

The Naz Newsletter



Nazareth Academy High School Parent Update

November 21, 2021

“Jesus knows who you are. He knows you more than you know yourself. He tolerates you with much mercy and patience. So let us be carefree and tranquil, joyful and confident, since God is always there.”

-Blessed Mary of Jesus the Good Shepherd



From the Office of the Principal

Mr. Jim Meredith

Thank you to Mrs. Natalie Graveley, Mrs. Kerstin Greenewald, Mrs. Terri Evans, and our many NAPA parent volunteers for a wonderful Father-Daughter Dance last night. Also, thank you our Student Council who decorated the Gym to make the event so special. There were many smiling faces, lots of dancing and I bet many dads woke up tired this morning.

On Friday, we had a special day to honor Mother Foundress, Blessed Mary of Jesus the Good Shepherd, on her Feast Day. We will gather again in our Chapel for Mass for Thanksgiving on Tuesday. At the end of Mass, we will recognize the students who have performed over 100 hours of service. Mass will begin at 8:55 AM and the link will be shared broadly for those unable to join us in the Chapel.

Also on Tuesday, our juniors and seniors will play Power Puff Football, marking the return of a Nazareth tradition. Dismissal on Tuesday is at regular time and the parking lot will be closed until 2:10.

I wish all of you and your families a blessed and happy Thanksgiving. Thank you for all you do for our students and the Nazareth community. May you enjoy the days ahead with your families and friends.

*Lord, we thank you
for the goodness of our people
and for the spirit of justice
that fills this nation.
We thank you for the beauty and fullness of the
land and the challenge of the cities.*

*We thank you for our work and our rest,
for one another, and for our homes.
We thank you, Lord:
accept our thanksgiving on this day.
We pray and give thanks through Jesus Christ our Lord.*

Amen.

-USCCB

Schedule for the Week

Monday, November 22: A Schedule

Tuesday, November 23: Special Schedule, Thanksgiving Mass and Powder Puff Football, 2:10 Dismissal

Wednesday, November 24: Thanksgiving Holiday, No Classes

Thursday, November 25: Happy Thanksgiving

Friday, November 26: Thanksgiving Holiday, No Classes

Monday, November 22

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

Tuesday, November 23

Special Schedule

Warning Bell	7:40 AM
Homeroom	7:45 AM- 7:55AM
BLOCK 1	7:58 AM-8:45 AM
Block 1A	7:58 AM- 8:20 AM
Block 1B	8:23 AM-8:45 AM
Mass	8:48 AM-10:05 AM
BLOCK 2	10:08 AM-10:55AM
Block 2A	10:08 AM-10:30 AM
Block 2B	10:33 AM-10:55 PM
Activity Period	10:58 PM-11:20 PM
BLOCK 3	11:23AM -12:10 PM
Block 3A	11:23 AM -11:45 PM
Block 3B	11:48 PM-1210 PM
BLOCK 4	12:13 PM -1:00 PM
Block 4A	12:13 PM-12:35 PM
Block 4B	12:38 PM-1:00 PM
Power Puff Football	1:10 PM-2:10 PM

From the Office of the President

Denise LePera

On Friday, we celebrated the feast day of the foundress of the Sisters of the Holy Family of Nazareth, Blessed Mary of Jesus the Good Shepherd. What makes the Nazareth Academy High School experience so unique in how we transform our young girls into virtuous leaders of tomorrow is the charism of the Sisters of the Holy Family of Nazareth. Blessed Mary of Jesus the Good Shepherd was born into a family of privilege and wealth in mid-19th century Poland, she hungered for a deep spiritual life. Today the Sisters strive to build communities of love and hope, and recognize the family as a place where values are nurtured. We strive to embed the core values into our daily life here at Nazareth. Below are the core values of Sisters [from their website](#).

CSFN Spirituality

Prayer Through the Intercession of Blessed Mary of Jesus the Good Shepherd

O most blessed Trinity, we praise and thank you
for the example your servant, Blessed Mary of Jesus the Good Shepherd,
has given us by imitating the life and virtues of the Holy Family of Nazareth.

Grant us the grace we ask through her intercession for your greater glory,
for the sanctification of souls and for the extension of your kingdom on earth.
Amen.

FAITHFUL LISTENING

Faithful listening: a way to claim and celebrate our identity in life and ministry; a way to hear the voices (new and old) within our hearts and within our world as a call to growth and development; a way to let God's Spirit overshadow us and our mission; a way to be open to taking risks for the sake of mission.

LOVING RELATIONSHIPS

"Love" is the very heart of Nazareth, modeled on the relationship among Father, Son and Spirit in the Trinity and among Jesus, Mary and Joseph in the Holy Family. The selfless, life-giving love of an infinitely generous God compels us to form loving, compassionate and reverential relationships in our personal, communal and ministerial lives. Since the family is the first school of love, we are committed to the strengthening of family life in whatever ways we are able.

RECOGNIZING GOD IN THE EVERYDAY

We are building God's reign of love in our world, step by step, moment by moment, here, in this place. The people we encounter are the sons and daughters of God. We must know and believe that. The more we recognize that God is in the daily, the more compassionate and caring we become. We endeavor to act from a transformed consciousness.

Grateful for Each of You

Blessings to you and those you hold dear this Thanksgiving, and may your life be filled with gratitude.

Advancement Office

Taste of the Town

Thank you to all who supported the Taste of the Town. The night was a great success with music by TF Squared, delicious food and beverages and awesome raffle baskets. To all who sponsored, attended, donated and most importantly gave up their night to volunteer, THANK YOU. A great night of fun and socializing all while raising more than \$25,000 for our students!

Admissions Office

In the next few weeks, we will be sending acceptance letters to more than 150 8th graders. We cannot wait to welcome the next class of Pandas.

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!

NAPA

Thanksgiving 50/50

We are truly Blessed and Thankful for our Nazareth community...take a chance on our Thankful 50/50. 🎟 Tickets go on sale on Sunday, November 21st. The drawing is Wednesday, November 24th. Tickets are \$5.00. Grand Prize is \$500.00. [Click here](#) to purchase your tickets.

2021 Nazareth Christmas Ornament While Supplies Last 🎄

Inspired by our beautiful Nazareth Rose Stain Glass Window.....and replicated by our talented senior Emily Krauss '22. This porcelain signed original piece of art can be displayed on your Christmas tree this year and many more years to come. It is such a beautiful keepsake. Great Pollyanna gift or hostess gift for any Nazareth Alumna, \$25.00 each. Don't wait to purchase it may be too late. [Click here to purchase your ornament.](#)

From the Office of Campus Ministry

Ms. Shannon Donnelly, Campus Minister

Happy Feast Day of Blessed Mary of Jesus the Good Shepherd! Below is a prayer to obtain graces through her intercession.

O Most Blessed Trinity, we praise you and thank you for the example of your servant, Blessed Mary of Jesus the Good Shepherd, has given us by imitating the life and virtues of the Holy Family of Nazareth. Grant us the grace we ask through her intercession, for your greater glory, for the sanctification of souls and for the extension of your kingdom on Earth. Amen

We celebrated her Mass together as a school community on Friday to honor her legacy and her mission and spirituality. Role models of faith in God can really change our hearts. Their memory is nothing but

goodness, grace, and God's promises. They are so highly honored for their zeal that we often forget they suffered much, which we can all identify with. Mother Foundress found the strength to keep her mission alive because ***she knew God was the one who dreamed the dream for her. He saw what good it would do in the world.*** And years later, we are participating in the very fruits of God's dream! We, too, are making this strong of an impact on the world around us. May we find these words consoling and refreshing as we being to break for a week of gratitude and abundance this Thanksgiving. *"Never resign from a position or duty because of difficulties or temptations. When you are faithful to your tasks despite obstacles, you become stronger, spiritually mature, and by the graces of God are able to conquer temptations. Running away from all difficulties is a missed opportunity to give God room to grow."*

As we return back to school after Thanksgiving, be on the look-out for the Operation Santa Claus information!

Have a blessed Thanksgiving! Know of my love and prayers!

From the Office of Academic Affairs

Mrs. Pat Quinn, Assistant Principal

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

Thank you to our soup kitchen volunteers for their awesome work at Face to Face last week! Your tremendous efforts were so appreciated! Thank you for sharing the Nazareth spirit of generosity with those in need. We will return to the soup kitchen on December 20th.

Monday, November 22nd: Powder Puff Practice for the juniors during Activity Period

Tuesday, November 23rd: Powder Puff Game 1:00, Dismissal 2:10; Parking Lot closed to traffic until 2:10.

December 3rd: Christmas Dress Down Day

“For each new morning with its light. For rest and shelter of the night. For health and food, for love and friends, for everything Thy goodness sends.” ~ Ralph Waldo Emerson

I want to thank you and your daughters for your warmth, kindness, and generosity! Have a wonderful Thanksgiving! God bless!



From the Office of College Counseling

Ms. Alyssa Mikulski, Director of College Counseling

Happy Thanksgiving!!

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

PSAT scores should be available in your students' CollegeBoard accounts in early to mid-December!

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 register by visiting: <https://www.passhe.edu/collegefair/Pages/default.aspx>

College Visits

There are no college visits this coming Monday or Tuesday.

If students are interested in the following virtual visits, they should sign up via the Microsoft Forms by 2:00 PM on November 26, 2021.

[November 29th University of the Sciences](#)

[December 2nd Saint Mary's College](#)

Financial Aid Workshop

Fairleigh Dickinson University is offering two virtual financial aid workshops. Follow the registration links to sign up. [Workshop November 30th 7:00 PM-8:00 PM](#)

[Workshop December 7th 7:00 PM-8:00 PM](#)

Programs

Widener University is hosting a **Biomedical and Robotics Engineering Workshop** on December 3rd from 8:00 AM-12:30 PM. Here is the [LINK](#) for the event page.

Carnegie Mellon University is offering **pre-college summer programs**. Follow this [LINK](#) to register for information sessions regarding the programs.

Rhode Island School of Design is offering **pre-collegiate programs**. They have programs for both the spring and summer of 2022.

The University of Miami is offering **pre-college summer programs** both virtually and in-person for students in 2022. If you are interested, please follow the links.

[Remote Scholar Program](#)

[Summer Program](#)

Resources

Follow the College Counseling Department on **Instagram!** [@nahscollegecounseling](#)

The **FAFSA** application opened October 1st. Seniors and their families should complete this federal student aid [application](#) sooner rather than later for college purposes - some colleges want this application submitted by December 1st. 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.

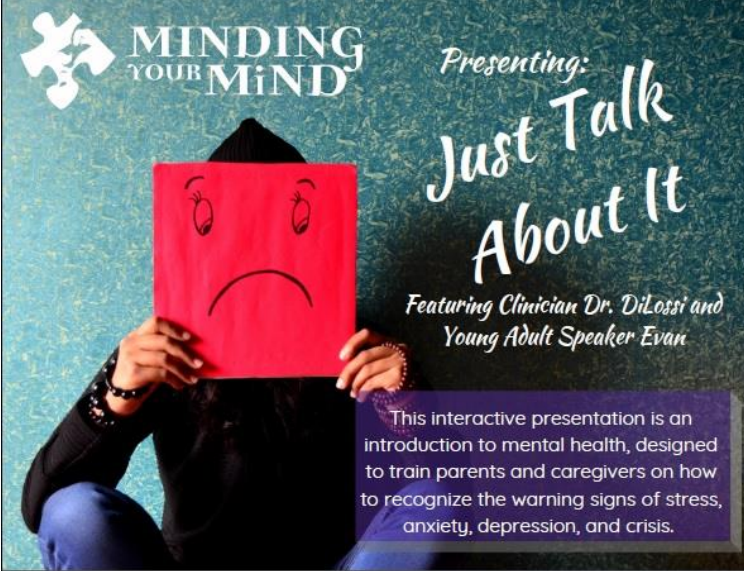
The **CSS Profile** is completed for certain schools in addition to the FAFSA. Here is a link to the [Student Guide for the CSS Profile](#).

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.

CollegeBoard offers [CLEP exams](#) for students to potentially earn college credit. If a student receives a passing score on an exam, there is a chance that their college may accept it for college credit. You can follow the previous link for more information and follow this [LINK](#) to see the colleges and universities that accept CLEP exam scores.

From the Office of Counseling ***Ms. Mary Jane Whiteley, Director of Counseling***

Please join us for an interactive presentation on the evening of November 30th 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!



The flyer features a person in a black hoodie holding a red sign with a sad face. The background is a textured teal color. Text on the flyer includes the organization name, the presentation title, featured speakers, a description of the presentation, and event details.

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

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 11/22/21-11/28/21

Monday, November 22

2:45 – 4:00 – V Track Practice – Rush
4:30 – 6:30 – JV/V Basketball Practice-Gym
5:00 – 7:00 – V Swimming Practice-Bensalem HS

Tuesday, November 23

2:45 – 4:00 – V Track Practice – Rush
4:30 – 6:30 – JV/V Basketball Practice-Gym
5:00 – 7:00 – V Swimming Practice-Bensalem HS
6:30 – 9:00 – V Cheer Practice-Gym

Wednesday, November 24

TBD – JV/V Basketball Practice-Gym
5:00 – 7:00 – V Swimming Practice-Bensalem HS

Thursday November 25

Happy Thanksgiving

Friday November 26

8:30 – 10:30 – JV/V Basketball Practice-Gym

Saturday November 27

8:30 – 10:30 – JV/V Basketball Practice-Gym

Sunday, November 28

5:30 – 8:00 – V Cheer Practice-Gym

Prayer Intentions

We pray for the happy repose of the soul of Mr. Jeff Kelly, husband of Ms. Maritza Carmona-Kelly (*former Nazareth faculty member*) and for the consolation of those who love him, most especially members of his family.

Eternal rest grant unto him, O Lord, and let perpetual light shine upon him. May his soul, 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 during the month of November, most especially those listed in the Book of Remembrance at the Nazareth Chapel.

The souls of the just are in the hand of God, and no torment shall touch them. They seemed, in the view of the foolish, to be dead; and their passing away was thought an affliction and their going forth from us, utter destruction.

But they are in peace.

-Wisdom 3:1-3

