

# St. Joseph High School

# Newsletter

## The Principal's Corner

Welcome to the redesigned *Knightly News*. We hope the redesign of this publication will allow it to continue to be a source of pertinent information about all aspects of St. Joseph High School, while it also provides you with human interest stories about our students and teachers and how student learning supports the attainment of our Expected Schoolwide Learning Results or ESLRs. This is also a good segue into the topic of my letter for this month, which is the WCEA/WASC Accreditation process that is in full swing at this time.

In the Spring/Summer of 2010 our six year cycle of accreditation comes to an end. St. Joseph is accredited by two agencies that work together to ensure that our school provides a quality place of learning for our students and a commitment to school improvement. Those two agencies are the Western Catholic Educational Association (WCEA) and the Western Association of Schools and Colleges (WASC). As a part of our accreditation process, the school is currently conducting a self-study entitled Focus on Learning 2010, in which we look carefully at all aspects of our educational program, including our organizational processes, curriculum, support services, and resource management and development. Once that self-study is complete, it will be submitted to WCEA/WASC who will assign a Visiting Committee to read the document and visit our school in an effort to ascertain how well our self-study aligns itself with the committee's observations of all aspects of our school. Preparations are well underway for that committee to visit on March 7-10, 2010. The chairperson of our visiting committee, Dr. Merritt Hemenway, Principal of Bishop Amat High School in La Puente, conducted a pre-visit October 21. When St. Joseph High School produced its last Focus on Learning report in 2004, we were rewarded with the full six-year accreditation. We have high hopes to receive the full accreditation again in 2010. Mrs. Chris Dempsey has been appointed to lead us through this process as our WCEA/WASC Self-Study Coordinator.

The process of achieving WCEA/WASC Accreditation

is very involved and requires a school to seek the input of all of its stakeholders, including students, faculty and staff, parents, and community members. This all-inclusive evidence gathering allows a school to compare its stakeholders' opinions about student success with its expected goals and objectives for learning, the aforementioned ESLR's. As you well know, those ESLRs are organized around our school philosophy and motto: **To Image Christ in Mind, Heart, Body, and Soul.** Over the past two school years with the input of all of our stakeholders, we have carefully examined both our ESLRs and our philosophy statement and have made changes to both. Those will be published in full in the next *Knightly News*.

In addition, since our last accreditation process in 2004, we have been working on school improvement efforts based on our 2004 Focus on Learning, as well as gathering evidence in preparation to examine our strengths and weaknesses to determine a future course for school improvement, commonly known as an Action Plan. At this time all of those stakeholders are involved in that process through meetings of different groups. **Home Groups** consist of members of academic departments within our school, such as the English Department, the Mathematics Department etc. **Focus Groups** consist of faculty and staff members (representing a wide variety of different departments), student representatives, parents, and community members who investigate various aspects of the school's overall program and facilities. Finally, our **Leadership Team** oversees the whole process. We hope to finish our final report around Christmas.

I felt it was important to keep you abreast of the accreditation process here at St. Joseph High School. We ask for your support, especially your thoughts and prayers, as we continue this important work. May God bless you all.

Joe Myers



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**Heart.....**Student Highlights & the Annual Appeal

**Body.....**Knights Sports and H1N1 Guidelines

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# Mind

Communicate effectively and ethically through reading, listening, writing, speaking, and using technology.

Now that quarter grades have been posted, some students and parents might be asking, "What steps might I need to take to improve my grades by the end of the semester?" The following is a general guideline to help students achieve success in the classroom:

- ◆ Believe in yourself and in your ability to succeed.
- ◆ Be organized, both at school and at home.
- ◆ Manage your time well. Know your immediate and long-term priorities and goals. Studying each night will reduce your test anxiety and the need to "cram" for your tests.
- ◆ Be successful in the classroom by being in school and on time, being prepared for class, and participating in a positive way. Also, always remember to treat others with courtesy and respect.
- ◆ Take good notes during class by paying attention, being an active listener, and reviewing your notes regularly. If you miss class, make sure you ask your teacher or a friend for copies.
- ◆ If you do not understand, ask for help. Teachers, counselors, tutors and other support staff are here to assist you if you are struggling. Remember our number one priority is **YOUR** success.
- ◆ Go to Room C-4 after school for free tutoring help from CSF students.

These are just a few ideas and suggestions to assist you with achieving success in school now and in the future. Please do not hesitate to ask your teachers or counselors for more help if you have questions or concerns.

## Mathematics Department Goes High Tech!!

Through the generous donations from the parent community and No Child Left Behind Title IID funds, three math classrooms are now equipped with the latest Smart Board technology. Teachers use these tools daily in order to expand and compliment teaching strategies which ultimately leads to the enhancement of student learning.

- The Boards are used daily to introduce concepts, present lessons, and display answers to problems.
- The Geosketch Pad program allows for the demonstration of lines, segments, graphs, angles, and rotations in a precise, organized, and illustrative manner.
- Being able to present answers on the Board maximizes teaching time.
- Demonstrating math programs in the classroom allows for an easier transition when students use the programs individually in the computer lab.
- The internet is also a useful resource for creating innovative and interactive tools for mastering concepts.

The Math Department is grateful for the addition of Smart Board technology!

## JUNIORS! Our Spring College Tour to Northern California is February 18–20, 2010

We will visit Saint Mary's College, U.C. Berkeley, Stanford University, U.C. Santa Cruz, and Santa Clara University. The cost is \$249. This covers transportation by chartered coach, one night at the Concord Hilton, and one night at the Scotts Valley Hilton.

Application packets are available now in the Guidance Lobby. **We expect this tour to fill up fast. Return the signed permission forms with your payment as soon as possible. After it fills, we will start a waiting list.**

**SENIORS: Grants and Loans for College**—The Scholarship Foundation of Santa Barbara and the Santa Barbara Foundation offer grants and interest-free loans to college-bound seniors. There is one combined application for both of these; it is available now online (deadline January 29) at [www.sbscholarship.org](http://www.sbscholarship.org). Check our SJHS Scholarship page often for new scholarships. From our website, go to **Student Corner** then to **Scholarships**.

**SENIORS:** The application filing period for the University of California and the California State University ends on November 30. Let your counselor review your applications before you send them. Submit them before Thanksgiving!

*Parents: Please tell the counselors about all acceptances, and save all financial aid award letters even if your student is not going to accept the offered award: we announce all offers at our senior awards assembly on May 27.*

Congratulations to the following seniors on their offers of admission from these universities:

**Garrett Dudock**—Oregon State University

**Jordan Torres**—Northern Arizona University



# Heart

Develop maturity, responsibility, accountability, integrity and tolerance.

## Garden of Love

On Saturday, October 10, 2009, Christian Service Club volunteers President Raquel Orozco, Corinne Yague, Nicole Freche, Nicole Green, Crystal Cuellar, Sarah Cuellar, Delaney Henderson, Sadie Miller, Bianca Melendez, and Heather Madrigal, were quick in deciding to give up part of their four day weekend to perk up Mrs. Beverly Steele's spirits with a brand-new garden. The students wanted to do this because Mrs. Steele, mother of Mrs. Licoscos, continues to cope with the death of her husband, James Steele.

To surprise Mrs. Steele, the club members worked over two and a half hours weeding, digging, and planting to transform the once overgrown yard into a beautiful garden. Raquel Orozco donated a variety of flowers and plants to add to the garden along with some useful pointers on weeding and pruning. Everyone was busy: some weeded and planted, and Bianca Melendez and Sadie Miller painted terracotta flower pots to brighten up the garden even more. A couple of the students had even taken some white stones and created a heart in the middle of the garden as a memorial to Mr. Steele. Mrs. Steele was not home when the activities began, so the club wanted to come up with a way for Mrs. Steele to remember the day. The students decided to put their handprints around one of the large terracotta pots along with each of their names.

When Mrs. Steele came home, she was in disbelief. She initially thought there was a problem because she couldn't image why there were so many teenagers in her yard. After she realized what the students had done to brighten her spirits, she became overwhelmed with emotion. Through her tears, Mrs. Steele expressed her gratitude and thanked the girls as each hugged her in what truly had become a garden of love.



The memorial students made to honor Mr. Steele and to surprise Mrs. Steele in the Garden of Love they created in the Steele's home.

*"Blessed are those who hunger and thirst for righteousness, for they shall be satisfied."*

- Matthew 5:6

A great big **Thank You** goes out to everyone who donated items to our "One Family in Service" food drive. St. Joseph High School teamed up with St. Louis de Montfort and St. Mary's of the Assumption schools to provide Thanksgiving food items such as canned fruit, canned vegetables, pumpkin pie filling, and pie crusts for the Catholic Charities Food Bank. The outpouring of gratitude expressed by Catholic Charities is a reminder to everyone about the significance of giving because without help from others, many people would go throughout the holidays without food! We hope all of you feel as honored

as all of us feel for the opportunity of serving our community. Once again, thank you to all who donated to "One Family in Service."

God Bless You and Your Family,

Daniel Kirk, Andrea Hilbrant, Aly Beebe, and Kishan Bhatt  
St. Joseph High School ASB Executive Board

## Acts of Kindness

*"As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience." - Colossians 3:12*

- ◆ Heather Hourdequin hosted a sweet sixteen party where she asked guests for money in lieu of gifts so that she could make a donation to The Santa Barbara Cottage Hospital Foundation.
- ◆ Theology and Social Studies students and teachers came together and collected hygiene items that were shipped to Samoa to help victims of the devastating earthquakes and tsunami.
- ◆ Ten students volunteered their time to help Mrs. Cronomiz construct multiple balloon arches for the St. Louis de Montfort Family Festival.
- ◆ Jocelyn Gee took time out of her day to give \$5 to a homeless veteran.
- ◆ Shane Conway helps tutors a fellow football player in Algebra II.



# Body

Enhance the whole person through participation in physical activities including athletics, leisure and play.

## It's great to be a Knight!

Fall sports are entering their last few weeks of regular season play with the CIF Playoffs looming right around the corner. This fall we've had some great performances by our athletic teams. Here are just a few of the highlights:

- The longest girls' tennis match in school history ended with a Knight victory as St. Joseph defeated Santa Ynez by a 10-8 score in a match that took 11 days to finish as it was initially postponed because of darkness and then postponed due to rain.
- Senior running back K.J. Cusack set a St. Joseph record and tied a CIF record with a 99-yard touchdown run in a 21-13 win over Pioneer Valley.
- In just their second season, boys' water polo won their first three league games before losing a hard fought battle to Santa Ynez.
- Girls' golf defeated longtime rival Santa Ynez by a 224-229 score.

**Thank You** - Once again I'd like to thank the numerous parent volunteers that help transport our students, feed our students and make sure our athletic events go off without a hitch. Special thanks to all of the parents that helped volunteer at our Pioneer Valley football game. Jay Will Stadium was bursting at the seams with close to 4,000 people, and our volunteers had smiles on their faces all night long. It was a great night to be a Knight!!!

### Booster News...

**All New CASINO KNIGHTS** – Saturday, November 7, 2009 in the Hofschulte Gym 6:00 p.m. doors open, no-host cocktails \* dinner served at your leisure \* 6:30 p.m. gaming tables \* Bello Forno Catering with their wood-fired oven gourmet pizzas \* Reverse drawing \* Cash prizes \* A spectacular night you and your friends will not want to miss!!!

**Save the Date:** The ever so popular Crab Crack, Saturday January 30; more info to follow. Accepting bids from caterers; please contact Liz Cosand at 937-7184.

**Volunteers Needed:** The booster board is looking for volunteers to help serve at the sports banquets. Please contact Julie Posada at 928-5000. Here are the upcoming banquet dates:

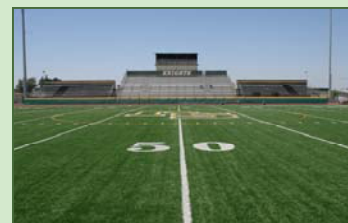
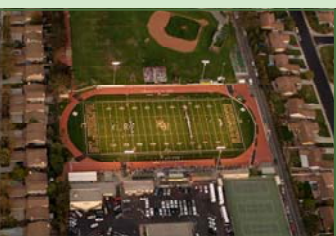
Nov 23, 6:30 – 8:30 \* Dec 7, 6:00 – 8:00 \* March 1, 6:30 – 8:30 \* March 15, 6:30 – 8:30 \* May 12, 6:30 – 8:30 \* May 13, 6:30 – 8:30 \* May 18, 6:30 – 8:30

## H1N1 Guidelines

Hopefully, you are aware of information concerning the H1N1 Swine Flu pandemic. The following is St. Joseph High School's policy on Swine Flu:

- Anyone with flu like symptoms should stay home for 7 days plus an additional 24 hours after they no longer have a fever or signs of a fever. The largest group of people contracting H1N1 is between 5 yrs. of age and 24 yrs. of age, so schools can act as a point of spreading the virus. Therefore, the importance of staying at home until all signs of contamination are passed is even more important for schools.
  - Remind staff and students to practice good hand hygiene and provide the time and supplies for students and staff to wash their hands when needed.
  - Send sick students and staff home.
  - Schools should revise their policies and incentives to avoid unknowingly penalizing students who stay home when they are sick (e.g., perfect attendance awards).
  - Arrange for a way for students who stay home to make up class work. Maintain good communication with parents at all times.
  - Move students and staff who become sick at school to a separate room until they can be sent home. Limit the number of staff who take care of the sick person and provide a surgical mask for the sick person to wear if they can tolerate it.
- Have Personal Protective Equipment (PPE) such as masks available and ensure it is worn by school nurses and other staff caring for sick people at school.
- All schools in the Archdiocese should maintain close contact with their Regional Supervisor to determine if dismissal of the entire student body is necessary or not.
- If contacted by the Media you should refer them to the Archdiocesan Media Relations Office at 213-637-7216 and also inform your Regional Supervisor at the Department of Catholic Schools. Media relations will speak with the press.
- Schools should develop a plan to cover key responsibilities in the event multiple staff members are out sick.
- Develop communication tools to inform parents and staff (letters, website posting). See letter to parents attached.
- Inform parents to expect that the Attendance Office/Health Office staff will follow up on all absentees to determine nature of illness.
- Control unfounded rumors of possible H1N1 infection at your site.

The principal should take responsibility for reporting any cases or suspected cases of H1N1 to the appropriate County Health Department. If the student lives in a county different from the school, both Counties must be notified.



# Soul

Show love for God, others and self through active participation in one's faith community and service to others.

## Campus Ministry

Happy All Saints Day and Happy Thanksgiving! The youth ministry team is planning two liturgical events to celebrate two November holidays. November 1 is All Saints Day where we give a special honor to those who have died and are with Jesus in heaven. As we pray for one another here in this life, we know that the Saints who have gone before us are praying for us in our struggles in this life. November 2 is All Souls Day. This is the day we offer up special prayers for loved ones who have died as Saint Paul did for his friend Onesiphorus (2 Timothy 1:18). SJHS will combine the two and celebrate Mass on Monday November 2. Thanksgiving is also a special time in our country where we give special thanks for God's blessing in our lives and offer service to those in need. Our Thanksgiving prayer service (not a Mass) will be in our gym on Tuesday, November 24 around 11:35 AM. God bless you all and may the prayers of the Saints and God's grace strengthen our journey of faith.

David Wells, Director of Campus Ministry

## Kairos Info

Senior Parents: Please remember that the Kairos retreat is November 9-12. If your student is attending, please be aware that he or she will have a packing list a week before the retreat. Please feel free to inquire about the information on the packing list and also refer to your notes from your parent meeting. The next Kairos will be in February, and sign ups will be in early December. The deposit is \$40. Call or email Mrs. Gregory or Mrs. Ross if you have any questions. Please pray for those attending and leading the Kairos retreat! God bless!

### Charlene's Closet Toy Drive

November 24 through December 15  
Bring in NEW toys, board games, or socks

Help children have a Merry Christmas!

Charlene's Closet is a part of Good Samaritan Services



Sr. Regine Donner, along with Sr. Janet Corcoran, formed the Marian Medical Center Volunteers. Sr. Regine spends endless hours each week organizing and supporting the students in their work.

## A note from Sister Regine Donner, Volunteer Coordinator

As the initiator and coordinator of Marian Medical Center's Volunteer Program, I would like to acknowledge the young people who generously give their time to volunteer at the hospital. These teens uplift the spirits of the patients as they willingly, diligently, and joyfully come to offer their services when needed. They are all so sharp looking in their required uniforms, bright and ready to overcome all obstacles.

The program started in 1998 with a pioneer group of 45 teens from St. Joseph High School. It was the first time students could volunteer in the real world of a hospital. The program has expanded over the last ten years to all high schools in the Santa Maria Valley as well as Arroyo Grande, Nipomo, and Vandenberg Village. The numbers have vastly increased to include 185 volunteers! This program offers students the opportunity to serve and to see the real world of patients, doctors and nurses. It is also a wonderful tool for fostering a career in medicine. The program, however, is not limited to teenagers interested in a medical career. From our volunteers program, we already have a doctor, several nurses, and several graduates attending medical or nursing schools.

Students and parents are to be commended for their generosity. Parents give their time dropping off and picking up their volunteers, and students give of themselves in spite of their heavy and full schedules. No matter which school they attend or what their socio-economic status, the students have learned to work together. They have also learned to be professional, kind, patient, and disciplined.

A big thank you goes out to our volunteers for their enthusiasm and commitment. The staff and patients at Marian Medical Center enjoy being around these wonderful young people, and so do I. It is a pleasure working with them, and I know they love what they are doing.

# More Info...

## 13<sup>th</sup> Annual BASH Golf Marathon

On Monday, October 26, over 13 golfers enjoyed a great day of golf at the always beautiful Santa Maria Country Club, while supporting the sports programs at SJHS! Each golfer had gathered a multitude of pledges to support their individual efforts towards 100 holes of golf. Enormous thanks to all who made this day such a success; our golfers who gathered pledges, our donors, our student caddies and Ken White at the beautiful Santa Maria Country Club.

We all enjoyed a fabulous sunny day on the greens! A big **BASH** thank you to our great group of golfers; **James Acosta, Rob Buchanan, Rick Gillespie, Mike Hartman, Dottie Lyons, John McPike, Julie Epps, Greg Sarkisian, Mark Whitten & Josh Wong.**

Thank you to the following business making donations towards raffle prizes; Avila Beach/ Blacklake Golf Resort, Conway Distributors, Cypress Ridge Golf Resort, Chumash Casino Resort, Rancho Maria Golf Club, Sunset Ridge Golf Center, Coca-Cola, Santa Maria Country Club and Old Town Shirt Factory. Thank you to the following business for their sponsorship of t-signs along the course: API, Bognuda Cattle Ranch, Crop Protection Services, The Donovan Family, Elevation General Engineering, English Air Service, Freitas Brothers, Isolair Inc., Johnston Aircraft, Pacific Air Logistics.

### Thank You to our Corporate Sponsors!

**Home Motors** Toyota & Honda of SM

**Gillaspy Steel LLC** Marian Medical Center

*Central Electric* **Santa Ynez Band of Mis-**  
**sion Indians** Smith Electric **Mission Linen**

*AVIS Rental Car* - San Luis Obispo & Santa Maria

We wouldn't want to forget the great caddies that showed up to help for the day: Jacob Cano, Jason Buchanan, Chelsea Gillespie, Chloe Dunn, Sara Epps, Ellie McPike, Justin Whitten, Sara Scott, Taylor Will & Kelsey Wong.

Pledges are still being accepted! Please support your teams! Thanks to all!

Sandy Buchanan, Laurie Gonzalez and Liz Vega

## Parent Board Info—

The Parent Board is off to another busy year planning events for our wonderful student body.

A BIG thank you to the junior class parents who donated drinks for the junior retreat in Santa Ynez. The juniors who attended the retreat had nothing but positive things to say about the time spent with their classmates. We encourage all to attend these meaningful events that create memories and friendships that last a lifetime.

The senior class representatives have been busy with the coffee bar at all Friday night home football games. They would like to thank all the senior parents who have volunteered to help make this a successful fundraiser for the class. Stop by on Friday nights and buy a delicious cup of Starbucks coffee or hot chocolate!

Congratulations to the Perea family for winning our \$250 tuition drawing at Back to School Night. Way to go!

Go Knights!!!!

## New Car Drawing

Thank you to everyone who participated in the 2009 Car Drawing! The winning ticket for this community-wide event will be drawn on Tuesday, November 3, 2009. Hopefully, one of our very own St. Joseph High School families will be the winner!

Special thanks to Toyota of Santa Maria, Home Motors Chevrolet, Honda of Santa Maria and Community Volkswagen and BMW who are generously donating the winning car or \$20,000 cash! We greatly appreciate your continued support of not only the students of St. Joseph High School but also of all youth in the Santa Maria Valley!