

THE MONARCH TIMES

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THE PRESIDENT'S LETTER



A year ago I could not have imagined the transformation of learning styles to where we are today – from remote learning, to hybrid, to all in-person. We have maintained our in-person presence, and for this, I am grateful to the dedicated, creative and invested Mercy administrators and educators who have made this possible. While excellent technology enhances daily instruction, students learn best in the classroom and lab. Teachers continue to instruct and nurture. Students continue to improve their critical-thinking and collaborative skills.

Returning to school, with a fresh outlook in the New Year, I am encouraged as I look forward to the new Semester. Most recently, instructors welcomed the freshmen into their CTE programs which began on January 31. It is always exciting to see a new generation of Philly's workforce embark on their career paths. Mercy Tech's faculty and staff show students the importance of confidently meeting challenges because they are poised to do well in life and do good in the neighborhood and the world.

On the heels of our Best of Philly Metro win, we anticipate a new Septa bus wrap to be unveiled in March, designed by our own Advertising Art & Web Design students. It is this type of real-world experience and exposure that we are proud to provide to our students and they, in turn, are excited to demonstrate their skills.

Collectively, guided by Mercy Tech's core values and principles, grounded in our school's mission, our team's ability to innovate and to deliver has been profound. I look forward to sharing more as our students progress throughout the year.

God bless you and your families and thank you for the partnership we share in guiding the young men and women of Mercy who are the future!

Sincerely,

Sister Rosemary

Welcome Mr. Perrine

Mr. Caleb Perrine is currently a senior at Chestnut Hill College, participating in a teaching certification program for Social Studies and Secondary Education.

Recently, he has been working closely with Mr. Maicher in the History department, teaching World Cultures, and now will transition to teaching British Literature and World Cultures II. Hailing from Arizona, Mr. Perrine is a proud Army veteran. His family includes his wife, three dogs, and two cats who all love to read and play video games together.

Welcome, Mr. Perrine!



9th Grade Shop Selection

Congratulations to our 9th grade class who were welcomed into their shops!
Shop selection is one of the BEST days at Mercy!

Meet our newest graphic designers, carpenters, cosmetologists, CNAs, business people, computer techs, and chefs.



Shop Spotlight

BUILDING TRADES



Building Trades students had the opportunity to solder copper pipe during a demonstration from Daniel's Plumbing & Heating, Matt Butterly of Big Dawg's Plumbing and Heating, and Tony Rachuba from Rachuba Plumbing. Materials for the demonstration were donated by William Betz Supply.

They are all members of the Master Plumbers Association of Philadelphia and are all licensed plumbers.

Dan Gallagher is the father of 10th grader Danny Gallagher.

Advertising Art & Web Design



Business



Computer Tech Services



Culinary & Pastry Arts



Health Occupations



Cosmetology



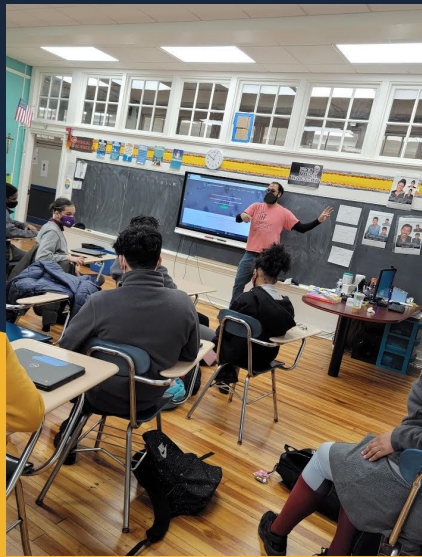
CELEBRATE TODAY.
OWN TOMORROW!

Mercy Service

Mercy Tech is proud and honored to partner with PAR Recycle Works (<https://home.par-recycleworks.org/>), a non-profit electronics recycler that provides transitional employment to people returning from prison. Students have the opportunity, weekly, to complete service hours at PAR's local warehouse, breaking down computers and sorting through parts that can be used for profit.

Maurice, Co-founder and General Manager, has a long-standing partnership with Mercy Tech, presenting to students at our summer program and during our 9th grade Life in a Flash seminar course. He also mentors students as needed.

We are grateful to support PAR's unique mission of breaking the recidivism rate in Philadelphia!



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.



Alumni

Hello and best wishes to all the Alumni of Mercy Tech,

Stay tuned for a virtual event or two. I am working on virtual gatherings to bring us together for now. It is my hope that we can meet and share stories with a teacher/staff member online until we can move ahead with in-person events. Our next virtual event will spotlight Mr. Bill Donahue. Mr. Donahue was requested after our time with Mr. Hillman. Watch for notice of such events through email, website and other social media platforms. Please be sure that we have your correct email addresses so that you can hear all about our plans. You can send your updated information to swalsh@mercycte.org.

In addition, I am looking for a few alums who might be interested in conducting a virtual "class"/demonstration online. Cook a meal or bake a dessert. Give good tax advice for this current filing. Show a "Fix-it" Project. The sky is the limit on topics.

Give me a call at extension 114 on the school's number (215.226.1225). Leave a message and your number on my voicemail. Thanks for considering sharing your talents with other Alums.

We are planning a Designer Bag Bingo on April 30, 2022. I am looking for some Alums or mothers of Alums who would want to join me in the running of this event. You may have enjoyed previous Bag Bingos. Please consider contacting me. In addition, we will be gathering items for baskets of chance. Your items would be helpful. Just drop the items off at school to my attention.

Please consider stopping by the Alumni Tab on Mercy Tech's website (www.mercycte.org). Take a minute to update your information and tell us a story about your accomplishments. I would love to hear from you. Until we can meet again in person, please stay current with classmates and events on Facebook (Mercy Vocational/Tech Alumni), in the Monarch Times, and on the website.

If you have any prayer requests, please feel free to contact me. Many blessings for you and yours in the coming weeks. May you find peace, health and happiness in 2022.

With prayers and gratitude,

Sister Susan Walsh, R.S.M.

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@mercycte.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

Sleep Deprivation in Teens

“Almost all teenagers, as they reach puberty, become walking zombies because they are getting far too little sleep.”

—Cornell University psychologist James B. Maas, PhD, leading sleep expert

We all know how it feels to face the morning when we haven't gotten enough sleep. Lack of sleep can make us grumpy, unable to focus, and more negative about life in general. Sleep-deprived teens experience these symptoms every day. Sometimes it can be hard to sort out the reasons for a teen's moodiness. But no matter what's going on, too little sleep is likely to make it worse. In order to help adolescents avoid the risks that come with sleep deprivation in teens, it's important to understand the signs, the causes, and how to help.

Recognizing Sleep Deprivation in Teens

Here are a few common signs to watch for that might indicate that your teen is not getting enough sleep:

- Having trouble waking up most mornings
- Irritability and mood swings
- Falling asleep easily during the day
- Trouble concentrating or poor academic performance
- Sleeping very late on weekends
- Hyperactivity and nervousness
- Aggressive behavior

Causes of Sleep Deprivation in Teens

How many hours of sleep do teens need? For most adolescents, nine hours of sleep is ideal, but very few of them are actually managing that. One study conducted by the Centers for Disease Control showed that less than 9 percent of teens get enough. Here are some of the causes of teen sleep deprivation:

- Technology that affects teen sleep, such as social media, Internet use, video games, and television
- After-school activities that push study times later
- Heavy homework loads
- Schools with early start times
- Using caffeine or nicotine
- “Sleep phase delay”—teens’ natural biological clocks keep them up later
- Stress
- Light exposure from screens that cues the brain to stay awake.

Sleep Hygiene for Teens: 7 Tips

Here are some ways for sleep-deprived teens to sleep better and longer:

- Do physical activity during the day.
- Make time for short naps.
- Set an electronic curfew when all devices go off.
- Create a bedtime routine that includes relaxing activities, such as writing in a journal or listening to music.
- Keep the bedroom dark and cool.
- Avoid late-night snacks, which raise and then crash blood sugar, making teens wakeful.
- Practice yoga and meditation, proven to relax the nervous system.

In summary, a good night's sleep will help sleep-deprived teens feel better in mind, body, and spirit.

March For Life

In January, Mercy students attended the 2022 National March for Life. This is the largest annual human rights demonstration in the world, which gathers together to celebrate life from the moment of conception.

This year's theme was "Choose Love"

Thank you, Ms. Arata and Mr. Aument for chaperoning.



Mercy Weekly Update!

Attention Parents:

Please be sure to check your emails! Every Friday we distribute Mercy Weekly Update, providing a quick look at Mercy events for the following week.



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

