

# FALCON FAMILY NEWS

## A MESSAGE FROM THE PRESIDENT

### DEAR FAMILIES:

In one of his written meditations, St. John Baptist de La Salle counseled the Brothers that *"Each of you is a bishop, that is, the vigilant guardian of the flock God has entrusted to you."* While conditions have certainly changed in the nearly 300 years since De La Salle's passing, the original intent of this statement is alive today in the faculty and staff of Christian Brothers High School. Our students are our greatest treasure and deserve our best protection - intellectually, spiritually and physically.

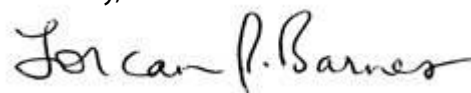
Following the tragic February shooting at Marjory Stoneman Douglas High School in Parkland, Florida, a number of families inquired about CB's vigilance in ensuring the physical safety of our students. While there is no fail-safe method of protecting a campus, our director of facilities has been proactive in working with the Sacramento Police Department and California Highway Patrol over the past decade to audit and advance campus safety. This vigilance has resulted in significant investments in improved perimeter walls, fencing and gates, installing a visible camera system, campus-wide signage, and increased presence of security personnel. We have also diversified lock-down and evacuation drills, and training to prepare our students for an emergency. In addition, the school contracts with a school safety consulting firm that has worked directly with administrators, faculty and staff in critical incident training and disaster preparedness.

As law enforcement officials, criminologists and mental health professionals look to the lessons of Parkland and other senseless mass acts of violence, there appears to be agreement that the greatest preventative measure is an aware and caring community. Understanding and recognizing warning signs in young people is the responsibility of every member of our campus community. In addition to caring students and engaged parents, we are blessed to have the support of an incredible team of deans of students, counselors, teachers, staff and administrators.

Experts also note the importance of schools reaching beyond gates and into the broader community. In addition to building strong bonds with schools and organizations throughout the region, CB has developed close connections with the Oak Park community through work at the Sacramento Food Bank, tutoring and organizing parties for the students of Oak Ridge Elementary, annual food collections in partnership with Williams Memorial Church, preparing breakfast each Friday for the women and children served by the Wellspring Women's Center and through frequent Oak Park clean-up endeavors and engagement with the Oak Park Neighborhood Association.

While we pray that these safety measures are never needed, it is certain that a proactive approach to campus safety can be life-saving if the unthinkable happens. We are aware of the challenges and opportunities before us and remain centered in our Lasallian Catholic mission to provide students with a rigorous and relevant curriculum that prepares them with the knowledge, skills and integrity to succeed in college and life. And, as we do so, to serve as vigilant guardians of the young men and women entrusted to our care.

Sincerely,



Lorcan P. Barnes

President

### INSIDE THIS ISSUE

- Counseling and Guidance
- Campus Ministry
- Christian Service
- Student Activities
- Athletics
- Media Visual & Performing Arts
- Vocations
- Falcon Family Faces

### Summer is Still a Time for Action:

The counselors would like to remind students and parents that summer is a good time to continue college planning and academic preparation. Studies continue to show that students who are involved in structured, productive activities in the summer are less likely to engage in at-risk behaviors. Busy, involved, goal-oriented students who are working on academic pursuits, athletics, a summer job, community service or enrichment activities are better prepared for the rest of high school and for college. In addition to the many outside summer program opportunities available, and CB's own [Summer School Program](#), there are several other things that students should be doing this summer:

**ALL STUDENTS:** Remember to spend time this summer completing your summer reading assignments!!!

**FRESHMEN:** Update your resume' and finish your MI Advantage on [Family Connection](#) if you have not already done so.

**SOPHOMORES:** Consider taking the SAT Subject Exam on June 3 in a subject area you just completed (for example, World History or Chemistry). Update your resume' and complete any other activities that are suggested on [Family Connection](#). Utilize Khan Academy's [online SAT prep](#) to start preparing for the PSAT/NMSQT, which will be given in October. See your counselor to check out college summer programs.

**JUNIORS:** A checklist of reminders:

#### May/June

- Take SAT or SAT Subject Exams May 5 or June 2. You may submit Subject Test scores of your choice to the UC's even though they are not required. Some select private colleges do require them.
- Register for the June 9 ACT Exam by May 4. Go to [www.actstudent.org](#) to register.
- Register for the June 2 SAT by May 3 at [www.sat.org](#).
- Start prepping for the SAT by utilizing Khan Academy's [online test prep](#) and for the ACT by utilizing [ACT Online Prep](#).
- Plan for a challenging senior year. If you want to make course changes other than what you pre-registered for, please see Mr. Purdy.
- Update your resume' on [Family Connection](#) and finish any other suggested activities.
- Think about signing up for the summer Kairos retreat (May 29 - June 1), especially if you have a lot of activities going on next year and don't want to miss three days of school.

#### Summer

- Complete summer "homework" for college admission (distributed by Ms. McClellan and Mrs. Melarkey in your English classes and available on the Class of 2019 Schoology Page – this is due the first day of school in August!)
- Check [commonapp.org](#) and other college admissions websites for dates when colleges begin accepting applications (the Common App is open now and the UC App will open August 1<sup>st</sup>).
- Start checking out financial aid and scholarship resources and continue this throughout the summer. Try [www.fastweb.com](#) or [www.finaid.com](#) as well as the Scholarship Search and Scholarship Match on [Family Connection](#). Next fall will be very busy with your classes, college applications and other activities that you are participating in, so "down-time" in the summer is the perfect time to seek out these opportunities.
- Begin drafting your college essay (part of your summer "homework").
- Log on to [Family Connection](#) to research colleges and career

opportunities and visit colleges if you can.

- Do something extraordinary! Try a summer program on a college campus (we have a list on Family Connection), work at a job, or travel.

**SENIORS:** A checklist of reminders:

#### May

- You must submit your acceptance ("Statement of Intent to Register") to the college you have chosen to attend **by MAY 1!**
- Congratulate yourself but stay focused on finals and finish strong!
- Go to [Family Connection](#) **by May 2** and list the colleges where you were admitted and where you have decided to enroll.
- Fill out college housing forms and pay careful attention to deadlines concerning housing deposits, etc.
- Write "Thanks, but no thanks" letters to colleges you will not attend. E-mailing them is okay. See Ms. McClellan or Mrs. Melarkey on how to do that if you don't already know how.
- Take the Analytical Writing Requirement test for UC-bound students (May 12) if you are required to do so and are not exempt. Take the placement tests for the community college you will be attending and meet with a counselor at the college to plan your courses.
- Enjoy your graduation and begin your next journey!

#### June

- Make sure you have responded to all requests from your college of choice.
- Have the CB Registrar (Mrs. Becky Woods '04) send your final transcript to your college of attendance no later than JUNE 15 (there is a form that you fill out and you must pay \$5 for an official transcript)-- and don't forget to thank your teachers, counselors, the registrar, etc. for all of their help over the past four years!

### Important Reminder for Students Who Receive "D" or "F" Semester Grades:

- All semester F's must be remediated during the summer in our Christian Brothers' Summer School.
- Any semester F's by seniors will cause you to not receive the CB diploma that you have worked for over four years.
- Semester D's could put a student in jeopardy of not being eligible for 4-year colleges and universities immediately after high school. We strongly suggest that D's be remediated in the summer! If you have any questions regarding the need for taking these courses or the consequences of not taking them, please see the [CB Course Catalog](#) on the school website and/or contact your child's grade-level counselor).

### CB'S SUMMER SCHOOL PROGRAM PROVIDES EXCELLENT OPTIONS FOR STUDENTS:

Our summer school program at CB provides excellent opportunities to accelerate a student's curriculum goals or to provide schedule relief next year and allow for a study hall one or both semesters. Please view the courses that will be offered this summer on the [summer program webpage](#) or see your counselor to discuss your options.

**COUNSELING ISSUES ARISING OVER THE SUMMER:** All counselors (grade-level, college and wellness) will be accessible by e-mail, should any issues arise that require counseling and/or an outside referral. Feel free to reach out to us. We want to continue to help our students and parents during the summer break.

## Reflections for May...

*A strong woman works out every day  
to keep her body in shape...  
But a woman of strength kneels in prayer  
to keep her soul in shape.  
A strong woman isn't afraid of anything...  
But a woman of strength shows courage  
in the midst of her fear.  
A strong woman won't let anyone get the best of her...  
But a woman of strength gives the best  
of her to everyone.  
A strong woman makes mistakes  
and avoids the same in the future...  
But a woman of strength realizes life's mistakes  
can also be God's blessings and capitalizes on them.  
A strong woman walks sure footedly...  
But a woman of strength knows  
God will catch her when she falls.  
A strong woman wears the look  
of confidence on her face...  
But a woman of strength wears grace.  
A strong woman has faith that she is strong enough  
for the journey... But a woman of strength has faith  
that it is in the journey that she will become strong.*  
- Marta S. Hardy

As we enter the month of May we have the opportunity to celebrate Mothers. These remarkable women who care for us, teach us, guide us, nurture us, and inspire us are living examples of God's love here on earth. While I am no longer fortunate to have my mom with me, I carry her presence and the lessons she taught me deep in my heart. As we celebrate our moms, we can also take time to honor and celebrate, Holy Mary, mother of us all. Her grace, and strength, and willingness to answer God's call with complete truth and surrender should be an example for all of us as we strive to know and follow God's will for our own lives. Through the intercession of Mary, let us give thanks for the countless blessings that mothers are in our lives. Blessings throughout this Easter season!

-Jen Yearwood, Director of Campus Ministry

## Retreats

**The Summer Kairos (K71)** available to current Juniors will be held at Zephyr Point Retreat Center in Lake Tahoe from May 29-June 1. Kairos 71, for members of the Class of 2019, is currently taking registrations [online here](#). Cost of the retreat is \$180 (\$90 deposit due by May 5<sup>th</sup>) to secure your spot, **first come, first served**. This is an excellent retreat to consider, especially for those students who are concerned about missing class time during senior year or who may wish to serve as a Kairos leader on subsequent retreats. More information about the Kairos retreat theme and focus can be found on the CB website under [Campus Ministry Student Retreats](#). Please contact Ms. Yearwood if you have additional questions.

## Are you a Leader?

Members of the Class of 2019 are invited to consider applying to be part of the Senior Retreat Leadership Team (SRLT) for next school year. Applications for SRLT have been made available via Schoology. This retreat team will work closely with Ms. Yearwood and will assist in leading the Frosh, Sophomore, and Junior retreats. There will be a SRLT Training Retreat for all team members to be held July 22-25 in Tahoe. Applications are due May 4<sup>th</sup>.

**Special Thanks** to this year's SRLT (Senior Retreat Leadership Team) for their work and ministry throughout this year! You are all amazing! 2017-2018 team members were: Jordan Aceves, J.R. Aguirre, Jenn Austin, Vanessa Avila, Taylor Barth, Mitchell Berger, Grace Bunting, Olivia Busch, Jason Carrey, Jacob Cherry, Aeron Davies, Aaron Davis, Caitlin Duncan, Mary Enos, Jorge Escobar, Jeremy Fernandez, Jules Fuhs, Gigi Geach, Helena Geach, Maybeline Hinlo, Caira Johnson, Caeley Kelly, Meera Khaira, Navneet Khaira, Ashley Kim, Courtney Krause, Josh Laroa, Rachel Li, Sofia Linares, Noemi Martin, Cassidy McCallum, Colin McCarley, Saray Meija, Madeline Mercer, Matthew Miles, Zori Miller, Madeleine Molitor, Audrey Morehead, Samantha Noe, Mark Powers, Kendall Ralph, Emily Shepard, Carmen Shimizu, Nick Smith, Kayla Stephens, Nason Tarver, Eliana Vargas, Nina Vitorelo, Kelsey Wurm, and Jessie Yearwood.



## Prayer & Worship

**Founder's Day Liturgy**...All members of the CB community are invited to join us for this special mass in honor of our founder, St. John Baptist de la Salle. Mass will be held outdoors at Christian Brothers on Thursday, May 3 at 9:45 a.m.

**Baccalaureate Liturgy**...This special mass for our Seniors and their families will be held at the Cathedral of the Blessed Sacrament on Friday, May 25 at 9:00 a.m. Because of limited space, attendance at this mass is by ticket only. Please pray for the graduates of the Class of 2018 as they look forward to new horizons!



## Enter to Learn, Leave to Serve

### Service Hours:

Please make sure that all service hours are turned in by May 18. Seniors may also continue to submit hours until this date.

### Ven-a-Ver:

Interviews for Ven-a-Ver El Otro Lado will begin **May 16** after the D set review in Room 203. Only sophomores who will be juniors in Fall 2018-Spring 2019 may apply. The Otro Lado service immersion will take place in the spring semester, **January 20-25, 2019**. You will need a government issued passport and picture ID. Applications are available in Room 203.

Interviews for Yakima and Memphis are scheduled for September 2018. Applications will be available at the beginning of September. Only Juniors may apply.

**All seniors who participated in Ven-a-Ver during their junior year, please pick up your Ven-a-ver pin in Room 203 on May 4th.**



Students build a walkway for a disabled child on the Yakima reservation.



Releasing eels



### SCHOOL SCHEDULE REMINDER

Be sure to keep track of Thursday start times in May!

- Thursday, May 3 – 8:00 a.m. Start
- Thursday, May 10 – 9:00 a.m. Start
- Thursday, May 17 – 9:00 a.m. Start (final exams)
- Friday, May 18 – 9:00 a.m. Start/11:30 a.m. dismissal (Founder's Day)
- Thursday, May 24 – 9:00 a.m. Start (final exam)



## 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](http://WWW.CBHS-SACRAMENTO.ORG/SUMMER-PROGRAM)**

## Upcoming Events:

\* **Senior Open Mic Night** will be held on the main lawn May 11. Come out to hear the talent!

\* The Grand Finale for the year is **Founder's Day**. This extraordinarily exciting and fantastically fun day takes place on May 18 and it will be celebrated throughout the campus.

Activities include:

- Students receiving their year books. Don't forget to bring lots of pens.
- For the athletes, we are planning an obstacle course, jousting, sumo wrestling, dodgeball, and basketball.
- If there are any students out there – any at all – who would just love to dunk a teacher – we will have a tank filled with water waiting just for you.

\* Our Senior Class Council and our ASB Council will be graduating this month and we want to wish you a fond farewell. We hope you have an amazing college experience and much success and happiness in the future. You will be missed.

We also want to congratulate the following new members of the 2018-2019 Student Council!

### **ASB OFFICERS**

#### **PRESIDENT:**

**Catherine Cordano**

#### **VICE PRESIDENT:**

**Kennedy Earley**

#### **SECRETARY:**

**Emmanuel Moyo**

#### **TREASURER:**

**Annabella Rolleri**

#### **PUBLICITY/HISTORIAN:**

**Isabella De Mattos And Alexandra Hock**

**Congratulations to Madeline Mercer '18 and Patrick Wiseman '18** for being selected as **recipients of the Sac-Joaquin Section Scholar Athlete Award**. They have been chosen as two of the winners of the Dale Lackey Scholarship. They were selected for their accomplishments in the athletic arena, scholastic achievement, and community service involvement. They will receive their awards on Tuesday, May 1 at Hutchins Square in Lodi.

**Our second Letter of Intent signing day of 2018 took place on Wednesday, April 11 in the George Cunningham '40 Performing Arts Center**. The following students participated in the signing: Abby Burkholder, Cal State East Bay for softball; Jacob Campos, Linfield College for baseball; John Dana, Benedictine College for lacrosse; Michael Ingram, Occidental College for baseball; Daniel Simoes, University of Puget Sound for football; Jonathan Stone, St. Mary's College for baseball; and Andrew Taylor, University of San Francisco for baseball.



**Congratulations to our women's Falcon basketball team for their All-Metro designations**. Junior Brianna Juniel '19, and Sophomore Bria Shine '20 were both selected to the All- Metro basketball squads. Brianna was selected to the first team. This caps a fantastic season for the women's basketball team, finishing fourth in the top twenty rankings by the Sacramento Bee. This was also an additional section championship for the Falcons and the first under first-year coach Shandyn Foster '00.



## MEDIA VISUAL AND PERFORMING ARTS

The end of the year is fast approaching, and that means arts performances aplenty! If you haven't made it out to an arts event this year, don't miss out on seeing our talented students, especially from the class of '18.

**Visual Arts** kicks things off with the **LaSalle Art Show**, 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 on the [Ticket Hub](#). Admission to the art show is free!

**Auditions for Open Mic** are May 1 and 2 after school in the theatre. This is the last show of the year, and a great opportunity for our seniors to show off their talents before graduation. All grade levels are welcome to audition. **Open Mic Night** will be held Friday, May 11 at 7:00 p.m. on the main lawn. It's a chance to celebrate and say goodbye to our seniors with a great performance in a lovely outdoor atmosphere. Bring a picnic blanket!

**Choir** hosts their annual pop music spectacular, **Hollywood Bowl**, Saturday, May 12 at 6:00 p.m. Bring some friends and a picnic blanket for an evening of pop music and terrific choreography.

**Congratulations** to our Friends of the Arts Grant recipients, Spencer Fitzpatrick '20, Sofia Nguyen '19, Alanna O'Neill '19, and Allyson M. Ing '21. These returning students have applied for and been awarded \$250 each to help further their arts studies over the summer. We look forward to the experience and expertise they will share with us in the 2018-19 school year!

**Summer Arts Classes are here!** Check out the [CB summer program](#) for arts classes for students in grades 3-8 in Painting, Ceramics, Theatre, and Video Production!



## VOCATIONS



### Emily McDougall

**Ms. Emily McDougall** has been our Wellness Counselor at CB for the past three years. Her primary role is to serve the emotional needs of our students across all grade levels. She is a licensed Marriage and Family Therapist who works with teens and parents, and we are

fortunate to have her at Christian Brothers.

Emily reflects on her vocation in the following narrative:

*To me, vocation refers to one's work that is ideally suited for them. Not just a job, but a calling. Something one is meant to do.*

*I first became interested in therapy / counseling at a young age, about 9 or 10 years old. I was fascinated by the idea of working with people to address issues of emotion and challenges that we all experience as simply being human.*

*I realized that I wanted to work with teens when I was an adolescent growing up in the Bay Area. I would frequently see homeless teens struggling to survive. I wondered why there weren't more supports available to them. Where were the qualified adults to help them? Or better yet, to help*

*their families so that living on the streets did not seem like a better option than staying at home.*

*I had excellent teachers and supervisors along my vocational journey, but I do not think that I can name any one person that distinctly shaped this path. It has always felt like a calling. Perhaps it was the Holy Spirit.*

*Working hard and applying yourself have a lot to do with vocation. Hard work and dedication are at the heart of any success. One may be drawn to something, but without effort and perseverance it is likely to remain a dream rather than a career.*

*Aside from the time and energy needed to complete the academic portions of my journey, being a therapist/ counselor requires patience, focus, commitment and enthusiasm that can often feel like hard work. I am often exhausted at the end of the day. :)*

*Young people who are trying to figure out what their vocation in life should be should listen to what your heart is drawn to do. When are you moved by an experience or interaction? What change would you like to see happen around you? Are you somehow moved to be a part of that change? If so, that may become your vocation.*

# Spring Semester 2018 Review Exam Schedule

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
	5/14/2018	5/15/2018	5/16/2018	5/17/2018	5/18/2018
9:00 am - 10:30 am	C Set Review	C Set Final	B Set Review	B Set Final	Founder's Day 9:00 am - 11:30 am
10:30 am - 10:50 am	BREAK	BREAK	BREAK	BREAK	
10:55 am - 12:25 pm	E Set Review	E Set Final	D Set Review	D Set Final	

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
	5/21/2018	5/22/2018	5/23/2018	5/24/2018	5/25/2018
9:00 am - 10:30 am	A Set Review	A Set Final	G Set Review	G Set Final	Graduation Day!
10:30 am - 10:50 am	BREAK	BREAK	Prayer Service 10:30 am - 11:15 am		
10:55 am - 12:25 pm	F Set Review	F Set Final	Leave to Serve Dismissal at 11:30 am	Make-Up Finals (as needed) 10:55 am - 12:25 pm	



FALCON FAMILY FACES

