

FALCON FAMILY NEWS

A MESSAGE FROM THE DIRECTOR OF ADMISSIONS & COMMUNICATIONS

DEAR FAMILIES:

For the past few years, my biggest concern prior to Open House was weather. Would it be raining or too windy to be outside? Would we need to move the event indoors and could our guests possibly experience the amazing CB community from the confines of the Jack Witry Field House? Looking back, the simplicity of those worries seems inconsequential when compared to the acute challenges of the COVID-19 pandemic.

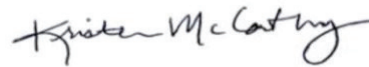
This year, with health and safety at the forefront, our parochial, private, and charter school visits have been virtual. We will be hosting our annual Open House online between 11:00 a.m. and 2:00 p.m. Sunday, October 4. To do so, we have created a virtual tour of the campus, recorded some important speeches and information pieces. We will also be hosting a number of live question and answer forums featuring students, parents, academic departments, counseling, and more. And, while nothing replaces the in-person experience of the Christian Brothers High School community, I am grateful to be a part of a school that truly is the gold standard in its response to teaching and connecting with one another during this challenging time.

I am in awe of our teachers who have worked so hard to restructure lessons and teaching methodologies to better reach students in a virtual learning environment. I continue to be impressed by our new administrators who have so mindfully created a HyFlex schedule and campus plan that allows us to seamlessly transition between distance and in-person learning while ensuring that our campus is as safe as possible for our community when students return. Our students have been incredible in harnessing their creativity to reimagine the ways in which we welcome new students, share lunchtime activities, host club meetings, organize Christian Service endeavors, and celebrate our faith.

This truly is a special place! And, while I long for the day that life returns to "normal," I am honored to serve a school community that has truly stepped up to meet challenges head on and do what is best for our students and families.

As we prepare for Open House on Sunday, October 4, I am not checking the weather forecast on an hourly basis but, I am praying that all of our links work and that our guests experience a bit of what makes CB so incredible. All of you, as CB parents and families, are vital partners in telling our story. We hope you will encourage your friends, neighbors,

and family members to attend. Prospective students and parents tell us that the positive stories shared with them by dedicated, enthusiastic CB parents, students and alumni have inspired them to consider CB as they evaluate their high school options. Thank you to all the teachers, staff, students, parents and families who help us to ensure that in its 145th year in Sacramento, Christian Brothers High School is still *the place to be*.



Kristen McCarthy

Director of Admissions and Communications

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One-on-One Counseling Meetings

As we roll into fall, the counselors are busy making appointments with your students to have one-on-one meetings via Teams. **We strive to make this happen by the end of the first semester each year, and with our new modified Monday schedule, students should expect to hear from a counselor soon about an appointment date and time.**

Please have students check their Schoology messages regularly and their Teams calendar for appointment information and links. Students and/or parents are welcome to reach out to the grade level, college, or the wellness counselor at any time before their scheduled appointment if they would like an earlier meeting or have a preference for a specific day or time.

Virtual Lunch Hangout!

The Counseling Department is happy to host the new Virtual Lunch Hangout for freshman students each Monday at 12:00 noon. This is a great way for freshmen to meet other new students and make friends and connections. The lunch hangout is in Teams and students just need to join the video to engage with other students. A counselor will also be on the chat in the background to monitor the conversation.

College Applications

Seniors are invited to our weekly before and after school college application workshops via Teams each Wednesday from 8:00 a.m. to 9:15 a.m. and 2:15 p.m. to 3:30 p.m. [Mrs. Melarkey](#) and [Ms. McClellan](#) are in the workshops to answer application specific questions, edit essays, and discuss transcript and letter of recommendation procedures.

Please visit the Class of 2021 Teams group for videos on requesting teacher letters of recommendation, completing FERPA, and transcript requests or counselor letters of recommendation request procedures. The College Counselors and [Mr. Riley-Portal](#) are happy to set up family Teams video calls to answer questions about college applications. Please email the counselor directly with your request.

Here are the links for the college application workshops:

- [Morning application workshop](#)
- [Afternoon application workshop](#)



2020-2021 Athletics Seasons

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)

Season One Athletes

Parents and guardians of Christian Brothers Season One athletes: **You are invited to a virtual meeting with the CB Athletic Directors on Wednesday, October 14, 2020 at 6:00 p.m.** Please [follow this link](#) to join the meeting.

Season Two Athletes

Parents and guardians of Christian Brothers Season Two Athletes: **You are invited to a virtual meeting with the CB Athletic Directors on Wednesday, January 6, 2021 at 6:00 p.m.** Please [follow this link](#) to join the meeting.

Congratulations!

For the 11th time, the Christian Brothers men's and women's soccer teams were awarded the Team Academic Award by The United Soccer Coaches Association for the 2019-2020 school year.

To receive this award, a team must earn a cumulative GPA of 3.25 or above for the entire school year. CB was the only school from California to receive this award for both teams.

Congratulations to our stellar student-athletes for excelling on and off the field!



Lasallian International Days of Peace

Through the 21st of this month, our Christian Brothers community is invited to join in the Lasallian International Days of Peace as we actively continue to pray for peace and justice in our families, homes, school, community and world!

Celebrate Life!

The month of October brings us many opportunities for prayer and reflection. In the Catholic Church, during the month of October, we celebrate Respect for Life and also the month of the Rosary. We call upon the intercession of the Blessed Mother for strength as we work to build a culture of life in our world today.



God of life and love, you created us in your image and sent your Son to bring us life.

Instill in us a respect for all life, from conception to natural death.

Empower us to work for justice for the poor and the oppressed.

Nourish us that we may bring food to the hungry.

Inspire us to cherish the fragile life of the unborn.

Strengthen us to bring comfort to the chronically ill.

Teach us to treat the aging with dignity and respect.

Strengthen us to respect ALL people and to live authentically and courageously bringing Your love into a world that desperately needs it.

Bring us one day into the glory of everlasting life.

We ask through Christ our Lord.

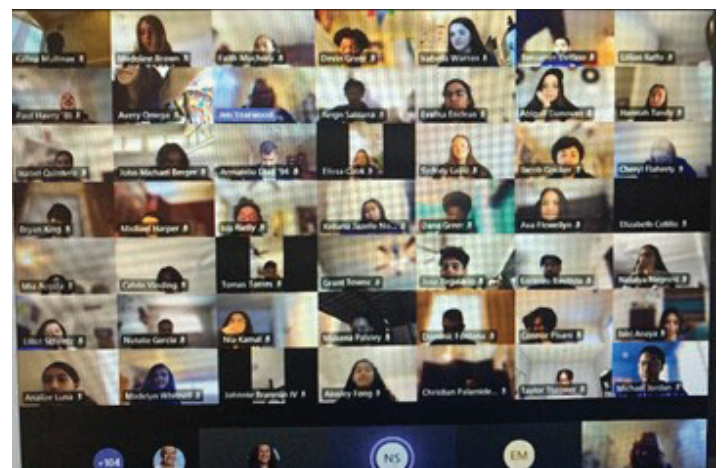
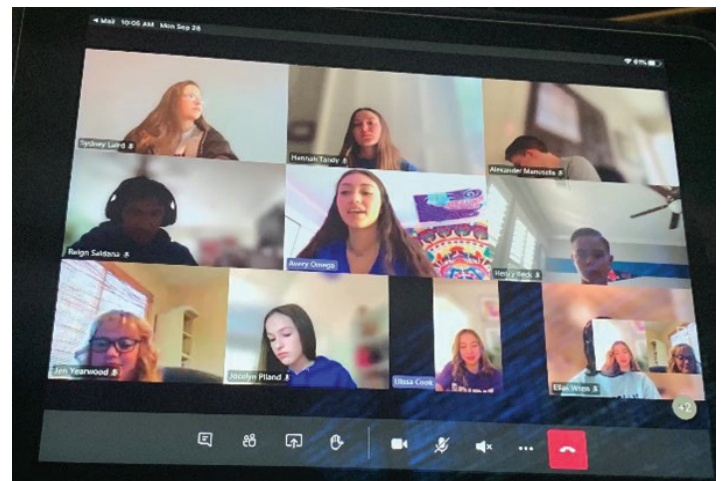
Amen.

Class of 2024 Freshmen Retreat...Virtually Awesome!

Approximately a third of our freshmen class participated in their virtual day of retreat on Monday, September 28.

Special thanks to the freshmen students in Mr. Hayes's and Mr. Hayes' classes, CB staff, and 12 of our Senior Retreat Leaders for coming together to share in this retreat experience. Frosh explored the theme of "Who Am I?" which included reflecting on one's personal and Lasallian identity. Retreatants also learned more about the partnership that CB has with the Sacramento Food Bank and Family Services, including opportunities to share their gifts in the service of others in our community!

While we wish we could have been gathered in person, it was a meaningful time spent together. **Remaining members of the Class of 2024 will attend their retreat on Monday, October 12 (Mrs. Spinelli's classes) and Monday, October 19 (Mr. Guro's and Mrs. Yearwood's classes).**



Enter to Learn, Leave to Serve Brown Bag Lunch Drop-Off Drive



What: CB families are invited to participate in a Donation Drop-off Drive to provide lunches for the homeless. The lunches will be donated to the Cathedral of the Blessed Sacrament's Brown Bag Lunch Ministry.

When: Saturday, October 3 between 9:00 a.m. to 12:00 p.m.

Where: On-campus in front of the school

How to get Involved: Prepare brown bag lunches that include:

- Tuna or chicken lunch packets, Vienna Sausage tins, or a single packet of Spam;
- fruit cups or applesauce;
- granola bars, peanut butter or cheese crackers, or chips; cookies;
- 16 oz. bottle of water;
- napkin and spoon/fork
- Optional: prayer card or note wishing the guest a nice day and blessings!

Important: Due to mandatory social distancing guidelines, the drop-off will be in front of the school only. All adult volunteers will be assigned in advance. Parents or students are not allowed on campus. Please do not drop off your donations before the scheduled day and time.

Sister School T-Shirt and Sticker Sales Update



As we settled into a most unusual academic year, the Social Action Leadership Team (S.A.L.T.) shared their passion for service through the school-wide t-shirt and stickers sales in response to the needs of our Sister-School. We have remained in close contact with other

Lasallian schools over the summer to assist with our sister school, St. John Baptist de La Salle, in Addis Ababa, Ethiopia. As you can imagine, COVID-19 has created a number of struggles – the inability to offer quality education to students, families struggling with unemployment and food, added financial troubles with school fees not being paid, health concerns that come with the reopening, and more.

Through it all, one message we have received from the Brothers at our sister-school has been clear: We are in this together. Your support through the recent Together-in-Faith t-shirt and sticker sales proved this to be so true. Your t-shirts and stickers purchases will allow us to send t-shirts and a portion of the sales to our sister school. And we couldn't do it without your generosity and support. THANK YOU! **Your items will be available for pickup on Saturday, October 3 between 9:00 a.m. to 12:00 p.m. (same time as the Brown Bag Lunch Drop-Off Drive).**

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



Are you interested in joining S.A.L.T. and being part of a team of students that fosters and promotes our mission to *Enter to Learn, Leave to Serve*?

Students are invited and welcome to discover the Christ-like values of Christian Service and to put these into practice. **To sign up for S.A.L.T. weekly service workshops on Tuesdays at 7:30 pm., please [click here](#).**

VENAVER **LIVE** Registration!

VENAVER registration and interviews will continue via Teams. This year, VENAVER immersion trips will be replaced with VENAVER LIVE, which you will be happy to hear will cut the excused days in half (less travel time – each immersion opportunity will take two to three full days). Students will engage in a live immersion experience accompanied by our agency partners and the service components of the immersion will be done with non-profit agencies in the Greater Sacramento Area.

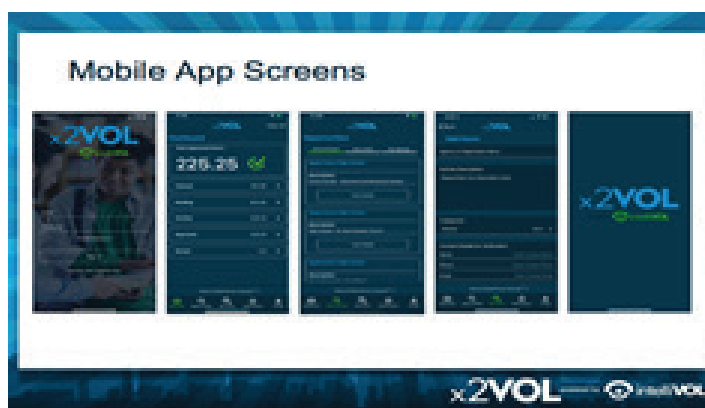
If you are a sophomore, junior or senior and you are interested in participating in VENAVER, please complete this [registration form](#).

Important Dates

- **Saturday, October 3:** Drop off Brown Bag Lunch, pick up purchases from Sister School T-Shirt and Sticker fundraiser
- **Tuesday, October 6:** S.A.L.T. Workshop - Create a bookmark for students at Oak Ridge Elementary
- **Tuesday, October 13:** S.A.L.T. Workshop - Give a bag, get a bag
- **Tuesday, October 20:** S.A.L.T. Workshop - Thanksgiving *Yes We Can!* Food Drive virtual preparation
- **Tuesday, October 27:** S.A.L.T. Workshop - Thanksgiving *Yes We Can!* Food Drive virtual preparation

Tracking Your Service Hours

Be sure to download the x2VOL free mobile app.





Self portrait by Jaren Benigno '21

Attend CB's virtual Open House on Sunday, October 4 and invite your friends and family to see why CB is *the place to be an artist!* We will have videos from each of our visual, media, and performing arts disciplines, as well as faculty present to chat live and answer all questions about the arts.

Media Arts

KBFT is already up and rolling. Check out www.youtube.com/kbft for updates on everything CB.

The Talon is hard at work with articles featuring our CB community members. Take a look at their first installment of the year at www.CBTalon.com.

Performing Arts

Theatre has begun rehearsals for our two suspenseful radio dramas, "Always Room at the Top" and "Sorry Wrong Number." Student techs are editing and revising sound effects, and the plays will be released on YouTube and as a podcast Fridays, November 13 and 20. Keep reading the *Falcon Family News* for links to these performances.



Artwork by Ella Geronimo '21

Open Mic Night

Open Mic is accepting video submissions for their first virtual show of the school year until 5:00 p.m. on Tuesday, October 6. Submissions should be sent to CBOpenMic@gmail.com. If you have any questions, please message [Mrs. Schorn](#). Tune in to [KBFT's YouTube channel](#) on Friday, October 16 at 7:00 p.m. for the live stream.

OPEN MIC

2ND VIRTUAL SHOW

Open Mic's 2nd Virtual Show is going live October 16th! And we're looking for students interested in performing on our stage!



This show's theme is Halloween! Put on your costumes and perform on our stage!

Submit your performances to CBOpenMic@gmail.com by October 6th

Message Mrs. Schorn on Schoology with any questions



Visual Arts

Visual Arts has been busy supporting and beautifying our virtual space. **Ella Geronimo '21** created the winning design for the cover art for our Radio Theatre productions. Congratulations Ella! And some of the first work from the Digital Art class can be seen at [this link](#).

STAY CONNECTED!

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



WWW.FACEBOOK.COM/CBSACRAMENTO



STUDENT ACTIVITIES

Clubs

Thank you to everyone who participated in our asynchronous Club Day 2020! More than 500 students made their club choices through Microsoft Forms, and more sent emails directly to the club moderators, presidents and officers to sign up.

Students are very excited to start their virtual activities and come together as a community. Please expect the clubs to send Schoology and Microsoft Teams invites to students who have signed up for their specific clubs. If you do not receive these invites, please follow-up with the Club Moderators and Officers mentioned in the linked club videos.

If you have any questions about your club, please contact [Ms. Grapé](#), [Mrs. Powers](#), or [Mr. Acosta](#).

Homecoming

The Student Council has started the planning and preparations for this year's Homecoming activities. We all know that this will look very different due to the pandemic, but the council is developing creative ideas and opportunities to capture the goal and spirit of Homecoming in the virtual setting.

Watch for official social media and Schoology posts on the theme, planned activities, virtual events, and ways that you can get involved. The Student Council is working diligently to continue providing these opportunities to all CB students as we navigate through the challenges of this unique time and make the most of our school year!

Class of 2021 Updates

Seniors had their first virtual trivia game night on Thursday, September 24. It was a fantastic evening and we had a great turnout! The top two teams won prizes to Dutch Bros. Coffee and Chipotle.

The comments heard most frequently from participants was "this is fun!" and "it was great to see people I hadn't seen in a long time."

Thank you to the Senior Council for organizing this special event!

Senior Class Motto

The Senior Class Motto for the 2021 school year is "Dawn after Dusk." This motto and picture will be represented on the senior shirts and sweatshirts, and eventually the Senior Wall. The artwork is by Senior Audrey Jeffers '21.

Upcoming Activities

Upcoming activities for the Class of 2021 include the following:

- Seniors will be placing orders for t-shirts and/or sweatshirts with the class motto, artwork, senior names and year.
- Seniors will be asked to participate in choosing a graduation announcement design for the class.
- Be on the lookout for more game nights!
- Be sure to look for announcements about a pumpkin carving contest and costume contest.

Join us for Virtual Open House!

Sunday, October 4, 2020 | 11 a.m. to 2 p.m.



Visit our website at www.cbhs-sacramento.org to register for this virtual event.

Prospective students and families are encouraged to join us for our virtual Open House on Sunday, October 4 from 11:00 a.m. to 2:00 p.m. and see firsthand why CB is *the place to be* for exceptional academic programs, the arts, athletics and more – all in a faith-filled, nurturing community.

In order to protect the health and safety of our school community and guests, this will be a virtual event.

Please register at <https://www.surveymonkey.com/r/CBOpenHouse2020> to ensure you receive important event details and admissions information.