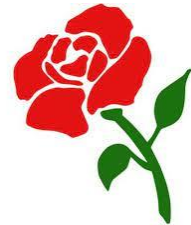


The Naz Newsletter



Nazareth Academy High School Parent Update

January 22, 2023



Keep in mind that all you are doing is for Christ. The time will come when you will recognize and understand....the grace He conferred upon you by entrusting to you the mission of spreading the Kingdom of His Love.

-Blessed Mary of Jesus the Good Shepherd

THIS WEEK

Monday, January 23: *A Schedule*

Tuesday, January 24: *A Schedule*

Wednesday, January 25: *Special C Schedule, Celebrate Life Prayer Service*

Thursday, January 26: *A Schedule*

Friday, January 27: *A Schedule*

SPECIAL C SCHEDULE: Wednesday, January 25th

Homeroom	7:45 AM-7:57 AM
BLOCK 1	8:00 AM-9:11 AM
Block 1A	8:00 AM-8:34 AM
Block 1B	8:37 AM-9:11 AM
Prayer Service	9:14 AM-9:54 AM
BLOCK 2	9:57 AM-11:08 AM
Block 2A	9:57 AM-10:31 AM
Block 2B	10:34 AM -11:08 AM
Activity Period	11:11 AM -11:42 AM
BLOCK 3	11:45 AM- 12:56 PM
Block 3A	11:45 AM-12:19 PM
Block 3B	12:22 PM - 12:56 PM
BLOCK 4	12:59 PM-2:10 PM
Block 4A	12:59 PM-1:33 PM
Block 4B	1:36 PM -2:10 PM

LOOKING AHEAD

Sunday, January 29-Friday, February 3: *Catholic Schools Week*

Monday, January 30: *C Schedule, Catholic Schools Week Mass*

Wednesday, February 1: *Academic Council, A Schedule*

Friday, February 3: *B Schedule*

Saturday, February 4: *Athletic Hall of Fame, 3 PM*

Sunday, February 5: *All Catholic Chorus*

Wednesday, February 8: *Faculty Meeting, B Schedule*

Thursday, February 9: *Counseling Activities, C Schedule*

Friday, February 10: *Soph Hop, 7 PM*

From the Office of the Principal

Mr. Jim Meredith

This Week



There is one slight change to this week's schedule. On Wednesday, the regular C Schedule is now a Special C Schedule. We will all gather in the Chapel as a school community for a prayer service to Celebrate Life. The Special C Schedule is included on the first page of this newsletter.

Also, due to the success of our Philadelphia Eagles on Saturday night, this Friday is now an Eagles Dress Down as the Eagles prepare for the NFC Championship Game. All are welcome to wear Eagles green or Eagles attire on Friday. There is no cost for this dress down day.

Go Eagles!

Congratulations!

Congratulations to Olivia Lucano '23 and Grace Palermo '24 for being selected for the PMEA Region VI Chorus.

To be selected for the Region Chorus, students had to audition at the PMEA District 12 Festival with only the top ten students from each voice part selected. This is the first time Nazareth Academy has ever sent students to the Region Chorus. Congrats to Olivia and Grace who from February 16-18 will be at West Chester University singing with 160 students from the Southeastern Pennsylvania five-county area!

Congratulations

**PMEA
REGION VI
CHORUS
2023**



Soprano 2

Olivia Lucano '23

Alto 1

Grace Palermo '24



From the Office of the President

Mrs. Denise LePera

Thought for the Week

7 Rules of Life

Let it go

Never ruin a good day by thinking about a bad yesterday

Ignore Them

Don't listen to other people. Live a life that's empowering to you.

Give It Time

Time heals everything

Don't Compare

The only person you should try to beat is the person that you were yesterday.

Stay Calm

It's okay not to have everything figured out. Know that in time, you'll get there.

It's On You

Only you are in charge of your happiness

Smile

Life is short. Enjoy it while you have it.

Athletic Hall of Fame: Saturday, February 4th, 3:00 PM in the Gym

Marguerite Culp McCay '96 ~ Softball

Katie Dougherty Fischer '00 ~ Basketball

Maureen McCandless '01 ~ Cross Country & Track

Mary Kate McDade Magagna '05 ~ Basketball

Diane Tyson Kelly ~ Swimming Coach

Maryjo Kelly Morton ~ Athletic Director & Coach

For more information, [click here](#).

Advancement Office

Mrs. Terri Evans

Wawa Hoagie Certificates

When you just "Gotta have a Wawa"! Treat yourself to a world famous Shorti for just \$5.00. Perfect for your athletes, on the go parents or hungry Pandas! [Click here to purchase.](#)

Catholic Schools Week Volunteers Needed

NAPA will host an ice cream sundae bar during the lunches for the students on Tuesday, January 31, 2023. We need a few parents who can help scoop the ice cream, set up and clean up for this treat for the girls. If you are available during the day to assist with this event please [click here](#) to register on the Volunteer Form. Please contact our Volunteer Coordinator, Ellen Lawall at emlawall@verizon.net for more information or with any questions.

From the Office of Campus Ministry

Mrs. Theresa Stanton, Director



A New Year. A year filled with 365 (well, 343 at this point!) new days, and each day a fresh start and a new opportunity to live it better than the day before. The January sky gives us some very clear evidence of the dawn of a new day. The sun is literally a ball of fire in the sky. My pic does not do the scene full justice, but I had to pull over to capture this concrete manifestation of the new day.

Some days, God's presence is like that in our lives...it is very clear, possibly through a similar reminder in nature, a gesture of a friend or loved one, or perhaps even a clear and direct response to our prayer.

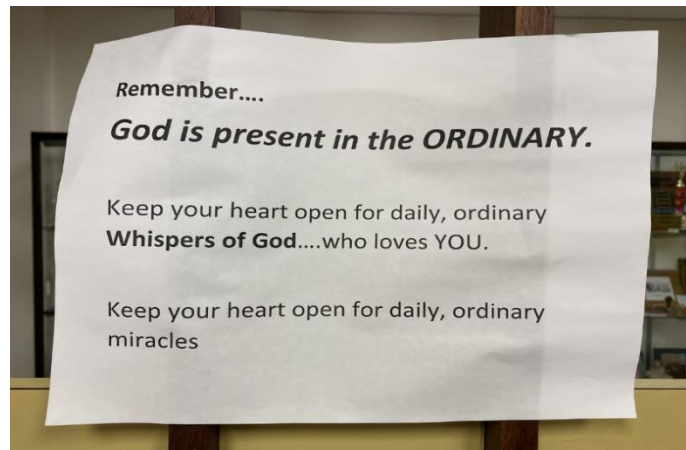
But as we know, the sun does not always appear as a burning ball of fire or shine so brightly or so clearly on many days. Even if it does not rain, some days are just gray, and at this time of year, even damp and cold. Most days are just so ORDINARY!

Liturgically we have moved out of the season of Christmas into what is called ORDINARY Time. Approximately 238 days of the year comprise Ordinary Time. Seems like a long span of ordinariness, does it not? No decorations or lights; not as much visible and concrete evidence of God's presence.

Ordinary Time is a specific season in the Church that focuses on the life of Christ during his three years of public ministry, beginning with His Baptism. **The final Sunday in Ordinary Time, the Solemnity of Our Lord Jesus Christ, King of the Universe represent the goal to which all of history is directed!**

Every day of the 238, whether the sun or the Son is evident, we can claim our heritage as children of the King and live according to that identity.

Below, is a picture of this sign outside of Sister Teresa's office that reads:



Thank you for your prayers for a safe and spiritually enriching January Kairos trip, in which participants were invited into an **out of the ordinary** experience of God's presence.



Sophomores Catherine Solitario, Aria Rooney, and Kylie Burke represented Nazareth in an **extraordinary** way on Monday, January 16th, Martin Luther King Day, at the Missionaries of Charities soup kitchen in Norristown. The girls were able to work and serve alongside the sisters of Saint Mother Teresa of Calcutta's order. Naz will be making other trips out to assist and learn from these extraordinary women in the near future.

From the Office of Student Life

Mrs. Theresa Hartey, Assistant Principal

White Out Basketball Game

Thank you to all who participated in the White Out game last week. Congratulations to all basketball players, cheerleaders, and swimmers. It was a great night filled with fantastic school spirit! The crowd certainly served as the sixth man as Nazareth defeated Mount!



Chick-fil-A Competition

We will have a friendly competition against Ryan, Judge, and St. Hubert's during Catholic Schools Week. We need to eat lots of Chick-fil-A to defeat our competition and raise some money for our school. 15% of the proceeds purchased between 1/30 and 2/4 at the Whitman Square and Somerton Chick-Fil-A locations will go back to our school. You just need to mention Nazareth Academy or show the flyer, which we will share in a separate communication this week.

Travis Manion Foundation Leadership Seminars

We will begin small group Travis Manion Leadership Seminars in February during Activity Period. These seminars will be led by Mr. Bob Craven and Mrs. Connie Whalen. Applications to be a part of this special opportunity were emailed to students next week.

Soph Hop

The Soph Hop will take place Friday, February 10th at Brookside Manor from 7:00 to 10:00. The link to purchase tickets is [here](#).

Face to Face

We have a wonderful partnership with Face to Face in Germantown. Thank you to our volunteers who prepared lunch last Sunday! You did a phenomenal job! During the week of January 23rd we will be collecting items for Face to Face. Because the people in the community come in and are often waiting around for their meal, Face to Face has begun entertaining them with some Bingo games. They are in need of prizes for these games.

Here is the BINGO prize list:

- Bluetooth speaker
- Bluetooth headphones
- Blankets
- Gift basket - lotions, soaps
- gift cards - Dunkin Donuts, McDonald's, Burger King, Wendy's (these are places that are in our area) - amounts can range from \$5-\$10/card
- Battery pack
- Back packs
- Unisex Pajamas

Please bring your donation items to school during the week of January 23rd. Many of these items can be purchased at Five Below. Thank you!

Travel for Teens

Nazareth will be traveling to beautiful Greece this summer with Travel for Teens. The trip for June 2024 will be to Italy! A virtual informational meeting regarding the trip will be held on Thursday, January 26th at 7:00. Register to attend the meeting using this [link](#).

Catholic Schools Week

We will celebrate Catholic Schools Week January 30th through February 3rd. February 3rd will be a B Schedule.

Naz-A-Thon

- There will be a dine-out at Chipotle on Horizon Boulevard on Wednesday, the 25th from 4-8 pm.
- Dance Cardio Night is Thursday, January 26th. Come for a 45-minute dance cardio class and learn part of the Morale Dance! Doors open at 6:00pm and the class starts at 6:30pm! Admission is \$15 and pretzels and water will be available!
- Push day is also Thursday, the 26th. Push Day is the day that Naz-A-Thon "pushes" to raise the most money in one day! Share the link to your donor drive on ALL social media and come to Dance Cardio

Enjoy your long weekend! Have a great week! Go Pandas! God bless!

From the Office of College Counseling

Mrs. Alyssa Scheerbaum, Director

Class of 2023

If your student has committed to a university or college, then they should reach out to the admissions offices of their other universities and colleges to withdraw their applications.

They may be able to do this through their applicant portal, or they can call or email admissions. If they need assistance with this, then they can contact their college counselor.

Class of 2024

SAT School Day

The SAT School Day is being offered to juniors on March 22nd. Students should complete the sign up [form](#) by January 22nd if they wish to participate. If your student signed up and they no longer wish to participate, then they should contact their college counselor by February 1st.

College Seminars

The first set of mandatory college seminars is taking place on January 24th and 26th during Activity Period. If Activity Period is their lunch, then they should bring their lunch to school on their assigned day. If your student is in homeroom 1B or 3B, their seminar is on the 24th. If your student is in homeroom 2B or 4B, their seminar is on the 26th. There are a few students who were assigned to a different day than their homeroom so that they can see their own college counselor present. All students have been emailed their assigned day and classroom location.

College Brag Survey

The College Brag [Survey](#) is due by February 19th. The survey is used by your student's college counselor to assist them in writing your student's counselor letter of recommendation for college. The college counselor is the only person viewing this survey. The surveys need to be completed in one-sitting as they cannot be started, saved, and continued. We recommend that students type their answers in a word document and then copy and paste them into the survey so there is no chance of answers being lost due to technical issues.

Teachers for Letters of Recommendation

Students were instructed via email to ask two teachers for letters of recommendation for college by April 10th. Students should fill out the teacher recommendation questionnaire for each teacher that agrees to write them a letter of recommendation and let their college counselor know who agrees so that the teacher can be added to the students' Naviance account.

College Guidance Network

The College Guidance Network presents "Class of 2024: College Kickoff", a free webinar taking place on January 26th at 7:30 PM. Please follow this [link](#) for more information and to register for the webinar.

The College Guidance Network presents various free webinars throughout the year related to admissions, essays, jobs, etc. Here is the [link](#) to their college and career library if you would like to view any of their past webinars.

College Visits

January 26: Shippensburg University (*rescheduled from January 26th*)

March 6: Bucks County Community College

March 9: Marywood University

From the Office of Athletics

Mr. Dan Bradley, Director

Weekly Athletic Schedule January 23, 2023 – January 29, 2023

Monday, January 23, 2023

3:00 – 5:00 V Track Practice-Nazareth
4:00 – 6:00 JV & V Basketball Practice-Nazareth Gym
5:00 – 7:00 Swim Practice-Bensalem HS

Tuesday, January 24, 2023

3:00 – 5:00 V Track Practice-Nazareth
3:45 – JV Basketball vs. VMA-Home-Nazareth Gym
5:00 – 7:00 Swim Practice-Bensalem HS
5:15 – V Basketball vs. VMA-Home-Nazareth Gym**Senior Night**
6:30 – 9:00 V Cheerleading Practice-Nazareth Gym

Wednesday, January 25, 2023

3:00 – 5:00 V Track Practice-Nazareth
4:00 – 6:00 JV & V Basketball Practice-Nazareth Gym
6:00 – 7:30 PSC-Nazareth Gym
6:30 – V Swim Meet vs. O'Hara-Away-Widener University

Thursday, January 26, 2023

3:00 – 4:30 V Track Practice-Nazareth
3:45 – JV Basketball vs. VJM-Away
5:00 – 7:00 Swim Practice-Bensalem HS
5:15 – V Basketball vs. VJM-Away
6:00 – Zumba Naz-A-Thon-Nazareth Gym

Friday, January 27, 2023

4:00 – 6:00 JV & V Basketball Practice-Nazareth Gym
5:00 – 7:00 Swim Practice-Bensalem HS
6:00 – V Track Meet-Away-Lehigh University-***Van***

Saturday, January 28, 2023

12:00 – JV Basketball vs. O'Hara-Away
1:30 – V Basketball vs. O'Hara-Away

Sunday, January 29, 2023

6:30 – 9:00 V Cheerleading Practice-Nazareth Gym

Prayer Intentions

We pray for all intentions, most especially the following:

- Life, in all forms
- Blessings for all of our brothers and sisters celebrating Lunar New Year today
- The people of Ukraine, Nigeria, and all throughout the world victimized by war
- Kate and Sarah, and their continued healing and recovery
- Charlotte
- All intentions of the Nazareth Academy Community