

# FALCON FAMILY NEWS

## A MESSAGE FROM THE PRESIDENT

### DEAR FAMILIES:

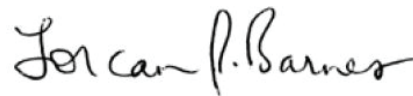
*Let us remember that we are in the holy presence of God. As we begin our 143rd year of Lasallian Catholic education in Sacramento, this phrase echoes through our classrooms and lives in the hearts of our faculty members and staff who lovingly minister to the students entrusted to our care. As such, we are horrified and heartbroken by the circumstances surrounding Cardinal Theodore McCarrick's resignation and the recent grand jury report out of Pennsylvania detailing decades of abuse and endemic failures in protecting victims.*

As Catholic educators, these shameful events are deeply personal and painful. In one of his myriad writings, St. John Baptist de La Salle shared "Have as great a care and love for the children entrusted to you as Saint Joseph had for the Child Jesus. You have been commissioned by God to look after these children just as Saint Joseph did with the Child."

We hold as sacred our calling to care for students and remain steadfast in our commitment to the tenets of our Catholic faith and Lasallian mission. We work diligently to ensure the highest standards of care. Our employees and volunteers undergo fingerprinting and background checks. All employees participate in safety awareness training and training regarding our duties as mandated reporters. Last year, the school invested in a security system that instantaneously screens all visitors to ensure that none appear on sexual predator registries or lists. Further, established boundaries for adult/student interactions can be found on our [website](#).

We are grateful for the trust you place in us as partners in preparing your sons and daughters for college. As we move through this dark and painful chapter for our Church, I invite you to join us in praying for all who have suffered from sexual abuse in the hopes that they may find God's healing and peace.

Live Jesus in our hearts!



Lorcan P. Barnes  
President

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## COUNSELING

**Welcome to Christian Brothers, all new and returning families! Counselors are busy assisting students with resolving personal issues, helping them plan strategies for academic success and distributing a substantial amount of college planning information. Each grade-level counselor is scheduling individual and/or small group conferences with each of his/her students, so all students will be seen by their counselor this semester.**

### FRESHMEN

Mrs. Blaire Moskat (Class of 2022 Counselor) will have all freshmen complete the **"Learning Styles Inventory"** and **"MI Advantage"** on Naviance/Family Connection by mid-September. Freshmen will then be able to access this important website for college and career planning and personal awareness. Mrs. Moskat will also distribute a packet of helpful information to the frosh regarding how to be successful at CB and best utilize their counselors. This will take place during their pre-scheduled small-group conference. On **Wednesday, September 12 at 6:00 pm in the George Cunningham '40 Performing Arts Center, the counselors will be hosting all freshman parents for "Making the Most of High School."** We will give parents a preview of what to expect from the Counseling Department over the next four years and discuss important issues concerning academic, personal and college counseling. Speaking of Summer Programs...

### SOPHOMORES

Mr. John Riley-Portal (Class of 2021 Counselor) will have sophomores doing **"Do What You Are,"** a personality profile/career interest survey on **Family Connection**. He will also hand out the **Student Guide to the Pre-ACT** for the October 12th test. It will include sample questions and a practice test that gives them a preview of the full-length ACT.

### JUNIORS

Mr. Armando Diaz (Class of 2020 counselor) will be visiting junior English classes along with our college counselors (Ms. Melissa McClellan and Mrs. April Melarkey) to discuss college planning. Juniors will have many tasks to do on Family Connection this year, including the **"Career Interest Inventory."** They will receive their **Official Guide to the PSAT/NMSQT** so they can prepare for the October 10 test.



### SENIORS

Mr. Purdy (Class of 2019 Counselor) and college counselors, Ms. McClellan and Mrs. Melarkey, have already started visiting the senior English classes to give out specific information about how the counselors will assist them this year in the college application process. The department will be hosting **"College Night for Seniors and Parents" on Wednesday, September 5 at 6:00 p.m. in the George Cunningham '40 Performing Arts Center** to present important and timely college information to seniors and their parents.

### Other Reminders

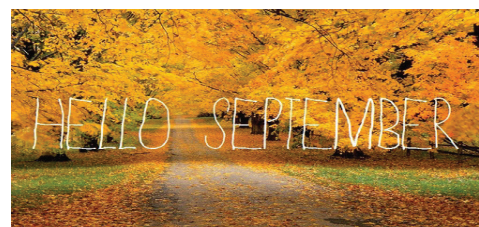
Monitor these early weeks of school and make certain your son or daughter attends to the following tasks:

- **Juniors and seniors** should consider **scheduling visits** to the colleges they haven't seen yet. They are each allowed two excused days to visit colleges, but must complete the proper paperwork in advance. Seniors will soon be refining their list of "target," "reach" and "likely" colleges and initiating the application process.
- Make sure your student **listens to and reads the daily announcements, watches KBFT and checks Schoology** to hear about all events, including college evenings presented by specific colleges/universities, and dates and times for our college application workshops. Remind them to sign up on **Family Connection** for any of the many **college rep visits** that are held on our campus and to **attend the Private and Parochial College Fair**. This year, it will be held at **St. Francis High School on Thursday, September 17, from 6:30–8:30 p.m.** Jesuit will also be hosting a smaller college for Jesuit colleges on **Monday, September 10 from 7:00–9:00 p.m.**

### Test Prep for SAT and ACT

- See fliers on the [Counseling page](#) on the CB website
- Refer to the Counseling page on the CB website for [SAT and ACT registration and test dates](#).

**Have a great year and let us know how we can be of service to you!**





### Welcome to the new school year from Campus Ministry!

*This school year, our theme is "Let us remember..." We will use these words and the spirit of our founder, St. John Baptist de la Salle, to remind us throughout our school year of who we are, whose we are, where we are and why we are!*

*"Remembering that God is with you will help and inspire you in all that you do." (Letter 2—to a Brother, 15 May 1701)*

*With each step ahead along our journey this year, let us remember God walks with us, guiding our path and leading us on to new adventures! Blessings!*

- Jen Yearwood, Director of Campus Ministry

### Prayer & Worship

**Meditation Mondays...**Staff, students and parents are invited to join us at the beginning of each school week for a short time of meditation, prayer and reflection. Ease into the week with a meditation from the writings of our founder and inspiration for the days ahead. We gather at 7:40 a.m. in the Chapel.

On **Thursday, September 20** at 9:45 a.m. please join us for an all-school liturgy as we kick off the International Lasallian Days for Peace in the Ron Limeberger '53 Gymnasium. Students are required to wear a polo shirt and long pants for liturgy dress.

On **September 26**, we invite all students, staff and parents to join us for **See You at the Pole**. See You at the Pole™, a global day of student prayer, began in 1990 as a grass roots movement with ten students praying at their public high school. 28 years later, millions pray on their campuses on the fourth Wednesday in September. It is simply a short time of prayer before school to lift up our friends, families, teachers, school and nation to God. We will begin our prayer service in front of the Chapel at 7:35 a.m. on the 27th. Please consider starting off your morning by joining us for this special time of prayer!

**Mark your calendars...****Frosh Family Mass:** All Class of 2022 families are invited to join us for Sunday Mass on Sunday, October 14 at 9:30 a.m. in the George Cunningham '40 Performing Arts Center. A light continental breakfast will be served following mass.

### Retreats

**Frosh All Class Retreat:** The Class of 2022 retreat will be held on Monday, September 10 and Tuesday, September 11 at St. Anthony Parish in Sacramento. Frosh students are assigned to attend either Monday or Tuesday, depending on their B set class. The retreat day will run from 8:30 a.m.–2:30 p.m., and parents are responsible for providing transportation to/from the retreat site. Frosh must bring a lunch/drink (non-microwaveable) and should wear dress code approved pants or shorts along with their orange class spirit shirt.

**Kairos Retreat registration is continuing NOW for Seniors.** These retreats will fill so all interested seniors are asked to complete registration for one of the Kairos retreats no later than October 19. **Registration is done online via the CB website.** Click [here](#) for permission forms and registration. The first fall Kairos being held at Zephyr Point in Tahoe is full. There are spots available for the November, January and March dates. Please contact Ms. Yearwood at [jyearwood@cbhs-sacramento.org](mailto:jyearwood@cbhs-sacramento.org) with questions.



### Peace, Love & Bunco

Back by popular demand...it's **FAMILY BUNCO NIGHT!** Don't miss this fun event held on Wednesday, October 10 from 6:00–8:30 p.m. in the CB Cafeteria. This is an excellent way to meet fellow CB parents and families! Come dressed in your favorite TIE-DYE clothing and accessories! Don't miss out on this evening of good ol' family fun, snacks and prizes! Cost is \$10 per family. Please register on the CB website, via the [Ticket Hub](#) no later than September 25. Families who register by the deadline will receive an extra door prize entry for a dinner and a movie gift card!



## Enter to Learn, Leave to Serve

### Freshman Service-Learning

Mr. Havey's D set will be walking to the Sacramento Food Bank and Family Services (SFBFS) on Wednesday, September 19, to volunteer in the Clothes Closet. This is a mandatory activity, as it is connected to assignments within the classroom. Students may not claim this activity for service hours – However, after this mandatory activity, students will have the opportunity to be an active volunteer as they will have completed the required orientation to service at the SFBFS.

Reminders: Students must wear their orange spirit shirt along with shoes that cover the whole foot. Remember to stay mindful when crossing the streets. If you are a parent and are interested in participating, please contact Mr. Havey at [phavey@cbhs-sacramento.org](mailto:phavey@cbhs-sacramento.org). Please see the [Christian Service website](#) for any further clarification or email Mrs. Grapé at [ggrape@cbhs-sacramento.org](mailto:ggrape@cbhs-sacramento.org).

### VENAVER

VENAVER immersions for all grade levels: Applications will be available on Wednesday, September 5 and due on Sunday, September 30. Interviews will begin on Friday, October 5, after school in room 105. For further questions or information please email [ggrape@cbhs-sacramento.org](mailto:ggrape@cbhs-sacramento.org).

### All School World Relief Drive

Our all school World Relief Sacramento Drive begins September 4–20. Please donate the following items: yarn, crochet hooks, knitting needles, fabric, sewing kits, sewing needles, macramé cord, sewing thread, sewing machine needles. All donations may be dropped off in room 106 to Mrs. Grapé's office. Your donations are deeply appreciated. Thank you.

The Refugee Women Initiative Support Group conducts classes focused on English learning, community building and self-sufficiency for refugee women. The materials donated will provide social interaction with other refugee women and American volunteers.

All materials collected this month will be offered at our CBHS school liturgy on September 20.

### Lasallian Youth

If you are interested in joining Lasallian Youth, please see Mr. Elorduy in room 202. Lasallian Youth activities will start during the month of October.

### Service Clubs

If you belong to a Service Club and/or just want to serve and be partnered with a nonprofit organization consistent with our Lasallian mission, please email Mrs. Grapé at [ggrape@cbhs-sacramento.org](mailto:ggrape@cbhs-sacramento.org)

### Seniors

If you have 100+ hours in service and want the hours to appear on your transcript, please have everything completed online by Tuesday, October 2. All hours must be verified online by the activity supervisor. Hours not verified online will not be approved.

### Family Connection/Naviance

For a list of Christian Service opportunities please visit Family Connection/Naviance >> x2Vol at <https://student.naviance.com/cbhs>.

#### AUCTION KICK-OFF MEETING AND SOCIAL

**Tuesday, September 4**  
**Bertram Hall**  
**Social (5:30 – 6:00 p.m.),**  
**Meeting (6:00 – 7:00 p.m.)**

- Hear from Committee Chairs and learn how you can help
- Work and play with the Auction Team
- We make things happen because of you
- You can start small – or go big!

Auction meetings take place on the first Tuesday of each month at 5:30 p.m.

Future dates: 10/2, 11/6, 12/4, 1/8, 2/5, 2/19, 3/5

Questions? Contact Joanne McShane at 916-733-3643 or [jmcsane@cbhs-sacramento.org](mailto:jmcsane@cbhs-sacramento.org)



### CB Arts are off to a great start!



Our **Visual Arts** students have been busy earning accolades off campus. **Emma Talley '19** won first place in the Pop Art category at the California State Fair with her painting, "SLAM," took second place with a crocheted sweater, and earned an honorable mention for her painting, "Ripping Through the Madness." She is currently a finalist in the "Emerging Artist" category of University Art's U Art Open event. **Janice-Dylan deGuzman '20** received second place at the State Fair with her untitled colored pencil drawing, and **Marina Kordich '21** took first and second place in Mixed Media for her portraits of The Flash and Iron Man. To see each of these works, check out the Arts Blog on CB's website!

**Theatre** is a major contender at this year's Elly awards, which honor the best in Sacramento area high school theatre. With more than 30 high schools competing, CB led the field with 17 nominations for last year's productions, Hamlet and State Fair. Students and alumni **Jacob Cherry '18**, **Emily Davis '18**, **Spencer Fitzpatrick '20**, **Owen Larson '20**, **Ana Riley-Portal '19**, **Jenn Roberts '18** and **Alex Vasilyev '19** were all nominated for their performances. The full list of nominations can be found on the Arts Blog. The awards ceremony will be held on September 9.

**Open Mic Auditions** are coming up October 2 and 3 after school in the choir room. If you have a talent to show off, get your act together and try out! From song and dance to Taiko drumming to unicycle juggling, if you love to perform, we want to see it. Contact Mrs. Schorn at [nschorn@cbhs-sacramento.org](mailto:nschorn@cbhs-sacramento.org) with any questions.

**KBFT** broadcasts have started after Labor Day. If you can't be on campus to catch them, you can still watch via the YouTube channel at: <https://www.youtube.com/user/KBFT>

**Instrumental, Visual Arts and Choral** students will be working hard to showcase their talents at Open House on October 7, so be sure to drop by as they bring beauty and entertainment to our community.

Put the arts on your calendar this year. You won't want to miss these talented students in action!

September is an exciting month for Student Activities!

**Blue Out Week began on Tuesday, September 4.** There will be activities at every lunch:

- Tie-Dye Tuesday is on September 4.
- Prepare to get drenched in an epic water balloon toss on Wednesday, September 5.
- Thursday, September 6 will be a busy lunch while you enjoy the Dunk Tank, face painting, and "photo-boothing" on the Main Lawn. There will also be a White Out spirit day and rally during Falcon Flex as we hype up our women's volleyball team for Holy Court on Friday and our football team for Holy Bowl on Saturday. School is dismissed at 3:00 p.m. on Thursday, September 6.
- Friday, September 7 will feature a massive Tug-of-War game and a delicious treat of Otter Pops. All students are encouraged to wear blue t-shirts with their dress code shorts, capris or pants on Friday as a show of school spirit!

More detailed information will follow on Schoology and in the daily bulletin.

Clubs have available meeting time on Thursday, September 13 and Thursday, September 27. This will give students an opportunity to check out all those amazing clubs they signed up for on Club Day!

### SCHOOL SCHEDULE REMINDER

Be sure to keep track of Thursday start times!

Here is the schedule for September:

- Thursday, September 6 – Holy Games Rally – 9:00 a.m. start (**3:00 p.m. dismissal**)
- Thursday, September 13 – 9:00 a.m. start
- Thursday, September 20 – **8:00 a.m. start** (All-school Liturgy Day)
- Thursday, September 27 – 9:00 a.m.

### PICTURE MAKE-UP DAY – Friday, September 7

Students who missed School Picture Day in August will be able to have their picture taken on Friday, September 7. The photographer will be set up from 11:15 a.m. – 1:15 p.m. in the lobby of the George Cunningham '40 Performing Arts Center. Students are expected to get their picture taken during their lunch time. This photo will be used for both the yearbook and the student ID card.



## ATHLETICS

### Upcoming Events

During the next few weeks we have some big events on tap:

- **Tuesday, September 4** – Women's Golf v. Vista Del Lago at Bartley Cavanaugh at 3:30 p.m.
- **Wednesday, September 5** – Men's (3:30 p.m.) and Women's (5:30 p.m.) Water Polo v. Dixon at Sacramento City College
- **Friday, September 7** – **HOLY COURT:** Women's Volleyball v. St. Francis @ St. Francis High School (Frosh at 4:30 p.m., JV and Varsity to follow)
- **Saturday, September 8** – **HOLY BOWL:** Football (Frosh at 2:00 p.m., JV at 4:30 p.m., Varsity at 7:00 p.m.) at Hughes Stadium
- **Tuesday, September 18** – Women's Tennis v. Capital Christian at Laguna Racquet Club at 3:30 p.m.
- **Wednesday, October 10** – Cross Country meet at Willow Hill Reservoir at 3:30 p.m.

**Holy Bowl tickets will go on sale September 4–7 at CB in the Ron Limeberger '53 Gymnasium ticket booth during both lunches and after school until 3:15 p.m.** You can also purchase tickets online at [www.holybowl.com](http://www.holybowl.com).

**Christian Brothers Holy Bowl Tailgate: Saturday, September 8, 2018 from 1:00 – 6:00 p.m.** at the Sac City College parking lot (outside Hughes Stadium) – Join us before, during and after the Frosh and JV games for food, friends, fun and CB spirit! Game times are 2:00, 4:30, and 7:00 p.m.

**The Frosh Parent Counseling Night and New Parent Athletic Orientation will take place on Wednesday, September 12, 2018 from 6:00 – 8:00 p.m.** in the George Cunningham '40 Performing Arts Center.

The **Athletic department will conduct grade checks** of all athletes based on team rosters. For the 2018-19 school year, **the first check will occur on September 18, 2018.** Any student-athlete falling below a 2.0 GPA will be suspended from all sports practices and contests for at least one week until he/she meets minimum requirements. Suspended student-athletes must attend mandatory study hall Monday–Thursday until 5:00 p.m. Once a student-athlete acquires the minimum required 2.0 GPA, and one week has passed, he/she will be immediately reinstated to his/her sport.

### CB HOLY BOWL TAILGATE



**Saturday, September 8, 2018  
1:00 – 6:00 p.m.**

Sac City College Parking Lot (outside Hughes Stadium)  
Look for the blue tents!

**Games:** 2:00 p.m. (Frosh); 4:30 p.m. (JV); 7:00 p.m. (Varsity)

Free BBQ, side dishes and drinks for all CB fans!

In the spirit of sharing, please bring a food item to contribute to the festivities.

Sign up link: <http://signup.com/go/pwePzPg>

**Food, friends, fun and CB spirit!**



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