

FALCON FAMILY NEWS

A MESSAGE FROM THE DIRECTOR OF COLLEGE COUNSELING

DEAR CB FAMILIES:

As a college preparatory high school, Christian Brothers takes the college admissions process very seriously. With 99% of seniors continuing their education after graduating every year, the job of a college counselor is never finished. But what role does the college counselor play in the college search? College counselors stay on top of class selection and graduation requirements, help students navigate the process of getting recommendation letters from teachers, write unique, personalized counselor recommendations, send official transcripts, advise on extracurricular activities, help research colleges, draft the college list, answer financial aid questions, relay local scholarship opportunities, review applications and college essays before submission, and much more!

And now, Christian Brothers has two full-time college counselors to support our students at every grade level. It is my great pleasure to introduce April Melarkey, the newest college counselor and latest edition to the Counseling Department. April initially came on board temporarily during Mrs. Moskat's maternity leave in 2016, and based on our increasing enrollment and the American School Counselor Association's recommendation of a 250:1 ratio between students and counselors, we were able to offer her a full-time position this past fall.

April has a bachelor's degree in psychology, a master's degree in counseling psychology, and a second master's degree in educational psychology. She has worked as a school psychologist and social worker and is the mother of four girls, two of whom are current CB students.

We now feel our department is complete, with four grade level counselors, our full-time wellness counselor and two college counselors. With seven counselors on staff, we are prepared and excited to meet the needs of the "whole student" through these important, and sometimes stressful, years.

As director of college counseling and the counseling department coordinator, I am thrilled that we are now able to even better serve our students and families. April and I are meeting individually with every junior this semester, and we continue to meet with families in all grade levels to talk about college, course planning, and extracurricular activities/internships/jobs, and hosting numerous evening college presentations, case studies, college fairs, and application workshops.

Our department prides itself on collaboration, communication, and serving the specific and unique needs of each student at Christian Brothers. Please feel free to contact us at any time about how we can assist your students in reaching their potential and being prepared for an exciting future once they graduate from Christian Brothers High School.

Sincerely,



Melissa McClellan

Director of College Counseling & Counseling Department
Coordinator

INSIDE THIS ISSUE

- Counseling News
- College News
- Campus Ministry
- Christian Service
- Student Activities
- Falcon 5K
- Athletics
- Media Visual & Performing Arts
- Vocations
- Falcon Family Faces

WELLNESS PROGRAM

At Christian Brothers, we have been very fortunate to have a Wellness Counselor in our department over the past decade to better serve the emotional needs of our students. We are thankful that Ms. Emily McDougall, in her third year at CB, has been able to take on the role of full-time Wellness Counselor. Emily sees many students across all grade levels who seek out help in everything from anxiety and depression, to substance use, eating issues, and coping with stress and grief. She also visits classrooms to present about wellness, which involves the whole person (physical, emotional, academic, social, intellectual, environmental, and of course, spiritual). Ms. McDougall is a licensed Marriage and Family Therapist who has been working with teens and parents for many years. We feel very blessed to have her! If you have any questions for Ms. McDougall, she can be reached at 916-733-3688 or emcdougall@cbhs-sacramento.org.

COLLEGE NEWS

SUMMER PROGRAMS -- DO SOMETHING EXTRAORDINARY THIS SUMMER!

Summer will be here before we know it! Summer break is a wonderful time for students to expand their horizons, enrich their lives with fascinating experiences, and improve their readiness for college through academic pursuits. There are many summer opportunities for high school students: classes, camps, travel study, volunteer service, and employment. Opportunities exist locally, across the country, and abroad. Check out the Summer Opportunities bulletin board in the counseling office for details and contact information or see your grade-level counselor.

Sign-up information for the CB College Boot Camps for incoming juniors and seniors will be sent home via Family Connection on May 1st. Register online early for guaranteed seating. Space is limited.

SPEAKING OF SUMMER PROGRAMS...

CB's Summer School is a great opportunity to remediate any Ds or Fs to maintain college eligibility. It is also an excellent opportunity to move further ahead in the curriculum or to allow you to fit in a study hall next year. Please visit the [Summer Program page on the CB website](#) to check out what is available, or contact the student's grade level counselor if you have any questions.

**SUMMER SCHOOL &
SUMMER FUN!**
JUNE 18-JULY 27, 2018

Graduating Seniors have been receiving letters of acceptance to colleges and universities across the country. **Congratulations to the Class of 2018!**

If any seniors are still grappling with final decisions or waitlist concerns, remember that Mrs. Moskat, Mrs. Melarkey, and Ms. McClellan are available to assist and support you. Seniors who will be attending community college should be applying now and visiting the school to take your placement tests. Students who will be attending a CSU should be registering for summer programs if they are required to take them. Students attending a UC (and needing to satisfy the Entry Level Writing Requirement) should be receiving information in early April on the location of their Analytical Writing Placement Examination (AWPE).

Parents, be sure to have your senior go to [Family Connection](#) as soon as possible, but NO LATER than APRIL 6, for scholarships and awards and by MAY 2 for college admittance. Students need to list ALL colleges to which they have been admitted and ALL scholarships, awards, etc. We must have this information to accurately recognize your child at the Senior Family Liturgy on April 29 and at graduation on May 25.

Our two informative college information evenings were very well attended by juniors and their parents in January and March. Seniors, please mark your calendars for Wednesday, May 2, at 6:00 p.m. in the George Cunningham '40 Performing Arts Center. We will hold one last meeting for the Class of 2018. The topic will be "Transitioning to College" and we will have guest speakers talking about what the first year on a college campus is really like for parents and students.

Check out your student's new College Update Schoology Page! Here the college counselors will send updates, reminders, and post scholarship opportunities. Make sure your settings are adjusted to receive the weekly update!

Juniors and their families, please complete and return ASAP the College Questionnaire that students were given at their individual meetings or that was posted to the Class of 2019 Schoology page. This information is essential to help build the college list and for letters of recommendations.

SOPHOMORES and JUNIORS

This spring is a good time to take the SAT and ACT exams! Be sure to check out a FREE personalized SAT program on [Khan Academy](#) to help you prepare for both the SAT and ACT. Sophomores, if you are completing a course you feel you have done well in (for example, AP World History, Chemistry, etc.) and want to take a SAT Subject exam, be sure to register to take the June 2 SAT Subject Exams ([the registration deadline is May 3](#)). Juniors, if you did not yet register to take the May 5 SAT Reasoning exam, the regular registration deadline is April 6. The next ACT exam is June 9 - [the registration deadline is May 4](#).

Prayer & Worship

- A **Ring Ceremony** will take place on Thursday, April 19, at 7:45 a.m. in the chapel for sophomores and juniors who purchased a class ring. This will include the blessing of the rings.

- Our **Senior Family Liturgy and Awards Ceremony** will be held on Sunday, April 29, at 9:30 a.m. in the Ron Limeberger '53 Gymnasium. Enjoy a community and family worship time with our senior class. Please join us for brunch following, in the cafeteria.

PEACE, LOVE & BUNCO

Save the Date...FAMILY BUNCO NIGHT will be held on campus on Wednesday, April 25, from 6:00 -8:30 p.m. Please mark your calendar and plan to join us for a fun-filled evening! Don't worry if you have never played bunco; and dads, you can get in on the fun too. Come dressed in your favorite tie-dye clothing and accessories. Don't miss out on this evening of good ole' family fun, snacks, and prizes. Cost is \$10 per family. [Sign up through the link in the Ticket Hub.](#)



Save The Date

- **Founder's Day Mass** on Thursday, May 3, at 9:45 a.m. in the Ron Limeberger '53 Gymnasium.
- **Closing Prayer Service** on Wednesday, May 23.

Sac Republic FC Game

Campus Ministry invites you to join us for a CB family outing to see **Sacramento Republic FC** on Saturday, April 28. Game time is 7:30 p.m. at Papa Murphy's Park (Cal Expo). Members of the music ministry from Holy Family Parish will be singing the National Anthem just before the game. Please join our Falcon family for this fun, family outing! Seating will be in the endline bleachers. Cost per ticket will be between \$15-17 (based on number of tickets sold). Please [click here](#) to reserve your tickets. Payment will be due Wednesday, April 4. Please email jyearwood@cbhs-sacramento.org if you have questions.



Enter to Learn, Leave to Serve

Social Justice Week: April 9-13

This year our theme is Inclusive Community. April 9 will be our all school assembly with Maya Littlejohn '11, CB alumna, as our guest speaker.

LENTEN ALMSGIVING

Thank you to everyone who gifted new household items to the Sacramento Refugee Resettlement Program for Lenten Almsgiving. Your generosity has considerably helped those newly resettled families who now call Sacramento their home!

Thank you!

Ven-a-Ver Interviews

Sophomores: if you are interested in participating in Ven-a-Ver during your junior year, please pick up an application in room 203 beginning April 12. Immersions will take place in Yakima, Memphis, Tucson, and Orange County during the 2018-19 school year. Please see Ms. Lystrup for further information.

Seniors who participated in Ven-a-Ver and Lasallian Youth

Please stop by room 203 for your Ven-a-Ver and Lasallian Youth pins the week of April 23.

Senior Service Hours

Seniors, please have your senior second semester service hours logged in by Tuesday, April 17. Use x2vol.com through Family Connection.



For more information on the events in April, please follow the daily bulletin and [check the online school calendar.](#)

STUDENT ACTIVITIES

"Masquerade" Upper Division Ball

Upper Division Ball will be at the Double Tree Hotel in Sacramento on Saturday, April 14. The theme is "Masquerade." Tickets are on sale through the [Ticket Hub](#). Please complete the guest contract *before* purchasing your ticket. We look forward to an elegant evening of dining and dancing with our own CB alum, DJ Logan.



Senior Spirit Day- April 19

All students are encouraged to support our seniors by wearing **ORANGE**, the senior class color, and join us in our final rally of the year. It is also our EARTHFEST Day. Games and activities will take place on the Main Lawn during lunch.

A **Ring Ceremony** will also take place on Thursday, April 19, at 7:45 a.m. in the chapel for sophomores and juniors who purchased a class ring. This will include the blessing of the rings.

STUDENT COUNCIL ELECTIONS

It's that time of year again, Student Council elections are upon us. Students have the opportunity to throw their hat into the political ring beginning with an election cycle for Class Council. Applications will be available beginning April 5 and are due to the LSLO by Monday, April 16. Campaign Week is April 23 – 27. Speeches will be made by all the candidates on April 26 with Election Day on April 27.



Summer School & Summer Fun!



June 18- July 27, 2018

Enriching Summer Activities for Students
Second Grade through High School

High School Courses
High School Review Courses
Arts Camps
Leadership Camp
Middle School Advantage

Music Camps
Robotics Camps
Science Camps
Sports Camps
TV News & Production Camp

More information available at:

WWW.CBHS-SACRAMENTO.ORG/SUMMER-PROGRAM

FALCON 5K



Saturday, April 7, 2018

William Land Park

7:30 a.m. Registration & Packet Pick Up

9:00 a.m. Start

Come out and walk or run with your friends and family at the third annual Falcon 5K. Register as an individual or create a team and dress to a theme. Costumes are encouraged but not required. For more information, visit www.falcon5k.org. If a student under the age of 18 wishes to participate, a parent must submit their registration form.

Jerusalem Trip 2019

Mr. Havey is excited to host a special trip to Jerusalem for students and families at Christian Brothers High School.

It is an educational trip scheduled for June 17, 2019!

[Click here to learn more about this Holy Land trip.](#)



SCHOOL SCHEDULE REMINDER

Be sure to keep track of Thursday start times and school closure days in April!

- April 1-3 - School Closed for Easter Break
- Thursday, April 5- 8:00 a.m. Start
- Wednesday, April 11 - 9:00 a.m. Start
- Friday, April 13 - No School
- Thursday, April 19 - 9:00 a.m. Start
- Thursday, April 26 - 9:00 a.m. Start

CB Arts Get a Little Competitive

March was a big month for our Falcon artists! A large group of choir students traveled to Anaheim to compete in the WorldStrides Heritage Festival, with a little Disneyland time, of course. Vocal Jazz took a silver award in their category. Gold awards were won by Honors Chorale and a combined Chamber, Concert, and Women's Choir.



Media Arts sent a delegation to the annual Student Television Network Convention, held this year in Nashville, Tennessee. Students bring the best of their work to enter into highly competitive judged categories, and participate in the Crazy 8, a competition in which students have eight hours to write, film, and produce an eight minute package on a given topic. This year, the Falcons took second place in both the Sports Broadcasting category and the Crazy 8. This is the first time CB has ever placed in the Crazy 8 competition. Way to go KBFT!

Visual Arts students have recently submitted their entries for the La Salle Art show, to be held on Friday, May 4, at 5:00 p.m, with the Spring Instrumental Concert following at 7:00 p.m. Tickets for the concert are \$5 and can be purchased in the [Ticket Hub](#). Admission to the art show is free!

Don't Miss It! Don't Even Be Late!

STATE FAIR, our spring musical, opens April 20 and runs through April 29. Performances on Fridays and Saturdays are at 7:00 p.m. and Sundays at 2:00 p.m. Tickets are \$10 general admission and \$5 for students, and can be purchased in the [Ticket Hub](#). This is an upbeat, classic Rodgers and Hammerstein musical that's fun for the whole family!



Auditions for **Open Mic** are May 1 and 2 after school in the George Cunningham '40 Performing Arts Center. This is the last show of the year, and a great opportunity for seniors to show off their talents before graduation. All grade levels are welcome to audition, and the competition is tough, so start working on your act now.

Congratulations to our varsity women's basketball team and Coach Shandyn Foster '00 for winning the Sac-Joaquin Division Three Section Championship and advancing to the Nor Cal semifinal game!

Capital Athletic League Scholar-Athlete Award

ELIGIBILITY: Any athlete who is a member of a Capital Athletic League-recognized varsity team is eligible for the award. Freshmen are not eligible as the athlete must have at least one year of grades, beginning with the 9th grade. Athletes must finish the season in good standing.

Athletes must have a cumulative 3.50 GPA (or above) weighted grade point average as well as a current 3.5 (or above) weighted GPA. The cumulative GPA is based on cumulative grades of semesters from 9th grade onward. Athletes are awarded a Scholar-Athlete patch for each sport season for which they qualify.

The following athletes are being recognized as Capital Athletic League Scholar Athletes:

Varsity Baseball: Frederick Fiske '19, Michael Ingram '18, Spencer Lozano '19, Jason Oki '18, Jacob Tucker '18

Diving: Hailey Green '18, Owen Hunt '18, Sara Littlejohn '19, Emmanuel Moyo '19, Esperanza Razo '18, Poppy Ruyak '19

Men's Varsity Golf: Hunter Leong '20, Richard Osen III '18, Aaron Whitney Davis '18

Varsity Softball: Karina Brouwer '19, Jacey Greco '20, Hannah Gruber '19, Jessica Hennelly '19, Amanda Ledesma '18, Gina Matista '19, Emily Shepard '18, Cecelia Sidley '19

Swimming: Jordan Aceves '18, Eva Anders '19, Dominic Bacigalupi '20, Taylor Barth '18, Emma Busch '20, Olivia Busch '18, Zachary Byrne '18, Andy Chen '18, Julia Dudensing '18, Owen Hunt '18, Lana Jan '19, Callie Kendall '19, Meera Khaira '18, Rachel Li '18, Cesar Lopez '18, Liliana Ma '19, Sierra Martin '18, Madeline Mercer '18, Hallie Mikacich '19, Kristina Murphy '18, McKenna Purdy '20, Alexandra Roberts '19, Nicholas Smith '18

Men's Tennis: Christoffer Fong '20, Kai Hay '20, Brandon Luong '19, Noah Opada '20, Marvin Shi '19, Andres Yalan '20

Varsity Track and Field: Joseph Archer '18, Ian Armada '19, Elizabeth Blake '20, Samuel Copley '19, Caroline Duncan '20, Mariah Escobar '20, Emma Fitzpatrick '20, Aileen Fortin '19, David Garza '18, Gabriella Geach '18, Emily Hancock '20, Elizabeth Hinton '20, Madrey Hilton '20, Haily Holston '20, Alex Mantong '18, Miguel Menchaca '19, Alberto Mujica '19, Amelia Poroli '18, Nicolas Sanchez '19, Brendan Sample '19, Jazelle Sevilla '20, Chloe Splinter '20, Katherine Stenger '18, Stephanie Tapang '20, Enrique Verschoor '18, James White '19, Patrick Wiseman '18

Men's Varsity Volleyball: Benjamin Anin '19, Cesar Borrego '18, Jorge Escobar Jr. '18, Jeremy Mekker '18, Jack Milliken '19, Thaddeus Nazareno '19, Anthony Sweha '19

VOCATIONS

John Riley-Portal

Mr. John Riley-Portal, counselor for the Class of 2021, explains his vocation with a two-fold meaning. His primary vocation is following the Gospel's mandate to love. His secondary vocation is his various states of life and his commitment to these states, including being a husband, father, and counselor at CB. Along with this, Mr. Riley-Portal has let two passages from the Books of Psalms become his vocational mantra, "bend my heart to your will, O God," and, "Clothe yourself with kindness."

In college Mr. Riley Portal, realized not only could God speak to him through prayer, but also through people. From a young age, he felt the urge to serve the poor and marginalized, which he did in Stockton after graduate school. Years later, he worked at Loaves and Fishes in Sacramento and ultimately made his way to Christian Brothers. The Lasallian mission "...to provide a human and Christian education, especially to the poor" truly resonated with him. He learned that poverty comes in many forms and says, "Almost every student I meet is struggling with some kind of 'poverty'--whether it be material, spiritual, emotional, or relational--and I find it extremely rewarding to be instrumental in alleviating that student's poverty."

Mr. Riley-Portal is a proud member of the CB community, but he reflected on one of his previous jobs as a chaplain at Mercy Hospital and at hospice, saying,

"To be with a person and his/her family during the last days and hours of that person's life is a very moving and sacred experience. God is profoundly present, almost palpable. There are no

pretenses, just profound truth. Oftentimes, a person may not have had any family members and I would be the person to assist them in their transition from this life to the next. It was very humbling to realize that I was the last person they were with in this world. These experiences were very sublime and poverty-like."

Asked for some final words on vocation, Mr. Riley-Portal remarks, "Living one's vocation is a life-long process. It is continuously unfolding, fluid. For me, as long as my vocation is rooted in the Gospel mandate to love, then it is authentic. Following 'the call' of my vocation has brought deep satisfaction, contentment and peace. I have been, and am, richly blessed."



A huge THANK YOU to everyone who attended, sponsored and supported An Echanted Emerald Evening this year! Your support is what makes CB the place to be!

FALCON FAMILY FACES

