

# FALCON FAMILY NEWS

## A MESSAGE FROM THE PRESIDENT

– St. John Baptist de La Salle

### DEAR FAMILIES:

Welcome to our 145th year of Lasallian Catholic education in Sacramento. I pray this letter finds you well and safe during this challenging time. As I write this message, the number of daily COVID-19 infections in Sacramento County is not decreasing as we had hoped, and it is likely that Sacramento will not be removed from California's Watch List for the requisite 14 days in order for us to resume in-person instruction by our first day of school on August 18.

While we are eager to welcome our students to campus, I am grateful that our HyFlex schedule allows students to begin their classes online and seamlessly transition to in-person learning when health conditions permit. Ensuring that our community is as safe as possible during the coming months necessitates our working together and doing our best to act in accordance with our local, state and federal recommendations and requirements. As such, we will:

- Require the use of face coverings on campus as mandated by local and state authorities.
- Adhere to physical distancing recommendations in class and while on campus.
- Provide ample hand washing and sanitation stations.
- Enhance campus-wide sanitizing and cleaning processes.
- Require self-temperature and wellness checks before students, faculty and staff arrive on campus.
- Initiate modified visitor policies.
- Modify cafeteria dining services.
- Regulate campus travel patterns.

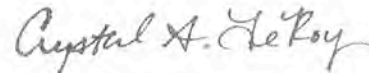
I am pleased to share that Mr. Alfredo Acosta, Jr. accepted the position of Assistant Principal of Student Life and Instruction. Mr. Acosta, who began his teaching career in Catholic schools, comes to us from the Alum Rock Union Elementary School District in San Jose, CA, where he has served for the past 20 years. He holds a bachelor's degree in Secondary Education with a major in Health Science from the University of the Philippines, a master's degree in Educational Administration from National University, a credential in Cross-Cultural Language and Academic Development from the University of San Diego and a Tier 2 Clear Administrative Services Credential from the Association of California School Administrators. The following talented educators will also be joining us this year: Fred Jaravata, Educational

Technology Specialist; Elisa Nieves, Spanish teacher; and Faten Rocha, math teacher.

Yesterday, Principal Bacich emailed families and attached a Return-to-School guide. We ask that you review it and reinforce the important role we all play in protecting and caring for one another by adhering to all practices and policies.

On behalf of the entire Christian Brothers High School community, please know that we are all committed to making this a wonderful year for our students and families. And, while this is not the beginning that we have prayed for, we truly believe that we can and will do more with the grace of God! We are grateful for the trust you place in us as educators and are resolute in our commitment to quality education while protecting the health, safety and well-being of our community.

Live Jesus in our hearts!



Crystal LeRoy, Ed.D.  
President

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### Welcome to the 2020-2021 School Year!

The CB Counseling Department is preparing to welcome your student(s) to a new year full of exciting opportunities despite these unprecedented times. We are energized and excited to work with your sons and daughters in this new era of digital communication. While much of what we do will be very different, we will still be providing your student(s) with the same level of care and support that the Christian Brothers Counseling Department is known for.

The College Counselors will soon virtually share important academic and college information with your son/daughter after the school year begins. Additionally, **each student will have a virtual meeting with his/her grade level counselor during the fall semester. Counselors will provide Academic, Personal and College Counseling through one-on-one or group meetings using Microsoft Teams.** Students may request a counseling appointment at any time by contacting their counselor via email or Schoology, and parents may make a request through an email as well.

We would also like to inform you of several upcoming events sponsored by our department that will assist us in supporting your son/daughter. Many of these will be live streamed or pre-recorded events presented by our counselors that will allow you to watch and re-watch them to make sure you have all pertinent information and your questions have been answered.

### Upcoming Virtual First Semester Counseling Events

- **Wednesday, August 10 - Junior Boot Camp**
- **Thursdays, August 6 & 13 - Senior Application Workshops**
- **Monday, August 31 - Senior 'Classroom Visit'**
- **Thursday, September 3 - College Night for Seniors and Their Parents**
- **Wednesday, September 9 - Freshmen Parents' Introduction to Counseling Night**
- **(September) - College Application Workshops** (beginning August 19 and recurring every Wednesday)
- **Monday, September 28 - Junior 'Classroom Visit'**
- **Thursday, October 1 - Financial Aid Night for Seniors and Their Parents**
- **(October) - College Application Workshops** (beginning August 19 and recurring every Wednesday)
- **Monday, October 12 - Coffee with the College Counselors for Senior Parents**
- **Friday, October 16 - Testing Day: PSAT 8/9 for freshmen, Pre-ACT for sophomores and PSAT/NMSQT for juniors** (TBA, dependent upon recommendations from the State and County

Health Departments)

- **(November) - Coffee with the College Counselors for Junior Parents**

### Meet Our Counseling and Student Support Team

Counselors are available for consultation if needed. Please contact your child's grade-level counselor to make an appointment. **Mr. Armando Diaz '94** will be the counselor for the freshmen (Class of 2024), **Mr. Kirk Purdy** is the sophomore counselor (Class of 2023), **Mrs. Erica Gormley** is the counselor for the juniors (Class of 2022), and **Mr. John Riley-Portal** is the senior class counselor (Class of 2021). **Ms. Emily McDougall** will continue to serve as the school's Wellness Counselor, doing prevention presentations and seeing students for more long-term counseling across all grade levels. **Mrs. April Melarkey** is one of our College Counselors and **Ms. Melissa McClellan** is the Director of College Counseling. In addition, Ms. McClellan is also the Coordinator of the Counseling Department and Mr. Diaz is the Co-Director of the Foundational College Prep Program (FCP). **Ms. Margaret Buggy** is Co-Director of the FCP Program and Coordinator of Academic Student Support, and works closely with the counselors. **Ms. Cynthia Grajeda** is the Administrative Assistant to the Counseling Department and a valuable member of our team. Please let us know if we can assist you in any way!

### Naviance/Family Connection

The School Counseling Department encourages all students and parents to utilize the many facets of our web-based tool for personal, career and college planning! You may access this software through the [Family Connection link](#) on our website. Now is a great time for students to update their resume, explore careers and colleges, research scholarships and finish any activity that your counselor has asked you to complete. If you have forgotten your username or password, please contact your grade-level counselor or [Ms. Cynthia Grajeda](#).

### SAT and ACT Prep Classes

Currently we are unable to host our regular fall SAT and ACT prep classes on campus. On the College Updates for the Class of 2021 Schoology page, we have listed some resources for virtual prep programs including Tried and True, Scholars Tutoring, and Kaplan. Please refer to that attachment or contact [Mr. John Riley-Portal](#), senior class counselor, or college counselors, [Mrs. April Melarkey](#) and [Ms. Melissa McClellan](#), for more information.

hello  
AUGUST

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

Here we stand at the beginning of a journey together in a time where we are being called, more than ever, to rely on faith and trust in God to guide our steps along the way. We are challenged like our Founder, St. John Baptist de La Salle, to allow the Holy Spirit to inspire and guide our every step. With full conviction in the providence of God, let us journey together with courage, strength and hope for the adventure ahead.

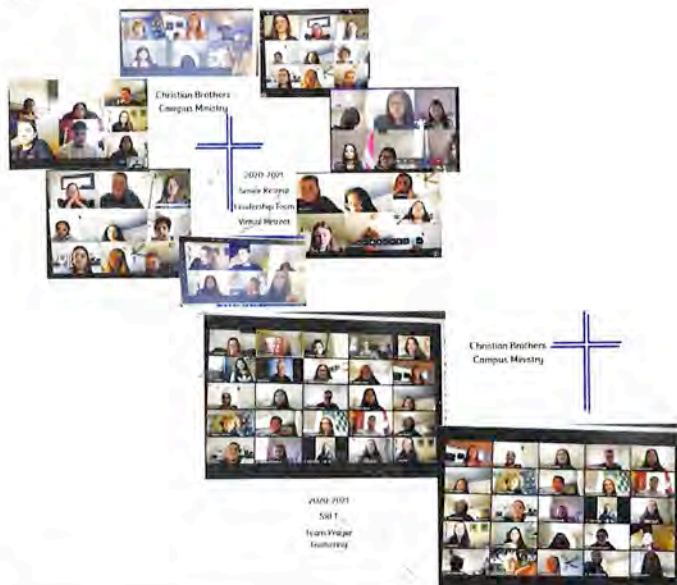
Blessings to all and welcome to our new CB families!  
- Jen Yearwood, Director of Campus Ministry

### Retreats

We know there are many questions surrounding the status of retreats for this school year. We are working hard to ensure meaningful retreat experiences for our students, whether they are in-person or virtual events. **For at least the fall semester, there will be no overnight retreats held.** As soon as we have more clarity and information, we will share specific details with each grade-level class.

### Senior Retreat Leadership Team (SRLT)

From July 20 through 23, the awesome and amazing group of students that make up the 2020-2021 Senior Retreat Leadership Team spent time together virtually for their annual training retreat. While we weren't able to gather in Lake Tahoe as planned, our team shared meaningful times of reflection, sharing, and growing together. This retreat provided the team opportunities for faith sharing and developing the necessary skills for Christian retreat and youth leadership! Continued training and work with the SRLT team will occur in the weeks ahead. We look forward to sharing this year with such a great team of student leaders!



### Prayer and Worship God Squad

God Squad invites all to answer the call to serve. We welcome all students who are willing to share their gifts with our CB community for our prayer services and liturgies this year. These services will likely look different this year, but we are looking forward to working on creative ways to pray and worship together. **We are looking for student readers, speakers, writers, altar servers, and artists.** Please contact Ms. Yearwood at [jyearwood@cbhs-sacramento.org](mailto:jyearwood@cbhs-sacramento.org) by Monday, August 10 if you would like to participate! If you are already part of the Squad, you will receive a message in Schoology on our group page.

### 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 should contact Ms. Yearwood at [jyearwood@cbhs-sacramento.org](mailto:jyearwood@cbhs-sacramento.org) by Monday, August 10.

### Praise and Worship Singers Wanted

Campus Ministry is looking for confident and gifted singers who may have some experience with leading praise and worship in their church communities! If you are interested or would like to learn more, please contact Ms. Yearwood at 916-733-5276 or [jyearwood@cbhs-sacramento.org](mailto:jyearwood@cbhs-sacramento.org).

### Prayer for the Beginning of the School Year

Loving God,

*Thank you for always providing for us. Teach us to be satisfied in You. Lord, we walk into this year completely dependent upon You. When we begin to lean on our own understanding, remind us that Your ways far surpass ours. Thank you in advance for showing us the right paths and leading us in the way we should go. We don't know what this year has in store, but You do. We trust in Your ability to care for us. In Jesus's name, Amen!*

*I will trust in the Lord with all my heart and not depend on my own understanding. I will seek His will in all I do, and He will show me which path to take. (adapted from Proverbs 3:5-6)*



### **Enter to Learn, Leave to Serve** **Greetings and Welcome!**

Although summer service opportunities have been limited or canceled this summer, our mission remains strong and is needed more than ever. Christian Service has long been a common practice of Christian Brothers with students, families, faculty and staff giving their time and talents each year without expectation of reward. At CB we are very blessed that beyond personal fulfillment, Christian community service is a vocation ("calling") to live out the Gospel.

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

S.A.L.T. is a student organization in the Christian Service Department that assists with inspiring service, charity, community, and fellowship. The group engages in programs within the Greater Sacramento Area, Catholic Diocese of Sacramento, and Lasallian District of San Francisco New Orleans. The organization actively supports our international Lasallian sisters and brothers, especially our twin sister school, Saint John Baptist de La Salle in Addis Ababa, Ethiopia. S.A.L.T. collaborates with service clubs and organizes Christian Service opportunities including the Canned Food Drive, Advent and Lenten Almsgiving, Annual Festival of Trees, Oak Park Art Garden fence painting, Cake4Kids, Generation Great, Brown Bag Lunch (BBL Ministry) and more!



**S.A.L.T is launching a Christian Service faith-based campaign called *Start the Cycle and Serve*** under the guidelines and restrictions set by our local government agencies and health organizations. We will join a virtual service and prayer

experience. Students are invited and welcome to discover the Christ-like values of Christian Service and put them into practice. To sign up and receive more information, [click here](#).

### **Message from S.A.L.T. Class of 2021 Co-Presidents**

Hello, CB Students! Welcome back to a new school year; we are thrilled to invite you to exciting opportunities S.A.L.T. has to offer this year. As the year unfolds, please make sure to keep a lookout on Schoology for more information about how you can serve.

During the summer months, S.A.L.T. has been meeting weekly to plan and prepare opportunities for us to be mindful of our call to serve (Yes – even when we are at home!). We understand that recent times have been strange; however, we invite you to find time to make little things with great love to serve others.

S.A.L.T. will be offering weekly workshops while creating opportunities for us to reach out to our sister school. During these times, we can easily find ourselves frustrated and can forget to remind ourselves of our Lasallian Catholic mission. As we learn to adapt and practice our calling together as such a big community,

we can reach out to so many and make an impact.

We look forward to putting our minds, hearts, and hands together this year in service. We, especially, welcome freshmen and new students as the newest additions to our family. We truly are excited you chose CB to be the place where you can live out our Lasallian Mission – *Enter to Learn, Leave to Serve*. On behalf of the S.A.L.T., welcome to CB and we cannot wait to meet you all soon!  
- Olivia Chandra '21 & Elizabeth Cotillo '21

If you are interested in joining S.A.L.T. and be part of a team of students that fosters and promotes our mission to Enter to Learn, Leave to Serve, [click here](#) to sign up.

### **Coming Soon**



**Pets & Pals:** There are many health benefits of owning a pet. Pets can help manage loneliness and depression by giving us companionship. Most households in the U.S. have at least one pet. However, during the pandemic many families were forced to give up pets. With this service

opportunity, CB students are invited to create a pre-recorded video of you and your pet to be shared with children in different school communities (i.e. Mustard Seed School). [Click here](#) to sign up!

### **Wellspring Update**

For several years, Christian Brothers 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. For nearly 20 years we relied on student donations. However, this year we will keep donations on scale while continuing to offer opportunities to students interested to serve. If you wish to donate, please make checks payable to Christian Brothers High School with "Wellspring Club Donation" in the memo field and/or mail donations to the school. If you are interested in joining the Wellspring Breakfast Club, please contact Dr. Liff at [bliff@cbhs-sacramento.org](mailto:bliff@cbhs-sacramento.org) or sign up during Club Day.

### **Service Hours**

Students: Please download the free x2VOL mobile app and track your service hours.

- [x2VOL access and registration via Naviance Student](#)
- [How to log hours](#)
- [Find service opportunities as a student](#)
- [Instructions for the mobile app](#)

If you have any questions, please contact Ms. Gigi Grapé at [ggrape@cbhs-sacramento.org](mailto:ggrape@cbhs-sacramento.org) or 916-380-2257 (text/call okay).

For a complete guide to Christian Service, please refer to pages 43-45 of the Parent-Student Handbook.

# FALCON FAMILY NEWS

## A MESSAGE FROM THE PRINCIPAL

*"Let us pray today for students, the boys and girls who study, and for their teachers, who need to find new ways to continue educating. May the Lord help them on this path and grant them courage and success."*

– Pope Francis, May 2020

### DEAR FAMILIES:

Welcome to the 2020-21 school year! I am honored and blessed to begin my service to the students, families, faculty and staff of Christian Brothers High School; and, in the spirit of Pope Francis's words, I invite you to join me in praying for our collective *courage and success*.

While this new year did not begin as we had planned and prayed for, I am grateful for the faculty and staff who worked so diligently this summer to ensure that we are prepared to provide rigorous instruction online, in-person, and in a combination of the two through our HyFlex model. Faculty members spent innumerable hours this summer participating in professional development to ensure that their lesson planning and delivery is informed by best practices and designed to best meet the learning needs of our students in this new model. Their *courage*, creativity, and collaboration in reinventing the ways in which we educate and build community are inspiring.

I want to extend a warm welcome to our new freshman and transfer families. Starting this journey under these less-than-ideal circumstances cannot have been easy and our new Falcons have shown tremendous *courage* in really jumping into this new experience.

I am grateful to the many families who joined us for Technology Information Sessions in August and to all of you for supporting our students as they continue adapting to this new way of learning. Your investment of time, and example of resilience, shows in their classroom engagement and contributes greatly toward ensuring their continued *success*.

Thank you, also, to all of you who attended our virtual Back-to-School Night. We certainly missed seeing you in person, however, having the opportunity to say hello and share a bit of the classroom experience with you was a much-needed joy for us all.

No doubt these are difficult times we are living in with the uncertainty and isolation brought on by COVID-19. We are closely watching the County of Sacramento numbers, eager for the return of our students to campus, and mindful of our sacred duty to ensure that we are as safe as possible when that time comes.

Looking ahead, we know that the coming year will be unpredictable, imperfect and not without challenges. We know that we will likely see periods of school closure intermixed with periods of HyFlex Red and Blue attendance. We know that protecting the health and well-being of our community will require a resolute commitment to staying home when sick, steadfastly following safety protocols, and lovingly caring for one another during this challenging time. We also know that we are infinitely graced by the holy presence of God, grounded in our Lasallian Core Principles, and hold as sacred our partnership with students and families. As such, I do believe it will be a *success!*

Live Jesus in our hearts!



Annemarie Bacich, Ed.M.  
Principal



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## COUNSELING

Once again, welcome to Christian Brothers, all new and returning families! Counselors are busy assisting students with transitioning to digital learning, working with students on staying healthy mentally and physically, 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 virtual conferences with each of his/her students, so all students will meet their counselor as soon as possible.**

### Freshmen

Mr. Armando Diaz '94, Class of 2024 counselor, will be setting up a time for the freshmen to learn about *Family Connection* and complete the "Learning Styles Inventory" and "MI Advantage" on [Naviance/Family Connection](#). Freshmen will then be able to access this important website for college and career planning and personal awareness. Mr. Diaz will also be setting up individual meetings with freshmen to cover topics, such as how to be successful at CB and utilize their counselors, and additional resources available.

**On Wednesday, September 9 at 6:00 p.m. the counselors will be hosting a virtual event, Making the Most of High School, for all freshmen and their families.** We will give families 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. [Click here](#) to participate in this event.

### Sophomores

Mr. Kirk Purdy, Class of 2023 counselor, will be reconnecting with the sophomores and having them complete "Do What You Are," a personality profile/career interest survey on [Family Connection](#).

### Juniors

Mrs. Erica Gormley, Class of 2022 counselor, will be hosting a virtual "classroom visit" with our college counselors, Ms. Melissa McClellan and Mrs. April Melarkey, to discuss college planning. Juniors will have many tasks to do on [Family Connection](#) this year including the "Career Interest Inventory" and updating their resumé.

### Seniors

Class of 2021 counselor, Mr. John Riley-Portal, and college counselors, Ms. Melissa McClellan and Mrs. April Melarkey, have completed their "classroom visit" virtually for the seniors to provide specific information on how the counselors will assist them this year in the college application process.

**The Counseling Department will be hosting a virtual College Night for Seniors and Parents on Thursday, September 3 at 6:00 p.m. to present important and timely college information to seniors and their families. To participate, please join at [this link](#).**

## Other Reminders

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

- **Juniors and seniors should consider scheduling virtual visits to the colleges they haven't seen at this point.** Students should also check Schoology and [Naviance/Family Connection](#) for links to virtual college representative meetings.
- 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 virtual college rep visits.

**Have a great year and let us know how we can be of service to you!**

## ATHLETICS

### New Parent Athletic Orientation

**On Wednesday, September 9 at 7:00 p.m. we will hold our virtual New Parent Athletic Orientation meeting at [this link](#),** immediately following the Making the Most of High School freshmen information night at the same link.

### FinalForms

**All student-athletes must have the FinalForms athletic medical clearance with a valid physical prior to any participation or tryouts for athletics.** For more information, please [click here](#).

## 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.*

***"In a world where you can open any door, first of all choose to open the door of your heart." – Alexandra Vasiliu***

**Our theme this school year is "Open Wide our Hearts - the Enduring Call to Love" and is based on the Pastoral Letter against Racism written by the U.S. Conference of Catholic Bishops (USCCB). In our first day of school prayer service, you may recall the symbol of the door being used as a way of praying with the theme of opening wide our hearts. Vasiliu's quote is a good reminder for us. To commit ourselves fully to the work of justice and peace, we must begin with ourselves and be willing to take a look at our own hearts where our values, convictions, beliefs and the foundation for our choices and actions reside.**

*The work of standing against racism and standing for those who suffer injustice is something that our world desperately needs now, and it is a door which we must venture through together. Each of us is challenged to be a door of welcome, trust, respect and love for others to walk through. The U.S. Bishops write, "As Christians, we are called to listen and know the stories of our brothers and sisters. We must create opportunities to hear, with open hearts, the tragic stories that are deeply imprinted on the lives of our brothers and sisters, if we are to be moved to empathy to promote justice." – USCCB Open Wide Our Hearts*

*This month, I'd like to invite you to reflect with me on one of my favorite scripture passages from Micah 6:8, "You have been told what is good, and what the LORD requires of you: Only to do justice and to love goodness, and to walk humbly with your God." **Here is a reflection question for you to consider: What must a person do in order to do justice, love goodness, and to walk humbly with God? I have created a [Campus Ministry online faith sharing board](#) if you are interested in posting a reflection/response to this question. I look forward to our sharing!***

- Jen Yearwood, Director of Campus Ministry

### Prayer and Worship

**Did you know Campus Ministry provides a prayer for our community each morning?** Prayers can be found on our [YouTube morning prayer playlist](#). You can also find daily prayers, reflections and Campus Ministry updates on the [Campus Ministry Facebook page](#).

On September 11, our nation will once again remember those who lost their lives and those who have forever been affected by the tragic terrorist attacks. 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, and offered aid and comfort for the afflicted. Together, we join with one voice in prayer, hope and healing. **At the beginning of the day on September 11, as a school we will take a few minutes to commemorate this important day**

**in the history of our country.** Let us all take pause to remember, reflect and recommit ourselves to working for peace.

On September 21, the United Nations invites everyone 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. This year the U.N. has decided upon the theme, "Shaping Peace Together." **As a Lasallian Catholic community, CB will join the efforts to promote peace with a month-long celebration of the International Lasallian Days of Peace which will run from mid-September through mid-October.**

### Retreats Freshmen Retreat

Our freshmen will be experiencing their Freshmen Retreat with their Religious Studies classes this fall. The retreat will be done virtually and is a collaboration between Christian Brothers Campus Ministry, Christian Service, Religious Studies Department, and the Sacramento Food Bank and Family Services. The retreat will focus on one's personal identity within our Lasallian community along with one's personal commitment to the mission, *Enter to Learn, Leave to Serve*. Students will also become familiar with opportunities to engage in service. It is likely that this retreat will be scheduled in the latter end of September and extend into the month of October. We are excited to share this meaningful retreat experience with the Class of 2024, so please stay tuned for more information.

### Senior Kairos Retreat

We have been receiving inquiries about the plan for the Class of 2021 to share in a Kairos retreat experience. We are working diligently to provide the most authentic retreat opportunity possible for our seniors. We are currently looking ahead to the second semester for the scheduling of these retreats, while also realizing we may find ourselves having to offer all retreats in a virtual manner. In order to properly plan these events for our seniors, it is critical that we get an accurate count of students who plan to participate in a retreat during their senior year. **Please ensure that your senior student completes this [online form](#) by Tuesday, September 15.** Please note this is not the same form they were asked to fill out last year as juniors.

If you have questions or concerns about the retreat program, please contact Ms. Jen Yearwood at [jyearwood@cbhs-sacramento.org](mailto:jyearwood@cbhs-sacramento.org).

## CHRISTIAN SERVICE

### Enter to Learn, Leave to Serve Freshmen Service-Learning Update

This year, Freshmen Service Learning will be combined with the Freshmen Retreat. Ms. Yearwood and Ms. Grapé are planning the details of this virtual retreat and service-learning experience. We are working diligently with the Religious Studies Department and the Sacramento Food Bank and Family Services. We will be in contact with freshmen families soon!

### Christian Service Opportunities

Due to the limitations of in-person interactions, and the changing needs of our neighbors, communities, and non-profit partners, Christian Service will be introducing new service opportunities weekly across all CB communications (daily bulletin, Friday weekly update email, Schoology, etc.). These opportunities are both local (going to a physical location) and virtual (from a computer, home, or anywhere not in-person). The outreach opportunities that will be highlighted each week will vary from food, education, health and safety, and other services. In response to the pandemic this year, Christian Service will be focused on inviting students and families to explore service opportunities that speak to their family's charism and passions. **There will be no hosted service gathering opportunities except for Falcon Drop-off Drives scheduled the first Saturday of the month (October 3, November 7, and December 5).**

### Looking Ahead: Falcon Drop-off in October

**On Saturday, October 3 between 10:00 a.m. to 12:00 p.m., families are invited to participate in our first Falcon Drop-off Drive for the Cathedral Brown Bag Lunch (BBL) Ministry.** BBL was established in August 2013 in response to the growing number of downtown homeless brothers and sisters needing food, nourishment, and kind words, averaging 120 "guests" daily for lunch. **Due to mandatory social distancing guidelines, the drop-off will be in front of the school only.** All adult volunteers will be assigned in advance. **Please do not drop off your donations before the scheduled day and time.** Thank you! **How to get involved:**

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

*"The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'" - Matthew 25:40*

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

The Christian Service Social Action Leadership Team (S.A.L.T.) invites you to new and exciting service opportunities for this school year.



Please make sure to look for more information on Schoology on how you can serve. **S.A.L.T. will be offering weekly workshops while creating opportunities for students to reach out and get involved, beginning Tuesday, September 8 at 7:30 p.m.** We look forward to putting our minds, hearts and hands together this year in service. We especially welcome freshmen and new students as the newest additions to our family. We truly are excited you chose CB to be the place where you can live out our Lasallian Mission, *Enter to Learn, Leave to Serve*. [Click here](#) to "start the cycle and serve!"

### VENAVER LIVE

VENAVER registration and interviews will continue via Teams. **This year, VENAVER immersion trips will be VENAVER LIVE, in which students will engage in a live immersion experience accompanied by our agency partners.** The service component of the immersion will be done with nonprofit agencies in the Greater Sacramento Area. This will also reduce the amount of excused days off from school in half (each immersion opportunity will take two or three full days). **If you are a sophomore, junior, or senior and interested in participating in VENAVER, please complete this [interest form](#).**

### Sister School Update and Outreach

Due to the pandemic, our sister school, St. John Baptist de La Salle in Addis Abba, Ethiopia received an overwhelming request for financial aid and/or to waive fees. This year, in an effort to assist our sister school we are selling "Together in Faith" themed t-shirts and stickers.

The shirt models both school buildings on the back. On the front, two hands joined together with the images of California and Ethiopia pictured. The joined hands are a symbol of solidarity – a call to foster a culture of encounter that sees, receives, and is Christ for each other. [Click here to order.](#)



Thank you for your interest in supporting our sister school, St. John Baptist de La Salle in Addis Abba, Ethiopia. The t-shirt sizes are unisex. **The shirts may be picked up at the Falcon Drop-Off Drives (first Saturday of each month), which start on Saturday, October 3.**



## MEDIA, VISUAL AND PERFORMING ARTS

Get creative! If there's anything that CB faculty, staff and families are learning, it is that school this year requires a lot of creativity. Fortunately, in the Arts, that's our strong suit! We may not be able to have our normal on-campus events, but here are some ways to get involved and stay connected to the CB Arts community.

### Performing Arts



**Auditions for CB Theatre's Radio Plays are here. If you'd like to try your hand at voice acting and have fun with our two suspenseful radio plays, join the Radio Theatre Schoology group with code KRJ9-42H2-DJDDV.** Students will choose a scene to read from those provided

and record themselves performing both characters, each with a different voice. **The recording must be submitted by Tuesday, September 15.** If you have any questions, contact [Ms. Christianson](#) or [Mr. Jackson](#).

### Media Arts

KBFT will be streaming soon! **We are planning for a twice-weekly broadcast every Wednesday and Friday at 10:20 a.m. via YouTube.** Be sure to subscribe to their [channel](#).

Sports Broadcasting and Information has little content to cover with the sports seasons being adjusted, but we are bringing in guest speakers and covering sports in different ways. **Please download the CB Falcons app, available in the [Apple App Store](#) and [Google Play Store](#), to see newly published content.**

*The Talon* will continue to publish stories and create their award-winning podcast, *Talon Talk*, found anywhere you get your podcasts.

The Advanced Journalism class, which creates the yearbook, overcame some serious hurdles last spring to produce Volume 64 of *The Crest*. Publication of the 2020-2021 yearbook has already begun from home.

The Media Arts are adapting, improvising and overcoming obstacles to student learning. Even though we aren't together in person, the long-standing tradition of our student-produced programs doesn't stop. This school year is different from any other, but we are steadfast in our commitment to the best Media Arts department in our region!

### Friends of the Arts (FOTA)

Attention parents and guardians! Would you like to know how you

can get involved and help the Arts at CB? **Attend the first virtual meeting of Friends of the Arts (FOTA) on Tuesday, September 8 at 6:30 p.m.** Email [cbfota@gmail.com](mailto:cbfota@gmail.com) for the meeting link.

### Auction Committee

**Our first virtual Auction planning meeting is Tuesday, September 1 at 5:30 p.m. via Zoom.** Come meet our dynamic parent committee and find your spot in this great team. The Auction Committee is a great way to get involved, meet other CB parents, and feel connected to your child's school. And you will be helping with an event that raises significant funds for CB. This meeting will be held via Zoom. **For more information, and to receive the meeting link, please email Nancy Smith-Fagan at [nsmithfagan@cbhs-sacramento.org](mailto:nsmithfagan@cbhs-sacramento.org).**

### Fireside Chat with CB Leadership

Parents and guardians are invited to sit in on a conversation with CB President Crystal LeRoy, Ed.D. and Principal Annemarie Bacich, Ed.M. This Zoom call is an opportunity for you to get to know our school leadership better. Participants will have the opportunity to submit questions in advance. **Two dates are available: Wednesday, September 23 will focus on freshmen and sophomore families. Wednesday, September 30 will focus on junior and senior families. Please [click here](#) to register. A Zoom link will be emailed to registrants the week of the chat.** If you have any questions, please contact Nancy Smith-Fagan at [nsmithfagan@cbhs-sacramento.org](mailto:nsmithfagan@cbhs-sacramento.org).

### Welcome Back Class of 2021!

The Senior Council and your moderators, Mrs. Hanshew and Mrs. Vanenburg, are excited for your senior year at Christian Brothers. This year definitely looks different, but we are pleased to continue with many activities done in past years, as well as implementing new ways to celebrate your senior year!

Your Senior Council has been engaged in weekly meetings and would like to share topics of interest:

- **Senior Cap and Gown measurements are due by Friday, September 4 at [this link](#).**
- We have been working on ideas for the class motto.
- Designs will be submitted for the senior t-shirts in the coming weeks.
- Look for information about a virtual game night in September.
- Remember to check out the Class of 2021 Schoology page throughout the year for important information.

Hope to see you all at Game Night!

## STUDENT ACTIVITIES

### Starting Strong!

Our Student Council has started meeting to plan amazing and fun opportunities to get to know each other and build community. We are so blessed to have all our enthusiastic and dedicated council members who are working tirelessly to find ways to engage all our students, grow our CB school spirit and continue fostering positive and lifelong relationships during digital learning.

The ASB Council meets virtually every Monday from 8:00 to 9:00 a.m. The Student Council meets as a whole group every Wednesday and Friday from 8:00 to 9:00 a.m.

We are excited for the new and innovative ways in which all our students will be interacting and learning from each other. Digital learning can be challenging, but our students will find ways to come together and strengthen community within the guidance and grace of our Lasallian Catholic tradition and core values.

### Message from ASB Council

Dear Christian Brothers community,

On behalf of the ASB Council and Student Council, I would like to welcome you to the 2020-2021 school year!

We are very fortunate to have the opportunity to continue our schoolwork online this year despite the extenuating circumstances. We would like to inform you that despite not being able to meet in person this semester, Student Activities is and will continue to work to the best of our ability to plan fun and exciting events and activities.

Our goal for this year is to make everyone feel welcomed and encouraged to participate in our community. We would love to hear any ideas, feedback, or input you may have for our virtual events. As soon as CDC and county guidelines permit, we hope to be back in person as quickly and safely as possible. In the meantime, we will continue to plan our traditional events in a modified format as well as introduce new activities.

Please feel free to contact me or any of our ASB and class council members if you want any topics to be brought up at our weekly meetings. To stay up-to-date on upcoming events, make sure to follow the Student Activities Instagram [@cbstudentactivities](#), check Schoology frequently, and tune in to [KBFT](#).

Sincerely,  
Bella Barbosa '21  
ASB President

(ASB Council: Bella Barbosa '21, President; Desmond Greer '21, Vice President; Miles Tibon '22, Secretary; Marcos Galvan '22, Treasurer; Bill Rockas '21 and Will Tuschinski '21, Publicity/Media)

### Message from Senior Class Council

Welcome from your Senior Class Council!

We are extremely excited to embrace the challenges that this year is presenting us, and we hope to provide some extra stability, not only throughout the senior class, but throughout the whole school. We are planning school activities that can still be held in our ever-changing situation to give some semblance of a traditional senior year. Above all, we are delighted to have been given the opportunity to serve our school as a class council. We're excited to bring our high school experience to a fantastic end!

Thank you!

- Senior Council: Clayton Ketcher '21, John Bonini '21, Chloe Decker '21, Rubi Fernandez '21, Peter Genus '21, Chet Hewitt '21, Mathew Thomas '21

### Message from Junior Class Council

Dear Christian Brothers High School,

Your Junior Student Council is ready to support and help you. No matter what challenge we face, no matter where we are, and no matter what the circumstances are, the Student Council will do its best.

With this unique time in history, we will be as flexible and creative as possible to make the most of your digital learning experience. There will be constant efforts to communicate with all the students to ensure they feel heard. We will learn from their outlook on how to improve the new virtual school atmosphere that we are currently facing. We will fight through this hard time, so we can soon return to in-person classes safely and smoothly.

After months of waiting, we will have many activities ready to go to make up for all our lost time. There will be spirit days, games, competitions, and many other memories we will make together. Christian Brothers will continue to persevere through any obstacle because we stand together. We are excited for the year to come, and we hope you enjoy it!

Sincerely,

Your 2020-2021 Junior Student Council (Yvette Castellanos '22, Ryen Clark '22, Cooper Davey '22, Jaden Herne '22, James Kubish '22, Kai Labson '22, Maya Sharma '22)

## Back to School Guide



## Message from Sophomore Class Council

Dear Christian Brothers community,

Welcome students, families, and supporters to the 2020-2021 school year. I realize this year is going to be much different than the many years before; however, I know that we can make it through this time if we work together and stay determined.

As a member of the Sophomore Student Council, I would like to inform you that we are here to offer a place where students can feel comfortable asking for guidance and assistance. The Sophomore Council has experience with team building and our ability to work as a whole may prove helpful to students with struggles that they may encounter. We hope that digital learning will not have a big effect on our school-wide activities. Even though they may look and feel different from the past, we will still be able to enjoy them in digital form.

We hope that digital learning will come to an end as soon as safely possible and we can attend school on campus. We look forward to socializing with friends and teachers, and enjoying all the usual activities that Christian Brothers offers.

The Sophomore Council will be here to help you navigate through these challenging times. Have faith, for God is with us, he will be by our side throughout this journey.

Sincerely,

Thomas Berger '23 on behalf of the Sophomore Class Council (additional members include: Sophia Garcia '23, Grace MacDonald '23, Madeline McDougall '23, Joseph Powers '23, Nicole Staggs '23, Anna Maria Thomas '23)

## Message from Freshmen Class Council

On behalf of the Freshman Student Council, we would like to welcome you to Christian Brothers High School. We know that life can be challenging and unpredictable during this time, and we are dedicated to making sure that the transition into high school is as seamless and enjoyable as possible. As a council, our main focus points for the 2020-2021 school year are creating community in hard times, being a resource for our fellow freshmen, creating a safe environment for all backgrounds, and ensuring our class has the best freshman year possible, regardless of the conditions.

The Freshman Class Council is made up of six people with six different backgrounds. We understand the importance of diversity and it is our priority to make sure that everybody in our class is represented in our decisions. We have all had past leadership experiences, and we plan to put all our experiences together to make the most of this year.

We are in the process of coming up with activities to make this year just as special by incorporating all the usual freshmen activities virtually, until it is safe for us to return to campus. We hope you all are doing well, staying safe, and enjoying your first weeks of high school.

Once again, welcome to the Falcon Family!

- Freshman Student Council: Adam Sunderman '24, Ava Durnell '24, Emerson Reel '24, Gianna Solari '24, Leah Nelson '24, Sydney Walsh '24

## Falcon Families Update

Hello Class of 2024 and Families,

As with most things this year, Falcon Families are going to look very different. Traditionally, Falcon Families are created at Lock-In as each freshman's introduction to the Christian Brothers community. A small group of freshmen and an older student meet together for a couple of hours during Lock-In to break the ice and talk about what's to come at CB.

This year, we plan to continue this tradition virtually. As the last activity of our Virtual Lock-In, we intended for about five to six freshmen from the same B set to join a breakout meeting from the main call. Unfortunately, as we've all experienced lately, technology isn't always seamless, and many students were unable to connect with their group.

We have since worked out a new system and plan for the first meeting of many to happen in the near future. The details of this meeting will be sent out soon, so be sure to keep checking your inbox and keeping up-to-date on Schoology. Our plan for this meeting is to cover any questions about digital learning and converse about the first couple of weeks of school.

We plan to meet monthly for the rest of the school year about various subjects, from giving updates on school events to hopefully getting to know each other and forming close bonds that have certainly been challenging to create online.

Thank you for your patience and perseverance; we hope to see you all soon!

Sincerely,

Bella Barbosa '21, ASB President

Desmond Greer '21, ASB Vice President

# Open House

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

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

Please [click here](#) to register to ensure you receive important event details and admissions information.

# FALCON FAMILY NEWS

## A MESSAGE FROM THE DIRECTOR OF ADMISSIONS & COMMUNICATIONS

### DEAR FAMILIES:

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

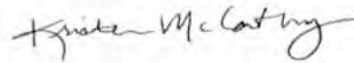
This year, with health and safety at the forefront, our parochial, private, and charter school visits have been virtual. We will be hosting our annual Open House online between 11:00 a.m. and 2:00 p.m. Sunday, October 4. To do so, we have created a virtual tour of the campus, recorded some important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

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

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

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

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



Kristen McCarthy

Director of Admissions and Communications

### INSIDE THIS ISSUE

- Counseling
- Athletics
- Campus Ministry
- Christian Service
- Media, Visual and Performing Arts
- Student Activities
- Class of 2021 Updates

## One-on-One Counseling Meetings

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

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

## Virtual Lunch Hangout!

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

## College Applications

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

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

Here are the links for the college application workshops:

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



## 2020-2021 Athletics Seasons

### Season One (Begins 12/7/20):

- Football
- Cross Country
- Volleyball (Men's and Women's)
- Water Polo (Men's and Women's)

### Season Two (Begins 2/22/21):

- Soccer (Men's and Women's)
- Tennis (Men's and Women's)
- Basketball (Men's and Women's)
- Baseball
- Softball
- Golf (Men's and Women's)
- Swim and Dive (Men's and Women's)
- Track and Field
- Lacrosse (Men's and Women's)

### Season One Athletes

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

### Season Two Athletes

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

## Congratulations!

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

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

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



**Lasallian International Days of Peace**

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

**Celebrate Life!**

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



Hail Mary, Queen of Peace  
Mary Queen of Peace, Pray for us

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

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

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

*Nourish us that we may bring food to the hungry.*

*Inspire us to cherish the fragile life of the unborn.*

*Strengthen us to bring comfort to the chronically ill.*

*Teach us to treat the aging with dignity and respect.*

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

*Bring us one day into the glory of everlasting life.*

*We ask through Christ our Lord.*

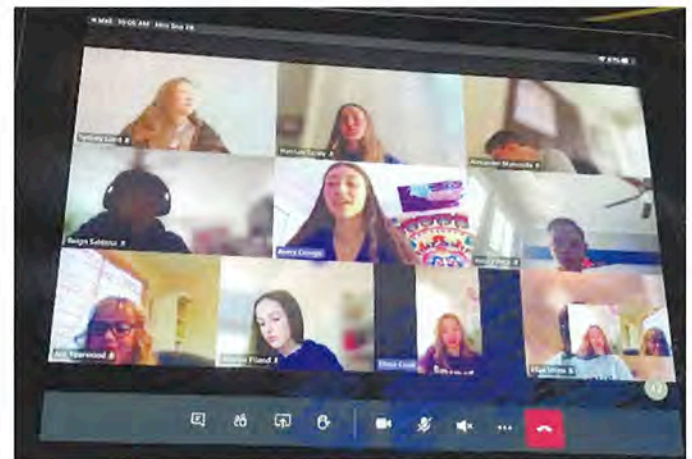
*Amen.*

**Class of 2024 Freshmen Retreat...Virtually Awesome!**

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

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

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



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



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

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

**Where:** On-campus in front of the school

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

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

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

### Sister School T-Shirt and Sticker Sales Update



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

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

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

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



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

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

### VENAVER **LIVE** Registration!

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

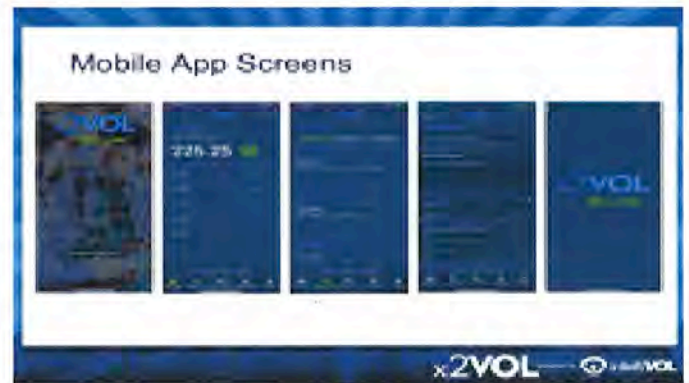
**If you are a sophomore, junior or senior and you are interested in participating in VENAVER, please complete this [registration form](#).**

### Important Dates

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

### Tracking Your Service Hours

Be sure to download the x2VOL free mobile app.





Self portrait by Jaren Benigno '21

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

### Media Arts

KBFT is already up and rolling. Check out [www.youtube.com/kbft](http://www.youtube.com/kbft) for updates on everything CB.

*The Talon* is hard at work with articles featuring our CB community members. Take a look at their first installment of the year at [www.CBTalon.com](http://www.CBTalon.com).

### Performing Arts

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



Artwork by Ella Geronimo '21

### Open Mic Night

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

**OPEN MIC**  
2ND VIRTUAL SHOW

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

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

Submit your performances to [CBOpenMic@gmail.com](mailto:CBOpenMic@gmail.com) by October 6th

Message Mrs. Schorn on Schoology with any questions

### Visual Arts

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

### STAY CONNECTED!

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



[WWW.FACEBOOK.COM/CBSACRAMENTO](http://WWW.FACEBOOK.COM/CBSACRAMENTO)



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



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



## STUDENT ACTIVITIES

### Clubs

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

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

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

### Homecoming

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

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

### Class of 2021 Updates

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

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

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

### Senior Class Motto

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

### Upcoming Activities

Upcoming activities for the Class of 2021 include the following:

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

## Join us for Virtual Open House!

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



Visit our website at [www.cbhs-sacramento.org](http://www.cbhs-sacramento.org) to register for this virtual event.

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

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

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

# FALCON FAMILY NEWS

## A MESSAGE FROM THE DIRECTOR OF CHRISTIAN SERVICE

### DEAR FAMILIES:

In the Catholic Church, November is the traditional month to remember those who have died. November is a season of prayer, feasts, giving thanks and the start of the holiday season. However, before the national holiday celebrations, the Church observes All Saints' Day (a Holy Day of Obligation) on November 1 and the commemoration of all the faithful departed, All Souls Day, on November 2. Saints are the spiritual superheroes of our Church, both living and deceased. Our communion with the Saints provides us with a network that is literally out of this world. We have an overabundance of spiritual prayer partners who pray with us and for us. 2020 is the most trying year that we've seen—replete with natural disasters, severe weather and a pandemic. It is comforting to know we are surrounded by the holy presence of Saints and Holy Souls.

We share the calling of the early Christians to be examples of faith to each other. As Christians, we try to be mindful of the precious privilege to be alive – to breathe, think, enjoy and love. *Signum Fidei*, Latin for "sign of faith," is who we are. We have the opportunity and privilege to accompany each other to share personal interests and goals toward faith, service, and community. We engage with each other in service projects that help build community and connect us to life and discovery of our passions.

With the absence of one-on-one interaction and the changing needs of our neighbors, communities and nonprofit partners, Christian Service in collaboration with CB students and families, is being called to approach service with "social, not relational, distancing." The point is simple – social distancing is necessary; relational distancing is not. Let's seize the opportunity to check on our neighbors. Let's build a relational bridge when the virus wants to create a social moat. During this pandemic, we will be physically separated; however, we must stick together. This is our moment as a Christian community to show who we are.

Amid the COVID-19 pandemic, we have an increased number of the vulnerable and needy. Therefore, the call to caring for the vulnerable is even greater now than ever before. As a Christian community, we are called to care for the vulnerable sacrificially. As scripture reminds us, Christ first loved us and died for us. Therefore, we must love others because we understand just how much God has done for us and how He calls us to live in light of that love. Centuries ago, Christians, more often than not, were known for caring for others. The calling of being

less concerned about ourselves and more concerned for our neighbors is essential and is an active call to service.

An increasing number of families have sought creative service opportunities that they can do while safely protecting family members who have a compromised immune system and are at a higher risk. Enclosed in this newsletter, in the Christian Service section, are the Social Action Leadership Team (S.A.L.T.) workshop themes, home-based projects and virtual volunteer opportunities for CB families. I hope you will find them helpful in your search for your passion to be a sign of faith in the world!

Live Jesus in our Hearts!



Geralyn "Gigi" Grapé, MA  
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 active 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 16 Advanced Placement courses and have 628 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 2020 exam results.

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

- Alonzo Aguillo '20
- Layla Airola '21
- Elizabeth Ajiduah '21
- Alexander Bagatelos '20
- Elizabeth Blake '20
- Asher Bloom '20
- Ethan Brillantes '20
- Sofia Bustos-Bennett '20
- Bianca Cabanag '21
- Olivia Chandra '21
- Arjun Chauhan '21
- Zhixian Chen '21
- Zachary Dong '21
- Caroline Duncan '20
- Emma Emigh '21
- Mariah Escobar '21
- Carmen Greiner '21
- Anaka Groen '21
- Nicholas Hanna '21
- Robert Horst '21
- Julia Kelley '21
- Kathryn Maebori '20
- Abigail Martin '21
- Gerardo Martinez '21
- Abraham Mata '20
- Grace Murphy '20
- Francheska Pinuela '20
- McKenna Purdy '20
- Herron Renegado '20
- Gabriel Rosario '20
- Alfonso Ruiz '20
- Shannon Shaw '21
- Declan Simonovich '20
- Kameron Soltani '21
- Paige Sparks '21
- Jonathan Stenger '21
- Taylor van Loben Sels '21
- Cooper Williams '20

**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):

- Jack Agnell '21
- Aldrei Barroga '21
- John Bonini '21
- Spencer Bowington '20
- Emma Busch '20
- Taylor Byrne '21
- Dylan-Janice DeGuzman '21
- Benjamin Delfino '21
- Asa Dolbow Vann '21
- Theodore Duong '21
- Mariana Garcia '21
- Ella Geronimo '21
- David Hock '21
- Haily Holston '20
- Keona Moya '20
- Tien Nguyen '21
- Annika Pu '20
- Caleb Quinn '20
- Tavia Richardson '21
- Mira Saab '20
- Elizabeth Shyer '20
- Chloe Splinter '20
- Shane Zapata '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
- Lilianne Bahn '21
- Owen Barabe '21
- Sinead Cahill '20
- Abigail Chapuis '20
- Harrison Chu '21
- Dylan Cooper '21
- Mikaela Dacanay '20
- Giovanni Del Piero '20
- Emma Fitzpatrick '20
- Christoffer Fong '20
- Sarah Freeman '21
- Peter Genus '21
- Jacey Greco '20
- Wyatt Greco '20
- Desmond Greer '21
- Emily Hancock '20
- Chet Hewitt '21
- Christopher Hoang '21
- Mariah Hudnut '20
- Allyson Ing '21
- Lars Jensen '20
- Elena Kalfsbeek '20
- Caroline Karalli '20
- Clayton Ketcher '21
- Grace Larsen-Anderson '20
- Raphael Lobo '21
- Connor McLaren-Finelli '20
- Mary Melarkey '20
- Tamara Mendez '20
- Leland Munn '20
- Maria Murinova '21
- Pietro O'Mara '20
- Grace Paterson '20
- Luke Powers '20
- Kyla Reimer '21
- Jackson Ryan '20
- Samuel Schlenker '20
- Siena Schumaker '20
- Priya Sharma '20
- Raquel Silva '21
- Nathan Smith '21
- Graciela Soria '20
- Emily Sperring '20
- Emelia Sprott '20
- Charlotte Stiplosek '20
- Brian Taylor '20
- Emelie Thomas '20
- Ai-Linh Tran '21
- Vivian Tran '20
- Anna Urias '20
- Abigail Wall '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):

- Jacey Greco '20
- Connor McLaren-Finelli '20
- Luke Powers '20
- Jackson Ryan '20
- Samuel Schlenker '20
- Siena Schumaker '20
- Priya Sharma '20
- Emily Sperring '20
- Emelia Sprott '20
- Brian Taylor '20

**Congratulations to these current and former students!**

### Upcoming Events

• **SAT Test Date:** Saturday, December 5 (Deadline to register is Thursday, November 5)

• **ACT Test Date:** Saturday, December 12 (Deadline to register is Friday, November 6)

**\*Most colleges and universities are now test optional, so students do not need to make travel arrangements out of the area for exams.**

• **College Application Workshops for Seniors** are every Monday on Teams in virtual format.

### Enter to Learn, Leave to Serve

Looking for opportunities to serve at CB? This year, in response to the pandemic, Christian Service is focused on providing CB families with service opportunities that speak to students' and families' charm and passions. **We will not be hosting gathered service opportunities except for those listed below.**

### Falcon Drop-Off Drives

Falcon Drop-Off Drives are scheduled for the first Saturday of each month (subject to change).

### Thanksgiving Canned Food Drop-Off Drive - class competition is on!

#### Drop-off details

**When:** Saturday, November 7, 9:00 a.m.

**through 12:00 p.m.**

**Where:** CB parking lot (by the Field House)

**What to bring:** Boxed Stuffing Mix, Instant Mashed Potatoes, Turkey Gravy, Yams, Cranberry Sauce, Canned Veggies, Cornbread, Pumpkins, and other Thanksgiving foods! You can also bring disposable and compostable to-go boxes for Wellspring.

Last year, we collected nearly 5,000 canned and non-perishable boxed food items for Williams Memorial Church, CB's neighboring church, for over 55 years. This will be our sixth year reaching out to our Oak Park families through this partnership. We remember our blessings and are invited daily to be mindful of the many opportunities we must give ourselves. Please help make the Thanksgiving Canned Food Drive another memorable year! Thank you!

Due to mandatory social distancing guidelines, the drop-off will be in the CB parking lot (by the Field House). All adult volunteers will be assigned in advance. **Please do not drop off your donations before the scheduled day and time.** Thank you!

If you have any questions, please contact Mrs. Gigi Grapé at [ggrape@cbhs-sacramento.org](mailto:ggrape@cbhs-sacramento.org).

### Social Action Leadership Team (S.A.L.T.) Service Workshops



S.A.L.T. launched a Christian Service faith-based campaign called "Start the Cycle and Serve" that follows the guidelines and restrictions set by our local government agencies and health organizations. S.A.L.T.



hosts a weekly virtual service workshop on Tuesdays at 7:30 p.m. to highlight service opportunities and talk about the concept of "Through the Falcon Grapevine." The workshop will allow students to experience fellowship and exchange service ideas and passion for service.

### Fall Semester Service Schedule

- **November 3:** Soldier letter or care package (drop-offs)
- **November 7:** Drop-Off: Thanksgiving Drive for Williams Memorial Church
- **November 10:** Giving Tree \$25 gift cards to our families in our community
- **November 17:** Clean out your closet and donate to Sacramento Food Bank & Family Services
- **December 1:** Gift new toys for Oak Ridge Elementary School
- **December 5:** Drop-Off: Riding for Tiding – Holiday Gift for Seniors
- **December 8:** S.A.L.T. Check-In Meeting
- **December 15:** S.A.L.T. Christmas Movie Night (deliver Christmas cookies)

How can those that are immune-compromised or unable to leave their houses help serve during this time? Many CB families are looking for volunteer opportunities they can do that would not put family members with a compromised immune system at risk.

### [Click here to view examples of fun and safe home-based projects and virtual volunteering opportunities for families.](#)

These are opportunities that do not require much time to create or collect items for organizations. Please contact specific organizations beforehand to see what donations are being accepted. Most organizations have a wish list posted on their website or available by mail that will often be a starting point for developing a project. Due to age restrictions, a home-based project may be the only type available for young students. Virtual volunteering can be accomplished off-site and is usually done by computer or by other electronic means.

Contact Mrs. Gigi Grapé, Director of Christian Service, to learn more about these or other service opportunities:

Mrs. Grapé, Director of Christian Service

[ggrape@cbhs-sacramento.org](mailto:ggrape@cbhs-sacramento.org)

(916) 733-3653 (voice mail only)

### How Students Submit Service Hours



We're continuing to use Naviance/x2vol to track service hours. [Click here to learn how to log hours.](#)

## ATHLETICS

### 2020-2021 Athletics Seasons

#### Season One (Begins 12/7/2020 or 12/14/2020):

- Football
- Cheer
- Cross Country
- Volleyball (Men's and Women's)
- Water Polo (Men's and Women's)

#### Season Two (Begins in February or March 2021):

- Soccer (Men's and Women's)
- Tennis (Men's and Women's)
- Basketball (Men's and Women's)
- Baseball
- Softball
- Golf (Men's and Women's)
- Swim and Dive (Men's and Women's)
- Track and Field
- Lacrosse (Men's and Women's)

#### Season Two Athletes

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

#### Congratulations!

**Congratulations to Nathan Smith '21 on receiving the Scholar Football Athlete Award from Great American Rivalry Series.**

## CAMPUS MINISTRY

We give thanks with grateful hearts to our CB family!



### A Thanksgiving Litany

*In a time of financial uncertainty,  
we are grateful because we have the security of our faith.  
In a time of world instability,  
we are grateful that we have chosen the ways of peace.  
In a time of grave injustice,  
we are grateful that we been called to promote justice.  
In a time of hopelessness,  
we are grateful that we know the virtue of hope.  
In a time of uncertainty when the fire of hate and fear is fueled again,  
we are grateful to hold on to charity.  
May this time become a spiritual retreat,  
a critical moment when we all turn toward  
a deeper understanding of solidarity and security.  
May our CB family receive Your gift  
and may we all share the abundance of Your love.  
Amen.*

## Class of 2021 Updates

**In early November, the seniors will be receiving an order form for purchasing their senior class t-shirts and sweatshirts.** This information will be posted in the class Schoology page and also publicized in the daily bulletin and Friday weekly update email to families.

**Congratulations to Audrey Jeffers '21 whose artwork was chosen to represent the class on both the Senior Wall and the class shirts.** Seniors from Mrs. Kerr's Advanced Painting class are beginning their work on the Senior Wall. We hope to have it finished by the end of November.



A TRIBUTE TO  
**Sactown**  
CHRISTIAN BROTHERS HIGH SCHOOL  
AUCTION

### March 20, 2021

Planning for our school's biggest fundraising event is well underway and many hands are needed to make light work. **Please join us for our next Auction Committee meeting on Tuesday, November 10 at 5:30 p.m. via Zoom.** Please email [nsmithfagan@cbhs-sacramento.org](mailto:nsmithfagan@cbhs-sacramento.org) to sign up to volunteer and receive a Zoom link. Our biggest priority right now is collecting all the wonderful items for bidding in both the silent and live auction. **If you would like to donate an auction item, please [click here](#) for the donor form and letter.**

## MEDIA, VISUAL AND PERFORMING ARTS

We're thankful for the Arts this November! With all the stress and social distance in our world, we're thankful for the arts at CB for keeping us connected, entertained and giving us an opportunity for reflection, expression and creativity.



### Theatre Arts

Do you love a good suspense story? Then don't miss our **Radio Theatre**, dropping on [KBFT's YouTube channel](#) and the **Talon Talk** podcast on **Friday, November 13** ("Sorry, Wrong Number") and **Friday, November 20** ("Always Room At The Top") at **7:00 p.m.** These are classic radio shows from the 1940s that will have you on the edge of your seat!

### Open Mic

In case you missed it, **Open Mic** held their **first virtual event of the year on October 16**. You can still catch it at [this link](#).

### Media Arts

The students of **The Talon** have their fingers on the pulse of CB and the Sacramento Area, covering everything from screen time, the California Ballot Initiatives, the awesome "cribs" of CB students and more. Check out their latest articles at [www.cbtalon.com](http://www.cbtalon.com).

And don't forget about [KBFT](#), broadcasting through virtual learning and now adapting to a HyFlex schedule. They'll be back on the air soon with more features for your enjoyment.



### Visual Arts

And for some stunning Visual Arts work, check out these beautiful pieces of art by some members of the new Digital Arts class:



*Dreamscape* by  
Ai-Linh Tran '21

*Identity Collage* by  
Miles Tibon '22



*Identity Collage* by  
Dominic Rodriguez '21

*Dreamscape* by  
Victoria Palomares '21



# FALCON FAMILY NEWS

## A MESSAGE FROM THE PRESIDENT

### DEAR FAMILIES:

With the holidays upon us, I find myself reflecting on the gift that is the Advent Season. I love the ritual of lighting a candle each Sunday and taking some time to slow down, reflect, and just sit in silence – a rare gift during what is normally such a busy time.

In her book *Illuminated Life*, Sister Joan Chittister, OSB, shares that silence is "life's greatest teacher. It shows us what we have yet to become and how much we lack to become it." Advent gives us this silence, and with it, a blessed opportunity to reflect, grow, and begin anew in the joyful hope of our coming Savior.

Looking back on 2020, I believe that the COVID-19 pandemic, tragic incidences of social injustice, devastating wildfires, and bitter political discord have challenged us, in many ways, to do the same. There is no question that our lives have changed dramatically with the isolation of stay at home orders, the stresses of the global economic crisis, and mourning the more than 260,000 U.S. lives lost, including loved ones of our own Christian Brothers High School community.

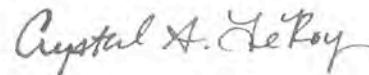
However, in the midst of this suffering, comes an opportunity to respond with hope. Pope Francis, in an op-ed published in *The New York Times*, puts it much more eloquently than I could in writing, "This is a moment to dream big, to rethink our priorities – what we value, what we want, what we seek – and to commit to act in our daily life on what we have dreamed of...We need to slow down, take stock and design better ways of living together on this earth."

As Lasallian Catholic educators, it is this path we must take in ministering to our students during and after this challenging time. I am proud of how our faculty members have reimagined the ways in which we meet our students where they are, in and outside of the classroom. And, while there certainly has not been much time to slow down and take stock, rest assured that our school administrators, faculty members, and staff are aligned in our commitment to ensuring that we come out on the other side of this pandemic better than we were when it began.

As we conclude 2020 and transition to a new year, we take the time to reflect, dream big, and design better ways of coming together as our Christian Brothers community.

And, with several promising vaccines on the horizon, we are optimistic and filled with hope that this time will come, sooner, rather than later. Until then, I invite you all to join me in enjoying the sacred reflection and joyful hope of Advent.

I wish you all a Merry Christmas and blessed New Year!



Dr. Crystal LeRoy, Ed.D.  
President

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## COUNSELING

### College Entrance Exams

It's the 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. Four-year colleges and universities are still in the process of determining whether they will require a college entrance test score as part of the application process for the next few years, so be sure to check their websites often. **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 usually offered at local area high schools 7-8 times throughout the year. 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
- Registration for the ACT is done on the ACT website ([www.actstudent.org](http://www.actstudent.org)).

#### SAT

- Tests reading and mathematics
- Has an optional essay
- 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 CollegeBoard website ([www.collegeboard.com](http://www.collegeboard.com)).

#### SAT Subject Tests

- UCs and a few selective colleges either recommend or require SAT Subject Area Tests (This depends on the schools and the major areas of study. Please check their websites for more information.)
- Should be taken by the fall of senior year, but can be taken after sophomore or junior year in May or June, following the completion of the last course in that subject or after an AP course is completed

Though the trend seems to be to take college entrance exams earlier and earlier in a student's high school career, we do not see any significant benefit to this 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 for taking a test more than once. Colleges will see every SAT score (unless a student chooses SAT score choice, which we do not recommend), but they always take the highest score. The UC system takes the best score from one sitting. Many private colleges and the

CSUs will take a student's highest score from each section during different sittings and combine them into the highest possible score, called the "super-score." **Since colleges will accept either the SAT or the ACT and take the highest score, we recommend that students consider taking both tests at least once, if possible.** However, our Christian Brothers college counselors and college admissions representatives do not ask or expect students and families to travel great distances to test. If testing is not available in our area, colleges are flexible and understanding.

If your student does not do well on standardized tests and/or testing locations do not open this spring, check out Fair Test at [www.fairtest.org](http://www.fairtest.org) for a list of schools that do not require either the SAT or ACT for admissions purposes.

Khan Academy and ACT Academy have made an agreement with SAT and ACT to do free online test preparation. You may view details of those programs at the websites listed above.

#### Additional SAT and ACT Preparation Options

Check with our Director of College Counseling, Ms. Melissa McClellan, at [mmccllellan@cbhs-sacramento.org](mailto:mmccllellan@cbhs-sacramento.org) if you have any questions or seek guidance on the many SAT and ACT preparation options that are available.

#### Tips for Parents on Using CB's Family Connection

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

#### Class of 2021 Updates

- Seniors have begun painting their personalized parking spots. The proposals are so creative and fun; we can't wait to see the finished products!
- **The new deadline date to have your senior portrait taken by Bill Smith Photography is Friday, January 29, 2021. Please [click here](#) to schedule an appointment.**
- Seniors who ordered Class of 2021 t-shirts and sweatshirts will receive a notification when they arrive.
- Seniors should check the Class of 2021 Schoology page often. This is where important information and deadlines are posted.



## CHRISTIAN SERVICE

### Advent Almsgiving: December Falcon Drop-off Drive



Join the Christmas gift for senior citizens and Wellspring stocking stuffer collection, and spread cheer during this holiday season!

Senior citizen boxes (marked "Sacramento Food Bank") and a collection box for Wellspring are available in front of the Learning Commons.

#### What: Christmas Gift for Senior Citizens & Wellspring Stocking Stuffers Collection

In partnership with the Sacramento Food Bank and Family Services and Paratransit, Inc., the December Falcon Drop-off Drive will focus on spreading cheer to senior citizens during this holiday season. Bring warmth and coziness into the homes of local seniors who may be experiencing feelings of isolation and confinement during the pandemic.

**When: Saturday, December 5, 2020 (9:00 a.m. to 12:00 p.m.)**

**Where: CB front parking lot**

#### Items requested for senior citizens:

- Mittens
- Knit caps
- Scarves
- Blankets
- Sweaters
- Cloth masks
- Socks

**Please only bring new items in various adult sizes. You are welcome to wrap or decorate your box and include a Christmas card.**

In addition, Lasallian Youth is collecting stocking stuffers for Wellspring Women Center (can be collected on campus and/or at the December 5 Drop-off Drive).

#### Items requested for the children of Wellspring:

- [Amazon Wish List for Wellspring Stocking Stuffers](#)



**DONATIONS NEEDED!**

Help us provide stockings for the children of Wellspring this holiday season.

**Suggested items to donate:**

- STOCKINGS
- CANDY
- HEADPHONES AND SMALL TECH ITEMS
- GIFT CARDS \$5-10 (FAST FOOD, RETAIL, COFFEE)
- COLORING BOOKS/CRAYONS/MARKERS
- GENDER NEUTRAL POCKET SIZE TOYS AND ACTIVITIES

Order online via Wellspring's [Amazon Wish List!](#)

For more information please contact Jessica at (916) 454-9683 ext. 205 or [jessica@wellspringwomen.org](mailto:jessica@wellspringwomen.org)

For more information, please contact Mrs. Grapé at [ggrape@cbhs-sacramento.org](mailto:ggrape@cbhs-sacramento.org).

### Thank You!

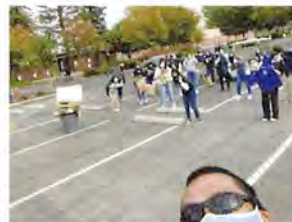
#### Thanksgiving Yes, We Can! Drop-off Drive



We're pleased to announce **the winner of the Thanksgiving Canned Food Drive – the sophomore class with 1,613 donated items!** Congratulations, sophomores! In second place is the freshmen class at 1,029. Third place goes to the juniors at 963. Last but not least, in fourth place is the senior class at 812. Thank you to our CB families, students, faculty and staff who donated and served in the Thanksgiving Canned Food Drop-Off Drive. **Together, we collected 4,400 canned food items in three hours for our Oak Park community!**

Students volunteers: S.A.L.T., Student Council, Lasallian Youth, BSU, and Leadership Class

Adults volunteers: Mr. Acosta, Ms. Bacich, Mr. and Mrs. Cann, Mr. Elorduy, Mrs. Frias, Mr. and Mrs. Grapé, Mr. Havey, Mrs. McShane, Mr. and Mrs. Prevost, Mr. and Mrs. Thayer, and Mrs. Schorn



#### CB Giving Tree



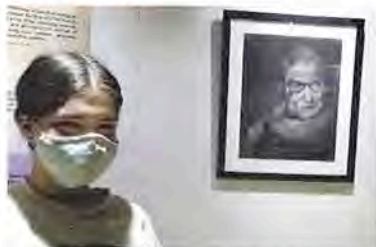
A big congrats Falcons! We have reached our Giving Tree goals! May your hearts be filled with amazing joy and Thanksgiving!!

Live Jesus in our Hearts, Forever!

## MEDIA, VISUAL AND PERFORMING ARTS

The Arts have gifts for you this holiday season! Christmas is right around the corner and what better way to enjoy the days of Christmas break than with the work of our CB artists?

### Visual Arts



Congratulations to **Ella Fodor '23**, whose charcoal portrait of Justice Ruth Bader Ginsburg was accepted into the Century of Suffrage art show and was on display at the

Mills Station Arts and Culture Center in Rancho Cordova in November. Way to go, Ella!

### Media Arts

KBFT and *The Talon* will keep you up to date on all the news around campus and provide insight into our community life. Find KBFT's broadcasts on their [YouTube channel](#) and [The Talon](#) on their website.

### Performing Arts Open Mic Night

Open Mic will be holding its virtual Christmas show on Friday, December 11 at 7:00 p.m. on [KBFT's YouTube channel](#). In the spirit of holiday generosity, they will also be raising money for CB's COVID-19 Tuition Relief Fund, which helps families who are financially affected by the pandemic continue to be able to send their children to CB. If you missed the last Open Mic, you can still watch it at [this link](#).

### Theatre Arts

Theatre has produced two suspenseful radio dramas, "[Sorry, Wrong Number](#)" and "[Always Room At The Top](#)," available on the [KBFT YouTube channel](#) and as a *Talon Talk* podcast, available on [Spotify](#) and [Apple Podcasts](#). We recommend listening to these on a rainy night with a cup of hot cocoa!

### Choir

Choir has been busy making music in digital space. Here are some videos guaranteed to lift your spirits and make your holidays merry!

- [Honors Chorale sings "Oh Happy Day"](#)
- [Chamber Chorus sings "Because"](#)
- [Concert Choir sings "Joy to the World"](#)

### Alumni Update

The University of Portland recently featured CB's own **Sharif Morton '17** and his adventures with the trombone in Portland Magazine on YouTube. Catch it at [this link](#)!

## ATHLETICS

On December 1, the California Interscholastic Federation (CIF) made an announcement indicating that the California Department of Public Health has postponed the issuance of guidance regarding returning to full practice and competition until after January 1, 2021. As such, **full practice and competition start dates are officially on hold until this updated guidance is issued**. Please see the [CIF media release](#) for more information regarding changes to State Championships and adjustments to the Season 1 and Season 2 schedules.

### Athletics Online Spirit Store

The **CB Athletics fan and game day wear online store is now open** on the CB Athletics web page under [Spirit Packs](#) and [General CB Spirit Wear](#).

### FinalForms

**All student-athletes must have the FinalForms athletic medical clearance** with a valid physical prior to any participation or tryouts for athletics. [Click here](#) for more information.

## STUDENT ACTIVITIES

As we begin the Advent season, we are mindful of the many ways we can prepare for the birth of our Lord, Jesus Christ.

### Christmas Spirit

Our Student Council is at work spreading holiday spirit and cheer around campus with traditional Christmas decorations beginning Tuesday, December 2.

**There will be two Christmas spirit days, one on Wednesday, December 2 for Cohort B and the other on Friday, December 4 for Cohort A.** See Schoology for the dress code.

Our school clubs continue to engage our students and families in activities and events that are held virtually to build community in the most meaningful way. Creative planning is a primary focus of our student leaders, faculty and staff, to find opportunities for reimagining experiences and strengthening relationships amidst the realities of the pandemic.

### Advent Calendar

Student Activities would like to challenge all CB families to consider Advent as a time for reflection and preparation for the birth of Jesus. **Let's do what we can to meet the CB Advent Challenge on the calendar on the last page.**

As this trying and unusual Fall semester comes to a close, 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!

## Fall 2020 Semester Review and Exam Schedule

- **Monday, December 7 (ACDE Review) - VIRTUAL**  
8:00 a.m. – 9:20 a.m. *Faculty and Staff Meeting Time*  
9:30 a.m. – 10:35 a.m. **A Set Review**  
10:45 a.m. – 11:50 a.m. **C Set Review**  
11:50 a.m. – 12:25 p.m. **Lunch**  
12:30 p.m. – 1:35 p.m. **D Set Review**  
1:45 p.m. – 2:50 p.m. **E Set Review**  
2:50 p.m. – 3:20 p.m. **Faculty Office Hours**
- **Tuesday, December 8 (Blue A/C Final)**  
***Feast of the Immaculate Conception (Holy Day of Obligation) - special schedule***  
9:30 a.m. – 10:30 a.m. **A Set Final**  
10:30 a.m. – 10:45 a.m. **Break**  
10:45 a.m. – 10:55 a.m. **Travel to C Set classroom**  
10:55 a.m. – 11:45 a.m. **Mass (live streamed)**  
11:45 a.m. – 12:00 p.m. **Break in the C Set classroom**  
12:00 p.m. – 1:30 p.m. **C Set Final**  
1:30 p.m. – 2:00 p.m. **Faculty Office Hours**
- **Wednesday, December 9 (Red A/C Final)**  
9:00 a.m. – 10:30 a.m. **A Set Final**  
10:30 a.m. – 10:50 a.m. **Break**  
10:55 a.m. – 12:25 p.m. **C Set Final**  
12:30 p.m. – 2:00 p.m. **Faculty Office Hours**
- **Thursday, December 10 (Blue D/E Final)**  
9:00 a.m. – 10:30 a.m. **D Set Final**  
10:30 a.m. – 10:50 a.m. **Break**  
10:55 a.m. – 12:25 p.m. **E Set Final**  
12:30 p.m. – 2:00 p.m. **Faculty Office Hours**
- **Friday, December 11 (Red D/E Final)**  
9:00 a.m. – 10:30 a.m. **D Set Final**  
10:30 a.m. – 10:50 a.m. **Break**  
10:55 a.m. – 12:25 p.m. **E Set Final**  
12:30 p.m. – 2:00 p.m. **Faculty Office Hours**
- **Monday, December 14 (BFG Review) - VIRTUAL**  
8:00 a.m. – 9:20 a.m. *Faculty and Staff Meeting Time*  
9:30 a.m. – 10:35 a.m. **B Set Review**  
10:45 a.m. – 11:50 a.m. **F Set Review**  
11:50 a.m. – 12:25 p.m. **Lunch**  
12:30 p.m. – 1:35 p.m. **G Set Review**  
1:35 p.m. – 3:20 p.m. **Faculty Office Hours**
- **Tuesday, December 15 (Blue B/F Final)**  
9:00 a.m. – 10:30 a.m. **B Set Final**  
10:30 a.m. – 10:50 a.m. **Break**  
10:55 a.m. – 12:25 p.m. **F Set Final**  
12:30 p.m. – 2:00 p.m. **Faculty Office Hours**
- **Wednesday, December 16 (Red B/F Final)**  
9:00 a.m. – 10:30 a.m. **B Set Final**  
10:30 a.m. – 10:50 a.m. **Break**  
10:55 a.m. – 12:25 p.m. **F Set Final**  
12:30 p.m. – 2:00 p.m. **Faculty Office Hours**
- **Thursday, December 17 (Blue G Final)**  
9:00 a.m. – 10:30 a.m. **G Set Final**  
10:35 a.m. – 12:00 p.m. **Faculty Office Hours**
- **Friday, December 18 (Red G Final)**  
9:00 a.m. – 10:30 a.m. **G Set Final**  
10:55 a.m. – 12:25 p.m. **Make Up Final**

**Cohort C students will take their finals virtually with their originally assigned cohort.**

## AUCTION 2021

### **A Message from the Auction Committee** **Where Does the Auction Money go?**

As you may know, CB holds an Auction each March. This year, we are planning a virtual event on Saturday, March 20.

**What you might not know is that 100% of the funds raised by the Auction Fund-a-Need go to provide tuition assistance for low to moderate income families.** This year, 40% of our students rely on tuition assistance to attend CB. These are bright, talented and deserving young men and women who need only the opportunity to shine. The Auction helps provide that opportunity.

The Auction also helps support the programs and curriculum initiatives that make this school such a great place for all our kids. The Auction might be helping your child or mine enjoy a program they love or helping your child's best friend, classmate, or teammate be a part of the CB community. **And every one of our students is important to the community we share.** That's what makes the Auction so important. And that's why, we as parent volunteers, are working so hard to make it a fun event and a raging success.

**When you are out doing your Christmas shopping, please consider picking up an item to donate to the Auction.**

### **Sharing in the Christmas Cheer**

**Be sure to join us on Thursday, December 10 for a "Merry and Bright" Drive-Thru Christmas Light Viewing and Auction Donation Collection from 5:30 p.m. to 7:30 p.m.!** That evening, you can drop off your donation at the CB family-owned Limelight Bar & Café on Alhambra Blvd. There you'll get a map to Christmas Cheer Stations in the Fab 40s where you can pick up a Christmas treat as you view the lights.


View the [Auction Wish List here](#). We also have an easy shopping list on [Amazon](#). Using this link, your items will be shipped directly to the school, making it as easy as possible for you (Be sure to include a gift receipt so we know who you are!). Whatever you can give, we'll make sure that your donation goes for the highest possible bid, and that together we raise as much money as possible for our kids.

Thank you in advance and have a wonderful Christmas!!!  
- Auction Parent Co-Chairs: Colleen Curtin, Gina Ketcher, and Lisa Matocq



A TRIBUTE TO  
**Sactown**  
CHRISTIAN BROTHERS HIGH SCHOOL  
AUCTION

# CB Advent 2020 Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 First Sunday of Advent <i>Set up a wreath or 4 candles to light one each week</i>	30 <b>Reflect on where you find hope in the world</b>	1 Help prepare your home with holiday decorations	2 Give a compliment to a friend	3 Do something that makes you laugh out loud	4 Buy a Christmas gift for a Senior Citizen and donate to Falcon Family drive on Saturday	5 Participate in the CB Falcon Family Drop Off Drive
6 Second Sunday of Advent <i>What will you do this week to prepare for Jesus' birth?</i>	7 Take pride in your schoolwork. Go to office hours; finish the semester strong	8 Feast of the Immaculate Conception "Hail Mary, full of grace..."	9 Bake something to share with family or friends	10 Help clean up a mess that you did not make	11 Call an elderly relative just to say hello	12 Feast of Our Lady of Guadalupe Pray for migrants to our county and those searching for a home
13 Third Sunday of Advent Today is Gaudete Sunday when we shift our reflection from "the Lord is coming" to "the Lord is near."	14 Smile at everyone, including strangers	15 Go for a walk to clear your head; appreciate nature	16 Text, tweet or post a compliment to three people	17 Be the person to change the subject from negative gossip to something positive	18 <b>Forgive someone you've been holding a grudge against</b>	19 Give someone your full attention. Put down your phone.
20 Fourth Sunday of Advent "Mary said, 'Behold, I am the handmaid of the Lord. May it be done to me according to your word.'" (Lk 1:38).	21 Clean up the earth by picking up litter, even if it is only one piece	22 Take time to appreciate someone who does something you take for granted	23 Put your loose change in a charity box	24 Gather family or friends (virtually?) to watch a favorite Christmas movie	25 Have a wonderful Christmas and remember you are amazing!	

# FALCON FAMILY NEWS

## A MESSAGE FROM THE PRINCIPAL

### DEAR FAMILIES:

Happy New Year! As I write this letter, I find myself reflecting on 2020, a year of unexpected changes, daunting challenges, and for many, heartbreaking losses. How fitting though, that on the darkest day of the year, December 21, Jupiter and Saturn traversed, giving us what many have called the *Christmas Star*. What a rare occurrence and beautiful reminder that even in the darkest of times things are happening that we cannot see yet; the promise of light is being fulfilled.

On January 6, as Catholics, we along with many other faiths, celebrate the Epiphany, the revelation to the nations of the world of Christ as the Son of God – both as an infant and at His baptism. What a fitting way to begin 2021 – with renewed hope and faith in the light that is God's promise to us all.

In that promise, I am filled with gratitude for the blessings of this incredible community. Our faculty and staff have been steadfast in their dedication to our students and families. Returning to campus in October was no small feat and I am in awe of all who worked so diligently to make it happen. Our students have been resilient, creative, and care-filled in adapting to school in our new HyFlex environment. Student Activities and our student leaders have identified new ways of building community and enhancing connections. We enjoyed Homecoming week games out on the lawn while other online competitions were taking place for our at-home learners. CB sophomore Tilda Allen '23 (DJ Tildster) served as online DJ for the virtual Homecoming dance via Twitch. Our performing arts teachers continue to showcase student talents. This fall, our theatre team debuted two radio plays. Our student journalists broadcasted two KBFT shows each week and the choir helped us all get in the spirit with a virtual Christmas concert. Our Campus Minister and Director of Christian Service, with members of God Squad and S.A.L.T. have worked hard to implement creative ways of celebrating and sharing our faith and opportunities for service in our community through food and clothing drives. Our Athletics Department stands at the helm ready to begin the year's athletic seasons. The seasons, which were slated to run December through June, are now on

hold until January 25th at the earliest. Recent guidance provided by the California Department of Public Health links returning to play with a county's COVID-19 tier. Our prayer is that Sacramento County moves out of the purple as soon as possible to allow for our student-athletes to return to field, court, course and pool.

Doing so will take the collective effort of our entire region. Much as we have demonstrated with our return to in-person education, adhering to recommended safety measures can and does make a difference. I am grateful that we have not had any cases of COVID-19 transmission occurring at school. I pray that this becomes the norm for our region.

With vaccines on the horizon, there is light at the end of the tunnel and a prayer for a return to normalcy. That said, I do not believe we will return to life as it was before. I know I speak for all of us at Christian Brothers High School when I share that we are going to take the best of what we have learned throughout this pandemic and apply it to the way we teach and minister to our students moving forward.

Thank you for the blessing of our students. We are grateful for your continued partnership and the faith you place in us as educators. Please pray for us all as we begin this new semester, hopeful in God's promise and light.

Live Jesus in our hearts!



Annemarie Bacich, Ed.M.  
Principal

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## COUNSELING

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

As the [CB Parent-Student Handbook](#) emphasizes, 'D's' and 'F's' are bad news on report cards! It is important for you and your student(s) 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 upcoming 2021 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. Check the CB website in February for more information.

### Attention Seniors and Parents:

Please remember to **turn in copies of your admission decisions and scholarship letters** to Cynthia Grajeda, Melissa McClellan, April Melarkey, or John Riley-Portal in the Counseling Center as you receive them.

It is also very important that students update their admission status on [Family Connection](#).

## CLASS OF 2025 INFORMATION

The online application and \$55 registration fee for the Class of 2025 are due on January 7, 2021.

To protect the health and safety of our community, we will not be administering the Placement Exam this year.

For more information, visit the [Admissions Timeline web page](#) on the CB website or contact [admissions@cbhs-sacramento.org](mailto:admissions@cbhs-sacramento.org)

If your eighth grader hasn't had the opportunity to join us for a **Future Falcon Live Chat**, now's your chance! **There is one more chat on Wednesday, January 6 at 3:30 p.m.**

During this approximately 30-minute virtual chat, your student will hear all about student life at CB and have the opportunity to ask our CB students questions. [Click here to sign up.](#)

## CHRISTIAN SERVICE

# Enter to Learn, Leave to Serve

Registration for **VENAVER Blackfeet, Browning, Montana**



On this four-day livestream immersion experience students will work at the De La Salle Blackfeet School in Browning, Montana, tutoring grammar school and middle school students. The group lives in community on the Blackfeet Reservation. Students will be introduced to reservation life and Blackfeet culture and see the majesty of nature by virtually exploring the Rocky Mountains and Glacier National Park. We are blessed that 24 students from the sophomore, junior, and senior classes will have the opportunity to serve, build community, and experience VENAVER Blackfeet. Two immersion dates are available to students interested in applying. **Immersion dates are: Sunday to Wednesday, March 21-24 or April 18-21.** [Click here to register.](#)

## S.A.L.T. Virtual Workshops Calendar for January



Questions?

Contact Mrs. Gigi Grapé at [ggrape@cbhs-sacramento.org](mailto:ggrape@cbhs-sacramento.org).

- **January 12** - Letters to Lasallians in the District of SFNO
- **January 19** - Bishop Gallegos Maternity Home Workshop
- **January 26** - Wellspring Hospitality Bag Workshop

**Thank you!**

## Giving Tree

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

## Christmas Gifts for Senior Citizens Drop-off Drive

Congratulation on another successful Falcon Drop-Off Drive!

Thank you to our CB families, students, faculty, and staff who donated and served in the Gift Giving for Senior Citizens Drop-Off Drive in December. Together, we collected over 200 gifts for Senior Citizens in the Greater Sacramento Area!

Students volunteers: S.A.L.T., Lasallian Youth, and Leadership Class

Adults volunteers: Mr. Acosta, Mr. & Mrs. Cann, Mr. & Mrs. Grapé, Mr. Havey, and Ms. Christianson.



## CAMPUS MINISTRY

### Sophomore Retreat Dates

We are so happy you are a part of our Christian Brothers High School community and we hope that your family is settling into the life and rhythm of high school! We are blessed to have the opportunity to invite your son/daughter to engage in the spiritual life of our school through liturgies, prayer, and retreats.

**This year, the sophomore class will have a half-day virtual retreat.** While we wish we could gather in person for this event, we remain committed to providing a meaningful virtual retreat experience for the Class of 2023. **All sophomore students are expected to participate in this retreat.**

Our time of retreat will complement the ongoing orientation of our sophomores to our Lasallian Catholic traditions and connection to the larger community of Lasallian ministries. **The theme of the retreat is "What do I treasure?"** Sophomore students are assigned to their day of retreat based on their Religious Studies classes:

- **Monday, January 11 - Mr. Havey's classes**
- **Monday, February 8 - Mr. Elorduy's classes**
- **Monday, February 22 - Fr. Murin's classes**

All sophomore students and parents will receive additional correspondence from sophomore religion teachers.

**On the morning of the retreat, students are asked to join the retreat (the link will be included in the checklist) by 9:25 a.m. The retreat will begin at 9:30 a.m. and conclude at 1:00 p.m.** There will be time spent in the large group as well as small group breakout times. We have built in time for prayer, reflection, games, individual time, and breaks.

**Regular school dress code is required – students are encouraged to wear their purple class spirit shirt or other CB shirt.** Students should be in a space where they can focus and be free of distractions during the retreat. Please avoid cell phone use during the retreat time. Students' backgrounds should be blurred while on screen.

Thank you for your cooperation in what promises to be a spiritual and educational opportunity for your son/daughter. We are excited to share this day of retreat with the Class of 2023!

Please email Gigi Grapé at [ggrape@cbhs-sacramento.org](mailto:ggrape@cbhs-sacramento.org) if you have any questions.

## ATHLETICS

In July, the California Interscholastic Federation (CIF) and CIF Sac-Joaquin Section announced modified dates for this year's competitive sports seasons. The standard three seasons (Fall, Winter, Spring) were condensed to two (Season 1, Season 2) and were expected to begin in December and run through June. However, **competitions are now on hold until January 25th, at the earliest, according to [updated information](#) shared by the California Department of Public Health.** Additional information and protocols are expected to be shared in early January.

### Falcon Athletes at the College Level

Congratulations to the following student-athletes who committed to continuing their athletic careers at the college level:

- **Malia Gay '21:** Track and Field at Saint Mary's College of California
- **Sawyer Hays '21:** Football at California State University, Sacramento
- **Gabriel Maya '21:** Baseball at University of San Diego
- **Lexi Rakela '21:** Soccer at California State University, Sacramento

We are proud of your hard work and dedication to academics and athletics!

## STUDENT ACTIVITIES

Student Activities continues to plan meaningful and memorable events this second semester as we continue to build community in the midst of the pandemic. **Our Student Council is welcoming our new transfer students into the CB community through a virtual orientation on Monday, January 4.** In an online setting, our new students will be toured virtually and meet some of our amazing CB student leaders who will talk about student life during their CBHS experience. More activities are now in their planning stages for our different classes, most especially for our Senior Class of 2021. Clubs will continue to engage members through their common interests, service opportunities, and more. We are looking forward to a healthy, safe and exciting new year for all of us!





## MEDIA, VISUAL AND PERFORMING ARTS

It's a new year in the Arts. CB artists are gearing up for 2021 and navigating pandemic conditions with creativity to bring the arts to our community.

### Theatre

**Theatre is preparing for a virtual Lenaea Festival.** Typically held at Folsom Lake College, the Lenaea Festival draws 3,000 high school theatre students from across California and Oregon (and even one school from Alaska!) to show off their talents, receive feedback, and participate in workshops from theatre professionals. Things will be different this year with all performances being recorded and the feedback given virtually, but CB will be sending performances of monologues, songs, and an original one act play by **Angelina Landeros '21, *Through Her Eyes***. **All of these will be part of our CB Theatre Showcase, which will be recorded and available on [KBFT's YouTube channel](#) on February 12, 2021.**

In case you missed it, CB Theatre produced two radio plays from the 1940s series, *Suspense!* We recommend listening to them on a stormy night with a cup of cocoa.

- [Always Room at The Top](#)
- [Sorry, Wrong Number](#)

### Spreading the Christmas Cheer

We may not be able to have live performances on campus, but that won't stop **Open Mic** and **Choir** from spreading some Christmas cheer. Open Mic gathered video submissions from our talented community for Open Mic Night. Choir spent weeks individually recording each singer and editing the songs together for a virtual Christmas Concert. These events are still available for your viewing:

- [An Open Mic Christmas](#)
- [Choral Christmas Concert](#)
- ["Have Yourself a Merry Little Christmas" – CB Vocal Jazz](#)

### Digital Art

Our newest visual arts class, Digital Art, has been hard at work. Enjoy this [video of their artwork](#) from the animation section.

## IMPORTANT REMINDERS

**We wish you a happy and safe New Year!**

• **We will shift to Digital Learning Days for two weeks following the Christmas break, with a scheduled return to in-person instruction on Tuesday, January 19.**

• To give our students and families a break from academic demands during Christmas break, **access to PowerSchool has been closed and will reopen and posted semester grades will be available at 2:00 p.m. on Monday, January 4. Semester report cards will be sent home by email on Friday, January 8.** We hope that our students and families will use this time to relax, decompress and enjoy time with family.

• **All students will be assigned back into their original cohort (Cohort A - Red and Cohort B - Blue) for the spring semester. These cohorts will be visible on PowerSchool when access is reopened on January 4.** You will also receive a communication from the school administration about cohorts, with the **option of still choosing to be in Cohort C (100% online distance learning)**. Information about continuing in the distance learning mode will also be in the next Friday weekly update email on January 8. As a reminder, all classes will be virtual until Tuesday, January 19.

• For the health and safety of our local community and the common good, we ask that you **take to heart the spirit of California's Stay at Home Order and the travel advisory** recently shared by health officials and the governor, asking that individuals avoid all non-essential travel and those traveling out of state (particularly using public modes of transportation) observe a two-week quarantine period upon their return to California and that interactions be limited to the immediate household.

## Class of 2021 Updates



- **Audrey Jeffers '21**, creator and artist of the Senior Mural, is hard at work painting. **The Class of 2021 theme is "Dusk to Dawn."**
- **Seniors who wish to paint their parking space for the spring semester must purchase a parking pass and submit an image of their design to Mrs. Hanshew and Mrs. Vanenburg for approval.** The passes may be purchased in the Front Office or [online](#).
- We anticipate senior t-shirts and sweatshirts will arrive in time for the spring semester. Mrs. Hanshew and Mrs. Vanenburg will be sure to communicate with seniors about where, when and how they can collect their purchased apparel once it arrives. Thank you for your patience!

# FALCON FAMILY NEWS

## CB IS *THE PLACE TO BE* AN ARTIST

### DEAR FAMILIES:

I have loved the arts for as long as I can remember. In a lifetime of performing – beginning at the age of three, growing as a choral and theatre student here at CB, working as a theatre professional, and returning to my beloved alma mater to pass on what I love most to students – I have never seen as clearly as I have this year the vital necessity of the arts. When the world is at its darkest and most unpredictable, we have turned to the arts for solace, escape, laughter and community. Whether it is our CB choral students recording a Christmas concert one voice at a time, Italians playing instruments from their balconies, or people around the world layering TikTok videos to create rousing sea shanties, the arts have been a way to connect amidst our social distance.

The creativity and determination of artists to produce art even in the most challenging of times is as evident at CB as it is on YouTube. Choir students recorded themselves using percussion instruments and singing “Happy Birthday” songs for staff from home. Mr. Rob Boriskin arranged for the drop off of hundreds of pounds of clay for his ceramics students and tailored an online class that could work from any home with a tabletop and a bowl of water. Mr. Polo Lopez '08 took on a brand-new digital art class, and Open Mic has switched to a video format. KBFT has tackled the challenge of remote reporters and producing a broadcast from a distance. And the theatre program went old school – producing two radio plays in the fall and introducing our Generation Z students to the original form of podcasting.

But perhaps the way in which art serves us the most in difficult times is to help us make sense of our thoughts, feelings, and the world around us. This year, CB students have turned to the arts as an outlet, a way to get some time away from the screens, and to give voice to their experience. Our Lasallian District of San Francisco New Orleans recently created an opportunity for students to produce films reflecting on their experience of the COVID-19 pandemic. Seven student films were selected, including “Dear Corona” by CB’s own Mariana Garcia '21. Even when times are hard, it gives me great joy to see students

turn to the arts for fun, community and self-expression. I am thankful every day that here at CB, students are supported and encouraged in their creativity, and that their talents are given the resources to flourish. If you have not yet had the opportunity to experience the arts at CB this year, check out the [KBFT YouTube channel](#) and spend some time enjoying and appreciating the talent of our students. It will brighten your day, guaranteed.



Heather Christianson '01

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

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## COUNSELING

### Pre-Registration for 2021-2022 Classes

Freshmen, sophomores and juniors will be working on pre-registration for the next school year with their counselors during February. **Online pre-registration will be Monday, February 22 through Monday, March 8.** This process allows Mr. Desmond '94, Assistant Principal of Curriculum and Instruction, and the department chairs to begin building the master schedule with the corresponding number of course sections. **Students should be looking ahead to their post-secondary plans when determining their course selections for next year and beyond.** The counselors encourage students to think about challenging themselves academically with courses in which they can be successful (C's or better). Teachers are also highly involved in the process of recommending the appropriate courses for students.

Look for the pre-registration materials students will receive during counselor classroom visits and reference the [2021-22 Course Catalog](#) on the school website. The materials will be available electronically to Cohort C students.

### Class of 2021 College News

Seniors are finishing college applications and are now in a "holding pattern," anxiously awaiting word on whether they have been admitted into their desired colleges. Parents with questions should contact [Ms. Melissa McClellan](#) and [Mrs. April Melarkey](#) (College Counselors) or [Mr. John Riley-Portal](#) (grade-level counselor for the Class of 2021).

**Seniors should make sure that they turn in any college acceptances and/or scholarships to the counselors by the April 2 deadline for the graduation program.**

### Class of 2022 College Information

Juniors have begun meeting individually with the college counselors, [Ms. Melissa McClellan](#) and [Mrs. April Melarkey](#), to learn what is involved in the college planning process. They are reviewing transcripts, discussing SAT and ACT tests, performing college searches and looking at summer programs, in addition to asking any questions that they have at this point.

**Juniors are encouraged to update their resumes on [Family Connection](#), enter potential colleges into "Colleges I'm Thinking About" and complete the Do What You Are Personality Profile.**

### Sophomore Academic Planning Night

**Students and parents of the Class of 2023 are invited to virtually attend Sophomore Parent Academic Planning Night on Wednesday, February 17 from 6:00 p.m. to 7:30 p.m.** Pre-registration and early college planning are two topics that will be addressed. [Click here to join.](#)

## ATHLETICS

### Information for Student-Athletes

- **FinalForms: All student-athletes must have the FinalForms athletic medical clearance with a valid physical prior to any participation or tryouts for athletics.** Please [click here](#) for more information.
- **Students cannot attend any practices or conditioning events without completing the health self-assessment questions in the *Safely Back to School* app.**

### CB Athletic Fan Wear for Sale

The CB Athletics game day and fan wear online store is open. To purchase great CB gear, please visit the [Spirit Pack link](#) on the [CB Athletics web page](#) or click [General Spirit Wear](#).

**Upcoming Event for Sophomore Students and Parents** **Sophomore Academic Planning Night and "Getting Noticed, Getting In" are scheduled virtually for Wednesday, February 17 at 6:00 p.m.** The Athletic Department will be hosting "Getting Noticed, Getting In" after the conclusion of the Sophomore Academic Planning Night portion of the program. [Click here to join the meeting.](#)

## CAMPUS MINISTRY

### Sophomore Retreats

This year, **the sophomore class will have a half-day virtual retreat.** While we wish we could gather in person for this event, we remain committed to providing a meaningful virtual retreat experience for the Class of 2023. **All sophomore students are expected to participate in this retreat.**

Our retreat time will complement our sophomores' ongoing journey of our Lasallian Catholic traditions and connection to the Lasallian ministry's larger community. **The theme of the retreat is "Values & Choices...What do I treasure?"**

Students will spend time reflecting on their personal gifts and newly established Lasallian identity. Additionally, they will learn more about specific opportunities for service and using one's gifts to make a difference for good!

We will be joined by members of the Senior Retreat Leadership Team and sophomore faculty and staff members. Sophomore students will be assigned their day of retreat based on their Religious Studies class. Here are the days of retreats:

- **Monday, February 8: Mr. Elorduy's classes**
- **Monday, February 22: Fr. Murin's classes**

We are excited to share this day of retreat with the Class of 2023! Please keep our sophomore students in prayer as they go on retreat.

Please email Mrs. Gigi Grapé at [ggrape@cbhs-sacramento.org](mailto:ggrape@cbhs-sacramento.org) if you have any questions.

## CHRISTIAN SERVICE

### Enter to Learn, Leave to Serve

VENAVER Blackfeet, Browning, Montana



On this four-day live stream immersion experience students will work at the De La Salle Blackfeet School in Browning, Montana, tutoring grammar school and middle school students. The group lives in community on the Blackfeet Reservation. Students will be introduced to reservation life and Blackfeet culture and see the majesty of nature by virtually exploring the Rocky Mountains and Glacier National Park. We are blessed that 24 students from the sophomore, junior, and senior classes will have the opportunity to serve, build community, and experience VENAVER Blackfeet. Two immersion dates are available to students interested in applying. **Immersion dates are: Sunday to Wednesday, March 21-24 or April 18-21.** [Click here to register.](#)

#### Christian Service Summer Opportunity

CB students are invited to apply to **Lasallian Youth Assembly (LYA)**, a Lasallian student program this summer, organized by our District of San Francisco New Orleans. **The program runs June 13-18, 2021.** This online 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 the opportunity to serve.

**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 30.

#### S.A.L.T. Virtual Workshops and Drop-off Drive Schedule for February

- **February 6** - Bishop Gallegos Maternity Home and Women's Empowerment Home Drop-off Drive
- **February 9** - Sacramento Women's Center Workshop
- **February 16** - Support Black-owned Businesses Workshop
- **February 23** - Easter Candy Workshop for Pro-Youth

If you have any questions, please contact Mrs. Gigi Grapé at [ggrape@cbhs-sacramento.org](mailto:ggrape@cbhs-sacramento.org).

#### February Falcon Drop-off Drive

The CB community is invited to take part in the February Falcon Drop-off Drive for women and children experiencing homelessness or in life transition in partnership with Women's Empowerment, Bishop Gallegos Maternity Home, and Wellspring Women's Center. The drive is scheduled for Saturday, February 6 from 9:00 a.m. to 12:00 p.m. in the front of the school.

#### Items requested:

- Baby wipes
- Formula (please make sure it is not expired)
- Diapers and pull ups (sizes 2T to 4T, 3 to 6)
- Gently used or new children's clothing and shoes (sizes 12M-5T, 6-10)
- New children's underwear and socks
- New women's underwear and socks
- Gently used or new women's and children's coats and rain jackets
- Valentine's Day candy

For more information, please contact Mrs. Gigi Grapé at [ggrape@cbhs-sacramento.org](mailto:ggrape@cbhs-sacramento.org).

#### Join the FALCON FAMILY DROP-OFF DRIVE

for  
women and children experiencing homelessness or in life transition.  
This is a partnership with Women's Empowerment, Bishop Gallegos Maternity Home, and Wellspring Women Center.

**WHEN: Saturday, February 6, 2021**

**TIME: 9:00 am - 12 pm**

**WHERE: In-front of CB Parking Lot**

For more information, contact

Ms. Grapé at [ggrape@cbhs-sacramento.org](mailto:ggrape@cbhs-sacramento.org)



#### Requested items for women and children:

- Baby wipes
- Formula (please make sure it is not expired)
- Diapers & pull ups (size 3 to 6/2T-4T)
- Very Gently Used or New Children's Clothing and Shoes (12M-5T and 6-10)
- New Children's Underwear & Socks
- New Women's Underwear & Socks
- Valentine's Day Candies
- Very Gently Used or New Women's and Children's Warm Coats & Rain Jackets

#### 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

### CB Model United Nations

At the end of January, the CB Model United Nations team participated at the virtual Santa Clara Valley Model United Nations Conference. For two days, the students engaged in rigorous debate and policy making with hundreds of students from across the West Coast.

These amazing students worked diligently over the past months to prepare for this event. Our team of 14 students had a very rewarding experience representing Italy, the Holy See, and Somalia. **The following students participated in the conference: Asa Dolbow Vann '21, William Helman '21, Chris Hoang '21, Kamron Soltani '21, Nathan Smith '21, Mathew Thomas '21, Jacob Inocencio '22, Bridget Fitzpatrick '23, Tyler Simi '23, Sophia Garcia '23, Maddie McDougall '23, Lucas Walter '23, AnnaMaria Thomas '23, and Theo Wilson '23.**

A number of our students won awards at the conference:

- **Kamron Soltani '21**, representing the Holy See on the Historical Security Council, received an honorable mention for his diligent work trying to broker peace at the 2007 Summit in Riyadh.
- **AnnaMaria Thomas '23** and **Bridget Fitzpatrick '23**, representing the delegation of Italy on the UNESCO committee, both earned honorable mention awards for their research and policy actions addressing "Climate Change in the Global South."
- **Mathew Thomas '21** and **Chris Hoang '21**, representing the delegation from Italy at NATO, contributed to finding a resolution to the Azerbaijan-Armenian conflict. Both earned verbal commendation awards for their research, collaboration, and policy solutions.
- **Tyler Simi '23** and **Theo Wilson '23**, representing Italy at WHO, successfully researched, debated, and passed their resolution in fighting to increase future resilience to global outbreaks. They also received verbal commendation awards at the conference.

Congratulations to all the members of the CB Model UN academic team for their hard work and for a successful conference!

### Science Olympiad

Christian Brothers students are in preparation for the virtual Joint Regional Science Olympiad that will take place on Saturday, March 6, 2021. We will be competing against 25 other Sacramento Area schools. This year's event will include the following topics: Astronomy, Circuit Lab, Forensics, Geologic Mapping, and Protein Modeling. Seniors **Ella Geronimo '21** and **Ai-Linh Tran '21** have done a wonderful job as captains of this year's team. Good luck to the team!

## MEDIA, VISUAL AND PERFORMING ARTS

It's a new year and the CB artists are already busy!

### Visual Arts

In lieu of a physical art display in the Learning Commons, Ms. Kerr's Visual Arts students recently submitted artworks on the theme, "A Few of My Favorite Things," in which they were encouraged to creatively reflect on those things they took solace in during these unprecedented times.



• **Allyson Ing '21's** artwork was featured in the magazines and bulletins of two different local churches. Way to go, Allyson!

• The Digital Art class has been exploring the world of animations. [Click here](#) to see their terrific work.

### Performing Arts

Theatre will be sharing the talents of students participating in the Lenaea High School Theatre Festival, which is being conducted virtually this year. Students have submitted performances of monologues, songs, and a reader's theatre performance of **Angelina Landeros '21's** original one act play, "Through Her Eyes." You can see all of these performances when [KBFT's YouTube channel](#) hosts the CB Theatre Showcase on Friday, February 12.

• **Auditions for the Zoom production of Twentieth Century are coming up!** The pandemic may have halted this uproarious comedy last year, but this year, the show goes on – online! Join the "Twentieth Century" Schoology group with code QHGBZ-2BNQH to fill out an audition form by 5:00 p.m. on Monday, February 8. You will then be sent a Teams link to the virtual auditions on Tuesday, February 9 at 4:00 p.m. Contact [Ms. Christianson](#) or [Mr. Jackson](#) if you have any questions.

### Media Arts

Congratulations to **Mariana Garcia '21** whose short film, "Dear Corona," was selected as one of seven featured student films about life during the pandemic for the Lasallian District of San Francisco New Orleans' production, *Quaranteen Voices*. [Click here](#) to check out her exceptional work.

## Important Reminder

**Distance learning will take place for the first two weeks of February, beginning on Tuesday, February 2. We look forward to safely welcoming students back to campus on Tuesday, February 16.**

# FALCON FAMILY NEWS

## A MESSAGE FROM THE PRESIDENT

### DEAR FAMILIES:

As the first anniversary of the stay-at-home orders and distance learning approaches, I find myself reflecting on the whirlwind of this past year. The school's quick and smooth transition to Digital Learning Days last March was a true testament to our excellent teachers and robust technology program anchored by our iPad program and Schoology learning management system. Fast forward a year and that statement remains true to this day as our faculty and staff's dedication to our students are unwavering in our HyFlex environment.

We are grateful to now be able to offer free weekly on-campus COVID-19 testing for all students and employees in hopes of creating an environment that is as safe as possible for our school community. While it is tough to believe that life will return to how it was before, we continue to embrace the "new and improved normal." And with the new testing opportunities and vaccines at work, we are filled with hope and optimism as we work toward providing more activities and events for our students.

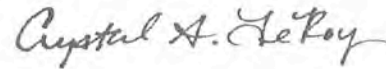
At Christian Brothers, we remain committed to providing quality education through the Lasallian Catholic tradition. The continuous challenge we face is balancing mission-centered excellence with affordability and long-term sustainability. Recently, the Board of Trustees approved an increase in tuition and fees by 4 percent. Tuition for 2021-22 will be \$14,550 and the registration fee \$725 for a total of \$15,275. Our tuition remains below the average for Catholic high schools in Northern California.

We recognize that tuition is a significant sacrifice for many families. Please know that we remain committed to our Lasallian Catholic mission of serving the poor. In the 2020-21 school year, we are distributing \$3 million in need-based tuition assistance to 450 students – more than one-third of our student body. We expect these numbers to be similar in 2021-22.

Tuition assistance comes from three sources: endowment earnings, fundraising and the operating budget. We are grateful to all our parents, alumni and friends for supporting

our fundraising efforts. We hope you will join us for our Auction and raise your virtual paddles in honor of our hometown of Sacramento on Saturday, March 20! All proceeds benefit tuition assistance, students and programs of Christian Brothers High School. Your ongoing support is critical to our mission.

Live Jesus in our hearts!



Dr. Crystal LeRoy, Ed.D.  
President

### INSIDE THIS ISSUE

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## COUNSELING

### Highlighting our Wellness Program

At Christian Brothers High School, we are 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 sixth 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, coping with stress and grief. She also goes into the classrooms throughout the year, offering presentations about wellness, which involve the whole person (physical, emotional, academic, social, intellectual, environmental, and spiritual). In this time of COVID-19, we are especially grateful for the support Mrs. McDougall has been able to offer our students. She regularly checks on the *Safely* app and makes proactive contact with students who share feelings of sadness, depression, or anxiety. Along with her in-person and Teams sessions with students, Mrs. McDougall has been sending out *Wellness Wednesday* messages to our students and families via Schoology and email, offering support during the pandemic with opportunities for self-care, reflection, mindfulness exercises, and coping mechanisms.

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 including compassion, awareness, gratitude, motivation, and inclusion. She is a licensed MFT (Marriage and Family Therapist) 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 733-3688 or [emcdougall@cbhs-sacramento.org](mailto:emcdougall@cbhs-sacramento.org).

### Pre-Registration for 2021-2022 Classes

**All students will be completing pre-registration through PowerSchool, which began Monday, February 22 and goes through Sunday, March 8 at 11:00 p.m.** Students may log in to make changes as many times as necessary over that time period. **Please review your student's future courses with them before the pre-registration period closes.** This will ensure everyone is in agreement and require fewer changes during the summer. Counselors have finished meeting with students in the classroom and they have received a Class Registration Planning Sheet. **Students should log into the PowerSchool website and not use the iPad app.** Directions are available to students on Schoology.

**Juniors who are required to take the Mastering the Essay course may take it at any point before graduation.** The [Course Catalog](#) and [Summer School information](#) and registration links are available on the CB website.

**Counselors are available to students in Cohorts A and B at lunch outside of the Learning Commons to answer**

**pre-registration questions or complete on-the-spot registration** in PowerSchool. Additional questions may be directed to the appropriate grade-level counselors or the college counselors.

## MEDIA, VISUAL AND PERFORMING ARTS

Open calls for the talents of all artists!

### Open Mic Night



Open Mic is accepting submissions for their third show of the year! **All are welcome to submit an act by emailing a video of your performance to [cbopenmic@gmail.com](mailto:cbopenmic@gmail.com) by Friday, March 5.** Message Mrs. Schorn with any questions. **The show will be live streamed on [KBFT's YouTube page](#) on Friday, March 19.**

### La Salle Art Exhibit

**Submissions for the 29th annual La Salle Art Exhibit are now open through Friday, March 12!** Students, faculty, and staff may submit up to three works in any medium. More details can be found on the [call for entries flyer](#). **This virtual show will be on Friday, April 16.**

- **Cohorts A and B drop-off times:** Room 104 or 305 on on-campus learning days
- **Cohort C drop-off times:** In front of the school on Wednesday, March 10 (8:15-8:45 a.m., 2:30-3:00 p.m.) and Thursday, March 11 (7:45-8:15 a.m.)

### Spring Play: Twentieth Century

Theatre has begun rehearsals for the spring play, *Twentieth Century*, a screwball comedy set on a cross-country train trip. **Links to stream our virtual production for free will be available from Friday, April 23 at 7:00 p.m. through Sunday, May 2.**

### Digital Art



Students in Digital Art have been creating self and influential portraits in the Illustration unit. [Click here to see some of their work!](#)

*Angelica Magana '21's Influential Portrait Digital Illustration*

### Lenten Activities

#### Lunchtime Lent Meditations

The Chapel will be open for both cohorts on Wednesdays and Fridays at both lunches for students, faculty and staff to come in for a moment of prayer. Worship music will be played throughout this time of meditation. Come into the Chapel and reflect on your Lenten journey!

#### Virtual Stations of the Cross

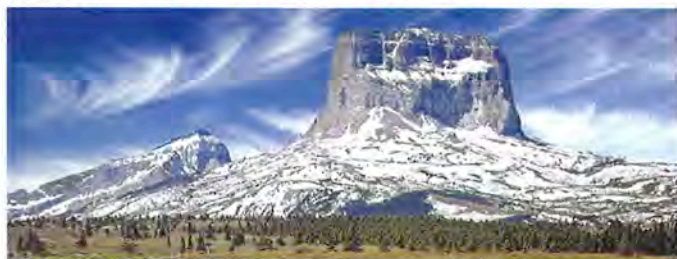
During all Thursdays during Lent, we will be broadcasting a recorded Stations of the Cross for the CB community during the A Set campus business/announcements time period. Students, faculty, staff and families are all encouraged to participate. Everyone will be given a script of a station and will be asked to record themselves reading the meditation for a station.

#### "Into the Desert" Lent Challenge

As we continue journeying through the season of Lent, we invite you to participate in our Lent challenge, "Into the Desert." A calendar of daily challenges was shared on Schoology. Students can take pictures of their completed daily challenges and show them to Mr. Baybayan at the Lasallian Student Life Office window on Tuesdays and Thursdays at lunch. Students will then be able to enter into a raffle for a grand prize. There will also be runner-up prizes for each class that participates.

For more information, please contact Mr. Jerome Baybayan, Director of Lasallian Student Life, at [jbaybayan@cbhs-sacramento.org](mailto:jbaybayan@cbhs-sacramento.org).

### VENAVER Blackfeet: Browning, Montana



Congratulations to the 10 students who will be participating in the virtual VENAVER Blackfeet immersion experience on Sunday to Wednesday, March 21-24, 2021: Alexix Adebodun '22, Morning Cloud Castellano '22, Nicholas Goldberg '23, Michael Hinton '22, Brooke Koenig '22, Emma Liu '22, John Marengo '22, Josh Tarver '21, Shannon Wong '23, and Jake Young '22!

The students will have the opportunity to familiarize themselves with the academic material they will need to know for the afternoon tutoring session, meet and speak with Blackfeet Community members, and more!

### March Falcon Drop-Off Drive

The March Falcon Drop-Off Drive donations will be for the Oak Park community at Fruitridge Community Collaborative (FFRC). FFRC is a neighborhood hub located in South Oak Park that provides children and families a safe place to learn and play. It houses 23 nonprofit organizations and serves as a meeting place for dozens more. The organizations serve diverse populations and offer a wide range of critical support programs that address health and economic disparities for children, adult-age youth and seniors in regards to environmental and social determinants of health, youth development and juvenile justice, arts and culture, access to health services, education, and employment.

**When:** Saturday, March 6, 2021 from 9:00 a.m. to 12:00 p.m.

**Where:** Front parking lot of CB

**Requested items include Easter candies and chocolate varieties such as:** Gold eggs, mini eggs, Welch's fruit snacks, Starbursts, Dove chocolates, Tootsie rolls, Sweetarts, Skittles, Peeps, Easter bunnies, Caramel candy eggs and others!

Donations are also currently being accepted in the LSLO (Room 106). For more information, please contact Mrs. Gigi Grapé at [ggrape@cbhs-sacramento.org](mailto:ggrape@cbhs-sacramento.org).

### S.A.L.T. Workshops Schedule for March

Social Action Leadership Team (S.A.L.T.) hosts weekly virtual service workshops on Tuesdays at 7:30 p.m. to highlight service opportunities. The workshops allow students to experience fellowship and exchange service ideas and passion for serving others.

- **March 2** - Auction volunteers workshop
- **March 6** - Easter Falcon Drop-Off Drive
- **March 9 and 16** - Lenten almsgiving
- **March 23** - Support small and local businesses workshop

### Service Opportunities and Hours

Before volunteering, students should determine their "volunteer personality." Sometimes making a list of interests and talents is a good way to begin. Once students have discovered what they want to focus on as a volunteer, the next task is to find those opportunities. Here are some popular free online resources that allow users to narrow down service opportunities by zip code and categories.

- [Volunteer Match](#)
- [California Volunteers](#)

Students: Before beginning any service activities, please talk to your parents/guardians to ensure they fit within health and safety guidelines.

### How Students can Submit Service Hours

We continue to use [Naviance/x2vol](#) to track service hours.



## ATHLETICS

### Season Schedule Update

On February 19, the California Department of Public Health announced [updated guidelines](#) for youth sports. **All outdoor youth sports may now be played in the purple or red tiers as long as the COVID-19 case rate is equal to or less than 14 per 100,000 people.** Please see the season schedule below.

- Cross Country (present – April 5)
- Women's Golf (present – April 7)
- Women's Tennis (present – April 9)
- Football (present – April 16)
- Cheer (present – April 16)
- Men's and Women's Water Polo (March 1 – April 16)
- Men's and Women's Soccer (March 1 – April 30)
- Men's and Women's Volleyball (March 1 – April 30)\*
- Men's Lacrosse (March 15 - June 4)
- Women's Lacrosse (March 15 - May 21)
- Baseball (March 22 – June 12)
- Softball (March 22 – June 12)
- Men's Golf (April 5 – May 24)
- Men's Tennis (April 5 – May 28)
- Men's and Women's Basketball (April 12 – June 12)\*
- Swimming and Diving (April 19 – June 12)
- Track and Field (April 26 – June 12)

\*Volleyball may begin competition when Sacramento County is in the orange tier and basketball may begin when the county is in the yellow tier.

As previously mentioned by the California Department of Public Health and Sacramento County Department of Public Health, **each team will be considered a cohort. Therefore, students may only participate in one sport during the 2020-2021 season. If a student-athlete decides to switch sports, that student will have to sit out for 14 days before joining the new team.**

**For each sport, players and families will be individually contacted by coaches regarding practice times.**

### Student-Athletes' Health and Safety

**All students are expected to be tested once a week with CB's free on-campus COVID-19 testing.**

**All student-athletes must have the FinalForms athletic medical clearance with a valid physical prior to any participation or tryouts for athletics.** Please [click here](#) for more information.

**Students cannot attend any practices or conditioning events without completing the health self-assessment questions in the *Safely* app.**

### Falcon Sports News

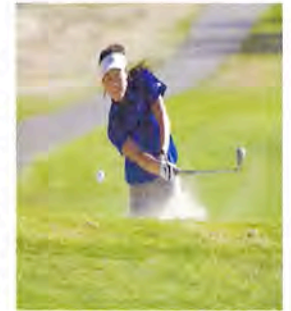


### Cross Country

CB's runners had a great start in their first official meet of the season on Saturday, February 27 at Capital Christian High School! **Their next race is on Saturday, March 13 vs. Vista del Lago High School at Capital Christian High School.**

### Women's Golf

We are happy to get back into the "swing" of things as the women's golf team embarked on their first CAL match vs. Del Campo High School at Mather Golf Course on Thursday, February 25! **They took home a victory with their first match, shooting 212 to the Cougars' 284.**



### Women's Tennis

**The women's tennis team is set to kick off their season on Monday, March 1 vs. Rocklin High School at Laguna Creek Racquet Club at 3:30 p.m. Good luck!**

### College Signing

Congratulations to **Dominic Castillo '21** who recently committed to the University of Puget Sound for football!

### CB Conversations

Take a look at the first episode of CB Conversations: [A Chat with the Greens](#), where they share stories and experiences about their family, Black culture, and Black history.

Thank you to the Greer family for sharing your hearts, lives and experiences with the Falcon family!





# A TRIBUTE TO Sacramento

CHRISTIAN BROTHERS HIGH SCHOOL  
AUCTION

## Christian Brothers High School's Virtual Auction Saturday, March 20, 2021

5:30 p.m. – Cocktails and Appetizers | 6:00 p.m. to 7:15 p.m. – Live-Streamed Program | 8:00 p.m. – Bidding Closes

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

[Visit this link](#) to view all our amazing items and register to bid! **Tickets are not required to participate. Anyone can register for free and bid** on great items like vacation homes, a duck hunt, gourmet dinner in a vineyard, college consulting services, fly fishing, picnic baskets, gift certificates, camping gear and so much more! There's even a Peloton! Check out the entire lineup!

**Bidding opens on Saturday, March 13 and closes at 8:00 p.m. on Saturday, March 20.** It's the best event you won't attend!

Thank you to our amazing team of parent volunteers who have worked hard to bring this event together! And thank you to all our donors who have provided the amazing lineup of items and to all our generous sponsors!

Find out even more at our [Auction web page](#).

### Class of 2021 Updates

Here's a chance to spend some time with your friends and serve the community at the same time – socially distanced of course!

**The Class of 2021 will be putting together Easter baskets for at-risk youth in the Oak Park area on campus after school on Wednesday, March 10 from 3:00 p.m. to 5:00 p.m. Snacks will be provided.** Youth groups in the area are also working on this project for the Fruitridge Community Collaborative (FRCC).

**In order to participate, students must have a negative COVID-19 test that week. Cohort C students who plan to participate must test on campus March 8 or 9. All students who are on campus should continue to complete their *Safely* app daily.**

**To sign up, you must email or message [Mrs. Hanshaw](#) or [Mrs. Vanenburg](#).**

**If you would like to contribute a bag of candy, please bring it with you or drop it off in Room 103 or the front office.**

**This is the first of three service opportunities that are part of the 'Senior Sendoff Experience.'** Please see the flyer or [click here](#) for more information.



The next stop of the Senior "sendoff" Experience is "Spring Forward", a service activity in partnership with PRO Youth & Families. As you leave to serve the wider world, we present a service opportunity for the class of 2021 to give back to our Oak Park neighborhood. Details are below.

#### Attention Class of 2021

Christian Brothers Class of 2021 is "blooming" happy to celebrate the Easter season with our Oak Park neighbors. The Class of 2021 has three opportunities to participate in creating a festive Spring Forward Event at the Fruit Ridge Community Collaborative (FRCC)

#### Service Opportunity #1

Here's a chance to spend a little time with your friends and serve the community at the same time. Socially distanced of course.

**What:** Class of 2021 seniors will be putting together Easter baskets for youth at risk in the Oak Park area. Other groups in the area are also working on this project for the Fruit Ridge Community Collaborative.

**Where:** Christian Brothers

**When:** Wednesday, March 10, 2021

**Time:** 3:00 to 5:00 PM

**Things you need to know:**

- You must have an up to date negative Covid test. If you are in Cohort C you must test on March 8 or 9.
- You must have completed your Safely app.
- Snacks are provided.
- To sign up, you must email or message Mrs. Hanshaw or Mrs. Vanenburg.
- If you would like to contribute a bag of candy please bring it with you or drop it off in Room # 103 or the front office.

#### Service Opportunity #2

**What:** Sign up to help decorate the Fruit Ridge Community Collaborative on the day of Spring Forward

**Where:** FRCC - 4625 44th Street, Sac. CA 95820

**When:** Sunday, March 14

**Time:** 10:00 AM to 12:00 PM

**How:** Contact Erin Stone: [erins@proyouthandfamilies.org](mailto:erins@proyouthandfamilies.org)

#### Service Opportunity #3

**What:** Volunteer to help during the Spring Forward event with things like, handing out baskets, helping with traffic control, supporting other volunteers

**Where:** FRCC - 4625 44th Street, Sac. CA 95820

**When:** Sunday, March 14

**Time:** 2:00 PM to 4:00 PM

**How:** Contact Erin Stone: [erins@proyouthandfamilies.org](mailto:erins@proyouthandfamilies.org)

All opportunities on the day of the event will follow CDC guidelines, require masks and will be socially distanced to the best of our ability.



# FALCON FAMILY NEWS

## A MESSAGE FROM THE DIRECTOR OF COLLEGE COUNSELING

### DEAR FAMILIES:

As we reach the year mark of our new reality of *Digital Counseling*, I want to address some of the ways the Counseling Department has been working with our Christian Brothers community and offer some suggestions for moving forward while maintaining a level of mental and physical health.

Counselors are available and would love to hear from our students and parents. We are checking email and Schoology messages regularly and setting up video conferences via Microsoft Teams. 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. Emily McDougall, is posting helpful tips for students on Schoology each Wednesday. 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. When learning from home, 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/guardians to support your student: Set a daily plan/goal with your student to maintain schoolwork expectations and to 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 and HyFlex learning.

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 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. Erma Bombeck said, "Worrying is like a rocking chair: it gives you something to do but it never

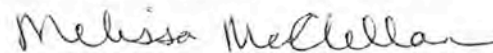
gets you anywhere."

Much of this advice was borrowed from a podcast called *Laughter 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. Sports performance tips can be related to getting through the stress and anxiety many are facing in our daily lives.

*Easter break with COVID-19:* Easter break is probably looking a lot different this year (again). Although things feel like they are starting to open up, there will still be less flights to warmer weather and smaller family gatherings, reunions, and meals. So, what can we do? Here are some ideas for things you and your family can do to relax and rejuvenate during our two-week vacation: 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 a silly video; take a family beach or hike day with a picnic; take a road trip; arrange old pictures into a photo book for friends and family; find a great podcast; share silly videos online; 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

### INSIDE THIS ISSUE

- Counseling
- Lasallian Student Life Office
- Media, Visual and Performing Arts
- Athletics

## 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 and 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).

The good news is that many of our students have been admitted to several prestigious universities and programs, including University of Southern California, Northeastern University, UC Berkeley, UCLA, 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 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 web page](#) 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.



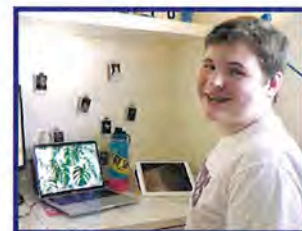
**CHRISTIAN BROTHERS HIGH SCHOOL**

## Summer School & Summer Fun!

June 14 – July 23, 2021

Enriching virtual and hybrid summer classes and activities for students second grade through high school!

- Arts Camps
- Leadership Camp
- Middle School Advantage
- Music Camps
- Robotics Camps
- Science Camps
- Sports Camps
- TV, News & Production Camp
- High School Courses
- High School Review Courses
- Enrichment Courses



Visit [www.cbhs-sacramento.org/summer-program](http://www.cbhs-sacramento.org/summer-program) for more information.



## LASALLIAN STUDENT LIFE OFFICE (LSLO)

### Kairos 80 Senior Retreat

Kairos in Greek means "God's Time." This retreat and tradition at Christian Brothers have been widely celebrated, and an opportunity that many senior classes have participated in during past years. As in-person activities continue to increase, we now are once again able to invite our senior class to participate in a **modified in-person Kairos Retreat on campus. Kairos will be on the first weekend of May beginning Friday afternoon on April 30, and two full retreat days on Saturday, May 1 and Sunday, May 2. Registration is open now through April 15 at [this link](#).**

### Senior Retreat Leadership Team 2021-2022

Juniors! We are recruiting for next school year's Senior Retreat Leadership Team (SRLT) to assist the Lasallian Student Life Office (LSLO) with retreats for all classes, ministry events, school liturgies, and to be vibrant leaders in helping next year's God Squad.

Some qualifications that are required are:

- Maintain a 2.5 GPA
- Have a desire to learn how to be good ministry leaders, and to set an example for those that they are going to lead.
- The ability to be a good team player, courageously share your faith, lead prayer, and have good communication and listening skills

To begin the application process, **potential candidates can apply at [this link](#)**. Each candidate will be interviewed by a panel and will be asked questions based on their personal goals and qualifications. For more information, please contact Mr. Jerome Baybayan, Director of Lasallian Student Life, at [jbaybayan@cbhs-sacramento.org](mailto:jbaybayan@cbhs-sacramento.org) or (916) 733-3628.

### Club Updates

- **Open Mic** has wrapped up their third show of the year, completely online! We are eagerly planning the senior show of 2021. Make sure to catch the show on Friday, May 14!
- **Lasallian Youth**, led by co-presidents Mathew Thomas '21 and Emma Emigh '21, has been going strong all year by offering virtual tutoring to students in the CB community and at St. Roberts Elementary School. Earlier this year, they had a successful drive to support Wellspring Women's Center. Lasallian Youth has more projects in the works, and the pandemic has created new opportunities to serve. They are a dedicated and wonderful group of Falcons!
- The **Science Olympiad Club** competed in the NorCal Regional tournament on March 6. The team had an outstanding showing, placing 7th overall among the 31 teams in the competition. The team was led by seniors Ai-Linh Tran '21 and Ella Geronimo '21, who finished 3rd in "sounds of music." Congratulations to all members of the team!
- **Photography Club** has been thriving this year. We meet

via Teams every other Tuesday at 4:15 p.m. where there is usually a presentation of techniques, styles, composition, and more, and a discussion and voting for the next competition. Presentations are available in the Resources folder on our Schoology page for those who couldn't make the meeting or would like to see it again. Competitions are held virtually on the weeks in between meetings. Students vote to decide the winner. There is a leaderboard of winners and prizes are awarded at the end of each semester for the top winners.

- **Mathletes** has been competing each month at meets sponsored virtually with other schools in the Sacramento Area. The students have solved problems in the areas of algebra, arithmetic, geometry, trigonometry and the team favorite, group problem solving. Our last competition will be on Thursday, April 15.

- **Future Medical Professionals Club** has had a fantastic year due in no small part because of the efforts of the student leaders Paige Harty '22 and Elizabeth Stevens '22. We have had speakers from all corners of the health care profession, including surgeons, pediatricians, radiologists, nurses, and therapists. They have shared their journey in navigating themselves through our health care system, the education to get there, the unique services they provide, and lending clarity as our CB students discern their next steps toward their own goals of serving in the health care field.

- **Environmental Club:**

- We sold CA poppy seeds in recycled containers and included the many benefits of planting native plants. The money was donated to the Cosumnes River Preserve

- Students designed a CB club t-shirt, and we sold many.

- We are in the process of stenciling the garbage and recycling containers around the school to mark them more clearly and create less confusion for what items should go where.

- To avoid having white board and other felt-tipped markers go in the landfill, we are setting up a partnership with Crayola Color Cycle again. They take the markers and generate fuel from them. This program was started at CB two years ago, but Crayola paused it during the pandemic. The club will get it ready to start up again as soon as possible.

- We had a guest speaker, Olivia Kim '24, speak to us about the "Sunrise Movement," a national organization of students who are fighting climate change and other environmental issues.

We meet every Friday after school where we have many good discussions on Teams as a club and learn a lot from each other and the students' great ideas.

- The **Engineering Club** hosted an Egg Drop for its members. Students designed protective packaging and dropped the eggs at home. The results were shared in a Teams meeting last month.

## Club Updates (continued)

- The 2020-21 **Academic Decathlon Team** once again reached the podium in the Sacramento County competition with a fifth-place finish. The team consisted of Patrick Cahill '22, Zachary Dong '21, Ethan Fung '23, Will Tuschinski '21, Logan Tiska '23, Madison Martin '23, Alexander Sanchez '22, Grace Cloete '22, Hillary Chu '22, Nicholas Goldberg '23, Elizabeth Cotillo '21, Melody Lednick-Lehman '22, and Eliza Lopez '23. The team's placement and score earned CB's first invitation to the state competition. The last of the state events was on March 20, and the Awards Ceremony was on March 27. The Sacramento County individual medals winners are:
  - Patrick Cahill '22 - gold in Interview, Team High Scorer
  - Will Tuschinski '21 - gold in Speech, silver in Essay, bronze in Social Studies; Will (virtually) presented his gold medal speech at the awards ceremony.
  - Logan Tiska '23 - gold in Language and Literature, bronze in Math
  - Madison Martin '23 - bronze in Music
  - Zachary Dong '21 - Leadership award
  - Hillary Chu '22 - team's highest scorer (5th among all competitors!), bronze in Science
- **Model United Nations** held an on-campus activity on March 20. All 14 members were able to attend the day-long historical crisis simulation. Students researched the Arab-Israeli conflict, focusing their attention on the Six Days War of 1967. Everyone involved was so delighted to be together on campus, negotiating and creating resolutions to solve international problems of the day.
- CB's **Mock Trial Team** competed in the Sacramento County competition this year and moved to the quarterfinals. CB finished 6th overall, and individual awards for excellence were awarded to multiple student attorneys as well as one witness.
- **Senior Class Council** hosted its final Senior Trivia Night on March 25, with close to 50 participants and some special teacher guest competitors joining in on the fun. Trivia categories included identifying classic high school movies, CB Teacher Trivia, and more!
- **Collective Minds** has been meeting weekly to discuss various methods and approaches to improve one's wellbeing. Topics that we've discussed so far include meditation, sleep, art therapy, and increasing your self-worth.
- **Blanket Club** has adjusted to sending supplies home with students to replace our normal in-person meetings. In addition to making blankets this year, the club has been making dog toys and baby hair clips out of scrap fabric in an attempt to create less waste. So far this year we have had the largest student participation ever, with two completed rounds of blankets and a third underway. By the end of this school year, our service club expects to have donated over 100 blankets and a plethora of dog toys and hair clips. The Blanket Club has not let COVID-19 or the inability to get together on campus hinder our production of blankets for sick children at the Sutter Hospital Outreach Center.

## MEDIA, VISUAL AND PERFORMING ARTS

All aboard the Arts train this spring!



### Theatre Arts

The Theatre program's virtual production of "The Twentieth Century" is coming to a station near you! Enjoy this uproarious comedy aboard a cross-country train journey. **A YouTube link will be available on the [CB Ticket Hub](#) between 7:00 p.m. on Friday, April 23 and Sunday, May 2.** You must have the

link to view the production; you will not be able to search it. Hope you can join us!

### Visual Arts

The **La Salle Art Exhibit** is coming soon! Don't miss the hard work of our talented student-artists. They may have been socially distanced this year, but they are as creative as ever! **A shareable link to view the artwork will be available on the CB website beginning Friday, April 16.**

### Open Mic Night

Senior Open Mic is just around the corner. Submission details and deadlines will be coming in May from the Open Mic club, but now is a great time for you seniors to start polishing your act. All grade levels are welcome to submit an act, but preference will be given to seniors.

## Mark Your Calendars!

Christian Brothers High School will be partnering with [Challenge Success](#) throughout the spring and 2021-22 school year to take a comprehensive look at school operations with a goal of increasing student well-being and academic engagement. The group, born out of Stanford professors and educational researchers, partners with constituents of a school community: students, parents, faculty, staff, and administrators, to gather data which will be used to create tangible plans to improve the student experience at CB. As such, they will be conducting surveys and focus groups in the coming months and will be asking for your participation.

**Families, we invite you to join us on Wednesday, April 14 at 6:00 p.m. at [this link](#) to meet with representatives from Challenge Success and learn more about this important program and process.**

## ATHLETICS

### Student-Athletes' Health and Safety

All students are expected to be tested once a week with CB's free on-campus COVID-19 testing.

All student-athletes must have the FinalForms athletic medical clearance with a valid physical prior to any participation or tryouts for athletics. Please [click here](#) for more information.

Students cannot attend any practices or conditioning events without completing the health self-assessment questions in the *Safely* app.

### College Signings

- Congratulations to **Thomas Milton '21** who recently committed to the University of Puget Sound for football!
- Congratulations to **Logan Wurm '21** who recently committed to Christian Brothers University, Memphis for baseball!

### CAL Scholar-Athlete Awards

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

GPA: Athletes must have a cumulative 3.5 (or above) weighted or unweighted grade point average as well as a current 3.5 (or above) weighted or unweighted GPA. The cumulative GPA is based on cumulative grades of semesters (or tri-semester) from ninth grade onward, including the grading period that the athlete is participating in a sport.

Award: Athletes will be awarded a scholar-athlete patch for each season for which they qualify. The award is presented to the athlete based upon two criteria: the athlete completes the season in good standing and the student athlete has the required GPA at the completion of the grading period of the sport season which the athlete participated.

The league started the Scholar-Athlete award in the Fall of 2014.

### Cross Country

- Nicholas Gustafson '22
- Tyler Simi '23
- Kai Labson '22
- Nicholas Goldberg '23
- Evan Carrasco '21
- Shane Kasbergen '21
- Ryan Dong '22
- Alexanderia Moya '23
- Jack O'Brien '21
- Mallia Gay '21
- Raphael Matthew Lobo '21
- John Faust '23
- Samuel Bateman '22
- Bradley Bertossa '23

### Cheer

- Brooke Patterson '22
- Olivia Cepeda '22
- Olivia Morton '21
- Marisa Cabrera '21
- Shirley Garcia '22
- Taylor Paton '22
- Sofia Zanzi '22
- Gabriella Alvarez '21
- Gianna Stark '22
- Raquel Cortes-Torres '22
- Carmen Greiner '21

### Football

- Lyman Tadewald '21
- Nathan Smith '21
- Derek Babby '21
- Eli Garcia '22
- Sawyer Hays '21
- Ethan Simoes '21
- John Michael Berger '21
- Landon Howard '23
- Jacob Wingert '21
- Darius (DJ) Crowther '22
- Christopher DeShong '21
- Jake Elorduy '22
- Andres Narvaez-Gordon '21
- Thomas Milton '21
- Jared Wiley '23
- Matthew Dettling '22
- Marcus Price '23

### Women's Golf

- Calista Rapolla '23
- Annalise Gay '23
- Briann Briggs '23
- Nicole Staggs '23
- Annabelle Horan '21
- Isabella Esquivel '21

### Women's Soccer

- Brooklyn Horst '23
- Isabella Pond '21
- Scarlet Pope '23
- Gwyneth Culleton '22
- Lily Jensen '23
- Kristin Lee '22
- Paola Pasqua '23

### Men's Soccer

- Desmond Greer '21
- Miguel Cornejo '22
- Jack Bergfeld '23
- Carson Brown '22
- Nicholas Hanna '21
- Andre Martin Tabunda '22
- Benjamin Delfino '21
- Jake Young '22
- Zachary Hembd '23

### Women's Tennis

- Ashley Ancog '23
- Jamie Ancog '23
- Lena Mikacich '22
- Emma Emigh '21
- Alessandra Salvini '23
- Graciela Diaz '23
- Malia Scullary '23
- Lola Jan '21
- Mariana Garcia '21
- Sophia Garcia '23
- Ai-Linh Tran '21
- Fiona Babcock '21
- Magdalena Bowen '23
- Bianca Noelle Cabanag '21
- Danielle Thiebaud '23
- Tessa Easterling '22
- Elizabeth Stevens '22

### Men's Water Polo

- Patrick Cahill '22
- Andrew Perrault '22
- Derek Larson '23
- Jack Vicari '23
- Dylan Delucchi '21
- Thomas Piper '21

### Women's Water Polo

- Eliza Mikacich '22
- Logan Tiska '23
- Brooke Brandenburger '22
- Karina Elliott '22
- Abigail Hurst '23
- Melody Lednicki Lehman '22
- Abigail Fox '22
- Abigail O'Malley '22
- Madison Flewellyn '22
- Jenna Yates '23

# FALCON FAMILY NEWS

## A MESSAGE FROM THE PRESIDENT

*"To be entrusted with the teaching of the young is a great gift and grace of God"* – St. John Baptist de La Salle

### DEAR FAMILIES:

One year ago, I packed up my belongings, and together with my husband, daughter, and dog, boarded a train for what would be a 2,000-mile journey to our new hometown of Sacramento. While I was beyond excited to unite my Catholic faith and professional vocation, and energized by the phenomenal students, families, teachers, and staff members I had already encountered, I had no way of fully appreciating the myriad *gifts and graces* of this incredible Christian Brothers High School community.

To say this has been a challenging year would be an understatement. The COVID-19 pandemic has caused much suffering with lives lost, economic hardships, and the painful isolation experienced by so many. As a school, we have weathered the uncertainty of the initial mandated closure, evolving safety recommendations and protocols, county tiers, and now, the Blueprint for a Safer Economy.

I am in awe of our students who have been resilient, creative, and hardworking, both online and in person. CB's student leaders have persevered in building community and enhancing connections. Their inventiveness and dedication to our Lasallian family amazes me still. Our Director and Assistant Director of Lasallian Student Life, with members of God Squad and SALT, have worked hard to celebrate and share our faith, while providing numerous opportunities for virtual retreats and service in our community. Our visual and performing arts teachers showcased student talents with radio plays, bi-weekly KBFT broadcasts, a virtual Christmas choral concert, online screenings of the spring play, a virtual La Salle Art Exhibit, and so much more. And, once sports were given the green light, our Athletics Department, coaches, and student-athletes hit the ground running with this year's sport seasons condensed into just a few short months.

Our faculty and staff have been steadfast in their dedication to students and families. Their efforts have been nothing short of heroic in ministering to both students online and in person two days a week, and now, four days a week. Educational innovation is at the heart of our Lasallian Catholic charism and it

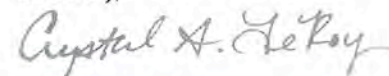
has certainly been on full display in our classrooms and on our computer screens this year.

I am profoundly grateful for our community's commitment to safety and adherence to vital COVID-19 protocols including completing the *Safely Back to School* daily health assessment and weekly PCR testing for our on-campus learners, student-athletes, teachers, and staff. I am thrilled to share that as of today, May 1, we have not had any cases of COVID-19 transmission occurring at school since our return to campus in October.

With vaccines in process and available to individuals 16 years and older, there is light at the end of this dark COVID-19 tunnel. With it, comes a prayer and hope for a return to normalcy. One important step toward doing so for all of us at CB is celebrating the Class of 2021 on Saturday, May 15, with a graduation ceremony at Sutter Health Park. While these young men and women have missed out on so many of the traditional milestones that mark a senior year at CB, we look forward to honoring them as one class who together has weathered the unthinkable and emerged strong, spirited, and equipped to succeed in college and beyond.

Thank you, families, for the blessing of these seniors and all of our students. The *gifts and graces* of this incredible Christian Brothers High School community have been more than I ever imagined, and I am so profoundly grateful to have boarded that train and shared this past year with all of you.

Sincerely,



Crystal LeRoy, Ed.D.  
President

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- Lasallian Student Life Office
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- Senior Updates



## COUNSELING

### Summer is still a time for action!

The counselors would like to remind students and families that summer is a good time to continue college planning and academic preparation. Studies continue to show that students who are involved in structured, productive activities in the summer are less likely to engage in at-risk behaviors. Busy, involved, 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.

In addition to the many outside summer program opportunities available, consider CB's own [Summer School and Summer Fun program](#).

Here 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:** Log into your [Scoir](#) account and update your Profile (resumé).

**Sophomores:**

- Update your Profile (resumé) and complete You Science assessments in [Scoir](#).
- 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 more about College Summer Programs.

**Juniors:**

MAY/JUNE

- Start prepping for the SAT by utilizing [Khan Academy](#)'s online test prep and for the ACT by utilizing [ACT Online Prep](#) for schools that require the exams or may be test optional.
- Plan for a challenging senior year. If you want to make course changes other than what you pre-registered for, please contact [Mrs. Gormley](#).
- Update your resumé on [Family Connection](#) and finish any other suggested activities.

SUMMER

- Complete summer "homework" for college admission (distributed soon by Ms. McClellan and Mrs. Melarkey in the Class of 2022 Schoology Page and mailed home) – **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 classes, college applications and other activities, so "downtime" in the summer is the perfect time to seek out these opportunities.

- Begin drafting your college essay (part of summer "homework").
- Log into [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 complete a service activity.

**Seniors:**

MAY

- You must submit your acceptance ("Statement of Intent to Register") to the college you have chosen to attend by Saturday, May 1.
- Congratulate yourself and finish strong!
- Go to [Family Connection](#) by 8:00 a.m. on Monday, May 3 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. Emailing them is okay. Ask [Ms. McClellan](#) or [Mrs. Melarkey](#) on how to do that if you don't already know how.
- Now is the time to order your final transcript for college. Order your final transcript at [this link](#).

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 of 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 [CB's Summer School program](#).
- Any semester F's for 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).

### Counseling Issues Arising 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.

### May Falcon Drop-off Drive

Join us for the **Falcon Drop-off Drive on Saturday, May 8 from 9:00 a.m. to noon at CB!** Donations will go to Camp Recreation, Minority Camp, and WIND Youth Services.

Items needed include **shampoo, body wash, toothbrushes, toothpaste, chapstick, hand sanitizer, sunscreen, deodorant, insect repellent, lotion, washcloths, \$5 gift cards to Subway, Walmart, and Target, circus board games, decks of cards, Jenga, etc.**

**Wish list:**

- shampoo
- body wash
- toothbrush
- toothpaste
- chapstick
- hand sanitizer
- sunscreen
- deodorant
- Insect repellent
- lotion
- washcloths
- \$5 gift cards to Subway, Walmart or Target
- and circus board games, decks of cards, Jenga, and more!

**9 am – 12 pm**

Collected donations will go to:  
Camp Recreation,  
Minority Camp, and  
WIND Youth Services

**Saturday  
May 8**

### 2021-2022 ASB Lasallian Student Life Council

Congratulations to the newly elected members of next year's ASB LSLC!

- **ASB President:** Marcos Galvan '22
- **ASB Vice President:** Maya Sharma '22
- **ASB Secretary:** Madeline McDougall '23
- **ASB Treasurer:** Feven Berhane '23
- **ASB Communications/Publicity:** Thomas Berger '23 and Grace MacDonald '23
- **ASB Clubs Commissioner:** Madeline Salinas '24
- **ASB Falcon Force Spirit Commissioner:** Tayla Harding '23
- **ASB God Squad/SRLT Commissioners:** Kaylin Holliman '22
- **ASB SALT Commissioners:** Nicholas Goldberg '23 and Peyton McDonald '23

### Kairos 80 Senior Retreat

Please pray for the seniors who are on Kairos the first weekend of May as they partake in this modified, special CB tradition!

### Club Updates

- **Academic Decathlon** is a club, team, and class. Students study and prepare from May through February to compete in the Sacramento County competition, where they are tested in seven subject areas linked by a central theme, deliver speeches, and compose a timed essay. The 2021 team competed virtually, winning fifth-place medals, as well as multiple individual medals. This placement earned CB its first invitation to the California State Aca Deca event.
- The **Asian Cultural Alliance (ACA)** is a club run for the students, by the students. ACA aims to spread cultural awareness to the CB community about Asian minorities and share the distinct culture of each Asian country. Though this year has been challenging for the CB community, ACA has been successful in creating events celebrating Asian cultures through the Mid-Autumn Moon Festival, Lunar New Year Celebration, and Asian Pacific Islander Month.
- The **Beautiful Game** club is devoted to following the world's Beautiful Game: football, soccer, fussball, voetbal, calcio, etc., on a weekly basis. The club looks to form a community within CB to expand the knowledge of the variety of clubs, their style of play, and histories. Each week, members are invited to give their predictions of the weekly fixtures in the myriad of leagues and cup competitions. This year, they had online conversations regarding the Champions League and the proposed European Super League. They look forward to next school year when they can once again gather to view games online during lunch breaks and share their passion and love of The Game.
- The **Black Student Union** is pleased to have served the CB family in a few activities this hybrid semester. The BSU prayer offerings during Black History Month were well received. Their annual Career Night with a focus on STEM was held virtually and the students gathered great insights about STEM education and careers paths. We celebrate our seniors and pray for their continued success. It is notable that some will attend the Historically Black Colleges and Universities of Hampton University, Clark-Atlanta University and Spelman College.
- 14 members of the **CB Theatre Society** spent six weeks of after school time this semester rehearsing and putting together a virtual production of the comedy *Twentieth Century*. See more details in the MVPA section.
- **De La Dudes** worked this semester on "Sh Boom" and concentrated on having fun together and bonding as male singers at CBHS.
- **De La Femme** worked this semester on "Beauty School Dropout" and helped each other learn good video performance techniques on Teams.

## Club Updates (continued)

- The **Environmental Club** had interesting discussions about how important the environment is to protect, and how we can contribute. They read articles together, watched informative videos, and exchanged ideas about sustainable gifts. The club had a CA wildflower seed fundraiser. They also had excellent guest speakers, designed club t-shirts, and bought stickers for the on-campus recycling and garbage cans. Some club members wrote environment-based articles for Earth Day. They enjoyed getting together and discussing topics they care deeply about.
- **Heartbeats**, the pro-life club, seeks to promote a culture of life in our school and community. The group educates members about important life issues, so that they will be better able to defend and support life from conception to natural death. Heartbeats has helped with the Sacramento Life Center's baby-bottle fundraiser and members volunteer for the Center's gala every year.
- **Lasallian Youth** has had a great year because of the amazing effort of students who pivoted to online tutoring this year. As a final project, the club is collecting supplies for Sr. Nora's Place, which provides long-term overnight shelter and case management for women who have experienced chronic homelessness, trauma, and serious mental and physical health impacts. **Items needed are twin mattress pad covers, twin sheet sets, house slippers/flip flops, nail clippers, tweezers, hairbrushes, first aid kits, hair ties, disposable razors, gift cards, daily bus passes, and toilet paper. Items may be dropped off in Room 207 or at the Falcon Drop-off Drive on Saturday, May 8.**
- **Mathletes** participated in their final competition of the year on April 14. Despite the pandemic, they competed each month in virtual competitions against area high schools in the areas of Arithmetic, Algebra, Geometry, Trig/Analysis and Group Problem Solving. Great participation by Brooke Brandenburger '22, Joshua Elboom '22, Ethan Fung '23, Marcos Galvan '22, Eliza Mikacich '22, Lena Mikacich '22, Tien Nguyen '21 and Alicia Romani '23.
- **Open Mic** is working hard to bring a digital and live show for the final Open Mic of the year, the "Senior Open Mic" senior sendoff. See more details in the MVPA section.
- **Photography Club** has been meeting every other week with presentations covering themes, styles, techniques and composition. There have been themed contests held on the weeks in between meetings and members vote to choose winners. At the end of each semester, the leaderboard is finalized and the top winners are announced.
- The **Young Conservatives** is a student-driven club dedicated to the ideals of traditional political conservatism. Their meetings are meant to inform students about fundamental conservative ideals as well as issues of the day. Young Conservatives welcomes students of all political leanings to engage with them in open and respectful discussions.
- **Young Progressives** have met each week throughout the school year to discuss important political, social, economic,

and cultural issues that affect society today. Many of the members were able to put ideas into action by volunteering during the 2020 election. The club recently ushered in a change of leadership as their amazing senior leadership team is graduating. They are looking forward to a new year of learning, debating, promoting, and volunteering for progressive causes throughout the Sacramento region, and welcome anyone interested in joining their club.

- The **Robotics Club** consists of students interested in all things engineering. The club participates as an active member of MATE ROV Competition and FIRST Robotics. This year, we were not able to partake since the pandemic prevented us from meeting to build, program, or compete. We will jump into MATE at the beginning of the new school year and will engage FIRST when we host our annual FIRST Lego League (FLL) competition at CB in November 2021.

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## MEDIA, VISUAL AND PERFORMING ARTS

It has been a very different year in the Arts at CB but even the challenges of a pandemic can't stop our creativity!



### Visual Arts

The **29th annual La Salle Art Exhibit** went digital this year, putting the talents of our Visual Arts students on full display. [Click here](#) to enjoy the show.

(left) *Minha Família* by Raquel Silva '21, Best in Show - 29th Annual La Salle Art Exhibit

### Theatre Arts

Theatre produced the screwball comedy *Twentieth Century* via Zoom that premiered on Friday, April 23. You can see the kids ham it up at [this link](#) through **Sunday, May 2** (and it's free!)

### Open Mic Night

Open Mic will be producing their **final show of the year on Friday, May 14 at 7:00 p.m.** This show will feature acts performed live, as well as recorded, and will stream on [KBFT's YouTube channel](#). Anyone is welcome to submit an audition video, though preference is given to seniors.

**Students wishing to submit an audition video to perform live at the show or submit a show-quality pre-recorded video must do so by 5:00 p.m. on Friday, May 7 to [CBOpenMic@gmail.com](mailto:CBOpenMic@gmail.com).** Please email [Mrs. Schorn](mailto:Mrs.Schorn) if you have any questions.

We're so proud of all our wonderful CB artists who persevered, found ways to create, and shared their talents with our community. It has truly been a source of joy in a difficult time. Have a great summer and we'll see you in the fall!

## ATHLETICS

### CAL and Falcon Scholar-Athlete Awards

**Eligibility:** Athletes who are members of a CAL recognized varsity team are eligible for the award. Freshmen are not eligible as the athlete must have at least one year of grades, beginning with the ninth grade. The athlete must finish the season in good standing.

**GPA:** Athletes must have a cumulative 3.5 or above weighted or unweighted grade point average as well as a current 3.5 or above weighted or unweighted GPA. The cumulative GPA is based on cumulative grades of semesters (or tri-semester) from ninth grade onward, including the grading period that the athlete is participating in a sport.

**Award:** The league started the Scholar-Athlete award in the Fall of 2014. Athletes will be awarded a scholar-athlete patch for each season for which they qualify. The award is presented to the athlete based upon two criteria: the athlete completes the season in good standing and the student-athlete has the required GPA at the completion of the grading period of the sport season in which the athlete participated.

Congratulations to the following students!

#### Dive

- Abigail Boyers '22
- Marisa Cabrera '21
- Gwyneth Culleton '23
- Simone Gandy '21
- Kathleen (Kate) Ruecker '23

#### Men's Varsity Golf

- Thomas Berger '23

#### Women's Varsity Volleyball

- Alexis Adebodun '22
- Brooke Bonetti '22
- Allison Corgiat '21
- Hillary Chu '22
- Kenna LaFitte '22
- Gillian Hurley '22
- Margaret Melarkey '21
- Alyssa Nguyen '23
- Lilian Patock '22
- Danielle Thiebaud '23
- Julia White '22

#### Men's Varsity Volleyball

- Joshua Elboom '22
- Nicholas Edgar '22
- Jack Gonong '23
- Julian Isler '23
- Ryan Rodriguez '22

#### Varsity Softball

- Yvette Castellanos '22
- Kennedy Cunha '22
- Jolie Gomez '23
- Tiana Johnson '23
- Ysabel Moreno '21

#### Swim

- Brooke Brandenburger '22
- Patrick Cahill '22
- Karina Elliott '22
- Abigail Fox '22
- Sarah Freeman '21
- Abigail Hurst '23
- Derek Larson '23
- Melody Lednicki Lehman '22
- Eliza Mikacich '22
- Andrew Perrault '22
- Thomas Piper '21
- Natalie Rominger '23
- Lana Storm '23
- Helen Symkowick-Rose '23
- Logan Tiska '23
- Jack Vicari '23
- Jenna Yates '23

#### Track and Field

- Alyssa Angulo '21
- Samuel Bateman '22
- Brandon Beck '21
- Annie Charleboix '21
- Chloe Decker '21
- Christopher DeShong '21
- Ryan Dong '22
- Talyn Fale '23
- Bridget Fitzpatrick '23
- Malia Gay '21
- Desmond Greer '21
- Nicholas Gustafson '22
- David Hock '21
- Brooklyn Horst '23
- Audrey Jeffers '21
- Lily Jensen '23
- Devin Johnson '22
- Clayton Ketcher '21
- Brendan King '22
- Raphael Lobo '21
- Alexanderia Moya '23
- Jack O'Brien '21
- Michael Petilla '22
- Anne Rodriguez '23
- Tyler Simi '23
- Nathan Smith '21
- Jonathan Stenger '21
- Lyman Tadewald '21

#### Men's Tennis

- Timothy Cole '23
- Nolan Fernandez '23
- Cristian Narvaez Gordon '22
- Samreet Sran '22
- Jacob Steenhausen '23
- Alexander Stone '21
- Samuel Strachan '23
- Anthony Tan-Andia '21
- Lucas Walter '23
- Mitchell Youker '22

#### Varsity Baseball

- Giacomo DelPiero '22
- Jake Elorduy '22
- Isaac Stone '22
- Jacob Tandy '22
- Gian Vanacore '21
- Myles Warner '22
- Jacob Wingert '21

#### Men's Varsity Basketball

- Ben Adams-Munoz '23
- Preston Briggs '21
- Dylan Delucchi '21
- Wesley Howell '21
- Thomas Milton '21
- Michael Moreno '21

#### Women's Varsity Basketball

- Kendyl Chin '22
- Janelle Chin '21
- Sarah Jackson '21
- Faith Mucheru '21
- Sarai Rice '22

### Falcon Scholar-Athlete Awards

The following sports are not represented in the CAL League.

#### Women's Varsity Lacrosse

- Savannah Castillo '23
- Elizabeth Cotillo '21
- Ava Dominguez '22
- Tessa Easterling '22
- Jaden Herne '22
- Brooke Koenig '22
- Kathleen Kuzmich '23
- Sienna Schubert '22
- Shannon Wong '23
- Sofia Zanzi '22

#### Men's Varsity Lacrosse

- Raymond Fernandez '22
- Russell Foster '22
- Liam Gough '23
- Nathaniel Guerrero '23
- James Kubish '22
- Jackson Schlink '22
- Joshua Schneider '22

## CB's Summer School Program Provides Excellent Options for Students

Our summer school program at CB provides excellent opportunities to accelerate a student's curriculum goals or provide schedule relief next year and allow for a study hall one or both semesters.

Please view the courses that will be offered this summer on the [Summer School and Summer Fun program web page](#) or see your counselor to discuss your options.

### Christian Brothers High School SUMMER SCHOOL & SUMMER FUN! June 14 - July 23, 2021

Enriching virtual and hybrid classes for high school students



Registration is now open!

[www.cbhs-sacramento.org/summer-program](http://www.cbhs-sacramento.org/summer-program)

### Senior Council Updates

On Thursday, April 22, the Senior Class Council hosted a drive-in movie night for the Class of 2021. Over 150 seniors enjoyed snacks, laughs and good company while watching *Ferris Bueller's Day Off* at the CB parking lot on a chilly Sacramento evening. Thank you to all who attended!

Members of the Class of 2021 and their families participated in a Sacramento-based scavenger hunt during Easter Break. Clues led them to various spots around the city, and they submitted photos of their efforts to enter for various prizes. Congratulations to all of our winners, whose pictures are shown on the right!

## Important Class of 2021 Updates

Seniors need to check their **Class of 2021 Schoology page every day until Graduation**. The following items have been announced in that page:

- **Thursday, May 6 (4:30–6:30 p.m.) Cap and Gown Parade at CB** – This event is for the seniors and their parents. Decorate your car and enjoy being the star of the parade! We ask that you make a sign with the student's last name written in a large font so we can easily identify them and hand them the correct bag with the cap, tassel and gown.
- **Wednesday, May 12 (12:00–3:00 p.m.) Practice for Graduation in the Ron Limeberger '86 Gymnasium**
- **Saturday, May 15 Graduation at Sutter Health Park – Gates open at 10:00 a.m.** Bags will be checked. Only clear bags are allowed. **Tickets will be sent to the student's CBHS email.**
- **Saturday, May 15 (6:30 p.m.) Semi-Formal Dinner for all graduates at CB** – This event will take place on the Main Lawn at CB beginning at 6:30 p.m. **A survey form with menu options is in the Class of 2021 Schoology page.**



Allison Felker '21



Malia Gay '21



Desmond Greer '21



Fiona Belmont '21