



September 28, 2018

INSIDE CHARLESTON CATHOLIC HIGH SCHOOL

Teaching character, compassion, and confidence to the youth of West Virginia for over 90 years

Dear parents and students:

Last week was Homecoming, an eventful week at Charleston Catholic. Students dressed in theme and competed with their classmates against other grades in competitions for door decorating, banners, and music video contests, as well as looney lunches, relays, and the much anticipated tug of war. The enthusiasm demonstrated by the students for these activities is tremendous and the effort they put into their grade level projects is most impressive. Their finished products are really quite good!

This year’s theme was “All Roads Lead Home.” We want our students to know that when they graduate and venture out into the world, they will always have a home at Charleston Catholic. We hope that they will return at Homecoming or when they are in town for fall break or Thanksgiving to fill us in on their adventures and update us on all of their successes. We strive to make Charleston Catholic a part of them that they will carry on their journeys.

When I arrived at the Homecoming soccer games last weekend, I had a Homecoming experience of my own. I was pleasantly surprised to run into one of my Charleston Catholic classmates. She was in town visiting family and was cheering on her nieces on the soccer team. Though I have only seen her a handful of times in the 20+ years since we graduated, we easily fell into conversation and caught up on each other’s lives. The lifelong bond that exists between Charleston Catholic classmates was clearly evident. What a special experience to be able to pick up where we left off and to laugh and smile as we learned about each other’s families and joys.

May all of our students experience the special connection that Charleston Catholic fosters. May they forever share friendships with their classmates that long outlive the four walls of our building. May they recognize that all roads lead home.

Warmly,

Colleen Hoyer

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ACADEMIC UPDATES

NATIONAL MERIT SCHOLARSHIP NEWS – We are thrilled to recognize four of our seniors (representing 10% of the senior class!) who earned the title of National Merit Semifinalist: **Mollie Council, Audrey Keith, Seth Uy,** and **Anthony Wirts!** The National Merit Scholarship competition began last October when the juniors took the PSAT known as the National Merit Scholarship Qualifying Test. More than 1.6 million juniors in 22,000 high schools across the country entered the competition by taking that test. The nationwide pool of semifinalists includes the highest scoring entrants in each state and represents less than one percent of U.S. high school seniors. These seniors have the opportunity to continue in the competition for the National Merit Scholarships worth approximately \$33 million that will be offered next spring. We congratulate Mollie, Audrey, Seth, and Anthony, and we wish them success as they strive to become National Merit Finalists.

FIRST QUARTER PROGRESS REPORTS-- Can you believe that Friday, September 21, marked the mid-way point of the first quarter? That means that this weekend's September 30 email contains the halfway point "progress report." Teachers have also distributed grade sheets to their students, detailing student information on homework, labs, quizzes, tests, etc. Please ask your children to see this information and go over it with them. As you review your children's progress reports, take time to help them focus on their successes and analyze areas of difficulty. Help them find balance in their lives, so they can manage academics, athletics and other extracurricular interests, social and religious activities, and family. Help them determine their "personal best" and figure out how to work to achieve it.

RENWEB UPDATES- We continue to explore ways to more fully utilize RenWeb. In addition to weekly grade reports that are emailed each Sunday at midnight, teachers post dates of tests, quizzes, and projects in the Lesson Plans section of RenWeb every week. You can access the information multiple ways: 1) Login to ParentsWeb and choose Classes under School Information. Click on a specific class and then choose the Lesson Plan tab to see the dates for each class. 2) Choose Student Home or Lesson Plans under Student Information and the week's due dates are visible. Assignments for each week should be posted by 8 a.m. Monday. If you have forgotten your login information, email Mr. Hoffmann at admin@charlestoncatholic-crw.org, and he can help. Please remember that your email information must be updated in the system in order to receive weekly progress reports. **We also use RenWeb for demographic and medical information which should be entered and updated by parents.** Please log in to ParentsWeb through RenWeb and update your address information by choosing WebForms under School Information. Address information is located in the family demographic form. RenWeb will also be used for periodic emails from school administrators (like the one containing this newsletter!).



ASSESSMENT OF CATECHESIS/RELIGIOUS EDUCATION (ACRE) – is a nationally-normed test that helps school, parish, and diocesan leaders evaluate the faith knowledge and attitudes of students in our Catholic schools. The test, created by the National Catholic Education Association (NCEA) and administered annually to eighth graders and juniors, measures religious knowledge related to God, the Church, Liturgy and Sacraments, Revelation, Life in Christ, Church History, Prayer/Religious Practices and Catholic Faith Literacy. Our CCHS students, regardless of faith tradition, again performed beautifully. **An amazing 95.1% of our current seniors scored at the Advanced or Proficient level in all domains of faith knowledge. Similarly, 94.4% of our current ninth graders scored at the Advanced or Proficient levels in all domains.** Wow!

HIGH EXPECTATIONS FOR OUR STUDENTS – are a given. They are an impressive group of young people, and we celebrate their many accomplishments. We encourage our students to achieve their personal best academically, personally, and extra-curricularly. Additionally, we have clear expectations for students and their behavior that are well communicated to them. Students and parents should not be surprised when school administrators, teachers, and coaches make decisions from time to time to rule students ineligible to participate in extracurricular activities, athletic practices and contests, off-campus lunch, etc. based on students' behavior. Administrators will notify and work with students and their parents when such incidents occur and will set expectations needed to regain these privileges. Our goal is to help guide our students as they grow and learn how to make good decisions and be the best people they can be.

MU ALPHA THETA (MATH) HONOR SOCIETY-- Students who have completed or are currently enrolled in Algebra 2 and have a GPA of at least 3.0 (unweighted) in their math classes are invited to become charter members in the Charleston Catholic chapter of Mu Alpha Theta Honor Society. Students should see a math teacher for an application and any questions. Applications are due by Wednesday, October 3rd.

UPCOMING EVENTS

HIGH SCHOOL SCIENCE SEMINAR-- The high school science department provides quarterly seminars for interested high school students covering a wide range of science topics. The first two seminars have been scheduled. On Wednesday, October 17, at 7 p.m. in the fourth floor gathering space Dr. Jackie Fannin, our new physics teacher, will be discussing her doctoral research regarding the effects of aging in the cardiovascular system of a female rodent. On November 14, Stephen Saldanha, a 2010 CCHS graduate and current fourth year medical student, will give a seminar examining the importance of basic sciences in the practice of medicine.

JUNIOR CLASS FUNDRAISER -- The juniors are teaming up with Joe Corbi's this year as our vendor for fundraising. It is a one stop shop with items varying from pizza to pies to cheesecake. These items are great for afternoon snacks, football Sundays, and your holiday table. Additionally, they will also be selling pepperoni rolls from Marty's Italian Bakery. The juniors will be taking pre-paid orders October 15-29 to support the 2019 prom. All juniors will have order forms and they would appreciate your support. Items can also be ordered through the school office.

PARENT-TEACHER CONFERENCES -- Parent conferences for all grades are scheduled for **Thursday, November 1, from 8 a.m. to noon; 1 to 5 p.m.; and 6 to 9 p.m.** There will be no school for students on this day. Please call the office beginning at **8:30 a.m. on Monday, October 22**, to schedule appointments for students in all grades. Have a list of your child's teachers accessible when you call. First quarter report cards will be mailed Friday, October 27, but please call before that time to ensure that you will be able to schedule conferences. Conference schedules fill up quickly. If you have limited availability, please call as soon as we start scheduling so that you are able to secure your preferred times.

Specific organizational details will be posted on the CCHS website on Friday, October 19. Parents will meet with seventh and eighth grade teachers for 5 minutes and with sixth grade and high school teachers for 10 minutes. **PLEASE BE ON TIME AND BE CONSIDERATE OF PARENTS WAITING FOR THEIR DESIGNATED APPOINTMENTS.** Know that serious problems cannot be dealt with in five or ten minutes! Please feel free to call individual teachers at school and talk to them on the phone if you cannot meet with them on November 1, or if you need to talk with them at length.

Teachers will begin conferences by asking you what you would like to know about your child. Therefore, before your conference, it might be wise to take time to jot down a few questions. Do you want to know how your child is getting along socially? Do you want to know if work is being turned in? Do you have questions about grades or comments on the report card? Remember, it's your five or ten minutes, and you need to spend your time learning answers to your questions!

FALL DRAMA PERFORMANCE- Charleston Catholic Drama is proud to present *Sherlock Holmes* by Tim Kelly. This entertaining adaptation of Sir Arthur Conan Doyle's famed detective story combines mystery, romance, action, danger and laughter. Alice Faulkner has letters written by a dead girl that will cause grave international problems. Moriarty wants those letters; so does Holmes. The game's afoot! But not before the Professor's gang has London in its grip. Only young Holmes understands the true objective the professor has in mind (too sinister to reveal here), and he's willing to put his own life on the line to stop it. Who will triumph - Holmes or Moriarty? Join us Friday, October 26, and Saturday, October 27, at 7:30 p.m. in the Commons.



FROM THE SCHOOL OFFICE

HOMEWORK HOUR- The school library will be open to all students beginning the week of September 24 for distraction-free homework completion and study. The space will be open Monday, Tuesday, Wednesday, and Thursday afternoons from 3-4 p.m. to students in all grades. Mrs. Shindle will be in the library to supervise students while they work.

STUDENT PARKING – Father Higgs has made parking spots available to our students on the gated lot on Quarrier St. across from the YWCA. Students will pay \$55/ month or \$220 for the first semester and \$275 for the second semester plus a \$10 deposit for a gate access card. Checks should be made out to Sacred Heart. Spots will be assigned on a first come, first served basis. Interested students should sign up in the school office.

FORGOTTEN HOMEWORK?—While you are welcome to bring assignments that your children may have forgotten to the school office, the office staff will not deliver these items to students or interrupt class to call students to the office. Students may come to the office to retrieve items that they are expecting between classes, at lunch, or at break.

NON-CUSTODIAL PARENT MAILINGS -- Non-custodial parents who would like to receive copies of report cards and newsletters should send \$12 and a current mailing address to Mrs. Lovejoy in the school office. The list and labels are updated each year, so please be sure to notify Mrs. Lovejoy of your request.

WANT YOUR PHOTOS IN THE YEARBOOK? - So do we! Students, parents, and teachers can contribute content to the yearbook staff by uploading photos directly to our website for potential use in the book. You can share photos of sporting events, performances, school & community events, or shots of you and your friends our staff photographers might have missed. Start sharing today! **Share images directly from your phone by downloading the FREE hjeShare app using school code: goirish**

OR:

- 1) Go to www.hjeshare.com
- 2) Enter the school code: goirish
- 3) Locate the picture (file) you want to upload. You can Ctrl+click to upload as many as 10 photos at a time.
- 4) Click Open.
- 5) Click each thumbnail to select and enter any relevant information about the images.
- 6) Click Submit Image Information when you are done.

Be sure to share photos as soon as possible so that our staff can integrate them prior to their quarterly deadlines!



VIRTUS– Be sure you're on board to help! All parents or other adults who volunteer, coach, drive students, chaperone, etc., are required by the Diocese to complete the diocesan sexual abuse awareness training before being allowed to work with our students. Training is available online or at sessions periodically scheduled. To begin, visit the VirtusOnline.org and choose the online option. Allow 1- 1½ hours to complete the program. Print out the certificate of completion and submit it to Mr. Villers. It is still necessary to complete the background check and sexual abuse awareness statement which can be done by clicking on the link at the school website at www.charlestoncatholic-crw.org. If you have questions, please call Mr. Villers.

Adults who volunteer, coach, or chaperone, may be asked to update background and policy forms. Background checks must be updated every three to five years depending on your role in the school. Policy questionnaires should be updated if they were signed before 2014. Current Diocese guidelines do not require volunteers to update the training portion of VIRTUS. Please contact Mr. Villers with any questions and to update your forms.

PROOF OF ENROLLMENT FORMS -- for drivers' licenses and permits may be requested in the school office using the CCHS request form. It will take two school days for the forms to be completed by office staff.

SOCIAL MEDIA- Our school Facebook and Instagram accounts have been activated. Like us on Facebook (facebook.com/charlestoncatholicwv) and Instagram (@charlestoncatholicwv) to stay connected with us on social media!

IF YOUR LAST NAME IS DIFFERENT FROM YOUR CHILD'S NAME – please put the child's full name on all checks issued to CCHS and to any correspondence sent to the school.

NOTES FROM THE ACADEMIC ADVISOR

1. SAT and ACT testing and registration information is available online at --www.collegeboard.org and www.act.org (CCHS code: 490-205). All juniors should take each test at least once this year. All seniors should retake the tests before January if they would like to do better before applying to college.
2. **Wednesday, October 10** - sophomores and juniors will take the PSAT (an SAT-predictor test as well as a qualifier for the National Merit Scholarship for juniors only), and 8th and 9th graders will take the PSAT 8/9 (a version of this test designed specifically for this age group). Please make sure they are well-rested and have eaten a good breakfast on test day!
3. The **COLLEGE FAIR** is scheduled at the Civic Center on Tuesday, October 2. With parent permission, juniors will walk to and from the fair with Mrs. Herrick. Permission slips were distributed in English class.
4. Junior and senior parents – if you have not been receiving Mrs. Herrick’s updates about college visits, scholarships, etc., please email her at andrea.herrick@charlestoncatholic-crw.org to be added to her list.
5. **Lunchtime College Counseling Sessions** -- Throughout the month of October, Mrs. Herrick will be available to work with seniors and answer all college counseling questions during lunch in the computer lab. Students can come work on applications, essays, practice interviews, etc. Listen to the announcements and check your email for specific dates, or stop by her office to schedule a session.



NOTES FROM THE PARENT VOLUNTEER ASSOCIATION (PVA)

All volunteers must be 100% VIRTUS compliant.

1. **PVA Polos and Fleece** - Order forms for CCHS logo jackets (including the heavier weight grey jacket and a lighter weight black jacket, both in full zip and quarter zip), white uniform polo shirts, and green athletic/academic competition polo shirts are available on the CCHS website. For questions, please contact Kathy Atassi (304-415-0071) for jackets, Christi Preston (304-550-0239) for green polos, and Marsha Hoyer (304-552-8065) for white polos. OFFICIAL UNIFORM POLOS MUST BE PURCHASED THROUGH PVA. Please note that students who are members of athletic teams and academic competition teams are permitted to wear an official CCHS kelly green polo shirt to school on designated dates – normally home games and post-season games designated by the principal.
2. **CAFETERIA VOLUNTEERS** – Many thanks to those of you who have already volunteered to help in the cafeteria. A complete schedule for October through December 2018 has been distributed. If you have not received a schedule or have not yet volunteered but would like to be placed on the schedule during the second semester, please contact Kim Javins (kim.javins@suddenlink.net or 304-549-3939). **SECOND SEMESTER VOLUNTEERS ARE NEEDED!** In order to comply with the Kanawha-Charleston Health Department’s requirement that all cafeteria and concession stand volunteers have a food handler card, all CCHS cafeteria volunteers must complete a 75 minute online training course and 30 question assessment with a score of 70%. The PVA will pay the registration cost and will provide volunteers with an access code to participate in the course. Please contact Stephanie Sullivan (wvsteph23@yahoo.com) for information on the Food Handler’s Card and Kim Javins (kim.javins@suddenlink.net or 304-549-3939) for information on scheduling.
3. **Parent involvement** is critical for the successful operation of the CCHS athletic program. Helping transport students to games and practices, working gates, being supportive of the players and coaches, attending games, and participating in the team lunch program are just a few ways that parents help. EVERY parent of an athlete is needed to support the teams! Each sport is allocated one team lunch, and guidelines and dates for these lunches will be distributed to parents at the beginning of each season, once team rosters have been established.
4. **Athletic family passes** are available through the PVA. These passes are good for immediate family members only (not cousins, in-laws, ex-in-laws, grandparents, fiancées, etc.) to attend CCHS home games. The passes do

not cover away games, tournaments played at home, or any SSAC tournaments (sectionals, regionals, etc.). Cost is \$150 for all home middle school games only, \$175 for all home high school games only, and \$200 for all home games (both levels). A \$100 student or senior citizen pass for all home games is also available. Please contact Lynn Brookshire at 304-541-4649 if you have questions about these passes.

5. **PVA packets** including volunteer forms and all ordering forms for logo jackets, white polos, and green polos are available on the school website (www.charlestoncatholic-crw.org). Completed forms are still being accepted in the school office.



1. Labor 4 Neighbors (L4N) is an annual service project to winterize homes in southeastern Kanawha County, coordinated by Good Shepherd parish in Coalburg. This year L4N will be Sunday, November 4. Middle school and high school students from all over the Charleston Vicariate perform the service, attend mass and have dinner around a campfire. Parent volunteers are needed too! For more information on how to join, contact Ms. Linehan at m.linehan.cchs@gmail.com.
2. The sixth grade retreat will be Tuesday, October 30, at Blessed Sacrament Parish. Our theme will be "The Communion of Saints." On that day, sixth graders will need to be dropped off at Blessed Sacrament at 8:30 a.m. and picked up at 2:15 p.m. Permission slips and additional details will be provided in the coming weeks.
3. Interested CCHS sophomores and juniors are invited to apply to join the Diocesan Youth Board. The board is seeking young people who are responsible and dedicated to their Catholic faith. The primary responsibility of each board member is to assist with diocesan events such as the four middle and high school rallies/ Confirmation gatherings. For more information on joining the Youth Board, please see Ms. Linehan.

COMMUNITY SERVICE AND GIVING

BOXTOPS FOR EDUCATION AND SERVICE TO OTHERS!—We continue to collect the pink Box Tops for Education that can be found on many different products. The sixth grade Theology classes coordinate the program, but we need the help of everyone in the school community to make it a success! Our goal is to use the money raised through the Box Tops to help local nonprofit agencies that the students will be learning about in Theology class. Box tops don't have to be trimmed neatly - simply tear them off and stick them in an envelope or sandwich bag. Please check to make sure the date on the Box Top hasn't expired yet.

CLAY COUNTY CHRISTMAS PROJECT— Although it is hard to believe, plans are already underway for our annual Clay County Christmas party. Each year approximately 500 children and their families are served through this project which highlights the bond between families in Clay County and the CCHS/ SHGS community. Parents and businesses willing to donate goods or funds should contact the school office -- cash donations are needed to assist with extra stocking stuffers, a special something extra for the food boxes, and miscellaneous needs. The entire school is involved in the project: getting stockings, providing stocking stuffers and gifts for specific children, stuffing stockings, bagging gifts by family, loading trucks, and on and on. The party will take place in Clay County on Saturday, December 1. Two groups of seniors actually go to the party: 1) morning helpers -- truck unloaders and organizers (who leave CCHS



around 7 a.m. and then return midmorning to CCHS); 2) day-long helpers -- seniors who represent a variety of clubs and have specific tasks to perform. We'd like to take more students but the church facility in Maysel is very small. The timetable for the Clay County Christmas Project is:

- 1) **Friday, November 16 - \$2 jeans day** - to raise money for photo paper and ink -- each Clay County child gets his/her picture taken with Santa during our party!
 - 2) **Tuesday, November 20 (at the latest)**- Students will receive the name and other information about their Clay County children. Students are asked to purchase a \$35 gift. Please do not exceed the \$35 limit but buy as much as you can for \$35. Try to hit right at the mark! It is very difficult on families when children within the same family do not receive "equitable" gifts. If a CCHS student is unable to participate in this aspect of the Clay County Christmas Project, please alert Mrs. Colleen Hoyer. Parents wishing to help with gifts for additional children are encouraged to inquire in the office.
 - 3) **Tuesday, November 20** - Stockings and stocking stuffers are due to theology teachers. We try to fill 500 stockings, so we count on each student to bring in the requested items. Each student needs to bring a 12-14 inch stocking (about \$2) along with their grade level's stocking stuffer assignment. The dollar store is a great resource for these items. We are providing this information now so you can keep an eye out for bargains!
 - Each 6th, 7th, and 8th grader: One 12 to 14 inch stocking to be filled, 3 small boxes of crayons (8 or 16 count), 3 thin coloring books, 4 mechanical pencils, 2 chapsticks and 1 pair of stretchy gloves-one size fits all.
 - Each high school student: One 12 to 14 inch stocking to be filled, 3 hairbrushes, 2 tubes of toothpaste, 3 toothbrushes individually packaged, 2 chapsticks and 2 pairs of stretchy gloves-one size fits all. **EXTRA ITEMS ARE ALWAYS WELCOME!**
 - 4) **Tuesday, November 27**- Food items are due -- Each homeroom will be preparing food boxes. Each student will be asked to provide specific food items. The majority of the food boxes are being provided by Sacred Heart Grade School children. CCHS students help fill the remainder of the boxes required by the number of families participating. Students will sign up for food items in their homerooms.
 - 5) **Wednesday, November 28** - Wrapped gifts are due with the family number and Clay County child's name securely taped on the front.
 - 6) **Various dates** -- Our student activity groups, service clubs, and other student groups are also participating by donating cookies, candy canes, etc. These students will receive specific information from their sponsors.
- Thank you for your generosity to the children of Clay County!

SUPPORT CCHS AS YOU SHOP— Please keep Charleston Catholic in mind when you shop. It is easy to do!

- 1.) The **Kroger Community Rewards is a simple but beneficial program.** To enroll, go to www.krogercommunityrewards.com and use the Charleston Catholic organization number **LH615**. **Please note our organization number has changed! If you are already enrolled, you do not need to update your account. However, if you are newly enrolling please use LH615 to enroll.** Be sure you have your Kroger Plus card available when you register. Kroger Plus Cards are available at the Customer Service desk at any Kroger. To participate in the program, just register your **Kroger Plus Shopper's Card (as outlined above)**, use the card when you checkout, and Charleston Catholic will receive a check from Kroger on a quarterly basis.
- 2.) When you shop at Amazon.com, the AmazonSmile program will donate 0.5% of your purchases to CCHS when you log in to your Amazon account using the address <http://smile.amazon.com/ch/55-0630688> (or by clicking on the link on the School Home section of RenWeb) to enroll in the program.

HOPE 2018 RECAP – During the week of June 10-16, 2018, Charleston Catholic students, teachers, parents and alumni, helped make the homes of eight Clay County low-income families warmer, safer and drier. Participating from Charleston Catholic were 28 junior and senior class members, 6 college-age alumni, and 17 older adults. In addition, 3 other adults assisted with daily construction supply deliveries and debris removal. Families were selected after home visits during the winter months. Applications were distributed to income-eligible heads of households through the Clay County office of the Department of Health and Human Services, Central WV Aging Services, and the food pantry at the Church of the Risen Lord in Maysel, WV. This year, the 14th of HOPE, 33 applications were received.

Substantial repairs were made at 8 houses including:

- An extensive reconstruction of a family's trailer that had suffered severe damage in the flood of June 2016 (installation of new water lines and pump, new kitchen and bathroom, and electrical meter base, panel box, and all new wiring; replacement of all windows and two exterior doors; construction of a front porch and rear entrance deck; and installation of underpinning). The family completed the construction that we were unable to finish during the week of HOPE.
- A complete reconstruction of a leaking roof on an older home with new metal roofing and all new windows.
- New metal roofing and underpinning installed and a front porch with stairs constructed on a double wide trailer.
- Construction of front and rear porches with roof over the front porch and application of a roof coat on a home.
- Reconstruction of front porch to allow handicapped access as well as reconstruction and installation of handicapped accessible bathroom with sink, toilet, and shower and replacement of all windows.
- Replacement of all windows in a house of senior citizen couple who care for their grandchildren.
- Roof coat, floor and ceiling repairs, bathroom repairs, and replacement of exterior window trim to seal leaks.
- Partial roof reconstruction to repair a leak; ceiling repair and insulation installation.
- A total of 44 new replacement windows were installed at 4 houses. Vinyl windows with trim were used which plays an important role in making the homes warmer in the winter, cooler in the summer, and reducing energy bills in the process.



All repairs were made at no cost to the families. All labor was donated. Funds for the building materials were provided by donations from members of the Charleston Catholic community, four different grants, and direct fundraisers by student participants. **Repairs to the 11 houses cost approximately \$38,400.**

A 2018 HOPE participant shared the following as part of his reflection on his HOPE experience: "HOPE provides a necessary service to these persons. In part, HOPE provides the money and labor to repair homes. Yet the real service that HOPE provides cannot be purchased or measured: HOPE provides hope. The sincerity, care, and love embodied within the program allow the participating families the chance to crawl up from the crannies society wedged them into. HOPE is the sliver of sunlight that peaks through the darkest thunderstorm. At times the work done does not seem adequate (not enough), but it is something. It may only be a crawl, but to quote Martin Luther King Jr., 'If you cannot fly then run, if you cannot run then walk, if you cannot walk then crawl, but whatever you do you have to keep moving forward.' I sincerely enjoyed HOPE."

ATHLETIC UPDATES

SPORTSMANSHIP AT CCHS – With almost 100% of CCHS students involved in extracurricular activities, athletics play a role in the lives of many of our families. Because of the consistent success of our program, there is often increased attention on our athletes, coaches, and families. When representing CCHS, we must consistently uphold the Charleston Catholic High School values of scholarship, integrity, respect, and community. Though it is easy to get carried away with the emotion of the moment, our athletes, coaches, parents, and fans should remain positive and focus on supporting our student athletes. Charleston Catholic is committed to ensuring that sportsmanship is always a part of our athletic programs. We will require participation in the National Federation of State High School Association's sportsmanship course in the event that a student athlete, student, parent, or fan is ejected from a contest by an official of the sport. The course must be completed for further participation or admittance to athletic contests. In addition, the person ejected from a game must sit out 10% or more of the total number of regular season games (e.g., 2 soccer/basketball, 3 baseball/softball, etc.) following the ejection. For more information about the NFHS course, which gives a better understanding of sportsmanship and how it impacts the educational process, go to www.mfhslearn.com.

FALL SPORTS UPDATE-- The fall sports teams are in the midst of their seasons and are representing the Irish well! The **high school golf team** started the fall sports tournament season in a great way by winning regionals by ten strokes! Jack Cimino won the individual title and the excellent team effort sends them to the State Tournament on October 2nd and 3rd at Oglebay. Good luck! The **cross country teams** have been running very well at both the middle and high

school levels. The **high school girls** have earned four top five finishes so far this season including one first place finish at the Wendy's Invitational; the **high school boys** have finished in the top five three times; the **middle school girls** also have earned three top five finishes; and the **middle school boys** have finished in the top five once. The teams will continue in competition until the middle school county meet on October 15th and high school regionals on Thursday, October 18th. The **high school girls' soccer team** is currently ranked 148th nationally and 3rd in Single A-AA standings according to Max Preps. The **high school boys' soccer team** is ranked 25th nationally and 1st in the A-AA WVSSAC rankings according to Max Preps. Both teams are playing at an exceptional level so far this season. Soccer sectionals will be October 15th-20th at Schoenbaum Stadium. In the Kanawha County Conference, the **middle school girls' soccer team** is tied for the number one spot with a record of 5-0. The **middle school boys' soccer team** is currently 3rd in Kanawha County standings with a record of 5-1. The middle school teams will compete in the Kanawha County Tournament on October 22nd and 24th at Shawnee. Both the **middle and high school volleyball** programs have welcomed new coaches this year with Alexis Mourier as the high school coach and Mary Beth Smith as the middle school head coach. The **high school volleyball** team is off to a strong start and playing a very tough schedule. They are 5-2 against Single A opponents. The **middle school volleyball** team is making steady progress and learning a lot about the game. They are currently 8th in the Kanawha County standings with a record of 3-3. Their tournament will be October 22nd and October 24th at Horace Mann. Best of luck to the fall athletes as they approach the end of the season tournament play! Go Irish!



SPORTS-RELATED CONCUSSIONS – Several years ago, we began participating in ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing), a program used to track sports-related or other head injuries, including concussions. ImPACT uses a computerized system to determine a baseline for each individual, which can then be used by health care professionals to evaluate a person after an injury. Many students found the test “fun” because it tested memory, coordination, and reaction time and have compared it to a puzzle. Sixth graders and those new to the school this year will be taking ImPACT in the coming weeks. Please look for permission slips to come home soon. In the event of a head injury to your child (in sports or otherwise), please call the school to inform us and to request a post-injury assessment. Mr. Villers will administer a computerized follow up test and will provide a report to you which will compare the baseline reactions to the reactions following the injury. The information in the report can be used by you and your doctor to help determine severity of the injury.

ADVERTISING OPPORTUNITY – Add your business to those already on display on The Wall in the competition gym at the CCHS Athletic Facility. Customizable 3 foot by 6 foot banners are available. What a great way to reach the Charleston Catholic community with well wishes or information about your business! To learn more and order a banner for your business, contact Kathy Crain at (304)541-4182.

HANDBOOK REMINDERS

UNIFORM UPDATE – Uniform shorts will be permitted until October 15. As the weather gets cooler, remember that team apparel (including sweatshirts and jackets) is not an approved part of the uniform and should not be worn in the building during school hours. Uniform jackets are available through the PVA.

REMINDER: CONSEQUENCES OF TARDIES -- Any student tardy for the day (i.e., arriving after 8 a.m.) is expected to serve lunch detention on the day the tardy occurs. Students failing to report to detention will receive additional consequences. The only exception granted to this consequence of lunch detention applies to students who, upon arrival at school, submit a written doctor's excuse/appointment slip for the morning, thus verifying the reason for their tardiness. **Parent notes and phone calls, while appreciated, will not excuse the tardy.**

CONGRATULATIONS

- to the high school golf team and their coaches for a wonderful season culminating in a regional tournament win. We wish them success as the team travels to Wheeling to compete in the State Tournament next week. Special congratulations to senior Jack Cimino for earning the medalist honor at the Regional Tournament.
- to sophomore Jenna DeTemple for participating in the first WVSSAC Girls' High School Golf Championship earlier in the month. Jenna finished 16th out of 52 competitors.
- to juniors Mike Fox and Sam King who represented the Quiz Bowl Team at the PACE national tournament in Reston, Virginia, on June 1. In two days of play, the team scored an astounding 1,500 points. What an impressive way to end the year!

MANY THANKS

- to PVA volunteers for their commitment to CCHS! Already this year they have worked tables at registration, provided a fantastic lunch for teachers on the first day of school, hosted the Back to School Night reception, and served lunch every day in the Commons. Your help is integral to making the school operate efficiently!
- to sixth grade parents who provided the delicious treats for the Back to School Night reception.
- to the parent drivers who transported seniors home from their retreat in early September and freshmen back to school from Ninth Grade Outdoor Day at Camp Virgil Tate.
- to parents Sara Frame, Mike Lao, and Mark Strickland and faculty Molly Linehan, Theresa O'Leary, Alicia Phebus, Josh Shindle, and Jason Villers for accompanying the seventh graders to Camp Magis in Huttonsville for the three day camp experience. Their good attitudes and positive spirits despite the cool and rainy conditions helped provide students with a memorable experience.
- to our fall coaches for encouraging students in their athletic efforts and for supporting student athletes as they grow in skill and dedication to their sport.
- to Mr. Abi Banerjee for his recent presentation on the Hindu Tradition with the seniors in their Religions of the World course.
- to members of the India Center in South Charleston for hosting a number of our seniors at a recent Puja.

CALENDAR

FAMILY TRIPS, APPOINTMENTS, ETC. -- Please avoid taking students out of school for vacations, family trips, appointments, etc. If students miss school for any reason (including illness), it is their responsibility to find out what they missed. The policies for making up work are included in the Parent-Student Handbook. If your child is ill or will miss school for any reason, please notify the school office by 8:30 a.m. In addition, at the end of the semester students will have to stay after school to make up any time missed during excessive absences/tardies.

Please use this calendar in your planning. Please remember that exams must be taken on scheduled exam days, and students who are absent more than 5 days in a semester will have to make up those days at the end of the semester. Please note that, as is the case each school day, teachers administer tests/quizzes, have assignments due, and teach lessons on the days immediately preceding and following school holidays. Students who take extended holidays run the risk of affecting their grades.

Tuesday, October 2	College fair for juniors at the Civic Center
Thursday, October 4	11:30 dismissal for teacher professional development
Friday, October 5	NO SCHOOL for students, professional development for teachers
Wednesday, October 10	PSAT for 8 th , 9 th , 10 th , and 11 th graders
Friday, October 19	end of first quarter
Friday/Saturday October 26-27	fall drama production
Tuesday, October 30	6th grade retreat
Thursday, November 1	parent-teacher conferences, NO SCHOOL for students
Monday, November 12	Veterans' Day holiday- NO SCHOOL
Wednesday, November 21	11:30 dismissal for Thanksgiving holiday

Thursday/Friday, November 22-23	Thanksgiving holiday
Saturday, December 1	Clay County Christmas party
Wed/ Thurs/ Friday, December 19-21	exams
Saturday, December 22	beginning of Christmas vacation
Monday, January 7	classes resume
Friday, January 18	end of the first semester
Monday, January 21	Martin Luther King, Jr. holiday- NO SCHOOL
Monday, January 28- Friday, February 1	Catholic Schools Week
Friday/Saturday, February 1-2	winter drama production
Monday, February 18	Presidents' Day holiday- NO SCHOOL
Thursday, February 28	8th grade retreat
Monday – Friday, March 11-15	Terra Nova Testing for 6 th -10 th grades
Friday, March 22	end of 3rd quarter
Monday- Wednesday, April 8-10	Sophomore Summit at Huttonsville
Monday, April 15	beginning of Easter Vacation
Tuesday, April 23	classes resume
Friday, May 3	freshman retreat
Friday/Saturday, May 3-4	spring drama production
Monday-Friday, May 6-17	AP Testing
Saturday, May 18	prom
Thursday, May 23	Baccalaureate, in evening
Friday, May 24	Graduation and Project Graduation, in evening
Monday, May 27	Memorial Day holiday
Mon/ Tues/ Wed, June 3-5	exams for 6 th - 11 th graders
Wednesday, June 5	Moving Up Ceremony for 8th graders

LUNCH MENU

LUNCH PROGRAM –We continue to make adjustments to our school lunch program, hoping to encourage students to follow the healthful eating practices established in their homes. If you have suggestions, please share them with us! The school lunch program offers a variety of foods -- salads, sandwiches, microwavable items, fruit, cereal, etc. -- on a daily basis in addition to a rotating menu. We do not sell sodas – our drink selection includes milk, water, flavored water, and juice. Middle school students have a snack time during the course of the day at which time they may eat snacks brought from home or purchased in the Commons. **Students are not permitted to have food deliveries (e.g., pizza, fast food) made to the school.** The average cost of a sandwich, drink, and chips is \$4. Prices will be adjusted throughout the school year to reflect the changes in market prices. If you have questions about the food program, please contact Mr. Villers.

LUNCH PAYMENT SYSTEM- The introduction of the new lunch payment system through My School Account has gone well. When students go through the lunch line each day, their purchases are debited from the account. You are able to deposit money electronically to accounts with a \$2.00 fee for each transaction or you can send cash or check to the school office which we can deposit to student accounts with no transaction fee. There is a large amount of cash that comes in each morning to be deposited to student accounts. We are fine tuning the deposit process to more efficiently track money that is deposited through school. We are also working with My School Account to troubleshoot and solve the account balance communication between the school software and the web server software so that updates appear in your screens in a more timely manner.

OCTOBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1- Pizza Niki Kurten Kip Wilcox Nat Namsupak	2- spaghetti and garlic knots Cary Charbonniez Sara Frame Wendy Johnson	3- grilled chicken sandwiches, mozzarella sticks Kathy Atassi Brandy Messer Carrie Lakin	4 EARLY DISMISSAL	5 NO SCHOOL
8- burgers, spaghetti salad, french fries Jennifer Scalzo Harmony Brown Wendy Young	9- baked pasta with meat sauce, garlic sticks Yolanda Tam Kim Javins Paula Durst	10- chicken tenders, green beans, deviled eggs Jaime Bowman Alison Corbin Chris Williams	11- breakfast for lunch; gravy, sausage biscuits, fried apples, cheesy eggs Cindy Keith Helen Kesari Uma Dave	12- meatball subs, tots Stefanie Henrich Sheila Moran Lynn Brookshire
15- pizza, veggie soup Marie Green Karrah Pauley Julie Griffith	16- chicken alfredo, California vegetables, Texas toast George Metz Stephanie Sullivan Greg Bolles	17 - beef tacos, taco salad, churros * MASS DAY Mary Collins Brandy Messer Erica Baumgras	18- ham steak, cheesy potatoes, roll, cake Wendy Young Shawna Meeks Betsy Cimino	19- mac and cheese, corn dogs Bert Fredeking Cary Charbonniez Ron Rushworth
22- bosco sticks, cheesy chicken enchilada soup Heather Kittredge Susie Murad Alex Macia	23- taco pie, Spanish rice Feli McKown Sara Frame Wendy Johnson	24- spicy chicken tenders, smiley fries David Mitchell Sandra Hershberger Susanne Coffield	25- marinated chicken, baked potato, corn Larra Winter Stephanie Sullivan Susan Jarvis	26- chicken teriyaki Tina Caldwell Lynn Brookshire Susan Veazey
29- pizza, taco soup Kip Wilcox Niki Kurten Mireille Hanna	30- chicken parm subs Jaime Bowman Chris Williams George Metz	31- bloody joes, full moon fries, graveyard dirt Mary Collins Karrah Pauley Kathy Atassi	1 NO SCHOOL	2 Stefanie Henrich Brandy Messer Bert Fredeking

Volunteers 1 and 2: 10:30- 1:00
 Volunteer 3: 11:15- 1:00

Mass Day-

Volunteers 1 and 2: 11:00- 1:15
 Volunteer 3: 11:45- 1:15