



# THE COUGAR



## Greetings from Mrs. Gardiner



Dear St. Jude families,

As we head into Spring Break, I want to take a moment to wish you all a restful and enjoyable week. It's hard to believe, but we're already in the final stretch of the school year! Thank you for your continued support – we're excited to finish the year strong together.

One in Christ,  
Michelle Gardiner, M.Ed.

April 17, 2025

# THE COUGAR



## Important Upcoming Dates

**April 18-25: Spring Break - NO SCHOOL**

**April 28:** Spring Sports Senior Night

**April 29:** 3<sup>rd</sup> and 4<sup>th</sup> Grade Taste Fair

**April 30:** 7<sup>th</sup> and 8<sup>th</sup> Grade Athletic Banquet

**May 2:** Shakespearience

**May 3:** 7<sup>th</sup> and 8<sup>th</sup> Grade Dance

**May 5-9:** Teacher Appreciation Week (a larger flyer is at the end of The Cougar!)

**May 6:** Kindergarten May Crowning

**May 7:** 8<sup>th</sup> Grade Fun In The Sun Day - Hats Off to the Graduates

**May 8, 9, and 12:** 8<sup>th</sup> Grade Exams - Dismissal at 11:00 a.m.

**May 14, 15 and 19:** 7<sup>th</sup> Grade Exams - Dismissal at 11:00 a.m.

**May 15:** 8<sup>th</sup> Grade Graduation Awards, Brunch and Ceremony

**May 19:** PK Field Day

**May 20:** PK Closing Ceremony and Kindergarten's Last Day of School

**May 21:** 2<sup>nd</sup> Grade Living Rosary and School Talent Shows

**May 22:** 1<sup>st</sup> through 7<sup>th</sup> Grade Field Days/End of the Year Class Parties

**May 23:** 1<sup>st</sup> through 7<sup>th</sup> Grade Last Day of School

**I WILL SURVIVE!**  
**TEACHER APPRECIATION WEEK**  
**MAY 5 - 9**

**Monday: Stay Chill**  
Bring your teacher's favorite beverage

**Tuesday: Caffeinate and Celebrate**  
Bring your teacher \$0.50 for a coke.

**Wednesday: Treat Yo' Teacher**  
Bring your teacher a small gift card \$5 or less

**Thursday: Stock the Stash**  
Bring your teacher her favorite sweet or salty treat.

**Friday: Gift of your choice!** Pick out or create something that let's your teachers know they are loved!

## Accelerated Reader 100 Points Club

Congratulations to the following students who have made the Accelerated Reader 100 Points Club for this year!

- **4th Grade:** Andi Baker, Jay Griffin and Bryson McGuffey
- **6th Grade:** Lindsey Collette
- **7th Grade:** Myles Maynard



**HATS OFF TO OUR**  
**2025 SJS Grads**

**WEAR YOUR HAT TO SCHOOL ON WEDNESDAY, MAY 7 AS WE SEND OUR GRADS OFF TO HIGH SCHOOL!**

**ST. JUDE**

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## Home and School Association

**FIELD DAY:** Field Day 2025 is on May 22nd! Field Day isn't possible without our parent volunteers. Please click [here](#) to volunteer for field day. Lunch will be provided for our volunteers. Please note that some of the games are outside. If you volunteer for an outside game, come prepared with sunscreen, hat, water, etc. All volunteers will need to sign in at the volunteer check in table located in the foyer of the cafeteria. We appreciate your help in making this day fun for our students.

**TEACHER APPRECIATION WEEK:** Teacher Appreciation Week is coming up on May 5th–9th! We are so incredibly blessed here at St. Jude to have the very best teachers and staff. To help your child show their appreciation, we've included a flyer with simple, meaningful ideas to make their teachers feel extra special.

We're also asking for help in providing breakfast for our teachers throughout the week – something they truly look forward to (especially those famous homemade casseroles!). You can sign up to contribute here: [Sign up here](#)

The Home and School Association will be joining in the fun as well, with gifts and treats for our amazing faculty and staff!

Thank you for helping us celebrate the heart of St. Jude — our teachers!



Congratulations again to **Lindsey Gueho** on receiving the Mother Seton Award for St. Jude School. We celebrated her and all of our parent volunteers at our April 14<sup>th</sup> All School Mass.



# I WILL SURVIVE!

**TEACHER  
APPRECIATION WEEK  
MAY 5 - 9**



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**Friday: Gift of your choice!** Pick out or create something that let's your teachers know they are loved!



# St. Jude the Apostle School

9150 Highland Road • Baton Rouge, LA 70810 • (225) 769-2344 • FAX: (225) 769-0671 • www.stjudebr.org



## 2025-2026 UNIFORM REGULATIONS

**Uniforms may be purchased at any of the following stores:**

Inka's Uniforms

School Time Uniforms

Young Fashions School Uniforms

Classic Image Uniforms - Outerwear Navy Fleece PK-8 Only

## OUT-OF-UNIFORM DAYS

DAY	SHIRT	BOTTOM	SHOES	COMMENTS
Cougar Pride	Student spirit t-shirt	Uniform bottoms PK - 4th over jumper	School shoes and socks	Spirit shirts are purchased through Home and School.
Free Dress	Tops and dresses may not be strapless or off the shoulder. No tank tops are allowed. No tight-fitting tops.	Bottoms may be jeans, athletic pants, or dress slacks. Girls may wear capri pants. No leggings or yoga pants are allowed. Dresses and skirts must be no shorter than three inches above the knee.	Tennis shoes, flats, or boots with flat heels, No cowboy boots, Crocs, cleats, sandals, or open-toed shoes.	No shorts may be worn unless they are the uniform shorts.  No hooded shirts or sweatshirts  Shirts and bottoms may not be ripped or have holes.

## OUTERWEAR UNIFORM GUIDELINES

CLOTHING ITEM	COLOR	STYLE	GRADE	COMMENTS
Cardigan	Solid Navy	Button-up front style	PK-8	SJS logo
Fleece	Navy	Full zip fleece	PK-8	Purchased through Classic Image Uniforms
Wind Jacket	Solid Navy	Full zip, no hoods, no colored stripes, etc.	PK-8	SJS logo Purchased only at uniform stores
Cap	Navy with Grey	SJS logo	PK-8	Purchased through Inka's

**These are the only outerwear options allowed at SJS.**

**Options may be layered for extremely inclement weather.**

## DRESS CODE FOR BOYS

CLOTHING ITEM	COLOR	STYLE	GRADE	COMMENTS
Long Pants	Navy		PK-8	No brand name labels allowed
Shorts	Navy		PK-8	No higher than 3" above knee; No brand name labels allowed
Sweatpants	Navy	SJS logo	PK-8	May be worn November – March Must be worn with uniform shirt or sweatshirt Purchased through Inka's
Shirt	White	Oxford cloth (SS or LS) Knit, polo style (SS or LS) Dry Fit (SS)	PK-8	SJS Logo on left pocket Knit Polo / Dry Fit
Sweatshirt	Navy	SJS logo	PK-8	Purchased through Inka's
Sweatshirt	Red	SJS logo	PK-8	Purchased through Inka's
Undershirt	Solid White	Cotton T-shirt or Turtleneck	PK-8	Can be worn under uniform shirt with no logo or writing
Socks	White	Crew	PK-8	With SJS logo from uniform stores or plain white crew sock 3" above ankle
Belt	Navy, Brown or Black	Braided or leather	PK-8	No decorative accents such as team logos
	Red	Woven Mesh	PK and K only	Stretchable type with clasp closure
Dress Shoes	Black, Navy, or Brown	Must have laces that tie	PK-8	No topsiders or boat shoes allowed
Tennis Shoes	Predominantly White, Navy, Gray, Red, or Black	Tie shoes only, no slip-on shoes without laces. No light-up shoes. No high-tops, low tops, sparkles, or cleats.  Velcro may be worn in PK only.	PK-8	Shoes must be predominately one of the colors listed; Laces must be visible and tie. Laces are to match the predominant color of the shoe.  Grades K – 8 must have shoes with laces that tie.

## DRESS UNIFORM FOR BOYS

**Mass attire (dress uniform) for all boys (PK – 8)**

- ❖ Long pants with white shirt and tennis or dress shoes.
- ❖ SJS Sweatpants may not be worn to Mass.

## DRESS CODE FOR GIRLS

CLOTHING ITEM	COLOR	STYLE	GRADE	COMMENTS
Jumper	Plaid	Button-up Front Style (Phased out after the 2025-2026 school year.)	PK-4	No higher than 3" above knee
Jumper	Plaid with Logo	Zippered / Drop Waist	PK-4	No higher than 3" above knee
Button Front Dress	Plaid with Logo	PK or Kindergarten	PK or K	Purchased through Inka's
Shorts	Plaid		PK-8	No higher than 3" above knee
Skirt or Skort	Plaid		5-8	No higher than 3" above knee
Sweatpants	Navy	SJS logo	PK-8	May be worn November – March Must be worn with uniform shirt or sweatshirt Wearing under the jumper/skirt is optional Purchased through Inka's
Sweatshirt	Navy	SJS logo	PK-8	Purchased through Inka's
Sweatshirt	Red	SJS logo	PK-8	Purchased through Inka's
Collared Shirt	White	Banded Shirt	5-8	With SJS logo
Blouse	White	Single pocket Broadcloth or Oxford pointed collar (SS or LS)	PK-4	Peter Pan Collar
			PK-8	No lace/ruffle trim allowed
Under Shorts	Navy	Solid Pull-on Short	PK-8	To be worn under jumper or skirt
Undergarment	Solid White	Tank top, bra or sports bra in solid white	PK-8	Can be worn under jumper or uniform shirt with no logo or writing
Undershirt	Solid White	Long-sleeve Turtleneck	PK-8	Can be worn under jumper or uniform shirt with no logo or writing
		Short- sleeve shirt		
		Long-sleeve shirt		
Socks	White	Crew	PK-8	With SJS logo from uniform stores or plain white crew 3" above ankle
Tights or Leggings	White, Navy or Black	Opaque	PK-8	Must be full length and worn with SJS socks or plain white crew socks
Bows or Headbands	Red, White, Navy, or Uniform Plaid		PK-8	
Dress Shoes	Black, Navy, Brown		PK-8	Saddle Oxfords permitted No topsiders or boat shoes allowed
Tennis Shoes	Predominantly White, Navy, Gray, Red, or Black	Tie shoes only, no slip-on shoes without laces.	PK-8	Shoes must be predominately one of the colors listed. Laces must be visible and tie. Laces are to match the predominant color of the shoe.
		No light-up shoes. No high-tops, low tops, sparkles, or cleats  Velcro may be worn in PK only.		

## DRESS UNIFORM GIRLS

### Mass attire (Dress Uniform) for Early Childhood (PK and K)

**Jumper with white blouse or Button front dress and tennis or dress shoes.**

### Mass attire (Dress Uniform) for Elementary girls (1<sup>st</sup> – 4<sup>th</sup>)

**Jumper with white blouse and tennis or dress shoes.**

### Mass attire (Dress Uniform) for Middle School girls (5<sup>th</sup> – 8<sup>th</sup>)

**Skirt with white blouse/banded shirt and tennis or dress shoes.**

❖ **SJS Sweatpants may not be worn to Mass.**

## **ADDITIONAL UNIFORM GUIDELINES**

### **PE Uniforms**

PE uniforms may be purchased through Inka's or the PE office at school. PE uniforms are required for grades 6 - 8.

### **Additional Information**

Uniforms, shoes, and skin must be free of pencil, pen, or marker writing.

### **Hair Regulations**

A student's hair shall be of moderate uniform length and must be neat and clean at all times. Hair should have a dry appearance. Styling for both boys and girls must be simple, symmetrical and conservative (no hair tails; beaded braids, extensions, or feathers; large, unkempt styles; line cuts; shaven heads; etc.). A boy's haircut should be above the ear, ½ inch above the eyebrow, a transition line from short to long should not be visible and side burns should be short, neat and trimmed at all times. Middle school boys should be clean-shaven. No mohawks, fohawks, perms, or any grooming style that is deemed extreme is allowed. Hair height cannot be more than 2 inches. Extreme tinting, bleaching or dyed hair that is not natural in color is prohibited. "Sun-In" Products which alter hair color are not acceptable.

Grooming policies also apply to students wearing out of uniform dress, an athletic uniform, or participating in extracurricular activities.

### **Make-up Regulations**

Wearing makeup, false eyelashes, lip gloss, colored ChapStick, and fingernail polish is not permitted (this includes manicures, fingernail "tips" or other false fingernails). Spray tans and tanning lotions are considered make-up and shall not be permitted.

### **Jewelry Regulations**

Jewelry should be limited to one watch, one ring, and simple crosses or holy medals on a narrow silver or gold chain. Necklaces other than chains and religious medals or chains and crosses shall not be worn with the uniform. Scapulas made at school are acceptable. Beaded or "jewelry" type scapulas may not be worn. Stud earrings are permitted only for those girls who have pierced ears. Loop or hoop earrings are prohibited. Pierced ears are defined as a single piercing on the lobe of the ear. Boys are not allowed to wear earrings at any time. No body piercings or permanent tattoos are allowed. No bracelets and/or rubber band jewelry should be worn.

### **Facial Coverings**

Facial coverings must not contain any offensive messages, pictures, political party endorsements or statements or be distracting to the learning environment.

### **Water Bottles PK-8<sup>th</sup> Grade**

All water bottles should be clear (no tint, no color), reusable, sized to fit in a school bag and can be disposable. **Students may not use squirt or squeezable water bottles.** Students may drink between classes, at lunch, and recess. Water bottles should not be out during class. Bottles may be refilled at recess/lunch time. Students with oversized water bottles may be sent to the assistant principal or the principal for approval. Forgotten water bottles in other classes may be retrieved at the end of the day. When not in use, students should store water bottles in backpacks. Water bottles may not be used in the library or when a student is using an electronic device.

### **Logos, Names, and Images**

The school logo, all names, or images that represent St. Jude the Apostle School and their likeness cannot be used without express permission of the principal. All requests must be submitted in writing and approved by the principal.

The Administration makes the final decision in all matters of uniforms, dress, and grooming.



# Order online **today!**

## Dear parents,

We are happy to announce that we have chosen to sell prepackaged school supplies for the next school year through School Tool Box.

### It doesn't get any easier than this!

- Put your zip code in the box at **SchoolToolBox.com**
- Find the school, then choose your child's new grade
- Each supply box matches your teacher's approved list
- Supplies are name-brand and guaranteed all school year



**SCHOOL TOOL BOX**

**schooltoolbox.com**

800-952-1119

## Your order supports



**One Box, One Meal**

## School Name:

**St. Jude the Apostle School**  
**Baton Rouge, LA 70810**

## Ordering Available:

**April 9<sup>th</sup> - June 15<sup>th</sup>**

## Pick-up date at school:

**In Classrooms on the First Day**



**Notes**



Scan here to view your school's boxes and place your order today!



# Inka's

U N I F O R M S



The best quality school uniforms.  
Great customer service.



Our girls plaid items are made with our  
unique **UPSCALE** growth features that  
lets the garment grow with your child.

**SAVE 20%** in April

**SAVE 15%** in May

**SAVE 10%** in June

**FREE** Alterations

April 21st—26th, 2025

Inka's Uniforms only (new or used)

Limit 10 Items per customer

**inkas-uniforms.com**



11626 Sherwood Forest Court



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Shop in the store, or visit our website:

**WWW.SCHOOLTIMEUNIFORMS.COM**

**OUR BIGGEST  
SALE**

**15%  
OFF**

**EVERY PURCHASE IN MAY  
IN-STORE AND ONLINE**

**In addition to our sales, we are giving  
out School Time Bucks in May and June!**

We're giving out \$5 in School Time Bucks for each  
\$100 spent in-store and online, and you will get **DOUBLE**  
School Time Bucks on all purchases over \$100 in May.



Can't shop during our sale in May?

**You can still save 10% on everything  
in-store and online in June!**

We also offer layaway in the summer! You can take advantage of our  
sale pricing in May and June even if you put your items on layaway.