

October 25, 2020

SUNDAY EVENING NEWS

*“What if” thoughts trigger anxiety because of fear of uncertainty.
Instead think, **WHAT IFIO** – Whatever Happens About This, I’ll Figure It Out.*

Dr. Tom Finn



Peace & Greetings:

Last Friday, we prayed the Living Rosary with our school community standing socially distant around the track and members of the Class of 2021 leading the prayer service. It was heartwarming witnessing the reverence and participation of our entire in-person student body who were together in one place for the first time this year. A video of the event is posted on our website home page www.spchs.com/livingrosary2020.

EVENING REFLECTION & PRAYER

“When the Pharisees heard that Jesus had silenced the Sadducees, they gathered together, and one of them, a scholar of the law tested him by asking, “Teacher, which commandment in the law is the greatest?” He said to him, “You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself. The whole law and the prophets depend on these two commandments.”

The Gospel reading this weekend is short but its message is profound. Jesus teaches that entire law in which we follow in our lives rest on loving God and our neighbor. This “Golden Rule” should shape our lives in such a way that we appreciate the gift of life – a gift that is freely given to us. A gift in which we can love the author of all love: Almighty God. May Jesus continue to transform our lives in His peace.

Let us pray.

Almighty ever-living God, increase our faith, hope and charity, and make us love what you command, so that we may merit what you promise. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

Have a great week.

Fr. Glen, Chaplain

SCHOOL CALENDAR (Week of October 26 – 30)

Monday, (Day 3); Tuesday, (Day 1); Wednesday, (Day 2); Thursday, (Day 3) and Friday, (Day 1)

Rotation

	Day 1 Drop G & H	Day 2 Drop E & F	Day 3 Drop C & D
7:45-8:26	A	A	A
8:34-9:10	B	B	B
9:28-10:22	C	G	F
10:30-11:54	D	C	H
12:02-12:56	E	D	G
1:14-2:08	F	H	E

WEEKDAY MASS

Our weekday Mass on Wednesday, October 28 at 7:15 am will be offered for the special intentions of the Girls Swimming team. Students and faculty/staff are invited. Please enter St. Gregory the Great Church by the side parking lot entrance.

CALENDAR CHANGE REMINDER

The Dining Hall HVAC enhancement project, providing climate-controlled heat and air-conditioning to this assembly area, is scheduled to begin Thanksgiving week. Therefore, Monday, November 23 and Tuesday, November 24 will be remote learning days for the entire school. Wednesday, November 25 was originally scheduled as a noon dismissal and will now be part of the Thanksgiving Holiday – no school. Students and faculty will return to campus on Monday, November 30.

COPING WITH COVID: Adapting to Stress and Change During these Viral Times

We are very grateful for Dr. Tom Finn's informative virtual presentation on stress and anxiety triggers and coping techniques last Wednesday evening. Nearly 100 students, parents and faculty participated. **Our student House advisory leaders are preparing to facilitate a follow-up conversation for the benefit of all students this Friday, October 30 during B Period.**

A copy of Dr. Finn's Powerpoint presentation can be accessed by [clicking here](#).

This was one in a series of monthly health and wellness sessions that we will offer our St. Paul community as we navigate the stresses of COVID-19 and other factors in our lives.

NHS INDUCTION

Thirty-five students will be inducted Monday, October 26 at 7:00 pm into the St. Paul Catholic High School, Saint John XXIII Chapter of the National Honor Society. **A reminder that due to COVID-19 guidelines approved by the Bristol-Burlington Health District (BBHD), only two guests per inductee are allowed to attend the ceremony in the auditorium.** All guests will be temperature checked upon arrival and appropriately spaced in the auditorium.

At 7:00 pm visit this link and you will be brought to the live stream:

<https://www.facebook.com/stpaulcatholichighschool/live/>. If unable to join us live, a link will be posted on www.spchs.com to watch at a later time.

ADMISSIONS NEWS



Our first Placement Exam for the Class of 2025 is scheduled for Saturday, November 7, 2020 at 8:00 am.

Would you be willing to have a Placement Exam lawn sign in your yard or at your place of business? If so, please email cmone@spchs.com and we will have your child come pick it up from the Admissions Office. Thank you ... we need and appreciate your partnership during these challenging times.

GUIDANCE NEWS

Seniors who have a November 15 deadline need to fill out the transcript request form by November 2 at the latest: <https://forms.gle/43H4x3FCF7JgrrMK6>

College representatives virtually visiting St. Paul this week include:

Monday, October 26	St. Michael's College	A period
	Champlain College	B period
Tuesday, October 27	University of Rhode Island	A period
	Johnson & Wales University, Providence	B period
Wednesday, October 28	Canisius College	A period
Thursday, October 29	Hofstra University	A period
	Southern Connecticut State University (SCSU)	B period
Friday, October 30	Eastern Connecticut State University (ECSU)	A period
	Western New England University	B period

Please sign up on Naviance by the end of school the day before the visit to attend.

ATHLETIC NEWS

Congratulations to our fall athletic captains who participated in their pinning ceremony Friday morning. Thank you for your leadership on and off the course/field/pool.



Cheerleading
Barbara Retartha & Devin Meurer



Cross Country
James Melvin, Jonathan Passander
& Sammi Bray



Boys Soccer
Daniel Bond & Joseph Conroy
(missing)



Girls Soccer
Sophia Gerst, Emma Schatz &
Nina Zwolinski



Girls Swimming
Amelia Badzioch & Abigail MacAllister



Girls Volleyball
Greta Panke & Lana Marie David



Football
Brycen Kennedy, Quentin Conner, Jack Del Debbio, Ben Speaker & Dylan Kelly

PERFORMING ARTS ON NBC CT (WVIT)

NBC Connecticut News (WVIT) highlighted last Monday a nice piece on the St. Paul performing arts program. Click the link to watch:

<https://www.nbcconnecticut.com/news/local/schools-make-adjustments-to-keep-drama-programs-going/2348081/>

STUDENT GOVERNMENT

Student Government will be sponsoring **“Halloween for Charity”** again this year on Friday, October 30. If you bring in \$2 for charity on that day, you will be able to dress up in your Halloween costume. This year the funds will go to support the Bristol Boys & Girls Club’s Cambridge Park program. St. Paul NHS members have a long tradition of tutoring elementary school students in this low-income neighborhood.

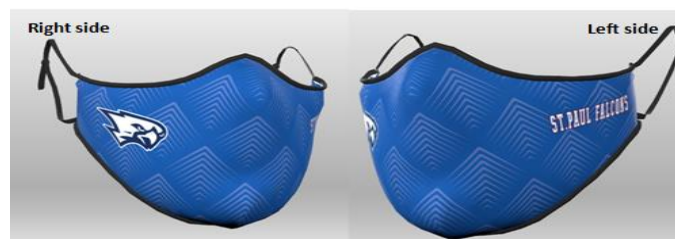
Please remember to wear your masks with your costume but no Halloween masks are allowed. All costumes must be appropriate for school and cannot hinder your movement or ability to go up and down stairs. A costume contest will be held during all lunch waves.

Student Government will also be sponsoring a Halloween movie night on Friday October 30 from 7:00 – 9:00 pm in the auditorium. Movie feature is “Hocus Pocus.” Sign-up in advance.

ST. PAUL SWORD

You can read an article by Nicholas Couillard, *“How to Make Your Voice Heard in the 2020 Election”* in this week’s update of the student newspaper at: <https://stpaulsword.weebly.com/>

SCHOOL STORE



Visit www.auctria.com/auction/spiritwear to place your pre-order of our NEW St. Paul Falcons, adjustable mask.

1. Click on CATALOG at the top of the page
2. In the Dropdown menu choose ACCESSORIES
3. Go to page 3 and scroll to the bottom.

Cost is \$10.00. Delivery will be the week of November 2. We will pack them up and you can either pick up once we've emailed you or we can send them home with your child.

HAPPY BIRTHDAY (October 26 – November 1)

Happy Birthday wishes go to: Brea Aldi, Kristopher Dube, Morgan Hebert-Dubois, Charlotte Jennings, Patrick Russo and Emma Zenobi.

FINAL WORD

Remember to move your clocks back an hour next Sunday, November 1 as Daylight Savings Time ends.

IMPORTANT As COVID-19 infection rates continue to rise in our country, state, and as reported in our local region, it's important that as a school community we not let our guard down due to COVID-19 fatigue. We have done well so far but we are far from being consistent in our mitigation practices. As the weather begins to turn cooler, if we want to stay in school then we need to ACT accordingly understanding this virus has no borders. It won't be good enough to do the right thing only when an administrator, teacher or coach sees you. You need to do the right thing on your own, holding yourself and your classmates/teammates accountable, because that's the only thing that will keep this virus off our campus. **#bethelight**



COVID-19 MANDATORY PRACTICE REMINDERS

- Every student, faculty and staff member must complete the Bristol-Burlington Health District (BBHD) Daily Health Check before arriving at St. Paul each morning. Failure to complete this form consistently may result in loss of in-person learning privileges. The link is on the website homepage and attached here: <https://forms.gle/v9mNDN8abHEYBk8G6>.
- It is critically important for all members of our school community to **REMAIN HOME IF YOU ARE NOT FEELING WELL**. Students can take advantage of live stream remote learning for most of their classes while out of school.
- Wear a mask, covering both your nose and mouth at all times. This is one of the most effective ways of not spreading the virus. Consistently wearing a mask properly reflects your concern for the health and safety of others.
- Wash your hands or sanitize frequently throughout the day beginning when you enter the building, enter a classroom, before eating lunch, etc.
- Watch your distance keeping at least two arm lengths whenever possible. This is one of the best protections not to be identified as a COVID-19 contact.

- Only two (2) people in a restroom at a time. Please adhere to this policy ... no more excuses.
- Practice these mitigation health strategies beyond the normal school day (i.e. evenings and weekends) to leave the virus outside our borders.

We can do this but only if we are all committed to one goal ... staying in school regardless of what's going on around us!

Stay well ... take care of yourself and take care of each other.

St. Paul, pray for us!

Cary M. Dupont '72
President/Chief Administrator