

FALCON FAMILY NEWS

A MESSAGE FROM THE PRESIDENT

DEAR FAMILIES:

The District of San Francisco New Orleans (SFNO) is hosting a special celebration of the sesquicentennial anniversary of the arrival of the Christian Brothers in California on Saturday, March 16, 2019 in San Francisco. The celebration begins with Mass at 11 a.m. at the Cathedral of Saint Mary of the Assumption. Presiding will be His Excellency, the Most Reverend Salvatore J. Cordileone, Archbishop of San Francisco. Most Reverend Thomas Daly, Bishop of Spokane, will be concelebrant and homilist. This will be followed by a reception in the Cathedral hall at 12:30 p.m. All families, present, past and future are welcome to attend!

One hundred-fifty years of Lasallian Catholic education in California is a remarkable accomplishment. This spring also marks the 300th anniversary of St. John Baptist de La Salle's entering into eternal rest. We are blessed to be a part of his incredible legacy that now extends to 80 countries, educating nearly 1 million students.

At Christian Brothers High School in Sacramento, we remain committed to providing quality education through the Lasallian Catholic tradition. The challenge we face is balancing mission-centered excellence with affordability and long-term sustainability. We recognize that you make tremendous sacrifices to send your children to CB. Recently, the Board of Trustees approved an increase in tuition and fees by a total of 4 percent. **Tuition for 2019-20 will be \$14,060 and the registration fee is \$700 for a total of \$14,760.** I'm pleased to say that our tuition remains below the average for Catholic high schools throughout the region.

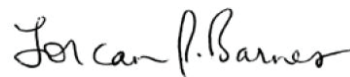
We recognize our tuition is a significant sacrifice for most families. We also recognize that it is prohibitive for some families. Our Lasallian Catholic mission calls for us to serve

the poor and we embrace this opportunity. In 2018-19, we are distributing \$2.7 million in need-based tuition assistance to 405 students. That is more than one-third of our student body. We expect these numbers to be similar in 2019-20. Tuition assistance comes from three sources: endowment earnings, fundraising efforts and the operating budget. We are grateful to all of our parents, alumni and friends who support our fundraising activities. Your ongoing support is critical to our mission!

In terms of practical matters, there has been a slight adjustment to the school calendar for the following academic year. **In 2020, we will be concluding school on Thursday, May 28, and celebrate commencement on Friday, May 29, the week following Memorial Day. We have extended the Easter break period.** The academic calendar will be posted on our website by mid-March.

Thank you for entrusting us with the gift of your children. We are working diligently to ensure that the sacrifices you are making for your children today – tuition, time and example – will reap rewards long into the future.

Live Jesus in our hearts,



Lorcan P. Barnes
President

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Highlighting our Wellness Program

At Christian Brothers High School, we have been very fortunate to have a dedicated wellness counselor in our department for over a decade to better serve the emotional needs of our students. Mrs. Emily McDougall, in her fourth year at CB, sees many students across all grade levels who seek help in everything from anxiety and depression to substance use, eating issues, coping with stress and grief. She also goes into the classrooms throughout the year making presentations about wellness, which involves the whole person (physical, emotional, academic, social, intellectual, environmental, and of course, spiritual). Mrs. McDougall covers topics including self-care, social media, substance use and abuse, and transitioning to adulthood. Each month, there is a wellness theme including compassion, awareness, gratitude, motivation and inclusion. She is a licensed Marriage and Family Therapist (MFT) who has been in private practice for many years working with teens and parents. We feel very blessed to have her. If you have any questions for Mrs. McDougall, she can be reached at (916) 733-3688 or emcdougall@cbhs-sacramento.org.



Pre-Registration for 2019–20

Parents: Please review your student's 2019-20 course selections with them before the pre-registration period closes on March 8. This will ensure everyone is on the same page and fewer class changes over the summer. Counselors have finished meeting with students in the classroom and they have received a Class Registration Planning Sheet. **Current freshman, sophomore and junior students will be completing pre-registration through PowerSchool from Monday, February 25 through Friday, March 8.** They may log in to make changes as many times as necessary during that time period. Specific instructions for the pre-reg process will be sent to students via Schoology. Juniors who are required to take the Mastering the Essay course may take it at any point before graduation. The [Course Catalog](#) is available on the CB website and summer school information will be available in early March. Questions may be directed to the appropriate grade-level counselors or the college counselors.

Letter of Intent Signing Day

Our second Letter of Intent Signing Day of the school year took place in the George Cunningham '40 Performing Arts Center on Thursday, February 7. The following student-athletes signed:

- **Andrew Dettling '19:** University of San Diego for football
- **Freddie Fiske '19:** University of San Diego for football
- **Tyler Green '19:** Cal Poly, San Luis Obispo for football
- **John Isaiah Jimenez '19:** St. Mary's College for cross country
- **Samuel Korbs '19:** Lindenwood University for shotgun sports



Football Honorees

Congratulations to two CB football players, **Chace Gallup '19** and **Andrew Dettling '19**, who will be honored at our **National Football Foundation Scholar-Athlete Banquet** on Thursday, March 7, 2019. The honor is for grades, community service and overall performance on the football field.

Winter sports playoffs began in the last three weeks of February.

Our **varsity women's basketball** team was the number two seed in the Division III playoffs and the Division III Section runner up. The team also qualified for the number one seed in the NorCal playoffs. This is the fourth consecutive year that the women's basketball team has been in the Division III Section championship game.

The **men's soccer** team was the sixth seed in Division III playoffs.

The **women's soccer** team was the third seed in Division III playoffs.

Congratulations to the **JV women's basketball** team who ended their season with a 19-7 overall record and 9-1 record in league. The team was a Co-Cal League champion.

Congratulations to the **freshmen men's basketball** team who ended their season with a 23-5 overall record and 11-1 league record. They were the Cal League champions.

Reflections for March

How To Find Time In The Day For Lent

The fast pace of your life may seem to leave little time and energy for the traditional Lenten practices. But you can weave moments of spiritual awareness and service into even the busiest of schedules. The trick is to see Lenten practice as part of, rather than in addition to, each activity of your ordinary hectic day. The three foundational practices of Lent are prayer, fasting and almsgiving. Here's how to think about them in a new way:

Praying Daily

Make a habit of saying a little prayer whenever someone irritates you, cuts you off in traffic or makes life difficult. If you also say a prayer when you experience great and friendly service, someone does you a favor or when something joyful happens to you, you will soon find yourself praying your way through the day. When you see a first responder in action, take a moment to pray for him/her and for the victims they are helping. Try this simple practice and you will be observing the Catholic Church's call for greater prayer during the Lenten season. You will also find that this habit makes your life flow smoother, yourself more centered and your spirit more aware of God's presence.

A Different Type Of Fasting

There are many ways to fast. Why not fast from criticism, gossip, judging others or passing on rumors? Why not abstain from unwarranted fear and anxiety? You can also tell that inner voice inside your head that criticizes yourself to be silenced so you can be the confident, blessed person God calls you to be. These are beautiful ways to observe the Lenten call by fasting and abstinence. In the book, "Praying Lent," the authors offer suggestions on different ways to fast during Lent.

Give Of Yourself

Daily life also offers countless opportunities to give of yourself to others (alms), and most don't involve dipping into your wallet. Give encouragement to the doubting, give a word of praise to the insecure, show kindness to someone who could use a friend and offer a word of thanks to those whose service to others often goes unappreciated. Give the gift of your attention to someone who simply wants to be noticed. Tell your children stories about people whose values you admire when you gather at mealtime. Don't be stingy with your smiles —give them freely to everyone you meet. And most importantly, give your love to those close to you. Hug them, hold them and tell them what they mean to you. In this way, you open your heart to God and others.

So, no matter how busy you are in life, with some greater

awareness and new perspectives, you can consciously pray, fast and give of yourself this Lent and you will be ready to celebrate when a joyful dawn breaks upon you Easter morning. *(Article from Living Lent, Loyola Press)*

On Ash Wednesday and throughout the next six weeks, our CB community will be invited to pray with the theme "Show Us the Way Through the Desert." Each of us, as we journey through life, will go through "desert times" where we may find ourselves wandering and weary. We know that we can turn to Christ, who experienced his own time in the desert and certainly walked a difficult way, as our source of strength and inspiration.

Blessings along your Lenten journey,
Jen Yearwood, Director of Campus Ministry



Mark Your Calendars!

- **ASH WEDNESDAY LITURGY – Wednesday, March 6** at 9:45 a.m. in the Ron Limeberger '53 Gymnasium
- **JUNIOR FAMILY MASS & BREAKFAST – Sunday, March 10** at 9:30 a.m. in the George Cunningham '40 Performing Arts Center
- **STATIONS OF THE CROSS – Thursday, April 4** at 9:45 a.m. in the Ron Limeberger '53 Gymnasium, followed by an opportunity for the Sacrament of Reconciliation from 11:30 a.m.–2:00 p.m. in the Chapel of St. Joseph
- **CB RING CEREMONY & RECEPTION (for all students who ordered a class ring this year and their guests) – Thursday, April 25** at 7:45 a.m. in the Chapel of St. Joseph



PEACE, LOVE & BUNCO

Thursday, May 2 | 6:30–8:30 p.m.

Family Bunco Night will be held on campus on Thursday, May 2 from 6:30–8:30 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. 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. The cost is \$10 per family. **Please sign up now in the [Ticket Hub](#) on the CB website to reserve your spot.**

Enter to Learn, Leave to Serve

VENAVER Yakima, WA

Congratulations to the following 12 students for their upcoming VENAVER service immersion trip to Yakima, WA: **Rafael Burgos '20, Carmen**

Ceja '19, Abigail Chapuis '20, Melenaite Fetuu '19, Daniel Larsen-Anderson '20, William Liu '20, Kathryn Maebori '20, Cristal Ramirez '20, Bria Shine '20, Chloe Splinter '20, Emelia Sprott '20, and Lilly Witry '20. Ms. Grapé and Mr. Delgado '79 will accompany them on the trip. Students will be traveling to Yakima to serve those in need and gain a better understanding of the environment, Native American culture, wildlife projects, tribal schools and the history of the Yakama Nation. Please pray for them as they prepare to embark on this week-long service immersion.



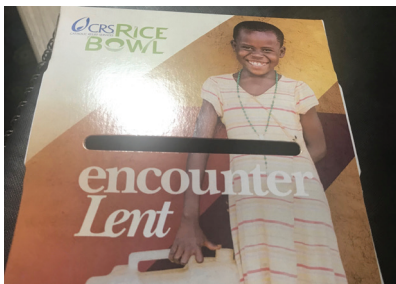
Lenten Almsgiving - Please choose one from the list:

Baby Bottles for Sacramento Life Center

From **Wednesday, March 6 – Wednesday, April 17**, we can support and promote families and life. The **Heartbeats Pro-Life Club** will be handing out baby bottles for students and families to raise money for disadvantaged mothers and their unborn babies. These bottles are to be filled with cash, checks and coin donations. This is a fantastic way to assist others in need this Lenten season. Baby bottles are in various classrooms, offices on campus and in room 106.



Catholic Relief Services (CRS) Rice Bowl



CRS Rice Bowl is the Lenten program of Catholic Relief Services, the official relief and development agency of the United States Conference of Catholic Bishops. Through CRS Rice Bowl, faith communities in every diocese throughout

the United States put their faith into action through prayer, fasting and almsgiving.

Lenten alms donated through CRS Rice Bowl support the work of CRS in roughly 45 different countries each year. 25% of all donations to CRS Rice Bowl stay in the local diocese, supporting hunger and poverty alleviation efforts. Since

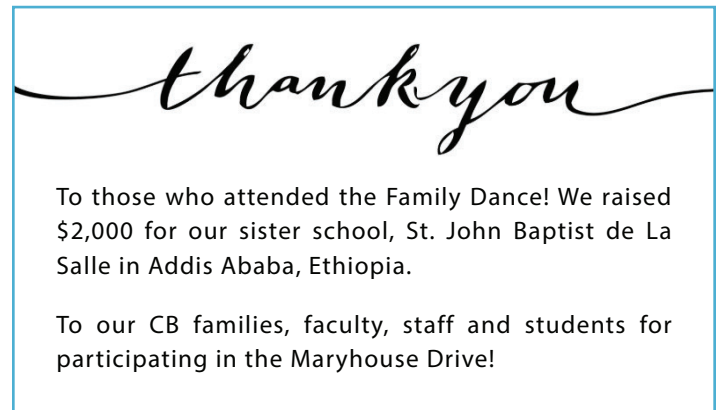
its inception in 1975, CRS Rice Bowl has raised nearly \$300 million.

This simple cardboard box "rice bowl" is a tool for collecting Lenten alms and comes with a Lenten calendar that guides families through the 40 days of Lent with activities, reflections and stories. CRS rice bowls are available at the front office, in room 106 and various classrooms on campus.

Donations Needed for Lasallian Service Week

We are asking for donations of the following new, travel-sized items in their original packaging for blessing bags for the homeless: Tissues or wipes, dental items (floss, toothbrushes, toothpaste), hand-wipes, socks, lotion, chapstick, health bars, Q-tips, Cheese-its, band aids, deodorant, sunscreen, feminine hygiene products, socks and small water bottles.

Please drop all items off to room 106 by March 31.



Service Opportunities

For a list of service opportunities, log in to [Family Connection](#). Click the [x2Vol tab](#) to see a list of non-profit organizations.

SCHOOL SCHEDULE REMINDER

Be sure to keep track of 3-block day start and dismissal times!

- **Wednesday, March 6** – 8:00 a.m. start, 2:50 p.m. dismissal (Ash Wednesday Liturgy)
- **Thursday, March 14** – 9:00 a.m. start, 2:25 p.m. dismissal (Falcon Flex)
- **Thursday, March 21** – 9:00 a.m. start, 3:00 p.m. dismissal (ASB speeches, senior class meeting)
- **Wednesday, March 27** – 8:00 a.m. start, 1:25 p.m. dismissal (E-3 accreditation visit)

STUDENT ACTIVITIES

Student Council

• Students interested in running for **ASB Council** for the 2019-2020 academic year can pick up an application in the LSLO. **Completed applications are due to Mrs. Holmes, student activities director, at a required lunchtime meeting in room 105 on Wednesday, March 6.** Questions can be directed to Mrs. Holmes or Ms. Roybal in the LSLO.

• Applications for all students interested in running for **Class Councils** will be available Wednesday, March 6 in the LSLO. **Completed applications are due to Mrs. Holmes, student activities director, at a required lunchtime meeting in room 105 on Wednesday, March 27.** Any student running for ASB Council who would also like to be considered for Class Council may use their ASB Council application as their Class Council application—there will be no need to complete both applications. However, students must attend both lunchtime meetings. See Mrs. Holmes or Ms. Roybal in the LSLO with questions.

• **ASB Campaign Week will take place from Monday, March 18 through Friday March 22.** All publicity must be approved by the Director or Assistant Director of Student Activities (Mrs. Holmes or Ms. Roybal) prior to being displayed around campus **no later than Friday, March 15.** Speeches will be held during Falcon Flex on **Thursday, March 14.** All students may cast their votes online immediately following speeches through lunch time on Friday, March 15. Any student having difficulty accessing the voting portal should see Ms. Roybal in the LSLO. Good luck, candidates!

Junior Family Mass



• The **Junior Class Council** cordially invites all families, faculty, and staff attending the **Junior Family Mass on Sunday, March 10** to join them in the cafeteria for a continental breakfast immediately following Mass.

Luau

• The **Polynesian Club** and **Asian Cultural Alliance** proudly present the **2nd Annual Luau on Wednesday, March 27** during all-school lunch. Join our students in the Ron Limeberger '53 Gymnasium as they celebrate with food, dance and music. A traditional spread of whole roasted pork, spam musubi, lumpia, Chamorro red rice, macaroni salad, and more will be available for free. There will also be a spirit dress code so all can join in the fun!



Ordering Class Rings

Sophomores and Juniors are invited to consider ordering class rings. Jostens will be on campus on **Thursday, March 7** during lunch to assist with ordering class rings.

Complete ordering packets with information on designing and ordering all Christian Brothers class rings are available in the front office and room 106. More information about class rings can be found at www.cbhs-sacramento.org/wp-content/uploads/Ring-Cover-Sheet-CB.pdf. Students and families can also design and order their rings at www.jostens.com.

All class rings must be ordered by March 7 as these rings will be presented at the Ring Blessing Ceremony on Thursday, April 25 at 7:45 a.m. in the Chapel. Those purchasing class rings may invite family and guests to attend the ceremony and a brief reception following the ceremony.



MEDIA, VISUAL AND PERFORMING ARTS

Open Mic Night

Open Mic Club proudly presents Open Mic Night, featuring CB's community of multi-talented performers. The show is on **Friday, March 1** at 7:00 p.m. in the George Cunningham '40 Performing Arts Center. Tickets will be available for purchase at the door.

Visual Arts

March is a busy month for Visual Arts. This year marks the **11th Annual Bowl-A-Thon**. Student and parent volunteers can come to CB from 5:30-9:00 a.m. on **Thursday, March 14** to decorate bowls in rooms 305 and 306. These decorated bowls are the centerpiece of River City Food Bank's Empty Bowls event to combat hunger in the Sacramento area. For more information about volunteering, contact [Mr. Boriskin](#), or learn more about Empty Bowls (March 25 and 26) at rivercityfoodbank.org/events/empty-bowls.

Our Introduction to Art students will be exchanging drawings with our sister school in Ethiopia, a great opportunity to build bridges with their artwork.

Artistic students should also be preparing their best works for the **27th annual La Salle Art Show** on **Friday, April 26** at 6:00 p.m. **Students may submit up to three works in any medium by Friday, March 8 to rooms 104 or 305.**

Performing Arts

Choir students from Chamber Choir and Honors Chorale will be participating in the **Catholic School Choral Festival** on **Friday, March 1** at St. Ignatius Loyola Parish at 7:00 p.m.

Choir and theatre students will be at **Disneyland March 14-17** to participate in a recording workshop at Disney Studios.

Media Arts

KBFT students will be attending the **16th annual Student Television Network (STN) Convention** in Seattle, Washington **March 26-31**.

Theatre Arts

"The Martian Chronicles" opens on Friday, March 29! You won't want to miss Ray Bradbury's adaptation of his own short stories in which 16 actors portray more than 60 characters. Show dates are **March 29-31** and **April 5-7**, Fridays and Saturdays at 7:00 p.m. and Sunday matinees at 2:00 p.m. Tickets are \$10 for general admission and \$5 for students and children. Advance tickets are on sale now in the [Ticket Hub](#) on the CB website.



CHRISTIAN BROTHERS PRESENTS *One Night In Casablanca* AUCTION & DINNER MARCH 16 2019

Our event is currently **SOLD OUT!**

It is not too late to participate in this fun evening in support of tuition assistance!

VOLUNTEER

[Sign up](#) to help us make the event even more spectacular!

PURCHASE A GOLDEN RAFFLE TICKET

There are only a few left. Call (916) 733-3633 to purchase yours today! No need to be present to win. Choose from all the Live Auction items listed on the [event website](#).

TICKET WAITING LIST

Please email jmcshane@cbhs-sacramento.org to be added to the waiting list for event tickets.

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



**FOR MORE EVENT PHOTOS AND TO KEEP UP WITH
ALL THE FUN AT CB, LIKE US ON FACEBOOK!**