

FALCON FAMILY NEWS

A MESSAGE FROM THE PRESIDENT

"You can do more with the grace of God than you think." – St. John Baptist de La Salle

DEAR FAMILIES:

Welcome to our 145th year of Lasallian Catholic education in Sacramento. I pray this letter finds you well and safe during this challenging time. As I write this message, the number of daily COVID-19 infections in Sacramento County is not decreasing as we had hoped, and it is likely that Sacramento will not be removed from California's Watch List for the requisite 14 days in order for us to resume in-person instruction by our first day of school on August 18.

While we are eager to welcome our students to campus, I am grateful that our HyFlex schedule allows students to begin their classes online and seamlessly transition to in-person learning when health conditions permit. Ensuring that our community is as safe as possible during the coming months necessitates our working together and doing our best to act in accordance with our local, state and federal recommendations and requirements. As such, we will:

- Require the use of face coverings on campus as mandated by local and state authorities.
- Adhere to physical distancing recommendations in class and while on campus.
- Provide ample hand washing and sanitation stations.
- Enhance campus-wide sanitizing and cleaning processes.
- Require self-temperature and wellness checks before students, faculty and staff arrive on campus.
- Initiate modified visitor policies.
- Modify cafeteria dining services.
- Regulate campus travel patterns.

I am pleased to share that Mr. Alfredo Acosta, Jr. accepted the position of Assistant Principal of Student Life and Instruction. Mr. Acosta, who began his teaching career in Catholic schools, comes to us from the Alum Rock Union Elementary School District in San Jose, CA, where he has served for the past 20 years. He holds a bachelor's degree in Secondary Education with a major in Health Science from the University of the Philippines, a master's degree in Educational Administration from National University, a credential in Cross-Cultural Language and Academic Development from the University of San Diego and a Tier 2 Clear Administrative Services Credential from the Association of California School Administrators. The following talented educators will also be joining us this year: Fred Jaravata, Educational

Technology Specialist; Elisa Nieves, Spanish teacher; and Faten Rocha, math teacher.

Yesterday, Principal Bacich emailed families and attached a Return-to-School guide. We ask that you review it and reinforce the important role we all play in protecting and caring for one another by adhering to all practices and policies.

On behalf of the entire Christian Brothers High School community, please know that we are all committed to making this a wonderful year for our students and families. And, while this is not the beginning that we have prayed for, we truly believe that we can and will do more with the grace of God! We are grateful for the trust you place in us as educators and are resolute in our commitment to quality education while protecting the health, safety and well-being of our community.

Live Jesus in our hearts!



Crystal LeRoy, Ed.D.
President

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Welcome to the 2020-2021 School Year!

The CB Counseling Department is preparing to welcome your student(s) to a new year full of exciting opportunities despite these unprecedented times. We are energized and excited to work with your sons and daughters in this new era of digital communication. While much of what we do will be very different, we will still be providing your student(s) with the same level of care and support that the Christian Brothers Counseling Department is known for.

The College Counselors will soon virtually share important academic and college information with your son/daughter after the school year begins. Additionally, **each student will have a virtual meeting with his/her grade level counselor during the fall semester. Counselors will provide Academic, Personal and College Counseling through one-on-one or group meetings using Microsoft Teams.** Students may request a counseling appointment at any time by contacting their counselor via email or Schoology, and parents may make a request through an email as well.

We would also like to inform you of several upcoming events sponsored by our department that will assist us in supporting your son/daughter. Many of these will be live streamed or pre-recorded events presented by our counselors that will allow you to watch and re-watch them to make sure you have all pertinent information and your questions have been answered.

Upcoming Virtual First Semester Counseling Events

- **Wednesday, August 10 – Junior Boot Camp**
- **Thursdays, August 6 & 13 – Senior Application Workshops**
- **Monday, August 31 – Senior 'Classroom Visit'**
- **Thursday, September 3 – College Night for Seniors and Their Parents**
- **Wednesday, September 9 – Freshmen Parents' Introduction to Counseling Night**
- **(September) – College Application Workshops** (beginning August 19 and recurring every Wednesday)
- **Monday, September 28 – Junior 'Classroom Visit'**
- **Thursday, October 1 – Financial Aid Night for Seniors and Their Parents**
- **(October) – College Application Workshops** (beginning August 19 and recurring every Wednesday)
- **Monday, October 12 – Coffee with the College Counselors for Senior Parents**
- **Friday, October 16 – Testing Day: PSAT 8/9 for freshmen, Pre-ACT for sophomores and PSAT/NMSQT for juniors** (TBA, dependent upon recommendations from the State and County

Health Departments)

- **(November) – Coffee with the College Counselors for Junior Parents**

Meet Our Counseling and Student Support Team

Counselors are available for consultation if needed. Please contact your child's grade-level counselor to make an appointment. [Mr. Armando Diaz '94](#) will be the counselor for the freshmen (Class of 2024), [Mr. Kirk Purdy](#) is the sophomore counselor (Class of 2023), [Mrs. Erica Gormley](#) is the counselor for the juniors (Class of 2022), and [Mr. John Riley-Portal](#) is the senior class counselor (Class of 2021). [Ms. Emily McDougall](#) will continue to serve as the school's Wellness Counselor, doing prevention presentations and seeing students for more long-term counseling across all grade levels. [Mrs. April Melarkey](#) is one of our College Counselors and [Ms. Melissa McClellan](#) is the Director of College Counseling. In addition, Ms. McClellan is also the Coordinator of the Counseling Department and Mr. Diaz is the Co-Director of the Foundational College Prep Program (FCP). [Ms. Margaret Buggy](#) is Co-Director of the FCP Program and Coordinator of Academic Student Support, and works closely with the counselors. [Ms. Cynthia Grajeda](#) is the Administrative Assistant to the Counseling Department and a valuable member of our team. Please let us know if we can assist you in any way!

Naviance/Family Connection

The School Counseling Department encourages all students and parents to utilize the many facets of our web-based tool for personal, career and college planning! You may access this software through the [Family Connection link](#) on our website. Now is a great time for students to update their resume, explore careers and colleges, research scholarships and finish any activity that your counselor has asked you to complete. If you have forgotten your username or password, please contact your grade-level counselor or [Ms. Cynthia Grajeda](#).

SAT and ACT Prep Classes

Currently we are unable to host our regular fall SAT and ACT prep classes on campus. On the College Updates for the Class of 2021 Schoology page, we have listed some resources for virtual prep programs including Tried and True, Scholars Tutoring, and Kaplan. Please refer to that attachment or contact [Mr. John Riley-Portal](#), senior class counselor, or college counselors, [Mrs. April Melarkey](#) and [Ms. Melissa McClellan](#), for more information.

Reflections for a new school year...

Here we stand at the beginning of a journey together in a time where we are being called, more than ever, to rely on faith and trust in God to guide our steps along the way. We are challenged like our Founder, St. John Baptist de La Salle, to allow the Holy Spirit to inspire and guide our every step. With full conviction in the providence of God, let us journey together with courage, strength and hope for the adventure ahead.

Blessings to all and welcome to our new CB families!
- Jen Yearwood, Director of Campus Ministry

Retreats

We know there are many questions surrounding the status of retreats for this school year. We are working hard to ensure meaningful retreat experiences for our students, whether they are in-person or virtual events. **For at least the fall semester, there will be no overnight retreats held.** As soon as we have more clarity and information, we will share specific details with each grade-level class.

Senior Retreat Leadership Team (SRLT)

From July 20 through 23, the awesome and amazing group of students that make up the 2020-2021 Senior Retreat Leadership Team spent time together virtually for their annual training retreat. While we weren't able to gather in Lake Tahoe as planned, our team shared meaningful times of reflection, sharing, and growing together. This retreat provided the team opportunities for faith sharing and developing the necessary skills for Christian retreat and youth leadership! Continued training and work with the SRLT team will occur in the weeks ahead. We look forward to sharing this year with such a great team of student leaders!



Prayer and Worship God Squad

God Squad invites all to answer the call to serve. We welcome all students who are willing to share their gifts with our CB community for our prayer services and liturgies this year. These services will likely look different this year, but we are looking forward to working on creative ways to pray and worship together. **We are looking for student readers, speakers, writers, altar servers, and artists.** Please contact Ms. Yearwood at jyearwood@cbhs-sacramento.org by Monday, August 10 if you would like to participate! If you are already part of the Squad, you will receive a message in Schoology on our group page.

Eucharistic Ministry

All seniors who are fully initiated and practicing Catholics are invited to serve as part of our Student Eucharistic Ministry Team. Interested seniors should contact Ms. Yearwood at jyearwood@cbhs-sacramento.org by Monday, August 10.

Praise and Worship Singers Wanted

Campus Ministry is looking for confident and gifted singers who may have some experience with leading praise and worship in their church communities! If you are interested or would like to learn more, please contact Ms. Yearwood at 916-733-5276 or jyearwood@cbhs-sacramento.org.

Prayer for the Beginning of the School Year

Loving God,

Thank you for always providing for us. Teach us to be satisfied in You. Lord, we walk into this year completely dependent upon You. When we begin to lean on our own understanding, remind us that Your ways far surpass ours. Thank you in advance for showing us the right paths and leading us in the way we should go. We don't know what this year has in store, but You do. We trust in Your ability to care for us. In Jesus's name, Amen!

I will trust in the Lord with all my heart and not depend on my own understanding. I will seek His will in all I do, and He will show me which path to take. (adapted from Proverbs 3:5-6)



Enter to Learn, Leave to Serve **Greetings and Welcome!**

Although summer service opportunities have been limited or canceled this summer, our mission remains strong and is needed more than ever. Christian Service has long been a common practice of Christian Brothers with students, families, faculty and staff giving their time and talents each year without expectation of reward. At CB we are very blessed that beyond personal fulfillment, Christian community service is a vocation ("calling") to live out the Gospel.

Social Action Leadership Team (S.A.L.T.)

S.A.L.T. is a student organization in the Christian Service Department that assists with inspiring service, charity, community, and fellowship. The group engages in programs within the Greater Sacramento Area, Catholic Diocese of Sacramento, and Lasallian District of San Francisco New Orleans. The organization actively supports our international Lasallian sisters and brothers, especially our twin sister school, Saint John Baptist de La Salle in Addis Ababa, Ethiopia. S.A.L.T. collaborates with service clubs and organizes Christian Service opportunities including the Canned Food Drive, Advent and Lenten Almsgiving, Annual Festival of Trees, Oak Park Art Garden fence painting, Cake4Kids, Generation Great, Brown Bag Lunch (BBL Ministry) and more!



S.A.L.T. is launching a Christian Service faith-based campaign called *Start the Cycle and Serve*

under the guidelines and restrictions set by our local government agencies and health organizations. We will join a virtual service and prayer

experience. Students are invited and welcome to discover the Christ-like values of Christian Service and put them into practice. To sign up and receive more information, [click here](#).

Message from S.A.L.T. Class of 2021 Co-Presidents

Hello, CB Students! Welcome back to a new school year; we are thrilled to invite you to exciting opportunities S.A.L.T. has to offer this year. As the year unfolds, please make sure to keep a lookout on Schoology for more information about how you can serve.

During the summer months, S.A.L.T. has been meeting weekly to plan and prepare opportunities for us to be mindful of our call to serve (Yes – even when we are at home!). We understand that recent times have been strange; however, we invite you to find time to make little things with great love to serve others.

S.A.L.T. will be offering weekly workshops while creating opportunities for us to reach out to our sister school. During these times, we can easily find ourselves frustrated and can forget to remind ourselves of our Lasallian Catholic mission. As we learn to adapt and practice our calling together as such a big community,

we can reach out to so many and make an impact.

We look forward to putting our minds, hearts, and hands together this year in service. We, especially, welcome freshmen and new students as the newest additions to our family. We truly are excited you chose CB to be the place where you can live out our Lasallian Mission – *Enter to Learn, Leave to Serve*. On behalf of the S.A.L.T., welcome to CB and we cannot wait to meet you all soon!
- Olivia Chandra '21 & Elizabeth Cotillo '21

If you are interested in joining S.A.L.T. and be part of a team of students that fosters and promotes our mission to Enter to Learn, Leave to Serve, [click here](#) to sign up.

Coming Soon



Pets & Pals: There are many health benefits of owning a pet. Pets can help manage loneliness and depression by giving us companionship. Most households in the U.S. have at least one pet. However, during the pandemic many families were forced to give up pets. With this service

opportunity, CB students are invited to create a pre-recorded video of you and your pet to be shared with children in different school communities (i.e. Mustard Seed School). [Click here](#) to sign up!

Wellspring Update

For several years, Christian Brothers and the Wellspring Women's Center in Oak Park have maintained a solid service partnership. Our students make breakfast for the women and children of Wellspring every Friday. For nearly 20 years we relied on student donations. However, this year we will keep donations on scale while continuing to offer opportunities to students interested to serve. If you wish to donate, please make checks payable to Christian Brothers High School with "Wellspring Club Donation" in the memo field and/or mail donations to the school. If you are interested in joining the Wellspring Breakfast Club, please contact Dr. Iliff at biliff@cbhs-sacramento.org or sign up during Club Day.

Service Hours

Students: Please download the free x2VOL mobile app and track your service hours.

- [x2VOL access and registration via Naviance Student](#)
- [How to log hours](#)
- [Find service opportunities as a student](#)
- [Instructions for the mobile app](#)

If you have any questions, please contact Ms. Gigi Grapé at ggrape@cbhs-sacramento.org or 916-380-2257 (text/call okay).

For a complete guide to Christian Service, please refer to pages 43-45 of the Parent-Student Handbook.

STUDENT ACTIVITIES

Welcome, Class of 2024!

The Student Council and Class of 2021 are excited to welcome the incoming Freshman Class of 2024. Our welcome this year will look different than in previous years, but we are no less enthusiastic about introducing the new Falcons to Christian Brothers High School!

On Friday, August 14, freshmen can expect a 'care package' delivery to their homes with some fun trinkets and information about tuning into a live stream video orientation via our [KBFT YouTube channel](#).

On the same day, we encourage freshmen to join us at 6:30 p.m. for a virtual hangout and ice breakers before premiering our Lock-In video special at 7:00 p.m.

Then, immediately following the video, students will join their Falcon Family virtual meeting where they will meet members of their B Set class, B Set teacher, and their Falcon Family senior leader. More specific information will be in the care package.

Spirit Shirts

Sophomores, juniors and seniors who need a **new spirit shirt** for \$5 should contact Ms. Roybal at sroybal@cbhs-sacramento.org or on Schoology.

Back to School Guide



STAY CONNECTED!

For more information on updates and events happening at CB, check out the [daily bulletin](#), [weekly update](#) and [the online school calendar](#).



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ATHLETICS

2020-2021 Sports

Please note the following important information concerning the upcoming athletic year:

The California Interscholastic Federation (CIF) and CIF Sac-Joaquin Section announced modified dates for this year's competitive sports seasons. **The changes, necessitated by public health restrictions related to the COVID-19 pandemic, include moving the start of athletics to late December and reducing the standard three seasons (Fall, Winter, and Spring) to two (Season 1 and Season 2). The seasons will begin in late December and run through June.**

CB's athletic directors have been hard at work revising conditioning, tryouts, practice, and game schedules, and look forward to sharing more information in the coming weeks.

For more details, please see the following release and announcement from the CIF and Sac-Joaquin Section:

- [CIF State Media Release](#)
- [Sac-Joaquin Section Sports Calendar](#)

Season One: Begins 12/7/20

- Football
- Cross Country
- Volleyball (Men's and Women's)
- Water Polo (Men's and Women's)

Season Two: Begins 2/22/21

- Soccer (Men's and Women's)
- Tennis (Men's and Women's)
- Basketball (Men's and Women's)
- Baseball
- Softball
- Golf (Men's and Women's)
- Swim and Dive (Men's and Women's)
- Track and Field
- Lacrosse (Men's and Women's)

FinalForms

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

New Parent Athletic Orientation

On **Wednesday, September 9 at 7:00 p.m.** we will hold our virtual New Parent Athletic Orientation meeting. More information will be shared as we get closer to the date.

A Year of Creative Solutions

Like other departments and activities, CB Arts are reimagining what is possible in our current environment.

Open Mic

Open Mic held their first fully digital event in the spring and look forward to displaying the talents of our community virtually as long as it is not possible to do so in person. If you are interested in joining Open Mic, please contact Mrs. Natalia Schorn '00 at nschorn@cbhs-sacramento.org or on Schoology.

Performing Arts Choir

CB choir classes will be getting a makeover this year to be in alignment with health and safety guidelines. Instead of singing together in the classroom, most of the singing will be done virtually. Students will be learning their music with the online guidance of Mr. Christian Bohm, and then recording their own tracks to be compiled together in a virtual choir setting. Mr. Bohm will synthesize all tracks together to provide a virtual choir experience for the choral students. There will be an increased focus on solo opportunities for students wanting to push themselves a little further.

Instrumental

Instrumental students will be in a learning environment that most closely mirrors a professional setting, focusing on learning, practicing, and following along with recorded and streaming class sessions while at home, and then playing as an ensemble while at school. Mr. Travis Maslen will also be helping the students prepare for virtual performances if live performances are not a possibility.

Theatre

While other departments are going high-tech, CB theatre is putting a new twist on old school entertainment. This fall, the theatre program will be producing two suspenseful radio dramas and sharing them as a podcast. Auditions for *Sorry, Wrong Number* and *Always Room at the Top* will be open to all, so if you have a knack for voice acting or want to have some fun in a new medium, this is for you! There will also be opportunities for original student music composition, sound effect artists, and even visual artists.

For all information, join the Radio Theatre Schoology group with code KRJ9-42H2-DJDDV. Please contact Mr. Michael Jackson at mjackson@cbhs-sacramento.org or Ms. Heather Christianson '01 at hchristianson@cbhs-sacramento.org or on Schoology if you have any questions.

Media Arts

KBFT and *The Talon* are already set for a digital world with news segments streaming on YouTube at www.youtube.com/KBFT and our online student newspaper at www.cbtalon.com. With great features about our CB community, and the latest news and trends, check out the work of our tech-savvy media students under the guidance of Mr. Brendan Hogan '95 and Mr. Dave Anderson '07.

Visual Arts

Visual Arts is embracing the world of technology this year with a new Digital Arts class taught by Mr. Polo Lopez '08.

Mr. Findlay McIntosh has been exploring a bevy of online resources to guide students in their artistry, while Mrs. Christine Kerr hopes to use digital space to share CB student art with a wider audience, and to bring the Sacramento art scene to students using Sac Open Studios' new digital platform.

For ceramics, Mr. Rob Boriskin, a master of the flipped classroom, will make sure students get their hands in clay whether it be on the wheel in class or at home creating sculpture.

Friends of the Arts (FOTA)

Attention parents and guardians! If you love the arts, there's a group at CB for that! Friends of the Arts (FOTA) is a volunteer parent organization that supports the arts at CB. While we don't yet know if our meetings will be in-person or virtual, please send an email to cbfota@gmail.com if you are interested in volunteering with the arts at CB and want information and updates.



Auction 2021
Parent Volunteers Needed

Yes, we are still having an Auction and we need you!

Please join the Auction Committee on Tuesday, September 1 at 5:30 p.m. for our Virtual Kick-Off Meeting. Meet other parents virtually and learn how you can help. Please email Joanne McShane at jmcshane@cbhs-sacramento.org to receive a Zoom invitation. Please invite a friend – all are welcome!

Auction meetings take place the first Tuesday of the month.