



September 11, 2026

Dear Freshman Families,

The Falcon Flex period occurs on Thursday afternoons when we do not have a liturgy or prayer service, rally, or other school assembly during the school day. It offers a time ***within regular school hours*** for various enrichment opportunities such as club meetings, service opportunities, class level fun, mass in the chapel, etc. It also provides much needed time for **completion of make-up work and for extra help from teachers** in their classrooms, all within regular school hours. Generally, if there is no mandatory activity, students may leave when their last class is over. *However, we urge you to encourage your students to stay and take advantage of all the offerings.*

On October 1st during the Falcon Flex period, we have special programming for all freshmen students. Our seniors have been meeting since last spring under the direction of several CB teachers to plan for this time with freshman students. **We ask that all freshmen remain on campus until the usual 2:40 p.m. dismissal time on Thursday, October 1st.** Freshmen will remain in their last classroom of the day (F set) and will be visited by a diverse group of senior students tasked with the goal of assisting the freshman transition to high school. Our seniors will be answering the question, “What advice would you give to your freshman self?”

These well-prepared seniors will be addressing various topics including navigating time management, approaching teachers for assistance, forming and maintaining solid peer relationships, and encouraging a variety of ways to take advantage of the opportunities that are abundant on campus. All of this is intended to help your freshman settle into their new school home. Please make a note of this day on your calendar and plan for the 2:40 p.m. dismissal time.

Thank you,
Cecília Powers
Principal