

THE MONARCH TIMES

Issue 2: Winter, 2021



THE PRESIDENT'S LETTER



Dear Friends of Mercy,
December is upon us and with it comes all the excitement that the Christmas Season brings. It is a busy time of year. Lots of hustle and bustle. Once again this year, our holiday outfits will have equally festive masks and we will find ways to connect with family and friends while keeping a distance. Mercy Tech has remained safe because of 100% faculty and staff vaccinations, 88% of student vaccinations and frequent testing. The health and safety of our school community and the ability of our students to fully participate in their CTE programs and other school activities have remained our focus. New and traditional holiday events have kept us busy! Students participated in a school-wide decorating afternoon and the classrooms and halls have never appeared more festive. The daily lighting and prayer at the front hall Advent wreath has returned and senior cast and crew are preparing for the Christmas Tableau. Holiday baskets and gift cards continued to be distributed to families in need. Over 70,00 readers of *Metro Philly* newspaper voted Mercy Tech the "Best Trade School in Philadelphia", a designation for which we are very proud, but do not take lightly. I remain grateful to the faculty, staff, students, parents, business partners and benefactors for your continued support. Our school is truly a community school and it is at this time of year when the closeness of friendship truly shows in our students' faces. The new-year will bring new learning experiences, new challenges, and, what we are always hopeful for, new opportunities. I look forward to what lies ahead for Mercy Tech in 2022. May our merciful God bless you and your families with peace, hope and happiness during this Christmas Season and throughout the New Year.

Sincerely,
Sister Rosemary

Welcome Ms. Philyaw

Justine is a Philadelphia native committed to working with and for young people. After graduating from La Salle University, Justine started teaching English at Mercy (then called Mercy Vocational High School). Justine left Mercy to complete her Masters degree at Rutgers University and later earned her Principal Certification through Temple University. Most recently, she worked at YouthBuild Philly where she helped launch a new vocational training track and served as the Director of Program Operations. Justine is excited to return to her Mercy roots as the new Vice Principal.



Technology

Junior Computer Tech Students have started a long project of running new CAT6 ethernet cabling to 1st floor offices and rooms. Stay tuned for project updates!



Christmas Tableau

The Christmas Tableau is back! Involving our Seniors as cast and stage crew, this year's performance was live streamed (thank you, Mr. Carchidi). Also, thank you to Mrs. Weisler-Vega who managed details, handled logistics, and prepped students and Mr. Schmidt for his flawless stage crew expertise. Thank you also, to Mrs. McKenzie (Lee-Jeter) for your musical expertise.

Like the set? Our Building Trades students are to be commended.



Admissions

Mercy Tech's Admissions Team is excited to report we are off to a strong start in this recruitment cycle, with tours, interviews and applications flowing in at a steady pace. If you know someone interested in admissions at Mercy Tech, please have them email or call us.

Email: admissions@mercycyte.org
Phone: 215-226-1225 ext 153 or 148

Our Spring Open House is just around the corner on **Wednesday, April 27th, 2022 at 6:30 PM**. If you know anyone interested, please give them the above information.

Thank you for your commitment to Mercy Tech!

Guidance

SUPPORTING GRIEVING KIDS AND TEENS: COPING WITH THE HOLIDAY SEASON

(Taken from TRU Community Care Grief Services)

For kids and teens who are grieving the death of a loved one, the holiday season can bring up a variety of responses and feelings, including: Sadness, depression, anxiety, fear, anger, guilt, and/or apathy. These feelings are often expressed alongside the usual excitement of this time of year, and can be a confusing contradiction for the child. Somatic responses - such as frequent headaches, stomach aches, and/or sleep disturbance - may be the only way a child knows how to respond to the variety and intensity of his or her emotional responses. Kids and teens often have a desire to keep family traditions the same as they were when the deceased was alive. This is a way to keep the person "alive" and to avoid the overwhelming feelings that may come up when the loss is acknowledged. How You Can Help Invite the child to share memories of the deceased, photographs, mementos. Help the child to create a safe "container" for expressing his or her feelings and experiences, such as a special journal, or a memory box. Build frequent breaks and calming activities into your regular classroom routine. Allow grieving children and teens to make a contract with you if he or she is having difficulty getting assignments completed and turned in. Encourage the child to stay balanced physically. Maintaining a healthy diet and a regular sleep routine will help with regulating emotions. Increased exercise may help with somatic complaints. Help the child to discover the meaning behind family traditions as well as school traditions. Engage children and teens in creating new traditions when appropriate. Encourage the child to create special ways of honoring their deceased loved one. Assist grieving kids in developing a plan for dealing with the holidays, including the anticipation that it will be too painful to experience without their loved one. This may include identifying ways to take a break from family gatherings, creating a list of friends the child can call, or reaching out to others who are having a difficult time through volunteer activities. Validate that often a child feels worse after the holidays, once the flurry of activities is over and there is the letdown of not having the deceased there, despite the child or teen's efforts to keep everything the same.

If you think your child or teen may need some extra support, please contact The Uplift Center for Grieving Children at 267-437-3123. Their website: <https://www.upliftphilly.org/>
You can also contact your teen's school counselor at 215-226-1225:

Ms. West - Grade 12; Grades 10 & 11 Last Names L-Z, ext. 125

Mr. McBride - Grades 10 & 11 Last Names A-K, ext. 127

Ms. Lopata - Grade 9, ext. 136

Shop Spotlight

CULINARY AND PASTRY ARTS



Our Thanksgiving pie sale was a success, selling over 100 pies, made entirely by students. Coconut cream (pictured), pumpkin, apple, cheesecake and more were sold and delivered just before the Thanksgiving break. All proceeds from the sale go back into the program.

Know someone who loves to cook and bake? Our Culinary and Pastry Arts program prepares students to pursue post-secondary education in culinary or pastry arts and the field of hospitality.

Advertising Art & Web Design



Business



Computer Tech Services



Building Trades



Nursing



Cosmotology



Alumni Contribution

Many blessings for you and yours in the coming year. May you find peace, health and happiness in 2022. Know that you remain special to us here at Mercy Tech. I hope you can look back with happy memories as you remember your high school days.

I invite you to take a few minutes to see the changes in our Career Path Programs (shops) since last you attended Mercy Tech. Visit these programs to catch a sample of teaching and learning now. Go to the school's website (www.mercycte.org) and click on the tab marked CTE Programs. You will be very proud and excited!

While you are on the website, consider stopping by the Alumni Tab. Take a minute to update your information and tell us a story about your accomplishments. I would love to hear from you. Make sure we have all your current information so that we can connect with you and include you in Mercy happenings.

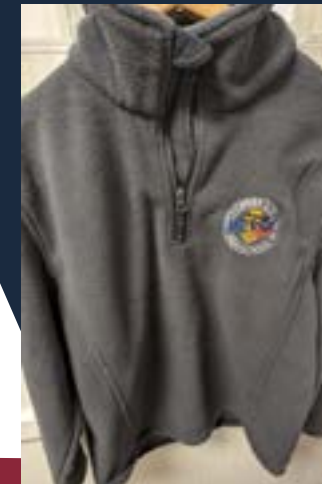
Hopefully, we can have some in-person gatherings in 2022. We have plans for a Designer Bag Bingo on April 30, 2022. I also want to schedule another virtual evening with a Mercy person. Until we can meet again, please stay tuned in Facebook, the Monarch Times and the website for some in-person and virtual events.

Let's remember in our prayers members of the Mercy community, who are resting in God's peace. In addition, let's hold in prayer all who are sick or struggling in any way. Keep me informed of the names of people in need of our prayers.

With prayers and gratitude,

Sister Susan Walsh, R.S.M.

Mercy Tech Fleece



Interested in buying a fleece? The Mery Tech fleece is heather gray with an embroidered logo. Many sizes are available. Please bring \$20 to Mrs. Vollaro's office, directly across from the elevator on the 1st floor, in the main building.



Voted 2021 "Best Trade School in Philadelphia" by Metro Philly readers.