

# Monarchs in Motion: Seminar Periods Cycle #11



## A Day, Thursday, 2/1

Periods C & E

**9th Grade - Health Mini** - Physiology of Mental Health

Topic: Physiology of Stress

**10th Grade - Leadership Department** - Leadership & Communication

**11th Grade - College Counseling** - Course Selection

**12th Grade - Leadership Department** - Leadership & Communication

## B Day, Friday, 2/2

Periods D & F

**9th Grade - Health Mini** - Physiology of Mental Health

Topic: Physiology of Stress

**10th Grade - Leadership Department** - Leadership & Communication

**11th Grade - College Counseling** - Course Selection

**12th Grade - Leadership Department** - Leadership & Communication

## C Day, Monday, 2/5

Periods C & E

**9th Grade - Health Mini** - Physiology of Mental Health

Topic: Topic: Physiology of Stress

**10th Grade - STUDY HALL** - Cafeteria

**11th Grade - STUDY HALL** - Alumnae Hallway

**12th Grade - Leadership Department** - Refine Your Resume/LinkedIn

## D Day, Tuesday, 2/6

Periods D & F

**9th Grade - Health Mini** - Physiology of Mental Health

Topic: Physiology of Stress

**10th Grade - STUDY HALL** - Cafeteria

**11th Grade - STUDY HALL** - Alumnae Hallway

**12th Grade - Leadership Department** - Refine Your Resume/LinkedIn

## Seminar Locations Cycle 11

### **12th Grade**

Report to GYM

(Everyday)

### **11th Grade**

Report to CAFE 2/1, 2/2, 2/9, 2/12

*Report to PAC 2/7, 2/8*

*Report to ALUMNAE HALLWAY  
for STUDY HALL*

### **10th Grade**

Report to GYM 2/1, 2/2

Report to PAC 2/9, 2/12

*Report to CAFE for STUDY HALL*

### **9th Grade**

Report to LH

(Everyday)

# Monarchs in Motion: Seminar Periods Cycle #11



## E Day, Wednesday, 2/7

Periods C & E

9th Grade - **Health Mini** - Physiology of Mental Health  
Topic: Coping with Loss

10th Grade - **STUDY HALL** - Cafeteria

11th Grade - **Admin/Social Institute**

12th Grade- **Leadership Department** - Collaboration and Resilience

## F Day, Thursday, 2/8

Periods D & F

9th Grade - **Health Mini** - Physiology of Mental Health  
Topic: Coping with Loss

10th Grade - **STUDY HALL** - Cafeteria

11th Grade - **Admin/Social Institute**

12th Grade- **Leadership Department** - Collaboration and Resilience

## G Day, Friday, 2/9

Periods C & E

9th Grade - **Health Mini** - Physiology of Mental Health  
Topic: Anxiety, Panic, and Depression - *Guest Speaker*

10th Grade - **Admin/Social Institute**

11th Grade - **School Counseling** - Paying for College

12th Grade- **Leadership Department** - College-Age Alumnae Discussions

## H Day, Monday, 2/12

Periods D & F

9th Grade - **Health Mini** - Physiology of Mental Health  
Topic: Anxiety, Panic, and Depression - *Guest Speaker*

10th Grade - **Admin/Social Institute**

11th Grade - **School Counseling** - Paying for College

12th Grade- **Leadership Department** - College-Age Alumnae Discussions

## Seminar Locations Cycle 11

### 12th Grade

Report to GYM  
(Everyday)

### 11th Grade

Report to CAFE 2/1, 2/2, 2/9, 2/12  
*Report to PAC 2/7, 2/8*  
*Report to ALUMNAE HALLWAY*  
*for STUDY HALL*

### 10th Grade

Report to GYM 2/1, 2/2  
Report to PAC 2/9, 2/12  
*Report to CAFE for STUDY HALL*

### 9th Grade

Report to LH  
(Everyday)

# Monarchs in Motion: Community Periods Cycle #11



## A Day, Thursday, 2/1 (RED)

**ALL SCHOOL** - Assembly - *No Place for Hate* (PAC)

**Department Meeting** - None

## B Day, Friday, 2/2

**AM Clubs:** LEAD Council Meeting (7:30 AM)

**Clubs** - Neurodivergent Student Alliance (18) Speech and Debate (5) LDC (LH) Signing Sisters (11)

**Department Meeting** - Social Studies

## C Day, Monday, 2/5

**Clubs** - Coding Competition (MAC Lab) Invention and Innovation Team (LC) Ministry and Service (14) Student Council (7) AAPI (11)

**Department Meeting** - Language Department

## D Day, Tuesday, 2/6

**CLUBS** - Art Club (Art) Diversity Club (20) Speech and Debate (5) Student Stewards (LH) Respect Life (27)

**Department Meeting** - Science Department

## E Day, Wednesday 2/7 (RED)

**All School Assembly** - Title IX All School Assembly (PAC)

**Department Meeting** - None

## F Day, Thursday, 2/8

**Clubs** - Mock Trial (6) Tech Girlz (LC) Astronomy (STEM B) Monarch Media Production (LH)

**Department Meeting** - Theology Department

## G Day, Friday, 2/9

**AM Clubs:** LEAD Council Meeting (7:30 AM)

**Clubs** - Environmental Club (20) Health Careers Club (16) Mock Trial (6) Pottery Club (Art) Robotics (LC) Speech and Debate (5) LDC (LH)

**Events** - PAL Improv Event (PAC)

**Department Meeting** - Technology Department

## H Day, Monday, 2/12

**Clubs** - Prism (10) Feminist Book Club (6) Ministry and Service (14) Student Council (7) Group Rosary (Chapel)

**Department Meeting** - Music/Art Department

**REMINDER:** The Academic Success Center is for students who need extra academic support. Please do not use it as a location to gather with friends.

# Monarchs in Motion: WIN Periods Cycle #11



## A Day, Thursday, 2/1 (RED)

**WIN 1-** No Event

**WIN 2 -** Senior Mentor Meeting (HR 23)

## B Day, Friday, 2/2

**WIN 1-** No Event

**Clubs** - Orchestra (Music)

**WIN 2 -** Senior Mentor Meeting (HR 27)

**Clubs** - HERstory Club (2) Girls with Guitars (Music)

## C Day, Monday, 2/5

**WIN 1-** No Event

**WIN 2 -** Europe Trip Student Meeting (LH)

## D Day, Tuesday, 2/6

**WIN 1-** No Event

**Faculty Training** - FlintK12 Training Session (11:30-12)

**WIN 2 -** 11/12 Grade Class Meeting Formal Expectations (PAC)

**Clubs:** Jazz Band (Music)

## E Day, Wednesday, 2/7 (RED)

**WIN 1-** No Event

**WIN 2 -** No Event

**Clubs:** Orchestra (Music)

## F Day, Thursday, 2/8

**WIN 1-** No Event

**Clubs:** Lead 4 Change (LC)

**WIN 2 -** No Event

**Clubs:** Lead 4 Change (LC) Girls with Guitars (Music)

**Faculty Training** - FlintK12 Training Session (12:05-12:35)

## G Day, Friday, 2/9

**WIN 1-** 9th Grade Mercy Mania Prep (PAC)

**WIN 2 -** No Event

**Clubs:** Ambassadors (PAC)

## H Day, Monday, 2/12

**WIN 1-** 10th Grade Course Selection (PAC)

**WIN 2 -** Mercy Mania Leaders (PAC)

**Clubs:** Jazz Band (Music)

**REMINDER:** The Academic Success Center is for students who need extra academic support. Please do not use it as a location to gather with friends.

# Monarchs in Motion: CP QUIET ROOMS Cycle #11



## A DAY

Room 28 Mrs. Cheeseman  
Room 20 Sr. Pat  
Room 11 Mrs. Naucodie  
Room 12 Dr. Wagner-Graham

## B DAY

Room 22 Mrs. Szewczak  
Room 10 Mr. Waltrich  
Room 28 Mrs. Cheeseman  
Room 20 Sr. Pat  
Room 16 Mrs. Talley

## C DAY

Room 20 Sr. Pat  
Room 10 Mr. Waltrich  
Room 21 Mrs. Cymerman  
Room 28 Mrs. Cheeseman

## D DAY

Room 28 Mrs. Cheeseman  
Room 10 Mr. Waltrich  
Room 21 Mrs. Cymerman  
Room 12 Dr. Wagner-Graham

## E DAY

Room 20 Sr. Pat  
Room 10 Mr. Waltrich  
Room 28 Mrs. Cheeseman  
Room 21 Mrs. Cymerman  
Room 11 Mrs. Naucodie

## F DAY

Room 10 Mr. Waltrich  
Room 16 Mrs. Talley  
Room 28 Mrs. Cheeseman  
Room 12 Dr. Wagner-Graham

## G DAY

Room 11 Mrs. Naucodie  
Room 10 Mr. Waltrich

## H DAY

Room 16 Mrs. Talley  
Room 22 Mrs. Szewczak  
Room 28 Mrs. Cheeseman  
Room 20 Sr. Pat  
Room 12 Dr. Wagner-Graham