

The Naz Newsletter



Nazareth Academy High School Parent Update

November 7, 2021

“We cannot expect to exist without the cross, but the cross brings us nearer to Christ and opens the Kingdom of Heaven.”

-Blessed Mary of Jesus the Good Shepherd

From the Office of the Principal Mr. Jim Meredith



Congratulations and thank you to the cast, musicians, and crew of *Legally Blonde* for their outstanding performances this week. For months, our students practiced and prepared to take the stage and share their talents. They did not disappoint! The audience was thrilled at every performance. Thank you to Mrs. Natalie Graveley, Ms. Kate Chmelko, Mr. David Zagorski, Mr. Mike Sokolowski and the Performing Arts Department for their tireless work to set our students up for nothing short of success. Also, thank you

to the parents of our students in the show who volunteered for every performance. The final performances were today, Sunday, at 1 PM and at 6 PM. Finally, thank you to the many in the Nazareth Community who attended the performances to show support for our students.

With great joy, we celebrate our Class of 2023 this week with Ring Mass on Thursday, November 11th, at 6:30 PM. A link for the livestream of the Mass will be shared this week.

Personnel Announcement

Welcome back to Sister Maryellen Whitaker, our librarian. Sister Maryellen returned on Friday from medical leave. We are thrilled for her return and thank God for the healing of her knee and her recovery.

Thank you to Mrs. Fran Feeny for her service to our students and Nazareth during Sister's absence.

Schedule for the Week

Monday, November 8: A Schedule

Tuesday, November 9: A Schedule

Wednesday, November 10: B Schedule, Faculty and Staff Meeting, 1:15 PM

Thursday, November 11: A Schedule

Friday, November 12: A Schedule

Mon,-Tues. Nov. 8-9 and Thurs.-Fri. Nov. 11-12

A Schedule

Warning Bell	7:40 AM
Homeroom	7:45 AM -7:57 AM
BLOCK 1	8:00 AM- 9:21 AM
Block 1A	8:00 AM - 8:39 AM
Block 1B	8:42 AM- 9:21 AM
BLOCK 2	9:24 AM-10:45 AM
Block 2A	9:24 AM-10:03 AM
Block 2B	10:06 AM-10:45 AM
Activity Period	10:48 AM-11:23 AM
BLOCK 3	11:26 AM-12:47 PM
Block 3A	11:26 AM-12:05 PM
Block 3B	12:08 PM-12:47 PM
BLOCK 4	12:50 PM- 2:10 PM
Block 4A	12:50 PM- 1:29 PM
Block 4B	1:32 PM-2:10 PM

Wednesday, Nov. 10

B Schedule

Warning Bell	7:40 AM
Homeroom	7:45 AM -7:57 AM
BLOCK 1	8:00 AM - 9:05 AM
Block 1A	8:00 AM - 8:31 AM
Block 1B	8:34 AM - 9:05 AM
BLOCK 2	9:08 AM -10:13 AM
Block 2A	9:08 AM - 9:39 AM
Block 2B	9:42 AM -10:13 AM
Activity Period	10:16 AM-10:44 AM
BLOCK 3	10:47 AM-11:52 AM
Block 3A	10:47 AM-11:18 AM
Block 3B	11:21 AM-11:52 AM
BLOCK 4	11:55 AM- 1:00 PM
Block 4A	11:55 AM-12:26 PM
Block 4B	12:29 PM- 1:00 PM

From the Office of the President

Denise LePera

Thought for the Day

Be the difference for someone in your life, or better yet, to someone who you don't know who crosses your path. Instead of getting frustrated with the driver who wants to cut you off, wave them to go ahead...in the end the peace you feel will be an extraordinary gift to yourself 😊



Advancement Office

Ring Day of Giving

Ring Day for our Class of 2023 is **this Thursday!**

Traditions are a vital part of the Nazareth experience. This year we are asking the Nazareth community to support these traditions through our [Ring Day of Giving](#). On this day, we encourage the Nazareth community to make a gift to the Nazareth Fund. **Our goal is 97 gifts to honor each of our 97 Juniors.**

Please be sure to follow and share Ring Day of Giving social media posts. For alumnae, we encourage you to reach out to your fellow classmates for support. Let's come together on this day to champion our school and show the true power of sisterhood at Nazareth Academy!

We love our girls a million!

Taste of the Town ~ November 13th

The Taste of the Town is back featuring TF Squared and local restaurants sampling their cuisine including Café Carmela, Maggio's, Union Tap, Hanks Beverage, Sweet Lucy's, and O'Neill's Catering... more to come. We will have raffle baskets, 50/50 and a basket of cheer. Tickets can be purchased for \$40 in advance or \$50 at the door. We hope that you will join us.

Thank you to our 2021 Taste of the Town Sponsors!
As of November 5th

Event Sponsor

Joe Connolly and Sons

Landscaping Maintenance and Snow Plowing

Entertainment Sponsors

Eileen Hurley, Esq. '89

Jack Duggan's Pub ~

Michael and Erin Hurley '90 Zwiernan P '22

Bar Sponsors

ASK Technologies Inc. ~

Sprinkler Fitters Local Union 692

Steve & Grace Pirolli P'22

T-Shirt Sponsors

B & E Sportswear

District Council 21

DeLong Service Co.

Paul and Carolyn DeLong P '17 '18

P & F Giordano ~

Eugene & Cristie Hutkowski '91 Giordano P'24

Taste of the Town Raffle Tickets

If your daughter has not turned in her Taste of the Town Raffle Tickets, she should return her sold and unsold raffle tickets into the main office tomorrow, Monday, November 8th.

Father-Daughter Dance
Saturday, November 20, 2021
7:00 PM - 10:00 PM
\$75 Father & Daughter
\$20 for Additional Daughters

The night includes dinner, dessert, beverages, and live DJ. Optional professional photographs available at an additional cost. A form will be sent home with information on the packages. [Click here](#) to register. Please submit your registration on or before November 8th.

COVID Corner

This week there were no new reported positive COVID cases. We are grateful for your attention to the guidance of the City of Philadelphia and the CDC, especially:

- Completing the daily health questionnaire
- Following proper use of masks
- Using the hand sanitizing stations and washing your hands often

Quick Links and Reference:

[Daily Health Screening Questionnaire](#)

[Current Guidance for Schools from the City of Philadelphia Department of Health](#)

[Quarantine Visual Aid](#)

[PA Department of Health Dashboard](#)

Thank you for your ongoing support and patience!



From the Office of Campus Ministry

Ms. Shannon Donnelly, Campus Minister

This past Thursday we shared the gift of Eucharistic Adoration with our school community. The Eucharistic is a source of power and sacrificial love. As a foundress of a congregation, Mother Foundress experienced a lot of hardships and suffering. In all hope, she admitted she got very weary, but it was Jesus' presence in the Eucharist that healed her. She once wrote, *"My only hope and strength is in the Eucharistic presence of Jesus. His Grace helps me adore Him, to serve Him and draw my strength from him. Jesus in the Eucharist transforms the soul of each person. Countless times I have experienced comfort, new strength, relief, energized, and strong after a few moments in Adoration."*

- Families of the Class of 2023, Ring Mass is November 11th at 6:30! Ring Day (Retreat Day) is Friday the 12th! Girls will get shirts to wear that day and will be excused from classes to spend the day together in the gym.
- Fall service hours are due before November 23rd



Congratulations to Meghan Allmond, Eva Borkowski, Lena Shelinsky, and Analiese Kryjer for demonstrating Loving Relationships for the month of October! Way to keep the heart of Nazareth alive, ladies!

From the Office of Academic Affairs

Mrs. Pat Quinn, Assistant Principal

Important November/December Information

- Final Fall Deficiency Reports will be sent on Tuesday, November 23rd, and are due to be returned to the issuing teacher by Tuesday, November 30th.
- Honors and GPA are calculated on the semester grade.
- Exam schedule is posted. Midterms are optional for a 1 semester class. For classes that run the entire year, a midterm is given in December.
- Students are not permitted to change their scheduled exam days.
- During examination days, students only need to attend school at their scheduled exam time.

Thank you for all that you do and thank you for communicating your thoughts and questions with me.

NAHS December Examination Schedule 2021

Tuesday, December 14 (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 Blocks 2, 2a and Block 2b

Wednesday, December 15 (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 16 (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

EXAM MAKE-UP DAY

Friday, December 17

NO SCHOOL-FACULTY CLERICAL DAY

GRADES DUE BY 2:00 PM

From the Office of Student Life

Mrs. Theresa Hartey, Assistant Principal

Monday, November 8th Winter Uniform Begins: This week, we met with the students to discuss the importance of being united through our uniforms and representing Nazareth Academy well. Please emphasize the importance of being in proper uniform with your daughters. As it gets colder, only the two Nazareth sweaters or the official quarter zip may be worn. Thank you for your support with this!

Thank you for all the goodness that you and your daughters bring to the community!



Important Dates

- Wednesday, November 10th Junior Ring Mass Practice 7:15 am in the chapel
- Thursday, November 11th Junior Ring Mass 6:30 pm
- Friday, November 12th Junior Ring Day and Junior Retreat
- Saturday, November 13th Taste of the Town
- *Please return all raffle tickets ASAP. Students who sell at least five raffle tickets are entered in a drawing for gift card prizes and the class with 50% participation that sells the most will earn a food truck visit!*
- Sunday, November 14th Volunteering at Face to Face Soup Kitchen in Germantown
- Saturday, November 20th Father-Daughter Dance

Have an awesome week! Go Pandas! God bless!

From the Office of College Counseling

Ms. Alyssa Mikulski, Director of College Counseling

If students need transcripts sent for the Regular Decision deadline, they must submit the transcript request form by December 16, 2021.

Career Panel

There will be a Virtual Career Panel on November 16th at 7:00PM through Teams. You'll hear from alumnae in the fields of Law, Marketing, Business, and Medicine, specifically Rheumatology. Our panelists will share their educational paths, career experiences, and challenges they have faced along their journey since graduating from Nazareth. [Registration](#) is required for this event.

Class of 2023

The Coolidge Scholarship Application for current juniors is now open. Please follow this [LINK](#) for more information about the program. Please follow this [LINK](#) to create an account for the application.

The junior class was presented with post-secondary/college planning information on November 3rd. They received an email with pertinent documents, deadlines, and paperwork on November 3rd.

Students should follow this [LINK](#) if they would like to sign up for the SAT School Day being offered on April 13, 2022. **They have until 11:59PM on March 5, 2022 to sign up via the link.**

Students should follow this [LINK](#) to access the **Authorization to Release Information Form**. This form must be electronically signed with a parent. **This form must be submitted by 11:59PM on December 1st.** This form will close at 11:59PM on December 1st. If students do not sign this form with a parent, we will not be able to release their educational records to colleges and other post-secondary options they may pursue.

Student should follow this [LINK](#) to access the **College Brag Survey**. **This form must be submitted by 11:59PM on February 18, 2022.** This form will close at 11:59PM on February 18, 2022. Students should email their college counselor after they have submitted this form that way we can verify that we have it. We recommend writing their answers in a word doc and pasting them into the survey to avoid any potential technical problems where they might lose the information.

Students must ask 2 teachers for letters of recommendation by April 8, 2022. These teachers should be from sophomore or junior year. Students can meet with their college counselor to discuss who they are thinking about asking. Students should complete the Teacher Recommendation Questionnaire for each teacher and have it with them when they ask teachers to write their letters. Students were given two of the teacher forms on Wednesday, and they received an electronic copy. Students should tell their college counselor who agrees to write letters of recommendation for so that the teacher can be added to their Naviance account.

Informational seminars for the junior class will start in the spring semester. A schedule will go out to parents and students once it is finalized.

College Fair

On **Wednesday December 1, 2021 from 4:00PM-7:00PM**, the School District of Philadelphia will host the Pennsylvania State Virtual College Fair. Representatives from the 14 Pennsylvania State Schools will be available for students to learn more about attending a PASSHE school. **Select Colleges and Universities will be making Instant Decisions of Acceptance. Students should have their SAT/ACT test scores and transcripts available electronically.**

Students can register by visiting: <https://www.passhe.edu/collegefair/Pages/default.aspx>

Resources

The College Counseling Department has launched an Official Instagram account. We'll be posting upcoming events, deadlines, and resources for you and your students. Please encourage your students to follow us and feel free to follow us yourselves. Our handle is nahscollegecounseling

The FAFSA application opened October 1st. Seniors and their families should complete this federal student aid [application](#) sooner rather than later for college purposes. Students should check with their colleges to see if there are priority deadlines for FAFSA submission.

Going Merry offers financial aid [resources](#) and a way to [complete the FAFSA](#) application through their site. Many of your students may have accounts with Going Merry already for scholarship searches. They should be able to use this account to complete the FAFSA if they would rather use Going Merry instead of the FAFSA site.

Upcoming Nazareth College Visits

All in-person visits are located outside the Panda Pit! Virtual visits will be cancelled if students do not sign up for these sessions.

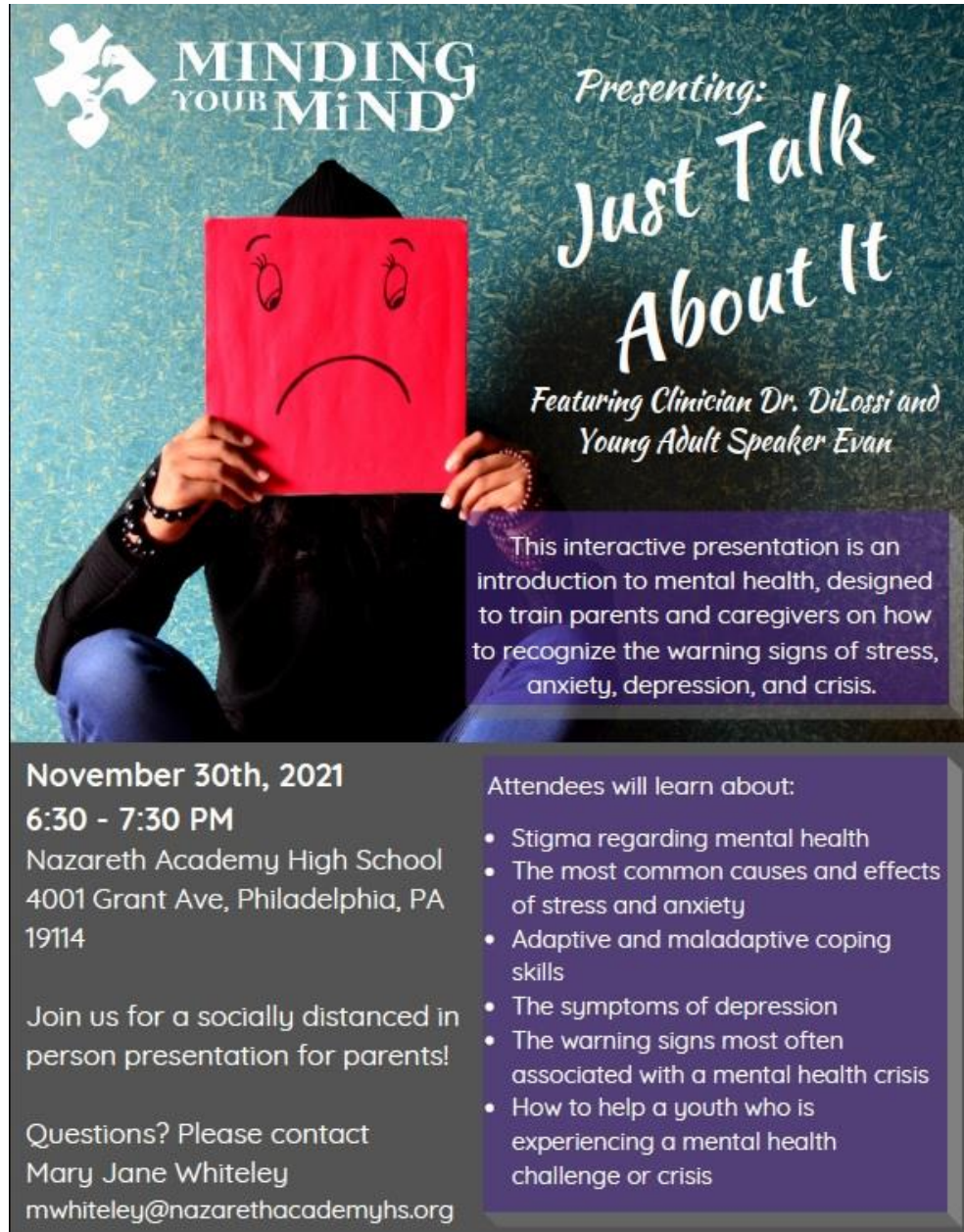
November 9th: University of Valley Forge

November 10th: Moravian University

From the Office of Counseling

Ms. Mary Jane Whiteley, Director of Counseling

Please join us for an interactive presentation on the evening of November 30th by Minding Your Mind presenters, Dr. DiLossi and young adult speaker Evan. Minding Your Mind will again be sharing valuable information around the topic of mental health. Please see the flyer for more details on the Parent Program!



The flyer features a person in a black hoodie holding a red sign with a sad face. The background is a textured blue-green. Text includes the title 'MINDING YOUR MiND', the presentation title 'Just Talk About It', and the speakers' names. A purple box contains a description of the presentation, and another purple box lists learning objectives.

MINDING YOUR MiND

Presenting:
Just Talk About It

Featuring Clinician Dr. DiLossi and Young Adult Speaker Evan

This interactive presentation is an introduction to mental health, designed to train parents and caregivers on how to recognize the warning signs of stress, anxiety, depression, and crisis.

November 30th, 2021
6:30 - 7:30 PM
Nazareth Academy High School
4001 Grant Ave, Philadelphia, PA 19114

Join us for a socially distanced in person presentation for parents!

Questions? Please contact
Mary Jane Whiteley
mwhiteley@nazarethacademyhs.org

Attendees will learn about:

- Stigma regarding mental health
- The most common causes and effects of stress and anxiety
- Adaptive and maladaptive coping skills
- The symptoms of depression
- The warning signs most often associated with a mental health crisis
- How to help a youth who is experiencing a mental health challenge or crisis

From the Office of the Athletic Department

Mr. Dan Bradley, Athletic Director

Weekly Athletic Schedule 11/8/2021 – 11/14/2021

Monday, November 8, 2021

Open

Tuesday, November 9, 2021

4:00 – 6:00 – V Swimming Workout – Abington Club

4:30 – 6:00 – Basketball Open Gym – Nazareth Gym

6:30 – 9:00 – V Cheer Practice – Nazareth Gym

Wednesday, November 10, 2021

5:30 – 7:30 – Lax Workout – Nazareth Gym

5:30 – 7:30 – V Swimming Workout – Abington Club

Thursday, November 11, 2021

4:00 – 6:00 – V Swimming Workout – Abington Club

4:30 – 6:00 – Basketball Open Gym – Nazareth Gym

6:00 – 8:30 – Ring Ceremony – Nazareth Gym

Friday, November 12, 2021

3:00 – 5:30 – V Cheer Practice – Nazareth Gym

Saturday, November 13, 2021

Taste of Town – No Gym

Sunday, November 14, 2021

Exeter Cheer Competition – Away

Prayer Intentions

Please remember the following in your prayers:

- Those impacted by the coronavirus, the victims and the first responders on the front lines fighting this virus
- All Veterans who have bravely served our country
- American men and women serving overseas
- Mr. Jack Barth (*Facilities*)
- Mrs. Jessica MacKay, *former Director of Counseling*
- Sister Maryellen Whitaker (*Library*)
- Zdunkiewicz Family
- All intentions of the Nazareth Academy High School Community

We also remember our beloved dead on All Souls' Day and during the month of November, most especially those listed in the Book of Remembrance at the Nazareth Chapel.