

# FALCON FAMILY NEWS

## A MESSAGE FROM THE PRINCIPAL

*"Is your faith such as to enable you to touch the hearts of your students and inspire them with the Christian spirit? This is the greatest miracle you can perform, and one which God expects of you."* – St. John Baptist de La Salle

### DEAR FAMILIES:

On behalf of the Christian Brothers High School community, it is my pleasure to welcome you to the 2019-20 school year! As we embark on our 144th year of Lasallian Catholic education in Sacramento, we are grateful for the trust you have placed in us and ever mindful of our calling to touch the hearts and minds of our students while inspiring them in the spirit of Christ.

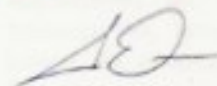
This summer, I had the privilege of attending my third year at the Buttimer Institute of Lasallian Studies at Manhattan College in New York City. This intensive three-year Lasallian formation and education program focuses on the life and work of St. John Baptist de La Salle and the origins of the Lasallian educational mission. Honoring our Lasallian values and traditions while embracing our roles as educational innovators is our sacred charge. It is an incredible honor to join with four CB colleagues and more than 100 talented, faith-filled educators from around the globe to further this phenomenal and transformative mission.

It has been a busy and thrilling summer preparing for the upcoming school year. Closer to home, faculty members have been teaching summer classes, and attending enrichment courses and training sessions designed to enhance the classroom experience for our students. Department heads and administrators have busily been charting courses and curriculum mapping to ensure that our students are prepared, across the board, to succeed in college and beyond.

I am pleased to share with you that Robyn Canga accepted the position of Assistant Principal and joined our community in July. Robyn comes to us with extensive experience in Lasallian Catholic education having served these past three years at St. Mary's College High School and nine years prior to that at De La Salle High School in Concord. We are also welcoming the following new faculty members and staff: Michaela Andrews (Math and Computer Science), Fabian Echevarria (Information Technology), Melissa Flowers (Assistant Athletic Director), Larry Morla '08 (Physical Education), Joan Schubert '00 (Advancement), Patrick Weeks (World Language and Media Arts), and John Wiley (Physical Education and Varsity Football Coach). Be sure to give them a warm welcome as you see these new faces around campus.

I know that I speak for all of us when I say that we are eager to begin what we know will be an exciting, faith-filled year of spiritual and educational growth. I hope you enjoy these last two weeks of summer vacation and look forward to welcoming our new and returning families on August 14.

Live Jesus in our hearts!



Chris Orr  
Principal

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### Reflections for a new school year...

In your summertime adventures the past couple of months, what did you see? Were there any sights that took your breath away? Did you gaze upon any majestic sunsets or witness any amazing wonders to behold? The ability to see the beauty of God's presence all around us is truly a gift. As we prepare to enter this new school year and enter into the year 2020, we focus our attention on our school theme that invites us to consider our vision. How is our eyesight? What might we need to see more clearly?

The words of our Founder, "In the light of faith, you see things differently," remind us of the unique lens of the Lasallian Catholic charism which we are blessed to see through. As we prepare to take steps along the great journey that lies before us, let us take time to look and really see.

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

### Retreats

The **Summer Kairos (K76)** was held at Zephyr Point in Lake Tahoe on May 28-31. Kairos 76 was a wonderful time of retreat, reflection and rejuvenation for all who attended. Thank you to our dedicated members from the Class of 2019 who came back and gave up time during their summer vacation to serve as student leaders: Lana Jan '19, Elias Vallejo '19, Hannah Gruber '19, Evan Recanzone '19, Cece Sidley '19, Berto Mujica '19, Alyce Munoz '19 and Allie Hock '19. These wonderful student leaders were joined by Mr. Dave Anderson '07, Mr. Christian Bohm, Mr. Tomas Capogreco '86, Ms. Anna Fernandez, Mrs. Erin Hanshew, Mr. Brendan Hogan '95, Ms. Jamie Ralph '12 and Mrs. Jen Yearwood.

On July 22-24, senior students spent two and a half days at the beautiful Zephyr Point Conference and Retreat Center in South Lake Tahoe. This group of awesome and amazing students are part of **SRLT (Senior Retreat Leadership Team)** for the 2019-2020 school year. This retreat provided the team with opportunities for bonding, faith sharing, discovering their gifts and developing the necessary skills for Christian retreat and youth leadership. We look forward to sharing this year with such a great team of student leaders!



### Retreat Registration

Registration for the **Senior Kairos retreats** will be done in a new way this school year. Senior families will receive a separate communication with information on this in the next few weeks. **The dates of the Kairos retreats are: September 24-27, November 5-8, January 14-17, and March 17-20.**

**Freshmen Retreat** is a mandatory retreat for the Class of 2023 that will be held at St. Anthony Parish in South Sacramento, split over two days, **September 5 and 6**, at 8:30 a.m.-2:30 p.m. **Students will be assigned only one of the days to attend the retreat.** Parents are responsible for drop off and pick up of students at the retreat location. This information, along with more specifics of the event, will be provided to parents on August 9.

### Prayer and Worship

**Opening Day of School Prayer:** Christian Brothers High School will kick off the new school year in a spirit of faith and community with a few moments of prayer beginning at 8:00 a.m. as we gather around the large cross on the main lawn. Parents are invited to the Welcome Back Coffee on **August 14**, and to join us for this short time of prayer.

**Feast of the Assumption:** All students must wear a CB polo and dress code pants for our first all-school liturgy on **Thursday, August 15**. Parents are welcome to join us for Mass in the Ron Limeberger '53 Gymnasium at 9:45 a.m.

**God Squad invites all to answer the call to serve:** We encourage all students who are willing to share their gifts with our CB community at our prayer services and liturgies this year. We are looking for student readers, altar servers, dancers and artists. Please contact Mrs. Yearwood **by August 9** if you would like to participate!

**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 must contact Mrs. Yearwood by August 5, and plan to attend the training on **Thursday, August 13 at 11:00 a.m., after the senior class meeting.**

**Praise and Worship Singers and Band Members wanted:** CB Campus Ministry is looking for help! We are seeking accomplished musicians (drums, guitar, etc.) and confident singers who may have some experience with leading praise and worship in their church communities. We also welcome any parents or alumni who may feel called to this ministry at Christian Brothers. If you are interested or would like to learn more, please contact Mrs. Jen Yearwood at (916) 733-5276 or email [jyearwood@cbhs-sacramento.org](mailto:jyearwood@cbhs-sacramento.org).

## Prayer for the Beginning of the School Year

Loving God,

Our creator, our savior and our companion, bless this journey of a new school year that we are about to begin. Refresh our souls and renew our spirits as we embrace the wonderful opportunities for learning and sharing that are ahead of us. We welcome those who are new to this community and ask that you strengthen them to share the wonderful gifts you have given them.

Lord, make our hearts pure as we return to school, and please guide our steps along the way. Open our eyes to see You more clearly in all that we do.

We ask this in Your name, Amen.

## CHRISTIAN SERVICE

### Enter to Learn, Leave to Serve

#### Welcome Freshmen Families!

For several years, Christian Brothers High School 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. However, in order to meet their needs, we rely on student donations. For the women and children who frequent the Wellspring Breakfast Center, breakfast may be the only hot meal they receive for the day.

This year we are asking incoming freshmen to please bring one or more of the following items to Lock-In: water-based pancake mix, syrup, or cash donation for eggs. When you arrive at Lock-In, look for the Wellspring donation table to drop off any of the items above. If you are donating cash, please enclose it in an envelope marked *Christian Brothers Wellspring*; if you enclose a check, please make it out to Christian Brothers High School with "Wellspring Breakfast Club Donation" in the memo field. For any questions, please email Ms. Grapé at [ggrape@cbhs-sacramento.org](mailto:ggrape@cbhs-sacramento.org). We appreciate your early support of our Christian Service work here at CB!

#### Wellspring All-School Drive

Welcome back CB! Wednesday, August 14 will kick-off our "All School Wellspring Women's Center Breakfast Donation Drive." **This year we are in need of water-based pancake mix and syrup. If you would like to make a cash donation or drop off a check for eggs, please see Ms. Grapé in the LSLO.** If you are donating cash, please enclose it in an envelope marked *Christian Brothers Wellspring*; if you enclose a check please make it out to Christian Brothers High School with "Wellspring Breakfast Club Donation" written in the memo field. Please drop off your Wellspring donations in the LSLO, room 106. If you are interested in joining the Wellspring Breakfast Club, please contact Mr. Iliff at [billiff@cbhs-sacramento.org](mailto:billiff@cbhs-sacramento.org) or sign up during Club Day on Thursday, August 29.



#### VENAVER Fall 2019

VENAVER interviews are ongoing on a first-come, first-serve basis. Please make sure you have completed the online application via Schoology, or [click here to register](#) now! The application deadline is **August 31**. For any questions about the application process, please contact Ms. Grapé in the LSLO.

#### Christian Service Corps Student Team

Sign up to join the Christian Service Corps Student Team! Be part of a team of students that fosters and promotes our mission of *Enter to Learn, Leave to Serve*. [Click here to sign up!](#)

#### Thank You!

Thank you to the 24 students and four adults for their service during the summer VENAVER immersion trips:

**Memphis, Tennessee:** Mariah Escobar '20, Eli Garcia '22, Owen Larson '20, Samantha Lingao '20, Sage Ness '20, Grace Paterson '20, Grace Ramirez '20, Priya Sharma '20, Elizabeth Shyer '20, Emily Sperring '20, Emelie Thomas '20, Emma Wood '20, and Mrs. Nancy and Mr. Kevin Smith-Fagan

**Denver, Colorado:** Alonzo Aguilio '20, Caroline Duncan '20, Katherine Gergen '20, Samantha Guerrero '20, Mierra Haroldson '20, Elizabeth Hinton '20, Kyle Krause '22, Tyler Luong '20, Brianna McCarley '20, Maggie Melarkey '21, Raquel Morris '20, Racine Strong '21, Ms. Amy Neff and Mr. O.J. Solander.



## Upcoming Events

### Lock-In

The Class of 2020 is excited to welcome the incoming freshman class at our **Class of 2023 Lock-In** celebration beginning Friday evening, August 9 and ending early Saturday morning, August 10. Lock-In is one of CB's most cherished traditions and a grand ol' time! All incoming freshmen are welcomed and encouraged to attend to meet other new students, receive their spirit shirts and get acquainted with the CB campus. Registration is \$10 and you can [sign up online](#) through the CB website.

#### A few reminders for Lock-In:

- Students **must** be registered on [FinalForms](#) prior to Lock-In in order to attend.
- Dress code: Students are allowed to wear denim pants, shorts or capris. Shorts must come to the top of the knee. A CB t-shirt or polo must be worn. Flip flops may be worn. *Note: CB is not responsible for lost items, such as sweatshirts.*
- Be sure to eat dinner before attending. Pizza will not be served until after midnight. Please be aware of special dietary restrictions. Contact Mrs. Rose Ann Holmes, student activities director, at [raholmes@cbhs-sacramento.org](mailto:raholmes@cbhs-sacramento.org), or Mrs. Darci Calista, athletic trainer, at [dcalista@cbhs-sacramento.org](mailto:dcalista@cbhs-sacramento.org) if you have any concerns.
- Bring your lock and books to put in your locker.
- Parking will be limited on campus due to construction. Carpooling is recommended.

### Spirit Shirts

Sophomores, juniors and seniors who need a **new spirit shirt** may purchase one for \$5 in the LSLO beginning Wednesday, August 14.

### Transfer Student Orientation

**Transfer Student Orientation** will be held on **Tuesday, August 13** from 12:30 p.m. to 3:00 p.m. Meet Student Activities Director Rose Ann Holmes in Room 105. Members of the ASB Council will be there to welcome our new transfer students.

### Picture Day

Smile! **Picture Day is Monday, August 19.**

#### To purchase pictures:

1. Go to: <http://www.campuscolorstudios.com/>
2. Click: *Order School Pictures*. Then click: *View Gallery for CHRISTIAN BROTHERS HIGH SCHOOL FALL 2019-2020.*
3. Enter your email address and select submit.
4. Select your package.

If you have any questions, call (916) 749-1026 or email [services@billsmithphoto.com](mailto:services@billsmithphoto.com)



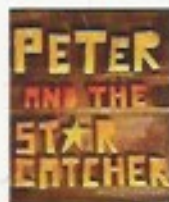
### We want YOU to be a part of the Arts!

If you're not taking an arts class, don't worry! There are still many opportunities to get involved in the arts. You can join student choirs, **De La Femme** or **De La Dudes**. Contact Choral Music Director [Mr. Christian Bohm](#) with any questions.



Perhaps you'd like to be a part of the **Open Mic Club** and put on shows to feature our student and staff talent! For more information, contact [Mrs. Natalia Schorn '00](#) or talk to club members during Club Day.

**Auditions** for our fall production, "**Peter and the Starcatcher**," are **September 3, 4, and 5** in the George Cunningham '40 Performing Arts Center after school at 3:00-5:30 p.m. Please prepare a song to sing on September 3 and plan to attend all three days. Questions? Message [Mr. Michael Jackson](#) or [Ms. Heather Christianson](#).



Make sure you see our student artists in action! [Click here for a full list of Arts events](#). Tickets will be available in the [Ticket Hub](#) on the CB website by September 3.

### Club Day

**Club Day** will be during all-school lunch on **Thursday, August 29**. With dozens of academic, social and service clubs, CB is the place to be for all interests! You can create your own club too!

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

- All athletes must have the **FinalForms** athletic medical clearance with a valid physical prior to any participation or tryouts for athletics. [Click here](#) to visit the FinalForms web page on the CB website.

- **Fall tryouts officially begin on Monday, August 5.**

To obtain other specific sport tryout times and practice information, contact each head coach directly.

### Upcoming Events

- **Monday, August 5 – Fall Sports Begin**

- **Wednesday, September 11 – New Parent Athletic Orientation** at 6:00 p.m. in the George Cunningham '40 Performing Arts Center

### Team Notes

**Cheer:** Our cheer squads attended cheer camp at Sacramento State and UC Santa Cruz this summer. We had a blast! The team worked hard and earned many awards.

**Baseball:** In a six-week span in the beginning of summer, the CB baseball program was able to get a peek into the future. A team of incoming freshmen baseball players played against other schools from Elk Grove. This is the ninth year the CB program has taken part in a summer league of this kind. It was a great opportunity to introduce the class of 2023 to CB and its traditions. The boys learned how we run practices, do game preparation and how 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, without a doubt, 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. The varsity team performed very well in the Laguna Creek High School League.

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

The Christian Brothers Junior Falcons football program recently began its eighth season and will field four teams from ages 6-14. Our high school players and coaches put on a three-day camp for the Junior Falcons in late July. Over 25 athletes volunteered to help train and coach these future Brothers players. 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 Florin Summer League and many local high school tournaments. In addition to a competitive summer schedule, the team continued to dedicate themselves in the weight room and on-court workout sessions four times a week throughout the summer. Members of the program also assisted with the Christian Brothers men's basketball summer camp during the first week of June.

**Women's Volleyball:** We are very optimistic for the 2019-2020 women's volleyball season. The team has been working out at open gym sessions all summer. With a cast of returners, we will be able to compete at a high level this year and be one of the scrappiest teams in the section. The sky is the limit for this team, and we are looking forward to the upcoming season.—Go Falcons!



**ICE CREAM SOCIAL**  
**NEW PARENT ORIENTATION**  
 FOLLOWED BY FRESHMAN LOCK-IN  
**FOR ALL NEW CBHS PARENTS AND INCOMING FRESHMEN!**  
 JOIN US ON **FRIDAY, AUGUST 9<sup>TH</sup>**  
**AT 6:00 PM ON THE MAIN LAWN**  
 CELEBRATE THE NEW SCHOOL YEAR, MEET NEW PARENTS, TEACHERS, AND STAFF.  
Note: Orientation for new transfer students is Tuesday, August 13 from 12:30-2:00 p.m. in Room 105.  
 WELCOME TO CB... THE PLACE TO BEL!

### SCHOOL SCHEDULE REMINDER

- **Thursday, August 15 – 7-period day** 8:00 a.m. start, 2:50 p.m. dismissal (All-School Liturgy)

- **Thursday, August 22 – 3-block day** 9:00 a.m. start, 2:25 p.m. dismissal (Back to School Night)

- **Thursday, August 29 – 3-block day** 9:00 a.m. start, 2:25 p.m. dismissal (Falcon Flex)