

The NAZ Newsletter

A monthly newsletter for the parents and families of Nazareth Academy High School

December 2018



Last Month Recap

- ◆ On Wednesday, December 5th, the Nazareth Academy Parents' Association (NAPA) sponsored a presentation by the organization Minding Your Mind called *Just Talk About It*. The presentation focused on the mental health of our students and was very well received by those in attendance. We ask those who missed the presentation to read over Mr. Meredith's section of this newsletter where he goes more in depth on the key talking points of the evening.
- ◆ Thank you to all the families who attended our Barnes & Noble Night on Thursday, December 6th. The true talents and passions of our students were on full display that evening from music to rocketry and everything in between!
- ◆ Thank you to our talented Music Department for showcasing our girls at their annual Christmas Concert on Tuesday, December 11! Our girls then turned right around and sang for the student body on Wednesday morning. Thank you to all of our students and staff involved in the Music Program.



Important Dates

Sunday, December 16, 2018

Candlelight Christmas Concert
4:30 PM in Chapel

Monday, December 17, 2018

Christmas Liturgy
"C" Schedule

Tues, Dec. 18 - Thurs. Dec. 20

Student Exams

Friday, December 21, 2018

No School for Students
Clerical Day for Faculty
Christmas Break Begins

Tuesday, December 25, 2018

Merry Christmas!

Wednesday, January 2, 2019

Faculty Meeting and Retreat
No School for Students

Thursday, January 3, 2019

Spring Semester Begins
Classes Resume for All Students

Embracing Faith, Family, and Education



My hope is that the Thanksgiving holiday provided an opportunity for you to spend quality time with your family and friends. It is hard to believe that we are winding down the first semester. The girls' hard work and dedication are paying off.

November was a very eventful month! Our Taste of the Town event and raffle were very successful, raising just over \$20,000 dollars to support Technology at Nazareth.

Thank you to each of you who responded to our Giving Tuesday appeal. Your gift to the Nazareth fund is a vote of confidence in the job we do to advance the mission and educate your daughters and helps fill the gap between tuition and the actual cost of a Nazareth education.

The Panda Pit will be open for Christmas shopping on the following days:

December 17 ~ 12:00 pm to 6 pm

December 18, 19, 20 ~ 10 am to 2 pm

During our Foundress Day Liturgy, students who accumulated more than 100 hours of service, during the previous year, were honored. We are so proud of these young women who put service to God and others into action five times more than is required.

Business Office

Please be sure to pay your daughter's lunch account balance by going to MyKidsSpending.com. Students whose card balance is low are not denied their purchases in the student dining area, so some accounts may have a negative balance. All unpaid student lunch account balances will be charged directly to your FACTS account on a monthly basis. If you have any questions, please contact Mrs. McCloskey in the Business Office at 215.268.1069 or jmccloskey@NazarethAcademyHS.org.

Facilities Update

On November 1st, you received an email with an update regarding the boiler system. During an inspection it was discovered that our system was not being regulated by the control panel but rather was being regulated manually in each room/office.

It has been a very time consuming process to evaluate the valves and traps as well as clean out the system which had some mud and sediment. So after replacing the 30 plus bad valves and traps, we can now replace the control system which functions like your home thermostat. Currently the boilers are either off or on, and the temperature is regulated manually. The control system has not been functioning for several years and is what is necessary to maintain the temperature in the building.

IT is currently ordering the server necessary and CM3 should be able to install the server and control system this week. Until then, the best way to describe it is that it is similar to your heater being set and never shutting off.

Office Hours

Please note that the week of exams, offices will close as follows:

December 18 ~ 1:00 pm

December 19 ~ 11:00 am

December 20 ~ 1:00 pm

December 21 ~ 11:00 am

Merry Christmas

From all of us at Nazareth, we wish you and yours a very Merry Christmas, and a happy, healthy New Year. May Christ's light and his blessings surround you in the coming year.

True Meaning of Christmas

Charlie Brown: Isn't there anyone, who knows what Christmas is all about?!

Linus: "Sure Charlie Brown, I can tell you what Christmas is all about. Lights please?"

And there were in the same country shepherds, abiding in the field, keeping watch over their flock by night. And, lo, the angel of the Lord came upon them, and the glory of the Lord shone round about them! And they were so afraid. And the angel said unto them, "Fear not! For, behold, I bring you tidings of great joy, which shall be to all my people. For unto you is born this day in the city of David a Savior, which is Christ, the Lord. And this shall be a sign unto you: Ye shall find the babe wrapped in swaddling clothes, lying in a manger." And suddenly, there was with the angel a multitude of the Heavenly Hosts praising God, and saying, "Glory to God in the Highest, and on Earth peace, and good will toward men. That's what Christmas is all about, Charlie Brown."





Planning for the New Year

As the New Year begins, we are looking ahead to not only 2019, but a new semester, new rosters, and new teachers. During the week of January 7, I will meet with each class separately during Activity Period in the Performing Arts Center. In the meeting, we will discuss goal setting and planning for the new semester and beyond. I will also cover topics specific to each class. For example, we will cover college planning with juniors and enhancing your high school resume with sophomores. I ask that for students who have lunch scheduled during Activity Period to pack a lunch that day.

The Class Meeting schedule is as follows:

- Monday, January 7: Senior Class
- Tuesday, January 8: Junior Class
- Wednesday, January 9: Sophomore Class
- Thursday, January 10: Freshman Class

During the Class Meetings, I will briefly discuss Course Selection. The Course Selection process begins formally for our freshmen, sophomores, and juniors on January 16 with in-school assemblies. The following evening, January 17, during Back to School Night, we invite all parents who have questions about Course Selection to join us in the Student Dining Room during their daughter's lunch period for our first annual Course Selection Conversation. Representatives from academic departments will be available for informal, one-on-one, specific questions about your daughter's course needs. The purpose of Course Selection Conversation is to allow for a more personalized approach to the Course Selection process. Mrs. Patricia Quinn, Assistant Principal for Academic Affairs, discusses more about Course Selection in this update.

Please know that you and your family are in my prayers during the Christmas Season and through the New Year!

School Uniform Modification Proposal

We are exploring replacing the school sweater with a school fleece in 2019-2020. Our hope is that fleece wears better than the sweater. The fleece is also a more affordable option than the sweater. Other local all girls' Catholic academies have moved to the fleece in recent years. We have been showing the fleece to the students during their lunch periods. If we move in this direction, sweaters that are still in good condition would be grandfathered in as we do not wish to impose an added expense on our families. Your feedback is appreciated before we make a decision. A final decision will be announced by the spring.



Just Talk About: Student Mental Health

On December 4th and 5th, Minding Your Mind visited Nazareth Academy and presented Just Talk About, a program about student mental health, for our faculty and then to our parents. Over fifty parents attended the presentation. If you were not able to attend, some of the key points included:

- *Everyone experiences stress*
- *Factors that cause stress, including chronic illness, relationship issues, social media, school and home demands*
- *Prolonged stress can lead to crisis*
- *Negative stress relievers occur such as rage, acting out, substance abuse, eating issues, isolation, and self-injury*
- *Anxiety is a natural response to stress but is problematic when it lasts longer than six months or begins to interfere with life*
- *Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest*
- *Depression is not a moral failing or weakness, but an illness*
- *Depression can be treated with therapy and medication*
- *Teenagers, especially, need sleep*
- *Teens who go to bed after midnight are 42% more likely to be depressed than their peers*
- *Lack of sleep hinders the ability to cope with the stress of daily life and can ultimately disrupt interpersonal relationships.*
- *Warning signs of suicide*
- *Suicide is the 2nd leading cause of death for ages 15-34*
- *20% of high school youth seriously consider suicide*
- *Studies prove that 80-90% of adolescents who seek treatment of depression are treated successfully using therapy and/or medication*
- *To combat stress, students need one to three trusted adults and to develop three to five positive coping skills*
- *Positive stress relievers include yoga or meditation, exercise, healthy sleeping and eating, connecting with friends and family, music, and writing*
- *To support teenagers who are struggling with mental health challenges, remember CLUES (Connect, Listen, Understand, Express concern, Seek professional help)*

If you have questions about the presentation or student mental health, please contact our Counseling Department.

Campus Ministry

Ms. Shannon Donnelly

Hello Nazareth Family!

Theology classes were given the opportunity to have Advent Confessions on December 5th and 6th. Our Christmas Mass is December 17th. Also, I am excited to announce that there is an opportunity for spiritual enrichment this Advent, and beyond, for the girls. Every Tuesday at Activity Period there will be Bible Study on the third floor in the Campus Ministry Center. So far, we have been talking about ways to receive the love of God this Christmastime. Keep our seniors in prayer as they get ready for their Kairos retreat in January. You and your families are in my prayers! Feel free to reach out anytime; sdonnelly@nazarethacademyhs.org or at 215.268.1061.



Academic Affairs

Mrs. Patricia Quinn

All grades will be available to be viewed electronically on Monday, January 7, 2019. Honors and GPA are calculated on the semester grades.

NAHS December Examination Schedule 2018

Tuesday, December 18 (2-60 minute examinations)

8:10 AM Warning Bell

8:15 AM PRAYERS, ATTENDANCE & ANNOUNCEMENTS

8:30-9:30 AM Block 1 and Block 1 Classes meeting M, W, F

9:40-10:40 AM Block 2 and Block 2A

Wednesday, December 19 (2-60 minute examinations)

8:10 AM Warning Bell

8:15 AM PRAYERS, ATTENDANCE & ANNOUNCEMENTS

8:30-9:30 AM Block 3 and Block 3A

9:40-10:40 AM Block 4 and Block 4 Classes meeting M, W, F

Thursday, December 20 (3-60 minute examinations)

8:10 AM Warning Bell

8:15 AM PRAYERS, ATTENDANCE & ANNOUNCEMENTS

8:30-9:30 AM Block 1 Class meeting T, Th, F

9:40-10:40 AM Block 3B

10:50-11:50 AM Block 4 Class meeting T, Th, F

Friday, December 21

No School-Faculty Clerical Day

Exam Make-Up Day

Grades Due by 2:00 PM



Classes

We are very excited to be offering new classes in the Art, Mathematics, and Social Studies Departments. Please consult the Course Catalog, available online, for a full description of these offerings. Classes that will run are dependent on the number of students displaying an interest to enroll. New classes to be added are History of Epidemiology, Women in History, Women in Art History, and Advanced Placement Calculus BC. Each student enrolled in a fourth level language class will now have the option to choose to participate either on an Honors or an AP level. This decision must agree with set course prerequisites.

In addition to our Dual Enrollment Partnership with Holy Family University, we are also partnering with the Jesuit Virtual Learning Academy. These courses are run via JVLA and/or Creighton University and courses which may be chosen cannot be those which are offered at Nazareth Academy. These courses may be chosen in place of electives and no more than one per semester may be chosen. Juniors and seniors may register for these classes through Blackbaud. Their selections will then be submitted to my office where I will need to grant approval. Certain courses have prerequisites which must be met. The courses which have been approved to be taken are listed below. Credit will be received for these classes but the grade earned will not be factored into the grade point average. No credit will be given for any earned grade receiving less than a C.

JVLA Courses

Yearlong Courses

Arabic 1
Arabic 2
Chinese Mandarin 1
Chinese Mandarin 2
AP Environmental Science
Multivariable Calculus
AP World History
AP Computer Science

Fall Courses

Principles of Engineering
AP Microeconomics
Model UN and International Relations
C++ Programming
Multimedia Authorship -
The Power of Words and Images

Spring Courses

AP Macroeconomics
Genocide and the Holocaust
Database Development for
Real World Problems
How to Read Plays...
and How to Write One

Course Selection

NAHS Course Information Day will be held on Wednesday, January 16. Online Course Registration is closed on Monday, January 28. Course Verification will be held on Thursday, February 7.

I wish you and your families a very blessed and Merry Christmas and a Happy New Year!



School Safety

We ask that you encourage your daughters to wear their ID badges every day. According to the National Center for Education Statistics, less than 10% of schools require their students to wear ID badges. Wearing the ID badge helps to ensure safety and security on the school campus. Since Columbine, an effort to enhance school safety and security has been a priority for many schools, which has increased since the Newtown school shootings. As our schools face ongoing threats from violence and drugs to terrorism, when an ID badge is present, everyone knows at a glance who belongs and who does not. This is especially important for emergency personnel who may not be familiar with our students but will know who is who at a glance in an emergency situation. We, at Nazareth, are working to ensure the safety of your daughters when they are in our care. Wearing identification has become our “best practice” while at school. Thank you for your support.

Second Semester

Starting the second semester off right is something to talk about with your daughters as we break for the Christmas holiday. While some of our young ladies are counting the days before summer vacation begins, the spring semester is a prime time for underclasswomen to prepare for the college admissions process, and for our seniors to close out their high school career on a high note. So to ensure a productive and successful spring semester, let’s guide our daughters toward starting the second semester off on the right foot.

For all students, keep your grades up. College admission officers like to see an upward grade trend. Freshmen, sophomores, and juniors need to continue to work hard and improve on the not- so - stellar grades. Seniors need to continue to keep grades up because colleges will see the final transcript, and a dip in academic performance can result in a college rescinding their offer of admission. All classes should meet with their college counselor and become proactive so that progress can be evaluated and plans can be set in place to prepare for the admission process.

Juniors: If they haven't already started, juniors should begin researching schools to determine where they want to apply next fall. Be mindful of admission requirements, courses, campus life, and student organizations. This will help in making an informed decision.

Freshmen and Sophomores: Reassess extracurricular activities to determine which ones are the most meaningful and align with core interests. Cut down on activities that are no longer of interest, and invest in those activities that are enjoyable and don't overwhelm the academic schedule. If something is of interest start a club or extracurricular project.

Sophomores: Start thinking about SAT and ACT and begin preparing for these tests. Take the time to schedule taking multiple practice tests so as to identify weaknesses, and evaluate test-taking strategies. Remember practice makes perfect.

Sophomores and Juniors: The best time to visit college campuses is in the spring. Decide with family what college campuses are appealing and discuss taking a trip and set a date. Research the college, and register for information sessions, sign up for tours, and plan to stay overnight in the college dorm.

All Students: Every student should plan for the summer and next fall. Think about what classes to take next fall to stay on track academically. Summer can be a time to deepen interests with an internship or academic program. It's never too early to prepare for the college admission process. Keep options open and learn to be an educated student. It will be well worth it when senior year rolls along.

As a school community, we celebrate the birth of our Savior and listen to God's message as He speaks to us so tenderly and simply through the loving image of the Holy Family. I pray that God will guide you as He guided Joseph and Mary to that "Night of Nights" and continue to guide your family through the coming year. May love, courage and compassion be the voice of Peace on Earth. Nazareth Academy wishes you and your family a joyful Christmas and a blessed New Year.



Counseling

Mrs. Emmie Menszak

PSAT scores were released on December 10th. By now all students have had their College Board and Kahn Academy accounts linked for personalized feedback. Counselors will be returning student booklets during homerooms beginning on December 10th. The 2018 PSAT/NMSQT is the initial entry into the 2020 National Merit Scholarship competition. Please see National Merit Scholarship Information for detailed explanation.

On December 5th, Juniors had a group College Planning session with Mrs. Glasson, our College Counselor. Juniors will be bringing forms home for both themselves and their parents to sign. This is important because these signed forms allow us to communicate with the colleges on their behalf. Without this, there can be no communication. It is an important piece of the process. In addition, beginning in January, Juniors will be called for individual meetings with their counselors on their individual college plans. As a part of this process Mrs. Glasson, our College Counselor, will be holding information sessions on a variety of topics during activity periods. The schedule for these information sessions will be sent in an email to juniors and junior parents at a later date.

HOBY

MiKayla McDonnell was awarded the Hugh O'Brien Youth Leadership Conference Scholarship. Kennedy Hombach was also recognized in this competition. Both girls may attend the Conference scheduled to be held at Albright College in June.

From the Health Office

If your daughter needs to use the elevator, she will need a doctor's note, effective January 3, 2019. No one will be permitted to use the elevator without a note. If you have any questions, please contact the Health Office at 215.268.1033.



Fall Sport Honorees

AACA All League Soccer

First Team

Isabella Spinelli (2018 League MVP)

Stephanie Marino

Second Team

Abby Watson

Katie Harmon

Cayla Chipperfield

Brooke Kane

AACA League Cross Country

First Team

Ella Verello

Lianna Rieser

Second Team

Danielle Juliano

Honorable Mention

Julia Quigley

Anna Featherstone

National Letter of Intent Signees

Congrats to the following student athletes who have signed a National Letter of Intent to continue playing in college:

Soccer: Stephanie Marino, Holy Family University

Soccer: Hannah Florentino, Holy Family University

Soccer: Abigail Watson, Jefferson University

Soccer: Kierra McAneney, Kean University

Basketball: Emily Keehfuss, Jefferson University

Swimming: Madyson McSorley, Rider University

Winter Sports

Winter sports are underway. Hope to see you supporting our Pandas. Looking forward to a great winter season.



Nazareth Academy Parent Association

Girls Day Out!



Disney Theme

Sunday, February 10, 2019

1:00 PM - 5:00 PM

(First game of Quizzo starts at 1:45 PM)

Nazareth Academy High School

Join us for an afternoon with your daughters of

TRIVIA, FOOD, and FUN

Tickets:

\$70.00 for mom and 1 daughter

\$90.00 for mom and 2 daughters

\$100.00 for mom and 3 daughters

\$30.00 per additional alumnae daughter

Admission price includes:

~ All materials needed for the game

~ hot buffet lunch, water, soda, tea, coffee and desserts.

Also available will be 50/50 raffle and raffle baskets which include tickets to Junior and Senior Prom, Father/Daughter Dance, Hershey Park passes, and much more!

****Recognition of all Seniors in attendance.****



NAZARETH ACADEMY HIGH SCHOOL

Embracing Faith, Family, and Education

Girls Day Out!

Sunday, February 10, 2019

The day includes Quizzo game prizes, hot food buffet, beverages, 50/50 chances, raffle baskets and much more!

Prizes include:

Best decorated tables and Top Scoring Table

If anyone is interested in putting together a team of 10, please submit the names of the members of the TEAM with a captain. Please submit your request via email to Michele Strain at dancekidzmom@comcast.net.

Please have only one person submit the request for a team.

Having a team is not necessary to attend the event. If you do not have a request for a team we will put together one for you. We want everyone to come and have a fun-filled afternoon.

Please submit this form to the Main Office,

Attn: Mrs. Michele Strain by Friday, January 25th.

Please make checks payable to Nazareth Academy High School.

We would like to attend the Girls Day Out on Sunday, February 10, 2019!

Daughter(s) Name(s): _____ Class Year: _____

Phone Number: _____ Email: _____

Number of Tickets:

_____ \$70.00 Mom and 1 Daughter

_____ \$90.00 Mom and 2 Daughters

_____ \$100.00 Mom and 3 Daughters

_____ \$30.00 per additional alumnae daughter