



UPPER SCHOOL

MARCH 2025



CELEBRATING SENIORS

We are excited to graduate our first SA senior class at 2 p.m. on Saturday, May 31. The ceremony will be held in the F&M Trolley Barn followed by a reception.

Among their many achievements, our seniors have all been accepted to their top-choice colleges.

They have amassed over a HALF MILLION dollars of scholarship money. That's an average of \$125,000 per student!

In Compass class, our seniors continue to develop their wayfinding strategies to maximize their potential and design their best possible lives in college and beyond.

A SYSTEMATIC APPROACH TO STRESS MANAGEMENT

Each year, our sophomores tackle a year-long challenge to positively impact the school community through systems thinking. This year students developed a series of initiatives to improve student and staff management of stress.

New approaches to workload management have been instituted. Dual-enrolled students are offered buddies to help them navigate their first college courses. Friendship groups are meeting regularly during lunch along with visits from the therapy dog Murphy.

With support from the Youth Empowerment Team and the Rowan Public Health Department, a "comfy room" outfitted with furniture and equipment for mindfulness and focus has also been installed.



MAR2025

| MON | TUE | WED | THU | FRI |
|--|---|---|--|---|
| 3 | 4 11:00 – 12:00 AM Washington College Rep Visit | 5 8:30 AM Senior Pictures @ SA Main Campus Bring Cap & Gown | 6 | 7 Last day of Catawba Q3 Online Classes SA Spirit Night @ Catawba Baseball Game |
| 10 SA & Catawba Spring Break | 11 SA & Catawba Spring Break | 12 SA & Catawba Spring Break | 13 SA & Catawba Spring Break | 14 SA & Catawba Spring Break |
| 17 New Catawba Online Classes Being for Q4 | 18 | 19 | 20 ACT Grade 10 & 11 8:00 – 12:00 Grade 9 SLCs 9:00 – 11:30 Grade 10 & 11 SLCs 1:00 – 4:00 | 21 10:00 – 2:00 Jr. Civitan Regional Convention @ St. John's Salisbury Lunch Included Note: 2:30 dismissal |
| 24 | 25 | 26 | 27 10:30 – 3:00 Grades 9 - 11 to Greensboro Civil Rights Museum | 28 SA Bingo Night @ Main Campus |

STUDENT-LED CONFERENCES - MARCH 20

Look for an email with a link to sign up for a SLC time. Students in grades 9 will complete their conferences while their upperclassmen peers take the ACT. Grades 10 and 11 will meet with parents after the ACT.

In addition to current learning progress, we will discuss class schedules for next year.