

The NAZ Newsletter

A monthly newsletter for the parents and families of Nazareth Academy High School

January 2020



Last Month Recap

- On Monday, January 13th the creative artwork of our art students was on display at the Greater Northeast Philadelphia Chamber of Commerce's Annual Mingle Among the Masterpieces event. The event was held at the Glen Foerd Mansion. Congratulations to our girls for their fantastic representation of the talents on display daily at Nazareth.
- From January 16th to January 20th, our students and their adult leaders participated in Kairos LXII. Congratulations to our girls who spent their extended weekend strengthening their relationships with both God and their classmates.
- Congrats to the following Nazareth Academy Student Athletes who earlier this week signed to their college and will be participating in athletics: Mia Gallagher (Pace U, soccer), Julianna Nocito (DeSales U, softball), Megan Dignam (Stockton U, softball), and McKenzie Tobler (Stevenson U, softball). We are so proud of all of you!



Upcoming Events

January 26 - February 1
Catholic Schools Week

Friday, January 31
Battle of the Bands
7:00 PM - 10:00 PM
Naz Gym

Tuesday, February 4
NAPA General Parent Meeting
6:30 PM

Sunday, February 9th
Mass and Fashion Show
11:00 AM Mass
12:30 PM Lunch
2:00 PM Fashion Show

Wednesday, February 12th
"B" Schedule
1:00 PM Dismissal
Faculty Meeting

February 17 - February 21
Mid-Winter Break
School Closed

Embracing Faith, Family, and Education

Nazareth Academy High School ~ 4001 Grant Avenue ~ Philadelphia, PA 19114 ~ 215.637.7676 ~ NazarethAcademyHS.org



Welcome to the Spring Semester! Blessings to your daughters' success this semester. Best wishes for the happiest, healthiest of years! Some good advice: In the words of St. Mother Teresa: "Spread love everywhere you go. Let no one ever come to you without leaving happier."

During the summer months, we had some concrete and brick pointing work completed. At that time, they had identified work that needed to be done on the southwest end of the building so you may see some fencing and scaffolding in that area. Workers will be on-site for a few weeks.

Lunch Accounts

Please check your daughter's lunch balances through MyKidsSpending. Any outstanding balances should be paid. Reminder that any outstanding lunch account balance will be billed to FACTS at the end of January.

Volunteers for School, Admissions and Advancement Events

Nazareth is always in need of volunteers for our many NAPA, Admissions, Advancement and School events. [Click here](#) to complete the volunteer form for the 2019 -2020 school year. We will share this sign-up sheet in every monthly newsletter. You will need volunteer clearances. [Click here](#) for instructions on how to obtain volunteer clearances.

[Click here](#) for the parent page of the website which include events, announcement, volunteer information and much more.

NAPA ~ Nazareth Academy Parent Association

Elections for Open Executive Board NAPA Officers for the 2020-2021 School Year

Nazareth Please submit self-nominations or nominations for the following board positions:

President
Executive Vice President
Corresponding Secretary
Recording Secretary

Nominations must be received by February 15th with elections taking place through online ballots. [Nominations for NAPA Board](#)

If you are interested and have questions, please contact Terri Evans, NAPA Moderator at tevans@NazarethAcademyHS.org or 215.268.1047.

Mark Your Calendars for NAPA events

Mass and Fashion Show ~ February 9 ~ 11 am Chapel

An Afternoon in Venice

Elegant sit down luncheon for students and their mom, aunt, grandmom or special woman in their life

\$75 per ticket

Seating is limited

[Click Here To Register](#)



There will be incredible raffle items available at the Fashion Show:

Junior and Senior Prom Packages to include

~ Two tickets ~ \$300 gift certificate to a boutique ~ 1 Tuxedo rental

~ 1 bouquet and boutonniere ~ 1 updo at Michele Anne's Beauty Salon

~ Spray Tan from David Witchell ~ Photo package

***We are hoping to get nail and tanning salon gift certificates if anyone knows of a salon who would donate these items.*

Dorm Basket

We have a [Dormify](#) gift card and are looking for items for a college bound student with a gift basket of items to complete their dorm room. Ideas can be found at [Bed Bath and Beyond Dorm Room Checklist](#)) or you can send in other items to the Main Office.

NAHS Swag Basket

If anyone has any other ideas to make a basket, please feel free to send in items.

February NAPA General Parent Meeting

February 4, 2020

Mental Health Challenges of our Youth and Guidelines for Coming to their Aid

Patricia M. Joergensen, Ed.D

Dr. Patricia (Trish) Joergensen is an Associate Professor of Mathematics Education, School of Education, Holy Family University. She holds a bachelor's degree in Mathematics from Fordham University, a Masters of Arts in Education from LaSalle University, and a Doctorate of Education in Mathematics Education from Temple University.

In addition to her duties of training Holy Family University pre-service teachers for careers in contemporary education, Dr. Joergensen offers training for anyone who has frequent contact with young adults, such as parents, school staff, sports coaches, and youth workers or volunteers. The training course is titled Youth Mental Health First Aid. (It began in Australia in 2001, before spreading to the US.)

She is the mother of four young adults: three young women and a son who is in college.

Incentives for Attending NAPA General Monthly Meetings

At each meeting there is an incentive for attending. February's incentive: Coupon for cookie or brownie for each student with parent in attendance.

[Click Here To Register](#)



Class Meetings

The Class Meetings for every class were conducted this month for our freshmen, sophomores, juniors, and seniors. The purpose of each Class Meeting was to discuss themes relevant to each class, along with reminders about expectations and challenges, and to also set personal goals for each student. With the new semester and Course Selection upon us, this was a great time to reboot, so to speak.

Every Class Meeting began and ended the same. Each meeting was customized for each class. For example, the Freshman Class Meeting introduced the freshmen to Course Selection and encouraged each student to get involved in extra curricular activities not only to build up a high school resume, but also to grow and develop as people. With our sophomores, Course Selection has more options than they had the previous year. This was discussed as was the National Merit Scholarship process that begins at the beginning of junior year but preparing for this starts now. Of all students in Course Selection, the juniors have more opportunities than they have previously been offered. Also, “Getting Ready for College” was focus for the Junior Class Meeting. There are many things to do for juniors to get ready such as SAT preparation, preparing a “brag sheet” for Naviance account. and asking teachers for recommendation. We also discussed the MLK Day of Service Opportunity and the Junior Dinner Dance. The Senior Class Meeting centered meeting around their legacy as 2020 graduates of Nazareth Academy High School. Finishing strong and the Senior Prom were key components of this Class Meeting.



Although each meeting was customized for each class, each one began and ended the same way. At the beginning of the meeting, the students viewed a [video](#) called *Everyday Leadership*, presented by Drew Dudley. Students were challenged to embrace their “lollipop moments,” or the seemingly small things they do for other daily that impact others’ lives for the better.

At the close of the meeting, I challenged each student to set their own personal goals for the semester, their high school career, and beyond. I also asked each student to give me an exit ticket on an index card where they answered the question, “What do I need to know?” As principal, my door is always open but it is not often the case when a student rushes to my office to share. In this anonymous setting, out students told me a great deal of what I need to know. I appreciate their candor and their willingness to share in a respectful, reflective way. Winter weather disrupted the Class Meeting I was to present at the NAPA General Meeting on January 7th. While the above was meant to describe the Class Meetings, if you have any questions, please contact me.

Nazareth Academy High School Catholic Schools Week Schedule

Monday, January 27th: *Celebrating Our Community*

- C Schedule with a schoolwide Liturgy to open CSW

Tuesday, January 28th: *Celebrating Our Students*

- Dress Down Day
- Students will receive a gift in Homeroom and NAPA will serve a treat at lunches

Wednesday, January 29th: *Celebrating Our Nation*

- Special presentation during Homeroom
- Faculty/Staff-Student Game during C Schedule
- Toiletries for Troops will be collected during Homeroom

Thursday, January 30th: *Celebrating Vocations*

- Special presentation during Homeroom
- Students encouraged to wear a t-shirt or sweatshirt from their Catholic elementary school or parish or NAHS in place of the top of their uniform
- Ms. Shannon Donnelly will be praying for Vocations with students during lunches

Friday, January 31st: *Celebrating Our Faculty, Staff, and Volunteers*

- Special presentation during Homeroom
- NAPA to provide lunch for faculty and staff

Inclement Weather

In the event of inclement weather, Nazareth Academy school closings or delays will be communicated broadly using the School Messenger system, the school website, and social media. As proven in the past, predicting the weather is an inexact science but decisions on closings or delays are made with student safety in mind. Also, if our suburban districts close or delay opening, around half our student body is affected so that makes a difference in the decision-making process. Students are reminded that teachers will post assignments online in the event of a closing.





Prayers and hope to you all for a blessed, healthy, and hopeful New Year!

I am so excited to see how Nazareth opens new doors of possibilities and success for your daughters, they are truly a gift to us.

Our Kairos retreatants were on retreat from January 16th through 19th, please continue to keep them in prayer!

With great pleasure, and much enthusiasm, I introduced the girls to a presentation this month by The Culture Project. Letters went home to every student if you need more information. Speakers from this movement spoke about virtue, human dignity, and the value of the human person. The speakers touched on topics in medicine, psychology, philosophy, and theology to increase the students' understanding of human dignity. It will be a positive message whose goal is to see the important uniqueness of loving, respecting, and honoring others, and creating goals to be a positive influence on the world. This presentation was on January 21st.



January - February Events

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|----------------------|---|
| January 27th | Online Course Registration Closes, C Schedule Liturgy Celebration for Catholic Schools Week |
| January 28th – 31st | Catholic Schools Week Activities, Battle of the Bands Friday night |
| February 4th | NAPA Meeting 6:30PM-7:30PM |
| February 6th | Course Verification Day |
| February 7th | Athletes Helping Athletes TAG Day |
| February 9th | Fashion Show 10AM-5PM |
| February 11th | Ring Orders Class of 2022, Send-Off Concert 7-9 PM in the Chapel |
| February 12th | B Schedule |
| February 13th – 16th | Kairos and the start of Mid-Winter Break |

School Functions Dress Code

Reminder, that as they did last year, juniors are permitted to wear strapless gowns for the Junior Dinner Dance. Young men escorting your daughters may wear either a suit/sports jacket, shirt and tie.

In keeping with the ideals of Nazareth Academy the dress code for the school functions (Snowball Dance, Junior Dinner Dance, Senior Prom) needs to be clarified. It is the desire of Nazareth Academy that students dress modestly and appropriately at all school functions.

Dress affects behavior and performance, “Clothes make the man/woman,” or the dictum “Dress right, act right”. The school reserves the right to address students that are not appropriately dressed at all school functions. Nazareth asks students to dress and groom themselves as individuals with a sense of responsibility and self-respect. It is not a matter of what you must wear, it’s more a matter of what we don’t believe is appropriate. If dress attire is offensive, or provocative to others, then this constitutes inappropriate dress.

The dress code at Nazareth Academy is based on the theory that learning to use acceptable manners and selecting attire appropriate to specific occasions and activities are critical in the total education process. Understanding and employing these behaviors not only improves the quality of one’s life, but also contributes to optimum morale, as well as embellishes the overall campus image. Dressing properly also plays a major role in instilling a sense of integrity and an appreciation for value and ethics.



The continuous demonstration of appropriate manners and dress insures that Nazareth Academy students meet the standards of quality achievement in the social, physical, moral, and educational aspects of their lives – essential areas of development necessary for propelling them toward successful careers. Proper dress should always exemplify young Christian women. We want each young lady to possess pride in representing Nazareth Academy at school functions by showing respect for oneself and others. Failure to comply with these expectations will result in a phone call to you on the evening of the dance/prom, and your daughter and her date will be asked to leave the dance/prom. Improper dress will also result in a 10- point demerit for lack of cooperation. These are the standards of Nazareth Academy High School. We are trying our best to prepare your daughters for the real world where expectations must be met and rules are a part of life. Please assist us as we implement this code of dress. Thank you for your kind attention to this matter.



Freshman Counseling Seminar (Spring)

Students who are currently enrolled in Freshman Counseling Seminar will begin linking their College Board and Khan Academy accounts. They will also create accounts on Naviance. During Freshman year, we are beginning to lay the groundwork for career and college exploration. These sites offer a variety of tools that will assist your child in career discovery, major discovery and college choice. We also encourage parents to visit and explore these websites to see what they have to offer.

<https://naviance.com>

<https://collegeboard.org>

<https://www.khanacademy.org/signup>

“Lunch Bunch”

The greatest benefit from small group counseling is giving individuals the sense of belonging. Small groups also enhance social skills and give students the opportunity to meet with their peers to work through a similar issue OR work toward a similar goal. Groups usually consist of 2-6 other students within the same grade and meet during lunch, which is where the term “Lunch Bunch” comes from. Our small groups take place during Activity Period 1 day a week, ensuring that no instruction time is missed.

Ms. Mikulski facilitates the Junior/Senior group and Mrs. Dibelius will facilitate the Freshman/Sophomore group. While students are learning skills to use at home and school, the opportunity to spend time with peers who share their experiences is sometimes the most valuable. Various counseling topics are discussed each week which encourages reflection and sparks meaningful conversations.

For questions about our counseling programs, please feel free to contact Mrs. MacKay at (215) 268-1030 or JMacKay@NazarethAcademyHS.org

Junior College Planning Meeting

On January 23rd and 24th, Mrs. Glasson and Ms. Mikulski conducted a Junior College Planning Presentation.

- The presentation will be held in the Performing Arts Center during activity period. Since many juniors have activity lunch, we strongly encourage students to pack their lunches to avoid missing valuable college information. Students will be able to eat during the presentation.
- The presentation will provide students with general information as to how they can prepare for college and the college application process. Students will also have the opportunity to ask general questions regarding the college planning process. Students with specific questions are encouraged to meet with their individual counselor or their college counselor.

College Acceptances and Scholarships/Grants

Many students from the senior class have received acceptance and/or scholarship letters from colleges/universities. These letters will be needed as supporting documentation for the graduation booklet and the Class of 2020 Scholarship total.

Seniors will receive a pre-college graduation survey that will be due in the beginning of April. This survey is where Nazareth Academy will get the student's information for the graduation booklet.

We ask that seniors make copies of their acceptance and scholarships/grants. The documents will be attached to the pre-graduation survey as verification of the information.

Please remember to check the [counseling page](#) of the Nazareth website for additional opportunities/information. Encourage your students to continue to look for scholarship opportunities. Here are some [Resources for Scholarship Searches](#).

College Information Sessions

During the spring semester the college counselors offer college information sessions to the junior class. These sessions are scheduled on Wednesdays during activity period in Computer Lab A.

Session 1(January 29th): Getting ready to take the SAT or ACT?

- Session 1 will explore standardized tests, determine which test is more appropriate for the student, search standardized test requirements for colleges, and explore colleges with test-optional applications.

Session 2 (February 5th): Résumé Building

- Session 2 will assist students in developing their activity résumé. Student will receive examples, determine what to include vs. not include on their résumé, and students will have the opportunity to work individually on their résumés.

From the Athletic Director

Mr. Dan Bradley



Winter Sports

Thanks to everyone who tried out for a Winter sport! We appreciate everyone getting us all PIAA paperwork, as well as registering on Family ID in a timely manner. Winter sports are in full swing. Swimming is off to a great start with an undefeated record at the halfway point of the season. ACA swim champs will be held on February 8th at Upper Dublin HS. District One swim champs will be on February 27th and 28th at LaSalle University. The basketball team continues to work hard every day and are fighting for a District Playoff spot. District One basketball playoffs will begin on February 19th. The Indoor track team continues to be doing great things on the track, with many girls medaling and achieving their personal best. The Distance Medley Relay and the 4 x 800 are ranked in the top 20 in the state. We look forward to seeing you at a game or a meet!

Spring Sports

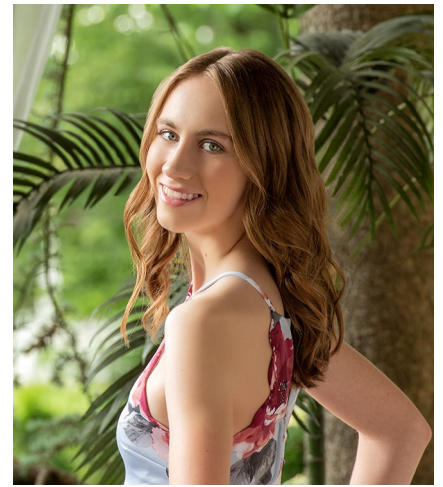
Spring sports registration will open on February 1st and close on March 9th. Spring sports include JV & V Lacrosse, JV & V Softball, and Varsity Outdoor Track. In order to participate in a Spring sport, you must be registered on Family ID and have submitted a PIAA form to the Athletic Department; you can find the necessary information and links by going to the Nazareth Academy website and clicking "Quick Links" and then choose "Student Information and Forms." PIAA paperwork must be handed into the Athletic Department prior to the first day of Spring tryouts on March 2nd. If you have already submitted the PIAA physical form for a Winter or Fall sport, you do not need to hand in another one. Only those who did not play a Winter or Fall sport need to submit PIAA physical form to the Athletic Department. Please contact Spring coaches in regards to upcoming open gym workouts. You can find their email on the athletic home page.

If you have any questions, please direct them to Mr. Bradley at dbradley@nazarethacademyhs.org.

Student Spotlight

We are very proud to share that two of our students were selected by KYW 1060 to partake in their Newstudies Student Reporter Program. This Fall, Jillian Rayca (Junior) and Julie McAtee (Senior) spent 4 weeks researching, interviewing, and editing their own news segment which was broadcasted live on the radio. Both students found the experience to be enjoyable and rewarding. Congratulations, ladies!

During the fall, I participated in the KYW Newstudies program, which is an organization that introduces journalism and news reporting skills to students around Philadelphia. The program was held over five Saturday sessions, teaching students the basics of news writing, editing, and interviewing skills. During the sessions, both KYW reporters and students from Temple University provided insight on their career through interactive presentations, short videos, or hands-on activities. There were also a number of panels from the KYW Newsradio team that spoke to us about many different aspects of reporting, as well as answering any of our questions. By the conclusion of the program, I was able to use what I had learned from the KYW Newstudies team to write and record my own report, which was about women in STEM careers. The program taught me a lot about storytelling through journalism, as well as how it can affect people all over the world. I am grateful to have had the opportunity to learn more about journalism from the professional managers, editors, and reporters at KYW!



-Julia McAtee NAHS '20

Before I attended the KYW News Radio Internship, I barely knew anything about how the journalism process worked, or the amount of people that it takes to make a finished product. I was lucky enough to be mentored by an audio engineer who taught my group the importance of writing a short journalistic style newscast that immediately catches the listener's ear. Using this information, I created a 42-second-long broadcast about the new influx of technology at my high school, which aired live on KYWNewsRadio! I had such an amazing time learning about the process and will definitely use it to improve Naz News!



-Jillian Rayca NAHS '21

To hear a recording of the previously broadcasted segments, please click [here](#)

A Fun Afternoon Out For Mom and Daughter!



[Click Here To Register And For More Information](#)

Date

**Tuesday,
February 4th
2:00 PM**



EITC INFORMATIONAL WEBINAR



Learn how you can redirect your INDIVIDUAL PA Taxes to Nazareth Academy!

To join the webinar, email Judi Neeld at
jneeld@foundationforcatholiceducation.org or call 610.793.8503.

Did you know that individuals now have the opportunity to participate in the Educational Improvement Tax Credit (EITC) Program?

Qualifications

- Earn yearly income of at least \$115,000
- Owe at least \$3,500 in state income taxes

Benefits to Individuals

- 90% state tax credit for 2-year commitment (renew annually)
- 75% state tax credit for 1-year commitment (renew annually)
- Federal charitable tax deduction of at least 10% (possibly more) on federal itemized deductions

To learn more about how your Individual PA Taxes can directly support the girls of Nazareth Academy, attend the upcoming webinar, **Tuesday, February 4th at 2:00 PM** hosted by the Foundation for Catholic Education.

*For webinar login information, email Judi Neeld at
jneeld@FoundationForCatholicEducation.org or call 610.793.8503.*

*If you are unable to attend and would like information, contact Cecilia Biello,
Director of Development, at cbiello@nazarethacademyhs.org or call 215.268.1048.*