

FALCON FAMILY NEWS

A MESSAGE FROM THE OFFICE OF COLLEGE COUNSELING

DEAR FAMILIES:

As we reach the year mark of our new reality of *Digital Counseling*, I want to address some of the ways the Counseling Department has been working with our Christian Brothers community and offer some suggestions for moving forward while maintaining a level of mental and physical health.

Counselors are available and would love to hear from our students and parents. We are checking email and Schoology messages regularly and setting up video conferences via Microsoft Teams. We are working with students on their attendance, checking grades, updating classes for next year, discussing the college decision process, and helping students process this difficult time in our world. Our Wellness Counselor, Mrs. Emily McDougall, is posting helpful tips for students on Schoology each Wednesday. We would also like to share the following:

- Homework and study tips for students: Communicate with your teachers if you are having trouble understanding a topic. When learning from home, set up a "regular school schedule" and set aside time for breaks, just as we do on campus. Seek out a "digital learning coach" or "peer tutor" to help with difficult concepts.
- Tips for parents/guardians to support your student: Set a daily plan/goal with your student to maintain schoolwork expectations and to help him/her stay on task with a structured environment as much as possible. Check PowerSchool and Schoology for missing assignments. Inquire about the positive aspects, as well as the challenges of digital and HyFlex learning.

The stress and anxiety our students are feeling around COVID-19 are real and valid. They may be experiencing a loss of control and worrying about a life they feel they have no influence over. When we, no matter the age, have something to do, that is a form of control. We must control the controllable. Take time to consider the small things we can control, such as planning a meal, checking in with friends and family, or committing to an exercise plan. Do *now* well; do *today* well. Help students focus on what they can be successful at each day instead of worrying and focusing too far into the future. Erma Bombeck said, "Worrying is like a rocking chair: it gives you something to do but it never

gets you anywhere."

Much of this advice was borrowed from a podcast called *Laughter Permitted* by Julie Foudy in her interview with Sports Psychologist Colleen Hacker, who has worked with athletes from the NFL, NBA, U.S. Women's National Soccer Team, and many more. Sports performance tips can be related to getting through the stress and anxiety many are facing in our daily lives.

Easter break with COVID-19: Easter break is probably looking a lot different this year (again). Although things feel like they are starting to open up, there will still be less flights to warmer weather and smaller family gatherings, reunions, and meals. So, what can we do? Here are some ideas for things you and your family can do to relax and rejuvenate during our two-week vacation: Work on that hobby you've been neglecting or pick up a new one; paint/draw; cook/bake; try a new musical instrument; plant your summer garden; tackle that "to-do" list; read a book for fun (lots of free options now on Audible); take photos; exercise; work on a puzzle; try yoga or tai chi (use YouTube); go through your room/house and donate excess items to a charity; make a silly video; take a family beach or hike day with a picnic; take a road trip; arrange old pictures into a photo book for friends and family; find a great podcast; share silly videos online; laugh a lot.

We will find "normal" again. But until that time, please know you are loved and supported by your Christian Brothers community. Reach out to us and utilize us as resource for yourself, your students, and your family.

Blessings and health to you during this Easter season!



Melissa McClellan M.S., P.P.S.
College Counselor

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COUNSELING

College News

Graduating seniors have been receiving letters of acceptance to colleges and universities across the country. Congratulations to the class of 2020! As many seniors already know, this has been a very competitive year for college admission. Since the class of 2020 is one of the largest graduating classes in American history (over 3 million), the number of students applying to colleges has seen exponential growth.

In addition, a new trend has developed that has more seniors across the country applying to more colleges than ever in order to "hedge their bets." Many private colleges have reported that they have had a 30% increase in applications this year over the previous year, resulting in record numbers of applicant pools. Since most campuses have from 45,000 to 65,000 applicants to fill freshmen classes of approximately 4,500, one can see how difficult decisions have been for admissions offices in 2020. In fact, for the seventh year in a row, many UCs and CSUs have instituted a waitlist for stellar students who were not admitted. It is difficult to know to what extent the waitlists will be used and as a result, there have been disappointments not only among our own students, but for tens of thousands of other California seniors.

Thankfully, most of our seniors planned well and applied to not only "reach" schools, but "target" schools and "safety" schools as well. As a result, CB students have options for next year and are able to begin their college careers at great schools. **If any seniors are still grappling with final decisions, remember that Mr. Diaz, Mrs. Melarkey, and Ms. McClellan are available to assist and support you.** Seniors who will be attending community college should have already completed their application, registration process and the online orientation. Students attending a UC and needing to satisfy the Entry Level Writing Requirement should be receiving information on the May 16 (tentative) Analytical Writing Placement Examination (AWPE).

The good news is that many of our students have been admitted to several prestigious universities and programs, including University of Southern California, Northeastern University, UC Berkeley, UCLA, Loyola Marymount University, Santa Clara University, Seattle University, Saint Mary's College of California, and many more. **All the colleges that our students have been admitted to will be listed in the graduation program.**

Parents, be sure to have your senior go to the [CB Family Connection website](#) (see the letter mailed home for details) and update it no later than April 3 for scholarships and awards and by May 8 for college admittances. Students need to list all colleges to which they have been admitted and all scholarships, awards, etc. received.

Summer Programs - Do something extraordinary this summer!

Summer will be here before we know it! Summer 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 as well as across the country and abroad. Check out the [CB Counseling web page](#) for details and contact information or talk to your grade-level counselor.

We hope you will continue to use our most valuable tool for help with college planning, the [CB Family Connection website](#).

Speaking of summer programs...

[Summer School](#) is a great opportunity to remediate any "D" or "F" grades students received so that they can maintain college eligibility or get ahead academically! Please contact the student's grade level counselor if you have any questions.



Summer School & Summer Fun!
June 14 – July 23, 2021

Enriching virtual and hybrid summer classes and activities for students second grade through high school!

- Arts Camps
- Robotics Camps
- High School Courses
- Leadership Camp
- Science Camps
- High School Review Courses
- Middle School Advantage
- Sports Camps
- Enrichment Courses
- Music Camps
- TV, News & Production Camp



Visit www.cbhs-sacramento.org/summer-program for more information.



Kairos 80 Senior Retreat

Kairos in Greek means "God's Time." This retreat and tradition at Christian Brothers have been widely celebrated, and an opportunity that many senior classes have participated in during past years. As in-person activities continue to increase, we now are once again able to invite our senior class to participate in a **modified in-person Kairos Retreat on campus. Kairos will be on the first weekend of May beginning Friday afternoon on April 30, and two full retreat days on Saturday, May 1 and Sunday, May 2. Registration is open now through April 15 at [this link](#).**

Senior Retreat Leadership Team 2021-2022

Juniors! We are recruiting for next school year's Senior Retreat Leadership Team (SRLT) to assist the Lasallian Student Life Office (LSLO) with retreats for all classes, ministry events, school liturgies, and to be vibrant leaders in helping next year's God Squad.

Some qualifications that are required are:

- Maintain a 2.5 GPA
- Have a desire to learn how to be good ministry leaders, and to set an example for those that they are going to lead.
- The ability to be a good team player, courageously share your faith, lead prayer, and have good communication and listening skills

To begin the application process, **potential candidates can apply at [this link](#)**. Each candidate will be interviewed by a panel and will be asked questions based on their personal goals and qualifications. For more information, please contact Mr. Jerome Baybayan, Director of Lasallian Student Life, at jbaybayan@cbhs-sacramento.org or (916) 733-3628.

Club Updates

- **Open Mic** has wrapped up their third show of the year, completely online! We are eagerly planning the senior show of 2021. Make sure to catch the show on Friday, May 14!
- **Lasallian Youth**, led by co-presidents Mathew Thomas '21 and Emma Emigh '21, has been going strong all year by offering virtual tutoring to students in the CB community and at St. Roberts Elementary School. Earlier this year, they had a successful drive to support Wellspring Women's Center. Lasallian Youth has more projects in the works, and the pandemic has created new opportunities to serve. They are a dedicated and wonderful group of Falcons!
- The **Science Olympiad Club** competed in the NorCal Regional tournament on March 6. The team had an outstanding showing, placing 7th overall among the 31 teams in the competition. The team was led by seniors Ai-Linh Tran '21 and Ella Geronimo '21, who finished 3rd in "sounds of music." Congratulations to all members of the team!
- **Photography Club** has been thriving this year. We meet

via Teams every other Tuesday at 4:15 p.m. where there is usually a presentation of techniques, styles, composition, and more, and a discussion and voting for the next competition. Presentations are available in the Resources folder on our Schoology page for those who couldn't make the meeting or would like to see it again. Competitions are held virtually on the weeks in between meetings. Students vote to decide the winner. There is a leaderboard of winners and prizes are awarded at the end of each semester for the top winners.

- **Mathletes** has been competing each month at meets sponsored virtually with other schools in the Sacramento Area. The students have solved problems in the areas of algebra, arithmetic, geometry, trigonometry and the team favorite, group problem solving. Our last competition will be on Thursday, April 15.
 - **Future Medical Professionals Club** has had a fantastic year due in no small part because of the efforts of the student leaders Paige Harty '22 and Elizabeth Stevens '22. We have had speakers from all corners of the health care profession, including surgeons, pediatricians, radiologists, nurses, and therapists. They have shared their journey in navigating themselves through our health care system, the education to get there, the unique services they provide, and lending clarity as our CB students discern their next steps toward their own goals of serving in the health care field.
 - **Environmental Club:**
 - We sold CA poppy seeds in recycled containers and included the many benefits of planting native plants. The money was donated to the Cosumnes River Preserve
 - Students designed a CB club t-shirt, and we sold many.
 - We are in the process of stenciling the garbage and recycling containers around the school to mark them more clearly and create less confusion for what items should go where.
 - To avoid having white board and other felt-tipped markers go in the landfill, we are setting up a partnership with Crayola Color Cycle again. They take the markers and generate fuel from them. This program was started at CB two years ago, but Crayola paused it during the pandemic. The club will get it ready to start up again as soon as possible.
 - We had a guest speaker, Olivia Kim '24, speak to us about the "Sunrise Movement," a national organization of students who are fighting climate change and other environmental issues.
- We meet every Friday after school where we have many good discussions on Teams as a club and learn a lot from each other and the students' great ideas.
- The **Engineering Club** hosted an Egg Drop for its members. Students designed protective packaging and dropped the eggs at home. The results were shared in a Teams meeting last month.

Club Updates (continued)

- The 2020-21 **Academic Decathlon Team** once again reached the podium in the Sacramento County competition with a fifth-place finish. The team consisted of Patrick Cahill '22, Zachary Dong '21, Ethan Fung '23, Will Tuschinski '21, Logan Tiska '23, Madison Martin '23, Alexander Sanchez '22, Grace Cloete '22, Hillary Chu '22, Nicholas Goldberg '23, Elizabeth Cotillo '21, Melody Lednicki-Lehman '22, and Eliza Lopez '23. The team's placement and score earned CB's first invitation to the state competition. The last of the state events was on March 20, and the Awards Ceremony was on March 27. The Sacramento County individual medals winners are:
 - Patrick Cahill '22 - gold in Interview, Team High Scorer
 - Will Tuschinski '21 - gold in Speech, silver in Essay, bronze in Social Studies; Will (virtually) presented his gold medal speech at the awards ceremony.
 - Logan Tiska '23 - gold in Language and Literature, bronze in Math
 - Madison Martin '23 - bronze in Music
 - Zachary Dong '21 - Leadership award
 - Hillary Chu '22 – team's highest scorer (5th among all competitors!), bronze in Science
- **Model United Nations** held an on-campus activity on March 20. All 14 members were able to attend the day-long historical crisis simulation. Students researched the Arab-Israeli conflict, focusing their attention on the Six Days War of 1967. Everyone involved was so delighted to be together on campus, negotiating and creating resolutions to solve international problems of the day.
- CB's **Mock Trial Team** competed in the Sacramento County competition this year and moved to the quarterfinals. CB finished 6th overall, and individual awards for excellence were awarded to multiple student attorneys as well as one witness.
- **Senior Class Council** hosted its final Senior Trivia Night on March 25, with close to 50 participants and some special teacher guest competitors joining in on the fun. Trivia categories included identifying classic high school movies, CB Teacher Trivia, and more!
- **Collective Minds** has been meeting weekly to discuss various methods and approaches to improve one's wellbeing. Topics that we've discussed so far include meditation, sleep, art therapy, and increasing your self-worth.
- **Blanket Club** has adjusted to sending supplies home with students to replace our normal in-person meetings. In addition to making blankets this year, the club has been making dog toys and baby hair clips out of scrap fabric in an attempt to create less waste. So far this year we have had the largest student participation ever, with two completed rounds of blankets and a third underway. By the end of this school year, our service club expects to have donated over 100 blankets and a plethora of dog toys and hair clips. The Blanket Club has not let COVID-19 or the inability to get together on campus hinder our production of blankets for sick children at the Sutter Hospital Outreach Center.

MEDIA, VISUAL AND PERFORMING ARTS

All aboard the Arts train this spring!



Theatre Arts

The Theatre program's virtual production of "The Twentieth Century" is coming to a station near you! Enjoy this uproarious comedy aboard a cross-country train journey. **A YouTube link will be available on the [CB Ticket Hub](#) between 7:00 p.m. on Friday, April 23 and Sunday, May 2.** You must have the

link to view the production; you will not be able to search it. Hope you can join us!

Visual Arts

The **La Salle Art Exhibit** is coming soon! Don't miss the hard work of our talented student-artists. They may have been socially distanced this year, but they are as creative as ever! **A shareable link to view the artwork will be available on the CB website beginning Friday, April 16.**

Open Mic Night

Senior Open Mic is just around the corner. Submission details and deadlines will be coming in May from the Open Mic club, but now is a great time for you seniors to start polishing your act. All grade levels are welcome to submit an act, but preference will be given to seniors.

Mark Your Calendars!

Christian Brothers High School will be partnering with **[Challenge Success](#)** throughout the spring and 2021-22 school year to take a comprehensive look at school operations with a goal of increasing student well-being and academic engagement. The group, born out of Stanford professors and educational researchers, partners with constituents of a school community: students, parents, faculty, staff, and administrators, to gather data which will be used to create tangible plans to improve the student experience at CB. As such, they will be conducting surveys and focus groups in the coming months and will be asking for your participation.

Families, we invite you to join us on Wednesday, April 14 at 6:00 p.m. at [this link](#) to meet with representatives from Challenge Success and learn more about this important program and process.

ATHLETICS

Student-Athletes' Health and Safety

All students are expected to be tested once a week with CB's free on-campus COVID-19 testing.

All student-athletes must have the FinalForms athletic medical clearance with a valid physical prior to any participation or tryouts for athletics. Please [click here](#) for more information.

Students cannot attend any practices or conditioning events without completing the health self-assessment questions in the Safely app.

College Signings

- Congratulations to **Thomas Milton '21** who recently committed to the University of Puget Sound for football!
- Congratulations to **Logan Wurm '21** who recently committed to Christian Brothers University, Memphis for baseball!

CAL Scholar-Athlete Awards

Eligibility: Athletes who are members of a CAL recognized varsity team are eligible for the award. Freshmen are not eligible as the athlete must have at least one year of grades, beginning with the ninth grade. The athlete must finish the season in good standing.

GPA: Athletes must have a cumulative 3.5 (or above) weighted or unweighted grade point average as well as a current 3.5 (or above) weighted or unweighted GPA. The cumulative GPA is based on cumulative grades of semesters (or tri-semester) from ninth grade onward, including the grading period that the athlete is participating in a sport.

Award: Athletes will be awarded a scholar-athlete patch for each season for which they qualify. The award is presented to the athlete based upon two criteria: the athlete completes the season in good standing and the student athlete has the required GPA at the completion of the grading period of the sport season which the athlete participated.

The league started the Scholar-Athlete award in the Fall of 2014.

Cross Country

- Nicholas Gustafson '22
- Tyler Simi '23
- Kai Labson '22
- Nicholas Goldberg '23
- Evan Carrasco '21
- Shane Kasbergen '21
- Ryan Dong '22
- Alexanderia Moya '23
- Jack O'Brien '21
- Malia Gay '21
- Raphael Matthew Lobo '21
- John Faust '23
- Samuel Bateman '22
- Bradley Bertossa '23

Cheer

- Brooke Patterson '22
- Olivia Cepeda '22
- Olivia Morton '21
- Marisa Cabrera '21
- Shirley Garcia '22
- Taylor Paton '22
- Sofia Zanzi '22
- Gabriella Alvarez '21
- Gianna Stark '22
- Raquel Cortes-Torres '22
- Carmen Greiner '21

Football

- Lyman Tadewald '21
- Nathan Smith '21
- Derek Babby '21
- Eli Garcia '22
- Sawyer Hays '21
- Ethan Simoes '21
- John Michael Berger '21
- Landon Howard '23
- Jacob Wingert '21
- Darius (DJ) Crowther '22
- Christopher DeShong '21
- Jake Elorduy '22
- Andres Narvaez-Gordon '21
- Thomas Milton '21
- Jared Wiley '23
- Matthew Dettling '22
- Marcus Price '23

Women's Golf

- Calista Rapolla '23
- Annalise Gay '23
- Briann Briggs '23
- Nicole Staggs '23
- Annabelle Horan '21
- Isabella Esquivel '21

Women's Soccer

- Brooklyn Horst '23
- Isabella Pond '21
- Scarlet Pope '23
- Gwyneth Culleton '22
- Lily Jensen '23
- Kristin Lee '22
- Paola Pasqua '23

Men's Soccer

- Desmond Greer '21
- Miguel Cornejo '22
- Jack Bergfeld '23
- Carson Brown '22
- Nicholas Hanna '21
- Andre Martin Tabunda '22
- Benjamin Delfino '21
- Jake Young '22
- Zachary Hembd '23

Women's Tennis

- Ashley Ancog '23
- Jamie Ancog '23
- Lena Mikacich '22
- Emma Emigh '21
- Alessandra Salvini '23
- Graciela Diaz '23
- Malia Scullary '23
- Lola Jan '21
- Mariana Garcia '21
- Sophia Garcia '23
- Ai-Linh Tran '21
- Fiona Babcock '21
- Magdalena Bowen '23
- Bianca Noelle Cabanag '21
- Danielle Thiebaud '23
- Tessa Easterling '22
- Elizabeth Stevens '22

Men's Water Polo

- Patrick Cahill '22
- Andrew Perrault '22
- Derek Larson '23
- Jack Vicari '23
- Dylan Delucchi '21
- Thomas Piper '21

Women's Water Polo

- Eliza Mikacich '22
- Logan Tiska '23
- Brooke Brandenburger '22
- Karina Elliott '22
- Abigail Hurst '23
- Melody Lednicki Lehman '22
- Abigail Fox '22
- Abigail O'Malley '22
- Madison Flewellyn '22
- Jenna Yates '23