she joined the Franciscan third order. She lived for 8 years as a hermit. She had a vision and decided to restore the order of the “Poor Clares”.

Colette devoted herself to Christ by spending every Friday meditating of the passion of Christ. Colette was said to have many visions. She once could see many souls falling from grace so she prayed for them daily and for the conversion of sinners. She brought people back to Christ and helped them stop their sinful patterns.

Colette died at the age of 66.

St. Colette...pray for us.



IMPORTANT INFORMATION

Professional Development Days - No School

- **Friday, March 20** - PK-5 grade attends school. Middle School does not attend school.
- **Monday, March 23** - Middle School attends school. PK-5 grade does not attend school.

MBS Concert Choir

Come watch the LSU Tiger Baseball team on Friday, March 20th at Alex Box Stadium and watch the MBS Concert Choir sing the National Anthem!

Forward in Faith Gala

If you won an item at the Gala and still need to pick it up, please do so at the Church Office. They are open Monday - Thursday, 8am-3:30pm; Friday, 8am-noon.

KC District Free Throw Free Throw Contest

The Knights of Columbus District Free Throw Contest was held this morning at St. Alphonsus Catholic School. Two of our council 10455 winners participated. Sebastian Brandt won first place in the 9 yr old boys age group and Maggie Larriviere won first place in the 12 yr old girls age group. Sebastian made 16/25 shots and won on a tiebreaker! Maggie made 18/25 shots. Both winners were awarded medals and Raising Cane's gift cards. We are so proud of them!



Lent Image



For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. - John 3:16.

Fourth Grader Reagan Watkins' depiction of the Last Supper is now proudly on display throughout the school campus for Lent. Her depiction shows eleven disciples instead of twelve because Judas was not present.

Thank you to Regan for creating this fantastic image for us to reflect upon this Lenten season.

Quiz Bowl

Most Blessed Sacrament's 5th/6th and 7th/8th Quiz Bowl teams participated in the Diocesan Quiz Bowl Tournament. Congratulations to our 7th/8th grade team that finished in 2nd place! We are so incredibly proud of both teams!





MARCH 2026 Elementary School

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Tenderloin Strips Red Beans and Rice Garden Variety Veggies Peaches Biscuit Milk Choice: Pepperoni or Cheese Pizza	3 Chicken Parmesan w/ Spaghetti Garden Variety Veggies Cinnamon Pears Garlic Dinner Roll Milk Choice: Chicken Smackers	4 Hamburger/Cheeseburger Sandwich Salad Cup Baked Beans French Fries Garden Variety Veggies Strawberry Craisins Milk Choice: Pepperoni or Cheese Pizza	5 Chicken Smackers Mashed Potatoes & Steamed Corn Garden Variety Veggies Green Apple Wedges Dinner Roll Milk Choice: Loaded Baked Potato	6 Macaroni and Cheese Green Beans Garden Variety Veggies Fruit Sorbet Dinner Roll Milk Choice: Cheese Pizza
9 Honey Citrus Chicken Fried Rice Steamed Broccoli Garden Variety Veggies Orange Craisins Milk Choice: Pepperoni or Cheese Pizza	10 Sliced Turkey & Gravy Mashed Potatoes & Lima Beans Garden Variety Veggies Peaches Dinner Roll Milk Choice: Chicken Smackers	11 Brunch for Lunch Bacon, Egg & Cheese Eggstravaganza Homestyle Waffle & Grits Garden Variety Veggies Diced Strawberry Fruit Cup Milk Choice: Pepperoni or Cheese Pizza	12 Spaghetti and Meat Sauce Green Beans Garden Variety Veggies Green Apple Wedges Garlic Dinner Roll Milk Choice: Loaded Baked Potato	13 Cheese Nachos PreK Classes: Grilled Cheese Fiesta Corn Nacho Salad Cup, Salsa Garden Variety Veggies Fruit Sorbet Milk Choice: Cheese Pizza
16 Chicken Smackers Cheery Bayou Noodles Matzo Green Beans Garden Variety Veggies Peaches Milk Choice: Pepperoni or Cheese Pizza	17 Hon Temps Tacos Pinto Beans & Fiesta Corn Taco Salad Cup, Salsa Garden Variety Veggies Green Apple Wedges Milk Sweet Lagniappe Vanilla Cupcake Choice: Chicken Smackers	18 Down-Home Chicken Sandwich Fleur-de-Lis French Fries Sandwich Salad Cup Garden Variety Veggies Strawberry Craisins Milk Choice: Pepperoni or Cheese Pizza	19 Chicken & Sausage Jazzy Jambalaya Zydeco White Beans Garden Variety Veggies Red Apple Wedges Dinner Roll Milk Choice: Loaded Baked Potato	20 Bayou Fish Bites & French Fries Cheery Broccoli Garden Variety Veggies Fruit Sorbet Dinner Roll Milk Choice: Cheese Pizza
23 Chicken Tenderloin Strips Red Beans and Rice Garden Variety Veggies Peaches Biscuit Milk Choice: Pepperoni or Cheese Pizza	24 Chicken Parmesan w/ Spaghetti Vegetable Medley Garden Variety Veggies Cinnamon Pears Garlic Dinner Roll Milk Choice: Chicken Smackers	25 Hamburger/Cheeseburger Sandwich Salad Cup Baked Beans French Fries Garden Variety Veggies Orange Craisins Milk Choice: Pepperoni or Cheese Pizza	26 Chicken Smackers Mashed Potatoes & Steamed Corn Garden Variety Veggies Green Apple Wedges Dinner Roll Milk Choice: Loaded Baked Potato	27 Grilled Cheese Sandwich Veggie Soup Garden Variety Veggies Fruit Sorbet Milk Choice: Cheese Pizza
30 Sausage & Cheese Buttermilk Pancake Sandwich Homestyle Grits Potato Hash Garden Variety Veggies Green Apple Wedges Milk Choice: Pepperoni or Cheese Pizza	31 Honey Citrus Chicken Fried Rice Steamed Broccoli Garden Variety Veggies Fruit Sorbet Milk Choice: Chicken Smackers			

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. Catholic 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.

Catholic 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 Catholic 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.

ATHLETICS

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

MBS Volleyball matches start week of March 9, schedules are on the website.

We have 7 volleyball teams for the upcoming season:

5 th Grade

6 th Grade Junior Varsity and Varsity

7 th Grade Junior Varsity and Varsity

8 th Grade Junior Varsity and Varsity

Go Pelicans!

We post lots of athletic information on the school Facebook page!!

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!

Tommy Krysan, Athletic Director
MBS Athletics
tkrysan@mbsbr.org





ANIMAL SHELTER DONATION DRIVE: MARCH 9-16

DONATION ITEMS (NEW OR GENTLY USED)

- PET CRATES AND KENNELS
- PET BEDS
- TOYS
- BLANKETS AND TOWELS
- LEASHES AND COLLARS
- UNEXPIRED PET FOOD, TREATS (INCLUDING PEANUT BUTTER), AND PRESCRIPTIONS
- SMALL ANIMAL HABITATS/ENCLOSURES
- CANNED GOOD CARDBOARD TRAYS (USED AS CAT LITTER BOXES)
- NEWSPAPER

Cleaning Products

- Paper Towels
- Clorox Wipes
- Dawn Dish Soap (blue)
- All Purpose Cleaner

Office Products

- Misc. office supplies (pens, staples, staplers, scissors, paper, tape, sharpies, etc.)

MORE INFO:

<https://www.caabr.org/donate>
(including Amazon and Chewy Wish List links)

~SPONSORED BY HINDNESS CLUB~

MBS LENTEN DINNERS

FRIDAYS
FEB 27 - MAR 27
5:00 - 7:00

DINE-IN OR TO-GO
HOLY FAMILY HALL

FISH DINNER \$12
SHRIMP DINNER \$12
WEEKLY ENTREE \$12
CRAWFISH PIE \$4

WEEKLY SPECIALTY ENTREE

FEB 27 Shrimp & Corn Soup
MAR 6 Crawfish Casserole
MAR 13 Shrimp Stew
MAR 20 Shrimp Pasta
MAR 27 Crawfish Etouffee



Collectibles



THIRD 9 WEEKS COLLECTION REMINDER

We are collecting
Community Coffee
Labels again!



**3RD 9 WEEKS
COLLECTION:**

**March
9th - 13th**

- 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 the next awards mass!

QUESTIONS?

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

ST. JOSEPH ALTAR

March 14-15

Viewing is available
after all masses

Blessing of the altar
and serving of food
will take place after
the 11:30 mass



OUR LADY OF THE EUCHARIST ROOM



Holy Mackerel!

It's the 2nd Annual

Family Bingo Bash & Fish

Fry



*CATCH SOME LUCK
with BIGGER PRIZES THIS YEAR!*



FRIDAY MARCH | 13
5:30 PM* - UNTIL PRIZES RUN OUT

LOCATION: HOLY FAMILY HALL

*Men's Club Lent Dinners go on sale
at 5:00PM

\$1 DONTATION PER CARD (CASH ONLY)

Prizes for every game!
Blackout Grand Prize - MBS Fair Basket



A PRESENTATION FOR PARENTS: RAISING BODY CONFIDENT KIDS IN A DIET OBSESSED WORLD

Presenter: McCall Dempsey, Mental Health Speaker, Writer, and Advocate
Founder/Director of Southern Smash, a program of the National Alliance for
Eating Disorders

ABOUT THIS PRESENTATION

Kids today face constant pressure about how they should look, eat, and move — starting as early as elementary school. These messages can affect self-esteem, mental health, and lifelong relationships with food and exercise. Parents and caregivers play a powerful role. What you say and model can protect children from harmful messages or reinforce them. This presentation offers tools to help raise confident, resilient kids in a body-focused culture.

DATE AND LOCATION

March 25th, 2026 at 6:00 pm
Tracey Center Ballroom, Catholic Life Center
1800 S. Acadian Thruway

YOU WILL LEARN:

- 💡 How body image develops in children
- 💡 How media, sports, and school environments impact self-worth
- 💡 Why boys and girls experience body pressure differently
- 💡 What “diet culture” looks like in everyday family life
- 💡 How to be a healthy role model without perfection or pressure



GAME ON!

MBS MOTHER-SON EVENT!

**Join us for a fun evening of games and activities!
We will have inflatables, field games, sports, and a
virtual reality gaming trailer!**

FRIDAY, MARCH 27TH

6:00-9:00PM

**MBS Fair Grounds and
Our Lady of the Eucharist Hall**





GAME ON!

Tickets

Tickets will go on sale Thursday, March 5th. You may access ticket sales through a link provided in the weekly newsletter or through the Home & School website.

Cost is \$35 per mother/son duo, additional \$10 per son.

Food

Tre's Street Kitchen Food Truck
(menu coming soon!)

Desserts and drinks inside Our Lady of the Eucharist.

Photography

Professional photography by Ashley Beth Photography. Single photo \$25, Multiple Photos \$35

How you can help!

Click the link to the SignUp Genius to see how you can offer time or monetary donations!

<https://www.signupgenius.com/go/10C0A4DA4AA2DA0FAC25-62565218-mother>

*** Bring a blanket or chairs to make yourself comfortable on the field! No outside ice chest/cooler or drinks allowed.

MBS Men's Club



**Tickets now
available**

GOLF Cart Raffle

Monday March 16, 2026

**Benefitting 3 Memorial
Scholarships Honoring:**

**Taylor
Melancon**

**Francis
Guillory**

**Danny
Major**



SCAN ME

Birdease.com/pelicanclassic

Join Us

*The Men's Club Welcomes You to
our Monthly Events:*

Lenten Dinners
March 6, 13, 20. & 27

Pelican Classic Golf Tournament
March 16

Battle for the Paddle
Annual Parish Crawfish Boil
May 2

May Member Meeting
May 7

June Member Meeting and Raffle Drawing
June 4



Scan the QR Code below to join





Home and School



Looking to get more involved?

We are looking for dedicated volunteers interested in serving as a Home and School Board or Committee Member for the 2026-2027 school year.

If you are interested, please use the QR code to fill out an interest form! Details of each position are listed in the form.

Positions available:

SCAN HERE >



COMMITTEE CHAIR OPENINGS

- Buddies Committee
- Hospitality Committee
- May Crowning Committee
- PALS Committee
- Used Uniform Committee
- Collectibles & Pelican Partners Committee

EXECUTIVE BOARD OPENINGS

Open for the 2026-2027 School Year

- Vice President

Shadow the '26-'27 School Year, in seat '27-'28 School Year :

- President, Secretary, & Treasurer