

FALCON FAMILY NEWS

A MESSAGE FROM THE PRINCIPAL

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

DEAR FAMILIES:

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

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

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

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

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

Live Jesus in our hearts!



Chris Orr
Principal

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CAMPUS MINISTRY

Reflections for a new school year...

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

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

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

Retreats

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

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



Retreat Registration

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

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

Prayer and Worship

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

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

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

Eucharistic Ministry: All seniors who are fully initiated and practicing Catholics are invited to serve as part of our Student Eucharistic Ministry Team. Interested seniors must contact Mrs. Yearwood by August 5, and plan to attend the training on **Thursday, August 13** at 11:00 a.m., after the senior class meeting.

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

Prayer for the Beginning of the School Year

Loving God,

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

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

We ask this in Your name, Amen.

CHRISTIAN SERVICE

Enter to Learn, Leave to Serve

Welcome Freshmen Families!

For several years, Christian Brothers High School and the Wellspring Women's Center in Oak Park have maintained a solid service partnership. Our students make breakfast for the women and children of Wellspring every Friday. However, in order to meet their needs, we rely on student donations. For the women and children who frequent the Wellspring Breakfast Center, breakfast may be the only hot meal they receive for the day.

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

Wellspring All-School Drive



Welcome back CBI! Wednesday, August 14 will kick-off our "All-School Wellspring Women's Center Breakfast Donation Drive." **This year we are in need of water-based pancake mix and syrup.**

If you would like to make a cash donation or drop off a check for eggs, please see Ms. Grapé in the LSLO. If you are donating cash, please enclose it in an envelope marked Christian Brothers Wellspring; if you enclose a check please make it out to Christian Brothers High School with "Wellspring Breakfast Club Donation" written in the memo field. Please drop off your Wellspring donations in the LSLO, room 106. If you are interested in joining the Wellspring Breakfast Club, please contact Mr. Biff at bliff@cchs-sacramento.org or sign up during Club Day on Thursday, August 29.

VENAVER Fall 2019

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

Christian Service Corps Student Team

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

Thank You!

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

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

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



STUDENT ACTIVITIES

Upcoming Events

Lock-In

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

A few reminders for Lock-In:

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

Spirit Shirts

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

Transfer Student Orientation

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

Picture Day

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

To purchase pictures:

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

If you have any questions, call (916) 749-1026 or email sendcase@billsmithphoto.com



MEDIA, VISUAL AND PERFORMING ARTS



We want YOU to be a part of the Arts!

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



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

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



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

Club Day

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

VOLUNTEER OPPORTUNITIES

Volunteer...and help make CB the place to be!

Christian Brothers High School welcomes parents, alumni and members of our local community to volunteer. We believe that our partnership with volunteers is one of the many things that makes the Christian Brothers community a tremendous place to be. To volunteer at Christian Brothers High School, [click here](#) to view the list of volunteer opportunities.

Then, scroll down and click the 'next' button in the right-hand corner of the page to complete and submit the Volunteer Application. Upon approval you will receive instructions on next steps. It is very important that the information you enter on the application matches your government issued ID, including your full legal name and date of birth. It is also important that you provide a valid email address, so you can be notified as to the status of your application and for future communication.

Depending upon the volunteer opportunities selected during the application process, you may need to complete additional steps to clear the volunteer process. **If you selected to volunteer as an athletic coach, a recurring classroom volunteer, or a field trip chaperone/volunteer, you will also need fingerprint and TB test clearance before your volunteer application can be approved.** The fingerprint form can be found at this [link](#). TB Tests can be obtained at U.S. Healthworks on Alhambra Blvd. More specific information is available [here](#).

Make CB Your Community Too! Volunteer Parents Needed!

Volunteering will benefit you, your family and the CB community. The right job for you can help reduce stress, make friends, learn new skills and even advance your career. And best of all, giving of yourself helps all of our CB kids!

The **CB Auction** is great way to volunteer; There are jobs big and small to choose from to ensure the event is a success. We are a fun and friendly group, and encourage you to come check us out!

Auction 2020

Auction Kick-Off Meeting and Social

**Tuesday, September 3, 2019 – Social (5:30-6:00 p.m.),
Meeting (6:00-7:00 p.m.)**

- Hear from Committee Chairs and learn how you can help
- Work and play with the Auction Team
- You can start small – or go big!

We make things happen because of you. **Auction meetings will take place on the first Tuesday of each month at 5:30 p.m.** **Future dates:** 10/1, 11/5, 12/3, 1/7, 2/4, 3/3.

Questions? Contact Joanne McShane at (916) 733-3643 or jmshane@cbhs.sacramento.org.

Voluntary Student Accident Insurance

Along with providing a quality Lasallian Catholic education, we do our best to protect your child(ren) from injuries. However, sometimes accidents happen. Should your child get hurt during school-related activities, CB provides **voluntary student accident insurance** to help with the cost of medical treatment not covered by other insurance or health coverage your child(ren) may have. This School-Time Accident insurance is designed to cover many, but not all, of the possible costs. These **optional** plans include a 24/7 Full-Time Accident Plan, the pay-as-you-go Student Accident & Sickness Plan, a Dental Accident Plan and a Pharmacy Smart Card available for the entire family. [Click here](#) to learn more.

Student Store Hours

Need to stock up on CB wear?
Our on-campus Student Store is open!



The Student Store is open in the Cafeteria:

August 1-2 (Noon - 6:00 p.m.)

August 5-8 (Noon - 6:00 p.m.)

August 9: Lock-In (Noon-9:00 p.m.)

The Student Store will be open in its regular location:

August 12-13 (3:00 - 6:00 p.m.)

August 14-16 (3:00 - 3:45 p.m.)

Regular hours during the school year are daily for
30 minutes after school.

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



FOR MORE EVENT PHOTOS AND TO
KEEP UP WITH ALL THE FUN AT CB,

[CLICK US ON FACEBOOK!](#)

ATHLETICS

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

- All athletes must have the **FinalForms** athletic medical clearance with a valid physical prior to any participation or tryouts for athletics. [Click here](#) to visit the FinalForms web page on the CB website.
- **Fall tryouts officially begin on Monday, August 5.** To obtain other specific sport tryout times and practice information, contact each head coach directly.

Upcoming Events

- **Monday, August 5 – Fall Sports Begin**
- **Wednesday, September 11 – New Parent Athletic Orientation** at 6:00 p.m. in the George Cunningham '40 Performing Arts Center

Team Notes

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

Baseball: In a six-week span in the beginning of summer, the CB baseball program was able to get a peek into the future. A team of incoming freshmen baseball players played against other schools from Elk Grove. This is the ninth year the CB program has taken part in a summer league of this kind. It was a great opportunity to introduce the class of 2023 to CB and its traditions. The boys learned how we run practices, do game preparation and how we play at CB. With a baseball program steeped in tradition and reputation, it was an amazing opportunity to introduce a new group of players to CB. The future, without a doubt, looks bright!

Women's Basketball: The Women's Basketball program had a great summer. All levels participated in a summer league and played in various local tournaments. The varsity team performed very well in the Laguna Creek High School League.

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

The Christian Brothers Junior Falcons football program recently began its eighth season and will field four teams from ages 6-14. Our high school players and coaches put on a three-day camp for the Junior Falcons in late July. Over 25 athletes volunteered to help train and coach these future Brothers players. We invite Christian Brothers families to get involved in the program and encourage young athletes to learn football fundamentals and brotherhood at an early age.

Men's Basketball: Student-athletes and coaches from the men's basketball program continued to embrace the process of working hard in the summer to improve individually and as a team. The varsity team participated in the long-running Florin Summer League and many local high school tournaments. In addition to a competitive summer schedule, the team continued to dedicate themselves in the weight room and on-court workout sessions four times a week throughout the summer. Members of the program also assisted with the Christian Brothers men's basketball summer camp during the first week of June.

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



ICE CREAM SOCIAL
NEW PARENT ORIENTATION
FOLLOWED BY
FRESHMAN LOCK-IN

FOR ALL NEW CBHS PARENTS AND INCOMING FRESHMEN!
JOIN US ON
FRIDAY, AUGUST 11
6:00-8:00 PM IN THE GYM
CELEBRATE THE NEW SCHOOL YEAR, MEET
NEW PARENTS, TEACHERS, AND STAFF

Hosted: Orientation for **NEW PARENTS** & **FRESHMEN** in Training
August 12 from 12:30-2:30 p.m. in Room 106

WELCOME TO CB... THE PLACE TO BELONG!

SCHOOL SCHEDULE REMINDER

- **Thursday, August 15 – 7-period day** 8:00 a.m. start, 2:50 p.m. dismissal (All-School Liturgy)
- **Thursday, August 22 – 3-block day** 9:00 a.m. start, 2:25 p.m. dismissal (Back to School Night)
- **Thursday, August 29 – 3-block day** 9:00 a.m. start, 2:25 p.m. dismissal (Falcon Flex)

FALCON FAMILY NEWS

A MESSAGE FROM THE PRESIDENT

DEAR FAMILIES:

Welcome to the 2019-20 school year. Our 144th year of Lasallian Catholic education is off to a fantastic start with strong enrollment, energized teachers and staff, a fresh new parking lot and the joyful sound of earth movers permeating the campus as the new stadium takes shape.

I'm thrilled to share that in August, Peter Bollinger '57 pledged a prodigious \$1.5 million to the Securing the Future Campaign. This is the largest single contribution to the campaign and brings us closer to our \$11.8 million goal! As we celebrate this transformative pledge, the work outside continues at a rapid pace. Thanks to the generosity of many, we are close to making this dream a reality for our students without taking on any long-term debt.

We recognize that some of you may not be familiar with this endeavor. Six years ago, school leaders began the process of creating a new 15-year campus master plan. After consulting with community stakeholders, architects and building professionals, the following immediate priorities were identified:

- **Improved outdoor athletic facilities** - Education at Christian Brothers extends beyond the classrooms into the athletic arena, providing life lessons in leadership, teamwork and perseverance - all skills crucial to success in college and the workplace. Each year, approximately 700 student-athletes participate in one or more of our 27 sports. Unfortunately, our athletic fields did not meet the needs of our physical education classes and student-athletes, nor were they comparable to facilities at other schools.

- **Growing the endowment** - An essential component of our Lasallian mission is our insistence on education for all, regardless of their ability to pay. The Lasallian District of San Francisco New Orleans places a priority on service to the poor, and emphasizes outreach to the most socioeconomically disadvantaged in our community. CB proudly leads the region in tuition assistance. More than seven percent of our families live below the federal poverty level. Last year, 405 students received \$2.7 million in need-based tuition assistance. Of that amount, approximately \$425,000 comes from endowment earnings. Growing the endowment allows for continued support and growth in the tuition assistance program.

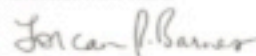
- **Infrastructure improvements** - As enrollment has grown to just over

1,150 students, so has the need for improved parking. Programs like Junior Falcons football and cheer, Diocesan and middle school events help strengthen community outreach and long-term enrollment, but also place extra demands on limited parking facilities. CB's new parking lot and reconfigured entry/exit will help ensure a more efficient traffic flow. When construction is finished, we will also see increased parking capacity. Further, from a safety and good-neighbor perspective, ensuring that students and visitors have adequate on-campus parking alleviates a need for parking on the surrounding streets.

We continue to believe that buildings are just buildings, just as an athletic field is just an athletic field. It is when our phenomenal teachers, staff members, coaches and students bring the facilities to life, the magic really happens. In the case of the George Cunningham '40 Performing Arts Center, our theatre program earned an impressive 17 Eby Award nominations this year from the Sacramento Area Regional Theatre Alliance for its phenomenal productions of "Singin' in the Rain" and "The Martian Chronicles." Prior to 2014 when this facility opened, we knew that we had talented performers, but the theatre really gave us a place to develop and showcase their gifts. We believe the same will ring true for our student-athletes.

If you are not already a part of this important endeavor, we welcome the opportunity to share more about the Securing the Future Campaign and the important role you can play. We look forward to celebrating with all of you in early 2020 as we cut the ribbon and open the gates to the Peter Bollinger '57 Stadium!

Live Jesus in our hearts!



Lorcan P. Barnes
President

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President Search Update

Dear Families:

In July, I shared with you that CB President Lorcan Barnes plans to depart at the end of the 2019-20 school year. In communicating that message, I indicated that we would keep you apprised of our progress. I'm pleased to share that the CEO/President Search Committee has been formed and tasked with conducting listening sessions with faculty and staff, developing a job posting, and performing preliminary interviews of candidates. We hosted our first listening session on August 19 and wrapped up with the final session on August 27. We will be refining the job description with plans to post in mid-September.

The committee is comprised of members of the Board of Trustees, faculty and other Christian Brothers stakeholders. I am grateful to the following individuals who have agreed to join me in this endeavor: William Nolan '69, Tom English, Marianne Evashenk, Donald Fitzgerald, Courtney Hendry, David Holquin '99, Rose Lester and David Walrath.

We are confident that the committee will be able to produce qualified candidates for the position by the end of the calendar year. Thanks to the strong financial health of the school and the dedicated and loyal faculty and staff, we believe this job is one of the premier positions on the West Coast.

Stephen Mahaney '69
Board Chair
Christian Brothers High School

MEDIA, VISUAL AND PERFORMING ARTS

Another school year is underway, and the arts are in full swing!



AUDITIONS for our fall musical, **"Peter and the Starcatcher"** will be held on September 3 through 5 from 3:00 to 5:30 p.m. in the George Cunningham '40 Performing Arts Center. All are welcome to audition. Students should prepare a song that shows off their voice for the first day and plan to attend all three days. Students with sheet music for their song will have a pianist; students without sheet music may sing unaccompanied. This show is a Peter Pan story and is full of great characters from pirates to mermaids, so join in the fun!

Choir had its first performance of the year at Back-to-School Night with Honors Chorale singing a toe-tapping rendition of "This Little Light of Mine."

Theatre is ready to go and enjoying the thrill of its 17 Ely nominations for last year's productions, "Singin' in the Rain" and "The Martian Chronicles." Nominated students include **Jack Flynn '20**, **Spencer Fitzpatrick '20**, **Owen Larson '20**, and recent graduates **Mallory Davis '19**, **Nick Maricle '19**, **Ana Riley-Portal '19** and **Alexander Vasilyev '19**. Congratulations to all!

The arts will be on display at **Open House** on Sunday, October 6, with pottery spinning and live painting from **visual arts**, performances on the lawn by **instrumental** and **choral** students, and **KBFT** in full production mode from their broadcasting room. Don't forget to catch these artists in action!

HELLO SEPTEMBER

SCHOOL SCHEDULE REMINDER

Be sure to keep track of Thursday start and dismissal times!

September Schedule:

- **Thursday, September 5** – 8:00 a.m. start; 2:20 p.m. dismissal (four-block day, Falcon Flex)
- **Friday, September 6** – 8:00 a.m. start; 12:20 p.m. dismissal (three-block day, no Falcon Flex)
- **Thursday, September 12** – 9:00 a.m. start; 2:25 p.m. dismissal (Falcon Flex)
- **Wednesday, September 18** – 8:00 a.m. start; 2:50 p.m. dismissal (three-block day, no Falcon Flex)
- **Thursday, September 19** – 8:00 a.m. start; 2:55 p.m. dismissal (four-block day, no Falcon Flex)
- **Thursday, September 26** – 9:00 a.m. start; 2:25 p.m. dismissal (Falcon Flex)

COUNSELING

Welcome to Christian Brothers, all new and returning families!

Counselors are busy assisting students with resolving personal issues, helping them 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 each of his/her students, so all students will be seen by their counselor this semester.

Freshmen – Mr. Kirk Purdy, Class of 2023 counselor, will be having all freshmen complete the “Learning Styles Inventory” and “MI Advantage” 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. Purdy will also be handing out a packet of helpful information to the frosh regarding how to be successful at CB and utilize their counselors. This will take place during their pre-scheduled small-group conference. **On Wednesday, September 11 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 discuss important issues concerning academic, personal and college counseling.

Sophomores – Mrs. Erica Gormley and Mrs. Amy Archer, Class of 2022 counselors, will have the sophomores taking “Do What You Are,” a personality profile/career interest survey on *Family Connection*. They will also be handing out the **Student Guide to the Pre-ACT** for the October 16 test. It will include sample questions and a practice test that gives a preview of the full-length ACT.

Juniors – Mr. John Riley-Porta, Class of 2021 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 complete 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 this October 16 test.

Seniors – Mr. Diaz, Class of 2020 counselor, and college counselors Ms. McClellan and Mrs. Melarkey, have already started visiting the senior English classes to give out very specific information on how the counselors will assist them this year in the college application process. The department will be hosting “College Night for Seniors and Parents” on **Thursday, September 5 at 6:00 p.m. 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/daughter attends to the following tasks:

- **Juniors and seniors** should consider **scheduling visits** to the colleges they haven't seen at this point. They are each 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 “likely” colleges and initiating the application process.

- Make sure your student listens to and reads the daily announcements, watches KBFT, and checks Schoology in order to hear about all events, including college evenings presented by specific colleges/universities and 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**. This year, it will be held at St. Francis High School on **Wednesday, September 25** from 6:30 to 8:30 p.m. Jesuit will also be hosting a smaller fair for Jesuit colleges only on **Sunday, September 8** from 4:00 to 6:00 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!

For more information on events in September, please follow along with the daily bulletin, weekly update and the online school calendar.



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



@CBSACRAMENTO



@CBHSSACRAMENTO

CAMPUS MINISTRY

"In the light of faith you see things differently"

This year our school theme focuses on vision and the importance of seeing all through the lens of faith. As our new school year begins, I pray your eyes will be open to the many wonderful blessings all around you.

- Jen Yearwood, Director of Campus Ministry

Welcome to the new school year - Campus Ministry is off and running!

The week before school, our Christian Brothers faculty, staff, and administration gathered for a day of reflection at St. Anthony's in Sacramento.

Christian Brothers kicked off its new school year with a wonderful liturgy celebrating the Feast of the Assumption! We welcomed Fr. John Boli who shared insightful and challenging words of inspiration while helping to commission our Eucharistic Ministry Team and bless our entire CB community at the start of a new school year.

Prayer and Worship

Beginning in the middle of this month, our Christian Brothers community is invited to focus its attention on a **month-long celebration of the International Lasallian Days for Peace.**

The theme of these days is "Peace is Always Possible!" We can draw inspiration from the words of Pope Francis: "Peace is a gift from God, but it requires our efforts. Let us be people of peace in prayer and deed." This is a call for each of us to be peacemakers and to work to bring about the Kingdom of God here on earth. The month of September affords us several opportunities to hear this call and to respond through prayer and reflection.

On **September 11**, our nation will once again remember the tragic events of the 9/11 terrorist attacks, those who lost their lives and those who have been forever affected by the events of this day. We should also take pause to recall the countless ways in which people from all walks of life came together to rescue and serve, risk their own lives for others, offer aid and comfort for the afflicted, and join with one voice in prayer, hope and healing. Christian Brothers will take a few minutes at the beginning of the day to commemorate this important day in the history of our country. On September 11, let us all take pause to remember, reflect and recommit ourselves to working for peace.

On **September 18**, we will celebrate an all-school liturgy with the theme of peace. Please join us on 9:45 a.m. in the Ron Limeberger '53 Gymnasium.

On **September 21**, the United Nations invites all people to celebrate the International Day of Peace. This is a day

devoted to strengthening the ideals of peace, both within and among all nations and people. This day of peace offers an opportunity to pause, reflect and consider how best to break the vicious cycle of violence that conflict creates and how to, instead, create a culture of peace.

Retreat Ministry

Fresh All Class Retreat

The Class of 2023 will share their class retreat days on **Thursday, September 5 and Friday, September 6 at St. Anthony's** in Sacramento. Members of the Class of 2023 are scheduled to attend one of the days of retreat based on their religious studies class (Spinelli and Guro classes attend on 9/5 and Hayes and Havey classes attend on 9/6.) The retreat day will run from 8:30 a.m. to 2:30 p.m. and **parents are responsible for providing transportation to/from the retreat site.**

Students should have received an informational letter with the consent form from their religious studies teachers. Consent forms were due back to the teacher by August 30. On the retreat day, fresh students must bring a lunch/drink and should wear jeans or dress code approved pants/shorts along with their **yellow class spirit shirt.** Students should plan to arrive to St. Anthony's on their designated day by 8:15 a.m. to check in.

Retreat registration is happening now for Senior Kairos!

Dates for Senior Kairos are: September 24-27, 2019 (this retreat is full); November 5-8, 2019; January 14-17, 2020 and March 17-20, 2020. [Click here to register.](#)



PEACE, LOVE & BUNCO Thursday, October 3, 6:00 - 8:30 p.m. CB Cafeteria

Back by popular demand, it's Family Bunco Night! Come dressed in your favorite tie-dye clothing and accessories! Don't miss out on this evening of good ol' family fun, snacks and prizes! The cost is \$10 per family.

Please register on the [Tickets Hub](#) no later than September 15. Families who register before then will receive an extra door prize entry for a dinner and movie gift card!



Prayer for Peace

God of peace, bring your peace to our violent world; peace in the hearts of all men and women and peace among the nations of the earth. Turn to your way of love to those whose hearts and minds are consumed with hatred.

God of understanding, overwhelmed by the magnitude of violence, we seek your light and guidance as we confront such terrible events of war and terrorism. Grant that those whose lives are affected daily by hatred and darkness may find hope for peaceful resolution.

God of strength, comfort and console us, strengthen us in hope, and give us the wisdom and courage to work tirelessly for a world where true peace and love reign among nations and in the hearts of all.

Falcon Family Mass

All CB families are invited to join us for a **Falcon Family Mass on Sunday, September 29 at 9:30 a.m.** at Christian Brothers in the George Cunningham '40 Performing Arts Center. Following Mass, we will gather for fellowship, donuts and coffee in the plaza.

Due to limited seating in the theatre, it is necessary for all who plan to attend to RSVP no later than September 16. [Please click here to RSVP](#). Once seating fills, the RSVP link will be closed.



STUDENT ACTIVITIES

Upcoming Events



Join Falcon Force at the first big "Holy Series" game of the school year as the CB women's volleyball teams take on the St. Francis Troubadours in **Holy Court** on Tuesday, September 3. Show your spirit for the **big blue!** Wear your Falcon Force t-shirt!



Make Up Picture Day for students who missed the August date will be held on **Monday, September 9**. Any student who missed pictures will be given a pink slip during class to come have their pictures taken. Picture packages may still be ordered from this [link](#) on the CB website.

Thursday, September 12 is our first CB rally of the 2019-20 school year! Falcon Force has a spirited event planned for the Falcon Flex period. Please plan for a 3:00 p.m. dismissal.

Blue Out Spirit Day is Friday, September 13. A modified dress code will be posted to both Schoology and the [Student Activities page](#) of the CB website at the end of the first week

of September. Go all out for this first spirit day of the semester!

Student Council will be hosting a booth at the annual **Holy Bowl Parking Lot Party on Saturday, September 14** from 2:00 to 5:00 p.m. Stop by for pom poms, face paint, and temporary tattoos and take a picture at our photo booth!

Get excited for the first official **Homecoming Theme Reveal** on Monday, September 16!

The **CB Frosh-Soph Open Dance** will be held on the Mary Lawn on **Friday, September 20** from 7:30 to 10:30 p.m. Come dance the night away with friends from Jesuit, St. Francis, and Cristo Rey high schools. Tickets are \$10 and will be sold during lunch from Monday, September 16 through Friday, September 20 at the Student Activities window **ONLY**. Cash or check will be accepted. No online sales for CB tickets will be held.

The **annual Homecoming T-Shirt Pre-Sale** will be held Monday, September 23 through Wednesday, September 25 during all lunches at the Student Activities window. Cash or check will be accepted. More information will be forthcoming!

Clubs have available meeting time during Falcon Flex on Thursday, September 26. This will give students the chance to try out all the amazing clubs they signed up for on Club Day!

ATHLETICS

Upcoming Events

There are many big events coming up in the next few weeks:

- **September 3:** **HOLY COURT Women's Volleyball vs. St. Francis** - Frosh (4:30 p.m.), JV (5:30 p.m.), Varsity (6:30 p.m.)
- **September 7:** **Women's Golf vs. St. Francis, Mountain View** at Bing Maloney (9:00 a.m.)
- **September 14:** **HOLY BOWL Football vs. Jesuit** at Hughes Stadium - JV (4:30 p.m.), Varsity (7:00 p.m.)
 - Holy Bowl tickets can be purchased online at www.holybowl.com.
- **September 18:** **Men's and Women's Water Polo vs. El Camino** at Sacramento City College
- **October 1:** **Women's Tennis vs. El Camino** at Laguna Racquet Club (3:30 p.m.)
- **October 9:** **Cross Country League Meet** at Willow Hills Reservoir (3:30 p.m.)

The Frosh Parents Guidance Night & Athletic Orientation will take place on **Wednesday, September 11, 2019** from 6:00 to 8:00 pm in the George Cunningham '40 Performing Arts Center.

The Athletic Department will conduct grade checks of all athletes based on team rosters. The first check of the school year will occur on **September 17, 2019**. Any student-athlete falling below a 2.0 GPA will be suspended from all sports practices and contests for at least one week until he/she meets minimum requirements. Suspended student-athletes must attend mandatory study hall Monday through Thursday until 5:00 pm. Once a student-athlete acquires the minimum 2.0 GPA and one week has passed, he/she will be immediately reinstated to his/her sport.

AUCTION KICK-OFF MEETING AND SOCIAL

Tuesday, September 3, 2019 in Bertram Hall
Social (5:30 - 6:00 p.m.) | Meeting (6:00 - 7:00 p.m.)

- Hear from Committee Chairs and learn how you can help.
- Work and play with the Auction Team
- We make things happen because of you.
- You can start small - or go big!

Auction meetings take place on the first Tuesday of each month at 5:30 p.m. Future dates: 10/1, 11/5, 12/3, 1/7, 2/4, 2/18, 3/3

Questions? Contact Joanne McShane at (916) 733-3643 or jmcsbane@cbhs-sacramento.org.

CB Holy Bowl Parking Lot Party



Saturday, September 14, 2019
2:00 - 6:00 p.m.
Sacramento City College parking lot
(outside Hughes Stadium)

Look for the blue tents!

Free BBQ, side dishes and beverages for all CB fans!
Come enjoy the food, friends, fun and CB spirit.

In the spirit of sharing, please sign up to bring a food item to contribute to the festivities at:
<https://signup.com/go/cOBside5>

To volunteer at the party, sign up at:
<https://signup.com/login/entry/935900046028>



Friday, September 6, 2019
Christian Brothers High School

CLICK HERE TO BUY TICKETS
(Less than 100 tickets left!)

FALCON FAMILY NEWS

A MESSAGE FROM THE DIRECTOR OF ADMISSIONS & COMMUNICATIONS

DEAR FAMILIES:

The week after school commences in August, my colleague, Jana Morris '99, and I begin the process of visiting seventh and eighth grade classrooms at approximately 35 parochial, private and charter schools in the surrounding area. Joining us on these visits are our Lasallian Student Ambassadors. These young men and women impress us every day with their intelligence, dedication and enthusiasm as they share their love of Christian Brothers while encouraging prospective students to attend Open House and schedule shadow visits.

During one of the visits, I was struck by an answer offered by an ambassador who is also an athlete. An eighth grader asked what was the best experience that the students ever had at CB. I thought for sure it would be the recent win at Holy Bowl as he is a football player. Instead, the answer was "Holy everything! There is nothing better than the feeling of our community coming together and supporting each other. Win or lose, the love is there and it's amazing."

This truly is a special place. CB is the largest Catholic high school in the region with students joining us from 72 zip codes and three foreign countries. The academic programs have never been better as evidenced by six consecutive years on the Washington Post's list of "America's Most Challenging Private High Schools." While many schools boast exclusivity, Christian Brothers High School boasts inclusivity. A current list from "Niche Rankings" identifies the Most Diverse Private High Schools in America. According to "Niche," CB ranks number one locally and in the top 2 percent nationally based on ethnic, economic and cultural diversity statistics and opinions from both students and parents. "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."

Our dedicated faculty, staff, administrators and coaches create an environment that allows every student to thrive. Students at CB are valued for exactly who they are and emboldened to find and foster their God-given gifts. They are encouraged to

share their gifts with others in the classroom, through clubs, Christian service, as athletes, artists and members of the community. Quite simply, *the love is here and it's amazing!*

As we prepare for Open House on Sunday, October 6, and our upcoming Shadow Days, you as CB parents and families are vital partners in telling our story. Prospective students and parents tell us that the positive stories shared with them by dedicated, enthusiastic CB parents, students and alumni have inspired them to consider CB as they evaluate their high school options. Thank you to all the teachers, staff, students, parents and families who help us to ensure that in its 144th year in Sacramento, Christian Brothers High School is still the place to be.

Sincerely,



Kristen McCarthy
Director of Admissions and Communications

INSIDE THIS ISSUE

- Campus Ministry
- Media, Visual and Performing Arts
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CAMPUS MINISTRY

Through October 21, our Christian Brothers community is invited to join in the Lasallian International Days of Peace as we actively pray for peace and justice in our world. Please join us as we pray for peace in our families, homes, school, community and world!

Prayer & Worship

- Please join us on **Tuesday, October 8** at 9:45 a.m. for our **Homecoming Prayer Service!**
- **Friday, November 1** is a Holy Day of Obligation (opportunity)! We will celebrate **All Saints' Day with an all-school liturgy.** Please join us at 9:45 a.m. in the Ron Limeberger '53 Gym.

Retreats

Retreat registration is happening now for:

JUNIOR OVERNIGHT RETREAT - All Juniors are invited to attend one of three overnight retreats 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 the following Tuesday. Fees include retreat materials, lodging, meals, transportation, and snacks. Junior students will receive more information about the retreat and the registration process in the next few weeks. **All registrations for the junior overnight retreat must be completed by November 30.**

Dates for junior overnight retreats: November 25-26, January 27-28, and March 2-3

SENIOR KAIROS - There are only three remaining retreats open for seniors: November 5-8, January 14-17, or March 17-20. **We'd like to have all Kairos registrations completed by October 30.**

October is Respect Life Month

Please pray in honor of the gift of life!

*God of life and love, you created us in your image and sent your Son to bring us life.
Instill in us a respect for all life,
from conception to natural death.
Empower us to work for justice for the poor.
Nourish us that we may bring food to the hungry.
Inspire us to cherish the fragile life of the unborn.
Strengthen us to bring comfort to the chronically ill.
Teach us to treat the aging with dignity and respect.
Bring us one day into the glory of everlasting life.*

We ask through Christ our Lord. Amen.

MEDIA, VISUAL AND PERFORMING ARTS

The Arts are kicking into high gear in October!

The Arts are on full display at our annual **Open House on Sunday, October 6.** Performances by **Jazz Band, Drumline, and the Choral program** will rotate on the main lawn, our **Visual Arts students** will be painting on the lawn and spinning clay in the ceramics classroom, and **KBFT** will open its studio doors to all. Don't miss this great opportunity to see our artists in action!



Open Mic will be holding auditions on **October 15 and 16** after school in the George Cunningham '40 Performing Arts Center. Any student is welcome to audition. The **first Open Mic of the year will be held on Friday, October 25 at 7:00 p.m.** Admission is \$2. Come out to see the talents of our community in a great supportive environment!

"Peter and the Starcatcher" is in full swing! This play, which is a comedic Peter Pan story, is great for all ages. **For the first time, reserved seating is available for those purchasing tickets online,** so beat the rush and get your pick of seats now. Tickets are available on our website via the [Ticket Hub](#). General Admission is \$10, students and children are \$5.



Enter to Learn, Leave to Serve

Intro to Art – Oak Park Garden Fence Painting



During their class, the Intro to Art students will be participating in Christian Service at the Oak Park Community Garden on Martin Luther King, Jr. Blvd. and 12th Avenue. They will be painting fences along MLK on Wednesday,

October 23 and Thursday, October 24.

Freshman Service-Learning

Freshmen will continue their walks to the Sacramento Food Bank & Family Services during the month of October.

Mr. Hayes: Wednesday, October 2 & Thursday, October 3

Mr. Guro: Wednesday, October 23 & Thursday, October 24



Reminder: Students need to wear closed toes shoes and their **yellow** spirit shirts. We walk rain or shine!

VENAVER "Come and See"

Interviews will begin in October, after school in Room 106. For any questions or information please email Ms. Grapé at ggrape@cbhs-sacramento.org. If you missed the VENAVER registration due date, please see Ms. Ms. Grapé in Room 106.



Thank You!



Thank you to all our CB family and friends for your generous donations to the All-School Drive for Wellspring Women's Center!

Thank you for helping us live out our mission to serve.

CB Coffee House Grand Opening



In an ongoing effort to raise money for our sister school, St. John Baptist de La Salle Catholic School in Addis Ababa, Ethiopia, CB's **Social Action Leadership Team (S.A.L.T.)** is opening a coffee shop on campus in which all proceeds would directly benefit our fellow Lasallian school and give as many students the opportunity for a quality education as possible.

Please join us at the grand opening on Thursday, October 3 from 7:30 a.m. to 8:45 a.m. The coffee house window will be located near the west side entrance of the cafeteria.

Pre-sale coffee tokens will be sold at the Student Activities window during break and lunch on Tuesday and Wednesday, October 1 and 2.

Buy 4 beverages of any size and get one equivalent size for free.

Cash will also be accepted at the coffee house window on October 3 if tokens are not purchased in advance.

Download x2VOL Free Mobile App and Track Your Service Hours



CHRISTIAN SERVICE (CONTINUED)

World Relief Services (WRS)



Sacramento is the largest refugee resettlement destination in the United States. Refugees and immigrants bravely leave behind everything familiar to seek safety, a life free from fear, and the chance for a new start. At World Relief Sacramento, they provide support and care through their first months and years of transition as an investment in future generations. Since 1989, World Relief Sacramento has welcomed over 30,000 refugees and immigrants in Northern California.

From October 14 through October 18, please consider donating non-perishable snacks to support WRS Children Clubs (i.e. Goldfish, Cheez-Its, Lays (Original or BBQ), Pretzels, Teddy Grahams, Animal Crackers, Famous Amos Cookies, Fruit by the Foot, Chewy bars (no marshmallows), Pistachio packs, Chee-Mix packs, Ritz-Bitz crackers (Peanut Butter), Clif Kid Zbars, Clif Kid Zfruit Rope, Mott's Fruit Snacks, and Planter's - Nuts & Chocolate Mix). Donations will go to the WRS Welcome Club, an after-school program that assists 3rd through 8th grade refugee youth in our community. The club helps create opportunities in multiple areas of integration to encourage refugee children to flourish in school and in life, including sports, crafts, team-building exercises, and homework.

COUNSELING

Testing Day

Wednesday, October 16 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 a.m. and students will be dismissed at about 12:30 p.m. after all grade-levels have completed their tests.** Coordinated by the counselors, the teachers will administer the following assessments to students:

JUNIORS will take the **PSAT/NMSQT Exam (preliminary SAT)**. This test is great practice for the SAT and also allows high achieving students the opportunity 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*.

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

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

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 visited local or regional colleges yet, this mid-weekday is a perfect time to schedule a tour and find out more about a college while it is in full swing.

Results of the exams will be returned to students by their grade-level counselor in January/February 2020. If you have any questions, please call the Counseling Department at 916-733-3680.

Here are some tips to help students do their best on the Testing Day 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 in September. 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**.

Upcoming Counseling Dates

- **October 2:** College Financial Aid Night for Seniors and Parents from 6:00 to 8:00 p.m.
- **October 4:** SAT Regular Registration Deadline for November 2 exam – www.collegeboard.org
- **October 5:** SAT Exam (CB is a test center for this exam)
- **October 16:** Testing Day/Senior local college visits/St. Mary's College admissions interviews
- **October 26:** ACT Exam (CB is a test center for this exam) – www.actstudent.org
- **October 3, 10, 24, 31:** Seniors: College App Workshops (before school and/or Falcon Flex in room 201)

ATHLETICS

The Athletic Department is seeking parents and athletes to help volunteer at the **Christian Brothers Baseball Hall of Fame Dinner on Saturday, October 19 at 5:00 p.m.** Please contact Gloria Barela at gbarela@cbhs-sacramento.org or 916-733-3610 if you are interested in helping.

Our Homecoming football games and Senior Night vs. Del Campo High School will take place on Friday, October 11 at 5:00 and 7:00 p.m. at Sacramento City College's Hughes Stadium. Please be sure to wear your class spirit shirt to the games and represent that great CB pride.

Come out and support our fall senior athletes at the following senior night games or matches:

- **Water Polo** vs. Rio Americano – Wednesday, October 2 at Sacramento City College at 4:00 and 5:00 p.m.
- **Women's Golf** vs. Del Campo – Tuesday, October 8 at Bing Maloney Golf Course at 3:00 p.m.
- **Women's Tennis** vs. Vista Del Lago – Tuesday, October 15 at Laguna Creek Racquet Club at 3:00 p.m.
- **Football, Cheer, and Athletic Trainers** vs. Del Campo – Friday, October 11 at Hughes Stadium at 7:00 p.m.
- **Women's Volleyball** vs. Sacramento High – Wednesday, October 23 at CB at 6:15 p.m.
- **Cross Country** will honor their seniors at their end of the season banquet.

Any student wishing to try out for a winter sport on Monday, November 4 must have an updated physical on FinalForms. To add your student to a tryout group, use the sport button on your individual FinalForms account.

SCHOOL SCHEDULE REMINDER

Be sure to keep track of Thursday start times!

- **Thursday, October 3** – 9:00 a.m. start, 2:25 p.m. dismissal (3-block day, Falcon Flex)
- **Thursday, October 10** – 9:00 a.m. start, 3:00 p.m. dismissal (3-block day, rally at Falcon Flex)
- **Tuesday, October 15** – 9:00 a.m. start, 3:00 p.m. dismissal (3-block day, test prep, no Falcon Flex)
- **Wednesday, October 16** – 9:00 a.m. start, 12:30 p.m. dismissal (Testing Day – freshmen, sophomores, and juniors)
- **Thursday, October 17** – 8:00 a.m. start, 2:55 p.m. dismissal (4-block day, no Falcon Flex)
- **Thursday, October 24** – 9:00 a.m. start, 2:25 p.m. dismissal (3-block day, Falcon Flex)
- **Thursday, October 31** – 9:00 a.m. start, 2:25 p.m. dismissal (3-block day, Falcon Flex)

STUDENT ACTIVITIES

October is a very spirited month for Student Activities!

Here is your Homecoming Central:

- **Homecoming Dance guest passes** are now available online on Schoology and on the [Student Activities page](#) of the CB website, and in hardcopy in the Main Office and the Lasallian Student Life Office (LSLO). All guest passes are due no later than 4:00 p.m. on Wednesday, October 2, and must be filled out completely and have a copy of the guest's student ID to be considered for approval.
- **Homecoming Dance tickets will be on sale Thursday, October 3 through Friday, October 11 during lunch at the LSLO window ONLY.** Tickets are \$15 each. Checks should be made payable to Christian Brothers High School. Tickets will not be available for purchase online. Students may bring one guest each to the dance and any guest from a non-Catholic high school must have a guest pass turned in to the LSLO prior to purchasing tickets. Ticket purchases for guests attending from non-Catholic schools are not considered final until a Homecoming Dance guest pass is submitted and approved by the Director and/or Assistant Director of Student Activities.
- **Homecoming Week kicks off on Tuesday, October 8 with a "Back to the Future" themed Homecoming, Cruisin' through Time.** The spirit dress codes and daily schedule can be found on the [Student Activities page](#) of the CB website, or on their respective dates on the Schoology calendar.
- **Falcon Force** will proudly bring you the **Homecoming Rally on Thursday, October 10** during an extended Falcon Flex period. Please expect school dismissal to be 3:00 p.m. on this afternoon.
- **The Homecoming Dance** will be held on Saturday, October 12 from 7:30 to 10:30 p.m. in the Ron Limeberger '53 Gymnasium. All students attending should arrive no later than 8:30 p.m. and may not leave the dance before 10:00 p.m. Any CB guest must arrive with their CB host. Please see the [Student Activities page](#) on the CB website for [dance behavior and dress guidelines](#).

In other Student Activities news...

- **Join us at the Student Council table on Sunday, October 6 at Open House!** Stop by to play some games, win prizes and learn about our Student Activities program.
- **La Raza is hosting Latino Heritage Week October 28 through November 1.** The week will be full of celebrations of Latino figures, culture and entertainment. The La Raza club would also like to extend an invitation to bring items for the community altar to celebrate Día de los Muertos. Students and families can drop items off to Ms. Fernandez in Room 703 or bring them to school during the altar decorating on November 1.
- **Halloween Spirit Day will be held on Thursday, October 31.** Students should keep their eyes peeled for this spooky dress code on Schoology and the Student Activities page of the CB website.

Christian Brothers High School Scrip Programs

Attention Shop with Scrip.com continuing and new customers:

ShopWithScrip™ for All Your Favorite Stores – Place your order online any time and pay with the convenient Presto-Pay™ service. Sign up for Presto Pay, which is a secure site. MyScripWallet™ is ShopWithScrip's mobile website, offering the widest selection of physical gift cards, eGift cards and is fully integrated with ShopWithScrip.com. Your bank account will be electronically debited, and the rebates you earn are automatically credited to your organization. Log in to <https://www.shopwithscrip.com/>.

Christian Brothers Organization Code: LAD4DFC331629

Attention Amazon Shoppers – Join Amazon Smile and Support CBI!

What is Amazon Smile?

AmazonSmile is a simple and automatic way for you to support Christian Brothers High School every time you shop Amazon at no cost to you. **On your first visit to AmazonSmile, select CBHS to receive donations from eligible purchases before you begin shopping.** When you shop at AmazonSmile, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. Log in at: <https://smile.amazon.com/>.

Can I use my existing Amazon.com account on AmazonSmile?

Yes, you use the same account on [Amazon.com](https://www.amazon.com/) and AmazonSmile. Your shopping cart, wish list, wedding or baby registry, and other account settings are also the same.

Community members, including students and parents, are now able to upload photos into the CB Yearbook site on Shutterfly using the following information:

• Download the free Share Sites iPhone App. Access your site on the-go and share photos directly from your phone.

Site Name: CB Yearbook

Site URL: <https://cbyearbook.shutterfly.com/>

Site Email Address: cbyearbook@sflly.com

Once the photos appear in this site, the yearbook staff will be able to access them to use in the yearbook.

Christian Brothers
High School

Open House



Sunday, Oct. 6, 2019 11 a.m. to 2 p.m.

Informational Presentations at 11:30 a.m. & 12:30 p.m.

REGISTER ONLINE AT:

WWW.CBHS-SACRAMENTO.ORG

For more information on events in October, please follow along with the [daily bulletin](#), [weekly update](#) and the [online school calendar](#).

CHRISTIAN BROTHERS HIGH SCHOOL
AUCTION & DINNER
MARCH 14, 2020

Golden State OF MIND



PRESENTED BY
THE RAPTON FAMILY
MEL RAPTON HONDA
Class of 2022

FALCON FAMILY NEWS

A MESSAGE FROM THE DIRECTOR OF CHRISTIAN SERVICE

DEAR FAMILIES:

Christian Service has long been a common practice of Christian Brothers High School with students, faculty, staff and families giving their time and talents each year without expectation of reward. There's something gratifying about volunteering and service opportunities that are performed with the value of helping others. Studies have shown that volunteering helps young people feel more socially connected, thus gifting them with a sense of belonging to a community. Moreover, at CB we are very blessed that beyond personal fulfillment, Christian community service is a vocation or a calling.

Students are invited and welcome to discover the Christ-like values of Christian Service and to put these into practice. As a Lasallian Catholic community, to be of service does not only mean to be ready for action. It also means to be in conversation with God, having an attitude of listening and learning just like our founder, St. John Baptist de La Salle. Likewise, we remember during All Saints' Day and All Souls' Day the many Lasallian Brothers and Saints who have taken the risks and the Blessed Souls who inspire us to be hopeful and to trust.

To further live out the Gospel message, the Christian Service department formed the Social Action Leadership Team (S.A.L.T.), made up of student leaders who assist in inspiring service, charity, community and fellowship on campus. S.A.L.T. engages in programs within the greater Sacramento Area, Catholic Diocese of Sacramento and the Lasallian District of San Francisco New Orleans. S.A.L.T. actively supports our international Lasallian sisters and brothers, especially our twin school, Saint John Baptist de La Salle Catholic School in Addis Ababa, Ethiopia through the CB Coffee House (open on campus on late start Thursdays). Additionally, S.A.L.T. collaborates with service clubs and organizes Christian Service opportunities such as the Canned Food Drive, Advent and Lenten almsgiving, Annual Festival of Trees, Oak Park Art Garden fence painting, Cake4Kids, Generation Great, Brown Bag Lunch Ministry and more!

As we celebrate Thanksgiving this month, it is a time to remember those who have encouraged us in our faith journey

as Lasallian Catholics – students, faculty, staff, families and alumni who have continuously inspired and supported us with kind words and affirm our vocation. We remember and are very grateful for those who have been with us in our joys and pains, people who share our passion for service, our loved ones, those we cherish in memory and our supportive friends.

I pray that the Saints and Souls, who have carried our Lasallian Catholic mission and vocation thus far, grant us strength and truth in God to always be a gift to others in the spirit of Thanksgiving!

Live Jesus in our hearts!



Gigi Grapé
Director of Christian Service

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COUNSELING

Autumn is always a very busy time in the Counseling Department! We are in the midst of a very 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 15 Advanced Placement courses and have 634 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 2019 exam results.

AP Scholar (granted to students who receive scores of **3 or higher on three or more AP Exams**):

- Alonzo Aguillo '20
- James Ajiduah '19
- Kelcie Charleboix '19
- Harrison Chu '21
- Naomi Conley '19
- Dylan deGuzman '20
- Jacob Dong '19
- Caroline Duncan '20
- Haley Egger '19
- Emma Fitzpatrick '20
- Aileen Fortin '19
- Nicholas Gutierrez '19
- Taylor Hammond '19
- Emily Hancock '20
- Christopher Hoang '21
- Hally Holston '20
- Mariah Hudnut '20
- Kathryn Kasbergen '19
- Grace Larsen-Anderson '20
- Katie Lee '19
- Tamara Mendez '20
- Keona Moya '20
- Thaddeus Nazareno '19
- Victoria Okafor '19
- Ana Riley-Portal '19
- Annabella Roller '19
- Haley Strack '19
- Jamie Sunada '19
- Nathaniel Tandoc '19
- Leah Vallespin '19
- Katalina Wong '19
- Andres Yalan '19

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):

- Benjamin Anin '19
- Nathan Battimarco '19
- Gabriella Cocke '19
- Mikaela Dacanay '20
- Giovanni DellPiero '20
- Dior Dupavillon '19
- Natalia Kimmelshue '19
- Joaquin Romero '19
- Jackson Ryan '20
- Nicolas Sanchez '19
- Elizabeth Shyer '20
- Chance Sims '19
- Emelle Thomas '20
- Anissa Torres '19
- Alexander Vasilyev '19
- Abigail Wall '20

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):

- Angelica Ballesteros '20
- Leander Balmeo '19
- Sinead Cahill '20
- Collette Caspar '19
- Abigail Chapuis '20
- Tyler Chen '19
- Turner Clark '19
- David Cook '19
- Samuel Copley '19
- Gabrielle Downey '19
- John Duncan '19
- Christoffer Fong '20
- Jacey Greco '20
- Wyatt Greco '20
- Hannah Gruber '19
- Alexandra Hock '19
- Elena Kalfsbeek '20
- Nicholas Kennedy '19
- Benjamin Kessler '19
- Tristan Kimball '19
- Casey Koenig '19
- Natalie Leclerc '19
- Margaret Leppert '19
- Lifan Liao '19
- Zixin Ma '19
- Madeline Madrid '19
- Kaleo Mark '19
- Siena Mazza '19
- Connor McLaren-Fineff '20
- Mary Melarkey '20
- Miguel Menchaca '19
- Halle Mikacich '19
- Leland Munn '20
- Sofia Nguyen '19
- Pietro O'Mara '20
- Alanna O'Neill '19
- Grace Paterson '20
- Luke Powers '20
- Georgiana Prevost '19
- Annika Pu '20
- Brendan Sample '19
- Samuel Schlenker '20
- Siena Schumaker '20
- Samuel Seiler '19
- Priya Sharma '20
- Cecelia Sidley '19
- Graciela Soria '20
- Emily Sperring '20
- Emelia Sprott '20
- Charlotte Stiplosek '20
- Anthony Sweha '19
- Emma Talley '19
- Brian Taylor '20
- Olivia Tobin '19
- Vivian Tran '20
- Anna Urias '20
- Linghao Xia '20

National AP Scholar (granted to students who receive an average score of **at least 4** on all AP exams taken, and scores of **4 or higher on eight or more** of these exams):

- Turner Clark '19
- David Cook '19
- Alexandra Hock '19
- Nicholas Kennedy '19
- Tristan Kimball '19
- Natalie Leclerc '19
- Kaleo Mark '19
- Halle Mikacich '19
- Georgiana Prevost '19
- Emily Sperring '20
- Emma Talley '19
- Olivia Tobin '19

Upcoming Events

SAT Test Dates: November 2 (Stand-by registration only), December 7 (Deadline to register is November 8)

ACT Test Date: December 14 (Deadline to register is November 8)

College Application Workshops for Seniors: Thursdays (November 14 and 21) at 8:00 a.m. and Falcon Flex in room 201

**CONGRATULATIONS TO
THESE CURRENT AND
FORMER STUDENTS!**

CAMPUS MINISTRY

Reflections in November

The beginning of the month of November brings us opportunities for prayer and reflection...

Friday, November 1, the Feast of All Saints' Day, is a holy day of "opportunity" when the Catholic Church honors the lives of those holy men and women who serve as models of our faith. We also remember those who transformed the world and who are now rejoicing in heaven. Their examples inspire us and accompany us through their prayer and intervention. Many of the Saints were everyday and ordinary people living with extraordinary faith. The Gospel passage which we hear on this feast is from the Sermon on the Mount in Matthew 5: 1-12, the Beatitudes. This Gospel issues a challenge for all of us to be saintly. These "Be-Attitudes" invite us to examine our lives and reflect upon how we can follow in the footsteps of the Saints. So when you notice that I chose to use the word "opportunity" in place of "obligation," I did so intentionally. All Saints' Day is an opportunity – a chance to remember and honor the lives of the official Saints. It is also an opportunity to consider our everyday call to sainthood as faithful followers of Christ.

When you hear the word "saint" or "holy person," what do you envision? Do you believe that God has set you apart and for God's mission in the world? Who are some of the "saints" who have encouraged and mentored you in your faith?

Saturday, November 2, All Souls' Day, is a day in which we pray for and honor our loved ones who have passed away. This is another opportunity to offer a prayer of thanksgiving for the time we were given with these special individuals, even if only for a short time. On this day, take a moment to remember the gift of your loved ones' presence and the specific ways in which he or she touched your life.

Here at Christian Brothers we are marking the importance of these two days in a variety of ways. On All Saints' Day we will celebrate an All School Liturgy together. Throughout the month of November, members of the Christian Brothers community may write the names of loved ones who have died in our Book of Remembrance in the Chapel. Our La Raza Club will also have a beautiful Día de los Muertos altar of remembrance in the main hallway.

Finally, the month of November invites us to practice an attitude of gratitude. Stop for a moment and be thankful for the abundance of blessings that grace your life. Appreciate friends and loved ones, remembering that many are lonely and less fortunate. As you prepare to gather around your table for Thanksgiving dinner, please find a table prayer to share. Blessings to you!

- Jen Yearwood, Director of Campus Ministry



Retreats

Registrations for Junior Overnight and Senior Kairos retreats are due now!

Senior Kairos

Registration for the two remaining Senior Kairos Retreats is continuing and we would like to have all students interested in attending one of the upcoming retreats signed up no later than **November 30**. This means even if a student plans to attend Kairos in January or March, they must sign up now. This helps us in planning ahead for transportation and the retreat centers regarding food and lodging. In addition, retreat dates tend to fill up fast. The best way to secure a retreat spot is to have your medical form and payment turned in. Parents and guardians: Please speak with your son/daughter and determine which retreat date will work best.

The remaining dates are: January 14-17 and March 17-20

[Click here to register.](#)

Junior Overnight Retreat

Recently, Juniors were visited by SRET members to share with them information about the retreat. All Juniors were asked to complete the Junior Retreat Interest Form online.

In the weeks ahead, Campus Ministry will be implementing a new process for online registration and collection of consent forms with electronic signatures by parents. Junior families will be receiving an email about this new process.

Parents and guardians: Please talk with your junior student and encourage him/her to participate in this meaningful retreat experience. There will be three opportunities for members of the Class of 2021 to attend the Junior Overnight Retreat. **The dates are: November 25-26, January 27-28, and March 2-3** and all will be held at the Applegate Retreat Center. Students leave at the end of the school day on Monday and return by end of the school day on Tuesday. The cost is \$90 and includes lodging, transportation, meals and retreat supplies. Those interested in the first retreat should contact Ms. Yearwood immediately.

God Squad Team Retreat

Members of our God Squad will be attending a retreat together on **Sunday, November 10 through Tuesday, November 12**. The focus will be on team building, prayer and worship formation, and planning our upcoming liturgical events. There are still a few spots left for God Squad members to sign up. The cost is \$100 and includes bus, lodging, meals and materials. [Click here to register.](#)

Enter to Learn, Leave to Serve

Thanksgiving Yes We Can! Food Drive

We are happy to announce that our **Thanksgiving Yes, We Can! Food Drive** class competition is on!

Starting on **November 4** through **November 15**, each class is challenged to donate canned foods.

Drop-off details

Freshmen: Ms. Roybal in room 105
Sophomores: Ms. Bronson in room 602
Juniors: Ms. Williams in Learning Commons
Seniors: Ms. Vanenburg & Ms. Cassetta in room 304

Last year, we collected nearly 5,000 canned and non-perishable boxed food items which were donated to William Memorial Church, CB's neighboring church for 55 years. We have had the privilege to reach out to our Oak Park families through this partnership for five years. We remember our blessings and are invited daily to be mindful of the many opportunities we must give of ourselves.

Help make the Thanksgiving Yes, We Can! Food Drive memorable this year for families in need!

Contest Guidelines

- Only canned and non-perishable boxed donations that have suitable expiration dates and are unopened will be accepted.
- Collections are tallied by class moderators by **Thursday, November 14 at noon**.
- The winning class will be announced on **Friday, November 15**. The winner will earn spirit points that count toward the class quarterly prize.

Holiday Volunteer Opportunities

Sacramento Food Bank - Family Services Campus

TURKEY DISTRIBUTION

No volunteer orientation required

Address: 3333 3rd Ave., Sacramento

Dates:

- **Monday, Nov. 25:** Turkey Distribution – Turkey Tent (ages 16+): 6:00 a.m. to 9:30 a.m. or 9:00 a.m. to 12:30 p.m.
- **Monday, Nov. 25:** Turkey Distribution – Helpers (ages 16+): 6:00 a.m. to 9:30 a.m. or 9:00 a.m. to 12:30 p.m.
- **Monday, Nov. 25:** Turkey Distribution – Line Monitors (ages 18+): 5:00 a.m. to 9:00 a.m. or 8:30 a.m. to 12:30 p.m.

Report to: Robin Simpson (Contact Information: 916-925-3240 x3382)



Loaves and Fishes Dining Hall

THANKSGIVING DINNER SERVING

No volunteer orientation required

Address: 1351 North C St., Sacramento

Date: Tuesday, November 26 (Closed on Thanksgiving Day)

Involves: Turkey cutting, meal prep, and warehouse help. Families signed up should report to the dining doom. More information will be provided during sign up.

How to sign up: Please call 916-637-2444 to see if the community service positions have been filled.

Run to Feed the Hungry

Registration is now open to join Christian Brothers' team in the Run to Feed the Hungry. This is an annual fun run on Thanksgiving morning that helps raise funds for the Sacramento Food Bank and Family Services. Please join Team CB and 25,000 other participants in the largest Thanksgiving run in the U.S. **Registration is open until November 1.** Students, teachers, parents, friends, neighbors, relatives and acquaintances are all invited to join our team. Don't be intimidated by the running. Many participants walk, jog, stroll and skip their way to the finish line. This is a lot of fun and it helps raise funds for a great cause. If you have any questions, please contact Mr. Hunley at jhunley@cbhs-sacramento.org.

THANKSGIVING TABLE PRAYER

Lord God,

Our hearts are crowded with gratitude
as we celebrate the feast of Thanksgiving.
We have come to this our feasting table
with great joy and eagerness,
for we are truly grateful to You, our God,
for all that we have been given.
We pause now and, in silent prayer,
do thank You for the great generosity of Your gifts.

Pause for silent reflection.

We also thank one another for gifts –
especially for the gifts of love and affection
that we have freely shared.
We are thankful for all who are present at this our feast
as well as for all those who have labored in love
in order to bring this dinner to our table.
May You, our God, bless this Thanksgiving feast
and all of us who shall share it
in Your holy name.

Amen.



MEDIA, VISUAL AND PERFORMING ARTS



The Arts are gearing up for an exciting end to the semester! **"Peter and the Starcatcher"** will be presented on **November 15-17 and November 22-24**, Fridays and Saturdays at 7:00 p.m. and Sundays at 2:00 p.m. Tickets are \$10 for adults and \$5 for kids and students. Based on the story of Peter Pan, this play is great for all ages and full of adventure and comedy, so bring the family! **For the first time, you can reserve your choice of seats online, so visit the [Ticket Hub](#) to reserve the best seats in the house!**

Our Choral program was recently featured on KBFT for spreading birthday cheer around campus. They'll soon be taking their talents on the road to local elementary schools. Don't miss their **Choral Christmas Concert** on **Saturday, December 7!** There will be performances at 4:00 p.m. and 7:00 p.m. **Tickets are available now on the [Ticket Hub](#).**

The hallway of the George Cunningham '40 Performing Arts Center is full of holiday music as the Instrumental program prepares for their annual **Christmas Concert** on **Thursday, December 5.** Head to the Ticket Hub for tickets to hear all your holiday favorites performed by our talented musicians.

The first **Open Mic Night** is in the books, but don't worry if you missed it. Another is coming up on **Friday, December 13.** If you are thinking of performing, get your act together for auditions on December 3 and 4 in the George Cunningham '40 Performing Arts Center.

We hope to see you enjoying the arts this holiday season!

November

SCHOOL SCHEDULE REMINDER

Be sure to keep track of Thursday start and dismissal times!

- Thursday, November 7 - 9:00 a.m. start, 2:25 p.m. dismissal (three-block day, Falcon Flex)
- Thursday, November 14 - 9:00 a.m. start, 2:25 p.m. dismissal (three-block day, Falcon Flex)
- Thursday, November 21 - 9:00 a.m. start, 2:25 p.m. dismissal (three-block day, Falcon Flex)
- Thursday, November 28 - Happy Thanksgiving! No school

STUDENT ACTIVITIES

Congratulations to the **Class of 2020** on their spirit point win for Homecoming 2019! The points were as follows:

- Senior Class of 2020: 423 points
- Junior Class of 2021: 416 points
- Freshman Class of 2022: 298 points
- Sophomore Class of 2022: 289 points

Student Activities and the Student Council would like to thank the members of the CB Community for an amazing Homecoming Week full of costumes, inclusivity, and spirit. November will look like a slower month in comparison to October's full schedule, but there is still plenty of fun to be had in this autumn season.

La Raza will celebrate **Latino Heritage Days** beginning **November 1-8** with the dressing of the **Día de los Muertos ofrenda** in the **main hallway**. Families are invited to drop off items for the altar to Ms. Fernandez in Room 703 or add them to the altar beginning November 1. Please label any item you would like returned with your student's name and B Set teacher on it.



On **Thursday, November 7** during all-school lunch, there will be a wonderful show of food, dance, and music. Vallejo's Tacos will be for sale as well as paletas and pan dulce in the gym. Ballet folklórico dancers will be performing on the stage. Make sure to bring your money for the food!

In collaboration with Christian Service, Student Council will award spirit points to each class for their participation in the **Canned Food Drive** this month. Every item will count for points and will be added to each class's spirit point total for the quarter. Donate and earn points!

ATHLETICS

Capital Athletic League Scholar-Athlete Award

Eligibility: Athletes who are members of a Capital Athletic League recognized varsity team are eligible for this award. Freshmen are not eligible as the athlete must have at least one year of grades, beginning with the ninth grade. Athletes must finish the season in good standing and have a cumulative 3.50 or above GPA (weighted grade point average) as well as a current 3.50 or above weighted GPA. The cumulative GPA is based on cumulative grades of semesters from 9th grade onward. Athletes are awarded a scholar-athlete patch for each sport season for which they qualify.

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

Women's Varsity Volleyball

- Allison Corgiat '21
- Dylan-Janice deGuzman '20
- Sydney Durana '20
- Margaret Melarkey '22
- Lilian Patock '22
- Isabella Wynn '20

Varsity Football

- Derek Babby '21
- John Michael Berger '21
- Christopher DeShong '21
- Matthew Dettling '22
- Jonathan Ferguson '21
- Andres Gordon '21
- Sawyer Hays '21
- Jared Hunter '21
- Reed Mercer '20
- Thomas Milton '21
- Julian Rodriguez '20
- Jackson Ryan '20
- Nathan Smith '21
- Parker Spellacy '22
- Lyman Tadewald '21
- Jacob Wingert '21

Women's Varsity Tennis

- Fiona Babcock '21
- Bianca Cabanag '21
- Emma Errigh '21
- Mariana Garcia '21
- Lola Jan '21
- Lena Mikacich '22
- Elizabeth Stevens '22
- Ai-Linh Tran '21

Varsity Cheer

- Feven Berhane '23
- Olivia Cepeda '22
- Kelly Cook '22
- Raquel Cortes-Torres '22
- Sage Felder '23
- Shirley Garcia '22
- Kaylin Holliman '22
- Taylor Paton '22
- Brooke Patterson '22
- Maya Sharma '22
- Gianna Stark '22
- Emily Wall '22
- Sofia Zanzi '22

Varsity Cross-Country

- Yu (Rain) Cheng '21
- Ryan Dong '22
- Malla Gay '21
- Desmond Greer '21
- Clayton Ketcher '21
- Raphael Matthew Lobo '21
- Jenna Martinez '22
- Michele Ratliff '22
- Jacob Schnetz '21
- Riley Vigil '20

Women's Varsity Golf

- Victoria Abansado '21
- Isabella Esquivel '21
- Ja'Lece Hickey '21
- Annabelle Horan '21
- Kathryn Maebori '20
- Grace Paterson '20

Men's Varsity Water Polo

- Patrick Cahill '22
- William Carney '20
- Dylan Delucchi '21
- Cal Flake '20
- Clark Jacobson '20
- Caleb Quinn '20
- Evan San Julian '21
- Andre Verspielen '22

Women's Varsity Water Polo

- Elizabeth Blake '20
- Brooke Brandenburg '22
- Emma Busch '20
- Karina Elliott '22
- Madison Flewellyn '22
- Abigail Fox '22
- Melody Ledricky Lehman '22
- Eliza Mikacich '22
- McKenna Purdy '20

Save the Date!

CHRISTIAN BROTHERS HIGH SCHOOL
AUCTION & DINNER

MARCH 14, 2020

Golden State
OF MIND



PRESENTED BY
THE RAPTON FAMILY
MEL RAPTON HONDA
Class of 2022

Join our Auction Volunteers

Our next Auction Committee Meeting is on Tuesday, November 5 from 5:30 to 7:00 p.m. in Brother Bertram Hall. Please join our fun group! We need parents to help with the many parts of this large fundraising event. Come and check out what goes into the making of this extravaganza. All proceeds go to helping our CB students.

Please contact Joanne McShane at jmshane@cbhs-sacramento.org with any questions.

FALCON FAMILY NEWS

A MESSAGE FROM THE DIRECTOR OF CAMPUS MINISTRY

DEAR FAMILIES:

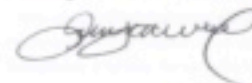
I invite you to recall with me the words of our Founder, "In the light of faith you see things differently." As you may remember, these words helped frame our school theme this year which is focused on "vision" and the importance of seeing all through the lens of faith. As we enter the season of Advent, I offer a few thoughts for reflection. In the Gospel for the First Sunday of Advent, Jesus tells his disciples: "Be watchful! Be alert! You do not know when the end will come." I believe the message for us is to open our eyes, pay attention, slow down and really see. But how do we know what to watch for? For some of us we might find ourselves watchful in anticipation of something joyful. For others, we could be on the lookout for something challenging. In either case, I believe there is an opportunity – an opportunity to embrace the sacrament of the present moment. I think about how often we use the words "Let us remember...that we are in the holy presence of God" in our Lasallian community. Each time we say this we are invited to consider the sacrament of the present moment, to acknowledge our moment by moment encounter with God. And while we confess that God is everywhere and, in all things, it can be all too easy to walk through, more like run through, our days treating all things that we encounter as just that, things. We miss the reality that God's presence is being shared with us in and through all things.

The call to see with eyes of faith challenges us to be open and aware, and to slow ourselves down enough to not miss the blessing of the moment before us. I recall a simple example that taught me this in a profound way. One fall morning, I was working tirelessly to get out the door in a timely fashion with my daughter, who was six years old at the time. As we rushed out the door, I struggled to juggle my travel coffee mug, laptop bag, purse, car keys, her backpack and her change of clothes for a soccer practice later that evening. Needless to say, my daughter, Jessie, was hardly aware of the rush we were in as she moved at a slug's pace that morning. As I threw the items in the car and attempted to hasten her to the car, she pulled at my hand wanting me to follow her, exclaiming "Mommy, look! Mommy, look! It's so cool!" In my best "trying-to-be-patient mom voice,"

I responded with a quick "that's nice" and a nod as I pulled her into her seat so we could get moving. We pulled away and I prepared to face the morning commute. At one point during the drive, I looked in the rear-view mirror and saw Jessie's little face looking so sad. When I asked her why she was sad, she told me she had really wanted me to see this very cool ladybug and that I had missed it. In an instant I knew I had indeed missed something very cool. I had missed a moment of excitement, discovery and beauty through the eyes of my child. I had missed the moment to be able to crouch down alongside her and share in her moment of joy and awe. I had missed the sacrament of the present moment because I was in a rush and failed to stop and to really see.

Advent is a season of waiting and preparing that invites us to slow down and affords us the opportunity to see with eyes of faith all that the season holds. My prayer for each of us is that we can avoid our inclination to rush, and that even in the midst of the hustle and bustle of preparing for Christmas and holiday festivities, we can slow down enough to embrace the sacrament of the present moment. Who knows what we'll discover when we slow down and open our eyes to see?

Blessings for a beautiful Advent and Christmas season!



Jen Yearwood
Director of Campus Ministry

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COUNSELING

College Entrance Exams

It's that time of the year when we break down the basics of the tests that 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 national tests are the **ACT (American College Test)** and the **SAT (Scholastic Aptitude Test)**. All colleges and universities will accept either score. Both tests are offered at local area high schools seven or eight times throughout the year. **CB administers both exams on dates in the fall and spring.** Research nationally, and with our own CB students, indicates that students often perform differently on the ACT and SAT. Here is some information on each test:

ACT

- 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
- Has an optional essay (which we recommend)
- Registration for the ACT is done on the ACT website (www.actstudent.org).

SAT

- Tests reading and mathematics
- Has an optional essay (which we recommend)
- Focuses on problem-solving, data-analysis, evidence-based reading and writing, and writing and analyzing literature, social studies and science passages
- Some parts of the math test now eliminate the use of calculators.
- Registration for the SAT is done on the SAT website (www.collegeboard.com).

SAT SUBJECT TESTS

- Subject area tests that UC and a few selective colleges either recommend or require (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 in a student's high school career, we do not see any significant benefit to this action for most students. Sometimes waiting until a student finishes Algebra 2 or junior year English can greatly improve scores. There is never a penalty for taking a test early or 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 CSUs will take a student's highest score from each section during different sittings and combine them into the highest possible score (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.

If your student does not do well on standardized tests, check out **Fair Test** at www.fairtest.org for a list of schools that do not require either the SAT or ACT for admissions purposes.

Free Online Test Prep

Khan Academy and **ACT Academy** have made an agreement with SAT and ACT to do free online test prep. You may view details of that program at the website referenced above.

Testing Day Results for Juniors, Sophomores and Freshmen

Counselors will be returning score reports in **January and February 2020** from the SAT and ACT practice tests that were administered in October 2019. We will let parents know when that process begins to unfold.

Mock SAT and ACT for Juniors

On **January 25, 2020** Juniors will be able to experience each section of the SAT and ACT in a real exam setting to help decide which test to take in the spring and during senior year. The cost is \$30. [Click here to sign up](#). More information will be available at our **December 4 College Night for Juniors**.

SAT and ACT Prep Classes for Juniors

CB is once again offering an **SAT prep course** at CB for the class of 2021 students planning to take the SAT on March 14 or May 2. The class will be taught by our math and English teachers and will be held from 9:00 a.m. to 1:00 p.m. on four Saturdays (**February 1, 8, 15 and 22**). We are also offering an **ACT prep class** at CB in April, leading up to the exam we host on April 4. The course will be from 9:00 a.m. to 1:00 p.m. on two Saturdays (**March 21 and 28**). **Registration information** will be available on the Counseling section of the CB website.

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

Tips for Parents on Using CB's Family Connection

Family Connection is a remarkable tool for students and parents to use for self-awareness or educational, career and college planning. There is information on hundreds of careers and scholarships that students may apply for and Scattergrams to show what it might take to get into individual colleges. Students have been shown how to access and navigate the site, and are urged to share the log-in information with their parents and communicate about the features that are available. Counselors will continue to present information at student/parent evenings, but parents who have specific questions should contact their son/daughter's grade-level counselor or the college counselors.

CHRISTIAN SERVICE

Lasallian Service Week 2019

On Monday through Friday, December 2-6, the CB community will celebrate Lasallian Service Week. The goals of this week are to encourage Christian Service participation from our community and heighten consciousness about the concern for the poor and social justice. Below are some ways that all can experience Lasallian Service Week at CB:

ART POSTER EXHIBIT Social Action Leadership Team (S.A.L.T.) has prepared a social justice-themed art poster exhibit on the lower levels throughout campus.

VISUAL REFLECTION In collaboration with God Squad, powerful social justice-themed images that speak of struggles and contribute to the distribution of wealth, opportunities and privileges within society will be in front of the **Learning Commons**. Students, faculty and staff are invited to post their gifts on a sticky note that may help address these social justice concerns. This activity demonstrates our connectedness and uses our gifts as a community so that we can make a greater impact in our community, country and world!

CHRISTIAN SERVICE FAIR AND SIXTY SECONDS OF SERVICE

Faculty, staff and students are invited to the Christian Service Fair to learn about current service opportunities from:

- Bishop Gallegos Maternity Home
- Brown Bag Lunch (BBL) Ministry, Cathedral of the Blessed Sacramento
- Cake4Kids
- Camp Recreation
- Habitat for Humanity of Greater Sacramento
- Loaves & Fishes
- Oak Park Art Garden
- Oak Park Community Center
- Sacramento Food Bank Family Service Campus
- Sacramento Food Bank Service Campus
- Wellspring Women Center
- WIND Youth Services



Christian Service, in collaboration with Sodexo and Student Activities, will sponsor a **Sixty Seconds of Service sandwich marathon on Thursday, December 5 during all-school lunch on the Main Lawn**. Sandwiches will be donated to Bishop Gallegos Maternity Home, Loaves & Fishes - Friendship Park, and Wellspring.

ADVENT PRAYER SERVICE S.A.L.T. student leaders will be hosting the **Advent Prayer Service on Thursday, December 5 at 9:45 a.m.** in the Ron Limeberger '53 Gym with the theme of "Salt and Light."

COMMUNITY PA PRAYER Please join us in our daily PA prayer

focused on the concern for the poor and social justice.

Advent Almsgiving

Annual Festival of Trees and Lights

Every year, CB donates two decorated Christmas trees for the Annual Festival of Trees and Lights Benefit for Cathedral House, which provides transitional housing for the homeless. This year the S.A.L.T. members will decorate the trees as part of CB's Christian Service partnership with the Cathedral of the Blessed Sacrament.

Oak Ridge Toy Drive

Lasallian Youth is collecting new and uncollected toys for students at Oak Ridge Elementary School in grades 1 to 6. There are 98 students in the program this year! Sign-ups began during break and end **December 6**. Families may sign up for up to two students. Toys should be no greater than \$20, wrapped and no larger than a bread box. The last day to deliver the gifts to room 202 is **Wednesday, December 11**. Please see this [wish list](#) or scan the QR code for ideas of appropriate toys. Questions: Contact Mr. Elorduy on Schoology.



Service Opportunities

For a list of service opportunities, log in to [Family Connection](#). Click the "x2Vol" tab to see a list of non-profit organizations.

Thank You!

Thanksgiving Yes, We Can! Food Drive

We're pleased to announce the **winner of the Thanksgiving Canned Food Drive - the freshmen class with 663 donated items!** In second place is the sophomore class at 591. Third place goes to the seniors at 519. Last but not least, in fourth place is the junior class at 425. We did it again, CB! **Over 2,000 donated goods were donated to Williams Memorial Church in time for Thanksgiving.**

We want to extend a warm thanks to our CB families, faculty staff, S.A.L.T., Leadership Class, Student Council, KBFT, and the Facilities Team for assisting the class contest and making it a success! Live Jesus In Our Hearts!

Giving Tree

Christian Service would like to thank all CB families, faculty staff and students who donated to the Giving Tree. The Giving Tree is a way of spreading the Christmas spirit and sharing gifts with those in need.

Thanksgiving Turkey Distribution

Thank you, CB for volunteering at the Thanksgiving Turkey Distribution at the Sacramento Food Bank and William Memorial Church.

S.A.L.T. Retreat

Thank you to Ms. Rona Gordon, Mr. Paul Havey '81, Mrs. Christine Kerr, Mrs. Chris Thayer, and the Lasallian Parent Association (LPA) for assisting the S.A.L.T. Overnight Retreat that was held November 15-16 on campus. The S.A.L.T. Retreat focus was on team building, social justice-themed activities and a day of service.



CAMPUS MINISTRY

Prayer and Worship

All CB families are invited to join us for our **Falcon Family Mass on Sunday, January 12** in the George Cunningham '40 Performing Arts Center. Mass will begin at 9:30 a.m., with donuts, coffee and fellowship to follow. **Families are asked to RSVP at [this link](#) no later than January 5.**

Blessing of a Christmas Tree

Once the tree has been prepared, gather all around it (lights are turned on at the end of the blessing).

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.

CLOSING PRAYER God of all creation, we praise You for this tree which brings beauty, 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 evergreen 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)

Blessing for Christmas Dinner

God of all gifts, we thank You for the many ways You have blessed us this day. We are grateful for each of those who are gathered

around this table. We ask You to bless us and our food and to bless those we love who are not with us today. In our gratitude and love, we remember Your humble birth into our lives and pray for those who are without enough to eat. We remember the stable in which You were born and pray for those who have no place to live. We remember Your challenging message of caring and giving, and we pray for peace in families and nations throughout the world. We bless You and give You thanks in your Spirit who brings our hearts to life this Christmas day and forever. Amen.

Retreats

Senior Kairos Retreat (only two retreats remaining for Class of 2020!) The January Kairos (January 14-17) has a few spots remaining. Registration for the January Kairos will close on **December 10**. In addition, we will close the registration for the March Kairos (March 17-20) on **February 13**. **Registration for Kairos can be completed online via the [Ticket Hub](#) on the CB website.**

Junior Overnight Retreat Registration

Our Campus Ministry office is implementing a **new process for registration and collection of parent consent forms and payments**. Junior parents should expect an email from PermissionClick with retreat information and the required forms. Please check junk/spam folders to ensure delivery.

There are **two remaining junior overnight retreats** to be held **January 27-28** and **March 2-3**. The junior overnight retreats are held at the Jesuit Retreat Center in Applegate and the cost is \$90, which goes toward covering transportation, lodging, meals and retreat materials. Students leave CB on Monday after school and return the following afternoon by the end of the school day.

Sophomore All-Class Retreat

On **Friday, January 10**, the Class of 2022 will gather for a mandatory day of retreat at the Sacramento State (CSUS) Alumni Center from 8:30 a.m. to 2:30 p.m. Parents are responsible for dropping off and picking up your student from there – the day begins at this location, **not at CB**. The theme of the retreat will be "Values & Choices" as well as further developing class unity. Our day will be facilitated by our Campus Ministry staff and the Senior Retreat Leadership Team. More information will be emailed to all sophomore parents. If you have questions, please contact Ms. Yearwood at yearwood@cbhs-sacramento.org.

STUDENT ACTIVITIES

• Student Council is excited to share holiday spirit with the CB community beginning **Monday, December 2**. Be on the lookout for **"Christmas Around the World"** as each council has collaborated with our diversity clubs to decorate in traditional holiday styles from around the globe!

• Our annual **Sixty Seconds of Service sandwich-making competition** will be during all-school lunch on **Thursday, December 5**. Sponsored by Sodexo, students are encouraged to come out and represent their class in this allergen-friendly and fun sun butter and jelly (no peanut butter this year!) sandwich-making competition. CB competes nationwide in this "race to make the sammies" and took **second place last year** against other high schools, colleges and universities! Come help us regain our title and make some sandwiches for Bishop Gallegos Maternity Home, Loaves and Fishes, and Wellspring! Students will receive **spirit points** for participating in the day – just bring your ID with you to the table. Spirit points count toward a prize at the end of the quarter for the winning class. Classes will also receive spirit points based on how many sandwiches are made. We hope that students have fun and see how they can contribute to the community even with just a few minutes of their time.

• **Santa grams** will be on sale at lunch from the LSLO window during the **first week of December**. A **special cookie Santa gram** will be available for presale on **Monday and Tuesday, December 2-3** only. Regular candy grams will be on sale **Monday through Thursday, December 2-5**. Parents are also welcome to come by the LSLO at any time to purchase Santa grams for their students. Know your friends' and students' B Set teachers to make the process easier!

• **Christmas Spirit Day** is on **Tuesday, December 10**. Students can join the junior class council **before school for candy canes and hot cocoa**. They can also **take pictures with Santa at lunch!** Modified dress code details will be available on Schoology and the [Student Activities page](#) of the CB website the week before the event.

As the fall semester comes to an end, Student Activities and Student Council want to wish everyone a very Merry Christmas and a happy holiday season. We are blessed to serve this Lasallian community with faith and zeal and look forward to more opportunities for faith, service and community in the spring. God bless and thank you!



ATHLETICS

College Signing Day

On Wednesday, November 13 our Athletic Department celebrated the official **College Signing Day** for our senior student-athletes in the George Cunningham '40 Performing Arts Center. The following athletes signed NCAA National Letters of Intent.

Sara Cruz '20 - Soccer - San Francisco State
Max Martinez '20 - Baseball - Kansas University
Katherine Phipps '20 - Crew - San Diego State University
Bria Shine '20 - Basketball - UC Davis
Lauren Towse '20 - Soccer - Gonzaga University

We are proud of these student-athletes and look forward to their continued success!

Fall CAL League Champions and All-League Athletes

Congratulations to our **CAL League Champion teams** for fall 2019, **women's tennis** and **women's volleyball!**

The following contains our CAL All-League Players for fall 2019:

WOMEN'S VOLLEYBALL

- Sydney Durana '20
- Gillian Hurley '22
- Margaret Melarkey '21
- Lilian Patock '22
- Sophia Overstreet '20 (CAL MVP)

WOMEN'S GOLF

- Annabelle Horan '21
- Allison Oliveira '22
- Grace Paterson '20

WOMEN'S WATER POLO

- Emma Busch '20

MEN'S WATER POLO

- Sam Noonan '20
- Caleb Quinn '20
- Colin Quinn '20

CROSS COUNTRY

- Ryan Dong '22
- Alicia Romani '23

WOMEN'S TENNIS

- Fiona Babcock '21
- Bianca Cabanag '21
- Tessa Easterling '22
- Ai-Linh Tran '21

FOOTBALL

- Justin Douglas '21
- Bryan Garrett '21
- Ryan Jackson '20
- Luke Jones '20 (Offensive Player of the Year)
- William Lotima '21
- Reed Mercer '20
- Jacob Stewart '21
- Lemisio Vaea '21

Correction from November Falcon Family News

The wrong student-athletes were listed under Varsity Cheer for Capital Athletic League Scholar Athletes. The correct names are:

- Marisa Cabrera '21
- Melanie De Lira '21
- Gabriella DeMarais '21
- Carmen Greiner '21
- Addison Kinter '21
- Olivia Morton '21
- Cristal Ramirez '20
- Tavia Richardson '21
- Yasmine Rodriguez '21
- Jacqueline Roy '20

MEDIA, VISUAL AND PERFORMING ARTS

December is nonstop action for the Arts and a great way to get into the Christmas spirit!

- The first event in our holiday lineup is the **Instrumental Christmas Concert on Thursday, December 5** at 7:00 p.m. Tickets are only \$5 so head to the [Ticket Hub](#) for tickets to hear all your holiday favorites performed by our talented musicians. Tickets will also be available at the door.

- The **Choral Christmas Concert** is on **Saturday, December 7** with a celebration of Christmas around the world! There will be performances at 4:00 and 7:00 p.m. Tickets with reserved seating are available now on the [Ticket Hub](#). The choirs will also be taking their holiday cheer on the road to local elementary schools on **Tuesday, December 3** for their **annual schools tour**.



- Auditions for the final Open Mic of 2019 are coming up on **December 3 and 4** after school in the George Cunningham '40 Performing Arts Center. Get your courage up, grab a friend and try out! If you'd rather support from the audience, the **Christmas Open Mic** will be held on **Friday, December 13** at 7:00 p.m. Tickets are available at the door.

- Auditions for this year's **student original one act play** will be held **December 9 and 10** after school in the George Cunningham '40 Performing Arts Center. The featured play this year is "Castle On The Hill" written and directed by **Ash Smith '20**. This play will be one of our entries at the Lerna Theatre Festival and will be featured in our CB Theatre Showcase in February. Join the CB Theatre Showcase Schoolology group or message Mr. Jackson or Ms. Christanson with questions.

We hope you'll join us in our Christmas cheer!

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THE BAPTON FAMILY
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Tickets available January 1, 2020 at
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or contact: info@cbhs.edu or 916.485.1200

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SCHOOL SCHEDULE REMINDER

- **Thursday, December 5** – 8:00 a.m. start, 2:30 p.m. dismissal (three-block day, Prayer Service, Falcon Flex)
- **Thursday, December 12** – 9:00 a.m. start, 12:25 p.m. dismissal (B/C final exams)
- **Thursday, December 19** – 9:00 a.m. start, 10:30 a.m. dismissal (A set final exam)
- **Christmas Break: Friday, December 20, 2019 – Monday, January 6, 2020**

FALL 2019 SEMESTER REVIEW/FINAL EXAMINATION SCHEDULE

- **Wednesday, December 11**
9:00–10:30 a.m. **B Set Review**
10:30–10:35 a.m. **Announcements**
10:35–10:50 a.m. **Break**
10:55 a.m.–12:25 p.m. **C Set Review**
12:30–2:00 p.m. **Faculty Office Hours**
- **Thursday, December 12**
9:00–10:30 a.m. **B Set Final**
10:30–10:35 a.m. **Break**
10:35–10:50 a.m. **C Set Final**
12:30–1:00 p.m. **Faculty Office Hours**
- **Friday, December 13**
9:00–10:30 a.m. **D Set Review**
10:30–10:35 a.m. **Announcements**
10:35–10:50 a.m. **Break**
10:55 a.m.–12:25 p.m. **E Set Review**
12:30–2:00 p.m. **Faculty Office Hours**
- **Monday, December 16**
9:00–10:30 a.m. **D Set Final**
10:30–10:50 a.m. **Break**
10:55 a.m.–12:25 p.m. **E Set Final**
12:30–1:15 p.m. **Faculty Office Hours**
- **Tuesday, December 17**
9:00–10:30 a.m. **F Set Review**
10:30–10:35 a.m. **Announcements**
10:35–10:50 a.m. **Break**
10:55 a.m.–12:25 p.m. **G Set Review**
12:25–12:55 p.m. **Lunch**
1:00–2:30 p.m. **A Set Review**
2:35–3:20 p.m. **Faculty Office Hours**
- **Wednesday, December 18**
9:00–10:30 a.m. **F Set Final**
10:30–10:50 a.m. **Break**
10:55 a.m.–12:25 p.m. **G Set Final**
12:30–1:15 p.m. **Faculty Office Hours**
- **Thursday, December 19**
9:00–10:30 a.m. **A Set Final**
10:55 a.m.–12:25 p.m. **Make Up Final**

FALCON FAMILY NEWS

A MESSAGE FROM THE INTERIM PRINCIPAL

DEAR FAMILIES:

Hello and Happy New Year! My name is Trina Koortz and I am honored to serve the families, students, faculty and staff of Christian Brothers High School as interim principal for the remainder of the 2019-20 school year. I hold this school and its mission close to my heart and in the highest esteem as my son is a Class of '95 graduate, and two of my grandchildren are currently attending and thriving.

My background and experience include the following:

Current:

- Associate Superintendent/Regional Director for Diocese of Sacramento – Catholic School Department with oversight/supervision for Solano and Yolo Catholic schools
- Ex-Officio Board member for St. Patrick-St. Vincent High School, Vallejo, CA; three years

Previous:

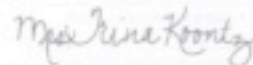
- Principal, St. Elizabeth Ann Seton Catholic Elementary School, Elk Grove, CA; 10 years
- Principal and Curriculum Assistant Principal – High School and Middle School; Director of Secondary Education – public education; 13 years
- Teacher – public education; five years

Prior to the Christmas break, I was blessed to spend several days on campus. Having seen firsthand the faculty, staff and administrators in action, I can certainly see why CB is the place to be! Christian Brothers is tasked in its mission as a "Lasallian Catholic coeducational college preparatory high school... dedicated to inspiring and empowering young men and women with a challenging, relevant, and diverse academic program and co-curricular activities. Students thrive in a Christ-centered community that fosters faith, integrity, global citizenship, leadership and service, preparing students for college and life." Through successes and challenges, this mission has neither changed nor wavered in its intent nor delivery.

As the hiring process continues for the school's next president and principal, 2020 brings with it an exciting opportunity to create a new and vibrant chapter in the book that is Christian Brothers High School. I am grateful to play a role in providing daily leadership and support, as the Board of Trustees and school administrators continue their steadfast efforts to identify an outstanding leader who will sustain the school's high standards and passionate dedication to the Lasallian Catholic mission.

I look forward to meeting you all and pray that 2020 is filled with hope, joy and blessings.

Live Jesus in our hearts!



Trina Koortz
Interim Principal

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- Campus Ministry
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- 2020 Auction

COUNSELING

Parents: If your child has 'D's or 'F's on his/her report card, PLEASE READ THIS!

As stated on page 13 of the [CB Parent/Student Handbook](#), 'D's' and 'F's' are bad news on report cards! It is important for you and your student to understand that neither 'D's' nor 'F's' are acceptable. 'F' grades must be repeated for credit to graduate from Christian Brothers High School. 'D' grades, though worth five 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 above in all core courses** (Core courses are approved history, English, math, lab science, world language, visual and performing arts, and elective courses – also known as the 'a-g' list of approved courses. See the chart below for these requirements). If students have 'D's' on the transcript in any a-g courses and do not remediate them, they are not eligible to apply for admission to CSU and UC schools, therefore seriously limiting their choices for college.

	Subject	Requirements for UCs and CSUs
a	Social Science	2 years (1 year of world history & 1 year of U.S. history or 1 semester of U.S. History/ 1 semester of 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 another 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

If your child 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 **2020 CBHS 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 child 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

or world 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 or world 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 in math and/or world language and bring the grade up or repeat it in summer school or next school year to raise the grade. **Since a full four years of English is a basic requirement for eligibility to a four-year college, any 'D's' 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 'D's' 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, registration will be available **online on the CB website** beginning January 1, 2020.

Standardized Test Scores

PSAT 8/9 (grade 9), Pre-ACT (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 and will also assist students with **pre-registration** for classes in the 2020-2021 school year. Please ask your son/daughter to see his/her exam results (scores are also already posted on [Family Connection](#)). **Look for a mailing regarding pre-registration in early February.**

Attention Seniors and Their Parents:

Please remember to **turn in copies of your admission decisions and scholarship letters** to Mrs. Cynthia Grajeda, Ms. Melissa McClellan, Mrs. April Melarkey, or Mr. Armando Diaz '94 in the Counseling Center as you receive them. It is also very important that students update their admission status on [Family Connection](#).

SAT Test Prep

On-campus SAT prep courses will be offered this spring to help juniors prepare for the exam. Our Saturday morning class (9:00 a.m. to 1:00 p.m.), taught by CB teachers, will begin on February 1 and will lead up to the March 14 SAT. **Dates for the classes are February 1, 8, 15, and 22. Registration forms are available in the Counseling Center and on the [Counseling webpage](#).** The cost is \$200, which includes the textbook and practice tests.

Please contact [Melissa McClellan](#) (916-733-3679) or [Cynthia Grajeda](#) (916-733-3680) with any questions.

CHRISTIAN SERVICE

Enter to Learn, Leave to Serve

VENAVER: Los Angeles

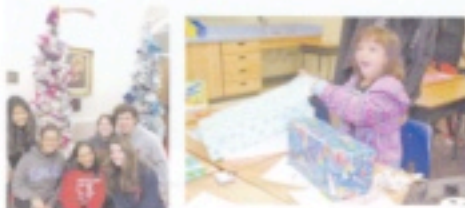
Congratulations to the following 12 students for their upcoming service to VENAVER: Los Angeles. Please keep in prayer the following students as they prepare and embark in a week-long service immersion: Olivia Chandra '21, Elizabeth Cotillo '21, Isabella Esquivel '21, Addison Kinter '21, Carly Krause '20, Sarah Louie '20, Clara Martinez '21, Ellis Richburg '21, Jessica Salyer '21, Zachary Santsche-Chavez '21, Gregory Stone '21, and Isabella Warren '21; Adults: Ms. Grapé and Mr. Havey '81. The students will be partnering with Dolores Mission, which is best known as the birthplace of Homeboy Industries, the now prominent intervention and rehabilitation ministry to gangs, several of which operated at the Mission.

Advent Almsgiving Appreciation

Thank you to our CB Social Action Leadership Team (S.A.L.T.) for sponsoring the Advent Prayer Service, and to families, students, faculty and staff for participating in the Advent of Almsgiving and finishing strong!

Impact From Your Giving

- For the ANNUAL FESTIVAL OF TREES AND LIGHTS, we donated two Frozen-themed Christmas trees to the Cathedral of the Blessed Sacrament.
- CB'S GIVING TREE collected nearly 40 gift cards for CB families in need.
- The OAK RIDGE TOY DRIVE provided Christmas gifts to students in the after-school program.



Service Opportunities

For a list of service opportunities, log in to [Family Connection](#). Click the "x2Vol" tab to see a list of non-profit organizations.



STUDENT ACTIVITIES

Happy New Year from Student Activities!

The men's and women's basketball teams are hosting 'Midnight Madness' on Friday, January 10 in the Ron Limeberger '53 Gym from 7:00 to 9:00 p.m. and Falcon Force wants you there! All are welcomed to this free event—students, families, and fans alike. Come join the varsity teams as they show off their skills in advance of Holy Hoops.

Falcon Force is ready to cheer on our women's basketball team at Holy Hoops on Saturday, January 11 in the Ron Limeberger '53 Gymnasium. Come dressed in your best CB blue to cheer on our Falcons as they take on St. Francis in this next installment of the Holy Games!



Tickets for the Saturday, January 25 Family Dance will go on sale online beginning Monday, January 13 on the [CB Ticket Hub](#). Tickets are \$50/couple and \$10 for each additional family member. You can also purchase tickets at the LSO window at lunch during the week of Tuesday, January 21 through Friday, January 24. Online sales close at 5:00 p.m. on Saturday, January 25, though tickets may still be purchased at the door. Desserts from Ettore's and Freeport Bakery will be served in the cafeteria beginning at 6:30 p.m. with dancing from 7:00 to 10:00 p.m. in the Ron Limeberger '53 Gym. This year's theme is "CB at the Big Top." Our families are encouraged to dress up for this circus-themed dance and come bring your best and biggest energy to dance the night away! Don't miss the best dance of the year!

Join the Asian Cultural Alliance as they celebrate the Lunar New Year on Thursday, January 30 with lunchtime activities. Food will be served, and the club will also have some fun events, including dancing and Japanese game show-style activities to participate in for the day. Of course, we welcome the return of the Fire Noodle Challenge as well. It is sure to be a fun day!

The first Spirit Day of the semester and the Winter Rally will also be on Thursday, January 30. A special dress code will have the whole school decked out head to toe in spirit dress. See the Schoology calendar or the [Student Activities page](#) on the CB website for the modified dress code as the date approaches. This is also an opportunity for spirit points, so students should make sure to have their student IDs with them to get checked in!

CAMPUS MINISTRY

Blessings for the New Year!

Happy New Year and may you be blessed with God's abundant goodness as we journey into 2020! As we continue to pray with our school theme of "Vision & Seeing with Eyes of Faith," I offer a quote by Marcel Proust, "The real voyage of discovery consists not in seeking new lands but in seeing with new eyes." At the dawn of a New Year we are afforded new opportunities for growth. We can look more carefully at people and situations around us, and perhaps see something that we hadn't before. We can commit to seeing through the lens of faith while continuing to pray for God to open the eyes of our hearts. Wherever our pathways may take us in the New Year, may we set our eyes on Jesus as the way, the truth, and the life.

Here is a simple prayer for you as you begin the New Year:

Lord, at the beginning of this new year, I offer You my life. Come take my eyes – may they see with compassion and kindness. Come take my voice – may the words I speak be filled with encouragement and goodness. Come take my hands – may the work they create be generous and giving. Come take my feet – may the journeys I walk be led by Your Spirit within. Come take my life Lord, for I love Your goodness, Your truth, and desire to do Your will. Amen.

May you and yours be filled with blessings of peace!
- Jen Yearwood, Director of Campus Ministry

Prayer & Worship

Please join us as we worship in the New Year as a CB family!

All CB families are invited to join us for our **Falcon Family Mass on Sunday, January 12** in the George Cunningham '40 Performing Arts Center. Mass will begin at 9:30 a.m. with donuts, coffee and fellowship to follow. Families are asked to RSVP no later than January 6. [Click here to RSVP now!](#)

"The Power of Love." All are invited to join us for an **All-School Prayer Service hosted by the CB Black Student Union (BSU) on Thursday, January 9 at 9:45 a.m.**

Retreats

REGISTRATION FOR JUNIOR OVERNIGHT AND SENIOR KAIROS RETREATS IS IN ITS FINAL DAYS! Thank you to all who registered for our overnight retreats! There are a few spots open for:

- JUNIOR OVERNIGHT: March 2-3
- SENIOR KAIROS: March 17-20

Contact the Campus Ministry Office if you are interested.

Sophomore All-Class Retreat: "Quest"

On **Friday, January 10**, the Class of 2022 will come together to further build and strengthen class bonds and unity, and also to reflect on the very important theme of "Values and Choices." **Retreatants will begin their day together at 8:30 a.m. at the CSU Alumni Center (on the back side of the Sacramento State University campus). Parents are responsible for bringing them to the retreat site by 8:15 a.m. and picking them up from the retreat at 2:30 p.m. There is no transportation from Christian Brothers to the retreat. Students should wear dress code pants and their Class of '22 spirit shirt, and bring a non-microwaveable lunch and a drink.** The retreat will be led by Ms. Yearwood, Ms. Grapé, and the members of the Senior Retreat Leadership Team (SRLT). An email with the retreat day information and directions to the retreat was sent out to sophomore families on December 20. If you did not receive this communication, contact [Ms. Yearwood](#) immediately!

SCHOOL SCHEDULE REMINDER

Be sure to keep track of Thursday start and dismissal times!

January Schedule

Spring semester classes begin on Tuesday, January 7

- **Thursday, January 9** – 8:00 a.m. start; 2:30 p.m. dismissal (three-block day, Prayer Service, Falcon Flex)
- **Thursday, January 16** – 9:00 a.m. start; 2:25 p.m. dismissal (three-block day, Falcon Flex)
- **Thursday, January 23** – 9:00 a.m. start; 2:25 p.m. dismissal (three-block day, Falcon Flex)
- **Thursday, January 30** – 9:00 a.m. start; 2:25 p.m. dismissal (three-block day, Winter Rally)

POWERSCHOOL UNAVAILABLE DURING CHRISTMAS BREAK

To give our students and families a break from academic demands during Christmas break, **access to PowerSchool will be closed until Monday, January 6, 2020 at 9:00 a.m.** Posted semester grades will be available at that time. We hope that our students and families will use this time to relax, decompress and enjoy time with loved ones. **Semester report cards will be sent by email on Friday, January 10.**

ATHLETICS

Sport passes are on sale for the 2019-2020 winter season. You may purchase a sport pass in the [Ticket Hub](#) on the CB website.

Download the **CB Falcons App!** This is the official app for Christian Brothers High School athletics, which brings fans closer to the team than ever before. Get game coverage, news stories, game previews and recaps, enhanced stats, customized game alerts, player profiles and much more! Follow the CB Falcons all season long on your mobile device.

CONGRATULATIONS to our **CB football team** who tied as the Section's Academic Team Champion for football with an overall 3.33 GPA. Additionally, our **women's tennis team** ranked fourth in the Section's Academic Team Championship with an overall 3.65 GPA.



Holy Court

The **Holy Court** basketball games will take place at Jesuit High School on **Saturday, January 4, 2020**. Game times are 3:00 (freshmen), 4:30 (JV) and 6:00 p.m. (varsity).

Holy Hoops

The **Holy Hoops** basketball games against St. Francis are scheduled for **Saturday, January 11, 2020** at CB. Game times are 2:30 (freshmen), 4:00 (JV) and 5:30 p.m. (varsity). **Tickets will be available online for Christian Brothers' families, students, teachers and staff in the Friday weekly update message starting Friday, January 3, 2020.** Tickets are \$7 each with a \$1 service charge and must be shown at the door on an electronic device or printed out. **There is a limit of four tickets per person.** There will be no in and out privileges.

Live Streaming

Every home freshmen, JV, and varsity basketball game will be live streamed on [nfbnetwork.com](#). The link is also on the [CB athletics website](#). You must create a username and password to view the live streams. All games are free except for the playoffs.

FinalForms and Spring Tryouts

All athletes must have the FinalForms athletic medical clearance with a valid physical prior to any participation or tryouts for athletics. If your son/daughter plans to join an athletic team, a parent or guardian must sign their student up through the tryout button in your individual FinalForms account.

Spring tryouts officially begin Monday, February 3, 2020. To obtain other specific sport tryout times and practice information, please contact the head coach directly.

MEDIA, VISUAL AND PERFORMING ARTS

It's a new year in The Arts!



The **Choral and Instrumental** programs capped off 2019 with packed houses and joyful music in their Christmas concerts. Be sure to catch them in action again at the end of the spring semester!



Open Mic is halfway through its shows, with the next one coming up at the end of February. Students, start working on your act now!

The **Visual Arts** students decorated a Christmas tree with ceramic ornaments in our main hallway before the break to spread some Christmas cheer.



Now they'll be getting to work preparing their best pieces for the **La Salle Art Show in April**.

Media Arts is anticipating their annual trip to the **Student Television Network (STN) Convention in mid-March**, this year in Washington D.C. They'll submit videos for competition in several categories including the "Crazy Eights," in which they only have eight hours to write, shoot and edit a video on a given topic.

Theatre Arts is always working on the next project, with work underway for the **CB Theatre Showcase on February 7**. Come see all the pieces heading to the Lemaea Theatre Festival, held at Folsom Lake College's Harris Center on February 8 and 9. We will also start building scenery (a train interior) for our spring play, "**Twentieth Century**," as soon as we get back from break. If that is something you'd like to participate in, please contact [Ms. Christianson](#).

2020 is going to be a busy year for The Arts. We hope you'll come out and join us!



PRESENTED BY
THE RAPTON FAMILY
 MEL RAPTON HONDA

Golden State OF MIND

CHRISTIAN BROTHERS HIGH SCHOOL
AUCTION & DINNER

MARCH 14, 2020



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

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

Tickets & Table

Table of 10: \$1,100
 Tickets on or before February 14, 2020: \$120
 Per person after February 14, 2020: \$150

ESVP ONLINE
CBAUCTION.GIVESMART.COM

Sponsorship

\$5,000 DIAMOND SPONSOR
 Table for 10 with preferred placement, full-page color auction catalog ad,
 one golden raffle ticket, membership in the Ambassadors' Club

\$2,500 GOLD SPONSOR
 10 auction tickets, half-page ad in auction catalog,
 membership in the Ambassadors' Club

\$1,500 SILVER SPONSOR
 4 auction tickets, quarter-page ad in the auction catalog

\$1,000 BRONZE SPONSOR
 2 auction tickets, acknowledgment in the auction catalog

\$500 FRIEND SPONSOR
 Acknowledgment in the auction catalog

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

PLACEMENT EXAM FOR INCOMING FRESHMEN

Eighth graders interested in attending Christian Brothers in the 2020-21 school year are required to take the **High School Placement Exam on Saturday, January 11, 2020** from 8:45 a.m. to 12:30 p.m. **Online applications are due on Thursday, January 9, 2020.** Please visit the [Admissions section of our website](#) or contact the Admissions Office at admissions@cbhs-sacramento.org or 916-733-3690 for more information.



SUMMER SCHOOL & SUMMER FUN 2020

Christian Brothers' Summer School & Summer Fun Program is the place to be for active, student-centered learning. Excellence is the standard as teachers challenge students to meet their full potential with well-rounded curriculum, strong core academics and an enriching array of specialty camps.

Most classes meet for six weeks (June 15-July 24, 2020). Registration opens January 1 at <https://www.cbhs-sacramento.org/summer-program/>.

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

FOR MORE EVENT PHOTOS AND TO KEEP UP WITH ALL THE FUN AT CB, LIKE US ON FACEBOOK!

Like us on Facebook

Follow us on Instagram

Follow us on Twitter

@CBSACRAMENTO @CBHSSACRAMENTO

FALCON FAMILY NEWS

CB IS THE PLACE TO BE AN ARTIST

DEAR FAMILIES:

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

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

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

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

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

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



Heather Christianson '01
Technical Director, George Cunningham '80 Performing Arts Center
Performing Arts Teacher

INSIDE THIS ISSUE

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- Campus Ministry
- Christian Service
- Student Activities
- Athletics
- 2020 Auction

COUNSELING

Pre-Registration for 2020-2021 Classes

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

Class of 2020 College News

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

Class of 2021 College Information

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

Sophomore Academic Planning Night

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

MEDIA, VISUAL AND PERFORMING ARTS

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

Theatre Arts

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

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

Open Mic Night Auditions

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

Visual Arts



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

Choir

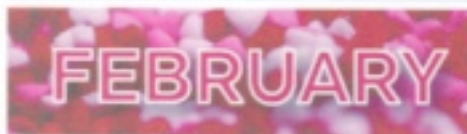
Spring trips are in the air with choral students traveling to **Disneyland in March for workshops in recording.**

Media Arts

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

Get Involved!

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



Reflections for February...

Are you "Fired Up?"



In preparation for Christian Brothers serving as this year's host for the annual Diocesan FIRED UP Confirmation Conference for youth, I offer you a reflection on the role of the Holy Spirit in everyday life. In one of his meditative writings, our founder, St. John Baptist de La Salle, says, "Earnestly ask Jesus Christ to make his Spirit come alive in you, since he has chosen you to do his work." (Med 196.) That is an amazing reminder that the very presence of Christ lives within each of us through the power of the Holy Spirit. We have been called and chosen to share the "Good News" with others that they may see the fire of our faith burning within us. We are not called to respond out of duty or obligation, but out of the desire to say "yes" to this important mission and to offer our response with zeal and enthusiasm. The power of the Holy Spirit in our lives gives us the strength to stand up for what is right and just, to discern well and make sound decisions, to practice empathy and compassion for others, and to respect life in all forms. The Holy Spirit is our helper and guide. It is a gift that we are each given. We must decide for ourselves whether we will open this gift and put its power to work in our lives or allow it to lay idle, as if collecting dust on a shelf. On February 1 through 2, over 2,000 young people will gather at CB in anticipation of receiving the Sacrament of Confirmation this year and in celebration of the presence of the Holy Spirit in their lives. May our prayers grace the hearts of these young people. As we continue to pray with this year's school theme of "Vision," may the eyes of our hearts be opened to experience the power of the Holy Spirit moving in and through our daily lives.

Here is a simple prayer you can offer each day:
Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth. Amen.

Blessings!

– Jen Yearwood, Director of Campus Ministry

Retreats

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

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



PEACE, LOVE & BUNCO

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

Family Bunco Night will be held on campus on Wednesday, April 29 from 6:30 to 8:30 p.m. Please mark your calendar and plan to join us for a fun-filled evening! Don't worry if you have never played bunco. Come dressed in your favorite tie-dye clothing and accessories! Don't miss out on this evening of good ol' family fun, snacks and prizes!

The cost is \$10 per family. **Please sign up now in the Ticket Hub on the CB website.**

SCHOOL SCHEDULE REMINDER

February Schedule – Unique start and dismissal times

- Thursday, February 13 – 8:00 a.m. start; 2:25 p.m. dismissal (three-block day, Falcon Flex)
- Thursday, February 14 – 8:00 a.m. start; 2:25 p.m. dismissal (three-block day, Falcon Flex)
- Thursday, February 20 – 9:00 a.m. start; 2:25 p.m. dismissal (three-block day, Falcon Flex)
- Wednesday, February 26 – 8:00 a.m. start; 2:50 p.m. dismissal (three-block day, Ash Wednesday Liturgy)
- Thursday, February 27 – 8:00 a.m. start; 2:55 p.m. dismissal (four-block day)

CHRISTIAN SERVICE

Enter to Learn, Leave to Serve

VENAVER El Otro Lado, Tucson, AZ

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

Lenten Almsgiving

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

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

The Environmental Club's Fundraiser for the Fires in Australia

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

Lasallian Youth's Fundraiser for Central International Fellowship Church



Lasallian Youth
CHRISTIAN BROTHERS

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

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

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



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

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

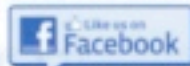
VENAVER Los Angeles, CA

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



STAY CONNECTED!

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



WWW.FACEBOOK.COM/CBSACRAMENTO



@CBSACRAMENTO



@CBHSSACRAMENTO

STUDENT ACTIVITIES

CB Winter Dance

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

Guest Passes

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

Valentine's Day

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



Valentine grams will be available for sale at the LSLO window during all lunches, Monday through Friday, February 3-7. Candy grams are \$1, cookie grams are \$2, and singing telegrams cost \$5. Show your "Lasalline" some love! Parents are also welcome to send their students, carpool, and favorites a gram to spread the love. Know your student's schedule to make a purchase. Contact [Mrs. Holmes](#) or [Ms. Roybal](#) if you are interested.



ASB Council Applications

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

Information for Class Council applications will be coming in March.

Freshmen Class Council Applications

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

Black History Month

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

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



Summer School & Summer Fun at CB!

June 15 - July 24, 2020

Summer School registration is now open!

Learn more at: www.cbhs-sacramento.org/summer-program



ATHLETICS

Upcoming Events

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

Capital Athletic League Scholar-Athlete Award

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

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

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

Women's Varsity Basketball: Janelle Chin '21, Sarah Jackson '21, Faith Mueheru '21, Laney Pritchard '20, Julia White '22

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

Women's Varsity Soccer: Grace Cloete '22, Mariah Hudnot '20, Kathryn Maebari '20, Isabella Pond '21, Lexi Rakele '21, Lauren Towne '20

PRESENTED BY
THE RAPTON FAMILY
MEL RAPTON HONDA

Golden State OF MIND

CHRISTIAN BROTHERS HIGH SCHOOL
AUCTION & DINNER

MARCH 14, 2020



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

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

Tickets & Table

Table of 10: \$1,100
Tickets on or before February 14, 2020: \$120
Per person after February 14, 2020: \$150

RSVP ONLINE

CBAUCTION.GIVESMART.COM

Donate

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

Volunteer

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

Auction Committee Meeting

Tuesday, February 4, 2020 from 5:30 p.m. to 7:00 p.m.
in Brother Brothers Hall (bring refreshments)

Contact the auction committee at 916-733-3642
All proceeds benefit the students and programs of
Christian Brothers High School.

FALCON FAMILY NEWS

A MESSAGE FROM THE PRESIDENT

DEAR FAMILIES:

Last month, the gates to the Peter P. Bollinger '57 Stadium officially opened with a blessing and dedication ceremony. The festive celebration marked the culmination of the school's Securing the Future Campaign. In just four and one-half years, CB alumni, parents, and friends contributed and pledged a remarkable \$12.6 million to improve athletic facilities, parking and infrastructure, and grow the endowment. Thanks to the generosity of many, and the hard work of staff and volunteers, our student-athletes now have a beautiful, state-of-the-art facility that allows them to develop and showcase their God-given gifts. Further, our students, families, employees and guests have more on-campus parking available.

We recognize that many of you make tremendous sacrifices to provide Lasallian Catholic education. I am pleased to share that the cost of the construction projects is exclusively funded by donors without the use of tuition dollars and without incurring long-term debt. Further, \$2.6 million of the \$12.6 million campaign is dedicated to growing the endowment which helps fund tuition assistance.

Our Lasallian Catholic mission calls for us to serve the poor and we must also ensure that CB is accessible to modest and middle-income families. We embrace this opportunity. In 2019-20, we are distributing \$2.8 million in need-based tuition assistance to 421 students. That is more than one-third of our student body. We expect these numbers to be similar in 2020-21. 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, including the Securing the Future Campaign. Your ongoing support is critical to our mission!

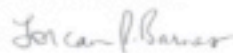
Our commitment to prayerful and careful stewardship of school resources is steadfast. Recently, the Board of Trustees approved a 2020-21 operating budget which raises tuition and fees by a total of 3.5 percent. **Tuition for 2020-21 will be \$14,550 and the registration fee of \$700 will remain the same.** Our tuition

remains below the average for Catholic high schools in Northern California. 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 work hard to improve efficiency, maintain distinction and control costs.

On a practical note, we will again facilitate registration online and process tuition billing and collection using FACTS. As part of your registration for 2020-21, 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 that 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

Highlighting our Wellness Program

At Christian Brothers High School, we have been very fortunate to have a dedicated Wellness Counselor in our department for over a decade to better serve the emotional needs of our students. **Mrs. Emily McDougall**, in her fifth year at CB, 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 goes into the classrooms throughout the year offering presentations about wellness, which involves the whole person (physical, emotional, academic, social, intellectual, environmental, and of course, spiritual). Mrs. McDougall also covers topics including self-care, social media, substance use and abuse, and transitioning to adulthood. Each month there is a wellness theme such as compassion, awareness, gratitude, motivation, and inclusion. She is a licensed Marriage and Family Therapist (MFT) who has been in private practice for many years working with teens and parents. We feel very blessed to have her. If you have any questions for Mrs. McDougall, she can be reached at 916-733-3688 or emcdougall@cbhs-sacramento.org.

Pre-Registration for 2020-21

The Counseling Department would like to ask parents to please review your student's future courses with him/her before the pre-registration period closes on Monday, March 9 at 8:00 a.m. This will ensure everyone is on the same page and require less changes over the summer. Counselors have finished meeting with students in their classrooms and they have received a Class Registration Planning Sheet. **All students are completing pre-registration through PowerSchool from Monday, February 24 through Monday, March 9.** Students may log in to make changes as many times as necessary during that time period. Specific directions will be sent to students via Schoology. **Juniors who are required to take the Mastering the Essay course may take it at any point before graduation.** The [2020-2021 Course Catalog](#) is posted on the CB website and [2020 summer school](#) information is also available. Questions may be directed to the appropriate grade-level counselors or college counselors.

SCHOOL SCHEDULE REMINDER

- Thursday, March 5 – 8:00 a.m. start; 2:50 p.m. dismissal (seven-period day)
- Thursday, March 12 – 9:00 a.m. start; 3:00 p.m. dismissal (three-block day, ASB speeches)
- Thursday, March 19 – 9:00 a.m. start; 2:25 p.m. dismissal (three-block day, Falcon Flex)
- Thursday, March 26 – 8:00 a.m. start; 3:00 p.m. dismissal (three-block day, Class Council speeches)

STUDENT ACTIVITIES

ASB Council

ASB Campaign Week is Monday, March 9 through Friday, March 13 for all rising junior and senior candidates for the 2020-2021 ASB Council. All publicity **must** be approved by the Director or Assistant Director of Student Activities, Mrs. Holmes and Ms. Roybal, prior to being displayed around campus, no later than **Thursday, March 5.**

Campaign speeches will take place during Falcon Flex on **Thursday, March 12**; please plan for a 3:00 p.m. dismissal. Students may cast their votes online immediately following speeches through lunch time on **Friday, March 13.** Any student having difficulty accessing the voting portal should see Ms. Roybal in the LSLO.

Class Councils

Applications for all students interested in running for Class Councils will be available Tuesday, March 3 in the LSLO. Completed applications are due to the Student Activities Director, Mrs. Holmes, at a required lunchtime meeting in Room 105 on **Thursday, March 19.** Any student candidate for ASB Council who was not elected in the ASB elections and would like to be considered for Class Council may use their ASB Council application as their Class Council application – there is no need to complete both applications. All student candidates must also attend the Class Council lunch time meeting. Students who have any questions should see Mrs. Holmes or Ms. Roybal in the LSLO.

Class Council Campaign Week will be held Monday, March 23 through Friday, March 27. All publicity **must** be approved by the Director or Assistant Director of Student Activities, Mrs. Holmes and Ms. Roybal, prior to being displayed around campus, no later than **Friday, March 20.** Campaign speeches will take place during Falcon Flex on **Thursday, March 26**; please plan for a 3:00 p.m. dismissal. All students may cast their votes online immediately following speeches through lunch time on **Friday, March 27.** Any student having difficulty accessing the voting portal should see Ms. Roybal in the LSLO.

Good luck to all ASB and Class Council candidates!

Ordering Class Rings

Sophomores and juniors are invited to consider ordering class rings. Jostens will be on campus on **Thursday, March 12** during lunch to assist with ordering class rings. Students and families can also design and order their rings [online](#). **All class rings must be ordered by March 12 as these rings will be presented at the Ring Blessing Ceremony on Thursday, April 23 at 7:45 a.m. in the Chapel.** Those purchasing class rings may invite family and guests to attend the ceremony and a brief reception afterward.

CAMPUS MINISTRY

Lenten Reflections for March...

Open the Eyes of my Heart

On Wednesday, February 26, we began our Lenten journey with our celebration of Ash Wednesday. On this important day, we recalled our humanity and sinfulness to better examine our spiritual hearts and minds. This 40-day Lenten journey invites us to examine how we are living our lives relative to the Gospel message of Christ. In line with our theme of "vision" this school year, we are invited to daily reflection and prayer for our spiritual eyes to be opened. We are called to open not only our physical hearts and hands, but also our spiritual eyes – to see through the lens of faith and examine closely where we may need to grow or change. Our acceptance of this call, this appeal to our hearts is simple if we can only get beyond whatever is holding us back. All we have to do is say, "I'm here...Lord, I want to see you."

So, where do we start? We could take the earliest moments of our day, before we have gotten out of bed to thank God for such a loving invitation and ask for help in opening our hearts to it. We could remember throughout the day the invitation that has moved our hearts: Come back to me, with all of your heart. And we can rejoice along with God. We could take a moment at the end of each day to reflect on how well we journeyed with Jesus that day and on the question, "Lord, where did I see you today?" This is the invitation each day during Lent.

At our Ash Wednesday Mass, our student and staff community learned about three intentional words to focus on this Lent: respect, reverence and responsibility. These words are taken directly from the [CB Parent Student Handbook](#) (pg. 24). CB students are expected to accept and live the honor code which expects behaviors, actions and attitudes of respect, reverence and responsibility. We have all been invited to pay attention to opportunities we have during the next six weeks to bring these principles into clearer focus, so be on the lookout!

As we mark the beginning of Lent here at Christian Brothers, Campus Ministry invites you to make a "Lenten promise," to prayerfully reflect and select something worthwhile and intentional in the way of sacrifice. Here are a few ideas that may get us all thinking about what to "give up" in a different way:

- Give up resentment and become more forgiving.
- Give up hatred and return good for evil.
- Give up complaining and be more grateful.
- Give up pessimism and become more hopeful.
- Give up worry and become more trusting.
- Give up anger and become more patient.



Give up pettiness and become more noble.

Give up gloom and become more joyful.

Blessings along your journey to the cross!

- Jen Yearwood, Director of Campus Ministry

Retreats

Kairos 81 for Current Juniors

Members of the Class of 2021 are invited to participate in a **summer Kairos retreat opportunity on June 1-4, 2020**. Later this month, in their Religious Studies classes, juniors will learn more about this retreat and how to register. This is an excellent retreat to consider, especially for those students who are concerned about missing class time during senior year or who may wish to serve as a Kairos leader on subsequent retreats. Please contact Ms. Yearwood at jyearwood@cbhs-sacramento.org for more information.

Prayer and Worship

• Please join us on **Wednesday, April 1** for our **Lenten Stations of the Cross** at 9:45 a.m. in the Ron Limeberger '53 Gymnasium.

• Students will have an opportunity to participate in the **Sacrament of Reconciliation on Wednesday, April 1**. Visiting priests will provide time for individual confessions in the Chapel. Information about signing up will be provided to students on Schoology and in their Religious Studies classes.

• The **CB Ring Blessing Ceremony** (for those purchasing class rings) will be on **Thursday, April 23** at 7:45 a.m.

• The **Senior Family Liturgy, Awards Ceremony and Breakfast** will be held on **Sunday, April 26** at 9:30 a.m. in the Ron Limeberger '53 Gymnasium.



PEACE, LOVE & BUNCO

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

Family Bunco Night will be on campus on Wednesday, April 29 from 6:30 to 8:30 p.m. Please mark your calendar and plan to join us for a fun-filled evening! Don't worry if you have never played bunco. Come dressed in your favorite tie-dye clothing and accessories! Don't miss out on this evening of good ol' family fun, snacks and prizes! The cost is \$10 per family. **Please sign up in the Ticket Hub on the CB website. Families who register by March 31 receive an extra raffle ticket for the door prize (\$50 movie/dinner gift card).** Tell your friends and get ready for a great night of family fun!

CHRISTIAN SERVICE

Enter to Learn, Leave to Serve

Christian Service Summer Opportunity - LYA

CB students are invited to apply to a Lasallian Student Program this Summer 2020 organized by our District of San Francisco New Orleans. This summer opportunity is limited to eight qualified and committed students. Selected participants will have a face-to-face encounter with persons living in poverty and examine our Lasallian tradition and social justice, as well as serve the local Denver, Colorado community. **The Lasallian Youth Assembly (LYA) will be held in Denver, Colorado, June 14-19, 2020. The cost is \$700.** All interested applicants must complete an application form and participate in an interview. [Click here](#) to fill out the online application. **Applications are due by March 30th.**

VENAVER Yakima, WA

Congratulations to the 13 CB students for their upcoming participation in VENAVER Yakima, WA. The Yakama Nation Reservation immersion gives students a firsthand look at life on the reservation as well as the steps nations are taking to maintain their cultures, including care and conservation of their sacred lands. Students will be **Evan Carrasco '21, Janiyah Dahl '21, Abigail Donovan '21, Emma Emigh '21, David Hock '21, Allyson Ing '21, Kaveh Khajavi '20, Aziza McBride '21, Caroline Milar '21, Kalina Mullinax '21, Aileen Olivares-Ramos '21, and Andres Zeller-Marquez '21.** Adults: Mr. Delgado '79, Ms. Thayer, and Ms. Grapé.

Lenten Almsgiving in March

Baby Bottles

From **Monday, March 16 through Friday, March 20**, the Heartbeats Pro Life Club will be handing out baby bottles for students and families to raise money for disadvantaged mothers and their unborn babies. These bottles are to be filled with cash, checks and coin donations. The baby bottles are a fantastic way to support and promote families and life while assisting others in need during this Lenten season. Baby bottles are also located in various classrooms, offices on campus, and in Room 106.



Diversity and Inclusion (D&I) Week: Social Justice & Concern for the Poor Drive

From **Monday, March 23 through Friday, March 27**, in collaboration with Diversity & Inclusion Week, we are having an all-school Social Justice & Concern for the Poor all-school drive. Each grade level is assigned a project drive:

EASTER basket drive

FRESHMEN: Easter Basket Drive for Oak Ridge Elementary: Oak Ridge Elementary is CB's neighboring school and serves the

families in the Oak Park Community. **List of donations needed:** markers, notepads, stickers, vegetables/flower seeds, watercolor paints, Mad Libs, glow in the dark bands, colorful socks, chocolate Easter eggs and small Easter candy. **Donation drop-off is in Mr. Elorduy's classroom, Room 202.** [Click here](#) for more information about Oak Ridge Elementary School.



SOPHOMORES: The "Shirt Off My Back"

Clothing Drive for Maryhouse: Maryhouse is a daytime hospitality shelter for homeless women and children that provides personal attention to each woman to help her identify challenges and take the next step to overcoming them. Women come to Maryhouse in crisis; some receive short-term help while others might require help for a longer period of time. **List of donations needed:** gently used or new sweatpants, sweatshirts, tennis shoes, backpacks, and jeans for women and children. **Please drop off donations in Mr. Havey's classroom, Room 201.** [Click here](#) for more information about Maryhouse.



JUNIORS: "How You Can Help Homeless

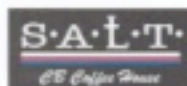
Teens" Drive: Wind Youth Services provides a safe, non-judgmental space for homeless and runaway youth, regardless

of their ethnicity, gender identity, sexual orientation, sobriety status, engagement in the sex trades, and legal history - which is fundamental, not only for their human right, but also for the promotion of a more socially just and equitable society. **List of donations needed:** shampoo, body wash, toothbrush, toothpaste, Chapstick, hand sanitizer, sunscreen, deodorant, insect repellent, lotion, washcloths, feminine hygiene products. **Donation drop-off is in Fr. Murin's classroom, Room 204.** [Click here](#) for more information about Wind Youth Services.



SENIORS: Eldercare Senior Drive:

Stanford Settlement Neighborhood Center's Senior Program provides support to participants ages 50 and over, allowing them to continue to live a healthy, independent life. Currently, most of SSNC Senior Program participants are ages 70-90 years old. **List of donations needed:** 8 oz hot cups (for coffee), 5 1/4 stir sticks (for coffee), powdered coffee creamer, sugar, Splenda, Mrs. Dash individual packets, 8 1/2 plates, heavy duty plastic forks, knives, and spoons, 8 oz clear plastic tumbler cups, whole popcorn kernels (not microwaveable bags), mini bags (for serving popcorn), 12 oz bowls, variety of tea bags, honey packets, individually sized jams/jellies, and maple syrup. **Donation drop-off is in Mr. Hayes' classroom, Room 207.** [Click here](#) for more information about Stanford Settlement Neighborhood Center.



The best part of waking up is CB coffee in your cup! The CB Coffee House is open on Thursday late start days. Proceeds support our sister school in Addis, Ababa, Ethiopia.

Lenten Almsgiving in February

Thank you's

Thank you for supporting the Environmental Club's fundraiser for the fires in Australia, the Lasallian Youth t-shirt sales for the Central International Baptist Church and your continued support of the CB Coffee House.

VENAVER Tucson, AZ

Thank you to the 10 students for their service and participation



in the immersion experience in VENAVER Tucson, AZ: Aron Bernardino '21, Arjun Chauhan '21, Zitielli Chavez '21, Ria Chhabra '21, Marissa Galvan '21, Desmond Greer '21, Clayton Ketcher '21, Margaret Malarkey '21, Zarahi Montoya '21 and Sophia Sidley '21. Adults: Ms. Anna Fernandez and Mr. Bernie Eckel.

Service Opportunities

For a list of service opportunities, log in to [Family Connection](#). Click the x2Vol tab to see a list of non-profit organizations.

MEDIA, VISUAL & PERFORMING ARTS

Spring into the Arts this March!

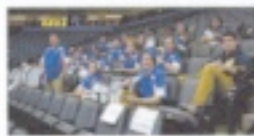
The **visual arts** will be holding their beloved annual tradition, the **Bowl-A-Thon on Thursday, March 12 from 5:30 to 9:00 a.m. in Room 306**. All are welcome to decorate pre-made ceramic bowls for the River City Food Bank's Empty Bowls event to combat hunger in the Sacramento Area. Come out to add your artistry to CB's bowls, or attend Empty Bowls on March 16 and 17 and pick up one of our bowls to take home with you.

Submissions for the 28th annual La Salle Art Exhibit are due by Thursday, March 5. The show is open to all CB students, faculty and staff. Submit up to three works of art in any medium to room 104 or 305 to be considered. Be sure to include a submission form and artist statement with each piece.



Get your tickets now for our spring production of **"The Twentieth Century!"** Our talented **theatre** students proudly present this screwball comedy about a scheming theatrical director set on a train journey from Chicago to New York. **Performances run March 20-22 and 27-29, Fridays and Saturdays at 7:00 p.m., and Sunday matinees at 2:00 p.m.** Student tickets are \$5 and adult tickets are \$10. This show is a ton of fun, so reserve your seats now at the [Ticket Hub](#).

The **instrumental** program has been busy this spring. The students took a trip to Anaheim and experienced recording music in a studio. The String Ensemble and Jazz Band performed in San Francisco's Ghirardelli Square.



Here in Sacramento, **Pep Band** has been keeping school spirit rocking at men's and women's basketball games, playing at Golden 1 Center, where the ladies played for the championship.



The Peter P. Bollinger '57 Stadium, our newest athletic facility, was opened with great fanfare, including a rousing performance from the **Drumline**. Thanks to our talented musicians for representing and inspiring our CB community!

The **Choral** program is heading to Southern California this month where they will participate in vocal and recording workshops before having a day of fun at Disneyland.

In February, CB's choirs were represented by **Annie Charlebois '20** and **Joshua Tarver '21** who were invited to sing in the All-State Honors Vocal Jazz Choir at the California Music Educators Conference.

Media students are gearing up for their annual trip to the Student Television Network Convention, held this year in Washington D.C. Students will enter the best of their work for judging, and also participate in competitions like the Crazy 8s, in which they have eight hours to plan, write, shoot and edit a story on a given topic. Have fun in our nation's capital and good luck!

Parents: Looking for ways to get involved? **Friends of the Arts (FOA) will be meeting on Tuesday, March 10 at 6:30 p.m. in Room 305**. Come hear about all the great ways to volunteer and support our student artists.

ATHLETICS

Signing Day

Congratulations to our five student-athletes who signed NCAA National Letters of Intent on Thursday, February 6!

- Alex Bagatelos '20 - Crew at University of San Diego
- Rafael Burgos '20 - Football at Southern Oregon University
- Carly Krause '20 - Golf at Rockhurst University
- Julian Rodriguez '20 - Football at University of San Diego
- Johnny White III '20 - Soccer at Life Pacific University

Congratulations on the selection of CB football player, **Reed Mercer '20**, who will be honored at the **National Football Foundation Scholar-Athlete Banquet on Thursday, March 12, 2020**. This honor is for grades, community service and overall performance on the football field.

Playoffs

Winter sports playoffs began during the last three weeks of February.



The **women's varsity basketball team** was the **CAL Champion** and the number two seed in Division III playoffs, defeating Merced to become the **2019-2020 Sac Joaquin Division III Section Champions**. The team also qualified for NorCal playoffs.

The **men's varsity basketball team** was the fourth seed in the Division III playoffs and won their first home playoff game in five years.

The **men's soccer team** was the eighth seed in Division III playoffs.

The **women's soccer team** was the fourth seed in Division III playoffs and was the runner up for the 2019-2020 Sac Joaquin Division III Section Champions. The team also qualified for NorCal playoffs.

Congratulations to the **JV women's basketball team** who ended their season with a 6-2 record in league.

Congratulations to the **men's freshmen basketball team** who completed the season with a 23-4 overall record, 11-1 league record and were ultimately the **CAL champions**.

Anonymous Alerts

In January, Christian Brothers introduced a new communications tool called **Anonymous Alerts** that allows students and parents to quickly, easily and anonymously report serious and urgent safety information to school officials, such as mental health concerns, family difficulties, cyber-bullying, abnormal/unusual behavior or other sensitive topics. The private messages are reviewed by our counselors and deans.

Search for "**Anonymous Alerts Reporting App**" in the **iPhone App Store** or **Android Play Store**. CB's activation code is: **christianbhs**.

All reports remain anonymous, although submitters have the option to reveal their identity if they prefer a person-to-person discussion. The program is monitored Monday through Friday between 8 a.m. and 3:30 p.m. and intermittently during evenings and weekends.

The health, safety and well-being of our students is of the utmost importance. Please contact Deans of Students, Cecilia Powers (cpowers@cbhs-sacramento.org) or Michael McCarthy '80 (mmcarthy@cbhs-sacramento.org), if you have any questions.

AUCTION & DINNER
MARCH 14, 2020

Golden State OF MIND

Attend

Come join the fun! There are still tickets left for our Dinner & Auction. [Click here to purchase.](#)

Volunteer

Parent volunteers are needed - many options available! Please consider volunteering for Auction set up and event help, March 12-15. [Click here to sign up.](#)

Golden Raffle

Golden Raffle Tickets are available! Earn a chance to win one of our fabulous Live Auction items with a Golden Raffle Ticket and choose your prize from our catalog. The winning ticket will be pulled on Auction night at the beginning of the Live Auction. You do not need to be present to win.

Golden Raffle Tickets are \$100 each and only 200 tickets will be sold. [Get yours now before they sell out!](#)

FALCON FAMILY NEWS

A MESSAGE FROM THE DIRECTOR OF COLLEGE COUNSELING

DEAR FAMILIES:

As we enter into our new reality of "Digital Counseling" days I want to address some of the ways the Counseling Department is working with our Christian Brothers community and offer some suggestions for moving forward while maintaining a level of mental and physical health.

The Counseling Department is available and would love to hear from our students and parents. We are checking email and Schoology messages regularly and setting up video conferences through Zoom. We are working with students on their attendance, checking grades, updating classes for next year, discussing the college decision process and helping students process this difficult time in our world. Our Wellness Counselor, Mrs. McDougall, is posting helpful tips for students on Schoology. We would also like to share the following:

Homework and study tips for students

Communicate with your teachers if you are having trouble understanding a topic. Set up a "regular school schedule" and set aside time for breaks, just as we do on campus. Seek out a "digital learning coach" or "peer tutor" to help with difficult concepts.

Tips for parents to support your student

Set a daily plan/goal with your student to maintain schoolwork expectations and help him/her stay on task with a structured environment as much as possible. Check PowerSchool and Schoology for missing assignments. Inquire about the positive aspects as well as the challenges of digital learning.

Take mental health/study breaks throughout the day

Students do not sit at school for four straight hours doing work, so school from home should look similar. Begin the day with our morning prayer and enjoy "Midday Mountaintop Moments." Encourage and allow snack breaks, a quick video chat/Facetime with a friend, a 20-minute nap, a quick meditation or stretch break, or get outside for a walk on these nice spring days.

The stress and anxiety our students are feeling around COVID-19 are real and valid. They may be experiencing a loss of control and worrying about a life they suddenly feel they have no influence

over. When we, no matter the age, have something to do, that is a form of control. We must control the controllable. Take time to consider the small things we can control, such as planning a meal, checking in with friends and family or committing to an exercise plan. Do now well; do today well. Help students focus on what they can be successful at each day instead of worrying and focusing too far into the future. Erna Bombeck said, "Worrying is like a rocking chair: it gives you something to do, but it never gets you anywhere." Our brains can only focus on one thing at a time. When students begin to feel overwhelmed, encourage them to meditate or practice a breathing pattern:

Inhale on a four-count, hold for a four-count, exhale on a four-count, hold for a four-count and begin over again. While counting and breathing, the mind focuses on the numbers, not life around us.

Much of this advice was borrowed from a podcast called *Louder Permitted* by Julie Foudy in her interview with Sports Psychologist Colleen Hacker, who has worked with athletes from the NFL, NBA, U.S. Women's National Soccer Team, and many more. Much of sports performance can be related to getting through the stress and anxiety many are now facing in our daily lives.

Easter break with Coronavirus: Easter break is probably going to look a lot different this year. Most likely there will be no flights to warmer weather and no big family gatherings, reunions and meals. So, what will we do? The following page lists some ideas you and your family can do to relax and rejuvenate during our two-week vacation.

(Message continues on next page)

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Work on that hobby you've been neglecting or pick up a new one; paint/draw; cook/bake; try a new musical instrument; plant your summer garden; tackle that "to-do" list; read a book for fun (lots of free options now on Audible); take photos; exercise; work on a puzzle; try yoga or tai chi (use YouTube); go through your room/house and donate excess items to a charity; make or share a silly video; take a family beach or hike day with a picnic; arrange old pictures into a photo book for friends and family; find a great podcast; laugh a lot!

We will find "normal" again. But until that time, please know you are loved and supported by your Christian Brothers community. Reach out to us and utilize us as resource for yourself, your students and your family.

Blessings and health to you during this Easter season.



Melissa McClellan M.S., P.P.S.
Counseling Department Coordinator & Director of College Counseling

COUNSELING

College News

Graduating seniors have been receiving letters of acceptance to colleges and universities across the country. Congratulations to the class of 2020! As many seniors already know, this has been a very competitive year for college admission. Since the class of 2020 is one of the largest graduating classes in American history (over 3 million), the number of students applying to colleges has seen exponential growth.

In addition, a new trend has developed that has more seniors across the country applying to more colleges than ever in order to "hedge their bets." Many private colleges have reported that they have had a 30% increase in applications this year over the previous year, resulting in record numbers of applicant pools. Since most campuses have from 45,000 to 65,000 applicants to fill freshmen classes of approximately 4,500, one can see how difficult decisions have been for admissions offices in 2020. In fact, for the seventh year in a row, many UCs and CSUs have instituted a waitlist for stellar students who were not admitted. It is difficult to know to what extent the waitlists will be used; as a result, there have been disappointments not only among our own students, but for tens of thousands of other California seniors.

Thankfully, most of our seniors planned well and applied to not only "reach" schools, but "target" schools and "safety" schools as well. As a result, CB students have options for next year and are able to begin their college careers at great schools. If any seniors are still grappling with final decisions, remember that Mr. Diaz, Mrs. Melarkey, and Ms. McClellan are available to assist and support you. Seniors who will be attending community college should have already completed their application, registration process and the online orientation. Students attending a UC and needing to satisfy the Entry Level Writing Requirement should be receiving information on the May 16 (tentative) Analytical Writing Placement Examination (AWPE).

Many of our students have been admitted to several prestigious universities and programs, including University of Southern California, Northeastern University, University of California, Berkeley, University of California, Los Angeles, Loyola Marymount University, Santa Clara University, Seattle University, Saint Mary's College of California, and many more. All the colleges that our students have been admitted to will be listed in the graduation program.

Parents, be sure to have your senior go to the [CB Family Connection website](#) (see the letter mailed home to senior parents for details) and update it no later than April 3 for scholarships and awards and by May 8 for college admittances. Students need to list all colleges to which they have been admitted and all scholarships, awards, etc. received.

Summer Programs - Do Something Extraordinary this Summer!

Summer will be here before we know it! Summer 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 as well as across the country and abroad. Check out the [CB Counseling website](#) for details and contact information or talk to your grade-level counselor.

We hope you will continue to use our most valuable tool for help with college planning, the [CB Family Connection website](#).

Speaking of Summer Programs...

Summer School is a great opportunity to remediate any "D" or "F" grades students received so that they can maintain college eligibility or get ahead academically! Please contact the student's grade level counselor if you have any questions.

CAMPUS MINISTRY

Reflections for April...

Last month we began our Lenten journey together. I recently saw a post online that read "I had no idea I'd be giving up so much this Lent." I'm sure this is a sentiment we can all relate to. Who could have predicted that we would find ourselves and our country facing the COVID-19 pandemic? Now more than ever, we can unite our sufferings with the suffering of Jesus. As we continue our journey to the cross, we can see that the struggles and falls that Jesus endured while bearing the weight of the cross are not unlike our own feelings of fear, doubt, struggle and worry that we encounter now. The feelings of helplessness and powerlessness that Veronica and others in the crowd must have felt as they watched Jesus walk toward his death are feelings many of us are currently experiencing with each passing day of this mandated shelter in place. The notion of standing by and watching a loved one die as Mary did at the foot of the cross reminds us that we, too, must put our faith in God, who has surely promised resurrection for those who believe. We know that the Spirit of Christ lives on in our hearts as we try our best to live lives that are hope-filled and life-giving. As we continue along this journey, we do so together even though we are physically separated from one another. This is where we can draw our strength. The plentitude of amazing individuals living the Lasallian mission throughout our world and our local Christian Brothers family are gifts to be grateful for. My prayer is that the recollection of many grace-filled moments will be something to sustain us even when the road gets tough. Let us remember, we are never alone, and we are always in the holy presence of God. So, as we prepare to embark on our journey through Holy Week, I offer you these reflections to consider:

On Sunday, April 5, the Church will celebrate Palm Sunday to celebrate Jesus's arrival in the city of Jerusalem. What do I celebrate most about Christian Brothers and the experiences it has provided to me? To my family?

The Paschal Triduum, often called the Easter Triduum or simply the Triduum, includes Holy Thursday, Good Friday and Holy Saturday. This also consists of the great Easter Vigil, the high point of the Triduum. The word "triduum" comes from the Latin word meaning "three days." The Triduum celebrates the heart of our faith and salvation; the death and resurrection of Christ, thus being the high point of the liturgical year.

On Holy Thursday, April 9, we celebrate the institution of the Eucharist and we commemorate the Last Supper where Jesus became a servant by washing the feet of his disciples. How have I "washed the feet of others?" How have my "feet been washed" by members of this CB community?

On Good Friday, April 10, we mark the final moments of Jesus's life through our recollection of the crucifixion. What feelings of loss, sadness, worry or devastation am I feeling? How can I best acknowledge what pierces my heart?

On Holy Saturday, April 11, we acknowledge the day that Jesus is laid in the tomb. Are there things I must let go of and prepare to leave behind?

On Easter Sunday, April 12, we celebrate the Resurrection of Christ - Jesus's triumph over death and renewed hope for life in the Spirit. What moments of grace have blessed me? What am I hopeful for in the future? What gifts of life, hope and renewal am I most thankful for?

As we continue this journey together, know that I am praying for you. The hope and gratitude that fills my heart as I work and minister at Christian Brothers blesses me as I continue this journey even during uncertain times.

Blessings for a joyous Easter!
- Jen Yearwood, Director of Campus Ministry

As we navigate the COVID-19 pandemic and strive to see with eyes of faith, here are a few resources that may be helpful:

Prayer from the Christian Brothers Superior General, Brother Robert Schieler, FSC:

Lord Jesus Christ, in your mercy and compassion look kindly upon us.

Bless our nurses, doctors, researchers and all healthcare personnel with courage and strength as they continue to care for our sick sisters and brothers.

May your Holy Spirit inspire in all Lasallians a sense of social responsibility and guide us to follow the directives of medical experts and governments so that together we can ensure the wellbeing of all, especially of those who are poor and have limited or no access to healthcare.

Grant to each of us, Lord, the eyes to see our relatives, neighbors and friends who are alone, who have lost loved ones or who need a good Samaritan to do their shopping or assist with other basic needs.

Give us a compassionate heart that moves us to generously respond to those in distress.

Lord Jesus Christ, in your mercy and compassion look kindly upon all members of the Lasallian Family.

Bless all of us with peace and good health.

May the angels lead those who have died into paradise.

[Click here](#) for a prayer during an epidemic and at this [link](#) for prayers during a crisis.

On Tuesday, April 7 at 9:00 a.m. we are all invited to participate in a time of prayer. This is the Feast Day of our Founder, St. John Baptist de La Salle. [Click here](#) to join Lasallians in prayer on that day.

Summer Kairos Retreat

The Summer Kairos, available to current juniors, is scheduled to be held in Tahoe June 1-4. Currently, our plan is to still offer this experience. However, we are also considering the possibility of offering priority to our current seniors for whom their Kairos retreat (K80) was canceled.

The cost of the retreat is \$180, which includes transportation, lodging, meals and retreat materials. In the meantime, until more is known, Campus Ministry would like to gather names of current juniors who would like to be placed on an "interest list" for the summer Kairos retreat. On April 6, a Google Form will be posted on Schoology for the Class of 2021 to complete, if interested. Information about Kairos retreats that will be held in the upcoming school year will be forthcoming. Please contact [Ms. Yearwood](#) if you have any questions.

Are you a Leader?

Members of the Class of 2021 are invited to apply to be part of the Senior Retreat Leadership Team (SRLT) for next year. This retreat team will work closely with Ms. Yearwood and assist in leading the freshmen, sophomore, and junior retreats. There will be a mandatory SRLT Training Retreat for all team members July 20-23, provided that "stay in home" restrictions are no longer in place at that time. Applications for SRLT will be available and posted on the Class of 2021 Schoology page on Friday, April 3. Applications are due by Monday, April 20 to Ms. Yearwood.

Family Bunco Night

Family Bunco Night, scheduled for April 29, has been canceled. Look for this event to make a reappearance next school year.

STUDENT ACTIVITIES

Class Councils

Class Council Campaign Week has been going strong as we have been electronically campaigning and sending messages. It all wraps up on Wednesday, April 1 and Thursday, April 2. With the help of KBFT, speeches have been recorded and uploaded to YouTube. The links will be shared on Wednesday afternoon, April 1 and will be open only to members of each respective class. Students will have the opportunity to vote electronically through Voting4Schools between Wednesday, April 1 at 3:00 p.m. and Thursday, April 2 at 1:30 p.m. Candidates will be alerted with the results of the election via Schoology at the end of the school day on Thursday, April 2 with results to the rest of the school soon to follow after.

Falcon Force

Interviews for the 2020-2021 Falcon Force have been postponed until we receive further notice about campus closure. The applicants have been notified and we thank them for their willingness to serve the school as well as their patience while we navigate Digital Learning Days. Only candidates who have completed an application may interview and audition.

Freshman Class Council

Applications for the Class of 2024 Freshman Class Council are available on the [Incoming Freshmen page](#) on the CB website and are due Friday, May 1. Students should also submit a letter of recommendation from a teacher, moderator, or program leader who can speak to their leadership style and skills.

Please send letters of recommendation to Ms. Stephanie Roybal at sroybal@cbhs-sacramento.org. Interviews for Freshman Class Council will be scheduled after the May 1 deadline and held in mid-June.

Student Activities hopes that all are staying safe and healthy during these Digital Learning Days. We thank you for your patience with our programs as we navigate through unfamiliar terrain. Keep calm and wash your hands!



STAY CONNECTED!



WWW.FACEBOOK.COM/CBSACRAMENTO



CHRISTIAN SERVICE

Enter to Learn, Leave to Serve

Acts of Service in a Time of Coronavirus

The current experience of the spread of COVID-19 is showing us many things about ourselves and our world – in particular, how the world is a physical place. Planets get sick slightly slower than populations do; it happens over a few decades, not a few weeks. Reality is capable of biting, and biting hard, and when the Spirit inspires us, our calling becomes stronger – to be creative in the way we respond to our mission, Enter to Learn, Leave to Serve! This journey might also be the moment when we fully embrace the unique idea that our “superpowers” kick in when we embrace our humanity as one human race. Saint Paul in I Corinthians 12 says, “If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it. Now you are the body of Christ, and each one of you is a part of it.”

May the Lord bless us and keep us as we walk this journey together.

St. John Baptist de La Salle, pray for us.

STUDENTS: As we continue to journey together in service, it is essential to follow guidelines and restrictions set by our local government agencies and health organizations to stay safe. Before beginning any service activities, talk to your parents or guardians to ensure that your chosen activity fits within safety guidelines.

Here are eight ideas for how you can help your community:

1. Call and check in on someone who lives alone (i.e. grandparents, neighbors, older adults).
2. See how you can help (i.e. Help provide access to meals for students who rely on school meals).
3. Keep your distance (physically, not spiritually).
4. Listen to public health officials.
5. Pray for the sick.
6. Wash your hands.
7. Stay home and be safe.
8. Inspire acts of kindness.

VENAVER Pre-Registration

If you are interested in participating in VENAVER in 2020-2021, please [pre-register](#). The link is now open!

California Volunteer Guidelines

Learn how to safely help your community at this [link](#).

NEIGHBOR CHECK-INS
COVID-19

Calling all Neighbors

Californians can safely help older adults and those with chronic health issues who are at higher risk from COVID-19. We can all help do our part to make sure we stay healthy.

- M** **Neighbor to Neighbor** - Remember, nothing is more contagious than fear. We can all help do our part to make sure we stay healthy. If you need to check on a neighbor and don't have their home, you can talk through the door. Stop off a hour, a minute or just a few seconds.
- H** **Reach out to older adults who live alone** - Call, text, video chat. This is a great time to help, reach out, and offer support and resources to your friends and family.
- Q** **Ask how you can help and don't hesitate to ask for help** - Older adults are being asked to stay home and may have trouble getting groceries, medication, and other necessities. Ask how you can help and don't hesitate to ask for help yourself.
- Q** **Offer local services** - Find out if your community has 211 or call your county social services to get information on services offered.
- A** **Be Safe!** - Most importantly, remember to follow the California Department of Public Health's guidelines. Visit [cagov.org/covid19](#) to make sure we are all safe.

Visit [serve.ca.gov](#) Help California [#MeetTheMoment](#)



Senior Service Hours

Your completed Christian Service hours' due date has been extended until Sunday, April 5. Your reported CS hours will determine your Christian Service Award presented during the Senior Liturgy and Graduation.

Service Levels

100-249 hours	Christian Service Award
250-499 hours	Br. Edward Service Award
500-750 hours	Br. Bertram Service Award
750-999 hours	Br. Orona Service Award
1,000+ hours	Br. James Miller Award

Access x2VOL via Naviance Student [PowerPoint](#)

If you need assistance with x2VOL please email [Ms. Grapé](#) or message her on Schoology.

MEDIA, VISUAL & PERFORMING ARTS

Art thrives even in the most trying times! In the midst of all that is happening, **our arts events have been suspended for the foreseeable future.** We remain hopeful to return in May, but that is beyond our control. In these difficult times, when it feels like everything has been canceled or put on hold, artists continue to create. Whether it be Italians singing together from their balconies, famous actors reading children's books online, or musicians collaborating via Zoom, artists are working to brighten our lives and reflect on the impact of this pandemic. Below are links to some of CB's arts to brighten your day. Check them out, and we hope to see you all soon!

Visual Arts

Mr. Michael D. Jackson created a short [video preview](#) of all the excellent student work for the 28th annual La Salle Art Exhibit. We hope to provide a virtual tour of the exhibit.

Theatre Arts

[Click here](#) for a preview of CB's spring production of "Twentieth Century" created by Mr. Michael D. Jackson. Given the current health concerns, our hope is to establish new dates and run the show in May.

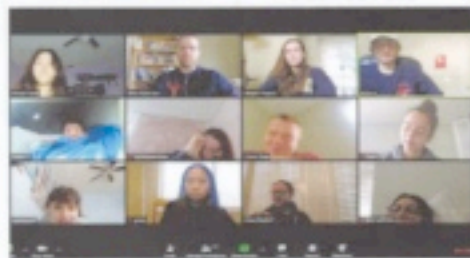
Media Arts

Our media students recently traveled to Washington D.C. for the annual Student Television Network convention – only to find that it was canceled due to the COVID-19 outbreak hours before it was scheduled to begin. Here's the [segment](#) they made about it.

Even in the face of social distancing, KBFT is still producing broadcasts from home with stories from our CB community. Be sure to check out and subscribe to their [YouTube channel](#).

The Talon

[Click here](#) to read The Talon staff's reflections on digital learning and their experiences with social distancing during the COVID-19 pandemic.



Digital Learning Days Fun!



MEDIA, VISUAL & PERFORMING ARTS

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Digital Learning Days Fun!



Golden State of Mind Virtual Auction - Thank You!

A huge thank you to auction chairs, Gina Ketcher and Colleen Curtin, as well as the dedicated auction committee that worked tirelessly to bring our annual auction fundraiser to fruition, despite our dinner party cancellation! **Because of the generosity and volunteering and financial contributions of so many, the auction generated over \$400,000, including \$95,000 earmarked specifically for tuition assistance.** We especially want to express our appreciation to our wonderful sponsors! Congratulations to all of you!

Golden State Thank You!

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PRESENTED BY
THE RAPTON FAMILY
MEL RAPTON HONDA
Class of 2022

FALCON FAMILY NEWS

A MESSAGE FROM THE PRESIDENT

DEAR FAMILIES:

Sixteen years ago, I joined the CB community as President/CEO. Last summer I announced that 2019-20 would be my last year of service. Never could I have realized my time at CB would end under such strange circumstances. Just six weeks ago, few of us could have conceived the scenario in which we're now living.

I'm certainly missing the series of "lasts" and the rituals that come with the end of a school year. But it's our seniors and their families that I ache for, and our faculty and staff I so deeply appreciate.

When I decided to step down, we were wrapping up a major fundraising campaign and plans were in place to complete a major campus improvement project. We had obtained our six-year accreditation. Enrollment was at capacity. Our students were being served by excellent teachers. Many of the ingredients were in place for a timely transition for the school. And, personally, after 24 years as a Catholic high school president (16 years at CB and eight years in Ohio), I knew it was time to seek new opportunities.

The CB community has touched my heart and nourished my soul. From the Brothers and the Board of Trustees, to our alumni and alumni families, our faculty and staff, and our current students and families, I have had the honor of serving a sacred mission with and for outstanding people. Patti and I are blessed that our three sons – Jimmy '12, Jack '15, and Pat '17 – are CB alumni.

In the past 16 years, the campus has been transformed: an air conditioning system, Witry Field House, Cunningham Performing Arts Center, Chapel of St. Joseph, Bollinger Stadium, and a host of other improvements. We have become the largest Catholic school in the region. Every student has an iPad as part of our robust technology program. We've welcomed numerous international students into our community. These are noteworthy changes accomplished thanks to the hard work and generosity of MANY.


But as I reflect on these changes, I'm most proud of the human and Christian education that took place before I arrived and will continue long after I leave. CB is a microcosm of what Christ's

Kingdom CAN be. We bring together a diverse group of students and families and we build genuine community. Generous benefactors enable us to provide access to a world-class education for students from low- and modest-income families. And the quality of our education is singularly distinctive, so that families of means choose to send their children into the heart of Oak Park. Seeing students take pride in their accomplishments; knowing life-long relationships are being established; watching students grow into spiritually rich, morally courageous, and intellectually distinguished young adults...THAT'S what I'll miss the most.

Dr. Crystal LeRoy will begin her service as CB's president on July 1. I have enjoyed working on a smooth transition with Dr. LeRoy. CB is fortunate to have an educational leader of her caliber to lead us toward our sesquicentennial in just a few years (CB will turn 150 in 2026). Dr. LeRoy is working with a committee to identify a principal who will lead our school's academic and co-curricular programming.

New leadership for a solid team of faculty and staff, financial strength, excellent reputation, great students, and engaged parents...the ingredients are in place for a bright future. CB will look different in many ways when we return to our new normal. But we will still be guided by faith and committed to our mission to provide a human and Christian education to the young, especially the poor.

God bless,



Lorcan P. Barnes
President/CEO

INSIDE THIS ISSUE

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

COUNSELING

Summer is still a time for action! The counselors would like to remind students and parents that summertime 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 and 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. With the possibility of continued health restrictions, consider CB's own [online Summer School program](#) and remember 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 **resumé** and finish your **MI Advantage** on [Family Connection](#) if you have not already done so.

Sophomores: Update your **resumé** and complete any other activities that are suggested on [Family Connection](#). Utilize Khan Academy's [online SAT prep](#) and the online [ACT Academy](#) to start preparing for the PSAT/NMSQT, which will be given in October. See the [Counseling web page](#) to find out about **college summer programs**.

Juniors: A checklist of reminders:

MAY/JUNE

- Start prepping for the SAT by utilizing Khan Academy's [online text 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 contact [Mr. Riley-Porta](#).

- Update your **resumé** on [Family Connection](#) and finish any other suggested activities.

- Think about signing up the **summer Kairos retreat** (tentative - see [Campus Ministry](#) section), 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** (will be distributed soon by Ms. McClellan and Mrs. Melarkey in the Class of 2021 Schoology group) - **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 opens over the summer and the UC App will open August 1).

- 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 the [Counseling web page](#)), work at a job, or travel (if safety permits).

Seniors:

MAY

- You must **submit your acceptance** ("Statement of Intent to Register") to the college you have chosen to attend by **May 1** (some schools have pushed back the deadline to June 1st!)

- Congratulate yourself but finish strong. Final grades do count!

- Go to [Family Connection](#) by **May 8** 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. Ask Ms. McClellan or Mrs. Melarkey for help on how to do that if you don't already know how.

- Now is the time to order your final transcript for college.

[Click here to order your final transcript.](#)

JUNE

- Make sure you have responded to all requests from your college of choice.

- Don't forget to thank your teachers, counselors, the registrar, etc. for all their help over the past four years!

Important Reminders for Students Who Receive "D" or "F" Semester Grades

- All semester F's must be remediated during the summer in our CB Summer School program.

- 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 four-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).

(Continues on next page)

COUNSELING (CONTINUED)

Summer School & Summer Fun 2020

CB's Summer School program is now online. Our summer school program at CB provides excellent opportunities to accelerate a student's curriculum goals and 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 our [website](#) or see your counselor to discuss your options.

Counseling issues over the summer

All counselors (grade-level, college and wellness) will be accessible by email 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.

STUDENT ACTIVITIES

Freshman Class Council

Applications for the Freshman Class Council were due Thursday, April 30 online through the [Incoming Freshmen page](#) on the CB website. Interviews for Freshman Class Council are in the planning stages and all candidates will be contacted individually soon with more information. These are planned to be held in mid-June.

Virtual Prom

Though we cannot meet face-to-face for Upper Division Ball, the CB Leadership Class cordially invites all students to a **Virtual Prom on Saturday, May 9**. More information will come to our student body via Schoology and the weekly Friday email update. Stay tuned!

Virtual Founder's Day

Friday, May 22 marks our annual Founder's Day celebration. Though it will look different this year, we hope to create a virtual experience of Lasallian community for all to share. Students will get information via Schoology in the upcoming weeks.

Summer School & Summer Fun 2020 June 15 - July 24, 2020

Summer is just around the corner! Due to the current health concerns, CB's high school summer program is now online. We will continue to offer the same high-quality summer school program as in previous years, but in a digital learning format.

Click here to learn more and register. Registration is limited and early enrollment is encouraged.

Contact Julian Elorduy '03, summer school director, at jelorduy@cbhs-sacramento.org if you have any questions.

2020-2021 Student Council

Congratulations to the newly elected 2020-2021 Student Council!

ASB Officers

PRESIDENT: Bella Barbosa '21

VICE PRESIDENT: Desmond Greer '21

SECRETARY: Miles Tibon '22

TREASURER: Marcos Galvan '22

PUBLICITY/MEDIA: William Rockas '21 and Will Tuschinski '21

Senior Class Council '21

John Bonini, Senior Class President

Chloe Decker

Rubi Fernandez

Peter Genus

Chet Hewitt

Clayton Ketcher

Mathew Thomas

Junior Class Council '22

Yvette Castellanos

Ryen Clark

Cooper Davey

Jaden Herne

James Kubish

Kai Labson

Maya Sharma

Sophomore Class Council '23

Thomas Berger

Sophia Garcia

Grace MacDonald

Madeline McDougall

Joseph Powers

Nicole Staggs

AnnaMaria Thomas

CAMPUS MINISTRY

Reflections for May...

A strong woman works out every day to keep her body in shape...

But a woman of strength kneels in prayer to keep her soul in shape.

A strong woman isn't afraid of anything...

But a woman of strength shows courage in the midst of her fear.

A strong woman won't let anyone get the best of her...

But a woman of strength gives the best of her to everyone.

A strong woman makes mistakes and avoids the same in the future...

But a woman of strength realizes life's mistakes can also be God's blessings and capitalizes on them.

A strong woman walks sure footedly...

But a woman of strength knows God will catch her when she falls.

A strong woman wears the look of confidence on her face...

But a woman of strength wears grace.

A strong woman has faith that she is strong enough for the journey...

But a woman of strength has faith that it is in the journey that she will become strong.

-Marta S. Hardy

As we enter the month of May we have the opportunity to celebrate mothers. These remarkable women who care for us, teach us, guide us, nurture us, and inspire us are living examples of God's love here on earth. While I am no longer fortunate to have my mom with me, I carry her presence and the lessons she taught me deep in my heart. As we celebrate our moms, we can also take time to honor and celebrate, Holy Mary, mother of us all. Her grace, strength and willingness to answer God's call with complete truth and surrender should be an example for all of us as we strive to know and follow God's will for our own lives. Through the intercession of Mary, let us give thanks for the countless blessings that mothers are in our lives.

Blessings throughout this Easter season,
Jen Yearwood, Director of Campus Ministry

Prayer and Worship

During this time of the COVID-19 pandemic, Campus Ministry is providing daily Monday-Friday resources that may be helpful in providing some faith-based reflection and spiritual nourishment. Please use the following YouTube links to access where these resources are posted. You will find a Morning Prayer video link as well as links to our Midday Mountaintop Moments. These are simple reflections based on a song meant to provide a few moments of peace, meditation and reflection. Additionally, you can find tribute videos that have been created during this time.

- [Click here](#) for the Morning Prayers.
- [Click here](#) for the Midday Mountaintop Moments.
- [Click here](#) for link to Tribute Videos.

Retreats

We are currently still working to providing some kind of Kairos experience for our seniors who were set to attend K&O in March. Thank you for your patience!

The Summer Kairos retreat for current juniors is currently on hold. Our original dates, June 1-4, were canceled by our site. We are awaiting further information on when we will be able to host gathered events. Thank you for your patience. In the meantime, **all juniors have been asked to please complete a Kairos Interest Form that was posted in the Class of 2021 Schoology group.** We still have many juniors who have not completed this form. Please contact Ms. Yearwood if you have additional questions.



Special thanks to this year's **Senior Retreat Leadership Team (SRLT)** for their work and ministry throughout this year! You are all amazing! 2019-2020 members included: Marissa Adolphson '20, Alonzo Aguillo '20, Alex Bagatelos '20, Alaine Blasé '20, Asher Bloom '20, Emma Busch '20, Sofia Bustos-Bennett '20, Mikaela Dacanay '20, Melissa Ellis '20, Joey Engstrom '20, Mariah Escobar '20, Rafael Fernandez '20, Calvin Fiske '20, Emma Fitzpatrick '20, Katie Gergen '20, Emily Hancock '20, Miera Haroldson '20, Madrey Hilton '20, Elizabeth Hinton '20, Whitney Hunt '20, Alex Isler '20, Anna Jimenez '20, Abby Kaus '20, Carly Krause '20, Lolo Larraguivel '20, Daniel Larsen-Anderson '20, Hunter Leong '20, Kathryn Maebori '20, Brianna McCarley '20, Sage Ness '20, Kayla Piegaro '20, Laney Prichard '20, Ting-ting Pu '20, McKenna Purdy '20, Grace Ramirez '20, Alfonso Ruiz '20, Jackson Ryan '20, Danielle Santiago '20, Jazelle Sevilla '20, Priya Sharma '20, Bria Shine '20, Liv Tanberg '20, Grace Tangen '20, Brian Taylor '20, Emelie Thomas '20, Lauren Towne '20, Riley Vigil '20, Anna Vishaj '20, and Emma Wood '20.



CHRISTIAN SERVICE

Enter to Learn, Leave to Serve

Every spring with the change in weather, trees sprout flowers and fields turn lush with carpets of green. The air is filled with the sounds of birds feeding after their winter hunger and the church asks us to enter the season of Easter. It is in this season of spring and Easter that God has brought us a new challenge with COVID-19. As with most challenges, we have two ways that we may go. We can either reject the challenge and not grow or we may accept the challenge and grow in a new environment different from what we knew. So, let us use our quarantines, physical distancing and sheltering in place to find a new refuge in God – a new hiding place of the heart. Far from feeling alone or isolated, let us ask God to grant us a fresh desire for prayer, new ways to serve others and a new way of caring and embracing what is holiest and best in life. The Lord has set us on a new path this Easter season – may we walk it in trust, faith and prayer into the light of a new life born of the challenges of this Easter season unlike any others.

St. John Baptist de La Salle, pray for us.
Live Jesus in our hearts, forever!

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

The Social Action Leadership Team (S.A.L.T.) is a faith-based student organization under Christian Service. S.A.L.T. assists in various outreach efforts in the local community and with our sister school, St. John Baptist de La Salle School in Addis Ababa, Ethiopia. S.A.L.T. embraces servant leadership qualities, action to serve, and accompanies students in the journey of servanthood.

As we revitalize and reimagine our vision of service during this time of quarantine, we look forward to a new life in Christian Service. Watch this [video](#) to meet the new co-presidents of S.A.L.T., learn how you can [pre-register for VENAVER](#), and learn more about joining the combined God Squad and S.A.L.T. outreach opportunities in 2020-2021. Complete the [S.A.L.T. Interest Form](#) and we will contact you with more information.

Volunteering

If you are one of many families who are wondering how you can help your neighbors during this crisis, please visit the [California Volunteers website](#). The website is the State of California's initiative to connect Californians with safe volunteer opportunities and encourage those unable to physically volunteer to think creatively about ways to make a difference in their communities. Volunteer opportunities involve serving at food banks, delivering meals, tutoring, taking 211 calls, making face coverings, making calls to seniors and other local opportunities.

Students: Please follow guidelines and restrictions set by our local government agencies and health organizations to stay safe. Before

beginning any service activities, talk to your parents or guardians to ensure that your chosen activity fits within safety guidelines.

Thank you for your service – it is an honor to serve with you!

Messages to the Class of 2020



MEDIA, VISUAL & PERFORMING ARTS

The Arts are in bloom this spring! The student artists and teachers of CB won't let current circumstances stifle their creativity or prevent them from sharing their art with the community.

Media Arts + Visual Arts

KBFT continues its morning broadcasts to keep the community up to date and entertained with a variety of segments. A [recent broadcast](#) featured the Visual Arts winners of this year's 28th annual La Salle Art Exhibit. Even though we couldn't have the show in person, the impressive submissions are well worth checking out on YouTube.

Open Mic

Open Mic will still be happening, though in a digital format. All students are welcome to submit a full video performance to Ms. Schorn for consideration by 3:00 p.m. on Monday, May 11. Details have been posted in Schoology. Keep an eye on updates and announcements for the streamed live event. Message Ms. Schorn on Schoology or email her at rschorn@cbhs-sacramento.org for any questions.

Performing Arts

Arts teachers are innovating in the digital classroom as well. Choral and instrumental students are taking full advantage of the ability to record and share video and audio recordings to keep their skills sharp. Students submit recordings of their exercises and learn music theory over Zoom conferences.

Theatre Arts

Theatre is also using video conferencing apps like Zoom and Microsoft Teams to allow students to connect and perform together. Students in Theatre Arts and Acting Focus will be recording Zoom performances while improvising costuming, lighting and scenery, and even adding sound cues and effects to their videos. If you'd like to see how this works, check out this [sample video](#) made by our theatre teachers Mr. Jackson and Ms. Christianson '01.



Congratulations to Ms. Chrys Cassetta on being named the 2019-2020 Lasallian Educator of the Year!

[Click here](#) to watch the announcement video.

Easter Break Fun!



ATHLETICS

FinalForms

Please note the following important information concerning the upcoming athletic year: An email message will be sent to all families regarding how to register in FinalForms for the 2020-2021 school year. All athletes must have the FinalForms athletic medical clearance with a valid physical prior to any participation in summer athletics. To access FinalForms and for more information, please [click here](#).

Winter 2020

Congratulations to all our winter athletes who were selected as CAL All-League Athletes:

Men's Basketball

Angelo Butler '20
Mike Moreno '21
Ryan Toschi '20

Women's Basketball

Karli Cooper '22
Sarah Jackson '21
Faith Mucheru '21

CAL Most Valuable Player

Bria Shine '20

CAL Coach of the Year

Shandyn Foster '00

Men's Soccer CAL

Offensive Player of the Year
Hunter Dierlam '20

Men's Soccer

Josaun Fitten '20
Jackson Ryan '20
Tyler Valerio '21
Johnnie White '20

Women's Soccer

Ainsley Carroll '20
Mariah Hudnut '20
Lexi Rakela '21
Lauren Towne '20

Congratulations to the women's basketball team for the All-Metro selections by *The Sacramento Bee*: Karli Cooper '22, Sarah Jackson '21, Faith Mucheru '21 and Bria Shine '20.

Congratulations to the men's basketball team for the All-Metro selection of Ryan Toschi '20.

Spring 2020 Falcon Scholar-Athletes

Rugby

Elias Emseih '22
Eli Garcia '22
Xavier Metcalfe '21
Frederick Stewart Jr. '21
Lyman Tadewald '21

Women's Lacrosse

Lindsey Cooper '20
Elizabeth Cotillo '21
Tessa Easterling '22
Katherine Gergen '20
Jaden Herne '22
Rudy Lazard '20
Simone LeForestier '22
Lily Witry '20

Spring 2020

Congratulations to all our spring athletes who were selected as CAL Scholar Athletes:

Men's Volleyball

Alonzo Aguillo '20
Daniel Larsen-Anderson '20
Nicholas Edgar '22

Men's Tennis

Chris Fong '20
Kai Hay '20
Anthony Tan-Andia '21
Cristian Gordon '22
Samreet Sran '22

Women's Softball

Yvette Castellanos '22
Kennedy Cunha '22
Grace Tangen '20

Swim

Emma Busch '20
Ainsley Carroll '20
Parker Spellacy '22
Caleb Quinn '20
Collin Quinn '20
Patrick Cahill '22
Eliza Mikacich '22
Brooke Brandenburger '22
Melody Lehman Lednický '22
Raphael Lobo '21
Karina Elliott '22
(Rain) Yu Cheng '21
Madison Flewellyn '22
Abigail Fox '22
Thomas Piper '21
Dylan Delucchi '21
Skylar Rapp '21

Golf

Hunter Leong '20
Connor McLaren-Finelli '20
Leland Munn '20

Track and Field

Caroline Duncan '20
Mariah Escobar '20
Emma Fitzpatrick '20
Wyatt Greco '20
Emily Hancock '20
Mariah Hudnut '20
Elizabeth Hinton '20
Haily Holston '20
Kathryn MaeBori '20
Brett Petkus '20
Jackson Ryan '20
Jazelle Sevilla '20
Andrew Tanjoakio '20
Emma Wood '20
Clayton Ketcher '21
Jonathan Stenger '21
Ryan Dong '22
Chloe Decker '21
Audrey Jeffers '21
Malia Gay '21
Annie Charleboix '21
Christopher DeShong '21
Columba Effiong '22
Brandon Beck '21
Jacob Schnetz '21
Jonathan Ferguson '21

Diving

Elizabeth Blake '20
McKenna Purdy '20
Marisa Cabrera '21
Simone Gandy '21

Men's Baseball

Lars Jensen '20
Reed Mercer '20
Cooper Williams '20
Gian Vanacore '21
Jacob Wingert '21