



# 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.