

FALCON FAMILY NEWS

CB IS *THE PLACE TO BE* AN ARTIST

DEAR FAMILIES:

When I came to Christian Brothers High School as a student, the prevalence of arts programs at the school was something of a rarity. At a time when other schools were tightening their budgets and cutting the arts, Christian Brothers had committed to four-year programs in band, choir, and the visual arts. As educators who believe in supporting the whole child and creating a place in the school for each student to thrive, CB clearly recognized the value of art as a confidence-builder, stress reliever and a way to build community on campus. Now that I have returned as a teacher, I see that the arts serve another key purpose at Christian Brothers: they are a medium through which we live our Lasallian principles.

When I see the men's chorus making their rounds to sing "happy birthday" to our staff or hear an episode of "Talon Talk" highlighting teachers and campus clubs, I see our inclusive community at work. It is present at Open Mic nights when the club proudly proclaims that "our stage is your stage" and supportive audiences cheer seasoned performers and first timers alike. It is evident when watching the devoted students of KBFT who manage to cover a wide range of events and activities, from sports to performances to student achievements.

Walk through the Learning Commons or the faculty break room and you will find respect for all persons displayed in student artwork that explores their family heritage and revels in the diversity of our student body. In my theatre class, I see students strive to understand characters whose backgrounds, opinions and experiences are so different from their own; and when they write original work, they grapple with their lives and the wider world with tremendous thoughtfulness and compassion.

The beloved Bowl-a-Thon, which produces dozens of decorated bowls for the Empty Bowls event to combat local hunger, and trips with the band program to Shriner's Hospital and the Eskaton senior care and services facility, all reveal a deep commitment to our wider Sacramento community and to caring for those who have less. Our student artists use their gifts to

show support and appreciation, such as Hunter Rojas '20, who recently gifted a painting to his local firefighters in appreciation for their efforts in his neighborhood. At every opportunity, the arts faculty and parent support organizations, such as Friends of The Arts (FOTA), encourage our young artists to explore, give of their time and gifts, and make their voices heard.

I feel very fortunate to work in a discipline that I love, and to see it embraced, not only as a valuable course of study, but as a key component of the school's philosophy and identity. I hope that you will have the chance to experience the arts at Christian Brothers this spring, whether it be attending a performance, the La Salle Art Exhibit or checking out KBFT on YouTube. Our students are doing great things and you don't want to miss any of it.



Heather Christianson '01

*Technical Director, George Cunningham '40 Performing Arts Center
Performing Arts Teacher*

INSIDE THIS ISSUE

- Counseling
- Media, Visual and Performing Arts
- Campus Ministry
- Christian Service
- Student Activities
- Athletics
- 2020 Auction

COUNSELING

Pre-Registration for 2020–2021 Classes

Freshmen, sophomores and juniors will be working on pre-registration for the 2020-2021 school year with their counselors during February. **Online pre-registration will be open from February 24 to March 9, 2020 at 8:00 a.m.** This process allows Assistant Principal David Desmond '94 and the academic department chairs to begin building the master schedule with the appropriate number of course sections. Students should be looking ahead to their post-secondary plans when trying to decide which courses to take next year and beyond. The counselors encourage students to think about challenging themselves academically, but with courses that they can be successful in (C's or better). Teachers are also highly involved with the process of recommending the proper courses and levels for students to take. During this time, counselors will also be reviewing PSAT 8/9, Pre-ACT, and PSAT 11 results. We will discuss benchmarks and use the information for SAT and ACT preparation purposes. Look for the pre-registration materials students will bring home after counselor classroom visits and use the [Course Catalog](#) to determine course content and prerequisites.

Class of 2020 College News

Seniors are finishing college applications and are now in a "holding pattern," anxiously awaiting word on whether they are admitted into their desired colleges. If parents have any questions, they should contact college counselors, Ms. Melissa McClellan and Mrs. April Melarkey, or Mr. Armando Diaz '94, Class of 2020 grade-level counselor. **Seniors should turn in any college acceptances and/or scholarships to the counselors by the April 2 deadline** for the Senior Family Liturgy and Awards Ceremony, as well as for inclusion in the graduation program.

Class of 2021 College Information

Juniors have begun meeting individually with college counselors, Ms. McClellan and Mrs. Melarkey, to learn about what is involved in the college planning process. They are looking over their transcripts, talking about SAT and ACT tests, performing college searches, discussing summer programs, and asking any other questions they have. Juniors are also encouraged to update their resume on [Family Connection](#), enter potential colleges into "Colleges I'm Thinking About" and complete the "College Advising Questionnaire" survey and "Do What You Are" personality profile.

Sophomore Academic Planning Night

Students and parents of the Class of 2022 are invited to attend Sophomore Academic Planning Night on **Wednesday, February 19 from 6:00 to 8:00 p.m.** in the George Cunningham '40 Performing Arts Center. Pre-registration and early college planning are two topics that will be addressed.

MEDIA, VISUAL AND PERFORMING ARTS

The new year is off to a great start for the arts at CBI!

Theatre Arts

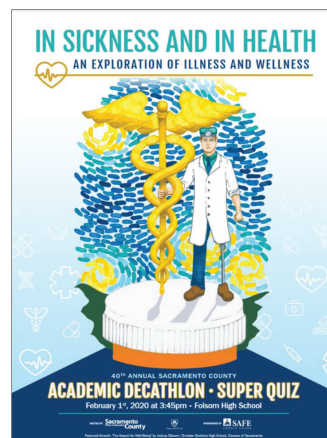
The theatre program is in full swing with **auditions for our spring production, "Twentieth Century," taking place on February 3 through 5 from 3:00 to 5:30 p.m. in the George Cunningham '40 Performing Arts Center.** This play is a hilarious screwball comedy that takes place on a cross-country train, so students – if you have comedy chops, come on out and audition!

Theatre will also be highlighting our students' talents at the **CB Theatre Showcase on Friday, February 7 at 7:00 p.m. in the George Cunningham '40 Performing Arts Center.** All performances that night, including **an original one act play, "Let Me Be," by Ash Smith '20,** are bound for the Lenaea High School Theatre Festival at Folsom Lake College that weekend.

Open Mic Night Auditions

Have you found the courage to audition for Open Mic? If so, student **auditions will be held February 19 through 20 after school in the choir room, room 802.** Get your friends, put an act together and come on out for your chance at stardom on the CB stage!

Visual Arts



A big congratulations to visual arts student, Joshua Elboom '22, whose artwork, "The Search for Well-being," was selected to represent the 2020 Sacramento County Academic Decathlon! His art will be featured on the posters, t-shirts, invitations and programs for the competition on Saturday, February 1 at Folsom High School where the CB Academic Decathlon team will be competing at.

Choir

Spring trips are in the air with choral students traveling to **Disneyland in March for workshops in recording.**

Media Arts

Media students will be heading off to the annual **Student Television Network (STN) convention in Washington D.C.** from March 10 through 15 where they will be competing with media students from around the country.

Get Involved!

Parents: Are you looking for ways to get involved? **Friends of the Arts (FOTA) will be meeting on Tuesday, February 11 at 6:30 p.m. in room 305.** Come hear about all the great ways to volunteer and support our student artists.



Reflections for February...

Are you "Fired Up?"



In preparation for Christian Brothers serving as this year's host for the annual Diocesan FIRED UP Confirmation Conference for youth, I offer you a reflection on the role of the Holy Spirit in everyday life. In one of his meditative writings, our founder, St. John Baptist de La Salle, says, "Earnestly ask Jesus Christ to make his Spirit come alive in you, since he has chosen you to do his work." (*Med 196.1*) That is an amazing reminder that the very presence of Christ lives within each of us through the power of the Holy Spirit. We have been called and chosen to share the "Good News" with others that they may see the fire of our faith burning within us. We are not called to respond out of duty or obligation, but out of the desire to say "yes" to this important mission and to offer our response with zeal and enthusiasm. The power of the Holy Spirit in our lives gives us the strength to stand up for what is right and just, to discern well and make sound decisions, to practice empathy and compassion for others, and to respect life in all forms. The Holy Spirit is our helper and guide. It is a gift that we are each given. We must decide for ourselves whether we will open this gift and put its power to work in our lives or allow it to lay idle, as if collecting dust on a shelf. On February 1 through 2, over 2,000 young people will gather at CB in anticipation of receiving the Sacrament of Confirmation this year and in celebration of the presence of the Holy Spirit in their lives. May our prayers grace the hearts of these young people. As we continue to pray with this year's school theme of "Vision," may the eyes of our hearts be opened to experience the power of the Holy Spirit moving in and through our daily lives.

Here is a simple prayer you can offer each day:

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth. Amen.

Blessings!

– Jen Yearwood, Director of Campus Ministry

Retreats

Registration for Junior Overnight and Senior Kairos retreats is complete! Thank you to all who registered early for our overnight retreats! If you missed the deadline, there may be a few spots open on the remaining retreats. Please contact Ms. Yearwood immediately at jyearwood@cbhs-sacramento.org to register for:

- **JUNIOR OVERNIGHT** March 2-3, 2020
- **SENIOR KAIROS** March 17-20, 2020



PEACE, LOVE & BUNCO

Wednesday, April 29, 6:30 to 8:30 p.m.

Family Bunco Night will be held on campus on Wednesday, April 29 from 6:30 to 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.**

SCHOOL SCHEDULE REMINDER

February Schedule – Unique start and dismissal times

- **Thursday, February 6** – 9:00 a.m. start; 2:25 p.m. dismissal (three-block day, Falcon Flex)
- **Thursday, February 13** – 9:00 a.m. start; 2:25 p.m. dismissal (three-block day, Falcon Flex)
- **Thursday, February 20** – 9:00 a.m. start; 2:25 p.m. dismissal (three-block day, Falcon Flex)
- **Wednesday, February 26** – 8:00 a.m. start; 2:50 p.m. dismissal (three-block day, Ash Wednesday Liturgy)
- **Thursday, February 27** – 8:00 a.m. start; 2:55 p.m. dismissal (four-block day)

Enter to Learn, Leave to Serve

VENAVER El Otro Lado, Tucson, AZ

Congratulations to the twelve students going to VENAVER El Otro Lado, Tucson, AZ for their upcoming service. El Otro Lado, which means "the other side," is a U.S./Mexico border immersion program hosted by San Miguel High School. This program provides Lasallian students with the opportunity to explore the border and learn about the many complexities of immigration. Please keep in prayer the following students and adults as they prepare and embark on a five-day immersion experience: **Aron Bernardino '21, Arjun Chauhan '21, Zitlalli Chavez '21, Ria Chhabra '21, Marissa Galvan '21, Desmond Greer '21, Clayton Ketcher '21, Margaret Melarkey '21, Zarahi Montoya '21 and Sophia Sidley '21.** Adults: Ms. Anna Fernandez and Mr. Bernie Eckel.

Lenten Almsgiving

The word Lent comes from Middle English and means "spring." Lent begins on Ash Wednesday and is a 40-day liturgical season of fasting, special prayer and almsgiving in preparation for Easter. During Lent, Christians are challenged to renew themselves through contemplative introspection and participate in the Sacrament of Reconciliation.

During the Lenten almsgiving season, the Christian Brothers community is invited to join in the following activities:

The Environmental Club's Fundraiser for the Fires in Australia

The Environmental Club will be selling stickers for \$2 at lunch at the LSLO from Monday, February 24 through Thursday, February 27. Proceeds will benefit the World Wildlife Fund to help with the fires in Australia. Participants will be granted a "jeans day" on Friday, February 28.

Lasallian Youth's Fundraiser for Central International Fellowship Church



Lasallian Youth
CHRISTIAN BROTHERS

Lasallian Youth will be selling their club t-shirts at all-school lunch on Thursdays during Lent for \$10. Proceeds will benefit Central International Fellowship Church, an Oak Park church recently damaged by an arson attack.

S.A.L.T.'s CB Coffee House

The CB Coffee House had a spring semester grand opening on Thursday, January 30 and will be **open weekly on Thursday late start days. Pre-ordering is now available for CB students, faculty and staff! [Click here to place your order.](#)**



Proceeds will be donated to our sister school, St. John Baptist de La Salle Catholic School, in Addis Ababa, Ethiopia.

If you wish to donate to the CB Coffee House or have any questions, please contact Ms. Grapé at ggrape@cbhs-sacramento.org.

VENAVER Los Angeles, CA

Thank you to the twelve students who went on VENAVER Los Angeles, CA, the immersion trip to Dolores Mission, for their service!



STAY CONNECTED!

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



WWW.FACEBOOK.COM/CBSACRAMENTO



Follow us on
Instagram

[@CBSACRAMENTO](https://www.instagram.com/CBSACRAMENTO)



Follow us on
twitter

[@CBHSSACRAMENTO](https://twitter.com/CBHSSACRAMENTO)

STUDENT ACTIVITIES

CB Winter Dance

The Senior Class Council presents the CB Winter Dance on **Friday, February 21**. This year's theme, "Flashback Friday," will have students reminiscing about when they were young! The casual dance will be held in the cafeteria from 7:00 to 10:00 p.m. Tickets cost \$10 per person and will be available online through the new Ticketing4Schools portal, which will be posted on the [CB Ticket Hub](#) when available, and at the Student Activities window during all lunches. Proceeds for the dance help support Senior Grad Night festivities. Come dance the night away one last time with our graduating class!

Guest Passes

Students are welcome to bring a guest from another school, though guests are not necessary. **Guest passes for the Winter Dance are now available in the LSLO, main office, the Schoology calendar, and on the [Student Activities web page](#) of the CB website.** Students who wish to bring a non-Catholic school guest to the Winter Dance will need to submit a guest pass to the Student Activities office no later than **Friday, February 14 by 4:00 p.m.** CB hosts may not purchase a guest ticket unless a guest pass has been submitted and approved. Don't forget to attach a picture of your guest's student ID!

Valentine's Day

Valentine's Day Spirit Day will be held on **Friday, February 14**. The modified dress code will be posted on the [Student Activities web page](#) of the CB website.



Valentine grams will be available for sale at the LSLO window during all lunches, Monday through Friday, February 3-7. Candy grams are \$1, cookie grams are \$2, and singing telegrams cost \$5. Show your "Lasallentine" some love! Parents

are also welcome to send their students, carpools, and favorites a gram to spread the love. Know your student's schedule to make a purchase. Contact [Mrs. Holmes](#) or [Ms. Roybal](#) if you are interested.



ASB Council Applications

Applications for candidates interested in running for ASB Council for the 2020-2021 school year will be available in the LSLO beginning Monday, February 10. An optional meeting will be held during Falcon Flex on **Thursday, February 6** for students interested in getting more information about ASB positions and an opportunity for a Q&A session with the current ASB Council. **The application deadline is Wednesday, February 26 at the mandatory lunchtime meeting during all-school lunch.**

Information for Class Council applications will be coming in March.

Freshmen Class Council Applications

Information for the Class of 2024 Freshmen Student Council is available on the [Incoming Freshmen web page](#) of the CB website. The application will open on Thursday, February 20. All incoming freshmen interested in Student Council must apply, send a letter of recommendation, and interview for positions. Any questions can be directed to [Ms. Roybal](#) in the Student Activities Office via email, or by phone at 916-733-3628.

Black History Month

The Black Student Union (BSU) is hosting its annual Block Party on Thursday, February 20 in the Ron Limeberger '53 Gym during all-school lunch. Join the club as they celebrate Black History Month with the community. There will also be a Spirit Day on this date. Check Schoology as the date gets closer for dress code information.

To continue with the celebration of Black History Month, **BSU is also hosting a Career Night on Thursday, February 20 in the Learning Commons at 6:00 p.m.** Students are encouraged to attend and hear local professionals and government officials from the community share their vocation stories and discuss how to better serve the communities in which we live.



Summer School & Summer Fun at CB! June 15 - July 24, 2020

Summer School registration is now open!
Learn more at: www.cbhs-sacramento.org/summer-program.



ATHLETICS

Upcoming Events

- **THURSDAY, FEBRUARY 6:** Letter of Intent Signing Day in the George Cunningham '40 Performing Arts Center at 8:00 a.m.
- **MONDAY, FEBRUARY 10:** Spring sports begin
- **TUESDAY, FEBRUARY 11:** Senior Night - Women's Soccer vs. Vista del Lago at 7:00 p.m.
- **TUESDAY, FEBRUARY 11:** Senior Night - Men's Basketball vs. Rio Americano at 7:00 p.m.
- **WEDNESDAY, FEBRUARY 12:** Senior Night - Women's Basketball vs. Del Campo at 7:00 p.m.
- **THURSDAY, FEBRUARY 13:** Senior Night - Men's Soccer vs. Del Campo at 7:00 p.m.
- **WEDNESDAY, FEBRUARY 19:** "Getting Noticed Getting In" in the George Cunningham '40 Performing Arts Center at 7:00 p.m.

Capital Athletic League Scholar-Athlete Award

Eligibility: Athletes who are members of a Capital Athletic League recognized varsity team are eligible for this award. Freshmen are not eligible as the athlete must have at least one year of grades, beginning with the ninth grade. Athletes must finish the season in good standing. They must have a cumulative 3.50 (or above) weighted grade point average as well as a current 3.50 (or above) weighted GPA. The cumulative GPA is based on cumulative grades of semesters from ninth grade onward. Athletes are awarded a scholar-athlete patch for each sport season for which they qualify.

The following athletes are being recognized as Capital Athletic League Scholar Athletes:

Men's Varsity Basketball: **Dylan Delucchi '21, Thomas Milton '21, Michael Moreno '21, Shakkai Nichols '20, Parker Spellacy '22, Shane Zapata '20**

Women's Varsity Basketball: **Janelle Chin '21, Sarah Jackson '21, Faith Mucheru '21, Laney Prichard '20, Julia White '22**

Men's Varsity Soccer: **Scott Cotter '20, Benjamin Delfino '21, Richard Dore '20, Nicholas Hanna '21, Clark Jacobson '20, Lars Jensen '20, Clayton Ketcher '21, Andre Martin Tabunda '22, Caleb Quinn '20, Colin Quinn '20, Jackson Ryan '20**

Women's Varsity Soccer: **Grace Cloete '22, Mariah Hudnut '20, Kathryn Maebori '20, Isabella Pond '21, Lexi Rakela '21, Lauren Towne '20**

PRESENTED BY
THE RAPTON FAMILY
MEL RAPTON HONDA

Golden State OF MIND

CHRISTIAN BROTHERS HIGH SCHOOL
AUCTION & DINNER

MARCH 14, 2020



5:30 p.m. Jack Witry Field House
Check In, Hosted Cocktails & Appetizers,
and Silent Auction

7:30 p.m. Ron Limeberger '53 Gymnasium
Live Auction, Dinner and Entertainment

Tickets & Table

Table of 10: \$1,100

Tickets on or before February 14, 2020: \$120

Per person after February 14, 2020: \$150

RSVP ONLINE

CBAUCTION.GIVEMART.COM

Donate

Items and cash donations are gratefully received before March 1. Please attend a Gift Gathering Party, drop off your gift in the front office or contact Joan Schubert for pick up at jschubert@cbhs-sacramento.org.

Volunteer

We need you! There are many jobs to help make our event a success. Attend our meeting on Tuesday, February 4, 2020 for more information or email jmcshane@cbhs-sacramento.org.

Auction Committee Meeting

Tuesday, February 4, 2020 from 5:30 p.m. to 7:00 p.m.
in Brother Bertram Hall living room

Contact the auction committee at 916-733-3643
All proceeds benefit the students and programs of
Christian Brothers High School.