

# FALCON FAMILY NEWS

## A MESSAGE FROM THE PRESIDENT

*"Often ask God for the grace to touch hearts."* – St. John Baptist de La Salle

### DEAR FAMILIES:

On behalf of the Christian Brothers High School community, it is my pleasure to extend a warm and heartfelt welcome as we begin the 2021-22 school year. Our faculty and staff are eager to greet students for what will be our 146th year of Lasallian Catholic education in Sacramento. We are excited to be back with instruction five days a week and to return with more of the wonderful events and activities that make the student experience at CB so special.

That said, please know that the health and safety of our school community is of the utmost importance as we navigate this pandemic and beyond. In terms of COVID-19, we will continue to follow national, state, and local health recommendations, and make adjustments to our campus operations as these evolve. Doing so served us well last year as we safely reopened our doors to students in October of 2020 and gratefully had no instances of COVID-19 transmission among students and adults while on campus. Our teachers, counselors, staff, and coaches did an incredible job in caring for our students during a very difficult time.

In moving forward, we recognize that we must redouble our efforts to ensure that student mental health and well-being are at the forefront as many of our young people have suffered greatly in this pandemic. As our Founder St. John Baptist de La Salle so often impressed upon the Brothers, touching the hearts of our students is every bit as essential as their minds. To that end, we will be partnering with **Challenge Success** 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 that 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. We will also begin some important long-term educational visioning and strategic planning to ensure that Christian Brothers High School is sustainable and remains *the place to be* for generations of young men and women.

We are profoundly grateful for the trust you have placed in us as your partners in preparing your sons and daughters for success in college and life and will continue asking God *for the grace to touch hearts*. I pray you enjoy these last two weeks of summer vacation and know that we all look forward to welcoming our new and returning families on the 17th.

Live Jesus in our hearts!



Crystal LeRoy, Ed.D.  
President

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## COUNSELING

### Welcome to the 2021-2022 School Year!

The CB Counseling Department is preparing to welcome your student to a new year full of exciting opportunities! The counselors will visit classrooms and share important academic and college information with your son/daughter soon after school begins. **Each student will also have a meeting with his/her grade level counselor during the fall semester.** Counselors will provide academic, personal and college counseling. Students may request a counseling appointment at any time by filling out a [green "Counseling Request" form](#) and parents may make requests by phone or e-mail listed on the [Counseling web page](#). There will be Counseling events that will assist us in supporting your student too.

### First Semester Counseling and Guidance Events

- **Monday, August 23** – Coffee with the College Counselors for Senior Parents (7:30 to 8:30 a.m., virtual)
- **Saturday, August 28** – SAT Preparation Class for seniors begins in preparation for the October 2 SAT Exam for four weeks (Saturdays\* 8/28, 9/4, 9/18, and 9/25 from 9:00 a.m. to 1:00 p.m. in the STEM building). Registration forms will be available in the Counseling Center and on the CB website. *\*We will not hold a class on 9/11, the day of the ACT Test and Holy Bowl.*
- **September** – College Application Workshops before/after school (dates and times TBA)
- **Thursday, September 2** – College Night for Seniors and Their Parents (6:00 p.m. to 8:00 p.m., George Cunningham '40 Performing Arts Center)
- **Thursday, September 9** – Intro to Counseling Night and Athletics Orientation for Freshmen Parents (6:00 p.m. to 8:00 p.m., George Cunningham '40 Performing Arts Center)
- **Monday, September 13** – Private/Parochial Virtual College Fair
- **Thursday, September 30** – Financial Aid Night for Seniors and Their Parents (6:00 p.m. to 8:00 p.m., George Cunningham '40 Performing Arts Center)
- **October** – College Application Workshops before/after school (dates and times TBA)
- **Saturday, October 2** – SAT at CB (8:00 a.m. to 1:00 p.m. in the STEM classrooms)
- **Saturday, October 9** (tentative) – ACT Preparation Class for seniors begins in preparation for the October 23 ACT Exam for two weeks (Saturdays 10/9 and 10/16 from 9:00 a.m. to 1:00 p.m.). Registration forms will be available in the Counseling Center.
- **Wednesday, October 13** – Testing Day (PSAT on 8/9 for freshmen, PreACT for sophomores and PSAT/NMSQT for juniors) (9:00 a.m. start)
- **Saturday, October 23** – ACT at CB (8:00 a.m. to 1:00 p.m. in the STEM classrooms)
- **November** – College Application Workshops before/after school

- **Thursday, November 18** – Coffee with the College Counselors for Junior Parents (7:30 a.m. to 8:30 a.m., virtual)
- **Thursday, December 16** – College Night for Juniors and their Parents and College Handbook Pick-up (6:00 p.m. to 8:00 p.m., George Cunningham '40 Performing Arts Center)

### 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 and let us know if we can assist you in any way!

- **Class of 2025 Counselor:** [Mr. John Riley-Portal](#)
- **Class of 2024 Counselor:** [Mr. Armando Diaz '94](#)
- **Class of 2023 Counselor:** [Mr. Kirk Purdy](#)
- **Class of 2022 Counselor:** [Ms. Melissa McClellan](#) and [Mrs. April Melarkey](#) will be the lead contacts until [Mrs. Erica Gormley](#) returns from maternity leave in January 2022.
- **Wellness Counselor:** [Mrs. Emily McDougall](#) gives prevention presentations and sees students for more long-term counseling across all grade levels.
- **College Counselors:** [Ms. Melissa McClellan](#) and [Mrs. April Melarkey](#)
- **Administrative Assistant to the Counseling Department:** [Mrs. Cynthia Grajeda](#)

### Naviance/Family Connection - for seniors only

Seniors will upload their summer homework to [Family Connection](#) and all document submissions, teacher letters of recommendations, transcripts, and counselor recommendations will be sent via this platform.

### Scoir

The Counseling Department encourages all freshman, sophomore, and junior students and parents to utilize the many facets of our web-based tool for personal, career and college planning! You may find the link to [Scoir](#) on the [Counseling web page](#). Right now is a great time for students to update their resumé, 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 your password, please contact your grade-level counselor or [Mrs. Cynthia Grajeda](#) in the Counseling Center.

### SAT Prep Class

We will be offering a four-week SAT Exam preparation course for the October 2 SAT for the Class of 2022 that will be taught by our English and Mathematics teachers. The class will be on four Saturdays from 9:00 a.m. to 1:00 p.m. (see more information under Events). The cost is \$200/student. The registration form will be available on the school website. Students must register for the exam at the [College Board website](#).

A SAT prep class for the Class of 2023 will be offered in preparation for the March 12 SAT. More information to come.

### Information for Lock-In

Lock-In is a time for the Class of 2025 and Class of 2024 to spend the evening on campus and get to know one another, make new friends, learn about some longstanding CB traditions, and participate in fun activities throughout the night! Some activities will be combined between both classes, but students will spend most of the evening getting to know their classmates.

School dress code for “denim days” is observed for Lock-In, meaning students will be allowed to wear denim pants, shorts, or capris. Shorts should be long enough to come to the top of the knee. Sandals and flip-flops may be worn. If they don’t already have one, students will receive their class spirit shirts at check-in to wear throughout the evening. Current health guidelines call for face masks at all K–12 campuses.

Please contact Ms. Kim Pacatte, Lasallian Student Life Coordinator, at [kpacatte@cbhs-sacramento.org](mailto:kpacatte@cbhs-sacramento.org) if you have any questions about Lock-In.

### Lock-In 2025

Lock-In 2025 takes place at Christian Brothers beginning with check-in between 6:30 p.m. to 7:00 p.m. on Friday, August 13, 2021. Parents, please join us for the New Parent Orientation scheduled for 7:00 p.m. to 8:00 p.m. All activities will conclude by 6:15 a.m. on Saturday, August 14. Check-in and check-out for freshmen will be at the back parking lot gate by the Grove and cafeteria. **Registration is \$10 per student. Please register at [this link](#) by Friday, August 6.** Thank you!

### Lock-In 2024

Sophomores are invited to join us for Lock-In 2024! This event will take place at Christian Brothers on Friday, August 13, 2021 with check-in from 8:00 p.m. to 8:30 p.m. Transfer students’ parents and guardians are invited to join us beforehand for the New Parent Orientation scheduled for 7:00 p.m. to 8:00 p.m. All activities will conclude by 6:15 a.m. on Saturday, August 14. Check-in and check-out for sophomores will be at the front of the school at the main gate. **If your student plans to attend, please register at [this link](#) by Friday, August 6.** Thank you!

### Opening School Liturgy

**The first liturgy of the school year will be in person and on campus on Friday, August 20 at 10:30 a.m. in the Ron Limeberger ’53 Gymnasium.** Students are required to attend, listen attentively while behaving in a respectful and reverent manner, and are encouraged to actively participate in prayer and music. The liturgy will be led by the Senior Retreat Leadership Team (SRLT) and the Lasallian Student Life Office (LSLO). For more information, please contact Mr. Jerome Baybayan, Director of Lasallian Student Life, at [jbaybayan@cbhs-sacramento.org](mailto:jbaybayan@cbhs-sacramento.org).

## A Message from the Dean of Students

*“And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.” - Hebrews 10:24-25*

Dear Families:

Welcome to the 2021-22 school year! We are overjoyed to have you back on campus 100% of the time. As the first day of school approaches on August 17, please take into particular consideration the Christian Brothers High School Student Conduct Regulations and Procedures and Dress Code that can be found in the Parent-Student Handbook on the CB website.

Returning to school after having experienced a historic pandemic has provided us the blessed opportunity to meet in person and *to stir up one another to love and good works*. In adjusting back to 100% in-person instruction, please always remember that all students, whether inside or outside of school, are expected to conduct themselves as representatives of Christian Brothers. When a family enrolls their student at CBHS, Christian Brothers expects that they are committed to and supportive of our disciplinary philosophy. All students, regardless of age, must comply with the policies, rules, guidelines, procedures, and regulations found in the CBHS Handbook.

Arriving to class on time and attending class every day are a crucial aspect of attending Christian Brothers. All students are to be present at school daily and to arrive for each class on time. Students who are less than 15 minutes late to the first set of the day should report directly to class. Students who are more than 15 minutes late to the first set of the day should report to the Front Office before going to class. For all other sets, once the teacher takes attendance, teachers may send students to the Front Office to be admitted into class. If a student has missed half of any given set, Christian Brothers may consider the tardy an absence for that class. Students are still required to go to that class; if they fail to do so they will be considered truant.

Please also remember to dress appropriately every day at Christian Brothers. The general expectation is that students observe the standards of modesty, moderation, and good taste. Teachers and administrators actively monitor and enforce student dress code. Absences due to dress code violations are considered unexcused absences and students will be subject to the same consequences for other unexcused absences as described in the absence policy.

Thank you for your support and partnership. I look forward to a wonderful year ahead.

Blessings,  
Joe Flores II  
Dean of Students

## ATHLETICS

### Important Information for 2021-22 Athletics Year

- **All athletes must have the FinalForms athletic medical clearance with a valid physical prior to any participation or tryouts for athletics.** [Click this link](#) to find the FinalForms information on our website.
- **Fall tryouts officially begin Monday, August 2.** To obtain other specific sport tryout times and practice information, please [contact the head coach](#) directly.

### Upcoming Events

- **Thursday, September 9** – New Parent Athletic Orientation (6:00 p.m., George Cunningham '40 Performing Arts Center)

### Summer Sports Updates - Go Falcons!

**Cheer:** Our cheer squads attended camp on campus this summer. The team has been practicing during the summer months in preparation for the upcoming fall and winter seasons.

**Cross Country:** The cross country team has been working hard by participating in summer workouts and preparing for the upcoming season.

**Baseball:** In a six-week span during the summer, the CB baseball program was able to get a peek into the future. A team of incoming freshman baseball players came together and played against schools from Elk Grove. This is the 10th year the CB program has taken part in a summer league of this kind. It was a great opportunity to orient the Class of 2025 to CB and its traditions. The boys learned how we run practices, pre-game, and the way we play at CB. With a baseball program steeped in tradition and reputation, it was an amazing opportunity to introduce a new group of players to CB. The future definitely looks bright.

**Women's Basketball:** The women's basketball program had a great summer. All levels participated in a summer league and played in various local tournaments.

**Football:** This offseason has been very productive for the Christian Brothers football program. The varsity and JV teams were training in June and July for the upcoming season. After a successful summer in the weight room, the varsity Falcons are working hard to challenge for a CAL championship and return to post-season play.

The Christian Brothers Junior Falcons football and cheer program recently began its ninth season and will field four teams from ages 6-14 years old. We invite Christian Brothers families to get involved in the program and encourage young athletes to learn football fundamentals and brotherhood at an early age.

**Men's Basketball:** Student-athletes and coaches from the men's basketball program continued to embrace the process of working hard in the summer to improve individually and as a team. The varsity team participated in the long-running Hiram Johnson summer league and many other local high

school tournaments. Members of the program also assisted with the Christian Brothers boys' basketball summer camp.

**Softball:** Our softball team participated in weekly summer workouts to improve and enhance their individual skills as well as overall team play for the upcoming spring season. Coach Kira McKechnie '15 is working to develop the team throughout the year before the season kicks off next spring.

**Women's Volleyball:** As Coach James Todd enters his sixth year at CB, he is very optimistic about the 2021-2022 season. The team has been working out at open gym sessions all summer. With a cast of returning players, Coach Todd feels that the team will be able to compete at a high level this year. The sky is the limit for this team, and we are looking forward to the upcoming season.

## MEDIA, VISUAL, AND PERFORMING ARTS



Welcome back, Falcon Families! There's much to look forward to this year, and we are hopeful that we will once again be able to safely welcome audiences to live performances and art shows. Whatever comes, the talented artists of CB will keep you entertained and informed.

CB students have a breadth of opportunities both in the classroom and in extracurriculars to participate in the arts. Keep checking the *Falcon Family News* for the scoop on the arts at CB!

- If you are a star on the stage or want to make the shows possible through the tech crew, please contact [Ms. Heather Christianson '01](#) or [Mr. Michael Jackson](#).
- If you have the voice of an angel or want to have a great time singing in our student-led choirs, De La Femme and De La Dudes, be sure to message [Mr. Christian Bohm](#).
- If you want to wow the CB community with your performance skills in music, dance, poetry and more, contact [Mrs. Natalian Schorn '00](#) and join the Open Mic club.
- If you are a visual artist ready to display your work at the spring La Salle Art Exhibit, message [Mrs. Christine Kerr](#) for information.
- If you want to learn more about our award-winning student-run television station, [KBFT](#), contact [Mr. Brendan Hogan '95](#) for more information.
- If you want to showcase your interview and writing skills, check out our online student newspaper, [The Talon](#), and message [Mr. Dave Anderson '07](#).
- If you enjoy playing an instrument and would like to learn more about the instrumental program, please contact [Mr. Travis Maslen](#).
- If you are a parent looking to support our arts students by volunteering or get more involved with the arts community at CB, contact Friends of the Arts at [cbfota@gmail.com](mailto:cbfota@gmail.com).