

FALCON FAMILY NEWS

A MESSAGE FROM THE PRINCIPAL

"Fulfill your ministry with all the affection of your heart." -St. John Baptist de La Salle

DEAR CB FAMILIES:

Hello and welcome to the 2017-18 school year. My name is Chris Orr and I am honored to introduce myself as Principal of Christian Brothers High School. Joining this phenomenal community in this role allows me to combine my educational vocation, Catholic faith and passion for CB. My commitment and personal ties to the school run deep as my wife, Tashia '90, son, Nico '17, brother, Mark '94, and sister, Tia '95 are graduates. My son, Solomon '20, is a rising sophomore. As such, I know firsthand the many blessings unique to a Lasallian Catholic education. This is absolutely the culmination of my personal and professional aspirations.

As we prepare for our 142nd year of Lasallian Catholic education, I am grateful that we are thriving more than a century after the Christian Brothers opened the doors of Sacramento's longest continually operating high school. Enrollment is strong and growing. Our mission then, as it remains now, is to touch the hearts and minds of the students entrusted to our care. Rooted deeply in this sacred ministry is a commitment to educational innovation while caring for the whole child.

Many of our faculty members have been teaching courses on campus this summer. Others have engaged in professional learning opportunities in multiple cities across the nation. Fall sports have used the warm summer months to get ready for the season and our facility team has worked tirelessly to prepare the campus for the arrival of students this month. Needless to say, we are incredibly excited and ready to kick off the 2017-18 school year!

In addition to me, there are a few others joining the CB faculty. I am pleased to share with you that Michelle Williams accepted the position of Assistant Principal and

joined our community in mid-July. Michelle comes to us with a master's degree in education from Stanford University, extensive experience as a teacher, curriculum lead, coach and administrator. We are also welcoming the following new faculty members and staff: Tyler Almond (varsity football coach and PE Department), April Melarkey (assistant college counselor), Kristen Vathis (Math Department) and Ellen Willow (English and Social Studies Departments).

I look forward to meeting all of you personally and building on this great tradition of Lasallian Catholic education. Thank you for entrusting us with the gift of partnering with you in preparing our young women and men for success in college and life. As a parent and as Principal, I am committed to fulfilling this ministry with *all the affection of my heart.*

Live Jesus in our hearts,



Chris Orr
Principal

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Welcome to the 2017-18 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 shortly after school begins. Additionally, each student will 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 a request by phone or through e-mail.

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. John Riley-Portal](#) is the counselor for the freshmen (Class of 2021). [Mr. Armando Diaz '94](#) is the sophomore class counselor (Class of 2020). [Mr. Kirk Purdy](#) is the counselor for the juniors (Class of 2019) and [Ms. Blaire Moskat](#) is the senior class counselor (Class of 2018). [Ms. Emily McDougall](#) serves as the school's Wellness Counselor, facilitating prevention presentations and providing long-term counseling across all grade levels. [Ms. April Melarkey](#) has been hired as a half-time Assistant College Counselor to help out Director of College Counseling, [Melissa McClellan](#). In addition, Ms. McClellan is the Counseling Department Coordinator, and Mr. Diaz is the Co-Director of the Foundational College Prep program (FCP). [Ms. Margaret Buggy](#), Co-Director of the FCP program, is also the Coordinator of Academic Student Support and will work closely with the counselors to monitor students' progress. [Ms. Cynthia Grajeda](#) is the Administrative Assistant to the Counseling Department and is a valuable member of our team. PLEASE LET US KNOW IF WE CAN ASSIST YOU IN ANY WAY!

Naviance/ Family Connection

The Counseling Department encourages all students and parents to utilize the many facets of Family Connection, our web-based tool for personal, career and college planning! You may click on the link under the "Parents" tab to find [Family Connection](#) on the [CB website](#). Right now is a great time for students to update their resumes, explore careers and colleges, research scholarships and finish any activities recommended by their counselor. If you have forgotten your username (which is your e-mail address) or your password (one you have chosen on your own), please contact your grade-level counselor or [Ms. Cynthia Grajeda](#) in the CB Counseling Center, located in Br. Bertram Hall.

Welcome

Upcoming First Semester Counseling Events

Monday, August 28- Coffee with the College Counselor for Senior Parents from 7:30 a.m. to 8:30 a.m. in the Br. Bertram Hall Living Room.

Saturday, September 2- SAT Preparation Class for seniors begins (in preparation for the October 7 SAT Exam). Four Saturdays: 9/2, 9/16, 9/23, and 9/30 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 Sept. 9, the day of the ACT test and the Holy Bowl).

Wednesday, September 6- College Night for Seniors and Their Parents from 6:00 p.m. to 8:00 p.m. in the George Cunningham '40 Performing Arts Center.

Monday, September 11- Jesuit Excellence Tour College Fair; Representatives from many Jesuit colleges will be at Jesuit HS from 7:00 p.m. to 9:00 p.m. to speak with students and parents.

Tuesday, September 12- Frosh Parents Intro to Counseling Night & Athletics Orientation from 6:00 p.m. to 8:00 p.m. in the George Cunningham '40 Performing Arts Center (Parents Only).

Monday, September 18- Private/Parochial College Fair; Representatives from over 100 colleges will be in the Ron Limeberger '53 Gymnasium and Jack Witry Fieldhouse from 6:30 p.m. to 8:30 p.m. to meet with students and parents.

Thursday, September 21- College Application Workshops before school and at Falcon Flex.

Thursday, September 28- College Application Workshops before school and at Falcon Flex.

Wednesday, October 4- Financial Aid Night for seniors and their parents from 6:00 p.m. to 8:00 p.m. in the George Cunningham '40 Performing Arts Center.

Thursday, October 5- College Application Workshops before school and at Falcon Flex.

Saturday, October 7- SAT @ CB from 8:00 a.m. to 1:00 p.m. in the STEM classrooms.

Wednesday, October 11- TESTING DAY: PSAT 8/9 for freshmen, PreACT for sophomores and PSAT/NMSQT for juniors. 9:00 a.m. start and no school for seniors.

Thursday, October 12- College Application Workshops before school and at Falcon Flex.

Saturday October 14- ACT Preparation Class for seniors begins in preparation for the October 28 ACT Exam. Two Saturdays: 10/14 and 10/21 from 9:00 a.m. to 1:00 p.m. Registration forms will be available in the counseling center.

Saturday, October 28- ACT @ CB from 8:00 a.m. to 1:00 p.m. in the STEM classrooms.

Thursday, November 2, 9 & 16- College Application Workshops before school and at Falcon Flex.

Monday, November 20- Coffee with the College Counselor for Junior Parents from 7:30 a.m. to 8:30 a.m. in the Br. Bertram Hall Living Room.

CAMPUS MINISTRY

Building the Bridge as we Walk on it!

For this new school year our Campus Ministry team has chosen the theme "Building the bridge as we walk on it!" As Lasallians, we are called to be bridge builders at CB and well beyond. The firm foundation of the bridges we are building is rooted in our Lasallian core principles: Faith in the Presence of God, Respect for All, Quality Education, Service to the Poor, and Inclusive Community. Without a strong sense of faith and the core principles of our mission to guide and ground us, any bridge we build will waver. Our founder, St. John Baptist de La Salle, speaks of how one commitment led to another, and still another. Taking small steps in faith lets us follow in our founder's footsteps and build bridges that will last a lifetime. I am looking forward to a wonderful year of building bridges together!



- Jen Yearwood, Director of Campus Ministry

Prayer for the Beginning of the School Year

Loving God, Our creator, our savior, 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 our school, and please guide our steps along the way. We ask this in Your name, Amen.

Prayer & Worship

The **First Day of School Prayer Service** will kick off the school year in a spirit of faith and community on Wednesday, August 16. This prayer service will take place at 9:30 a.m. on the main lawn. Parents are welcome to join us for the prayer service.

Retreats

Spaces are filling up fast for **Senior Kairos Retreats**, so please take time to register today! You will find registration info on the [Campus Ministry webpage](#).

Praise & Worship Singers and Band Members Wanted for School liturgies and prayer services

We are looking for accomplished musicians (drums, guitar, piano) and confident singers who have some experience with leading praise and worship in their 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 about helping, please contact Ms. Jen Yearwood at (916) 733-5276 or jyearwood@cbhs-sacramento.org.

Mark Your Calendars!

The mandatory **Frosh Retreat** will be held at the Scottish Rite Center on Friday, September 15, from 8:30 a.m. to 2:30 p.m. **Parents are responsible for drop off/pick up of students at the retreat location; students should not be brought to CB on September 15.**

2021

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 all incoming freshmen to please bring one or more of the following items to Lock-In: water-based pancake mix, syrup, foil, or cash donations for eggs.

When you arrive at Lock-In please look for the Wellspring donation table. There you may drop off the above items. If you are donating cash, please enclose it in an envelope marked *Christian Brothers Wellspring* and if you are enclosing a check please make it out to *Christian Brothers High School* with *Wellspring Breakfast Club Donation* written in the memo field. For further questions, please email Ms. Lystrup at jlystrup@cbhs-sacramento.org. We appreciate your early support of our Christian Service work here at CB!

Peace, Jennifer Lystrup, Christian Service Director

Ven-A-Ver Fall 2017

Hey Juniors! Venaver interviews begin the second week of September. Please make sure you have filled out the online application via Schoology. The application deadline is August 31. For any questions on linking to Schoology Venaver, please contact Ms. Williams in the Learning Commons. For any questions about the application process, please contact Ms. Lystrup in the LSLO.

Wellspring All-School Drive

Welcome back CB! Wednesday, August 16 will kick off our all-school Wellspring Women's Center breakfast donation drive. **This year we are in need of water based pancake mix, syrup, and foil. If you would like to make a cash donation for eggs or drop off a check please see Ms. Lystrup in the LSLO.** If you are donating cash please enclose it in an envelope marked *Christian Brothers Wellspring* and if you are enclosing a check please make sure it is made out to *Christian Brothers High School* with *Wellspring Breakfast Club Donation* written in the memo field. Please drop off all 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 or sign up during Club Day on



STUDENT ACTIVITIES

Ready? Set? Go!

Student Council is ready to start the year and welcome all our students back with plenty of activities. Visit the [CB website](#), check out the [daily bulletin](#) and listen during KBFT and daily announcements so you don't miss out!

Lock-In 2017: August 11-12, 2017

This is the night the members of the Class of 2021 are officially welcomed to our school with an all-night party! Student Council is excited to get to know the freshmen and introduce them to their first CB dance and first rally, and many more wonderful activities and food.

Picture Day 2017- August 17, 2017

Picture Day 2017 will take place on the second day of school. School photos may be [ordered online](#) or in-person by [printing and completing an order form](#).

CB Open Dance- August 25, 2017

The first Open Dance for freshmen and sophomores from all four Catholic high schools will be held on the Mary Lawn from 7:30 p.m. to 10:30 p.m. Tickets (\$10 each) will go on sale at the Student Council window on Monday, August 21.

Club Day- August 31, 2017

Club Day is early this year so keep your head up and tune in. Clubs provide a break from long hours of homework and encourage new friendships. Sign-ups for clubs will be at all-school lunch on the Main Lawn. To start your own club, please see Ms. Vanenberg or Ms. Holmes.

MARK YOUR CALENDARS FOR OTHER UPCOMING EVENTS!

Holy Bowl Spirit Day and Rally – Friday, September 8

Wear Blue, Think Blue, Be Blue! More information will follow in the daily bulletin regarding dress code and rally times.

Holy Bowl – Saturday, September 9

Wear Blue, Think Blue, Be Blue - and come out to the games at Hughes Stadium. Please be sure to visit the Parking Lot Party from 1:00 p.m. to 6:00 p.m. by the Hughes Stadium entrance. More information on game times and Parking Lot Party to follow.

Frosh Family Liturgy – Sunday, September 17

It is important that each journey at CB begins with fellowship and prayer. We begin our Family Liturgies with the freshman class. Please join us in the George Cunningham '40 Performing Arts Center. A continental breakfast will be offered in the Cafeteria immediately following.

Blue Out Day and Holy Court Volleyball – Friday, October 6

Homecoming Festivities- October 16 – 21

Homecoming Rally and Football Game- Friday, October 20

Homecoming Dance- Saturday, October 21

Halloween Spirit Day- Tuesday, October 31

VOLUNTEER and help make CB the place to be!

Our partnership with parent volunteers is one of the many things that makes the Christian Brothers community *the place to be!* To volunteer at CB, a fingerprint clearance and evidence of a negative TB test are required. A list of some of our volunteer opportunities and organizations that welcome volunteers can be [found on our website](#). Just select events you are interested in, complete the information requested, click 'submit' and you will be directed to the necessary paperwork to become a CB volunteer. Thank you for your support!

SCHOOL SCHEDULE REMINDER

Be sure to keep track of Thursday start times and school closure days in August!

- Wednesday, August 16- First Day of School (8:00 a.m. start)
- Thursday, August 24- 9:00 a.m. Start
- Thursday, August 31- 9:00 a.m. Start



Enroll Now

REMINDER: THE DEADLINE TO REGISTER FOR APPRYSE FOR ALL STUDENTS IS TUESDAY, AUGUST 1

SAT PREP CLASSES

Christian Brothers is once again offering a four-week SAT exam preparation course for the **Class of 2018 students**. The class will be taught by our own English and Mathematics teachers and will be held on four Saturdays beginning September 2. The class starts at 9:00 a.m. and ends at 1:00 p.m. The cost of the course is \$200 and soon you may print the registration form from the school website. This course will conclude shortly before the October 7 SAT. Students must register for the exam by going to the CollegeBoard website at www.collegeboard.com.

A similar course will be taught for the **juniors (Class of 2019)** and will conclude shortly before the March 10 sitting of the SAT. More specific information will be forthcoming. For more information, please contact Cynthia Grajeda at 733-3680 (cgrajeda@cbhs-sacramento.org) or Melissa McClellan at 733-3679 (mmccllellan@cbhs-sacramento.org).

[CLICK HERE TO LEARN MORE ABOUT VOLUNTARY STUDENT ACCIDENT INSURANCE](#)

MEDIA VISUAL AND PERFORMING ARTS

The Many Ways To Be An Artist At CB

Do you know all the ways to participate in the arts at Christian Brothers? If you've looked through the course catalog, you probably know about the classes in Choir, Instrumentals, Journalism, Visual Arts, Theatre Arts, and Media. But there are plenty of other ways to get involved, even if your class schedule is jammed. Here are just a few:

- **Open Mic**- The Open Mic club meets at all-school lunches in room 302. The club is always looking for performers, planners, and technicians to put on their quarterly shows. If you're interested, contact Ms. Schorn '00 at nschorn@cbhs-sacramento.org.
- **Student choirs**- De La Femme (women) and De La Dudes (men) are some of the most fun groups on campus. The student members choose, rehearse, and even choreograph their own numbers to be performed at choral concerts. If you'd like to get in tune with our student singers, contact Mr. Lien at alien@cbhs-sacramento.org.
- **CB One Acts**- If you're the literary type, you might be interested to know that Christian Brothers produces original One Act plays written by students. These short plays run about thirty minutes each and three are chosen for production every year. Submissions are made in October, so now is the time to start writing. Questions? Contact Mr. Jackson (mjackson@cbhs-sacramento.org) or Ms. Christianson '01 (hchristianson@cbhs-sacramento.org).
- **For The Parents**- If you're an arts parent looking to get involved at Christian Brothers, come to a Friends of the Arts meeting! Friends Of The Arts (FOTA) is a parent organization that supports art at CB and is always looking for volunteers. Meetings are usually held the first Thursday of the month at 6:30 p.m. in room 305. Contact FOTA at cbfota@gmail.com or [check out our blog post on ways to get involved in the arts.](#)
- **Attend an Arts Event!**- Arts events are great ways to connect with the Christian Brothers community and see what your fellow Falcons can create. [A complete list of events and links to ticket pages can be found here.](#)

New In The Arts

Ticket Hub: This link, found at the top right-hand corner of the CB website, is the place to find tickets to every performance at Christian Brothers. Ticket pages for all choral, instrumental, and theatre performances will be listed on the hub and available for purchase in the first weeks of the school year. This is also the place to go for student tickets to dances, athletic season passes, and even Kairos retreats. Take a look, and we'll see you at the show!

Arts Blog: In an effort to spread the word about all of the great work done by our arts community, CB now has an Arts Blog. The blog will feature posts on upcoming events, student accomplishments, updates on our Arts Alumni, and even behind-the-scenes looks at art in action on the CB campus. [Follow the link or click on "Student Life" then "The Arts" then "Arts Blog" to access the site.](#)

ATHLETICS

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

- **All athletes must have the Appryse athletic medical clearance** with a valid physical prior to any participation or tryouts for athletic teams. [Click here to enroll in Appryse today!](#)
- Fall sport tryouts officially begin on **Monday, August 7**. To obtain specific tryout or practice information contact the head coach directly. Contact information for head coaches may be found in the Head Coach Directory on the [CB Athletics website](#).

Upcoming Events

Monday, August 7- Fall Sports Begin

Tuesday, August 22 @ 3:00 p.m. - Blue and Red Celebration and Picture Day for Fall Sports Athletes

Tuesday, September 12 @ 6:00pm- New Parent Athletics Orientation in the George Cunningham '40 Performing Arts Center.

Looking for CB Game-Day Swag and Apparel? [Check out the online CB Athletic Apparel store for the coolest gear in town!](#) Orders must be placed online by **Sunday, August 13**. Items will ship on **Friday, September 8**. *These items are uniform-approved!*



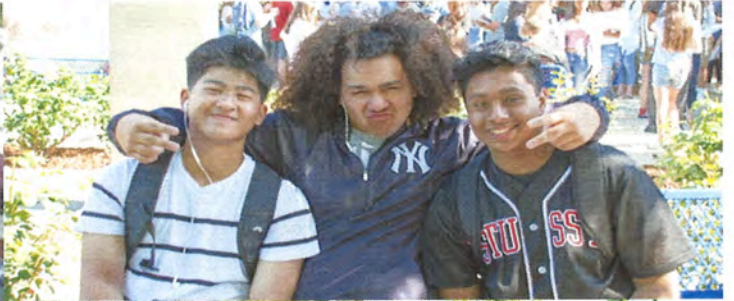
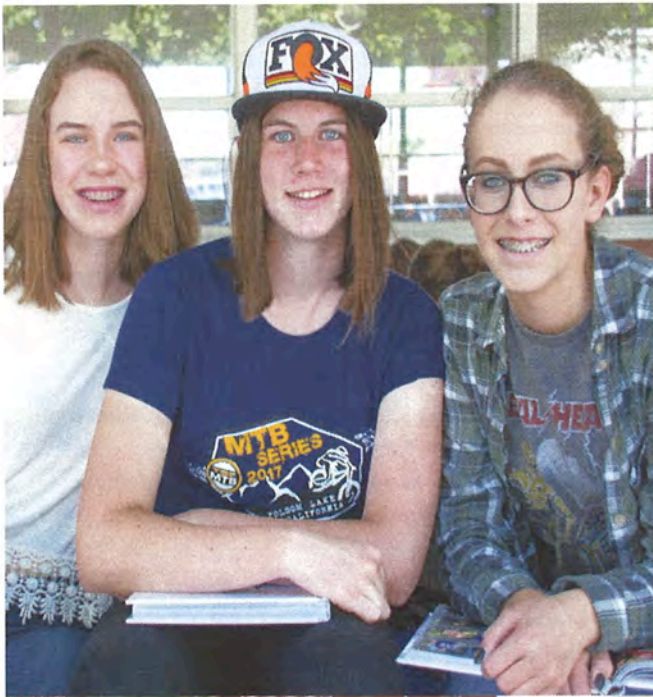
For more information on the events in August please follow the daily bulletin and [check the online school calendar.](#)

CB Auction 2018! You are Invited to the Auction Kick Off Meeting on Tuesday, September 5, 2017 at 5:30 p.m. with a Social at 6:00 p.m.

- Hear from Committee Chairs and learn how you can help!
- Work and Play with the Auction Team! • We are fun! We make things happen because of you! • More parents make each job lighter (You can start small – or go big!)

Questions? Ask Joanne McShane at 916-733-3643 or jmcshane@cbhs-sacramento.org.

FALCON FAMILY FACES



FALCON FAMILY NEWS

A MESSAGE FROM THE DEANS OF STUDENTS

DEAR CB FAMILIES:

In the [2017-18 Parent-Student Handbook](#), the Student Honor Code states:

"Christian Brothers High School students demonstrate reverence to God, respect the dignity of others, and willingly accept full responsibility for their actions as members of our Catholic, Lasallian community." (pg. 23)

This honor code is the guiding principle and expectation for CB student behavior everywhere, on and off campus, at all times. The honor code includes several bullet points that state more specific expectations. One particular point that has become the hallmark of our CB school community is that, "students treat the entire school community with kindness, courtesy, and a helping hand." We expect that everyone, students and staff alike, start from a place of kindness and respect with each person we encounter. As Deans of Students, we talk with students about poor choices and making corrections. We always return to the expectation of our honor code and encourage students to make their best contribution to our school community.

The Parent-Student Handbook also includes basic expectations for following school rules, as well as guidelines for being successful at school every day. To encourage your student's greatest success, please pay attention to these specific items:

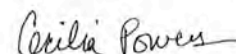
- **Be on time to class!** Each student may be late to class two times each semester for an unexcused reason without consequence. For every third and subsequent tardy, the student is required to serve a 30-minute after school detention. Students reaching 10 tardies in a semester serve a three hour Saturday detention. Important things happen in classes as soon as the bell rings; we expect students to be on time and ready to learn.


- **Be in dress code!** All the specifics of dress code can be found on pages 20-22 of the Handbook. Please remember that CB shirts must always be worn. Pants must fit properly around the waist, and have pockets and seams down the leg. Shorts must be longer than mid-thigh. Shoes must completely enclose the foot. Students may NOT wear blue or black denim jeans, sweats, leggings, yoga pants, flannel shirts, sandals, hats and many other items listed on page 21.

- **Be a good digital citizen!** Phones and iPads have their place on campus when used respectfully and at the right times. Encourage students to make smart and positive choices with social media accounts, as well as when texting and using their cameras. Please be familiar with the Social Media Policy and the Harassment Policy on pages 25-28 of the Handbook.

It is a pleasure to be part of the CB community every day and guide students in their journey to maturity. We value our partnership with parents and guardians and look forward to working with you this school year!

Live Jesus in Our Hearts,


Cecilia Powers
Dean of Students


Michael McCarthy '80
Dean of Students

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COUNSELING AND GUIDANCE

Welcome to Christian Brothers, all new and returning families! Counselors are busy helping students plan strategies for academic success and distributing a substantial amount of college planning information. Each grade-level counselor is scheduling individual and/or small group conferences with his/her students, so all students will be seen by their counselor this semester.

FRESHMEN

Mr. John Riley-Portal (Class of 2021 Counselor) will be having all freshmen complete the "Learning Styles Inventory" on [Naviance/Family Connection](#) by mid-September. The freshmen will then be able to access this very important website for college and career planning and personal awareness. Mr. Riley-Portal will also be handing out a packet of helpful information to the frosh regarding how to be successful at CB and how to utilize their counselors. This will take place during their pre-scheduled small-group conference sessions. On Tuesday, September 12, at 6:00 p.m. in the George Cunningham '40 Performing Arts Center the counselors will be hosting all freshmen parents for "**Making the Most of High School.**" We will give parents a preview of what to expect from the Counseling Department over the next four years and we will discuss important issues concerning academic, personal and college counseling.

SOPHOMORES

Mr. Armando Diaz (Class of 2020 Counselor) will have the sophomores complete "Do What You Are," a personality profile/career interest survey on [Family Connection](#). He will also be handing out the Student Guide to the Pre-ACT for the October 11 test. It will include sample questions and a practice test that gives students a preview of the full-length exam.

JUNIORS

Mr. Kirk Purdy (Class of 2019 counselor) will be visiting junior English classes along with our college counselors, Ms. Melissa McClellan and Mrs. April Melarkey, to discuss college planning. Juniors will have many tasks to do on [Family Connection](#) this year including the "Career Interest Inventory." They will be receiving their Official Guide to the PSAT/NMSQT so they can prepare for the October 11 test.

SENIORS

Mrs. Moskat (Class of 2018 Counselor), Ms. Melissa McClellan, and Mrs. April Melarkey have already started visiting the senior English classes to give out very specific information on how the counselors will assist them in the college application process. The department will be hosting "**College Night for Seniors and Parents**" on Wednesday, September 6, at 6:00 pm in the George Cunningham '40 Performing Arts Center to present important and timely college information to seniors and their parents.

Other Reminders

Monitor these early weeks of school and make certain your son or daughter attends to the following tasks:

- **Juniors and seniors** should consider **scheduling visits** to the colleges they haven't yet seen. Students are allowed two excused days to visit colleges, but must complete the proper paperwork in advance. Seniors will soon be refining their list of "target," "reach," and "safety" colleges and initiating the application process.
- Make sure your student **listens to and reads the daily announcements, watches KBFT, and checks the CB website** to hear about college events presented by specific colleges/universities and the dates and times for our **college application workshops**. Remind them to sign up on **Family Connection** for any of the many college rep visits that will be held on our campus and to **attend the Private and Parochial College Fair at CB on Monday, September 18, from 6:30 p.m. to 8:30 p.m.** Jesuit will also be hosting a smaller college fair with only Jesuit colleges on **Thursday, September 21, from 7:00 p.m. to 9:00 p.m.**

Test Prep for SAT and ACT:

- [See fliers on the Counseling page on the CB website.](#)
- [Refer to the Counseling page on the CB website for SAT and ACT registration and test dates.](#)

HAVE A GREAT YEAR AND LET US KNOW HOW WE CAN BE OF SERVICE TO YOU!



CAMPUS MINISTRY

Welcome to the new school year... Campus Ministry is off and running! Christian Brothers kicked off its new school year with a wonderful "Building the Bridge As We Walk On It!" theme, complete with Legos galore! Many thanks to the God Squad for their energy and creativity in planning of our first prayer service of the school year.

Prayer & Worship

- The first Family Liturgy of the year is hosted by our Freshman Student Council. **All freshmen and their families are invited to join us on Sunday, September 17, at 9:30 a.m. for the Frosh Family Liturgy in the George Cunningham '40 Performing Arts Center.** A continental breakfast will be served in the cafeteria immediately following. We hope to see you there!
- On Thursday, September 21, at 9:45 a.m., please join us for an all-school liturgy as we kick off the **Lasallian Days for Peace** in the Ron Limeberger '53 Gymnasium. Students are required to wear a polo shirt and pants for liturgy dress.
- **On Wednesday, September 27, we invite all students, staff, and parents to join us for See You at the Pole.** See You at the Pole™, a global day of student prayer, began in 1990 as a grass roots movement with ten students praying at their school. Twenty seven years later, millions pray on their campuses on the fourth Wednesday in September. It is simply a short time of prayer before school to lift up our friends, families, teachers, school, and nation to God. We will begin our prayer service in front of the Chapel at 7:30 a.m. Please consider starting off your morning by joining us for this special time of prayer!

Retreats

- **Frosh All Class Retreat....**The Class of 2021 will share their all-class day of retreat on Friday, September 15, at the Scottish Rite Center in Sacramento. The retreat day will run from 8:30am- 2:30pm and **parents are responsible for providing transportation to/from the retreat site. Frosh must bring a lunch/drink and should wear jeans or dress code approved shorts along with their class spirit shirt.**
- **Kairos Retreat registration is happening NOW for Seniors.** Registration is done online via the CB website, where you will see the [link for permission forms and a payment link](#). There are plenty of spots available on the November and March Kairos Retreats. January has less than 10 spots remaining. Please contact Mrs. Yearwood at jyearwood@cbhs-sacramento.org with questions.

Volunteers needed..... Christian Brothers is once again serving as this year's host for the annual **Diocesan Fired Up Confirmation Conference for youth** on November 4 & 5. We are looking for students and parents who would like to serve as part of the volunteer team for the weekend. Service hours count for this event. Please email Mrs. Yearwood if interested.



TEST PREP FOR SAT AND ACT

There are several ways to do test preparation prior to taking college entrance exams.

- Saturday on-campus SAT prep class with CB English and Math teachers.
- Saturday/Sunday on-campus ACT Boot Camp by Tried and True Tutoring.
- Use the free test prep materials provided by the test company (including a "question of the day" e mail).
- Purchase prep books printed by the test company or other test-prep companies.
- Take off-campus courses or tutoring, or do online courses or tutoring (for a list, please contact the Counseling Department).

If you have any questions, please feel free to contact anyone in the Counseling Department!

SAT Test Date

October 7 (at CB)
November 4
December 2

Deadline to Register

September 8
October 5
November 2

ACT Test Date

October 28 (at CB)
December 9

Deadline to Register

September 22
November 3

CHRISTIAN SERVICE

Enter to Learn, Leave to Serve

Freshman Service-Learning

Mr. Symkowitz-Rose's B & F sets will be walking to the Sacramento Food Bank and Family Services on Wednesday, September 13, and Thursday, September 14, to volunteer in the Clothes Closet. This is mandatory activity, as it is connected to assignments within the classroom. Students may not claim this activity as service hours.



A couple of reminders: Students must wear their teal spirit shirt along with shoes that cover the whole foot. Remember to stay mindful when crossing the streets. If you are a parent and are interested in participating, please contact Mr. Symkowitz-Rose at csymkowitz-rose@cbhs-sacramento.org. Please see the [Christian Service website](#) for any further clarification or email Jennifer Lystrup at jlystrup@cbhs-sacramento.org.

Ven-a-Ver

Juniors: All Ven-a-Ver applications should be submitted on Schoology by Friday, September 1. Interviews will begin on Wednesday, September 6, after school in room 105. For further questions or information please email jlystrup@cbhs-sacramento.org

Lasallian Youth

If you are interested in joining Lasallian Youth, please see Mr. Elorduy in room 202. Lasallian Youth activities will start during the month of October.

Seniors

If you have 100+ hours in service and want the hours to appear on your transcript, please have everything completed online by Tuesday, October 3. All hours must be verified online by the activity supervisor. Hours not verified online won't be approved.

SCHOOL SCHEDULE REMINDER

Be sure to keep track of Thursday start times, school closures and minimum days in September!

- Monday, September 4- School Closed for Labor Day
- Thursday, September 7- 9:00 a.m. Start
- Thursday, September 14- 9:00 a.m. Start
- Friday, September 15 is a minimum day, with school dismissal at 12:20 p.m.
- Thursday, September 21- 8:00 a.m. Start
- Thursday, September 28- 9:00 a.m. Start

HOLY BOWL PARKING LOT PARTY



Saturday, September 9, 2017
1:00 p.m. to 6:00 p.m.

Sac City College Parking Lot, just outside of Hughes Stadium Look for the blue and white tents!

Games: 2:00 p.m. (Frosh); 4:30 p.m. (JV); 7:00 p.m. (Varsity)

Free BBQ hotdogs and hamburgers will be provided. In the spirit of sharing and inclusivity, please bring a food item with you to the event (enough for 10 people). Food item ideas include: chips, cookies, salad, sodas, rolls, or a side dish. We are also looking for parents to volunteer at the event. [Interested parents may sign up here.](#)

Questions? Please contact Natalie Reyes Boylan '09 at nreyes@cbhs-sacramento.org.

Free Food, Friends, Fun And Of Course, CB Spirit!

Attendance Office Communication

Student home sick or out for family matter?

Call 916-733-3625 and let us know.

Student coming in late and driving him/herself?

Call 916-733-3625 and let us know or send him/her with a note.

Student needs to leave school early?

Bring note to Attendance Office before school if possible and student is given an Early Dismissal slip to present to teacher.

Forgot to send the note?

Call 916-733-3625 and let us know ASAP!

Student parking on campus?

All cars parked on campus during the day must have a student parking permit. Please see Ms. Pierson in the Attendance Office to purchase a permit.

Building Bridges

Student Council is using this school year's theme of "Building the Bridge as We Walk on it" to build bridges between upper division and lower division students. We have a new club called "Falcon Family," where seniors and freshmen will be enjoying lunch together on the Main Lawn on Thursdays. This is an opportunity for students to make friends and learn of upcoming events at school.



Blue Out Day!

Student Council will be hosting activities during all-school lunch on the Main Lawn on Thursday, September 7, in anticipation of Holy Bowl. We will celebrate with Blue Out Day and a rally on Friday, September 8. The entire school is encouraged to dress in blue to show support for our football teams. **All students may wear jeans (no rips or holes) along with an appropriate blue shirt on September 8 in celebration of Blue Out Day.**



PEACE, LOVE & BUNCO Back by popular demand, we've added a second **FAMILY BUNCO NIGHT** to be held on campus on Wednesday, September 27, from 6:00-8:30 p.m. in the Cafeteria. Come dressed in your favorite TYE-DYE clothing and accessories! Don't miss out on this evening of good ole' family fun, snacks, and prizes! Cost is \$10 per family. [Please register through the Ticket Hub on the CB website by September 15.](#)



For more information on the events in September, please follow the daily bulletin and check on the school calendar located on the CB website.

Congratulations to Polo Lopez '08 and Rich Henning '78 who were selected as the IHE (Integrity • Honor • Excellence) Coaches of the Year for the 2016-17 season!

Upcoming Events

The next few weeks have some big events on tap:

- **September 5- Women's Golf** vs. Mira Loma at Bartley Cavanaugh (3:30 p.m.)
- **September 9- Football: Holy Bowl** at Hughes Stadium – (Frosh- 2:00 p.m./JV-4:30/Varsity-7:00 p.m.)
- **September 15- Women's Water Polo** at Sierra College
- **September 19- Women's Tennis** vs. Casa Robles at Laguna Racquet Club (3:30 p.m.)
- **September 26- Men's & Women's Water Polo** at Sacramento City College vs. Rio Americano
- **October 4- Cross Country League Meeting** at Granite Regional Park (3:30 p.m.)
- **October 6- Holy Court: Women's Volleyball** vs. St. Francis at Christian Brothers- Freshmen at 4:00 p.m., JV and Varsity to follow

Announcements

- **Sport Passes are now on sale:** You may purchase a lifetime or season sport pass through the [Ticket Hub on the CB website.](#)
- **Frosh Parents Counseling Night & Athletic Orientation** will take place on Tuesday, September 12, from 6:00 p.m. to 8:00 p.m. in the George Cunningham '40 Performing Arts Center.

Holy Bowl

The 46th annual Holy Bowl football game against Jesuit is on Saturday, September 9, at Hughes Stadium. Freshmen play at 2:00 p.m., followed by JV at 4:30 p.m. and Varsity at 7:00 p.m.



Holy Bowl tickets will be available for purchase at [holybowl.com](#). The Athletic department will also be selling Holy Bowl tickets on September 6, 7 and 8 during both lunches in the Ron Limeberger '53 Gymnasium ticket booth. Get to the games early to enjoy the **Holy Bowl Parking Lot Party** just outside of the stadium entrance. Face painting, corn hole, music, CB spirit wear and free food will be available and all are welcome to attend. *In the spirit of sharing and inclusivity, please plan to bring a side dish for 10 people such as chips, salad, cookies, etc.* More information is available under the [News Section on the CB homepage.](#)

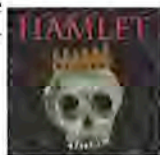
Start Your Year with the Arts!

As a new school year begins, the Arts are starting up, too. There are many ways for students and parents to get involved. Here is what's coming up in September:

KBFT will begin streaming the Talon Morning News on their YouTube channel every Monday, Wednesday and Friday at 9:35 a.m. beginning Wednesday, September 6. This is their 16th season, bringing you the best in Christian Brothers reporting.

FRIENDS OF THE ARTS (FOTA) will have their first meeting on Tuesday, September 5, at 6:30 p.m. in room 305. FOTA is a parent support organization for CB artists, providing scholarship funds for extracurricular arts pursuits and support for arts events. If you can't make this one, meetings are held the first Tuesday of every month, same time and place. Hope to see you there!

HAMLET AUDITIONS are September 12 and 13 from 3:00 p.m. to 5:30 p.m. in the George Cunningham '40 Performing Arts Center. While some major roles were cast in the spring, there are a number of roles available for students willing to take a shot at some Shakespeare. No preparation of material necessary. Just show up and give it your all!



CB ARTS ACCOMPLISHMENTS

- CB Arts has a lot to be proud of. Over the summer, three students, **Brandon Luong '19**, **Charlotte Stiplosek '20** and **Alex Vasilyev '19**, competed in the Junior Olympics of Ballroom Dance, receiving medals for their efforts.
- Recent graduate **Ian Ferrell '17** was recognized with an Outstanding Performance Award at the prestigious New York Musical Festival for his role in "Generation Me," a new musical.
- Christian Brothers Theatre's 2016-17 season was also recognized with 18 Elly Award nominations, the most in school history. **Gray Schubert '17**, **Monica Thayer '17**, **Ian Ferrell '17**, **Jacob Cherry '18**, **Jenn Roberts '18**, and faculty **Michael D. Jackson** and **Heather Christianson '01** were honored with individual nominations in performance, direction, and design. To hear more about these achievements and more, check out our new [Arts blog on the CB website!](#)



VOCATIONS

Donna Adam

Mrs. Donna Adam has been a familiar face and voice around Christian Brothers for 17 years. In fact, if your call goes to the Main Office voicemail, you will hear her voice.

Mrs. Adam studied at San Jose State and Sacramento State; she earned a bachelor's degree in art education with a minor in art history. She describes, "My unwavering goal has been to educate people about art in all forms. It's more enjoyable to visit a museum when you understand how to view art by understanding the elements and principles of how and why art is created. The next step is to teach all ages that art is beyond the walls of a museum and present in our everyday lives."

Before being hired as an administrative assistant in 2000, Mrs. Adam was a CB parent. She got involved quickly when her children started at CB. She recounts, "I felt welcomed at the school and found volunteering was a wonderful way to meet other parents and become involved on a deeper level. Two parents of alumni, Janet Ruggiero and Helen Pierson, inspired me to model my future coordination of parent groups after them and make it fun for parents to interact with the school." Today, she is the proud parent of three alumni children and future alumni grandchildren.

Over the years, Mrs. Adam has been involved at CB in a variety of ways. She worked five years in the Advancement Office, and

has been working in the Main Office for the past twelve years. In addition to those duties, her primary role has been to help students, parents, staff, alumni and members of the Sacramento community become educated about CB, to answer questions, and to find solutions. Recently, Mrs. Adam was given the honor to implement and teach the AP Art History course. She was humbled by the opportunity. In describing her vocation of teaching, she says, "Teaching is a gift to give and receive. I felt my lifelong path had led me to that moment to be able to share a deep passion of the creative process. I hold teachers in the highest regard because much of their work is unseen in preparation for class and their own continuing education. More importantly is the result of seeing a student have an 'ah-ha' moment when all the dots connect and you see the realization of your hard work."

Mrs. Donna Adam has truly found a vocation that is fitting for her and her passions, for as she explains, "I have loved coming to school every day for 17 years. I strongly feel that my previous work experiences set me on a path to learn different skills that I would be able to use at Christian Brothers."



AUCTION COMMITTEE MEETING



Tuesday, September 5
5:30 p.m. Social in Bertram Hall

You are invited to the Auction Kick Off Meeting on Tuesday, September 5, 2017, with a Social at 5:30 p.m. and meeting beginning at 6:00 p.m. Hear from Committee Chairs and learn how you can help. Work and Play with the Auction Team!

We are fun! We make things happen because of you! More parents make each job lighter (You can start small – or go big!). Questions? Ask Joanne McShane at 916-733-3643 or jmcsbane@cbhs-sacramento.org.

PARENT PLEDGE PROGRAM

100% is our goal! Please Make your Online Gift

The Parent Pledge Program is essential to the CB experience. All students benefit from the Parent Pledge Program through student co-curricular programs, faculty development, service learning opportunities, expanded program opportunities and modern facilities. Parents are asked to make a tax-deductible pledge for their students attending CB. 100% Parent Participation is our goal. Gifts made be made from the [Parent Pledge page on the CB website](#). Thanks to all those who have already pledged!



**FOR MORE EVENT PHOTOS AND TO
KEEP UP WITH ALL THE FUN AT CB,
[LIKE US ON FACEBOOK!](#)**



FALCON FAMILY NEWS

A MESSAGE FROM THE DIRECTOR OF ADMISSIONS & COMMUNICATIONS

DEAR CB FAMILIES:

In a speech earlier this year, Pope Francis called for all who are involved in Catholic education to be builders of a more united and peaceful world. "It is encouraging to hope that the new generations, who are brought up to know how to engage in Christian dialogue, will leave school and university classrooms with the motivation to build bridges and find new answers to the many challenges of our time."

At Christian Brothers High School, the Lasallian Core Principles of *faith, quality education, inclusive community, concern for the poor and respect for all persons* are mindfully incorporated into the classrooms and community. Today, CB is the largest Catholic high school in the region with students joining us from 74 zip codes and five foreign countries. The academic programs have never been stronger as evidenced by five consecutive years on the Washington Post's list of "America's Most Challenging High Schools." CB also leads the region in need-based tuition assistance with 423 students receiving \$2.7 million in assistance this year.

And, while many schools boast exclusivity, Christian Brothers High School boasts inclusivity. A recent list from Niche Rankings identifies the "Most Diverse Private High Schools in America." According to Niche, CB ranks number one locally and 103 nationally out of more than 5,300 schools. Niche describes a high ranking as an indication "that the school is extremely diverse and fosters a community that accepts and promotes a diversity of viewpoints, backgrounds, religious beliefs etc."

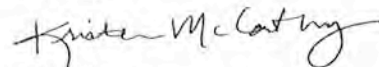
These days, it is hard to turn on the news or read the paper and not feel discouraged by the rancor. Yet, in taking a walk around our campus, I am bolstered by "hope" because the young women and men of Christian Brothers High School are amazing. I marvel at their inclusive spirit, intelligence, motivation and dedication to service. The ethnic, racial, economic and faith diversity of our student body are treasured facets of this wonderful community

and serve our students as they learn to truly embrace the concept that we are more alike than different.

I am honored to work with dedicated faculty, administrators and staff who create an environment that allows every student to thrive. Students are valued for exactly who they are and encouraged to find and foster their God-given gifts. I love that our coed environment prepares students to "build bridges" in college, the workforce and world that include both men and women. They are encouraged to fully share their gifts with others in the classroom, through Christian service, as faith leaders, athletes, artists and members of the CB community.

As we celebrate Open House on October 1 and Shadow Days throughout the fall, I am excited to share this incredible school with the greater community. You, as CB families, are vital partners in telling our story. Prospective students and parents tell us that the positive stories shared with them by enthusiastic CB parents, students and alumni have inspired them to consider CB as they evaluate their high school options. I am grateful to all the teachers, staff, students, parents and families who help us to ensure that in its 142nd year in Sacramento, Christian Brothers High School is still *the place to be*.

Sincerely,



Kristen McCarthy
Director of Admissions and Communications

INSIDE THIS ISSUE

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- Vocations
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COUNSELING

Wednesday, October 11 is a very important day for students at Christian Brothers. Testing Day is a late start/minimum day that involves the freshmen, sophomores and juniors in preliminary college entrance testing. The exams will begin at 9:00 am and students will be dismissed earlier than usual, at around 12:00 p.m., after all grade levels have completed their tests. Coordinated by the counselors, the teachers administer the following assessments to students: Coordinated by the counselors, teachers administer the following assessments to students:

FRESHMEN will be taking the **PSAT 8/9**, which will give us an excellent baseline score early on in high school and will allow us to make statistical comparisons when students take the PSAT/NMSQT and the SAT at a later time.

SOPHOMORES will be taking the new **PreACT**. This test will be excellent, low-risk practice for the ACT exam, which has gained in popularity both locally and nationwide.

JUNIORS will take the **PSAT/NMSQT Exam (preliminary SAT)**. This test is great practice for the SAT and also allows high achieving students to qualify for participation in the *National Merit Scholarship Program, National Hispanic Scholars Program and the National Achievement Scholarship Program for Black American high school students.*

SENIORS will be given the day off – however, this day is a **great opportunity for visiting local colleges**. Seniors may be ready to begin applying to colleges in October and if they have not yet visited local or regional colleges, this mid-week day is a perfect time to schedule a tour. **It is also important to note that the Dean of Admissions for our Lasallian sister-school, St. Mary's College in Moraga, will be here on the 11th to interview a limited number of seniors who have applied to SMC. These appointments will begin at 9:00 a.m. and will run throughout the day. A signup sheet is posted in the Counseling Center.**

In addition, remember that **seniors are allowed two days per year for college visits** and the process to request the day(s) as excused must be completed in advance of the visit (forms are available in the CB Counseling Center). There is no need to fill out this form for Wednesday, October 11, since it is not considered a regular school day.



Here are some tips to help students do their best on their exams:

- Remind your child to get plenty of rest the night before the test.
- Students should eat a nutritious breakfast the morning of the test. Food and drink (including water) are prohibited during the test, except during breaks. (The cafeteria will not be open that day, so students who will be staying on campus for sports practices, etc. may want to bring a snack or bag lunch).
- Juniors have already received information and materials about the PSAT from their counselor. This included a PSAT Official Student Guide with a practice exam. Please encourage your son/daughter to prepare for the test by taking the practice exam at home before Testing Day.
- Remind your student (at all three grade levels) to bring two sharpened #2 pencils and his/her calculator.

Results of the exams will be returned to students by their grade-level counselor in January/February 2018. If you have any questions, please call the Counseling Department at (916) 733-3680.

Upcoming Counseling Dates

October 4- "College Financial Aid Night for Seniors and Parents" from 6:00 p.m. to 8:00 p.m. in the George Cunningham '40 Performing Arts Center.

October 5- [SAT Regular Registration Deadline for Nov. 5 exam](#)

October 5, 12, & 26- College Application Workshops (before school and Falcon Flex in room 207)

October 7- [SAT Exam \(CB is a test center for this exam\)](#)

October 11- Testing Day/ Senior local college visits/SMC admissions interviews

October 28- [ACT Exam \(CB is a test center for this exam\)](#)

SCHOOL SCHEDULE REMINDER

Be sure to keep track of Thursday start times and school closure days in October!

- October 2- School Closed
- October 5- 9:00 a.m. Start
- October 12- 9:00 a.m. Start
- October 26- 9:00 a.m. Start

For more information on the events in October, please follow the daily bulletin and check on the [school calendar located on the CB website.](#)

Continuing the Work of Building Bridges... “We have a long way to go before we are able to hear the voices of everyone on earth, but I believe that providing voices and building bridges is essential for the World Peace we all wish for.”
-Joichi Ito

Through October 21, our Christian Brothers community is invited to join in the [International Lasallian Days for Peace](#) as we actively pray for peace and justice in our world.



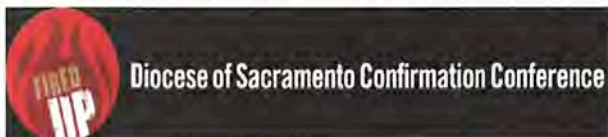
Prayer & Worship

- Please join us on Tuesday, October 17, at 9:45 a.m. for our Homecoming Prayer Service.
- All parents, students, and staff are invited to join us for Morning Mass every Tuesday and Thursday at 7:00 a.m. in the Chapel with Fr. Murin.
- Wednesday, November 1, is a Holy day of Obligation (opportunity)! We will celebrate All Saints Day with an all-school mass. At this celebration, we will also remember loved ones who have died. All students, families, and staff are invited to submit photos of loved ones who have died. These must be emailed to jyearwood@cbhs-sacramento.org in .jpg format no later than October 19.

Retreats

- **JUNIOR OVERNIGHT-** All Juniors are invited to attend one of four overnight retreats being offered this year. The Junior Overnight retreat is a wonderful stepping stone to the Senior Kairos Retreat. Students leave after school on a Monday and are back on campus by the end of the school day on Tuesday. Fees include retreat materials, lodging, meals, transportation, and snacks. All registrations for Junior Overnight retreat must be completed by November 1. *Dates for Junior Overnight Retreats: December 4-5, January 29-30, February 26-27, April 9-10.*
- **SENIOR KAIROS-** There are only two retreats open for seniors: November 6-9 or March 20-23. All Kairos registrations must be completed by October 30.

VOLUNTEERS NEEDED: Christian Brothers is once again serving as this year’s host for the annual Diocesan Fired Up Confirmation Conference for youth. The event will be held at CB on Saturday and Sunday, Nov. 4-5. A team of Student Leaders and Volunteers is being created for this event—students (and parents) who would like to serve as part of this team for the weekend should [email Mrs. Yearwood](mailto:Mrs. Yearwood) no later than October 5. Service hours are available with this opportunity!



Enter to Learn, Leave to Serve

Freshman Service-Learning

Freshmen will continue their walks with their frosh classes.

Mr. Guro: Wednesday, October 4, & Thursday, October 5

Ms. Spinelli: Tuesday, November 7 & Wednesday, November 8

Just a reminder that students need to wear close toed shoes and their teal spirit shirts. We walk rain or shine!



INTERACT CLUB

Breast cancer awareness week is October 23 – 27. For more information about activities and fundraising efforts, please check Schoology or contact Ms. Thayer at cthayer@cbhs-sacramento.org.



Join us on Thanksgiving Day as we Run to Feed the Hungry!

It has become a unofficial CB tradition to participate in the Run to Feed the Hungry on Thanksgiving Day at Sacramento State. Join your fellow Falcons as we support the Sacramento Food Bank & Family Services. If you or your family are planning on participating in the RTFTH, [consider joining the Christian Brothers team](#). You will receive a team shirt with Christian Brothers printed on the back. You will also be invited to join us in the team area before the race for donuts, coffee and a team photo! Registration is now open at runtofeedthehungry.com. Race packets for team members will be available for pickup at CB the week of the race. Please contact Natalie Boylan '09 (nreyes@cbhs-sacramento.org) if you have any questions.

RUN TO FEED THE HUNGRY

Homecoming Spirit Week “Alice in Wonderland”

<p>Monday October 16 44 minute classes 45 minute lunch</p> <p>Lunch: Spirit Games on the Main Lawn</p> <p>“Mini Me Monday” Brought to you by the Sophomore class council</p> <p>A Set 8:00 - 8:44 B Set 8:49 - 9:33 KBFT 9:33 - 9:48 Break 9:48 - 10:03 C Set 10:08 - 10:52 D Set 10:57 - 11:41 Lunch 11:41 - 12:26 E Set 12:31 - 1:15 FSet 1:20 - 2:04 G Set 2:09 - 2:53</p>	<p>Tuesday October 17 85 minute classes Prayer Service 55 minute lunch</p> <p>Lunch: Freshmen v Sophomores Juniors v Seniors</p> <p>“Royalty Tuesday” Brought to you by the Freshman class council</p> <p>B Set 8:00 - 9:25 Annc. 9:25 - 9:30 Break 9:30 - 9:45 D Set Attendance Prayer Ser. 9:50 - 10:55 D Set 11:00 - 12:25 Lunch 12:25 - 1:20 E Set 1:25 - 2:50</p> <p>Players out 5 min early for lunch -dismissal at 12:20</p>	<p>Wednesday, October 18 81 minute classes 55 minute lunch</p> <p>Lunch: Consolation Game Lower classman team vs Upper classman team</p> <p>“Wacky Wednesday” Brought to you by the Juniors class council</p> <p>A Set 8:00 - 9:21 Annc 9:21 - 9:26 Break 9:26 - 9:41 F Set 9:46 - 11:07 G Set 11:12 - 12:33 Lunch 12:33 - 1:28 C Set 1:33 - 2:54</p> <p>Players out 5 min early for lunch -dismissal at 12:28</p>	<p>Thursday, October 19 44 minute classes 55 minute lunch</p> <p>Lunch: Championship Game lower classman team vs. upper classman team</p> <p>“Tea with Twins” Brought to you by the Senior class council</p> <p>A Set 8:00 - 8:44 B Set 8:49 - 9:33 Annc 9:33 - 9:38 Break 9:38 - 9:53 D Set 9:55 - 10:39 F Set 10:44 - 11:28 Lunch 11:28 - 12:23 E Set 12:28 - 1:12 GSet 1:17 - 2:01 C Set 2:06 - 2:50</p> <p>Players out 5 min early for lunch -dismissal at 11:23</p>	<p>Friday, October 20 37 minute classes 40 minute lunch Rally at the end of the day</p> <p>Lunch: Spirit Games on the Main Lawn</p> <p>“Down the Falcon Hole” Brought to you by the ASB council</p> <p>A Set 8:00-8:37 B Set 8:42-9:19 KBFT 9:19-9:34 Break 9:34-9:49 F Set 9:54-10:31 G Set 10:36-11:13 E Set 11:18-11:55 Lunch 11:55-12:35 C Set 12:40 - 1:17 D Set 1:22-1:59 <u>Rally</u> 1:59- 2:50</p>
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Game: Friday Night, October 20

Before varsity game: Senior Night Recognition

Half Time Show: Cheerleaders, Falcon, AND **All-Star Powder Puff Game:** Wear your spirit shirt and join us in cheering on your All-Star Team (LD vs UD)!

Dance: Saturday Night, Oct. 21: “CB in Wonderland” 7:30 – 10:30 p.m.; Window Sales begin on Monday, October 16; online sales begin on Monday, October 9. \$15/person. Dates allowed, not required.

Homework Free Weekend---please join us at the game on Friday Night and dance on Saturday!

FALCON FAMILY FACES



COUNSELING

Autumn is always a very lively time in the Counseling Department! We are in the midst of a busy college application period, and continue to provide personal counseling and academic guidance along with extensive college planning.

As you may know, Christian Brothers provides one of the most comprehensive programs of Advanced Placement course offerings in the region. We currently offer fifteen Advanced Placement courses and have 511 AP exams scheduled to be taken by our students in May. We are very pleased to announce that the following students earned special recognition from the Advanced Placement program based on 2017 exam results.

AP SCHOLAR [granted to students who receive scores of 3 or higher on three or more AP Exams]:

- Juan Alba '17
- Rose Brownridge '17
- Regina Chapuis '18
- Samuel Clark '17
- Paulina Crum '18
- Dai Boming '17
- Harrison Daly '17
- Olivia Eliopoulos '18
- James Ghilardi '17
- Fernando Gil '17
- Alexandra Gough '17
- Mary Claire Hancock '17
- Jaela Harding '17
- Micah Jordan '17
- Hannah Kaplon '18
- Russell Lee '17
- Peter Levis '17
- Qingyang Li '17
- Carissa Loftus '17
- Mackenzie Lusich '17
- Andrew Madrid '17
- Agustin Marcin '17
- Emma Mathison '18
- Kacey McCarley '17
- Nicholas McHale '17
- Christian Montanez '17
- Marliss Neal '18
- Brenna Patterson '17
- Danika Piotrowski '17
- Julia Rinaldo '17
- Jennifer Roberts '18
- Noemi Rodriguez '17
- Aidan Smith-Fagan '18
- Elizabeth Sparks '17
- Christopher Tak '17
- Gwendolyn Thompson '17
- Will Yuponce '17

AP Scholar with Honor [granted to students who receive an average score of at least 3.25 on all AP exams taken, and scores of 3 or higher on four or more of these exams]:

- Mitchell Berger '18
- Michaela Cahill '18
- Aeron Davies '18
- Jeremy Fernandez '18
- Sabrina Hirsch '18
- Alex Mantong '18
- Jake Mellor '17
- Isabel Nguyen '18
- Justin Romani '18
- Yuwen Song '17

- Emily Hosoume '17
- Carly Jo Huntington '17
- David Karalli '18
- Katherine Stiplosek '18
- Bridget White '17
- Alice Wong '18

AP Scholar with Distinction [granted to students who receive an average score of at least 3.5 on all AP exams taken, and scores of 3 or higher on five or more of these exams]:

- Irianna Agnew '17
- Mary-Jo Ajiduah '17
- Michael Angeles '17
- Matthew Bell '17
- Sergio Castillo '17
- Brandon Chan '17
- Makenna Chapman '17
- Guohao Chen '17
- Jonathan Clairdad '17
- Matthew DeSimone '17
- Marley Downey '17
- Julianne Downing '18
- Lindsay Hewitt '17
- Jessica Kever '17
- Navneet Khaira '18
- Zachary Lau '18
- Jiarun Li '18
- Casey Loftus '17
- Erik Ma '17
- Rebecca Mazur '17
- Amanda McAdam '17
- Krista McCarley '17
- Joseph Nazareno '17
- Matthew Signorotti '17
- Benjamin Slakey '17
- Elizabeth Sperring '18
- Katherine Stenger '18
- Kasen Taylor '17
- Matthew Thomas '18
- Ceyenna Tillman '17
- Juliet Tochterman '18
- Maximilian Verspieren '17
- Noah Wadhvani '17
- Ayana Watkins '17
- Patrick Wiseman '18

CONGRATULATIONS TO THESE CURRENT AND FORMER STUDENTS!

Upcoming Events:

SAT Test Dates: Saturday, November 4 (Stand-by registration only); Saturday, December 2 (Registration deadline is November 2)

ACT Test Dates: Saturday, December 9 (Registration deadline is November 3)

College Application Workshops for Seniors: Thursday, November 2, 9, & 16 at 8:00 a.m. in room 201



Reflections in November

The month of November brings us two opportunities for prayer and reflection.....in remembrance and in thanksgiving.

Throughout this month we are invited to remember in a special way all of our loved ones who have passed away. During this time we remember the gift of our loved ones' presence and the specific ways they have touched our lives. This month we also have the opportunity to remember the lives of the Saints who are examples of faith and holiness for us all. The All Saints Day mass is being celebrated on Tuesday, November 1, at 9:45 a.m. with Bishop Myron Cotta presiding. On Wednesday, November 8, Fr. Mike Carroll will celebrate a special memorial mass with Christian Brothers donors and alumni. Students may also write the names of loved ones who have died in our Book of Remembrance in the Chapel of St. Joseph.

During the month of November we also take time to give thanks. Having a heart of gratitude and taking the time to count our blessings is not limited to a "once and done" gathering on Thanksgiving Day. In his writings on "The Method of Interior Prayer," our Founder, St. John Baptist de La Salle, reminds us of the importance of giving thanks to God. He writes: *After acknowledging God's infinite greatness and paying homage because of God's sovereign excellence and our dependence thereon, it is only right that we call to mind that God shows us goodness and has always done so and that we offer God our very humble thanks. "I have received, O my God, so many blessings from your infinite goodness that I would have to be very ungrateful if I failed to express to you my most humble gratitude."*

As you prepare to gather around your table later this month for Thanksgiving dinner, please find a special table prayer (next page) to share. Blessings during this month of giving thanks!

-Jen Yearwood, Director of Campus Ministry

Retreats

• Retreat registration is happening NOW for Junior retreats!

This means if a junior plans on attending a retreat, they must sign up now. This helps us in planning ahead for transportation, food and lodging. Some of the retreats fill up fast- the best way to secure a spot is to turn in your registration form and payment. Please speak with your son/daughter and determine which retreat date will work best. Junior Overnight Retreats: December 4-5, January 29-30, February 26-27, and April 9-10. Information about the retreats, as well as links to register online are available on [the CB website](#).

- **Senior Kairos:** There is only one remaining Kairos retreat with spots available- March 20 - 23, 2018. If you are a senior and have not yet signed up for a Kairos retreat, please contact Ms. Yearwood immediately.



Join the Christian Brothers RTFTH Team!



Deadline: November 5th!

Join us on Thanksgiving Day as we Run to Feed the Hungry!

It has become a unofficial CB tradition to participate in the Run to Feed the Hungry on Thanksgiving Day at Sacramento State.

Join your fellow Falcons as we support the Sacramento Food Bank & Family Services. If you or your family are planning on participating in the RTFTH, [consider joining the Christian Brothers team](#). You will receive a team shirt with Christian Brothers printed on the back. You will also be invited to join us in the team area before the race for donuts, coffee and a team photo! Registration is now open at runtofeedthehungry.com. Race packets for team members will be available for pickup at CB the week of the race. Please contact Natalie Boylan '09 (nreyes@cbhs-sacramento.org) if you have any questions.

RUN TO FEED THE HUNGRY

SCHOOL SCHEDULE REMINDER

Be sure to keep track of Wednesday & Thursday start times and school closure days in November!

- Wednesday, November 1- 8:00 a.m. Start, liturgy day
- Wednesday, November 8 - 9:00 a.m. Start
- Friday, November 10 - No School
- Thursday, November 16 - 9:00 a.m. Start
- November 22- 24 - School Closed
- Thursday, November 30 - 9:00 a.m. Start



Find us on:
facebook®

Enter to Learn, Leave to Serve

Thanksgiving *Yes We Can!* Food Drive



The *Yes We Can!* Thanksgiving Food Drive begins Wednesday, November 1 through Friday, November 17. The boxed and canned food items will be donated to our Oak Park neighbors and partners at Williams Memorial Church. Christian Brothers will provide the boxed and canned foods, while Williams Memorial Parish will provide frozen turkeys. Williams Memorial will distribute food to families in Oak Park for Thanksgiving.

The donations are also part of a schoolwide competition between classes for the *Yes We Can!* class trophy. For the last two years, the seniors have taken the trophy, barely squeaking by the sophomore class. Who will take the trophy this year?

Last year we donated 2000 boxed and canned food items. If every student donated two items we could set another record. Let's see if we can meet a new goal of 2500-3000 items! Yes We Can!

Canned/boxed food items needed

- Boxed: stuffing, dressing, corn bread, instant mashed potatoes, instant pudding, instant jello, and packets of gravy
- Canned: green beans, cranberries/sauce, corn, baked beans, peas and canned fruit
- Please DO NOT bring items in glass or anything frozen. Also, please check the expiration dates before donating.

Drop off canned food items in the following rooms:

Freshmen: Ms. Roybal- room 407

Sophomores: Ms. Fernandez- room 703

Juniors: Ms. Williams- Learning Commons

Seniors: Mr. English- room 402

Ven-a-Ver

Otro Lado participants: If you do not have your passports or government issued identification, please begin the process soon. The turnaround time during the holidays is slow, so please get the process started now! Please have all of your identification by the end of December.

Memphis participants: Please make sure you have your government issued identification by the end of January.

Ven-a-Ver Yakima participants: Interviews will take place on Thursday, November 9, in room 105. Please note if you did not make the other Ven-a-Ver immersions, you may apply for this one. See Ms. Lystrup in the LSLO.

THANKSGIVING TABLE PRAYER

By Ethel Faye Grzanich

As we bow our heads to pray, we give thanks to you God,
for this Thanksgiving Day.

We thank you, Father, for our families, friends, and for all
the blessings, both big and small, that you pour out on
us each day.

We give thanks to you for this food and for the hands that
have prepared it. We ask your blessings upon this meal:
that it will nourish our bodies and refresh our souls.

We give thanks to you for this wonderful time together,
and for each one present here today.

We ask you, dear Lord, let each one of us feel your love,
comfort, and presence in our lives today and every day.

Let us not forget those who can't be here with us today.

We give thanks to you for them, too. We miss our loved
ones, Lord, but we are thankful for all the good times that we
had with them.

We know, Lord, that this life is not all there is; that the
best is yet to come if we live for you.

So, help us each day to live our lives in ways that
honor and please you. And we'll not forget to give you
all the praise and glory.

In the name of Jesus we pray. Amen.

Amen.



SAVE THE DATE

March 17 Saturday

Christian Brothers High School Dinner & Auction

Gift Gathering Parties • Silent Auction
Mobile Bidding • Live Auction • Cocktails
Dinner • Golden Raffle • Balloon Pop
Jelly Bear Bling • Sign-Up Parties

Auction Chair: Lisa Travis (Poppy Ruyak '19)

Tickets available January 5, 2018 at

www.cbhs-sacramento.org

or contact Joanne McShane at 916-733-3643

All proceeds benefit tuition assistance, students and programs
of Christian Brothers High School

Homecoming

Christian Brothers students celebrated a "Alice in Wonderland"-themed homecoming. The students voted for the 2017-18 Homecoming Court and the winners are:

Class of 2021- Princess: Bella Barbosa & Prince: Tozie Amaechi

Class of 2020- Princess: Haily Holston & Prince: Kaveh Khajavi

Class of 2019- Princess: Annabella Rolleri & Prince: Andrew Constancio

Class of 2018- Princesses: Emily Shepard and Julia Atlee & Princes: Cruz Solano and J.R. Aguirre

The 2018 Homecoming Queen and King: Kathy Eke and Jacob Cherry



Blood Drive

Please be aware that our blood drive takes place on Friday, November 3. Students must be in good health and at least sixteen years old to participate. Sixteen and seventeen year old students must have parental consent. All students must have their photo ID. A reminder for students donating blood: please be sure to eat breakfast and lunch (if they donate after lunch) and drink plenty of fluids prior to donating.

Club News

The La Raza Club has been very active on campus. They celebrated Latino Heritage Week with the student body through food, games, music and prayer. They will also participate in *Día de los Muertos* on November 2 and will set up an altar at Christian Brothers High School.

Tangata Pasifica Club is off and running. They have been practicing their dances and performed the Haka at our Homecoming Rally. They are amazing!

Have a wonderful and blessed Thanksgiving!

-CB Student Council

For more information on the events in November, please follow the [daily bulletin](#) and check the [school calendar](#) located on the CB website.

Capital Athletic League SCHOLAR-ATHLETE AWARD

Eligibility: Athletes who are members of a Capital Athletic League-recognized varsity team are eligible for the award. Freshmen are not eligible as the athlete must have at least one year of grades, beginning with the 9th grade. Athletes must finish the season in good standing.

Athletes must have a cumulative 3.5 GPA (or above) weighted grade point average as well as a current 3.5 (or above) weighted GPA. The cumulative GPA is based on cumulative grades of semesters from 9th grade onward. Athletes are awarded a scholar-athlete patch for each sport season in which they qualify. The following athletes are being recognized as Capital Athletic League Scholar Athlete:

Varsity Cheer: Jordan Aceves '18, Eva Anders '19, Gianna Ghilardi '18, Sara Littlejohn '19, Chazz Pettis-Barnes '18

Varsity Cross-Country: Joseph Archer '18, David Cook '19, Samuel Copley '19, Aileen Fortin '19, Alberto Mujica '19, Amelia Poroli '18, Emma Roberts '18, Nicolas Sanchez '19, Enrique Verschoor '19, Patrick Wiseman '18

Varsity Football: Mitchell Berger '18, Andrew Dettling '19, Chace Gallup '19, Michael Grandstaff Jr. '18, Jack O'Hearn '18, Trey Price '18, Daniel Simoes '18, Jacob Tucker '18, Jakob Uebelhoer '19

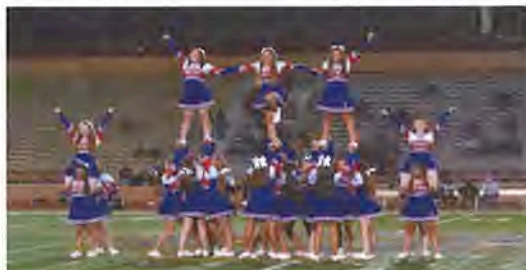
Women's Varsity Golf: Alexandria Angel '19, Karina Brouwer '19, Viviana Dazo '19, Jessi de la Mora '20, Ashley Eickman '19, Katherine Gergen '20, Cianna Hamilton '18, Morgan Jones '18, Courtney Krause '18, Kathryn Maebori '20, Hannah Makelim '20, Shatara Mouton '18, Grace Paterson '20, Elizabeth Sperring '18

Women's Varsity Tennis: Gabriella Geach '18, Kennedy Gudmann '20, Karly Kiefer '18, Natalia Kimmelshue '19, Bailey Leek '18, Sydney Obmann '20

Women's Varsity Volleyball: Amelia Conaghan '18, Catherine Cordano '19, Aeron Davies '18, Sydney Durana '20, Sophia Overstreet '20, Madeline Yeager '18, Isabella Wynn '20

Men's Varsity Water Polo: Zachary Byrne '18, Andy Chen '18, Mark Powers '18, Nicholas Smith '18, Stephen Smith '18

Women's Varsity Water Polo: Emma Busch '20, Olivia Busch '18, Sydney Carlson '19, Julia Dudensing '18, Lana Jan '18, Callie Kendall '19, Sierra Martin '18, Madeline Mercer '18



MEDIA VISUAL AND PERFORMING ARTS

It's Show Time!

November kicks off a whirlwind of CB art on display. From the visual to the performing arts, make sure you don't miss an opportunity to see our student artists at their best. All event tickets are available in the [Ticket Hub on the CB website](#).

HAMLET is in performance beginning Veteran's Day weekend! This two-hour cut of Shakespeare's classic tragedy is action-packed. Shows run November 10-12 and 17-19, Fridays and Saturdays at 7:00 p.m., Sundays at 2:00 p.m. Tickets are \$10 for adults, with student tickets at \$5. Tickets are on sale now.

INSTRUMENTAL performances will be featured at the annual Christmas instrumental concert on Friday, December 1. Get in the Christmas spirit with our CB musicians. Tickets are on sale now.

CHORAL music can be heard at the annual Christmas choral concert, "Peace, Love, and Joy," on Saturday, December 9. This concert often sells out, so be sure to get your tickets.

VISUAL ARTS features tributes to Sacramento photographer Kitty Hudson-Cawley, who visited student artists on campus in October. Their work will be displayed in the Tribute Show at Mak Design Studios in December, located at 430 F Street, Suite B, Davis, CA, 95616. You won't want to miss this dynamic show located right in the path of Davis' art walk!



VOCATIONS

Ms. Melissa McClellan

Melissa McClellan was born and raised in the coastal paradise of Santa Barbara, California. She is the oldest of three children by her parents, a hospital nurse mother and a businessman father. Her first impression of high school counseling was not particularly positive. While she was attending San Marcos High School, she was assigned five different counselors in her four years there. She left feeling that a counseling department could offer a lot more to students.

After high school, she was off to UC Davis. She jokes now that it was not her first choice, but the only UC her parents could afford. She quickly became a true Aggie and loved her experience there. After earning a bachelor's degree in exercise science, she worked at a group home in Sonoma for troubled youth. Her vocation as a counselor grew deeper during this non-stop live-in mentoring experience.

With adventure calling, she looked toward the east coast and earned a master's degree in school counseling from Southern

Connecticut State while supporting herself by working as a nanny. A Santa Barbara native can only take so many Connecticut winters, so her next stop was a counseling position at Rodriguez High School in Fairfield, CA, and then finally Christina Brothers High School in Sacramento, where she is in her eighth year as a counselor.

Melissa strives to know her students well beyond just writing letters of recommendation. She has coached CB soccer and is a constant presence at school events and activities. Reflecting on her own experiences, she urges seniors to make the most of their experience at the college they attend, regardless of where it was on their priority list.



FALCON FAMILY FACES



FALCON FAMILY NEWS

A MESSAGE FROM THE DIRECTOR OF CAMPUS MINISTRY

DEAR CB FAMILIES:

If you recall, our theme this school year is "Building the Bridge as We Walk On It." I believe, as we find ourselves preparing to enter the season of Advent, we can continue our reflections on building bridges.

For me, the notion of building a bridge while walking on it requires a great deal of trust. To be able to take steps moving forward while building, and not knowing exactly where these steps will lead, is a test of faith. This is not unlike the Magi who allowed themselves to be led by the brilliance of a single star, without fully knowing the amazing gift awaiting them. Their faith is an example for me when I find my heart weary from the all too many instances of darkness in our world. It can seem too easy, when darkness ensues, to feel discouraged. But faith and perseverance in the work of building bridges are more important than ever.

At the start of Advent, Pope Francis has some poignant words of wisdom for us. "It is the Lord himself who guides our journey, the pilgrimage of all of the people of God; and by its light, even the other peoples can walk towards the Kingdom of justice, towards the Kingdom of peace. What a great day it will be, when weapons will be dismantled in order to be transformed into instruments of work!" The Pope noted the Scripture passage from the prophet Isaiah which referred to such peace, "And this is possible! We bet on hope, on the hope of peace, and it will be possible!"

Our world today presents us with many opportunities to build bridges while continuing to move forward in faith and hope. Every time we show others respect and compassion, every time we reach out to help those in need, every time we give others the gift of our presence, we are building bridges. Advent time also invites us to slow down and allow for contemplation and reflection. Perhaps we can ask ourselves this Advent: "What kinds of bridges have I built lately? Where am I being called to take steps in faith without fully knowing where the journey will lead?"

The joys of the holiday season are wonderful, but let us not forget to take time in the waiting of Advent to ready ourselves and welcome, once again, Christ into our lives. As we continue about the work of bridge building, let us find encouragement and strength in the example of holy Mary, whose "yes" is a clear illustration of one who readily took up the task of "building the bridge while walking upon it."

During this Advent and Christmas season, may you be blessed with a few moments of quiet and pause. May the peace of God rule in your hearts. And may your work in bridge building strengthen your faith and draw you ever closer to Emmanuel, God who is with us.

Blessings for a peace-filled Advent and a very Merry Christmas!



Jennifer Yearwood
Director of Campus Ministry

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COUNSELING AND GUIDANCE

COLLEGE ENTRANCE EXAMS

It's that time of the year when we break down the basics of the tests students may need to take as they consider their college options. Most four-year colleges and universities require a college entrance test score as part of the application process. The two college entrance tests are the ACT (American College Test) and the SAT (Scholastic Aptitude Test). *ALL colleges and universities will accept scores from either test.* Research nationally (and with our own CB students) indicates students often perform differently on the ACT and SAT. Both tests are offered at local high schools seven to eight times throughout the year. Christian Brothers administers both exams on dates in the fall and spring. Here is some information on each test:

ACT (AMERICAN COLLEGE TEST)

- Has four content areas: English, Math, Reading and Science Reasoning.
- Measures academic achievement in the four areas and contains analytical and problem-solving exercises related to what has been learned in the classroom.
- Offers an optional Writing Section, which must be taken if applying to the University of California (UC) system.
- Registration for the ACT is done on the [ACT website](#).

SAT (SCHOLASTIC APTITUDE TEST)

- Tests Reading & Mathematics.
- Has an optional written essay (which we recommend).
- Focuses on problem-solving, data-analysis, evidence-based Reading & Writing, writing and analyzing Literature, Social Studies and Science passages.
- Some parts of the math test eliminate the use of calculators.
- Registration for the SAT is done on the [SAT website](#).

SAT SUBJECT TESTS

- Subject area tests are either recommended or required by UC and a few selective colleges (it will depend on the schools and the major areas of study; check their websites).
- Should be taken by the fall of senior year, but can be taken after sophomore or junior year in May or June, following the completion of the last course in that subject or after an AP course is completed.

Though the trend seems to be to take college entrance exams earlier and earlier in a student's high school career, we do not see any significant benefit to this for most students. There is never a penalty for taking a test early, or for taking a test more than once. Colleges will see every SAT score (unless a student chooses SAT score choice, which we *do not recommend*), but they always take the highest score. The UC system takes the best score from one sitting. Many private colleges and the CSU schools will take a student's highest score from each section during different

sittings and combine them into the highest possible score (called the "super-score"). Since colleges will accept either the SAT or the ACT and take the highest score, we recommend that students consider taking both tests at least once.

KHAN ACADEMY has an agreement with the College Board to provide free online SAT test prep for students. [Click here for more information about this program.](#)

TESTING DAY RESULTS FOR JUNIORS, SOPHOMORES AND FRESHMEN Counselors will be returning score reports from the SAT and ACT practice tests that were taken on October 11. We will let parents know when this process begins.

MOCK SAT AND ACT FOR JUNIORS On January 20, juniors will be able to experience each section of the SAT and ACT, and receive scores instantly to help decide which exam to take in the spring. More information is available [on the CB website](#) and in the Counseling Department. The workshop costs \$20.

CHRISTIAN BROTHERS SAT PREP CLASS FOR JUNIORS CB is once again offering an SAT Prep course for Class of 2019 students planning to take the SAT on March 10 or May 5. The class will be taught by our own Math and English teachers and will be held from 9:00 a.m. to 1:00 p.m. on four Saturdays (February 3, 17, 24 and March 3). Registration information will be announced and available on the school website in January.

THERE ARE MANY OTHER OPTIONS FOR ACT AND SAT PREP

Check with our Director of College Counseling, [Ms. Melissa McClellan](#), if you have any questions or seek guidance on the many test prep options available.



FAMILY CONNECTION TIPS FOR PARENTS Family Connection is a remarkable tool for students and parents to use for self-awareness or educational, career and college planning. There is a vast amount of information on hundreds of careers and scholarships that students may apply for, as well as the popular Scattergrams showing what it might take to get into individual colleges. Students have been shown how to access and navigate this site. They are urged to share the log-in information with their parents and to show them the available features. Parents who wish to have any specific questions answered about Family Connection are urged to contact their son/daughter's grade-level counselor or the college counselors. [Family Connection](#) can be accessed by clicking on the link on the front page of the CB website.

Retreats

Juniors and Seniors planning to attend spring retreats must register before **December 15, 2017**. Below is a list of retreats with spots still available for students. More information, as well as registration information, is available on the [CB website](#).

Junior Overnight Retreats: January 29-30, February 26-27, and April 9-10, 2018

Senior Kairos Retreat: March 20-23, 2018

On Tuesday, January 9, the Class of 2020 will gather for a mandatory day of retreat. The retreat will be held at the [CSUS Alumni Center](#) from 8:30 a.m. to 2:30 p.m. **Students should be dropped off and picked up from the Alumni Center.** Please do not drop them off at Christian Brothers, as there will be no transportation to the retreat site. An email has been sent to all sophomore families with specific information. The theme of the retreat will focus on "Values and Choices" and further developing class unity. Our day will be facilitated by Ms. Yearwood and the Senior Retreat Leadership Team. If you have questions, please contact Ms. Yearwood at jyearwood@cbhs-sacramento.org.



Prayer & Worship

Please join us for our **celebration of the Immaculate Conception on Friday, December 8, at 9:45 a.m. in the Ron Limeberger '53 Gymnasium.**

Save the Date: Sophomore Family Mass & Breakfast on Sunday, January 7, 2018 at 9:30 a.m.



Enter to Learn, Leave to Serve

A huge thank you to everyone who contributed to the Thanksgiving *Yes We Can!* Canned Food Drive. We exceeded our goal and brought in over 2,600 canned and boxed food items! Congratulations to the freshmen class, they brought in the most cans and will receive the *Yes We Can!* trophy. The trophy will be kept in Ms. Roybal's room (room 407) for the year.

Thank you to Student Council and moderator Ms. Annie Vanenburg for counting cans, loading up the pallets and delivering them to Williams Memorial Parish. Also, a special shout out to the Black Student Union and moderators Ms. Lisa Bronson and Ms. Brittany Williams for helping Williams Memorial distribute the food items to residents in Oak Park.



Advent Almsgiving

It's the holiday season, a time when our student body, along with Lasallian Youth, signs up to give gifts to the children at Oak Ridge Elementary School. Please sign up in room 202 with Lasallian Youth moderator Mr. Julian Elorduy '03. The deadline for gifting new items is Tuesday, December 5. Please make sure the gifts are *upwrapped* and *labeled* with the Oak Ridge student's gender and grade level. For further questions, please contact jelorduy@cbhs-sacramento.org.

Christmas Giving

Every year, CB donates two decorated Christmas trees to the annual "Festival of Trees & Lights" benefit for Cathedral House which provides transitional housing for the homeless. Senior student council members decorated the trees as part of CB's Christian Service partnership with the Cathedral of the Blessed Sacrament.



It's Christmas Time at CB!

The annual Christmas Spirit Day is Thursday, December 7. Students will have a festive day with a music assembly, hot cocoa and candy canes. Santa and his elves will also be on hand for holly jolly pictures. Check the closets for ugly Christmas sweaters, or plain ol' red and green t-shirts, elf hats, Santa hats, or reindeer antlers. Jeans may be worn with Christmas attire, otherwise CB dress code rules should be followed.

Teachers are getting into the spirit of the season with a Door Decorating Contest. B set classes are in competition for the most creative and festive door. Prizes include pancakes, donuts, and candy canes!

Merry Christmas and Happy New Year from Student Council!



ADVENT DINNER BLESSING

Come, Lord Jesus! Open our minds and hearts and souls as we wait for you to be born anew in our lives and in our family. Help us to experience your love in our family today.

(Family members each share one way they have experienced the love of the Jesus and/or family in their home today.)

As we prepare for the coming of your Son, O God, we give you thanks for the love of your son, Jesus, which we have experienced in our home today. We give you thanks for this food and drink, signs of your gracious love. May this meal strengthen us to share your gifts with the hungry and all who look for your justice and mercy. Grant this through Christ our Lord. Amen.

Winter Sports Updates

For the tenth straight year, the CB Soccer program has earned the prestigious NSCAA Team Academic Award. CB is one of just 48 schools nationwide to receive this honor. To receive this award, teams must maintain a GPA above 3.25 for the entire academic year. Congratulations to our dedicated, hard-working student-athletes!

CAL All-League Fall Athletes

Congratulations to our football, men's cross country, and women's volleyball teams on taking home Capital Athletic League championships! Congratulations to our men's water polo team on their repeat win as Division III Section Champions.

The following list include our CAL All-League players for the fall season. We are proud of these athletes and all our Falcons who compete with integrity, honor and excellence.

- **Cross Country:** Nevin Afong '19, John Isaiah Jimenez '19, Alberto Mujica '19, Patrick Wiseman '18
- **Football:** *All League:* Gunnor Faulk '18 (CAL MVP), Spencer Webb '18 (CAL MVP), Freddie Fiske '19, Chase Gallup '19, Tyler Green '19, Connor Laffan '18, Jack O'Hearn '18, Trey Price '18, Jake Regino '18, Dan Simoes '18, Cameryn Walker '18. *Honorable Mention:* Andrew Dettling '19, Jaiden Green '18, Tyler Hall '18, Kai Norman '19, Jonny Stone '18, Jacob Tucker '18, Will Warner '18
- **Women's Golf:** Cinna Hamilton '18, Carly Krause '20, Courtney Krause '18
- **Women's Tennis:** Karly Kiefer '18
- **Women's Volleyball:** Catherine Cordano '19 (CAL MVP), Aeron Davies '18, Mary Kate Monnat '18, Sophia Overstreet '20, Madeline Yeager '18, James Todd (Coach of the Year)
- **Men's Water Polo:** Luc Verspieren '19 (Division III Section MVP); *Division III Section First Team:* Owen Clark '19, Sam Noonan '20; *Division III Section Second Team:* Jason Carrey '18, Nick Piper '19, Luke Sorensen '19
- **Women's Water Polo:** Olivia Busch '18, Sierra Martin '18, Madeline Mercer '18,



MEDIA VISUAL AND PERFORMING ARTS

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VOCATIONS

Julian Elorduy '03

A vocation is a fulfillment of our call to live out purposeful lives in appreciation for the gift of our earthly life. A vocation requires a period of discernment following a trajectory that is unique for all persons. I have found that this discernment requires a quieting of the mind, a time for prayer and a dwelling inward. Seek opportunities to discover rays of truth that present themselves to you during private moments of contemplation.

For me, I suppose teaching has always been a consideration. I am a third-generation teacher. I had helped my mother in her classroom since I was able to walk. Separating my life from the rhythm of school is a strange thing to think about. I think teaching keeps me balanced, helps me feel useful and gives purpose to my existence.

There are many people who guided me on my way to this vocation, but on the top of the list is my mother and first principal, Laura Allen. Also, Mister Rogers, Sesame Street, Levar Burton, Mr. English and my Religious Studies senior adviser at UC Davis, Naomi Jannowitz. These skilled professionals helped me discover the joy of teaching by finding creative ways to help others engage in the mystery of discovery.

If there is anything I wish I could tell the younger me, it would be that, "you don't know how easy you have it!" As a younger person, I took for granted my free time and excelled at procrastination. I more often showed teachers and other relevant adults in my life

an inferior version of myself and my abilities for the sake of going by the path of least resistance and seeking gratification through simple pleasures, like nachos and the Wayne's World movie. In short, don't let fear of failure stop you from trying. Working hard now and applying yourself will pay off royally. As banal as it seems, it truly is an investment in your future. There is nothing more noble than standing up to a challenge. Always operate with the Rudy mindset: Carry on without hesitation. Persevere without looking back.

For those people who are trying to figure out what their vocation might be, often what you are being called to do is right under your nose. Our natural inclinations are driven by talents and gifts that are unique to each of us. We are drawn to that which creates in us a sense of bliss. Sometimes, though, we do not believe that we deserve to be happy doing what we love to do as a career and do what we feel we must in order to succeed. Take seriously those tendencies and listen to your heart just as much as your head. Through both we can come to know ourselves as God sees us and have a more enlightened sense of self that will reveal to us truths that are hidden, but not lost to us.



Jerusalem Trip 2019

Mr. Havey is excited to host a special trip to Jerusalem for students and families at Christian Brothers High School. It is an educational trip scheduled for June 17, 2019! Interested families should plan to attend a 30-minute informational meeting on Tuesday, December 5, at 6:30 p.m. in room 201. Mr. Havey will cover all of the program basics including the itinerary, price, and registration. [Click here](#) to learn more about this Holy Land trip. If you have any questions, [please email Mr. Paul Havey '81](#).



SCHOOL SCHEDULE REMINDER

Be sure to keep track of Thursday start times and school closures in December!

- Thursday, December 7- 9:00 a.m. start
- Final Review and Exams Days (December 12-20)- 9:00 a.m. start
- Christmas Break- December 21 to January 3, Class resumes on Thursday, January 4 at 8:00 a.m.



Christian Brothers High School Dinner & Auction

Gift Gathering Parties • Silent Auction
Mobile Bidding • Live Auction • Cocktails
Dinner • Golden Raffle • Balloon Pop
Jelly Bear Bling • Sign-Up Parties

Auction Chair: Lisa Travis (Poppy Ruyak '19)

Tickets available January 5, 2018 at

www.cbhs-sacramento.org

or contact Joanne McShane at 916-733-3643

All proceeds benefit tuition assistance, students and programs
of Christian Brothers High School

**Sponsorship, Underwriting and Donation
opportunities are available now at:**

www.CBAuction.gesture.com

BLESSING OF A CHRISTMAS TREE

Once the tree has been prepared, all gather around it.
Tree lights should be turned off.

Introduction: This tree is a blessing to our home. It reminds us of all that is beautiful, all that is filled with the gentleness and promise of God. It stands in our midst as a tree of light that we might promise such beauty and hope to one another and to our world. It stands like the tree of paradise that God made into the tree of life, the cross of Jesus.

Scripture Reading: Listen to the words of the apostle Paul to Titus: But when the kindness and generous love of God our savior appeared, not because of any righteous deeds we had done but because of his mercy, he saved us through the bath of rebirth and renewal by the holy Spirit, whom he richly poured out on us through Jesus Christ our savior, so that we might be justified by his grace and become heirs in hope of eternal life. *Titus 3:4-7*

Shared Prayer: Let us now pray for God's blessing upon all who gather around this tree as we offer any special prayer intentions (*pause for intentions*).

Closing Prayer: God of all creation, we praise you for this tree which brings beauty and memories and the promise of life to our home. Let your blessing come upon us as we illuminate this tree. May the light and cheer it gives be a sign of the joy that fills our hearts (**pause for lighting of tree**). We ask your blessing upon this tree that its ever-green branches be a sign in our lives of the hope of the Advent and Christmas season; its ornaments, a sign of joy; the gifts beneath it a sign of love and thanksgiving for our many blessings. We praise you for your Son, Jesus, who is Emmanuel, God With Us, the Prince of Peace, who fills us with the wonder of your love. Amen.

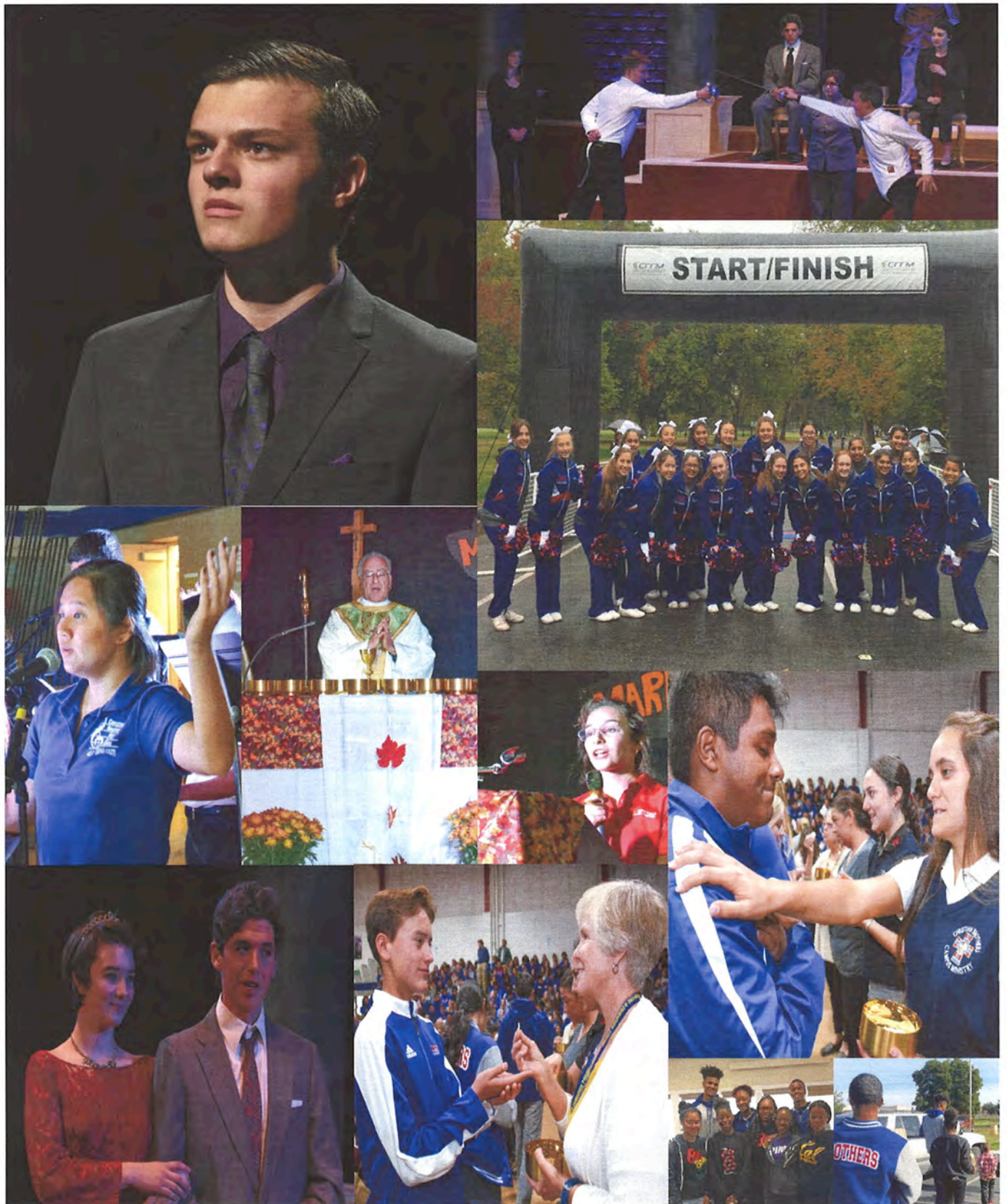
(Adapted from Catholic Household Blessings and Prayers)



FALL SEMESTER 2017 REVIEW/EXAMINATION SCHEDULE

TIME	Tuesday 12/12/17	Wednesday 12/13/17	Thursday 12/14/17	Friday 12/15/17
9:00 am – 10:30 am	B Set Review	B Set Final	D Set Review	D Set Final
10:30 am – 10:35 am	Announcements	BREAK	Announcements	BREAK
10:35 am – 10:50 am	BREAK		BREAK	
10:55 am – 12:25 pm	C Set Review	C Set Final	E Set Review	E Set Final
Faculty Office Hours	12:30 – 2:00 p.m.	12:30 – 2:00 p.m.	12:30 – 2:00 p.m.	

TIME	Monday 12/18/17	Tuesday 12/19/17	Wednesday 12/20/17
9:00 am – 10:30 am	F Set Review	F Set Final	A Set Final
10:30 am – 10:35 am	Announcements	BREAK	
10:35 am – 10:50 am	BREAK		
10:55 am – 12:25 pm	G Set Review	G Set Final	Make Up Final
12:25 pm – 12:55 pm	LUNCH		
1:00 pm – 2:30 pm	A Set Review		
Faculty Office Hours	Until 3:20 p.m.	12:30-1:15 p.m.	Until 10:50 a.m.



FALCON FAMILY NEWS

A MESSAGE FROM THE PRINCIPAL

DEAR CB FAMILIES:

Happy New Year! As I write this letter and reflect upon these past six months at Christian Brothers High School, I am reminded of one of my favorite St. John Baptist de La Salle quotes, *"To be entrusted with the teaching of the young is a great gift and grace of God."* In just this short time, I have experienced so many great gifts and witnessed countless graces as part of daily life at CB. Whether in a classroom observing our innovative and dedicated teachers or two doors down at Oak Ridge Elementary School watching our students serve as tutors and mentors, I am still awed by this incredible, faith-filled community.

As a parent, I knew my son Nico '17 was challenged academically, encouraged to think beyond himself, and inspired to explore and experience his faith. What a blessing it is to see firsthand how intentional this is on the part of the Christian Brothers, our faculty and staff and how it permeates all that we do from the front office to the classroom, stage, pool, field and court.

In just six months, I have seen Capital Athletic League and CIF Sac-Joaquin Section Championship winning teams competing at the top of their game. Our incredible student-artists showcased their talents in *Hamlet*, at the choral and instrumental concerts, in an art gallery and broadcasting from KBFT. Members of the Class of 2018 have been offered early admission to Barnard College, Columbia University, Duke University and Georgetown University, just to name a few. I watched our students enthusiastically share their love of the school at our largest-ever Open House and graciously welcome a record number of eighth grade students for Shadow Day visits this fall. They have prayed together, served together, shared Kairos and class retreats and rallied together in support of classmates and friends.

I was honored to attend the annual Ambassadors' Club Dinner where I had the opportunity to meet many of the benefactors whose generosity ensures that CB leads the region in need-based tuition assistance, providing \$2.7 million to 423 deserving young men and women. Witnessing the exciting announcement of the "Securing the Future" capital campaign affirmed for me the school's commitment to our mission and unyielding insistence on providing students with facilities and programs essential to finding and fostering their God-given gifts. It is a privilege to work with leaders who see the importance of securing the future of Lasallian Catholic education in Sacramento.

Please know I am ever mindful that serving as Principal of Christian Brothers High School is a great gift and grace of God and I am grateful for the warm welcome and support. Thank you for entrusting us with the sacred responsibility of educating your sons and daughters and we look forward to a phenomenal 2018!

Live Jesus in our hearts!



Chris Orr
Principal

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- Media Visual & Performing Arts
- Christian Service
- Student Activities
- Auction 2018
- Vocations

COUNSELING AND GUIDANCE

Parents, if your student has Ds or Fs on their semester report card, PLEASE READ THIS!

As page 13 of the *Parent/Student Handbook* emphasizes, semester Ds and Fs are bad news on report cards! It is important for you and your student to understand that neither Ds nor Fs are acceptable. "F" grades must be repeated for credit to graduate from Christian Brothers High School. "D" grades, though worth 5 credits toward graduation, are **NOT** accepted by four-year colleges and universities. **All California State University campuses, University of California campuses and most private institutions require a "C" or better in all core courses** (view the chart to the right for the "a-g" list of approved courses). If students have Ds on their transcript in any "a-g" courses and do not remediate them, they are **not eligible** to apply for admission to CSU and UC schools, and therefore are seriously limiting their choices for college.

If your student would like to keep his/her options open and remain *eligible* to apply to a four-year college, the Counseling Department highly recommends that he/she remediate (repeat for credit) any "D" grades earned in "a-g" approved courses. **Students may enroll in a variety of classes during the 2018 CB Summer School session to remediate a grade.** While previous grades are never removed from a student's transcript, if a student completes the course in summer school with a "C" or above, his/her transcript will reflect the new credits and the new grade will be used when calculating the grade point average.

For example, if your student is currently enrolled in biology and received a "D" the first semester, he/she should consider repeating biology this summer. If he/she is currently enrolled in a math course or foreign language course and received a low grade the first semester ("D" or "F"), it is important to receive a "C" or above at the end of the spring semester. CSU and UC will **"validate"** (count as successful) the whole year of a math course or a foreign language course if the student shows marked improvement the second semester (i.e., goes from a "D" to a "C", "B", or "A"). Therefore, students have a choice: work very hard this semester and bring the grade up, or repeat it in summer school or next school year to raise the grade. Since four years of English is a basic requirement for eligibility to a four-year college, any Ds in English should be remediated in the summer. One year of world history is the minimum requirement for eligibility, so students should be sure to have a "C" or above for at least two of the four semesters of Frosh/Soph World History. Any U.S. history Ds should also be remediated.

Please contact your child's grade-level counselor if you have questions about remediating grades. If you intend to register for summer school, dates and information will be made available in February on the CB website.



"A-G Core Course Requirements:

Subject	Requirement
a Social Science	2 years (1-year World History & 1-year US History or 1 semester US History/1 semester government)
b English	4 years including frequent writing
c Mathematics	3 years including Algebra II; 4 years recommended
d Laboratory Science	2 years; 3 years recommended (one must be a life science and one a physical science)
e Foreign Language	2 years (of the same language); 3 years recommended
f Visual & Performing Arts	1 year
g College Preparatory Electives	1 year More Recommended

ATTENTION PARENTS OF SENIOR STUDENTS

Please remember to turn in copies of your admission decisions and scholarship letters to Cynthia Grajeda, Melissa McClellan, April Melarkey, or Blaire Moskat in the Counseling Center as you receive them. It is also very important that students update their "admission status" on [Family Connection](#).

UNWRAPPING YOUR SCORES

PSAT 8/9 (grade 9), PreACT (grade 10) and PSAT/NMSQT (grade 11) test results will be returned to students during classroom visits in January and February. Counselors will go over results with students by explaining and analyzing their scores. Please ask your son/daughter to see his/her exam results (you may also check the scores on [Family Connection](#)). Counselors will also be assisting students with **pre-registration for classes in the 2018-19 school year**. Look for a mailing in early February regarding pre-registration.

ON-CAMPUS SAT PREP

An on-campus SAT prep course will be offered this spring to help juniors prepare for the SAT exam. Our Saturday morning classes (9:00 a.m. to 1:00 p.m.), taught by Ms. Safford (Math) and Mr. Anderson '07 (English), will begin on February 3, leading up to the March 10 SAT exam. Dates for the classes are February 3, 17, 24 and March 3. There will be no class on February 10, as this is a national ACT test date and we want to give students an opportunity to take the test. Registration forms are available in the Counseling Center and the cost is \$200, which will include the text book and practice tests.

Please contact Melissa McClellan (733-3679) or Cynthia Grajeda (733-3680) with any questions.



STUDENT ACTIVITIES

Happy New Year from Student Council!

CB is celebrating our commitment to Lasallian Core Principles in 2018 with Respect for All Persons Week, coinciding with De La Salle Week (April 30 - May 4, 2018).

To prepare our community, we will have a theme each month to give voice to our students' interpretation of diversity and inclusion. Our on-campus clubs will share exhibits and host activities showcasing diversity and inclusion relevant to the monthly theme during our all school lunch time.

The selected themes are: **Sports & Fitness (January), Literature (February), Equity & Justice (March), and Arts & Entertainment (April).**

Attention: Sophomores and Juniors

In January, Jostens will be sending home information regarding the purchase of class rings. Representatives will be available on campus January 23 to place ring orders. It has been requested that sophomores also have the option to buy class rings so they may wear them for a longer time. **Campus Ministry will hold a special ceremony for the blessing of the rings by the priest before school on April 19, 2018 which will replace the blessing previously done at the Junior Family Liturgy.**

The Sophomore Family Liturgy will be held in the George Cunningham '40 Performing Arts Center at 9:30 a.m. on Sunday, January 7. Please join us for a continental breakfast in the cafeteria immediately following the liturgy.



On Thursday, January 25, students will have a rally in the gym at the end of the school day to celebrate our winter sports teams. It is also BLUE OUT DAY! Students are encouraged to come dressed in as much blue as possible to show their support for our teams. Jeans may be worn with a blue shirt.

For more information on the events in January, please follow the daily bulletin and [check the online school calendar](#).

CB FAMILY DANCE: GALAXY



**Saturday, January 20, 2018
7:00 p.m. at Christian Brothers**

With "Star Wars: The Last Jedi" now in theaters, the Junior Class Council believes it is time to "Alert all Commands" that R2-D2, Yoda, Skywalker, C-3PO, and the Storm Troopers are invading our campus.

Invite your family to the best dance of the school year! Galaxy-themed costumes are encouraged, but not required. DJ Hightop will be spinning the dancing tunes for you all night long. Delicious desserts will also be served. This year we WILL have a costume contest and a dance-off competition.

Tickets are \$30 per couple and \$10 for each additional family member. [Tickets may be purchased online here](#) or at the SAC Window beginning January 16.



SCHOOL SCHEDULE REMINDER

Be sure to keep track of Thursday start times and school closure days in January!

- January 1- 3: Christmas Break
- Thursday, January 11- 9:00 a.m. Start
- Monday, January 15- School Closed
- Thursday, January 18- 9:00 a.m. Start
- Wednesday, January 24- 9:00 a.m. Start
- Friday, January 26- No Classes, Offices Open

An **E**nchanted
Emerald
Evening

March 17 Saturday

Christian Brothers High School
2018 AUCTION

5:30pm • **THE PUB**
JACK WITRY FIELD HOUSE
Check In, Silent Auction, Hosted Cocktails & Appetizers

7:30pm • **DINNER**
RON LIMEBERGER '53 GYMNASIUM
Live Auction & Dinner

TICKETS

Table of 10: \$950

Tickets on or before February 17, 2018: \$100
Per person after February 17, 2018: \$125

RSVP online

<http://CBAuction.gesture.com>

Make sure to join us for
this magical evening!

Sponsorship

\$5,000 Diamond Sponsor

Table for 10 with preferred placement, full-page color auction catalog ad, 5 golden raffle tickets, membership in the Ambassadors' Club

\$2,500 Gold Sponsor

10 auction tickets, half-page ad in auction catalog, membership in the Ambassadors' Club

\$1,000 Silver Sponsor

4 auction tickets, quarter-page ad in the auction catalog

\$500 Bronze Sponsor

2 auction tickets, acknowledgement in the auction catalog

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

ATHLETICS

"Holy" Basketball Games Ahead

The Holy Hoops basketball games against St. Francis are scheduled for Saturday, January 27, at Christian Brothers High School. Game times are 2:00 p.m. (F), 3:30 p.m. (JV) and 5:00 p.m. (V). Tickets are \$7 each plus a \$1 service charge. Tickets must be shown at the door for scanning. Limit four tickets per person. **A passcode and ticket sales link will be sent to CB families and staff in the Weekly Update email on Friday, January 19.**

Mark your calendars for Holy Court basketball games against Jesuit. Games will be played at Jesuit High School on Saturday, February 3. Game times are 3:00 p.m. (F), 4:30 p.m. (JV) and 6:00 p.m. (V). Ticket information will be posted in the Daily Bulletin in January.



**Free Live Streaming Provided
by Christian Brothers**

Home games at all levels for men's and women's basketball, as well as varsity men's and women's soccer, will be live streamed on the nfhsnetwork.com. The link is also available on the [CB athletics website](http://CBathletics.com). You must create a user name and password and all games are free, except playoffs games and matches.

The following soccer games will be live streamed from Hughes Stadium. All games begin at 7:00 p.m.

- Tuesday, January 16- Women's Soccer vs. Vista Del Lago
- Tuesday, January 23- Women's Soccer vs. Rio Americano
- Thursday, February 1- Men's Soccer vs. Vista Del Lago
- Thursday, February 8- Men's Soccer vs. Rio Americano



MEDIA VISUAL AND PERFORMING ARTS

Make a Resolution to Explore the Arts!

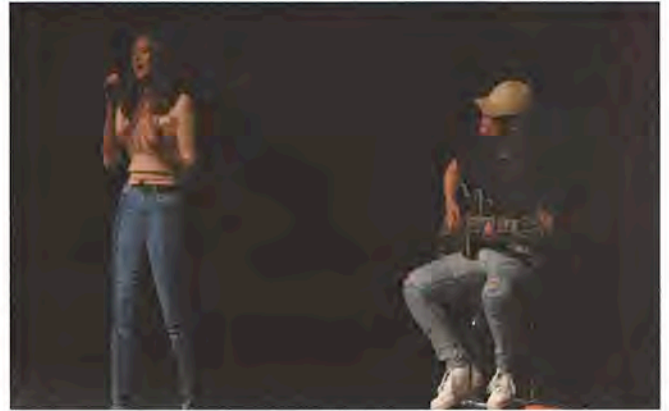
The new year is here and it's time to try new things! Don't worry if you aren't signed up for an arts class, there are plenty of opportunities to get involved.

THEATRE auditions for the spring musical, "State Fair", are coming up in early February. Interested students should prepare a song, preferably in the style of Rogers and Hammerstein, and come ready to dance and read scenes.

OPEN MIC will hold auditions for their third show of the year in late February. Get a head start and prepare an act!

VISUAL ARTS offers several opportunities to get involved in the spring. Any student may submit artwork for the annual LaSalle Art Show. Contact Ms. Kerr with any questions.

Interested in helping the hungry in Sacramento? Mr. Boriskin is gearing up for another **Bowl-a-Thon** in March, in which students, parents and teachers decorate bowls for the annual Empty Bowls event, benefiting the River City Food Bank. Contact Mr. Boriskin if interested.



VOCATIONS

Lasallians Without Limits

For the 2017-2018 Liturgical Year, the international Lasallian theme is "Lasallians Without Limits." Below is an excerpt from [Lasallians Without Limits: Creation of Sustainable Communities](#), which reflects on the life of our Founder, St. John Baptist De La Salle, and our own vocational discernment process as Lasallians:

Like the Founder and the first Brothers who were deeply moved by the human and spiritual distress of the children of artisans and of the poor, we today need to effectively respond to the needs expressed in the metaphor of the "border."

This metaphor makes us feel uncomfortable and challenges us. How are we to respond? In Jesus we have the model of one who lets himself be challenged in order to discern. With the fierceness of her faith, the Syrophenician woman challenged the response-ability of Jesus [Mark 7:24-30]. It depended on the miracle of listening, abandoning prejudices and allowing himself to be transformed by the power of truth.

In the Gospels, this is the only case where we see a Jesus that changes his mind. John Baptist de La Salle likewise let himself be challenged for he, too, needed to discern.

Lasallian discernment broadly follows three steps: becoming aware of personal and local reality; shedding light on that reality by the Word of God through prayer and dialogue with prudent people;

and making decisions aware of the personal and community implications. Reflecting on John Baptist de La Salle's vocation, we could say that these steps were: he went "beyond his borders" to meet with [Adrien] Nyel and with the world of the education of the poor; he entered into dialogue with Nicolas Barré and Nicolas Roland with a view to bringing about the establishment of the first schools and the first society of teachers.

After more than three hundred years of Lasallian presence in the world, we are invited today to discern with responsibility and audacity and respond to the challenges of the educational mission in the different contexts, particular cultures, different religions and complex variety of social conditions. Today, more than ever, the Church and the world are calling us to go beyond the borders.





COUNSELING NEWS

PRE-REGISTRATION FOR 2018-19 SCHOOL YEAR CLASSES

Freshmen, sophomores and juniors will be working on pre-registration with their counselors for the 2018-19 school year during February, and pre-registration will start at the end of the month. This process allows Assistant Principal **Mr. David Desmond '94** and the academic department chairs to begin building the master course schedule with the proper number of 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 with courses they can be most successful in. Teachers are also highly involved in recommending the appropriate courses for students to take.

A pre-registration letter and materials will be emailed shortly to parents of all current freshmen, sophomores and juniors. The [Course Catalog](#) for 2018-19 is on the CB website under the Academics tab.

CLASS OF 2019 COLLEGE NEWS

Juniors have begun meeting individually with Ms. McClellan and Mrs. Melarkey (College Counselors) to begin learning about what is involved in the college planning process. Students are reviewing transcripts, discussing SAT and ACT tests, learning how to do a college search and exploring summer programs, in addition to asking any other questions they have at this point.

CLASS OF 2018 COLLEGE NEWS

Seniors are finishing college applications and are now anxiously awaiting word on whether they have been accepted into the colleges they applied to. If parents have any questions, they should contact [Ms. Melissa McClellan](#), [Mrs. April Melarkey](#) or [Mrs. Blaire Moskat](#) (grade-level counselor for the Class of 2018). Seniors should make sure they turn in all college acceptances and/or scholarships to the counselors by the **April 5 deadline**.

SOPHOMORE ACADEMIC PLANNING NIGHT

Parents of the Class of 2020 are invited to attend "Sophomore Academic Planning Night" on **Wednesday, February 21, from 6:00 - 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. Students are also welcome to attend.



COLLEGE NEWS

College Planning Tips for Freshmen and Sophomores

- Focus on getting the best grades possible (9th and 10th grade GPAs DO COUNT!)
- Seek out volunteer opportunities that correspond with your interests and passions.
- Get involved NOW by joining a sport, club, church group, community outreach, etc.
- Update [Family Connection](#) Resume and x2Vol.
- Near or far, think about visiting a college campus or two.
- Questions? Contact the [College Counselors](#) at any time.

Important College Information for Juniors

- Remember: The College Planning Handbook is loaded with information and tips! If your student has not yet received their Handbook, see one of the College Counselors.
- For the UC and CSU campuses, GPA is calculated with ONLY 10th and 11th grades. This is the **last semester** students can impact their GPA for admissions.
- Juniors should register for their first SAT and/or ACT this spring. Make sure to sign up with the "plus writing" option. [Find registration deadlines and test dates here.](#)
- Continue searching for colleges using [Big Future](#) or the [Family Connection College Search Engine](#). Update the "Colleges I'm Thinking About" section in Family Connection.
- Mark your calendar for the **"Exploring Colleges Night" on March 14**. There will be breakout sessions with UC, CSU, private, and out of state public universities.
- Visit colleges during Spring Break or long weekends. Contact the Admissions Office or sign up for a tour on the college's website. If you will be missing school, complete the College Visit Request Form.
- Summer Opportunities: College specific programs, community or local college classes, find a job, volunteer, or intern.
- Keep an eye on Schoology for scholarship opportunities.
- Check out this interesting article on [Out of State College Considerations](#)

Seniors- Home Stretch!

- Finish with a strong academic record- *No Ds or Fs!*
- Update [Family Connection](#) if you added more schools that were not on your original "pink" form.
- Update Family Connection with Acceptances, Deferrals, or Denials.
- Turn in acceptance letters and scholarship awards to Counseling.
- Check your college portals weekly!! Double check that your schools have received your SAT/ACTs.
- Keep watch on Schoology for weekly scholarship opportunities.
- Submit "blue" mid-year transcript request forms. (UC's do not need this, check your portal for CSU transcript requirements).
- Check housing/dorm application deadlines (some schools do not guarantee housing-first come, first served).
- If you have not submitted the FAFSA (or CSS Profile for schools that require this) do so ASAP, even if you are applying to a community college.
- A community college representative will be on campus on February 8 to help with application and registration.
- Make sure to notify all colleges you've applied to of any second semester course changes.
- You don't have to commit to a college or university until May 1.

Return to Me with All Your Heart

This month we will find ourselves at the beginning of the Lenten season. For many of us, the word "Lent" connotes drab days, giving up things and a long, long time waiting for spring. Lent means many things: a time of repentance, a time of sacrifice, a preparation for Easter. We often overlook another meaning—the idea that Lent is an invitation to "return," to be reconciled with God, with each other and with ourselves. Lent calls us to return to our hearts, to see what's there and act from what we see. Lent is a season of the heart. As much as it is important to pay attention to one's physical heart health, it is equally critical to be mindful of one's spiritual heart. Perhaps at the beginning of this Lenten season it is an appropriate time to ask ourselves, "what is the condition of my spiritual heart?" or "what is it that is sustaining my spiritual health and well-being?" or "are there any areas of my life where my heart has turned away from God?" In the scripture reading for Ash Wednesday, the prophet Joel cries: "Even now, says the Lord, return to me with your whole heart, with fasting and weeping, and mourning; Rend your hearts, not your garments, and return to the Lord your God."

On Ash Wednesday (2/14), we will begin our Lenten journey. On this day, where traditionally we mark and celebrate the gift of love, I encourage us to contemplate God's ultimate gift of love given for us all through the sacrifice of Jesus. I invite you to spend a few moments throughout Lent to reflect on the condition of your spiritual heart. To begin your reflection, I've included two quotes from our founder, St. John Baptist de la Salle, and a quote from Pope Francis.

"How long has Jesus been knocking at the door of your heart, waiting to enter?" (DLS:Med 85.1)

"Prepare a path for God so that he can enter your heart." (DLS:Med 2.1)

"If our hearts are closed, if our hearts are made of stone, the stones find their way into our hands and we are ready to throw them." (Pope Francis)

Blessings,

-Jen Yearwood, Director of Campus Ministry

Prayer & Worship

Our Lenten Journey begins on February 14 with our Ash Wednesday liturgy. Please join us for mass and the distribution of ashes in the Ron Limeberger '53 Gymnasium at 9:45 a.m. *Remember liturgy dress is required: dress code approved long pants, CB polo and/or CB sweatshirt.*

Retreats

Registrations for Junior Overnight and Senior Kairos retreats is now complete. If you missed the deadline, please contact [Ms. Yearwood](#).

Enter to Learn, Leave to Serve

Donations Needed for Maryhouse

If you have any gently used or new sweat pants and sweatshirts for women and children, please donate them to the LSLO between February 14-16. **This is a short drive, but your help is needed!**

The mothers and children at Maryhouse are homeless and the women are in crisis. Maryhouse provides short term assistance for these mothers and their children. February and March bring cold, wind, and rain and many of these women and children will end up on the streets. Sweatpants and sweatshirts are needed. Christian Brothers Christian Service is deeply grateful for all that our community gives to those in need. We will also take donations of the following:

- Used Adult Tennis Shoes
- Adult Diapers
- Blankets (new & gently used)
- Sleeping Bags (new & gently used)
- Super Tampons
- Size 5 & 6 Diapers & Pull-ups
- Back Packs (new & used)
- Bras/Sports Bras (new & gently used)
- Women's Jeans (new & gently used)



Thank You For Donating Coats!

Thank you for the Coat Drive donations! Christian Brothers and the Sacramento Food Bank and Family Services greatly appreciate the new and gently used coats, scarves, and beanies.

thank you



PEACE, LOVE & BUNCO

Save the Date... **FAMILY BUNCO NIGHT** will be held on campus on Wednesday, April 25, from 6:00 -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; and dads, you can get in on the fun too. Come dressed in your favorite tie-dye clothing and accessories. Don't miss out on this evening of good ole' family fun, snacks, and prizes. Cost is \$10 per family.

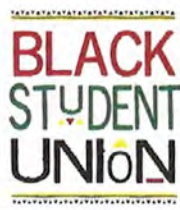
Sign up through the link in the Ticket Hub.

Valentine Celebrations

BSU Events

BSU is hosting a **Block Party** at lunch on Thursday, February 8. Last year's Block Party in the Field House was a blast! There will be food, music, dancing and educational activities. Listen to the daily announcements for more details.

Save the date for the Christian Brothers High School **BSU Read-In Event on Thursday, February 15**, at 6:30 p.m. in the George Cunningham '40 Performing Arts Center. Students should check the bulletin or listen to KBFT and announcements for more info.



Sadie's Dance

Ladies – ask a date or come with your friends to the Sadie's Dance with DJ Beau. Tickets go on sale at the Student Activities window beginning Tuesday, February 20, and will be available online beginning February 12. Tickets are \$20 per couple or \$10 for an individual. **Students with a date from a school other than the three Catholic schools in Sacramento MUST have a guest pass.** Guest passes are available now and due to the LSLO by February 14.

Valentine's Day Spirit Day

Valentine's Day will be celebrated with a spirit day on Tuesday, February 13, due to our liturgy observing Ash Wednesday. Wear as much red and pink as possible. Candy Grams will be on sale at lunch February 5-9. Candy Grams are friendship notes and candy that students can share with others at CB.



ASB Nominations

Does your student want to get involved in making decisions on campus? Are they interested in leadership? If so, have them stop by the LSLO to pick up an application for ASB officers beginning February 26.

For more information on the events in February, please follow the daily bulletin and [check the online school calendar.](#)

FALCON 5K



Saturday, April 7, 2018

William Land Park

7:30 a.m. at Registration & Packet Pick Up

9:00 a.m. Start

Come out and walk or run with your friends and family at the third annual Falcon 5K. Register as an individual or create a team and dress to a theme. Costumes are encouraged but not required. For more information, visit www.falcon5k.org. If a student under the age of 18 wishes to participate, a parent must submit their registration form.

Students may submit original Falcon 5K t-shirt designs to Student Council for judging. The winning design will be printed on the event shirts. Please see Mrs. Vanenberg for more details!



SCHOOL SCHEDULE REMINDER

Be sure to keep track of Thursday start times and school closure days in February!

- Thursday, February 1- 9:00 a.m. Start
- Thursday, February 8- 9:00 a.m. Start
- Wednesday, February 14- 8:00 a.m. Start, Liturgy Day
- Friday, February 16- No Classes; Faculty/Staff In-Service Day
- Monday, February 19- School Closed
- Thursday, February 22- 9:00 a.m. Start

Please Join Us For An Auction Gift Gathering Party to benefit Christian Brothers High School. Enjoy and evening out with other CB parents while supporting our school. Bring an item to donate to CB's upcoming Auction "An Enchanted Emerald Evening" and help make a great event even better! RSVP to Joanne McShane at jmcsbane@cbhs-sacramento.org.

Roseville/Granite Bay- Friday, February 9

Hosts: Kim, Krause and Eickman Families
 Address: Sierra View Country Club, 105 Alta Vista Ave, Roseville, 95678
 Time: 5:30 p.m. to 7:30 p.m.

Elk Grove- Saturday, February 10

Host: Myra and Scott Makelim, Kristen McCarthy
 Address: 10033 Cristo Drive, Elk Grove, 95829
 Time: 6:00 p.m. to 8:00 p.m.

Arden Arcade/Carmichael- Saturday, February 17

Hosts: Nick & Michele Witry, Mike & Michelle Phipps
 Address: 961 Coronado Blvd., Sacramento, 95864
 Time: 6:00 p.m. to 9:00 p.m.

Pocket/Greenhaven- Saturday, February 24

Hosts: Rachel and Stephen Genus, Dee Dee and Rob Dong, Mieke and Steve San Julian, Claudia and Tom Briggs and Rachele & Marty Delucchi
 Address: 35 Cavalcade Circle, Sacramento, 95831
 Time: 6:00 p.m. to 8:00 p.m.

Woodland/Davis- Sunday, February 25

Host: Roy and Tanberg Families
 Address: 3 Juniper Ct, Woodland, 95695
 Time: 3:00 p.m. to 5:00 p.m.

What We Would Love!

Please [complete a donation form](#) and bring it, along with your gift, to the gift gathering party that you are attending.

[Need ideas of what to donate? Click here to view a suggestion list.](#)



Purchase Tickets to the Auction at
www.CBAuction.com
Early Bird Tickets Available until
February 17th.

Congratulations to our CAL Scholar-Athlete Awardees!

Athletes who are members of a CAL-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 9th grade. Athletes must have a cumulative 3.5 (or above) weighted grade point average as well as a current 3.5 (or above) weighted GPA. The cumulative GPA is based on cumulative grades of semesters from 9th grade onward. The following athletes are being recognized as CAL scholar athletes for the winter season:

Men's Basketball: Everett Perrot '18, Jacob Tucker '18

Women's Basketball: Anna Clare Nelson '18, Laney Prichard '20, Chance Sims '19, Jamie Sunada '19, Alice Wong '18

Men's Soccer: Jarod Enos '18, Chace Gallup '19, Clark Jacobson '20, Benjamin Kessler '19, Zachary Lau '18, William Osen III '18, Dominick Poletti '19, Caleb Quinn '20, Colin Quinn '20, William Saalsaa '18, Johnnie White III '20

Women's Soccer: Julia Atlee '18, Annemarie Barbour '19, Ainsley Carroll '20, Dior Dupavillon '19, Hailey Green '18, Taylor Hammond '19, Mariah Hudnut '20, Olivia Ledesma '18, Olivia Ortiz '18, Grace Rapaski '19, Annabella Rollerli '20, Kayla Stephens '18, Lauren Towne '20

Announcements

Spring Sports begin Monday, February 5. All prospective spring athletes must have completed the [online Appryse medical form system](#) before participating in any practices or competitions.



GO FALCONS!



MEDIA VISUAL AND PERFORMING ARTS

Auditions! Auditions! February is a month full of opportunities to perform and see some exciting art from our talented students.

THE LENAEEA FESTIVAL celebrates high school theatre with more than 70 high schools from California and Nevada participating annually. This year, 14 CB students will compete in monologues, songs, scenes and One Act plays. The festival is February 2-4 at Folsom Lake College and tickets are [available to the public](#) for \$15.

THEATRE auditions for *State Fair* are February 5-7 from 3:15 to 5:30 p.m. in the George Cunningham '40 Performing Arts Center. Interested students should prepare a song, preferably in the style of Rogers and Hammerstein, and come ready to dance and read scenes.

THE 2018 ONE ACTS are February 9-11 at CB. This unique production features two student-written, student-directed One Act plays, as well as select scenes and monologues from the Lenaea Festival. Tickets are \$5 and available at the door or in the [Ticket Hub](#). Friday and Saturday performances are at 7:00 p.m. and Sunday's performance is at 2:00 p.m.

OPEN MIC will hold auditions for their third show of the year on February 27 and 28 from 3:00 to 5:00 p.m. in the George Cunningham '40 Performing Arts Center. Get a head start and prepare an act. Past performances have included singing, comedy, spoken word poetry, and cultural arts like dancing and drumming. If you have a talent, we want to see it!

SPRING SWING, featuring our vocal jazz and jazz band students, happens on Friday, March 2, at 7:00 p.m. in the George Cunningham '40 Performing Arts Center. Tickets are \$5 at the door or in the [Ticket Hub](#). Come on out for a night of swinging jazz!



Jerusalem Trip 2019

Mr. Havey is excited to host a special trip to Jerusalem for students and families at Christian Brothers High School. It is an educational trip scheduled for June 17, 2019! [Click here to learn more about this Holy Land trip](#). If you have any questions, please email [Mr. Paul Havey '81](#). An additional informational meeting will be held in the spring.



VOCATIONS

Blaire Moskat

CB's very own "Lady Bird" can be found in our Counseling office. Blaire Moskat is a true-blue Sacramento native. Born and raised in East Sac, "not the Fab 40s," she quips, Ms. Moskat has graced many of Sactown's educational establishments. She began her own education at St. Francis Elementary and finished with a master's degree in counseling from Sacramento State. Her stops along the way included Gerwig's "Immaculate Heart" (aka St. Francis High School) and Sacramento City College.

A chance conversation with a friend-of-a-friend who was entering a masters program in counseling was the spark that ignited her vocation. Upon graduating with her master's degree, Mrs. Moskat was working as a substitute teacher to make ends meet. 2008 was a difficult time to graduate with a degree in counseling. Her first counseling job would be in the San Juan School District where she was the only counselor for six different middle schools, an experience she describes as a daily "crisis management situation" for the students.

It wasn't long before her long-time contacts at St. Francis Elementary helped out. Our very own John Riley-Portal called her saying there was a counseling position open at CB, and she joined the CB family in 2010. Moskat practices her craft keeping in mind a saying from her mother, "Don't forget to remember," meaning always remember those intense emotions you felt when you were young. She encourages her students to make a life of "planned happenstance" by working hard and making positive relationships. "Go Seniors!"



FALCON FAMILY NEWS

A MESSAGE FROM THE PRESIDENT

DEAR CB FAMILIES:

As a Lasallian Catholic school, we are called to teach in the tradition of St. John Baptist de La Salle, a skilled educator and inspiring spiritual leader. De La Salle's gift to us is a legacy of more than 300 years of educational innovation and a comprehensive approach to educating the whole student.

Last month, Christian Brothers High School participated in the Lasallian Catholic Assessment Process (LCAP) during which a visiting team meets with students, faculty members and staff. All students and families were also asked to participate in surveys to help us assess how we are doing. While we do not yet have the final report, I'm pleased to share that our strong commitment to our Lasallian Catholic mission is affirmed by our families, students, faculty and staff. I am grateful to all who participated in the surveys and to the students who gave up a day off to spend with us and the LCAP visiting team.

We recognize that many of our families make tremendous sacrifices for Lasallian Catholic education. Recently, the Board of Trustees approved an operating budget which raises tuition and fees by a total of 3.5 percent. Tuition for 2018-19 will be \$13,522 and the registration fee \$625, for a total of \$14,147. Our tuition remains below the average for Catholic high schools in Northern California and a recent tuition review revealed that most other Catholic high schools in Northern California will be passing along tuition increases that average 4.5 percent. Our constant challenge is balancing mission-centered excellence with affordability. Please know that we work hard to invest your resources well in your children's education and always look to improve efficiency, maintain distinction and control costs.

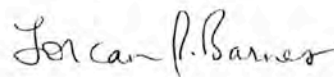
We recognize and appreciate that our tuition is a significant sacrifice for most families. We also recognize it is prohibitive for some families. Our Lasallian Catholic mission calls for us to serve the poor and we must also ensure CB is accessible to modest and middle-income families. We embrace this opportunity. In 2017-18, we are distributing \$2.7 million in need-based tuition assistance to 423 students. That is more

than one-third of our student body. We expect these numbers to be similar in 2018-19. Tuition assistance comes from three sources: endowment earnings, fundraising efforts, and the operating budget. We are grateful to all of our parents, alumni and friends who support our fundraising activities. Your ongoing support is critical to our mission!

On a practical note, we will again facilitate registration for next year online. We are, however, transitioning from Smart Tuition to FACTS for tuition billing and collection. We will continue with Smart Tuition for the remaining 2017-18 school year. As part of your registration for next year, you will receive a link to set up your FACTS tuition account. If you have any questions please contact Ms. Cathy DeVera in our Business Office at 916-733-3644.

We are grateful to partner with you in preparing your children for success in college and life. Our faculty, staff and administrators are working diligently to ensure the sacrifices you are making for your children today – tuition, time, and example – will reap rewards long into the future.

Live Jesus in our hearts,



Lorcan P. Barnes
President

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COUNSELING NEWS

WELLNESS PROGRAM

At Christian Brothers, we have been very fortunate for over the past decade to have a Wellness Counselor in our department to better serve the emotional needs of our students. We are thankful that Ms. Emily McDougall, in her third year at CB, has been able to take on the role of full-time Wellness Counselor. Emily sees many students across all grade levels who seek out help in everything from anxiety and depression to substance use, eating issues, and coping with stress and grief. She also visits classrooms to present about wellness, which involves the whole person (physical, emotional, academic, social, intellectual, environmental, and of course, spiritual). Ms. McDougall is a licensed MFT (Marriage and Family Therapist) who has been working with teens and parents for many years. We feel very blessed to have her! If you have any questions for Ms. McDougall, she can be reached at 916-733-3688 or emcdougall@cbhs-sacramento.org.



PRE-REGISTRATION 2018-19

The Counseling Department would like to ask you to please go over your student's future courses with them before the registration period closes. Counselors have finished meeting with students in the classroom and they have received a Class Registration Planning Sheet. All students will be completing pre-registration through PowerSchool beginning Monday, February 26, through Monday, March 12, and students may log in to make changes as many times as necessary over that time period. Specific directions are available now on Schoology. For juniors who are required to take the Mastering the Essay course, they may take it at any point before graduation. Questions may be directed to the appropriate grade-level counselors or the college counselors.

COLLEGE NEWS

SOPHOMORES and JUNIORS

Accelerated World History or AP US History/AP Chemistry students may want to consider taking the SAT Subject Test this May (at CB). This one-hour exam is written by the same company that writes the AP exam, and if students do well it may add positively to their application. (If they do not score well, it will not hurt them in any way.) Register at collegeboard.org.

College Entrance Exams

If parents or students have any questions regarding the ACT, SAT, Subject Exam or test preparation options for these exams, they are urged to contact their grade-level counselor or the college counselors.

COLLEGE NEWS

Check out our new CB College Counseling Blog! Admissions, financial aid, scholarships, interview, and tour information are just some of the topics we will highlight throughout the year.

Each grade level now has their own College Updates Schoology Group! Important updates, scholarship opportunities, ways to get involved pertaining to college admissions, upcoming events, and more will be available in the groups so parents and students can stay informed. Parents are encouraged to also access this information by setting up a parent Schoology account and signing up for notifications (Settings: notification dropdown and click on "notifications"). Please contact Mrs. Becky Woods '02 for assistance with creating your Schoology account.

SENIORS: College Acceptances and Scholarships

Seniors are reminded to please get all scholarship offers, awards and college admissions acceptance letters to Ms. Melissa McClellan & Mrs. April Melarkey (college counselors), Mrs. Blaire Moskat (Class of 2018 counselor) or Ms. Cynthia Grajeda (administrative assistant) in the CB Counseling Center.

Seniors should also update their admission status to all colleges on [Family Connection](#).

JUNIORS: Individual/Family College-Planning Appointments

The College Counselors are continuing to meet with all junior students in one-on-one meetings throughout the semester. Any junior parents are also welcome to contact Ms. McClellan, director of college counseling, at 916-733-3679 or mmcclellan@cbhs-sacramento.org, Mrs. Melarkey, college counselor at 916-733-3658 or amelarkey@cbhs-sacramento.org or Mr. Purdy, Class of 2019 grade-level counselor, at 916-733-3686 or kpurdy@cbhs-sacramento.org if you would like to set up family college planning appointments this spring or summer.

Upcoming College Events at Christian Brothers High School

Thursday, March 15 ~ "College Case Studies" will be held at Christian Brothers this year. College Admissions representatives will host small group mock admissions evaluations so students and families can learn and understand what goes into a college application and how admissions decisions are made. Please RSVP to Ms. McClellan at mmcclellan@cbhs-sacramento.org.

Wednesday, March 21 ~ "Exploring Colleges for Juniors and Their Parents" will be held at 6:00 p.m. in the George Cunningham '40 Performing Arts Center. Representatives from different college systems will be on hand to present some general information and will answer more specific questions during break-out sessions. This is always a very informative event!

Reflections for March

Our Lenten journey began a couple of weeks ago, at our Ash Wednesday liturgy, as the CB God Squad invited us to consider the theme "Return to God with all your Heart." Lent is a time to reflect on the spiritual well being of our hearts and to examine where in our lives we may have strayed from God. God wants us to be our very best selves. When we take the time to look inward at our behaviors, choices, and attitudes, we can more fully accept the invitation to return to God whole heartedly. One resource I have found helpful as I journey through Lent is the [Dynamic Catholic website](#). The site offers the option to receive a daily email with a short prayer and reflection for each day of Lent. The prayer below is from the site and is one you may wish to pray throughout the remainder of Lent.



God of goodness and mercy, Hear my prayer as I begin this Lenten journey with you. Let me be honest with myself as I look into my heart and soul, noticing the times I turn away from you. Guide me as I humbly seek to repent and return to your love. May humility guide my efforts to be reconciled with you and live forever in your abundant grace. Transform me this Lent, heavenly Father. Give me the strength to commit myself to grow closer to you each day. Amen.

Blessings this Lent,
Jen Yearwood, Director of Campus Ministry

Prayer & Worship

Please join us on Wednesday, March 7, for a school-wide presentation of **The Stations of the Cross** at 9:45 a.m. in the Ron Limeberger '53 Gymnasium.

On Thursday, March 8, students and staff will have the opportunity to share in the **Sacrament of Reconciliation**. Priests will be available on campus and students will be invited to sign up through a Schoology invite. More information will be shared in Religious Studies classes.

Save the Date!

- **Junior Family Mass & Breakfast:** Sunday, March 11, at 9:30 a.m. in the George Cunningham '40 Performing Arts Center
- **CB Ring Ceremony:** Thursday, April 19, at 7:45 a.m. in St. Joseph's Chapel
- **Senior Family Mass & Awards Ceremony:** Sunday, April 29, at 9:30 a.m. in the Ron Limeberger '53 Gymnasium

For more information on the events in March, please follow the daily bulletin and [check the online school calendar](#).

Enter to Learn, Leave to Serve

Ven-a-Ver Memphis: March 3-10, 2018

The following students will be participating in the Ven-a-Ver Memphis service immersion with a focus on civil rights: Kaleo Mark, Siena Mazza, Max Bonini, Evan Brosseau, Jacob Dong, Aria Clark, Karina Brouwer, Tristan Kimball, Casey Koenig, Isa Latino, and Ana Riley-Portal. Adults: Thomas Guro '03 and Jennifer Lystrup. Please pray for their safe travels!

Ven-a-Ver Yakima: March 18-24, 2018

The following students will be participating in the Ven-a-Ver Yakima, Washington service immersion with a focus on the environment and Native American culture: Alexandra Hock, Sam Copley, Jason Spitz, Madeline Roncoroni, Mason Sheya, Isabella McGinness, Katie Williams, Callie Kendall, Isabella Walsh, Cecelia Sidley, and Katie Janicki. Adults: Danny Delgado '79 and Nicole Brosseau. Please pray for their safe travels!

Lenten Almsgiving

Thank you to those who attended the Family Dance! We raised \$2,000 for our sister school in Addis Ababa, Ethiopia.

As part of Lenten Almsgiving we are once again partnering with the Sacramento Food Bank and Family Services Refugee Resettlement Program.

We are asking for **donations of the following NEW items** in their original packaging: Tea kettles, towels, dish towels, bathroom cleaners, kitchen soaps and cleaners, mops, brooms, dustpans, kitchen trash cans, plastic can liners, sheets for twin and double beds, children's backpacks filled with pencils, paper, notebooks, and pens, shampoos, soaps, deodorants, and feminine hygiene products.

Please deliver all new items to room 106. The final day for donation is Tuesday, March 13. If you wish to donate furniture, please take it directly to the [Sacramento Food Bank and Family Services](#) and let them know it is for the Refugee Resettlement Program. Christian Brothers is not accepting furniture or food donations for this project.



STUDENT ACTIVITIES

Student Body Elections

It's time to start thinking about Associated Student Body Elections! If you have a junior who would like to get involved in planning activities and student government, please have him/her pick up an application, available in the LSLO, and turn it into Mrs. Vanenburg or Mrs. Holmes by Thursday, March 15. ASB Campaign Week will be the week of March 19–23.



"Masquerade" Upper Division Ball

Upper Division Ball will be at The Double Tree Hotel in Sacramento on Saturday, April 14. The theme is "Masquerade". Guest contracts will be available beginning March 1. Tickets are on sale now through [Ticket Hub](#). Please complete the guest contract *before* purchasing your ticket. More information will be shared in the Daily Bulletin.



Respect for All Persons

This semester, we are encouraging the celebration of *Respect for all Persons* through monthly themes meant to give voice to respect for diversity and inclusion of all students, staff and faculty on campus. Students are invited to participate in a lunch time activity each month.

In January we celebrated with the theme of "Sports and Fitness." In February we emphasized the theme of "Diversity in Literature." This month, we celebrated "Arts and Entertainment" with a luau lunch and book exchange sponsored by CB clubs.

LOOKING AHEAD

Student Council Campaign Week will be held April 23 – 27, 2018. All students interested in representing their class should think about running for a position on Student Council. More information is coming your way soon.



Campus Ministry invites you to join us for a CB family outing to see **Sacramento Republic FC** on Saturday, April 28. Game time is 7:30 p.m. at Papa Murphy's Park (Cal Expo). Members of the music ministry from Holy Family Parish will be singing the National Anthem just before the game. Please join our Falcon family for this fun, family outing! Seating will be in the endline bleachers. Cost per ticket will be between \$15-17 (based on number of tickets sold). Please [click here](#) to reserve your tickets. Payment will be due Wednesday, April 4. Please email jyearwood@cbhs-sacramento.org if you have questions.

FALCON 5K



Saturday, April 7, 2018

William Land Park

7:30 a.m. Registration & Packet Pick Up

9:00 a.m. Start

Come out and walk or run with your friends and family at the third annual Falcon 5K. Register as an individual or create a team and dress to a theme. Costumes are encouraged but not required. For more information, visit www.falcon5k.org. If a student under the age of 18 wishes to participate, a parent must submit their registration form.



Summer School & Summer Fun!



June 18- July 27, 2018

Enriching Summer Activities for Students
Second Grade through High School

High School Courses
High School Review Courses
Arts Camps
Leadership Camp
Middle School Advantage

Music Camps
Robotics Camps
Science Camps
Sports Camps
TV News & Production Camp

More information available at:

WWW.CBHS-SACRAMENTO.ORG/SUMMER-PROGRAM

SCHOOL SCHEDULE REMINDER

Be sure to keep track of Thursday start times and school closure days in March!

- Thursday, March 1- 9:00 a.m. Start
- Wednesday, March 7- 8:00 a.m. Start, Liturgy Day
- Friday, March 9- No Classes
- Thursday, March 15- 9:00 a.m. Start
- Thursday, March 22- 9:00 a.m. Start
- Monday, March 26 - Tuesday, April 3- Easter Break

Christian Brothers High School Auction

An Enchanted Emerald Evening

March 17 Saturday

Our event is currently Sold Out!

It is not too late to participate in this enchanted evening in support of tuition assistance!

VOLUNTEER – [Sign up](#) to help us make the event even more spectacular!

PURCHASE A GOLDEN RAFFLE TICKET – There are only a few left, call the office at 916-733-3633 to purchase yours today! No need to be present to win. Choose from all the Live Auction items listed on the [event website](#).

DONATE AN AUCTION ITEM – There is still time to donate that perfect auction item! You can drop items off at the front office. Donations of home décor, golf, specialty wines, concert tickets and dinner gift cards are always appreciated.

TICKET WAITING LIST- Please email jmcshane@cbhs-sacramento.org to be added to the waiting list for event tickets.



PEACE, LOVE & BUNCO

Save the Date... **FAMILY BUNCO NIGHT** will be held on campus on Wednesday, April 25, from 6:00 -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; and dads, you can get in on the fun too. Come dressed in your favorite tie-dye clothing and accessories. Don't miss out on this evening of good ole' family fun, snacks, and prizes. Cost is \$10 per family.

Sign up through the link in the Ticket Hub.

ATHLETICS

Letter of Intent Signing

Congratulations to our student-athletes who signed Letters of Intent on February 7!

Gunnor Faulk '18, UC Davis for Football

Owen Hunt '18, UC San Diego for Dive

Courtney Krause '18, University of St. Thomas for Golf

Kristina Murphy '18, San Diego State University for Swim

Jake Regino '18, Southern Oregon University for Football

Spencer Webb '18, University of Oregon for Football



Football Honorees

Congratulations to our five CB football players, Jack O'Hearn '18, Trey Price '18, Jake Regino '18, Daniel Simoes '18, and Spencer Webb '18, who will be honored at our National Football Foundation Scholar-Athlete Banquet on Thursday, March 8. The honor is for exceptional grades, community service, and overall performance on the football field.



Winter Sports

All winter sports teams have made it to section playoffs! The women's basketball team was the number one seed in the Division III playoffs. The men's basketball team was the ninth seed in the Division III playoffs. The men's soccer team was the fourteenth seed in Division III playoffs and the women's soccer team was the eighth seed in Division III playoffs.

Congratulations to the JV men's basketball team who ended the season with a 24 – 6 record and 9– 1 record in league play, earning them the Capital Athletic League Championship title.

Congratulations to the women's JV basketball team who ended up with an overall record of 16– 5 and went 10 – 0 in league play, naming them CAL Champions.

MEDIA VISUAL AND PERFORMING ARTS

Swing and Sing in March!

They say March comes in like a lion, and the Arts at CB follow suit. With concerts and events on and off campus all month long, our arts students are active!

It all kicked off in the wee morning hours of March 1 with our annual **BOWL-A-THON**. Student and parent volunteers show up as early as 5:30 a.m. to decorate ceramic bowls to donate to the River City Food Bank's Empty Bowls event. Last year, this event raised over \$250,000 to help feed the hungry in our community. If you'd like to attend this year's Empty Bowls and go home with a bit of CB art, [check out their website](#).

SPRING SWING, featuring our vocal jazz and jazz band students, happens Friday, March 2, at 7:00 p.m. These are some of our most advanced choral and instrumental students performing old favorites and numbers with a jazz twist. Tickets are \$5 at the door or online from the [Ticket Hub](#). Come on out for a night of swinging jazz!

OPEN MIC hosts its third event of the year Friday, March 9, at 7:00 p.m. Tickets are \$2 at the door. Come see the variety of talent CB has to offer!

The **CHORAL** program is full of activity this March, with a spring tour to Anaheim March 15-18 where students will compete in a high school choral festival, take in a concert featuring some of the best choral talent in the country, and yes, spend a day at Disneyland.

On March 20, CB will get a special visit from **OUT OF THE BLUE**, an a cappella men's chorus from Oxford University. The chorus will spend the day working with our students and perform a concert in the evening at 7:00 p.m. Tickets are \$5 for students and \$10 for adults, and are available from the [Ticket Hub](#).

But wait, there's more! **THE CATHOLIC CHORAL FESTIVAL AND BENEFIT CONCERT** takes place Friday, March 23, at St. Ignatius Loyola Parish at 7:00 p.m. This concert features choral students from CB, St. Francis and Jesuit, and will take voluntary donations to benefit Mercy Pedalers, a non-profit outreach organization for the homeless.

Jerusalem Trip 2019

Mr. Havey is excited to host a special trip to Jerusalem for students and families at Christian Brothers High School.

It is an educational trip scheduled for June 17, 2019!

[Click here to learn more about this Holy Land trip.](#)

If you have any questions, please email [Mr. Paul Havey '81](#).

An additional informational meeting will



VOCATIONS

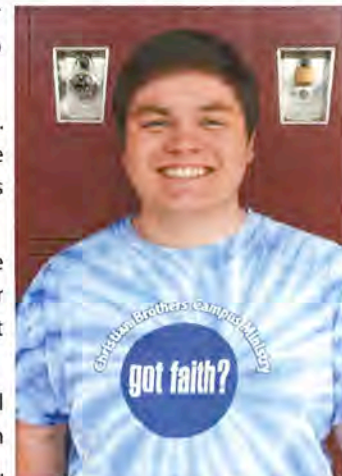
Matthew Miles '18

Every year, the District of San Francisco New Orleans hosts vocation retreats for our Young Lasallians. The retreats, known as the "Called and Chosen" Retreats, give our students the opportunity to step back over a long weekend and listen for God's callings in their lives. Lasallian educators from around the District share their vocation stories with the students entrusted to our care in hopes that their stories may resonate and help guide them towards discovering what they will do to serve God and their communities.

This year, Matthew Miles '18 was one of the retreatants to attend the Men's Called and Chosen Retreat at St. Joseph's Camp on the Russian River. When asked what he learned about his vocation from this retreat, he says, "I learned that vocations are things that we have to be open to and aware of because God can call us at any moment and [at any time] our vocation can change."

One surprising area of clarity for Matthew was that God can call us to do things we never thought we would do. Because of this, Matthew learned to be fully open and accepting to God's call in his life. "I better understand that my vocations could not only be a job, but could be simple projects, actions, or events that God is calling me to do," he explains.

On the retreat, the students reflect on a poem called "The Summer Day," by Mary Oliver. In it, she asks, "Tell me, what it is you plan to do with your one wild and precious life?" For Matthew, this retreat has given him some things to think about as he embarks on the final months of his time at Christian Brothers High School. He says, "I feel that I am being called to do something that gives back to others... For a while I believed that I would become a sports medicine physician and help athletes, but after this retreat and some reflection, I have started to discover that God is calling me towards becoming a teacher." As a community, we Lasallian educators cannot wait to see the great things that Matthew does with his one wild and precious life.



FALCON FAMILY FACES



FALCON FAMILY NEWS

A MESSAGE FROM THE DIRECTOR OF COLLEGE COUNSELING

DEAR CB FAMILIES:

As a college preparatory high school, Christian Brothers takes the college admissions process very seriously. With 99% of seniors continuing their education after graduating every year, the job of a college counselor is never finished. But what role does the college counselor play in the college search? College counselors stay on top of class selection and graduation requirements, help students navigate the process of getting recommendation letters from teachers, write unique, personalized counselor recommendations, send official transcripts, advise on extracurricular activities, help research colleges, draft the college list, answer financial aid questions, relay local scholarship opportunities, review applications and college essays before submission, and much more!

And now, Christian Brothers has two full-time college counselors to support our students at every grade level. It is my great pleasure to introduce April Melarkey, the newest college counselor and latest edition to the Counseling Department. April initially came on board temporarily during Mrs. Moskat's maternity leave in 2016, and based on our increasing enrollment and the American School Counselor Association's recommendation of a 250:1 ratio between students and counselors, we were able to offer her a full-time position this past fall.

April has a bachelor's degree in psychology, a master's degree in counseling psychology, and a second master's degree in educational psychology. She has worked as a school psychologist and social worker and is the mother of four girls, two of whom are current CB students.

We now feel our department is complete, with four grade level counselors, our full-time wellness counselor and two college counselors. With seven counselors on staff, we are prepared and excited to meet the needs of the "whole student" through these important, and sometimes stressful, years.

As director of college counseling and the counseling department coordinator, I am thrilled that we are now able to even better serve our students and families. April and I are meeting individually with every junior this semester, and we continue to meet with families in all grade levels to talk about college, course planning, and extracurricular activities/internships/jobs, and hosting numerous evening college presentations, case studies, college fairs, and application workshops.

Our department prides itself on collaboration, communication, and serving the specific and unique needs of each student at Christian Brothers. Please feel free to contact us at any time about how we can assist your students in reaching their potential and being prepared for an exciting future once they graduate from Christian Brothers High School.

Sincerely,



Melissa McClellan
Director of College Counseling & Counseling Department
Coordinator

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COUNSELING NEWS

WELLNESS PROGRAM

At Christian Brothers, we have been very fortunate to have a Wellness Counselor in our department over the past decade to better serve the emotional needs of our students. We are thankful that Ms. Emily McDougall, in her third year at CB, has been able to take on the role of full-time Wellness Counselor. Emily sees many students across all grade levels who seek out help in everything from anxiety and depression, to substance use, eating issues, and coping with stress and grief. She also visits classrooms to present about wellness, which involves the whole person (physical, emotional, academic, social, intellectual, environmental, and of course, spiritual). Ms. McDougall is a licensed Marriage and Family Therapist who has been working with teens and parents for many years. We feel very blessed to have her! If you have any questions for Ms. McDougall, she can be reached at 916-733-3688 or emcdougall@cbhs-sacramento.org.

COLLEGE NEWS

SUMMER PROGRAMS -- DO SOMETHING EXTRAORDINARY THIS SUMMER!

Summer will be here before we know it! Summer break is a wonderful time for students to expand their horizons, enrich their lives with fascinating experiences, and improve their readiness for college through academic pursuits. There are many summer opportunities for high school students: classes, camps, travel study, volunteer service, and employment. Opportunities exist locally, across the country, and abroad. Check out the Summer Opportunities bulletin board in the counseling office for details and contact information or see your grade-level counselor.

Sign-up information for the CB College Boot Camps for incoming juniors and seniors will be sent home via Family Connection on May 1st. Register online early for guaranteed seating. Space is limited.

SPEAKING OF SUMMER PROGRAMS...

CB's Summer School is a great opportunity to remediate any Ds or Fs to maintain college eligibility. It is also an excellent opportunity to move further ahead in the curriculum or to allow you to fit in a study hall next year. Please visit the [Summer Program page on the CB website](#) to check out what is available, or contact the student's grade level counselor if you have any questions.

**SUMMER SCHOOL &
SUMMER FUN!**
JUNE 18-JULY 27, 2018

COLLEGE NEWS

Graduating Seniors have been receiving letters of acceptance to colleges and universities across the country. **Congratulations to the Class of 2018!**

If any seniors are still grappling with final decisions or waitlist concerns, remember that Mrs. Moskat, Mrs. Melarkey, and Ms. McClellan are available to assist and support you. Seniors who will be attending community college should be applying now and visiting the school to take your placement tests. Students who will be attending a CSU should be registering for summer programs if they are required to take them. Students attending a UC (and needing to satisfy the Entry Level Writing Requirement) should be receiving information in early April on the location of their Analytical Writing Placement Examination (AWPE).

Parents, be sure to have your senior go to [Family Connection](#) as soon as possible, but NO LATER than APRIL 6, for scholarships and awards and by MAY 2 for college admittance. Students need to list ALL colleges to which they have been admitted and ALL scholarships, awards, etc. We must have this information to accurately recognize your child at the Senior Family Liturgy on April 29 and at graduation on May 25.

Our two informative college information evenings were very well attended by juniors and their parents in January and March. Seniors, please mark your calendars for Wednesday, May 2, at 6:00 p.m. in the George Cunningham '40 Performing Arts Center. We will hold one last meeting for the Class of 2018. The topic will be "Transitioning to College" and we will have guest speakers talking about what the first year on a college campus is really like for parents and students.

Check out your student's new College Update Schoology Page! Here the college counselors will send updates, reminders, and post scholarship opportunities. Make sure your settings are adjusted to receive the weekly update!

Juniors and their families, please complete and return ASAP the College Questionnaire that students were given at their individual meetings or that was posted to the Class of 2019 Schoology page. This information is essential to help build the college list and for letters of recommendations.

SOPHOMORES and JUNIORS

This spring is a good time to take the SAT and ACT exams! Be sure to check out a FREE personalized SAT program on [Khan Academy](#) to help you prepare for both the SAT and ACT. Sophomores, if you are completing a course you feel you have done well in (for example, AP World History, Chemistry, etc.) and want to take a SAT Subject exam, be sure to register to take the June 2 SAT Subject Exams ([the registration deadline is May 3](#)). Juniors, if you did not yet register to take the May 5 SAT Reasoning exam, the regular registration deadline is April 6. The next ACT exam is June 9 - [the registration deadline is May 4](#).

Prayer & Worship

- A **Ring Ceremony** will take place on Thursday, April 19, at 7:45 a.m. in the chapel for sophomores and juniors who purchased a class ring. This will include the blessing of the rings.

- Our **Senior Family Liturgy and Awards Ceremony** will be held on Sunday, April 29, at 9:30 a.m. in the Ron Limeberger '53 Gymnasium. Enjoy a community and family worship time with our senior class. Please join us for brunch following, in the cafeteria.

PEACE, LOVE & BUNCO

Save the Date...FAMILY BUNCO NIGHT will be held on campus on Wednesday, April 25, from 6:00 -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; and dads, you can get in on the fun too. Come dressed in your favorite tie-dye clothing and accessories. Don't miss out on this evening of good ole' family fun, snacks, and prizes. Cost is \$10 per family. [Sign up through the link in the Ticket Hub.](#)



Save The Date

- **Founder's Day Mass** on Thursday, May 3, at 9:45 a.m. in the Ron Limeberger '53 Gymnasium.
- **Closing Prayer Service** on Wednesday, May 23.

Sac Republic FC Game

Campus Ministry invites you to join us for a CB family outing to see **Sacramento Republic FC** on Saturday, April 28. Game time is 7:30 p.m. at Papa Murphy's Park (Cal Expo). Members of the music ministry from Holy Family Parish will be singing the National Anthem just before the game. Please join our Falcon family for this fun, family outing! Seating will be in the endline bleachers. Cost per ticket will be between \$15-17 (based on number of tickets sold). Please [click here](#) to reserve your tickets. Payment will be due Wednesday, April 4. Please email jyearwood@cbhs-sacramento.org if you have questions.



Enter to Learn, Leave to Serve

Social Justice Week: April 9-13

This year our theme is Inclusive Community. April 9 will be our all school assembly with Maya Littlejohn '11, CB alumna, as our guest speaker.

LENTEN ALMSGIVING

Thank you to everyone who gifted new household items to the Sacramento Refugee Resettlement Program for Lenten Almsgiving. Your generosity has considerably helped those newly resettled families who now call Sacramento their home!

Thank you!

Ven-a-Ver Interviews

Sophomores: if you are interested in participating in Ven-a-Ver during your junior year, please pick up an application in room 203 beginning April 12. Immersions will take place in Yakima, Memphis, Tucson, and Orange County during the 2018-19 school year. Please see Ms. Lystrup for further information.

Seniors who participated in Ven-a-Ver and Lasallian Youth

Please stop by room 203 for your Ven-a-Ver and Lasallian Youth pins the week of April 23.

Senior Service Hours

Seniors, please have your senior second semester service hours logged in by Tuesday, April 17. Use x2vol.com through Family Connection.



For more information on the events in April, please follow the daily bulletin and [check the online school calendar.](#)

STUDENT ACTIVITIES

“Masquerade” Upper Division Ball

Upper Division Ball will be at the Double Tree Hotel in Sacramento on Saturday, April 14. The theme is “Masquerade.” Tickets are on sale through the [Ticket Hub](#). Please complete the guest contract *before* purchasing your ticket. We look forward to an elegant evening of dining and dancing with our own CB alum, DJ Logan.



Senior Spirit Day- April 19

All students are encouraged to support our seniors by wearing **ORANGE**, the senior class color, and join us in our final rally of the year. It is also our EARTHFEST Day. Games and activities will take place on the Main Lawn during lunch.

A **Ring Ceremony** will also take place on Thursday, April 19, at 7:45 a.m. in the chapel for sophomores and juniors who purchased a class ring. This will include the blessing of the rings.

STUDENT COUNCIL ELECTIONS

It’s that time of year again, Student Council elections are upon us. Students have the opportunity to throw their hat into the political ring beginning with an election cycle for Class Council. Applications will be available beginning April 5 and are due to the LSLO by Monday, April 16. Campaign Week is April 23 – 27. Speeches will be made by all the candidates on April 26 with Election Day on April 27.



Summer School & Summer Fun!



June 18- July 27, 2018

Enriching Summer Activities for Students
Second Grade through High School

High School Courses
High School Review Courses
Arts Camps
Leadership Camp
Middle School Advantage

Music Camps
Robotics Camps
Science Camps
Sports Camps
TV News & Production Camp

More information available at:

WWW.CBHS-SACRAMENTO.ORG/SUMMER-PROGRAM

FALCON 5K



Saturday, April 7, 2018

William Land Park

7:30 a.m. Registration & Packet Pick Up

9:00 a.m. Start

Come out and walk or run with your friends and family at the third annual Falcon 5K. Register as an individual or create a team and dress to a theme. Costumes are encouraged but not required. For more information, visit www.falcon5k.org. If a student under the age of 18 wishes to participate, a parent must submit their registration form.

Jerusalem Trip 2019

Mr. Havey is excited to host a special trip to Jerusalem for students and families at Christian Brothers High School.

It is an educational trip scheduled for June 17, 2019!

[Click here to learn more about this Holy Land trip.](#)



SCHOOL SCHEDULE REMINDER

Be sure to keep track of Thursday start times and school closure days in April!

- April 1-3 - School Closed for Easter Break
- Thursday, April 5- 8:00 a.m. Start
- Wednesday, April 11 - 9:00 a.m. Start
- Friday, April 13 - No School
- Thursday, April 19 - 9:00 a.m. Start
- Thursday, April 26 - 9:00 a.m. Start

CB Arts Get a Little Competitive

March was a big month for our Falcon artists! A large group of choir students traveled to Anaheim to compete in the WorldStrides Heritage Festival, with a little Disneyland time, of course. Vocal Jazz took a silver award in their category. Gold awards were won by Honors Chorale and a combined Chamber, Concert, and Women's Choir.



Media Arts sent a delegation to the annual Student Television Network Convention, held this year in Nashville, Tennessee. Students bring the best of their work to enter into highly competitive judged categories, and participate in the Crazy 8, a competition in which students have eight hours to write, film, and produce an eight minute package on a given topic. This year, the Falcons took second place in both the Sports Broadcasting category and the Crazy 8. This is the first time CB has ever placed in the Crazy 8 competition. Way to go KBFT!

Visual Arts students have recently submitted their entries for the La Salle Art show, to be held on Friday, May 4, at 5:00 p.m. with the Spring Instrumental Concert following at 7:00 p.m. Tickets for the concert are \$5 and can be purchased in the [Ticket Hub](#). Admission to the art show is free!

Don't Miss It! Don't Even Be Late!

STATE FAIR, our spring musical, opens April 20 and runs through April 29. Performances on Fridays and Saturdays are at 7:00 p.m. and Sundays at 2:00 p.m. Tickets are \$10 general admission and \$5 for students, and can be purchased in the [Ticket Hub](#). This is an upbeat, classic Rodgers and Hammerstein musical that's fun for the whole family!



Auditions for **Open Mic** are May 1 and 2 after school in the George Cunningham '40 Performing Arts Center. This is the last show of the year, and a great opportunity for seniors to show off their talents before graduation. All grade levels are welcome to audition, and the competition is tough, so start working on your act now.

Congratulations to our varsity women's basketball team and Coach Shandyn Foster '00 for winning the Sac-Joaquin Division Three Section Championship and advancing to the Nor Cal semifinal game!

Capital Athletic League Scholar-Athlete Award

ELIGIBILITY: Any athlete who is a member of a Capital Athletic League-recognized varsity team is eligible for the award. Freshmen are not eligible as the athlete must have at least one year of grades, beginning with the 9th grade. Athletes must finish the season in good standing.

Athletes must have a cumulative 3.50 GPA (or above) weighted grade point average as well as a current 3.5 (or above) weighted GPA. The cumulative GPA is based on cumulative grades of semesters from 9th 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:

Varsity Baseball: Frederick Fiske '19, Michael Ingram '18, Spencer Lozano '19, Jason Oki '18, Jacob Tucker '18

Diving: Hailey Green '18, Owen Hunt '18, Sara Littlejohn '19, Emmanuel Moyo '19, Esperanza Razo '18, Poppy Ruyak '19

Men's Varsity Golf: Hunter Leong '20, Richard Osen III '18, Aaron Whitney Davis '18

Varsity Softball: Karina Brouwer '19, Jacey Greco '20, Hannah Gruber '19, Jessica Hennelly '19, Amanda Ledesma '18, Gina Matista '19, Emily Shepard '18, Cecelia Sidley '19

Swimming: Jordan Aceves '18, Eva Anders '19, Dominic Bacigalupi '20, Taylor Barth '18, Emma Busch '20, Olivia Busch '18, Zachary Byrne '18, Andy Chen '18, Julia Dudensing '18, Owen Hunt '18, Lana Jan '19, Callie Kendall '19, Meera Khaira '18, Rachel Li '18, Cesar Lopez '18, Liliana Ma '19, Sierra Martin '18, Madeline Mercer '18, Hallie Mikacich '19, Kristina Murphy '18, McKenna Purdy '20, Alexandra Roberts '19, Nicholas Smith '18

Men's Tennis: Christoffer Fong '20, Kai Hay '20, Brandon Luong '19, Noah Opada '20, Marvin Shi '19, Andres Yalan '20

Varsity Track and Field: Joseph Archer '18, Ian Armada '19, Elizabeth Blake '20, Samuel Copley '19, Caroline Duncan '20, Mariah Escobar '20, Emma Fitzpatrick '20, Aileen Fortin '19, David Garza '18, Gabriella Geach '18, Emily Hancock '20, Elizabeth Hinton '20, Madrey Hilton '20, Haily Holston '20, Alex Mantong '18, Miguel Menchaca '19, Alberto Mujica '19, Amelia Poroli '18, Nicolas Sanchez '19, Brendan Sample '19, Jazelle Sevilla '20, Chloe Splinter '20, Katherine Stenger '18, Stephanie Tapang '20, Enrique Verschoor '18, James White '19, Patrick Wiseman '18

Men's Varsity Volleyball: Benjamin Anin '19, Cesar Borrego '18, Jorge Escobar Jr. '18, Jeremy Mekker '18, Jack Milliken '19, Thaddeus Nazareno '19, Anthony Sweha '19

VOCATIONS

John Riley-Portal

Mr. John Riley-Portal, counselor for the Class of 2021, explains his vocation with a two-fold meaning. His primary vocation is following the Gospel's mandate to love. His secondary vocation is his various states of life and his commitment to these states, including being a husband, father, and counselor at CB. Along with this, Mr. Riley-Portal has let two passages from the Books of Psalms become his vocational mantra, "bend my heart to your will, O God," and, "Clothe yourself with kindness."

In college Mr. Riley Portal, realized not only could God speak to him through prayer, but also through people. From a young age, he felt the urge to serve the poor and marginalized, which he did in Stockton after graduate school. Years later, he worked at Loaves and Fishes in Sacramento and ultimately made his way to Christian Brothers. The Lasallian mission "...to provide a human and Christian education, especially to the poor" truly resonated with him. He learned that poverty comes in many forms and says, "Almost every student I meet is struggling with some kind of 'poverty'--whether it be material, spiritual, emotional, or relational--and I find it extremely rewarding to be instrumental in alleviating that student's poverty."

Mr. Riley-Portal is a proud member of the CB community, but he reflected on one of his previous jobs as a chaplain at Mercy Hospital and at hospice, saying,

"To be with a person and his/her family during the last days and hours of that person's life is a very moving and sacred experience. God is profoundly present, almost palpable. There are no

pretenses, just profound truth. Oftentimes, a person may not have had any family members and I would be the person to assist them in their transition from this life to the next. It was very humbling to realize that I was the last person they were with in this world. These experiences were very sublime and poverty-like."

Asked for some final words on vocation, Mr. Riley-Portal remarks, "Living one's vocation is a life-long process. It is continuously unfolding,

fluid. For me, as long as my vocation is rooted in the Gospel mandate to love, then it is authentic. Following 'the call' of my vocation has brought deep satisfaction, contentment and peace. I have been, and am, richly blessed."



A huge THANK YOU to everyone who attended, sponsored and supported An Echanted Emerald Evening this year! Your support is what makes CB the place to be!

FALCON FAMILY FACES



FALCON FAMILY NEWS

A MESSAGE FROM THE PRESIDENT

DEAR FAMILIES:

In one of his written meditations, St. John Baptist de La Salle counseled the Brothers that *"Each of you is a bishop, that is, the vigilant guardian of the flock God has entrusted to you."* While conditions have certainly changed in the nearly 300 years since De La Salle's passing, the original intent of this statement is alive today in the faculty and staff of Christian Brothers High School. Our students are our greatest treasure and deserve our best protection - intellectually, spiritually and physically.

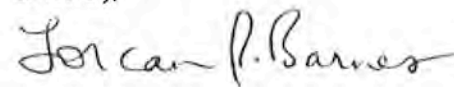
Following the tragic February shooting at Marjory Stoneman Douglas High School in Parkland, Florida, a number of families inquired about CB's vigilance in ensuring the physical safety of our students. While there is no fail-safe method of protecting a campus, our director of facilities has been proactive in working with the Sacramento Police Department and California Highway Patrol over the past decade to audit and advance campus safety. This vigilance has resulted in significant investments in improved perimeter walls, fencing and gates, installing a visible camera system, campus-wide signage, and increased presence of security personnel. We have also diversified lock-down and evacuation drills, and training to prepare our students for an emergency. In addition, the school contracts with a school safety consulting firm that has worked directly with administrators, faculty and staff in critical incident training and disaster preparedness.

As law enforcement officials, criminologists and mental health professionals look to the lessons of Parkland and other senseless mass acts of violence, there appears to be agreement that the greatest preventative measure is an aware and caring community. Understanding and recognizing warning signs in young people is the responsibility of every member of our campus community. In addition to caring students and engaged parents, we are blessed to have the support of an incredible team of deans of students, counselors, teachers, staff and administrators.

Experts also note the importance of schools reaching beyond gates and into the broader community. In addition to building strong bonds with schools and organizations throughout the region, CB has developed close connections with the Oak Park community through work at the Sacramento Food Bank, tutoring and organizing parties for the students of Oak Ridge Elementary, annual food collections in partnership with Williams Memorial Church, preparing breakfast each Friday for the women and children served by the Wellspring Women's Center and through frequent Oak Park clean-up endeavors and engagement with the Oak Park Neighborhood Association.

While we pray that these safety measures are never needed, it is certain that a proactive approach to campus safety can be life-saving if the unthinkable happens. We are aware of the challenges and opportunities before us and remain centered in our Lasallian Catholic mission to provide students with a rigorous and relevant curriculum that prepares them with the knowledge, skills and integrity to succeed in college and life. And, as we do so, to serve as vigilant guardians of the young men and women entrusted to our care.

Sincerely,



Lorcan P. Barnes

President

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COUNSELING NEWS

Summer is Still a Time for Action:

The counselors would like to remind students and parents that summer is a good time to continue college planning and academic preparation. Studies continue to show that students who are involved in structured, productive activities in the summer are less likely to engage in at-risk behaviors. Busy, involved, goal-oriented students who are working on academic pursuits, athletics, a summer job, community service or enrichment activities are better prepared for the rest of high school and for college. In addition to the many outside summer program opportunities available, and CB's own [Summer School Program](#), there are several other things that students should be doing this summer:

ALL STUDENTS: Remember to spend time this summer completing your summer reading assignments!!!

FRESHMEN: Update your resume' and finish your MI Advantage on [Family Connection](#) if you have not already done so.

SOPHOMORES: Consider taking the SAT Subject Exam on June 3 in a subject area you just completed (for example, World History or Chemistry). Update your resume' and complete any other activities that are suggested on [Family Connection](#). Utilize Khan Academy's [online SAT prep](#) to start preparing for the PSAT/NMSQT, which will be given in October. See your counselor to check out college summer programs.

JUNIORS: A checklist of reminders:

May/June

- Take SAT or SAT Subject Exams May 5 or June 2. You may submit Subject Test scores of your choice to the UC's even though they are not required. Some select private colleges do require them.
- Register for the June 9 ACT Exam by May 4. Go to www.actstudent.org to register.
- Register for the June 2 SAT by May 3 at www.sat.org.
- Start prepping for the SAT by utilizing Khan Academy's [online test prep](#) and for the ACT by utilizing [ACT Online Prep](#).
- Plan for a challenging senior year. If you want to make course changes other than what you pre-registered for, please see Mr. Purdy.
- Update your resume' on [Family Connection](#) and finish any other suggested activities.
- Think about signing up for the summer Kairos retreat (May 29 - June 1), especially if you have a lot of activities going on next year and don't want to miss three days of school.

Summer

- Complete summer "homework" for college admission (distributed by Ms. McClellan and Mrs. Melarkey in your English classes and available on the Class of 2019 Schoology Page – this is due the first day of school in August!)
- Check commonapp.org and other college admissions websites for dates when colleges begin accepting applications (the Common App is open now and the UC App will open August 1st).
- Start checking out financial aid and scholarship resources and continue this throughout the summer. Try www.fastweb.com or www.finaid.com as well as the Scholarship Search and Scholarship Match on [Family Connection](#). Next fall will be very busy with your classes, college applications and other activities that you are participating in, so "down-time" in the summer is the perfect time to seek out these opportunities.
- Begin drafting your college essay (part of your summer "homework").
- Log on to [Family Connection](#) to research colleges and career

opportunities and visit colleges if you can.

- Do something extraordinary! Try a summer program on a college campus (we have a list on Family Connection), work at a job, or travel.

SENIORS: A checklist of reminders:

May

- You must submit your acceptance ("Statement of Intent to Register") to the college you have chosen to attend **by MAY 1!**
- Congratulate yourself but stay focused on finals and finish strong!
- Go to [Family Connection](#) by **May 2** and list the colleges where you were admitted and where you have decided to enroll.
- Fill out college housing forms and pay careful attention to deadlines concerning housing deposits, etc.
- Write "Thanks, but no thanks" letters to colleges you will not attend. E-mailing them is okay. See Ms. McClellan or Mrs. Melarkey on how to do that if you don't already know how.
- Take the Analytical Writing Requirement test for UC-bound students (May 12) if you are required to do so and are not exempt. Take the placement tests for the community college you will be attending and meet with a counselor at the college to plan your courses.
- Enjoy your graduation and begin your next journey!

June

- Make sure you have responded to all requests from your college of choice.
- Have the CB Registrar (Mrs. Becky Woods '04) send your final transcript to your college of attendance no later than **JUNE 15** (there is a form that you fill out and you must pay \$5 for an official transcript)– and don't forget to thank your teachers, counselors, the registrar, etc. for all of their help over the past four years!

Important Reminder for Students Who Receive "D" or "F" Semester Grades:

- All semester F's must be remediated during the summer in our Christian Brothers' Summer School.
- Any semester F's by seniors will cause you to not receive the CB diploma that you have worked for over four years.
- Semester D's could put a student in jeopardy of not being eligible for 4-year colleges and universities immediately after high school. We strongly suggest that D's be remediated in the summer! If you have any questions regarding the need for taking these courses or the consequences of not taking them, please see the [CB Course Catalog](#) on the school website and/or contact your child's grade-level counselor).

CB'S SUMMER SCHOOL PROGRAM PROVIDES EXCELLENT OPTIONS FOR STUDENTS:

Our summer school program at CB provides excellent opportunities to accelerate a student's curriculum goals or to provide schedule relief next year and allow for a study hall one or both semesters. Please view the courses that will be offered this summer on the [summer program webpage](#) or see your counselor to discuss your options.

COUNSELING ISSUES ARISING OVER THE SUMMER: All counselors (grade-level, college and wellness) will be accessible by e-mail, should any issues arise that require counseling and/or an outside referral. Feel free to reach out to us. We want to continue to help our students and parents during the summer break.

Enter to Learn, Leave to Serve

Service Hours:

Please make sure that all service hours are turned in by May 18. Seniors may also continue to submit hours until this date.

Ven-a-Ver:

Interviews for Ven-a-Ver El Otro Lado will begin **May 16** after the D set review in Room 203. Only sophomores who will be juniors in Fall 2018-Spring 2019 may apply. The Otro Lado service immersion will take place in the spring semester, **January 20-25, 2019**. You will need a government issued passport and picture ID. Applications are available in Room 203.

Interviews for Yakima and Memphis are scheduled for September 2018. Applications will be available at the beginning of September. Only Juniors may apply.

All seniors who participated in Ven-a-Ver during their junior year, please pick up your Ven-a-ver pin in Room 203 on May 4th.



Students build a walkway for a disabled child on the Yakima reservation.



Releasing eels



SCHOOL SCHEDULE REMINDER

Be sure to keep track of Thursday start times in May!

- Thursday, May 3 – 8:00 a.m. Start
- Thursday, May 10 – 9:00 a.m. Start
- Thursday, May 17 – 9:00 a.m. Start (final exams)
- Friday, May 18 – 9:00 a.m. Start/11:30 a.m. dismissal (Founder's Day)
- Thursday, May 24 – 9:00 a.m. Start (final exam)



Summer School & Summer Fun!



June 18- July 27, 2018

Enriching Summer Activities for Students
Second Grade through High School

High School Courses
High School Review Courses
Arts Camps
Leadership Camp
Middle School Advantage

Music Camps
Robotics Camps
Science Camps
Sports Camps
TV News & Production Camp

More information available at:

WWW.CBHS-SACRAMENTO.ORG/SUMMER-PROGRAM

Upcoming Events:

* **Senior Open Mic Night** will be held on the main lawn May 11. Come out to hear the talent!

* The Grand Finale for the year is **Founder's Day**. This extraordinarily exciting and fantastically fun day takes place on May 18 and it will be celebrated throughout the campus.

Activities include:

- Students receiving their year books. Don't forget to bring lots of pens.
- For the athletes, we are planning an obstacle course, jousting, sumo wrestling, dodgeball, and basketball.
- If there are any students out there – any at all – who would just love to dunk a teacher – we will have a tank filled with water waiting just for you.

* Our Senior Class Council and our ASB Council will be graduating this month and we want to wish you a fond farewell. We hope you have an amazing college experience and much success and happiness in the future. You will be missed.

We also want to congratulate the following new members of the 2018-2019 Student Council!

ASB OFFICERS

PRESIDENT:

Catherine Cordano

VICE PRESIDENT:

Kennedy Earley

SECRETARY:

Emmanuel Moyo

TREASURER:

Annabella Rolleri

PUBLICITY/HISTORIAN:

Isabella De Mattos And Alexandra Hock

Congratulations to Madeline Mercer '18 and Patrick Wiseman '18 for being selected as recipients of the **Sac-Joaquin Section Scholar Athlete Award**. They have been chosen as two of the winners of the Dale Lackey Scholarship. They were selected for their accomplishments in the athletic arena, scholastic achievement, and community service involvement. They will receive their awards on Tuesday, May 1 at Hutchins Square in Lodi.

Our second Letter of Intent signing day of 2018 took place on Wednesday, April 11 in the George Cunningham '40 Performing Arts Center. The following students participated in the signing: Abby Burkholder, Cal State East Bay for softball; Jacob Campos, Linfield College for baseball; John Dana, Benedictine College for lacrosse; Michael Ingram, Occidental College for baseball; Daniel Simoes, University of Puget Sound for football; Jonathan Stone, St. Mary's College for baseball; and Andrew Taylor, University of San Francisco for baseball.



Congratulations to our women's Falcon basketball team for their All-Metro designations. Junior Brianna Juniel '19, and Sophomore Bria Shine '20 were both selected to the All- Metro basketball squads. Brianna was selected to the first team. This caps a fantastic season for the women's basketball team, finishing fourth in the top twenty rankings by the Sacramento Bee. This was also an additional section championship for the Falcons and the first under first-year coach Shandyn Foster '00.

MEDIA VISUAL AND PERFORMING ARTS

The end of the year is fast approaching, and that means arts performances aplenty! If you haven't made it out to an arts event this year, don't miss out on seeing our talented students, especially from the class of '18.

Visual Arts kicks things off with the **LaSalle Art Show**, held on Friday, May 4 at 5:00 p.m., with the **Spring Instrumental Concert** following at 7:00 p.m. Tickets for the concert are \$5 and can be purchased on the [Ticket Hub](#). Admission to the art show is free!

Auditions for Open Mic are May 1 and 2 after school in the theatre. This is the last show of the year, and a great opportunity for our seniors to show off their talents before graduation. All grade levels are welcome to audition. **Open Mic Night** will be held Friday, May 11 at 7:00 p.m. on the main lawn. It's a chance to celebrate and say goodbye to our seniors with a great performance in a lovely outdoor atmosphere. Bring a picnic blanket!

Choir hosts their annual pop music spectacular, **Hollywood Bowl**, Saturday, May 12 at 6:00 p.m. Bring some friends and a picnic blanket for an evening of pop music and terrific choreography.

Congratulations to our Friends of the Arts Grant recipients, Spencer Fitzpatrick '20, Sofia Nguyen '19, Alanna O'Neill '19, and Allyson M. Ing '21. These returning students have applied for and been awarded \$250 each to help further their arts studies over the summer. We look forward to the experience and expertise they will share with us in the 2018-19 school year!

Summer Arts Classes are here! Check out the [CB summer program](#) for arts classes for students in grades 3-8 in Painting, Ceramics, Theatre, and Video Production!



VOCATIONS



Emily McDougall

Ms. Emily McDougall has been our Wellness Counselor at CB for the past three years. Her primary role is to serve the emotional needs of our students across all grade levels. She is a licensed Marriage and Family Therapist who works with teens and parents, and we are

fortunate to have her at Christian Brothers.

Emily reflects on her vocation in the following narrative:

To me, vocation refers to one's work that is ideally suited for them. Not just a job, but a calling. Something one is meant to do.

I first became interested in therapy / counseling at a young age, about 9 or 10 years old. I was fascinated by the idea of working with people to address issues of emotion and challenges that we all experience as simply being human.

I realized that I wanted to work with teens when I was an adolescent growing up in the Bay Area. I would frequently see homeless teens struggling to survive. I wondered why there weren't more supports available to them. Where were the qualified adults to help them? Or better yet, to help

their families so that living on the streets did not seem like a better option than staying at home.

I had excellent teachers and supervisors along my vocational journey, but I do not think that I can name any one person that distinctly shaped this path. It has always felt like a calling. Perhaps it was the Holy Spirit.

Working hard and applying yourself have a lot to do with vocation. Hard work and dedication are at the heart of any success. One may be drawn to something, but without effort and perseverance it is likely to remain a dream rather than a career.

Aside from the time and energy needed to complete the academic portions of my journey, being a therapist/ counselor requires patience, focus, commitment and enthusiasm that can often feel like hard work. I am often exhausted at the end of the day. :)

Young people who are trying to figure out what their vocation in life should be should listen to what your heart is drawn to do. When are you moved by an experience or interaction? What change would you like to see happen around you? Are you somehow moved to be a part of that change? If so, that may become your vocation.

Spring Semester 2018 Review Exam Schedule

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
	5/14/2018	5/15/2018	5/16/2018	5/17/2018	5/18/2018
9:00 am - 10:30 am	C Set Review	C Set Final	B Set Review	B Set Final	Founder's Day 9:00 am - 11:30 am
10:30 am - 10:50 am	BREAK	BREAK	BREAK	BREAK	
10:55 am - 12:25 pm	E Set Review	E Set Final	D Set Review	D Set Final	

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
	5/21/2018	5/22/2018	5/23/2018	5/24/2018	5/25/2018
9:00 am - 10:30 am	A Set Review	A Set Final	G Set Review	G Set Final	Graduation Day!
10:30 am - 10:50 am	BREAK	BREAK	Prayer Service 10:30 am - 11:15 am		
10:55 am - 12:25 pm	F Set Review	F Set Final	Leave to Serve Dismissal at 11:30 am	Make-Up Finals (as needed) 10:55 am - 12:25 pm	

FALCON FAMILY FACES

