



October 30, 2009

INSIDE CHARLESTON CATHOLIC HIGH SCHOOL

Teaching character, compassion, and confidence to the youth of West Virginia for over 80 years

Dear Parents:

As I wander through the building, stopping in classrooms along the way, I am continually impressed by what I see and hear. For example, I recently found myself standing in the doorway of a philosophy class, enjoying as teacher and students bantered about Descartes' evil genius theory, cognitive dissonance, and perfection. Heavy stuff! It reminded me, once again, that the education your children are receiving here is not the typical secondary education. As recent graduates return to tell of their college experiences, they repeat a common refrain: namely, that they are doing well academically, noticeably better than their peers, and that they attribute it to their Charleston Catholic preparation. Hurray!

To see what I get to see each day is truly a blessing. You, too, can experience a taste of life at CCHS by checking out the CCHS Course Extranet segment on our website. Take a few minutes and look beyond your own child's classes. You'll be amazed at what you'll find – recrystallization and chromatography, Beowulf and Buddhism, autoethnographic and transcultural text, and strategies for confronting inequalities to name a few. We truly have assembled a community of learners in downtown Charleston. The education is priceless.

As we approach November and Thanksgiving, may the upcoming weeks be filled with appreciation for those who nurture us personally, intellectually, and spiritually. In the busy moments, may we take time to reflect upon our families, our blessings, our priorities, our attitudes, and our beliefs. May we give generously of ourselves.

Debra K. Sullivan, Principal

CONDOLENCES – We express our sympathy to a number of our students and their families who have lost loved ones recently. May the souls of the departed rest in peace: Molly Breese's great grandmother, Lauren Hatfield's grandmother, Vincent and Katie Stricker's grandfather, Kelsey Higgins' aunt, Mr. Silvestrucci (father of CCHS graduates Jonathan and Beth), Sarah Joseck's grandmother, and Luke and Henry Smith's uncle. Please keep these families in your thoughts and prayers.

PARENT-TEACHER CONFERENCES – If you haven't already done so, please call on Monday, November 2, to make your appointment. **TUESDAY, NOVEMBER 3, IS THE BIG DAY!** These are the only dates and times that parent conferences will be scheduled. Feel free to call individual teachers at school and talk to them on the phone if you cannot meet with them during conference days or if you need to talk with them at other times. If you have serious concerns about your child's progress, a 5 or 10 minute conference may be insufficient. In such cases you will need to call the teacher(s) involved and have an additional conversation via phone.

Tuesday, November 3 - No school for students in grades 6 – 12

6th – 12th grade conferences from 8 a.m. to noon; 1 to 5 p.m.; and 6 to 9 p.m.

Monday, November 9 - Regular school day for all – 6th grade conferences 3:30 – 5 p.m.

PLEASE BE ON TIME AND BE CONSIDERATE OF PARENTS WAITING FOR THEIR DESIGNATED APPOINTMENTS. High school parent-teacher conferences are scheduled at 10 minute intervals with individual teachers in their classrooms. 6th grade parents will meet in the library with each teacher (Ms. Wallpe, Mrs. Iszkula, and Mrs. Walsky) for 10 minutes per teacher. Appointments are scheduled on the half-hour, e.g., 8:00, 8:30, 9:00, etc. After 10 minutes, parents will rotate to the next teacher, and so on. At the 30-minute mark, those parents must leave the library and three new sets of parents will begin their rotation. 7th and 8th grade parents will meet in the Commons with each teacher (Mrs. Pile, Mrs. Erby, Mr. Webb, Mrs. Zboinski, Mr. Villers, and Mrs. Hayes) for 5 minutes each. Appointments are scheduled on the half-hour, e.g., 8:00, 8:30, 9:00, etc. Each set of parents will begin with one of the six teachers. After 5 minutes, the parents will rotate to the next teacher, and so on. At the 30-minute mark, those parents must leave the area and the six new sets of parents will begin their rotation.

FIRST QUARTER REPORT CARDS ARE ENCLOSED – If grades seem low, ask your children if they are completing and turning in homework and other assignments on time. Failure to do so will substantially affect grades! Teachers have given students printouts with first quarter grades. Keep in mind that the cumulative grade point average is based solely on semester grades. Cumulative grade point averages will be reported on January report cards.

IF YOUR CHILDREN'S GRADES ARE NOT WHAT THEY WOULD LIKE THEM TO BE – First, look at the printed grade sheets the teachers have sent home with your students. Do you see zeroes? Those zeroes indicate that an assignment/homework/paper/etc. has not been turned in at all or was turned in more than one day late. Work is accepted one day late for 50% credit of the score the student would have earned (e.g., if a paper was worth 100 points and the student earned 80 of those points, turning in the paper one day late turns that grade into a 40.). If work is turned in two days late, the assignment earns 0 points. Help your students be responsible by meeting deadlines in the future.

FIRST SEMESTER EXAM SCHEDULE – Although we've just finished the first quarter, it's time to look ahead to December's exams. Keep in mind that we administer exams before Christmas, but the semester does not close until January 15. From January 4 through 15, teachers will be covering new material which will be calculated into the first semester grade. All classes have exams and exams must be taken at the scheduled times. **If on any day we have a two-hour delay due to weather, we will start that day's exams at 10 a.m. and school will be dismissed at 1:15 p.m. or 3 p.m., depending on the day's exam schedule. If school is cancelled on any exam day due to weather, exams for that day will take place on the *next day the school is open, even if it means pushing exams to January 4.* IN THE EVENT OF ANY WEATHER-RELATED CHANGES, CHECK THE SCHOOL WEBSITE FOR UP-TO-THE-MINUTE INFORMATION.** Students should prepare for exams by reviewing past tests and quizzes, using study guides that some teachers have prepared, rereading notes and homework/class assignments, reworking math problems, and so on. First semester report cards will be mailed Friday, January 22, 2010.

<u>Sixth grade:</u>	Wednesday, 12/16	exams for periods 2 and 5; 11:15 dismissal
	Thursday, 12/17	exams for periods 1 and 8; 11:15 dismissal
	Friday, 12/18	exams for periods 7 and 6; 11:15 dismissal
<u>Seventh grade:</u>	Wednesday, 12/16	exams for periods 1 and 3; 11:15 dismissal
	Thursday, 12/17	exams for periods 5 and 4; 11:15 dismissal
	Friday, 12/18	exams for periods 2 and 8; 11:15 dismissal
<u>Eighth grade:</u>	Wednesday, 12/16	exams for periods 1 and 3; 11:15 dismissal
	Thursday, 12/17	exams for periods 5 and 7; 11:15 dismissal
	Friday, 12/18	exams for periods 2 and 8; 11:15 dismissal
<u>High school:</u>	Wednesday, 12/16	exams for periods 1 and 2; 11:15 dismissal
	Thursday, 12/17	exams for periods 6, 7, and 4; 1:00 dismissal
	Friday, 12/18	exams for periods 8 and 3; 11:15 dismissal

CATHOLIC SCHOOLS WEEK -- Please mark your calendars for the week of January 25-29! During Catholic Schools Week each winter, the PVA reaches out to the community around us and participates in an act of community service. This year, we are reaching out to Manna Meal and will be collecting donations to support their program. Specific details of donations needed will be communicated in next month's newsletter. If you have questions, please call Paula Jameson at 949-2478.

SCIENCE SEMINARS – Many thanks to our high school science teachers and students for planning evening seminars. These seminars provide our students with the opportunity to hear from experts in their fields and to ask questions. Interested parents, particularly those who are driving their children to and from these hour-long events, may wish to attend as “auditors.” The next seminar, focusing on the Hubble telescope, features Kevin France, CCHS alumnus, on Tuesday, November 24, at 7 p.m.

CHOIR NOTES – It is amazing to hear our choir sing during school liturgies! Most impressive! Students in all grades who would like to join the group are encouraged to do so. Choir practice is planned during student lunch periods once a week, typically on Tuesdays. Students should pre-order their lunches using forms available in homeroom or outside the Choir Room. Questions? Talk with a current choir member or contact Mrs. Gail Stone (304-342-8415; 304-539-4285; 304-927-3614).

CHARLESTON CATHOLIC PAX CHRISTI NEWS --

1) Pax Christi is sponsoring **“Manna Meal Mondays.”** On the first Monday of each month, students are invited to bring in a **box or bag of dried cereal** as a donation to Manna Meal, an interdenominational sponsored soup kitchen located in the parish Hall of St. John’s Episcopal Church. Manna Meal feeds over 200 people, two meals a day, every day of the year. Cereal collection boxes will be in Theology class rooms. Our first collection day is **Monday, November 2.**

2) Pax Christi is hosting a Red Cross Blood Drive on **Friday, November 13.** Eligible students 17 and older with parental permission are invited to donate blood. Parents and other adult members of the Charleston Catholic community are invited to participate. Call the school office to schedule a time slot, or just come to the school library between 9 a.m. and 2 p.m. on the day of the drive.

H1N1 UPDATE – Yes, we have sickness of all sorts in the building and can imagine that it will continue this way through Christmas. The Charleston-Kanawha Health Department hopes to schedule clinics in all of our Catholic schools in November. CCHS should receive permission slips approximately one week before the clinic is scheduled. In the meantime, encourage your children to follow healthful practices. Evidently, gargling with salt water and taking Vitamin C, along with drinking warm liquids, are good ways to help stave off the flu, too.



Remember when actors became American Presidents? When Bubble skirts and blue eye shadow were cool? When Atari was cutting edge technology? From the era that brought the world “The Rubik’s Cube,” “Max Headroom,” and “The Teenage Mutant Ninja Turtles” comes this “totally awesome” musical in the style of

movies such as “Back to the Future,” “Ferris Bueller’s Day Off,” “The Karate Kid” and “The Wedding Singer.”

Back to the 80’s tells the story of the senior class of William Ocean High School that graduated in the 1980’s, as remembered and seen through the eyes of Corey Palmer, who is now 30-something. CCHS Drama is proud to present our first musical! You won’t want to miss this exciting performance.

Performances will be given Friday, November 13, and Saturday, November 14, at 7:30 p.m. Tickets are available at the door – Adults \$5, Students \$3.

BOOK CLUB -- CCHS science teachers are hosting a book club for all interested CCHS students, faculty, and staff. The club will read 4 books over the course of the year and meet once each quarter to discuss them. The books chosen will be fun, interesting, and have a science slant. The first book is Scat by Carl Hiaasen. The club meetings to discuss this book will be Nov. 2 for high school students and Nov. 5 for middle school students. All science teachers have a sign up sheet to gauge participation. There is a link to the book club on the CCHS website Extranet under Clubs and Activities with more information.

PHOTO CLUB – Russ Miller, CCHS photographer extraordinaire, is inviting students at all grade levels and parents to learn more about photography during two workshops.

1) **CCHS Photo Club Workshop #1: Taking Better Photos** is scheduled for Sunday, November 8, 2-4 p.m. in the CCHS library. Come learn how to take advantage of your camera features and to share tips/techniques on taking better photos. Some Digital SLR cameras will be available, but please bring your camera and manual so you can learn more about your own equipment.

2) **CCHS Photo Club Workshop #2: Photo Cleanup** is scheduled for Sunday, December 13, from 2-4 p.m. in the CCHS library-- Learn how to do basic cropping and cleanup of your photos. Please RSVP to Russ Miller at russm01@suddenlink.net.

HANDMADE RECYCLED HOLIDAY ORNAMENT WORKSHOP -- The Kanawha County Public Library is partnering with the Habitat for Humanities ReStore Relics Holiday Art Show to give teenagers and adults the chance to create their own holiday ornament to keep, give as a gift, or enter in the art show. Local artists, including our own art teacher Mrs. Becky Burch, will lead the workshop at the main library on Saturday, December 5, at 11 a.m. Supplies will be provided though patrons may want to bring some of their own holiday cards or memorabilia to complete the ornament. Classes are limited so register early. Call your local branch for more information. Registration is required. More dates/locations may be added, so please call for dates.

SUPPORT THE JUNIOR CLASS – To raise money for prom, the junior class is selling cookie dough, brownie dough, and coffee at \$14 per item. Place your order by November 6 with a member of the junior class.

CHARLESTON CATHOLIC HIGH SCHOOL SKI CLUB 2010 --

- Ski dates: January 13, 20, 27, February 3, 10
- Optional parent information meeting-Tuesday, December 8, at 6:00 p.m. in CCHS library.
- Mandatory student meeting – January 6 at 3:00 p.m. Students will receive an overview of rules and responsibilities.
- Buses will leave school for Winterplace promptly at 3:30 p.m. and return to CCHS at 10:30 p.m.
- Ski Club members are expected to be on time when leaving CCHS and when leaving Winterplace. Students must be on the buses at Winterplace by 9:00 p.m.
- Please be on time to pick up your children. Busses drop off in front of Sacred Heart Co-Cathedral so please do not park on this side of the street.
- The decision to cancel Ski Club because of weather will be made the day of the trip by 11:00 a.m. Additional Wednesdays will be added to the end of the season if trips are cancelled due to weather. If school is cancelled on a Wednesday because of snow, do not assume we will cancel Ski Club. Conditions are probably good for skiing and, if it is possible to transport the students safely, we will have Ski Club. Check the CCHS website www.charlestoncatholic-crw.org for the final word.
- **Cost: \$225 for shaped skis or if you are bringing your own equipment; \$295 for rental of blades or snowboard.** These amounts include lift tickets and transportation for all five dates. Lessons are available for every level of skier each Wednesday at no extra cost. **Students renting equipment from Winterplace must complete a liability form in its entirety, including credit card information. This form will be given to students after they register for ski club.**
- Helmets are strongly encouraged.
- **Students must submit ski club contract and a medical emergency form. These forms will be available the first week of November. Forms and fees must be returned to school by December 11.**

NOT USING YOUR OLD RECEIVERS AND SPEAKERS? -- With another eight SmartBoards installed or on order, CCHS is in need of sound systems to maximize the functionality of the boards. If you have old stereo systems (receiver and speakers) that you are no longer using, consider donating them to the school where we will put them to good use as SmartBoard audio systems.

VIRTUS– 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. Complete information, links, and forms are on the CCHS website. Pre-register at www.virtusonline.org.

CELL PHONES, IPODS, AND OTHER TECHNOLOGY – The use of cell phones and other electronic devices is prohibited during school hours (8 a.m. until 2:45 p.m.).

SENIOR ADS FOR YEARBOOK -- Parents who are interested in purchasing an ad to recognize their seniors are encouraged to complete the form below and return it to Mrs. Shannon Vollmer by Friday, November 13. Based on the level of interest, ad sizes will be determined to fit the number of yearbook pages available on a first-come-first-served basis. Please complete the form below indicating your first and second choices for ad dimensions. The form lists prices for various ad sizes, but please do not send a check at this time. Once parents have indicated their desires, ad sizes will be determined and families will be notified and invoiced. **AD REQUESTS SUBMITTED BY FRIDAY, NOVEMBER 13 WILL BE HONORED. DUE TO PLANNING RESTRICTIONS SET BY THE PUBLISHER, THIS DEADLINE MUST BE FOLLOWED. There is no guarantee if your request is placed after this date. PLEASE DON'T MISS OUT!!!!!!**

Yes, I am interested in buying a yearbook advertisement!

Please rank first and second choices:

_____ **FULL PAGE - \$225** _____ **HALF PAGE - \$135** _____ **QUARTER PAGE - \$75**

Your name: _____

Child's name: _____

Daytime phone number: _____ **Your email address:** _____

HIGH SCHOOL GIRLS' SOFTBALL ANNUAL HOLIDAY GREENERY SALE -- Get your holiday greenery and help the team! Complete the form below and make checks payable to CCHS with "Softball" in the memo. Orders and checks due to the school office by November 2. Pickup will be the week after Thanksgiving. For questions, contact Sara Busse – 304-539-4345 or sjbusse@gmail.com.

	No. Ordered	Cost
Western Cedar Garland: (10' long) @ \$20 each:	_____	_____
28" Noble Fir Wreath @ \$28 each:	_____	_____
Holiday Door Swag: \$20 each:	_____	_____
22" Mixed Evergreen Wreath: \$20 each:	_____	_____
TOTAL DUE:	_____	_____

NAME: _____

ADDRESS: _____

PHONE and EMAIL: _____

CLAY COUNTY CHRISTMAS PROJECT-- This long-standing (22 years?) project highlights the bond between families in Clay County and the CCHS/SHGS community. Each year over 500 children and their families are served by our Clay County Christmas Project. Also, for the past five years, our summer HOPE project to make houses warmer, drier, and safer has focused on Clay County, further solidifying our outreach to the residents there. 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. Many thanks to CCHS alum Dickinson Gould of Buzz Products for continuing to provide trucks and drivers to transport everything to the party site. 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 5.** Two groups of students 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 -- older students who have never been to the party before and a few club representatives who 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) **Monday, November 23 - \$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) **Monday, November 23** - Stockings and stocking stuffers are due. 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 from K-Mart) along with their grade level's stocking stuffer assignment to their theology classrooms.**

Each 6th, 7th, and 8th grader: one pair of one-size-fits-all gloves (about \$1.50), 3 chapsticks, 3 thin coloring books, and 3 small packages of crayons

Each high school student: one pair of one-size-fits-all gloves (about \$1.50), 2 toothbrushes, 2 tubes of toothpaste, 2 hairbrushes, and 2 bars of soap

EXTRA ITEMS ARE ALWAYS WELCOME!

- 3) **Tuesday, November 24-** Students will receive the name and other information about their Clay County child. Students are asked to purchase a \$35 gift. Please do not exceed the \$35 limit. 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 Ms. Colleen McCartney, Assistant Principal for Student Affairs. Parents wishing to help with gifts for additional children are encouraged to inquire in the office.

- 4) **Tuesday, November 24 - Food items are due** -- Each classroom 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.

- 5) **Tuesday, December 1** - 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!*

MRS. THOMAS' TIDBITS –

1) Do you “Twitter?” Keep up with the latest news, information, and deadlines from Mrs. Thomas’ office by signing up on Twitter at CCHScollegeprep to receive periodic “tweets” which may be sent to your e-mail or phone as a text message. Instructions on how to sign up for Twitter are on our website.

2) SAT and ACT testing and registration dates (CCHS code: 490-205)

SAT and SAT Subject Tests (can register on line -- www.collegeboard.org):

TEST DATE	DEADLINE	LATE REGISTRATION
November 7	October 1	October 15
December 5	October 30	November 12
January 23	December 15	December 30
March 13	February 4	February 18
May 1	March 25	April 8
June 5	April 29	May 13

ACT: (can register on line -- www.act.org)

TEST DATE	DEADLINE	LATE REGISTRATION
December 12	November 6	November 7 - 20
February 6	January 5	January 6 - 15
April 10	March 5	March 6-19
June 12	May 7	May 8 - 21

3) Seniors will need to complete their fine arts requirement by the end of the third quarter and community service hours by the second Friday of May of their senior year.

4) Seniors, are you proud of your first quarter grades? Email or call your college representatives and let them know you are sending a copy. While these grades will never be on your transcript (only semester grades are reported), you are showing colleges that you are working hard and applying yourself. It’s yet another opportunity for you to have a chat with your college reps!

5) Mrs. Thomas handles college visit requests. Students should get the forms from her and return the completed forms to her at least 2 days before the trip. Seniors are allowed 2 college visit days; juniors are allowed 2 college visit days. College visits must be made before May 1.

6) **On Thursday, November 19**, a representative from the WV Higher Education Policy Commission will present college financial aid information – 6 p.m. in library.

7) Juniors and seniors should take advantage of lunchtime opportunities to learn more about different colleges.

8) Students wishing to take AP tests for non-AP courses (e.g., world history, biology, foreign languages, etc.) may choose to do so and must notify Mrs. Thomas in February.

9) **PROMISE scholarship and FAFSA deadline – March 1.** Students must complete **BOTH the PROMISE and the FAFSA applications in order to be considered for the PROMISE scholarship. Additionally, colleges and universities throughout the country use FAFSA information to determine scholarships and financial aid. Go to www.promisescholarships.org.**

10) Students interested in applying for the Honors Program at WVU will need to fill out an Honors Program application in addition to the WVU application. Both are available on-line.

11) The health department asks all schools to keep students’ immunization records updated. If your child has had recent shots, please send CCHS a copy of new health records.

ADVERTISING OPPORTUNITY – Charleston Catholic is now selling 3 foot by 6 foot customizable banners for advertisements at the CCHS Athletic Facility. The banners will hang behind the basketball teams’ benches (opposite the fans). What a great way to reach out to the Charleston Catholic community! Contact Kathy Crain at (304) 342-8415 or (304)541-4182 for details.

STRUCTURED STUDY TIME – Students have the opportunity to attend the **Homework Clinic**, a distraction and technology-free hour of supervised work, every Monday-Thursday from 3-4 p.m. Students must sign up at the beginning of the day and will be charged a fee of \$5 per session, or \$18 for the week.

CHECK THE CCHS WEBSITE – for fine arts critiques and community service forms and the handbook -- www.charlestoncatholic-crw.org. The website continues to evolve. Check it out! And remember, weather-related announcements (e.g., snow delays/closings) will be posted there so you won’t have to spend time glued to the radio or television!

NOTES FROM THE PARENT VOLUNTEER ASSOCIATION (PVA) –

1) Order forms for fleece jackets with CCHS logo, white uniform polo shirts, and green athletic/academic competition polo shirts are available on the CCHS website. For questions, please contact Lisa Dundervill (344-2566) for fleece jackets, Joanne Bronikowski (344-8850) for green polos, and Lisa Cassis (925-5946) for white polos. Please note that high school students who are members of athletic teams and academic competition teams are permitted to wear a CCHS hunter green polo shirt to school on designated dates – normally home games and other days designated by the principal.

2) **INNISBROOK ORDERS** – Time to think about holiday wrapping paper! Go to www.innisbrook.com and click on “Buy Innisbrook Products” and enter CCHS school number 121949. Call Lisa Dundervill at 344-2566 for more info.

3) Basketball season is approaching! **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, homecoming games, or any SSAC tournaments.** 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 games is also available. **Each adult in a family will be issued a pass that must be shown for admission to games.** Please ask Janet Kawash (304-768-3948) if you have questions about these passes.

4) The successful operation of the CCHS athletic program is dependent on the involvement of parents. 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 a few **team lunches**. Guidelines and dates for these lunches (**designated away games only**) are distributed at the beginning of each season, once team rosters have been established.

SACRED HEART GRADE SCHOOL GALA -- Please join your Sacred Heart friends for this year's Share Your Heart Gala--Casino Royale on Saturday, November 14. Hosted at Berry Hills Country Club, the fun-filled evening for adults will feature food, silent and live auctions, and raffles. Jim Strawn will be the auctioneer, Santa Cruz will perform for guests' dancing and listening pleasure, and Mike Hall will be taking both formal and candid pictures! The cost is \$75 per person or \$125 per couple (cash or checks made payable to "Sacred Heart Gala Fund"). Check out www.shareyourheartgala.org or contact Leighann Hamrick at 304-421-3520 for more information.

CONGRATULATIONS

- to seniors Ben Williams and Erin Casey who have been honored as Commended Students in the 2010 National Merit Scholarship Program. Ben and Erin placed in the top 5% of more than 1.5 million students who took the PSAT.
- to the high school golf team for ranking as the Class A State Champion!
- to high school cross country teams for another successful season and to the individual members who have earned a berth at the upcoming state championship.
- to Kevin Nelson who has been named WVSSAC Girls' Soccer Coach of the Year for the 2008-09 school year! He will be presented with a plaque during half time of the upcoming girls' state championship.
- to our high school varsity volleyball team for reaching a milestone -- for the first time in school history, the team has reached 50 wins and the season isn't over yet!
- to our high school boys' and girls' soccer teams, both ranked #1 A-AA. We wish them good luck as they continue post-season play.
- to our enthusiastic middle school volleyball team, their coaches, and parents. The team played hard all season and grew in experience and skill and demonstrated a positive attitude throughout the season.
- to our middle school boys' soccer team, Kanawha County's undefeated regular season champions. Best of luck to the team as they play in the County championship game.
- to our middle school girls' soccer team, for their growth in skills during the season and for their winning attitude.
- to our middle school boys' cross country team for winning the Kanawha County championship. Special kudos to Russell Miller who was the County champion.
- to our middle school girls' cross country runners who showed grit and determination throughout the season, giving other teams a run for their money!
- to Kelsey Higgins and Samantha Busch, both members of the Charleston Town Center TeenBoard.

THANKS –

- to the parents who helped out the high school speech team by taking time out of their busy schedules to drive, judge, bring snacks, and provide moral support at the last tournament.
- to sixth grade parents who have helped chaperone field trips. We hope they had as good a time as the students did!
- to Ms. Wallpe for organizing the opportunity for our sixth graders to go to the Challenger Center in Wheeling. Months of effort go into this activity, preparing the students to make the most of their Mission to Mars.
- to sixth, seventh, and eighth grade parents who transported students to retreats and community service efforts.
- to Mr. Mark Polen for arranging for CSPAN representatives to visit CCHS.
- to Serra Club presenters at a school-wide assembly on October 2.
- to Debbie DiFlippo and Lisa Wood for setting a new record in publishing the CCHS Student Directory – it was distributed by October 1st!
- to everyone who helped make the CCHS cross country invitational and regional meets so successful.
- to the CCHS community for their continued support of CCHS drama – especially to the anonymous donor who provided funding to purchase sound equipment for the upcoming musical.
- to our visitor from Georgia, Dr. Stephen Bush, CCHS alumnus and OB/GYN resident, for speaking to our anatomy/physiology class.
- to Ed Haver from CAMC and Rebecca Davis, the coordinator of Health Science Education at CAMC, for involving our anatomy/physiology class in a virtual brain surgery experience. This was an interactive program and offered students an opportunity to ask questions during an actual surgery.
- to Dr. Raul Gupta, director of the Charleston-Kanawha Health Department, for presenting a high school science seminar on H1N1 and the national public health system.
- to all of our parent volunteers for all they do to support our students, staff, and programs.
- to the fall coaches for contributing time, encouragement, and expertise to provide exceptional athletic opportunities for students. Many thanks, too, to the parents who help support our teams in so many ways.
- to everyone who is helping make the CCHS Quiz Bowl so successful and highly regarded by other teams throughout the state. What a great way to challenge our students intellectually!

SCHOOL CLOSINGS/DELAYS DUE TO SNOW/ICE – – The weather could turn anytime. Although we can hope for a mild winter, we must be prepared to deal with whatever comes. Here’s a brief reminder of the CCHS weather policy. Remember that school closings and delays are also announced on the CCHS web site.

- 1) CCHS/SHGS will NOT follow ANY of the Kanawha County Schools’ weather-related procedures.
- 2) Families will need to connect to the CCHS website or listen to the radio/television for changes to CCHS/SHGS schedules. The following stations will be notified by 6:15 a.m. if there are changes to be made: WV Public Radio, WCHS, WCHS-TV, WSAZ-TV, V100, Kicks96, Super 102, WBES, WKAZ, and WQBE.
- 3) If no announcements are made for CCHS/SHGS, classes will be held on the regular schedule.
- 4) **If a two-hour delay is announced, classes will start promptly at 10 a.m.** The building will not open until 9:30 to give staff time to get to school. Please do not drop off your children before 9:30!
- 5) As always, if you cannot get your child to school for health or safety reasons, notify the school.

CALENDAR FOR 2009-10 SCHOOL YEAR

Monday, November 2	materials due to Mrs. Thomas to be sent to colleges before Christmas; wreath orders due to softball team; HS science book club 3 – 4 p.m.
Tuesday, November 3	NO SCHOOL FOR STUDENTS – parent-teacher conferences 8 a.m. to noon; 1 to 5 p.m.; 6 to 9 p.m.
Thursday, November 5	Green and White Day to celebrate all fall sports (official CCHS t-shirt (includes PE shirts), sweatshirt, etc. worn with jeans, khakis, corduroys; NO LEGGINGS/SWEATPANTS/ATHLETIC PANTS; NO FLIP FLOPS); MS science book club 3 – 4 p.m.
Friday, November 6	deadline to order cookie dough, etc. from juniors
Sunday, November 8	photo club workshop 2 – 4 p.m.
Monday, November 9	6 th grade parent conferences 3:30 – 5 p.m.
Wednesday, November 11	Veterans’ Day – no school
Friday, November 13	deadline for senior ads in the yearbook; Pax Christi blood drive
Friday/Saturday, November 13/14	“Back to the 80’s” – CCHS drama group production – 7:30 p.m.
Tuesday/Wednesday, November 17/18	North Central Accreditation visit

Thursday, November 19 WV Higher Education Policy Commission representative presenting college financial aid information – 6 p.m. in library

Friday/Sunday, November 20-22 Senior Latin students to Washington, D.C.

Monday, November 23 **\$2 jeans day for Clay County Christmas; stockings, one-size-fits-all gloves, and stocking stuffers due**

Tuesday, November 24 **food items** due for Clay County Christmas; students receive Clay County children’s names and information; 7 p.m. HS science seminar on Hubble

Wednesday, November 25 11:30 dismissal for Thanksgiving

Tuesday, December 1 Clay County Christmas **wrapped gifts are due**

Saturday, December 5 Clay County Christmas party

Sunday, December 13 photo club workshop 2 – 4 p.m.

Wednesday-Friday, December 16 – 18 exams

Monday, December 21 first day of Christmas vacation

Monday, January 4 classes resume

Monday, January 18 Martin Luther King, Jr. Day – no school

Friday, January 22 10th grade retreat at John XXIII

Saturday, January 23 HS Winter Waltz 8 – 11 p.m.

Week of January 24 Catholic Schools Week

Monday, February 15 Presidents’ Day – no school

Spring break Italy trip for Latin students; Costa Rica trip for high school group

Friday, April 2 Good Friday – first day of Easter break

Monday, April 12 classes resume

Thursday, April 22 9th grade retreat at Camp Virgil Tate

Friday, April 23 diocesan inservice for teachers – **no school for students**

Saturday, April 24 Prom

Saturday, May 29 baccalaureate

Sunday, May 30 graduation

Monday, May 31 Memorial Day – no school

Wednesday-Friday, June 2-4 exams for grades 6 – 11

November 2009 Menu

Mon	Tue	Wed	Thu	Fri
2 - Pizza	3 – No school – parent-teacher conferences	4 – Chicken nuggets Pasta salad Baked potatoes	5 – Baked mac & cheese Corn Corn dogs	6 –Cheeseburger Curly fries Salad
9 - Pizza	10 –Chicken parm patty Green beans Garlic toast	11 - NO SCHOOL- Veterans’ Day	12 –Stir fry chicken Rice Stir fry veggies	13-Homemade soup School rolls Chicken Caesar salad
16 - Pizza	17 -BBQ Slaw Nachos	18 –Turkey Stuffing Mashed potatoes Green beans Pumpkin bar	19 –Chicken strips Baked potatoes Salad	20 –Turkey wraps Broccoli with cheese
23 - Pizza	24 –Hot dogs Jalapeño poppers Salad	25 -11:30 dismissal for Thanksgiving	NO SCHOOL	NO SCHOOL
30 - Pizza				

FROM THE WAKE FOREST UNIVERSITY NEWSLETTER – Interesting article!

**“Teens behaving badly? (by Christy Buchanan, Professor Psychology, Wake Forest University)
Negative expectations might produce negative behaviors”**

Drinking. Drugs. Caving into peer pressure. When parents expect their teenagers to conform to negative stereotypes, those teens are in fact more likely to do so, according to new research by Professor of Psychology Christy Buchanan.

“Parents who believe they are simply being realistic might actually contribute to a self-fulfilling prophecy,” says Buchanan, who studies adolescent development and behavior. “Negative expectations on the part of both parents and children predict more negative behaviors later on.”

In her study, published in the *Journal of Research on Adolescence*, Buchanan found that adolescents whose mothers expected them to take more risks and be more rebellious reported higher levels of risk-taking behavior than their peers one year later. The same was true for adolescents’ negative expectations.

“Higher expectations for risk-taking and rebelliousness predict higher levels of problem behavior, even controlling for many other predictors of such behavior,” Buchanan says.

More than 250 adolescents and their mothers participated in the study. The adolescents were sixth or seventh graders at the beginning of the study; they were resurveyed a year later. The study was co-authored by Johna Hughes at the University of North Carolina at Chapel Hill.

Parents who expect their kids to suddenly become James Dean when they turn 13, even if they have not been rebellious earlier in life, might be making an important mistake. “Sometimes parents expect more negative behavior from their own adolescents than they should based on the adolescent’s history of behavior,” Buchanan says.

“By thinking risk-taking or rebelliousness is normal for teenagers and conveying that to their children, parents might add to other messages from society that make teenagers feel abnormal if they are not willing to take risks or break laws. This can mean, for example, that when parents expect teens to drink before they turn 21 or to engage in other risky behaviors, kids are less likely to resist societal pressures to do so.”

Because negative risk-taking during adolescence can lead to a variety of problems, parents should not be naïve about the possibility of such behavior, Buchanan says. But expectations that adolescents can not only resist such pressures but also exhibit positive behaviors might help reduce the incidence of negative risk-taking.

Buchanan offers the following suggestions for parents:

- Parents' own behavior is a powerful example. Do not suggest in your words or behavior that the only or best way to have fun is through drinking, sex or drug use.
- Let your teenager know that many adolescents resist drinking, smoking or early sexual activity.
- Draw attention to examples of teenagers who are doing positive things. Convey confidence that your child can do the same, and will not be alone in doing so.
- Communicate and support avenues for having fun without negative risk-taking. Teenagers who get into trouble are often simply seeking ways to relieve stress or have fun. Parents who understand this need can offer ideas and opportunities that are healthy and legal.
- Make your own home a fun and comfortable place for your teenager and his/her friends to socialize. Do not allow negative risk-taking such as drinking to occur in your own home under your supervision.
- Encourage and support involvement in positive extracurricular activities, such as community service, sports, music, theater, faith-based youth groups or other activities.
- Pay attention to your teenager’s peer choices. Positive peer pressure exists! Encourage and support affiliation with other teens who are involved in positive activities and not getting into trouble. Get to know other parents, and encourage affiliations with families who share your values.
- Make sure your teenager knows that there will be negative consequences if he or she engages in negative risk-taking, and follow through if such risk-taking occurs. Lack of consequences implicitly communicates that parents accept such behaviors.

