



Roman Catholic High School Parent Newsletter



May 13, 2022
Volume 4—Edition 33

CALENDAR CHANGE: NO SCHOOL MONDAY, 5/16!

Purple vs Gold Challenge- UPDATE

Current Standings:

Team Purple: 1,061

Team Gold: 1,060

Wednesday, May 25th will be Roman Field Day 2022! We will be on a SPECIAL SCHEDULE with homeroom beginning at 8AM. Following homeroom, we will make our way to River Field for games and activities. The day will end around 12:00PM. Students will be dismissed from River Field. The Faculty/Senior Softball game will take place after the end of Field Day.

This will count as a school day. Attendance of all students is expected like any school day. Students are permitted to wear shorts and sneakers together with purple and gold attire---no inappropriate or offensive information on clothing. Please do not bring any textbooks, ipads, etc. to school this day. You are personally responsible for your cell phones.

Students will be given a soft pretzel and water ice as part of Spirit day. You may also bring snacks with you for lunch if you wish.

Students are able to sign up for games and activities through a Google form that has been sent to the entire student body by Ms. Canavan! Please stop by Student Affairs if you have any questions!

Graduation 2022

SENIOR PARENTS: please click [here](#) for information on the 2022 Graduation.

Each graduate will receive 4 total tickets- 2 Reserved and 2 General Admission.

Such practice has been in place so we can accommodate each of our Graduate's families and respect the guest limit of the Cathedral. As stated in the information

packet, "Brothers who currently attend Roman may volunteer as ushers or altar servers and would not need a ticket." We cannot guarantee requests for additional tickets. We certainly

understand this may cause some frustration, but there is a physical limit to the Cathedral and we want to ensure each of our Graduates and their families have an equitable experience on

such a special day. We are exceedingly grateful for your understanding. It will be livestreamed.

CLASS
of
2022

Mental Health Awareness Month



Maintaining your mental health is just as important as maintaining your physical health. Here are ten ways to improve your mental health:

1. **Get enough sleep** The amount of sleep you get impacts your mood. Keep to a regular sleep schedule with a minimum of eight hours of sleep each night.
 2. **Exercise** Your body produces mood-improving chemicals when you exercise called endorphins. Strive to add physical activity into your daily routine.
 3. **Open up to someone** Talking about your feelings is a great way to process them. Talk to a family member or friend when you have a problem or something is bothering you.
 4. **Be grateful** Notice the things that you are thankful for in everyday life. Regularly reflect and feel grateful for these things.
 5. **Help someone else** Helping others makes you feel good and has been proven to reduce stress and increase mental health.
 6. **Be mindful** Mindfulness is being aware of the world around you and focusing on what you are experiencing. Remind yourself to be fully present and focus on the now.
 7. **Eat healthy** Research shows that nutrient-rich foods can improve your brain functioning.
 8. **Deal with stress** Stress can take a toll on your mental health. Make a list of what stressors you have and then come up with a plan on how to deal with them.
 9. **Reflect** Put away the screens and take time each day to rest, relax, and reflect.
 10. **Reach out for help** Just like with our physical health, mental health can at times require the help of a professional. Reach out to a counselor or family doctor when needed.
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University of Pennsylvania Rising Scholar Success Academy

This is a free, virtual, six-week summer program that provides current juniors (rising seniors) across Philadelphia with high-caliber academic enrichment, exposure to varied careers, and individualized support with the college application process! The 2022 program dates are Tuesday, June 21 - Thursday, July 28. All synchronous programming will be held on Tuesdays, Wednesdays, and Thursdays from 10:00am - 2:00pm ET. *The application deadline is Sunday, May 22nd.* Click [here](#) for more information on the program! Click [here](#) to apply today!



2022-2023 Facts Financial Aid application

2022-2023 Facts Financial Aid application can be completed at [factsmgt.com](https://facts.mgt.com).

There is no district code. Parents can choose parent log in, payment plans/financial aid, then create a username/password for new parents. If the parent already has an account, please log in with an existing username/password. *A Facts representative can be reached at 1-866-441-4637 if you need any assistance.*

Phood Drive Benefiting Philabundance!

Phield House Philadelphia is running a food drive to benefit Philabundance and they need our help! You can drop off products that are in boxes, cans, or plastic bottles that do not require refrigeration! All products can be dropped off to either Student Affairs or Student Services. You will receive service hours for items donated! ***All items must be dropped off by Friday, May 20th. This will also be the LAST PvG Challenge for the 2021-2022 school year!***



Scholarship Opportunity

Please click [here](#) for information on the Michael Kubiak and Sean Francis McCloskey Scholarship Essay Contest. For more information, please contact Adam Gault at agault@romancatholicchs.com. The deadline to apply is May 31, 2022.

Villanova- NROTC Summer Seminar

Villanova University is hosting a NROTC Summer Seminar. The four-day program will provide you with a better understanding of the balance between college life and NROTC commitment. Participants will gain valuable insight into the rigorous academic and physical fitness expectations required to obtain an NROTC scholarship and learn about the admission requirements. The dates are from June 19-23 and the cost is \$625 (covers dorm, meals, and swag). Any questions can be directed to novanrotcsummerseminar@gmail.com or 610-519-7386.

Soccer Team Parents and Players Meeting

Mark your calendars: June 2nd! Soccer Team Parents & Players meeting on June 2, 2022. It's at 7:00pm in the school cafeteria at Roman Catholic High School. Topics: Summer League, Tryouts, Game Schedule & Player Sizes for Uniforms. Any questions please contact Head Coach Ray DeStephanis at soccer@temple.edu.

Reminders from Guidance



Senior Parents - The senior class has earned over \$28 million in scholarships so far! If your son has not already done so, please ask him to bring in his scholarship letters and financial aid packages to Sister Jane in Guidance. He can send her an email or a screenshot if that is easier. Not only will he receive a candy bar but **all scholarships (not amounts) will be listed in the graduation booklet !**

Click [here](#) for the most recent list of Summer Programs available for our students!

Grief Group

If you believe your son would benefit from attending, please reach out to Mrs. Hoole at jhoole@romancatholicshs.com.

As always, the members of the Roman Catholic High School Guidance Team are available to assist the students at Catholic High! If your son is ever in need of assistance, please reach out to his counselor!

● **Grade-Level Counselors:**

- Mrs. Desmond (mdesmond@romancatholicshs.com)--*Guidance Director/Juniors and Seniors*
- Mrs. Snyder (csnyder@romancatholicshs.com)--*Sophomores*
- Mrs. Connell (mconnell@romancatholicshs.com)--*Freshmen*



● **Family Connections Counselors:** The Family Connections staff at Roman Catholic provides an extra layer of support for students who may be struggling with personal/emotional issues that are affecting their learning. They also provide a bridge between home, school, and the community by providing information and resources to support student success. Family Connections staff is available 5 days a week.

- Mrs. Hoole (jhoole@romancatholicshs.com)
 - Mrs. Levine (mlevine@romancatholicshs.com)
 - Ms. Duffy, Family Connections Liaison (dduffy@romancatholicshs.com)
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Roman's annual Day of Giving will be taking place on **Tuesday, May 17, 2022!** Help us reach our goal of raising **\$150,000 from over 800 donors.** All gifts support the Roman Fund which fuels tuition assistance for our current and future Cahillites. *Thank you and Go Roman!*

How to give:

- Visit RomanCatholicHS.com/DayofGiving
- Venmo your gift (include class year) to @RomanCatholicHS
- Write and send a check to: Roman Catholic High School,
301 N. Broad Street, Philadelphia, PA 19107 (subject line: Day of Giving 2022)

Have questions?

Contact the Office of Mission Advancement: (215)-627-5487.

#CAHILLITESGIVE

Tips for Addressing Academic Concerns

- **Monitor PowerSchool**—parents have access to PowerSchool, which allows them to closely monitor their son's performance in his coursework. Login information was mailed to each family at the start of the school year. If you are still in need of PowerSchool login information, please contact Mrs. Shipton at mshipton@romancatholicshs.com
 - **Open Dialogue with your Son**—As grades are entered into PowerSchool, have a conversation with your son about both the positive grades as well as the grades that need to be improved. Providing your sons with positive feedback throughout the marking period often makes it easier to address academic obstacles. When assignments are missing or test grades are low, this timely dialogue with your son is critical. *The importance of completing work on time and studying for assessments is critical to a student's success at Roman Catholic High School.*
 - **Email the Teachers**—the Roman Catholic Faculty is comprised of many talented educators who are here to support your sons along their academic journey. After having a conversation with your son, please feel free to reach out to your son's teachers through email.
 - **Please give teachers 48 hours to respond** as their teaching loads consist of around 150 students. Also, feel free to copy the Department Chair for the academic discipline on your correspondence to the teacher. The Department Chair emails can be found below:
 - **Theology**—Mr. Jim Murphy - jmurphy@romancatholicshs.com
 - **English**—Mr. Fitzgerald Gallagher – fgallagher@romancatholicshs.com
 - **Science**—Mr. Dennis DiGiovanni – ddigiovanni@romancatholicshs.com
 - **Social Studies**—Mr. John Corrigan – jcorrigan@romancatholicshs.com
 - **World Languages**—Mr. Nicholas Azzara - nazzara@romancatholicshs.com
 - **Mathematics**—Mr. Jim Brennan – jbrennan@romancatholicshs.com
 - **Business**—Ms. Theresa A. Lazorko - tlazorko@romancatholicshs.com
 - **Physical Education/Health**—Mr. Robert Hill – rhill@romancatholicshs.com
 - **Fine Arts/Music**—Mrs. Shannon Gallagher- sgallagher@romancatholicshs.com
- If you do not hear back from a teacher within 48 hours, please reach out to their respective department chair with your concerns.***
- **Assistant Principal for Academic Affairs**— If after reaching out to your son's teacher and the department chair you still have concerns, please feel free to email Mr. Buck at cbuck@romancatholicshs.com
 - **Contact the Guidance Department**—Our Guidance Director, Mrs. Mary Desmond, may be able to assist you with finding additional resources for your son to improve his academic performance. Please reach out to Mrs. Desmond at mdesmond@romancatholicshs.com .
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