

# The Naz Newsletter



*Nazareth Academy High School Parent Update*

**November 14, 2021**

*“All my trust is in Jesus. I hope that He is with you and that he conducts all things by His power, by His love, and by his wisdom.”*

*–Blessed Mary of Jesus the Good Shepherd*

## **From the Office of the Principal**

### ***Mr. Jim Meredith***

Congratulations to our Juniors! With their Ring Mass and Ring Day Retreat, this was certainly a memorable week for our Class of 2023. Many juniors and their parents expressed to me how happy and grateful they were for these special moments. Thank you to our Junior Moderators for preparing the students, and all that is needed behind the scenes, for Ring Mass and thank you to Ms. Shannon Donnelly, Campus Minister, for planning a beautiful liturgy and an exciting, impactful, and fun retreat.

On Friday, we will gather for Mass for the Feast Day of Mother Foundress, Blessed Mary of Jesus the Good Shepherd. We will also gather again for our Thanksgiving Liturgy on Tuesday, November 23. At that Mass we will recognize students who have performed 100 hours of service.



Winter sports begin on Friday. Best of luck to our student-athletes and their coaches!

### **Schedule for the Week**

Monday, November 15: A Schedule

Tuesday, November 16: A Schedule

Wednesday, November 17: A Schedule

Thursday, November 18: B Schedule, Department Meetings

Friday, November 19: C Schedule, Mother Foundress Mass

### Monday-Wednesday, November 15-17

#### A Schedule

Warning Bell	7:40 AM
Homeroom	7:45 AM -7:57 AM
BLOCK 1	8:00 AM- 9:21 AM
Block 1A	8:00 AM - 8:39 AM
Block 1B	8:42 AM- 9:21 AM
BLOCK 2	9:24 AM-10:45 AM
Block 2A	9:24 AM-10:03 AM
Block 2B	10:06 AM-10:45 AM
Activity Period	10:48 AM-11:23 AM
BLOCK 3	11:26 AM-12:47 PM
Block 3A	11:26 AM-12:05 PM
Block 3B	12:08 PM-12:47 PM
BLOCK 4	12:50 PM- 2:10 PM
Block 4A	12:50 PM- 1:29 PM
Block 4B	1:32 PM-2:10 PM

### Thursday, November 18

#### B Schedule

Warning Bell	7:40 AM
Homeroom	7:45 AM -7:57 AM
BLOCK 1	8:00 AM - 9:05 AM
Block 1A	8:00 AM - 8:31 AM
Block 1B	8:34 AM - 9:05 AM
BLOCK 2	9:08 AM -10:13 AM
Block 2A	9:08 AM - 9:39 AM
Block 2B	9:42 AM -10:13 AM
Activity Period	10:16 AM-10:44 AM
BLOCK 3	10:47 AM-11:52 AM
Block 3A	10:47 AM-11:18 AM
Block 3B	11:21 AM-11:52 AM
BLOCK 4	11:55 AM- 1:00 PM
Block 4A	11:55 AM-12:26 PM
Block 4B	12:29 PM- 1:00 PM

### Friday, November 19

#### C Schedule

Warning Bell	7:40 AM
Homeroom	7:45 AM-7:57 AM
BLOCK 1	8:00 AM- 9:01 AM
Block 1A	8:00 AM -8:29 AM
Block 1B	8:32 AM- 9:01 AM
Mass	9:04 AM -10:24 AM
BLOCK 2	10:27 AM-11:28 AM
Block 2A	10:27 AM-10:56 AM
Block 2B	10:59 AM-11:28 AM
Activity Period	11:31 AM-12:02 PM
BLOCK 3	12:05 PM- 1:06 PM
Block 3A	12:05 PM-12:34 PM
Block 3B	12:37 PM- 1:06 PM
BLOCK 4	1:09 PM- 2:10 PM
Block 4A	1:09 PM- 1:38 PM
Block 4B	1:41 PM- 2:10 PM



## From the Office of the President

### *Denise LePera*

Our Ring Mass for the Class of 2023 was a wonderful celebration. The Nazareth ring represents what makes our students the extraordinary young women that they are. It carries with it the mission of the Sisters of the Holy Family of Nazareth... faithful listening, loving relationships and recognizing God in the everyday.

On Ring Day the sisterhood of Nazareth was celebrated across the country when our alumnae fondly remembered their own ring day with the same excitement for the contributions, achievements, and leadership of our Class of 2023. Many of them wore their rings proudly that day, made a gift in honor of our juniors, and offered a prayer for the Class of 2023.

Our traditions are a vital part of the Nazareth experience. That ring represents all those traditions we hold dear, and continually enhances and enriches the top-notch academic, spiritual, and family atmosphere provided to our students.

### **Grateful for Each of You**

According to the Oxford Dictionary there is a difference between being grateful and being thankful. When we are thankful, we are pleased and relieved. When we are grateful, we show an appreciation of kindness. One is a feeling, and one is an action. Please know that we are grateful to all our parents – current and alumnae parents – for their support of our Ring Day of Giving honoring our traditions and the Class of 2023 and for attending our Taste of the Town event yesterday. Your commitment of time, talent and treasure goes a long way in making a difference to our Nazareth students.

May we live each day grateful for all of God’s blessings.

"PIGLET NOTICED THAT EVEN THOUGH HE HAD A  
VERY SMALL HEART, IT COULD HOLD A RATHER  
LARGE AMOUNT OF GRATITUDE."  
— A.A. MILNE, WINNIE-THE-POOH



### **Father-Daughter Dance ~ Last Call Saturday, November 20, 2021**

**7:00 PM - 10:00 PM**

\$75 Father & Daughter, \$20 for Additional Daughters

The night includes dinner, dessert, beverages, and live DJ. Optional professional photographs available at an additional cost. A form will be sent home with information on the packages. [Click here](#) to register. There are a limited number of tickets still available so please submit your registration ASAP.



## COVID Corner

This week there were no reported positive COVID cases. We are grateful for your attention to the guidance of the City of Philadelphia and the CDC, especially:

- Completing the daily health questionnaire
- Following proper use of masks
- Using the hand sanitizing stations and wash your hands often

Quick Links and Reference:

[Daily Health Screening Questionnaire](#)

[Current Guidance for Schools from the City of Philadelphia Department of Health](#)

[Quarantine Visual Aid](#)

[PA Department of Health Dashboard](#)

Thank you for your ongoing support and patience!

## From the Office of Campus Ministry

### ***Ms. Shannon Donnelly, Campus Minister***

**Congratulations to our Juniors for receiving their Rings!** The girls got to celebrate Mass in our gorgeous chapel, receive their beautiful rings, and feel the love from faculty and staff for their irreplaceable role in this great family. On Friday the Juniors got to enjoy a day outside of the classroom to focus on mission and spirituality. They enjoyed an assembly with guest speaker, Ms. Megan Mohan, a Catholic youth speaker who has spoken at over ten Steubenville Youth Conferences, as well as hear talks of encouragement from their teachers Mrs. Graveley and Mr. Turner. *Our prayer for the juniors continues to be that they know they are making a difference in this school, and in this world. God has great plans for their future!* **A special thank you to the Junior homeroom moderators, administration, faculty, staff and, of course, the Class of 2023 for their hard work! We had such a special week celebrating all that they bring to the sisterhood, encouraging them to stay motivated for *more!***

**Looking ahead, as a school community this week, we celebrate the feast day of the Foundress of the Sisters of the Holy Family of Nazareth, Blessed Mary of Jesus the Good Shepherd.**

The founder of a religious order, a religious family, plays an irreplaceable role. The founder -- chosen and called by God -- is endowed with the charismatic gifts of the Holy Spirit and serves, and recognizes, the reality of God's will for the family being formed. The spirit that the founder carries is a dynamic force of the foundation and development of such an identity and mission. Mother Foundress knew she would have to adapt to the needs of the Church, society, and areas which she sends out people to serve. All of us at Nazareth Academy are serving out of the fruits of her labor, and this week we get to learn more about her and this great legacy she imbued into Northeast Philadelphia.

*We will celebrate her Feast Day Mass this Friday as one family!*

## **From the Office of Academic Affairs**

***Mrs. Pat Quinn, Assistant Principal***

### **Important November/December Information**

- Final Fall Deficiency Reports will be sent on Tuesday, November 23<sup>rd</sup>, and are due to be returned to the issuing teacher by Tuesday, November 30<sup>th</sup>.
- Honors and GPA are calculated on the semester grade.
- Exam schedule is posted. Midterms are optional for a 1 semester class. For classes that run the entire year, a midterm is given in December.
- Students are not permitted to change their scheduled exam days.
- During examination days, students only need to attend school at their scheduled exam time.

Thank you for all that you do and thank you for communicating your thoughts and questions with me.

#### **NAHS December Examination Schedule 2021**

##### **Tuesday, December 14 (2 60-minute examinations)**

8:10 AM Warning Bell

8:15 AM PRAYERS, ATTENDANCE & ANNOUNCEMENTS

8:30-9:30 AM Block 1 and Block 1 Classes meeting M, W, F

9:40-10:40 AM Blocks 2, 2a and Block 2b

##### **Wednesday, December 15 (2 60-minute examinations)**

8:10 AM Warning Bell

8:15 AM PRAYERS, ATTENDANCE & ANNOUNCEMENTS

8:30-9:30 AM Block 3 and Block 3A

9:40-10:40 AM Block 4 and Block 4 Classes meeting M, W, F

**Thursday, December 16 (3 60-minute examinations)**

8:10 AM Warning Bell

8:15 AM PRAYERS, ATTENDANCE & ANNOUNCEMENTS

8:30-9:30 AM Block 1 Class meeting T, Th, F

9:40-10:40 AM Block 3B

10:50-11:50 AM Block 4 Class meeting T, Th, F

EXAM MAKE-UP DAY

**Friday, December 17**

NO SCHOOL-FACULTY CLERICAL DAY

GRADES DUE BY 2:00 PM



**From the Office of Student Life**

***Mrs. Theresa Hartey, Assistant Principal***



Congratulations to all the juniors and their families on the celebration of their Ring Mass. It was great night to come together to honor the Class of 2023!

Winter uniforms are in full swing; please remind your daughters that only the official sweaters or ¼ zip sweatshirts may be worn.

We will have a dress down day to support the Model UN on Thursday, November 18<sup>th</sup>.

The Father-Daughter Dance is Saturday, November 20<sup>th</sup>.

Powder Puff Football is back! On November 23<sup>rd</sup> at 1:00, the senior class will battle against the junior class. Please have your daughters sign up to

play and/or order t-shirts by [clicking here](#) through Tuesday, November 16<sup>th</sup>.

Have a great week! Go Pandas! God bless!

## From the Office of College Counseling

### *Ms. Alyssa Mikulski, Director of College Counseling*

If students need transcripts sent for the Regular Decision deadline, they must submit the transcript request form by December 16, 2021.

Congratulations to all of our students who participated in Jefferson University's Instant Decision Day!

#### **Career Panel**

There will be a Virtual Career Panel on November 16<sup>th</sup> at 7:00PM through Teams. You'll hear from alumnae in the fields of Law, Marketing, Business, and Medicine, specifically Rheumatology. Our panelists will share their educational paths, career experiences, and challenges they have faced along their journey since graduating from Nazareth. [Registration](#) is required for this event.

#### **College Fair**

On **Wednesday, December 1, 2021 from 4:00 PM-7:00 PM**, the School District of Philadelphia will host the Pennsylvania State Virtual College Fair. Representatives from the 14 Pennsylvania State Schools will be available for students to learn more about attending a PASSHE school. **Select Colleges and Universities will be making Instant Decisions of Acceptance. Students should have their SAT/ACT test scores and transcripts available electronically.**

[Students can click here to register.](#)

#### **Resources**

The College Counseling Department has launched an Official Instagram account. We'll be posting upcoming events, deadlines, and resources for you and your students. Please encourage your students to follow us and feel free to follow us yourselves. Our handle is [nahscollegecounseling](#)

The FAFSA application opened October 1<sup>st</sup>. Seniors and their families should complete this federal student aid [application](#) sooner rather than later for college purposes. Students should check with their colleges to see if there are priority deadlines for FAFSA submission. The PA State Grant program is associated with the FAFSA. There should be more information about PA State grants on the confirmation page you receive after submitting the FAFSA next year. Here is the [LINK](#) for the PA State Grant Program if you



are interested in seeing if you are eligible to complete this application. The CSS Profile is completed for certain schools in addition to the FAFSA. Here is a link to the [Student Guide for the CSS Profile](#).

Going Merry offers financial aid [resources](#) and a way to [complete the FAFSA](#) application through their site. Many of your students may have accounts with Going Merry already for scholarship searches. They should be able to use this account to complete the FAFSA if they would rather use Going Merry instead of the FAFSA site.

### Upcoming Nazareth College Visits

All in-person visits are located outside the Panda Pit!

**November 15<sup>th</sup>:** Cairn University

**November 16<sup>th</sup>:** Virtual visit with Bloomsburg University 10:50 AM - 11:20

AM <https://bloomu.zoom.us/j/97437144684>

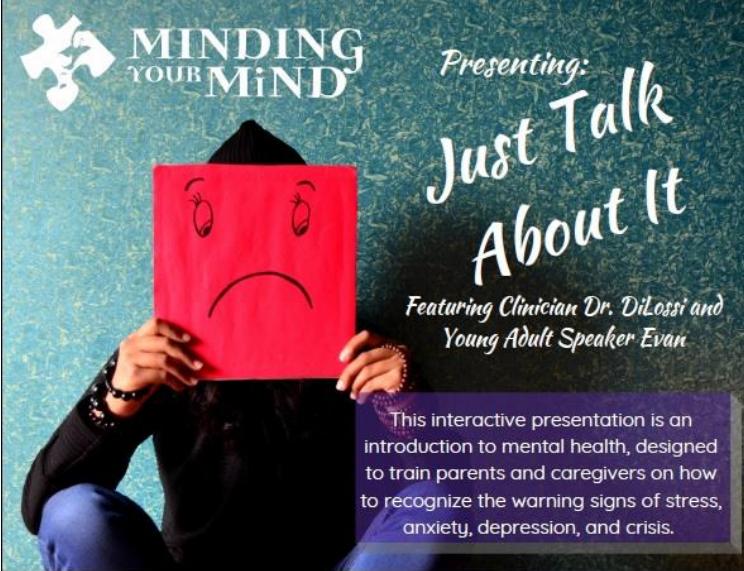
**November 17<sup>th</sup>:** Seton Hill University

**November 18<sup>th</sup>:** Rider University

## From the Office of Counseling

***Ms. Mary Jane Whiteley, Director of Counseling***

Please join us for an interactive presentation on the evening of November 30<sup>th</sup> by Minding Your Mind presenters, Dr. DiLossi and young adult speaker Evan. Minding Your Mind will again be sharing valuable information around the topic of mental health. Please see the flyer for more details on the Parent Program!



**MINDING YOUR MIND**

Presenting:  
*Just Talk About It*

Featuring Clinician Dr. DiLossi and Young Adult Speaker Evan

This interactive presentation is an introduction to mental health, designed to train parents and caregivers on how to recognize the warning signs of stress, anxiety, depression, and crisis.

**November 30th, 2021**  
**6:30 - 7:30 PM**  
Nazareth Academy High School  
4001 Grant Ave, Philadelphia, PA 19114

Join us for a socially distanced in person presentation for parents!

Questions? Please contact  
Mary Jane Whiteley  
[mwhiteley@nazarethacademyhs.org](mailto:mwhiteley@nazarethacademyhs.org)

Attendees will learn about:

- Stigma regarding mental health
- The most common causes and effects of stress and anxiety
- Adaptive and maladaptive coping skills
- The symptoms of depression
- The warning signs most often associated with a mental health crisis
- How to help a youth who is experiencing a mental health challenge or crisis



## **From the Office of the Athletic Department**

### ***Mr. Dan Bradley, Athletic Director***

#### **Weekly Athletic Schedule 11/15/21-11/21/21**

##### **Monday, November 15, 2021**

5:00 – 7:00 – V Swimming Workout-Bensalem HS

##### **Tuesday, November 16, 2021**

4:30 – 6:00 – Basketball Open Gym-Nazareth Gym

5:00 – 7:00 – V Swimming Workout-Bensalem HS

6:30 – 9:00 – V Cheer Practice-Gym

##### **Wednesday, November 17, 2021**

4:30 – 6:00 – Basketball Open Gym-Nazareth Gym

5:00 – 7:00 – V Swimming Workout-Bensalem HS

##### **Thursday, November 18, 2021**

5:00 – 7:00 – V Swimming Workout-Bensalem HS

6:30 – 9:00 – V Cheer Practice-Gym

##### **Friday, November 19, 2021**

###### **First Day of Winter Sports**

4:30 – 6:00 – Basketball Tryouts-Nazareth Gym

5:00 – 7:00 – V Swimming Tryouts -Bensalem HS

##### **Saturday, November 20, 2021**

8:00 – 10:00 – Basketball Tryouts-Nazareth Gym

7:00 – 10:00 – Father Daughter Dance – Nazareth Gym

##### **Sunday, November 21, 2021**

10:00 – 1:00 – Alumnae Mass & Breakfast – Nazareth Gym

2:00 – 4:00 – Basketball Tryouts-Nazareth Gym

5:30 – 8:00 – V Cheer Practice – Nazareth Gym

## **Prayer Intentions**

We pray for the happy repose of the soul of Sister Peter Marie Genuardi, CSFN, and of Mr. Kenneth Sheridan, uncle of Mrs. Emily Wyatt (*Social Studies*), and for the consolation of those who love them, most especially members of their family and the Sisters of the Holy Family of Nazareth.

*Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May their souls, and the souls of all the faithful departed, through the mercy of God, rest in peace.*

Also, please remember the following in your prayers:

- Those impacted by the coronavirus, the victims and the first responders on the front lines fighting this virus
- American men and women serving overseas
- Mr. Jack Barth (*Facilities*)
- Mrs. Jessica MacKay, *former Director of Counseling*
- Zdunkiewicz Family
- All intentions of the Nazareth Academy High School Community

We also remember our beloved dead on All Souls' Day and during the month of November, most especially those listed in the Book of Remembrance at the Nazareth Chapel.