



September 25, 2009

## INSIDE CHARLESTON CATHOLIC HIGH SCHOOL

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

Dear Parents and Students:

With homecoming week nearly behind us, I can happily report that the week has been productive in so many ways. Teachers carried on with the academic tasks at hand, expecting (and getting!) students' attention and effort. The classroom door decoration contest brought out everyone's competitive spirits and the out-of-uniform days found students and staff getting into the full swing of this year's theme, "CCHS Plays to Win." Distribution of last year's yearbooks was a high point, too, as were the Main Kwong deliveries and looney lunch games. Wednesday's school liturgy was one of the most beautiful and meaningful ones ever, with our choir and accompanists outdoing themselves, sprinkling spiraling descants into their vocals, filling the Cathedral with their joyful talent.

Homecoming week brings back graduates, too, some visiting and some writing. In fact, this week, in addition to reading happy reminiscences from Sarah James Irby, class of 1989 and last year's commencement speaker, I have spoken to or received written correspondence from quite a number of the members of the class of 2009. Our faculty and staff are also hearing back from their past students. Like their peers in past years, our graduates are reporting the same kinds of themes: 1) that they can already see the difference between CCHS graduates and graduates from other high schools; 2) that while so many of their college classmates are saying that they are overwhelmed by the amount of the material being covered and the homework load, they are not struggling with content or the amount; and 3) that they are doing well on the placement tests they've been taking. One student questioned what others were doing during their four years of high school.

All in all, aside from dealing with homesickness, the lack of home cooked meals, adjusting to roommates, and having to do their own laundry, they report that they're doing quite well academically and personally. It is only when our students graduate that they really begin to understand how atypical their middle school and high school experiences have been. It is gratifying to know that their hard work in high school paid off and that they are reaping the rewards now in college. I am pleased but not surprised that they are doing well.

Merely attending Charleston Catholic does not make the difference. What makes the difference is taking full advantage of the opportunities that are present here. Encourage your children to do their best and to become involved in the school. Work with the faculty, supporting their efforts to develop strong study habits in your children. Expect your children to do their homework, truly study for tests, and turn in assignments on time, neatly done, and complete. It will pay off in the end.

Warmly,  
Debra K. Sullivan, Principal

**NATIONAL MERIT SCHOLARSHIP NEWS** -- Congratulations to seniors Clodagh Tinney and Emily Witsberger who were named National Merit Scholar Semifinalists. More than 1.5 million juniors across the country entered the 2010 National Merit Scholarship Program by taking the PSAT in October 2008. Approximately one percent of the nation's college-bound seniors are tapped for this honor. We wish Clodagh and Emily the best as they go on to compete to become National Merit Finalists!

**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: Deborah Hatfield, mother of Lauren, CCHS senior; grandfather of senior Elizabeth and freshman Katherine Hensley; grandmother of freshman Maya Hossino; and aunt of Kristen Walsky, sixth grade teacher. Please keep these families in your thoughts and prayers.

**PROGRESS REPORTS ENCLOSED** – Please review this information with your children. Additionally, teachers have distributed in-depth progress reports to their students, detailing student information on homework, labs, quizzes, tests, etc. Please check with your children to see this information! As you review your children's progress reports, take time to help them focus on their accomplishments. Help them find the balance in their lives so they can successfully manage academics, athletics

and other extracurricular interests, social and religious activities, and family. Help them determine their “personal best.” The school year is still in its infancy. Everything is possible!

**HELPING YOUR CHILDREN STRENGTHEN THEIR GRADES** – Why don’t students earn the grades they’d like to have? Teachers report the ten most likely reasons, as listed below. Please work with your children to make sure they’re doing all they can (and should!) be doing!

***THE TOP TEN REASONS:***

- 1) Students fail to turn in assignments. Oftentimes they haven’t written them down in their assignment books so they absolutely forget they have them!
- 2) Students only read the chapter ONCE. Some even wait until the night before a test or quiz to read the chapter the first time!
- 3) Students don’t take good notes in class. They may write down the outline a teacher has written on the board, but they don’t fill it in with additional information that has been discussed or presented.
- 4) If they’ve taken notes, they don’t always review them before tests and quizzes. Similarly, they should use corrected past quizzes and tests as resources to review so that missed material is learned.
- 5) Students aren’t following directions. Sometimes they aren’t reading every word in a question or they are not listening to and following teachers’ verbal instructions.
- 6) Students may assume that instructions are going to be repeated. Or even that explanations and examples during instruction will be repeated! They need to focus their attention on the teacher throughout the period and not rely on the possibility that something will be repeated.
- 7) Students are not asking teachers for help. If your child doesn’t ask questions in class, then teachers will not know if or why the child is having problems.
- 8) Students sometimes use tutors as crutches thinking “why do I need to pay attention in class when the tutor will explain it later?” Our teachers are available after school and often before school to work with their students. **Unless there is some very serious knowledge gap to be filled or if a student is experiencing extraordinary difficulty, outside tutors should not be necessary.**
- 9) Students sometimes rush through an assignment just to get it done. Quality counts. Attention to details makes a difference.
- 10) Students need to form a mental overview as to how pieces of a subject fit together. They need to do more than memorize information “for the test.” They need to LEARN it so it will be there to help them make conceptual connections in the future.

**PARENT-TEACHER CONFERENCES** -- Because of the large number of parents wishing to attend parent-teacher conferences (we’re delighted with the turnout each year!), we must adjust the school schedule to handle these requests. The appointment schedule has been designed to accommodate the greatest number of parent requests -- without totally wearing out the teachers! **Please call the office beginning Monday, October 19, to schedule appointments for students in all grades.**

Read the calendar and information below carefully to see how the conferences are arranged and how your child’s schedule is affected. These are the only dates and times that parent conferences will be scheduled.

**Tuesday, November 3**

**6<sup>th</sup> – 12<sup>th</sup> grade conferences from 8 a.m. to noon; 1 to 5 p.m.; and 6 to 9 p.m.**

**No school for students in grades 6 – 12**

**Monday, November 9**

**Regular school day for all – 6<sup>th</sup> 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. Middle school parent-teacher conferences will follow last year’s format.

1) **6<sup>th</sup> grade parents** will meet with each teacher (Ms. Wallpe, Mrs. Iszkula, and Mrs. Walsky) for 10 minutes each. Parents will be scheduled on the half-hour, e.g., 8:00, 8:30, 9:00, etc. All meetings will take place in the library where the three teachers will set up in separate locations in the room. On the half-hour, three sets of parents having that time period as their appointment will enter the library. Each set of parents will begin with one of the three teachers. After 10 minutes, the 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.

2) **7<sup>th</sup> and 8<sup>th</sup> grade parents** will meet with each teacher (Mrs. Pile, Mrs. Erby, Mr. Webb, Mrs. Zboinski, Mr. Villers, and Mrs. Hayes) for 5 minutes each. Parents will be scheduled on the half-hour, e.g., 8:00, 8:30, 9:00, etc. Meetings will take place in the Commons where the six teachers will set up in separate locations in the room. On the half-hour, six sets of parents having that time period as their appointment will enter the Commons. 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.

**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 ten minutes and you need to spend your time learning answers to your questions!* Please feel free to call individual teachers at school and talk to them on the phone if you cannot meet with them on November 3 or if you need to talk with them at length.

**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.

**ITALY TRIP** -- Student meetings for the Latin trip to Italy over spring break will begin September 28 at lunch. Meetings will be held approximately once a month and are required for all travelers. A parent meeting will be held Monday, October 5 at 7:00 p.m. in Mrs. Snyder's room 103. Attendance at parent meetings is optional, but highly recommended. Additional parent meetings will be scheduled as necessary.

### **YOUTH ACTIVITIES SPONSORED BY CHARLESTON VICARIATE**

- 1) Youth Mass for students in grades 6-12 will be celebrated on Sunday, October 11, 2009, at Blessed John XXIII Pastoral Center, 5:30-8 PM. Pizza and social gathering will follow.
- 2) Labor 4 Neighbor, Saturday, October 31, 2009, 10AM - 8PM, for students in grades 6-12, who will help winterize homes in Coalburg for the needy. Interested students should sign up in theology classes before October 11<sup>th</sup> and have parents complete consent forms. Adult chaperones are needed for each of the youth work crews (no skills needed). Contact Mrs. Patterson if you would like to volunteer or if you have any questions.

**CPR Courses for the Community and Workplace** – The Family and Friends CPR program contains information on how to perform CPR and life-saving choking responses on adults, children, and infants. This program is designed for family members and members of the general community who want to learn CPR but do not need a course completion card. Laura Welch, Pharm.D. and spouse of CCHS teacher Scott Welch, will teach the course and is a licensed instructor. The class will be conducted on **Tuesday, October 13, from 7 – 8:30 p.m. at the Sacred Heart Center. Cost per person is \$25.** To register, contact Mrs. Welch at [CPRcoursesWV@yahoo.com](mailto:CPRcoursesWV@yahoo.com).

**FACEBOOK** – Have you checked your child's Facebook page lately? If not, you should. Do you really want photos of your children out there that include them participating in inappropriate activities? Do you approve of the language that they're using? Do you approve the clothes they're wearing and the poses they've chosen? Do you want information or photos about them included on their friends' Facebook pages? There are ways people have figured out to get around "private" settings. Never forget that what is on there is public and it is there forever. Other young people, other parents, sexual predators, strangers of all ages and inclinations, college admissions officers, and potential employers are forming opinions, making judgments, and making plans based on what they are learning from Facebook. Is this what you want? In a similar vein, have you educated your child on what cyberstalking is? What cyberbullying is? And what to do if they are experiencing these activities? Technology continues to evolve, bringing with it a share of good and a share of trouble. We've all got to stay on top of it for the welfare of our children.

**CCHS SHAMROCK CLASSIC QUIZ BOWL TOURNAMENT** – is scheduled for October 31, 2009 at the school. We will need parent volunteers to serve as readers, timers and scorekeepers for the competition. If you are interested in helping us for all or part of the tournament, please let Mrs. Arnold know as soon as possible by calling the school between 11:30 am and 1 pm or emailing her at [arnoldad1@yahoo.com](mailto:arnoldad1@yahoo.com). We also need student volunteers for a variety of duties. Students should see Mrs. Arnold as soon as possible to sign up. This is a fun and easy way to get service hours!

**AESTHETIC BOOSTERS** – is a new club for high school students who are interested in getting together with Mrs. Burch, CCHS art teacher, and fellow students to attend art exhibits, plays, concerts, dance performances, and other cultural events. Students may attend as few or as many events as they wish. The club is kicking off the new club with a trip to visit the Andy Warhol and Mattress Factory Museums in Pittsburgh, PA, on Saturday, October 24. Please see Mrs. Burch (or the Aesthetic Boosters bulletin board outside the art room) for more information.

**HIGH SCHOOL CHEERLEADERS** – are selling various types of nuts, candies, and fruit mixes just in time for the holiday season. Place your orders with a cheerleader or Ms. Jarrell by Friday, October 16 to ensure delivery in mid November.

## NATIONAL CATHOLIC EDUCATION ASSOCIATION ASSESSMENT OF CHRISTIAN RELIGIOUS

EDUCATION – Once again, CCHS students shine. The results displayed here are for **all current seniors, regardless of religious affiliation, Christian and non-Christian**. When compared to the national averages, our students are outstripping their peers at impressive rates. Congratulations!

### NCEA ACRE RESULTS: Charleston Catholic High School Class of 2010

	I: Profession of Faith (Creed)	II: Celebration of the Christian Mystery (Liturgy and Sacraments)	III: Life in Christ (Morality)	IV: Christian Prayer (Prayer)
Class of 2010 averages	82%	78%	78%	75%
US averages	74%	68%	63%	67%

DOMAINS	God -Father, Son, Holy Spirit	Church – One, Holy, Catholic & Apostolic	Liturgy and Sacraments	Revelation, Scripture and Faith	Life in Christ – Personal Morality and Catholic Social Teaching	Church History	Prayer/ Religious Practices	Catholic Faith Literacy
Class of 2010 averages	86%	90%	81%	69%	74%	69%	85%	77%
US averages	76%	79%	73%	59%	60%	56%	80%	65%

Part I: Faith Knowledge SUMMARY		Group average	% of students considered advanced
	Class of 2010	78.7%	31.1%
	US	67.5%	13.6%

**COSTA RICA OPPORTUNITY** -- Mrs. Arnold and Mr. Fix are taking a group of 10th - 12th grade students to Costa Rica over spring break. There are still a few spots available and the deadline to register is approaching quickly. Those who apply for a spot on the tour before September 30 are eligible for a \$200 price reduction. See Mrs. Arnold for more information. There is a Costa Rica group site in the Clubs and Activities section of the Extranet with email and information links.

**SCHOOL ACCREDITATION** -- Charleston Catholic has been accredited by North Central Association of Schools since 1961. As a piece of the accreditation process, we will be hosting a visiting team of NCA members in November who will spend two days at Charleston Catholic to accredit our school. In preparation for their visit, faculty and staff have been compiling a report about CCHS which will be shared during the team visit and with NCA's national headquarters.

**MOODLE** – Are you checking the CCHS Course Extranet (Moodle) on the CCHS website. Teachers are posting dates for quizzes, tests, and major assignments. Use this invaluable tool – you'll be amazed at what you can learn!

**SWINE FLU AND OTHER ILLNESSES** – We are working hard with faculty, staff, and students keep CCHS as germ-free as possible within reason. We have antibacterial soap in all the bathrooms. Teachers are wiping down desks with antibacterial cleaner and the custodians are wiping down handrails and doorknobs on a daily basis. Remind your children to wash their hands frequently and to keep their hands away from their faces. Teachers have requested that students bring in bottles of hand sanitizer for the classroom, too. Your help with this item is greatly appreciated. If your children have sore throats, coughs, fevers, or other symptoms of illness, **PLEASE KEEP THEM HOME**. We will need to work together to keep our school family healthy and strong.

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

**FAMILIES WISHING NEWSLETTERS/REPORT CARDS/PROGRESS REPORTS SENT TO 2 ADDRESSES** – must send in 11 stamped addressed envelopes.

**UNIFORM ITEM NUMBER CORRECTION** – For the Lands End 2 button stretch skort: 25021-OBQ8; side pleated twill skort 23158-5BQ4; Drifter sweater vest 22301-6BQ2. To sign up for Lands End promotions and discounts, sign up at [www.landsend.com](http://www.landsend.com) to receive information.

**STUDENT PARKING** – We thank Monsignor Sadie for once again making arrangements for our students to pay \$50 for monthly parking in the lot at the corner of Quarrier St. and Leon Sullivan Way. Interested students should sign up in the office.

**STRUCTURED STUDY TIME** – Do you want your children to get a chunk of their homework done before they leave the building? Students have the opportunity to attend the **Homework Clinic**, a distraction and technology-free hour of supervised work. The clinic is held Monday-Thursday from 3-4 p.m. and is limited to 15 students per day. 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.

**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.).

**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.

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

SAT and SAT Subject Tests (can register on line -- [www.collegeboard.org](http://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](http://www.act.org))

TEST DATE	DEADLINE	LATE REGISTRATION
October 24	September 18	September 19 - Oct. 2
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

2) 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.

3) Seniors wanting their applications mailed to the colleges before Christmas vacation must have their materials to Mrs. Thomas by Monday, November 2.

4) Check the website calendar for important dates, e.g., college rep visits, parents meetings, deadlines, etc.

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) Scholarship information will be listed on the college counseling section of the website as well as available in Mrs. Thomas’ office.

7) College representatives from High Point University, Lehigh University, Washington University, Radford University, Salem College, Xavier University, and Queens University have visited CCHS to date. Others on tap so far include: Washington and Lee University, Wittenberg University, Vanderbilt University, Marshall University, Emory and Henry College, Washington and Jefferson University, Centre College, Emory University, and Hampden-Sydney College. Juniors and seniors should take advantage of these lunchtime opportunities to learn more about different colleges.

8) Senior parents who have not turned in their questionnaires to Mrs. Thomas should do so immediately. These are critical in assisting teachers and administrators in writing recommendation letters for colleges and scholarships.

9) COLLEGE FAIR is scheduled at the Civic Center on Tuesday, October 6. Juniors wishing to attend will be dismissed at 9:45 a.m. and will return to school at 12:02 in time for 6<sup>th</sup> period. A permission slip will be given to the students (due to Mrs. Vollmer by Friday, October 2). Parents are encouraged to attend with their students.

10) Wednesday, October 14 – sophomores and juniors take PSAT (an SAT-predictor test as well as a qualifier for National Merit Scholarship for juniors only). Thursday, October 29 - all freshmen and sophomores take PLAN (an ACT-predictor test) and 8th graders take EXPLORE

- 11) PROMISE scholarship and FAFSA deadline – March 1.
- 12) Check the website calendar for important dates, e.g., college rep visits, deadlines, scholarships, etc.
- 13) 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.

**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. **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.

**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** – Don't forget- orders can be placed year round! Go to [www.innisbrook.com](http://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) **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.** An order form for sports passes is in the PVA Parent Registration Packet so you may order them later in the semester. Please ask Janet Kawash (304-768-3948) if you have questions about these passes.

4) **CARE OF UNIFORM FLEECE** – Parents have reported that the best way to retain the shape and the consistency of the fabric is to NOT dry the fleece with a fabric softener sheet or include fabric softener in the wash cycle. Line drying is recommended.

**PARTICIPATION IN SCHOOL SPORTS** – To participate in athletic events, students must be in school for the full school day on the day of the scheduled activity. If a student is late or absent for any part of the day on a game day, that student is not permitted to play that day. This "full day" policy includes leaving school for appointments, so students need to avoid scheduling appointments during the school day. Students are also expected to be on time each morning following an athletic event. Students who have long standing medical appointments, family funerals to attend, or other similar instances may be excused at the discretion of Ms. FitzGerald. If a student is suspended at school, that student is also suspended from athletic practices, games, etc. for the FULL DAY on the day(s) suspended (i.e., if a student is suspended for a Tuesday, the suspension includes involvement in any school activities -- sports, social, etc. -- for Tuesday evening also). In addition, if a student is suspended for a Friday, the suspension holds for Friday evening but does not continue for Saturday unless the student is also suspended for Monday.

**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. Please contact Ms. FitzGerald with questions. The next Virtus training session is scheduled for Wednesday, October 7, at 6 p.m. at St. Agnes School in Kanawha City. Please pre-register at [www.virtusonline.org](http://www.virtusonline.org).

**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)541-4182 for details.

**CALCULUS**– Please keep in mind that, if your child is on track to take Trigonometry/Precalculus during junior year, he/she MUST enroll in Calculus during senior year. Please keep this in mind as you consider having your children double up in math during the sophomore year (i.e., take Geometry and Algebra II at the same time).

**LUNCH TIME DRIVING** – High school students have less than 40 minutes for lunch. In addition to the CCHS lunch program which serves reasonably priced, tasty meals, there are quite a few eateries within walking distance of school. Quite a few parents refuse to allow their children to drive at lunch time. Something to consider. . .

**STUDENT DRIVERS** – Please encourage your student drivers to be responsible, safe drivers. Talk to them about speeding down the street in front of the school (showing off for friends?), pulling out of parking lots too quickly, ignoring pedestrians, changing lanes abruptly, speeding through yellow lights, texting or talking on cell phones while driving, fiddling with the radio, and so on. Tragedies happen in an instant. If you see inappropriate or reckless driving behavior, please note the license plate and make of car and notify Ms. FitzGerald.

**REDUCING UNDERAGE DRINKING** -- As a school community, we are called to nurture and support not only our own children but other students and parents. One area that benefits from collaboration is controlling underage drinking. **Teenage drinking does not have to happen; it is not inevitable.** But parents are the gatekeepers. You are the only people who have any chance of curtailing teenage drinking and preventing subsequent driving tragedies. It means being the bad guy sometimes with your child and sometimes getting criticized by other parents. In the end, the message parents send makes a difference. Your children DO listen to you! According to the website [www.dontserveteens.com](http://www.dontserveteens.com), you can take steps in several ways: “1) Stand up, and spread the word that you don't want other people serving alcohol to your teen or condoning teen drinking. **Silence can be misinterpreted.** Let your friends, neighbors, and family members know that the minimum drinking age is a policy that protects teens, and that you do not want your teen to drink. 2) Talk to the parents of your teen's friends. Let them know that teen drinking poses unacceptable risks and that you do not want — or expect — anyone to allow your teen to drink alcohol. 3) Talk to adults who host teen parties. Let them know that, according to national studies, 86 percent of parents support the legal drinking age and a whopping 96 percent of adults agree that it is not okay to serve alcohol to someone else's teen — and not okay to turn a blind eye to teens' alcohol consumption.” ***Your involvement can make a difference. Underage drinking is illegal and families are not helpless to prevent it.***

**Some facts to ponder:**

- While many people believe that underage drinking is a ‘rite of passage’ - it’s not. In fact, alcohol can cause serious and irreversible damage to the growing adolescent brain. (American Medical Association)
- Youth who drink can have a significant reduction in their learning abilities, memory and development - due to damage to the brain’s hippocampus and the prefrontal cortex. (American Medical Association)
- The longer you can delay the onset of drinking, the more time you give the brain to grow and develop - and most likely the less of an impact it’s going to have. (Dr. Robert Margolis, clinical psychologist)
- Alcoholism is like any other disease - children are at a higher risk to inherit the disease because of their parents’ history. If you have a problem with alcohol, sit down with your children - and discuss how it has affected your life, and how it can affect theirs. (Dr. Michael Fishman, addiction medicine specialist)

**ADDITIONAL TIPS FOR PARENTS** are available from the **National Institute on Alcohol Abuse and Alcoholism; Journal of Adolescent Health: A Review of Psychological Risk Factors; and the Center for Substance Abuse Prevention.**

**LIBRARY VOLUNTEERS** – Do you have one or two hours a week that you could spend helping in our library? Dara Krack, school librarian, could certainly use your assistance!

**CLAY COUNTY CHRISTMAS PROJECT** – It’s hard to believe, but it’s already time to start making plans for Christmas! The annual Clay County Christmas Project will take place on December 5 when a few staff members and a small number of older students will travel to Maysel to host the party. This school- wide project helps to brighten Christmas for over 500 needy Clay County children and their families each year. Parents and businesses willing to donate goods or funds should contact the school office. The next newsletter will include due dates for various items associated with the project.

**ADDRESS CHANGES** -- If there are mistakes on the name/address on the progress report, please notify Mrs. Cielensky so corrections may be made.

**ADMISSION TO ATHLETIC EVENTS** – Just a reminder: CCHS family passes are good for CCHS **home events only – not including homecoming or tournaments.** All schools depend upon gate money to support athletic programs, paying for such items as officials, game equipment, etc. At away events, every CCHS person (except athletes involved in the event and coaches holding SSAC cards) must pay the gate fee. To enter a CCHS home event, every person must either pay the gate fee or show a CCHS family pass (**everyone** must pay for homecoming and tournaments, however).

**AFTER SCHOOL PICK UP** – Teachers are on duty until 3 p.m. outside to ensure the safety of our students. Please pick up your children by that time to make sure that they are supervised. Remind your children to be “good neighbors” to our very generous friends at **First Presbyterian Church**. They allow our students to wait for rides on church property. Let’s show our thanks by having our children behave responsibly and respectfully. Let’s also take care of our neighbors in **Boulevard Towers**. When our families park or drive through their lot (behind the school), they are hindering legitimate occupants in Boulevard Towers’ parking spaces (who are paying for those spaces!). Also, the Sacred Heart lot across from the cathedral is for use by CCHS and SHGS staff only. Please heed traffic signals around the school. With such a tremendous volume of cars and pedestrians, caution becomes even more important. Thank you.

**AFTER SCHOOL AT KANAWHA PUBLIC LIBRARY** – The KPL provides our students with a safe place to study and relax after school! If your children are going to the library after school, please remind them to respect the library’s hospitality by following their rules regarding food and drink (none permitted), proper behavior (e.g., no horseplay or loudness), etc. Make sure your children rise to the expectations.

**KANAWHA, PUTNAM, AND BOONE COUNTY IN-LIEU OF TRANSPORTATION FORMS** -- are past due. If you live in Kanawha County more than 2 miles from CCHS or in Putnam or Boone County and would like to receive reimbursement from the public school systems, you must turn in your form by October 2 to Mrs. Cielensky at CCHS.

**HIGH SCHOOL DANCES** -- High school dances are held from 8 p.m. to 11 p.m. When students arrive, they must sign in. When they leave, they sign out. Students attending must have a permission slip signed by parents. **Students are permitted to sign out prior to the end of the dance. However, once a student leaves the dance, the student MAY NOT return to the dance.** Parents having questions about when their children arrived at/left a school dance should call Ms. FitzGerald to request this information.

**MIDDLE SCHOOL ACTIVITIES** -- Separate social activities for 6th graders are scheduled monthly and for 7th/8th graders periodically throughout the year. These valuable opportunities enable middle schoolers to relax and enjoy time with their peers in a safe, supervised setting. How generous of the teachers to volunteer extra time to plan and conduct these activities with our students! For everyone’s well-being, **it is important that students be picked up on time.** If a student needs to leave an event held at CCHS earlier than the designated ending time, a parent must send a note and a teacher will escort the child to the Virginia Street entrance. When an activity in the Commons is over, students will leave through the Virginia Street doors only and may be picked up there. For events held at other facilities (e.g., bowling), parents need to arrive on time also and, if picking up the student early, must enter the facility and inform a teacher before taking a child.

**CHECK THE CCHS WEBSITE** – for fine arts critiques and community service forms and the handbook -- [www.charlestoncatholic-crw.org](http://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!

**CLASSROOM NEEDS** – If you’re replacing or not using any of these items, please consider donating them for use by our teachers: television, VCR, DVD player, CD player. Any help is appreciated!

**GLOVES FOR SCIENCE DEPARTMENT** – Do you have access to surgical rubber gloves that our students can use during science experiments? If so, our science department always needs them!

**LOST AND FOUND** – Please encourage your children to keep up with their belongings. We often have shoes, jackets, books, gym clothes, and gym bags full of school uniforms unclaimed. Students have been known to leave their backpacks on the steps of First Presbyterian. Amazing!

## **CONGRATULATIONS**

- to all of our fall sports teams for their impressive accomplishments (which are announced at school each morning).
- to our high school soccer teams – both the boys’ and the girls’ teams won the Bishop’s Cup which took place in Wheeling!
- to Scott Welch for sponsoring the October 8th CCHS cross country invitational meets for high school and middle school teams at Camp Virgil Tate. This meet marks the 15th year that Mr. Welch has organized this event for the high school. Thanks, too, to Mrs. Welch, Ms. Shepler, faculty and staff, and the parents and students who help make this event so successful.
- Last June several members from the baseball team were recognized for their accomplishments during the 2009 season but were not recognized in the newsletter: First Team All State- John Baird (catcher) and Sam Wood (infield); Second Team All State- Matt Goolsby (infield); Special Honorable Mention- Bo McKown (outfield); Honorable Mention - Brody Prudnick (utility).

**THANKS –**

- to Monsignor Sadie for his continuing support of CCHS programs. He is proud of our students, faculty, and staff and speaks authoritatively and positively about all aspects of the school.
- to the 6th grade parents and the PVA hospitality committee for providing cookies (so delicious!) and drinks for the Parent Night reception.
- to the PVA for getting the faculty and staff off to a delicious, nutritious new school year with a luncheon hosted during the opening days of school.
- to all of our parent volunteers for all they do to support our students and staff.
- to the fall coaches for contributing time, encouragement, and expertise to provide exceptional athletic opportunities for students.

**CALENDAR FOR 2009-10 SCHOOL YEAR** – This calendar is provided to help families plan for the school year. With this information, families should be able to look ahead and avoid student absences for family trips or other occasions. At the end of each semester, students must make up time missed for illness or other non-school related reasons (more than 5 absences per semester in any class) in order for class credit to be granted. Please note exam days -- students must take exams on the days/times when the exams are scheduled.

Monday, October 5	Italy trip parent meeting at 7 p.m.
Thursday, October 8	6 <sup>th</sup> grade retreat at Blessed Sacrament
Sunday, October 11	Youth Vicariate Mass
Tuesday, October 13	CPR course 7 – 8:30 p.m. at the Sacred Heart Center. Cost per person is \$25.
Wednesday, October 14	PSAT for grades 10 and 11
Monday, October 19	start calling to schedule parent conferences
Thursday, October 29	PLAN (grades 9 and 10) and EXPLORE (grade 8) testing
Saturday, October 31	CCHS Quiz Bowl tournament
Monday, November 2	materials due to Mrs. Thomas to be sent to colleges before Christmas
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.
Monday, November 9	6 <sup>th</sup> grade parent conferences 3:30 – 5 p.m.
Wednesday, November 11	Veterans' Day – no school
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
Wednesday, November 25	11:30 dismissal for Thanksgiving
Saturday, December 5	Clay County Christmas party
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
Week of January 24	Catholic Schools Week
Monday, February 15	Presidents' Day – no school
Friday, April 2	Good Friday – first day of Easter break
Monday, April 12	classes resume
Friday, April 23	diocesan inservice for teachers – <b>no school for students</b>
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



**October 2009**

Mon	Tue	Wed	Thu	Fri
			1	2
			Bacon cheeseburger Spicy fries Bread pudding	Chicken cheese quesadilla Bean dip & chip
5	6	7	8	9
PIZZA	Tacos Spanish rice Jalapeno poppers	Chicken parm sandwiches Baked potato Choc. Cake	Bacon egg and cheese biscuit Hash browns Apple crisp	Philly steak cheese Onion rings
12	13	14	15	16
PIZZA	Baked rigatoni Garlic toast Greek salad	Chicken strips Broccoli with cheese Baked potato	Grilled ham and cheese Tots Chicken noodle soup	Baked steak Mashed potatoes Gravy Rolls
19	20	21	22	23
PIZZA	French toast stix Sausage patties Tater tots	BBQ chicken breast Green beans Baked potato	Veggie wrap Chicken Caesar salad Potato soup	Stuffed shells Bosco bread stix
26	27	28	29	30
PIZZA	Hot roast beef Mashed potatoes Gravy	Grilled chicken sandwiches Baked potato	Foot long hot dogs Loaded fries Home made chili	Bloody eyeball subs Batty fries Jack-o-lantern cake

**IMPRESSIVE ACADEMIC INFORMATION WORTH NOTING**

**Advanced Placement Scores for 2008-09 school year**

% of students scoring 3, 4, or 5 (thus earning college credit for these courses)

Calculus AB	Calculus BC	Comp. Sci.	Eng. Lang.	Eng. Lit.	Human Geog.	Physics Mechanics	US History
91%	100%	80%	100%	91%	78%	81%	100%

**SAT Scores - Class of 2009**

	CCHS	WV	US
% of seniors tested	87%	18%	46%
Critical Reading Average	584	511	501
Math Average	586	501	515
Writing Average	587	499	493

Average SAT scores for CCHS students who also took SAT Subject Tests:

Critical Reading 704      Math 686      Writing 677

**ACT Scores - Class of 2009**

	CCHS	WV	US
% of seniors tested	88%	62%	44%
Composite	25.4	20.7	21.1