

March 30, 2020



DEPAUL CATHOLIC HIGH SCHOOL

Welcome to the Spartan Sentinel, our bi-weekly electronic newsletter for all things DePaul Catholic.

Principal's Corner
Mr. Russell Petrocelli

Dear DePaul Catholic High School Community:

As we conclude week number 2 of this school closure, I want to tell the students how proud I am of them and their commitment to DePaul and their academic endeavors. These are uncharted waters for secondary education and you have rallied to the occasion. "These are the times that try men's soul" was a cry from the Revolutionary War and we hear the same today. The teachers are committed to ensuring that your education stays on track and I implore you to stay dedicated to your own personal success.

As of now, we must maintain the health and well-being of our school community, and to that end, DePaul Catholic High School will remain closed at least until April 17, 2020 (the earliest). We will be on Spring Break from April 9 to April 19, 2020. Again, keeping the students on task and engaged is our primary educational objective. This can only be accomplished with your support and encouragement.

I repeat my previous message to the students – these are trying times for you and we are here to support you. This is not the ideal way to conduct school, but we are trying to minimize the impact on your academic year. You must devote the time to complete your assignments and master the new material that is being presented to you. Do not be afraid to reach out to your teachers...to ask questions if you do not understand something and to continue to engage in conversations with your friends and classmates. Some of you may be experiencing fear or concern – please reach out to me or anyone on the staff if we can help you through these challenging days. Your DePaul family is here to help you in any way that we can.

To the Senior Class – at this time, none of your end of the year events are canceled. It is my sincere desire to hold all these activities either on the date on the original school calendar or shortly thereafter. We want you to be able to celebrate your academic accomplishments with those you have spent these past years with but we also want to ensure health and safety.

As we enter week three of this school closure, please continue to work hard and be true Spartans! If you need any assistance or need to talk, please contact any of the teachers or administration and we will assist you in any way that we can.

St. Vincent DePaul – Pray for Us!

For the entire school community,
Russell D. Petrocelli

[Click Here For A Video Message From Mr. Petrocelli](#)

Moving Forward...

Hang in there!

Sitting at home is a double edge sword. It offers time to reflect, but it also offers time to regret. Oh, I also eat too much junk.

The time to reflect offers an opportunity to think about the past. Thinking about the past can remind us of happy times, sad times, heartbreak, heartache, mistakes we've made and successes achieved. Thinking about the past can also remind us of time well spent and time wasted.

It reminds us of time well spent in uplifting conversations about faith, family and friends. It reminds us of time well spent controlling the controllable. It reminds us of time well spent in service to others.

It reminds us of time wasted trying to control the uncontrollable. It reminds us of time wasted procrastinating, fighting with another person or friend., or wishing we would win the lottery but never buying a ticket. It reminds us of time wasted wishing for a good grade but never complaining and never studying . It reminds us of time wasted feeling sorry for ourselves or wasted surfing into the waves.

We all have spent a lot of time..... wasting time.

Now, time is what we have the most of. We are home...All day, all night trying to be good citizens by trying to stay healthy and helpful.

What to do with all this time?

For me, it is time to take a look around. It is time to do a few repairs, maybe in my life as a teacher and administrator; maybe in my life as a husband and father; maybe in my life as a member of the human race. I can think of quite a few repairs that can be made now that I have time.

Maybe the first two I will tackle are one, to slow down and the second, is to listen...better.

For kids in high school, especially the seniors, this time in their life has got to be tough. Generally the spring of senior year brings hope, joy, fun and a proper way to say good bye to their high school years.

I can only wonder what is going on in the mind of a thoughtful senior as they worry about the next few months, college, grades, prom, graduation and, of course, not getting sick. I suspect some of the kids are grouchy, some are sad, some are in denial.

How can parents help?

Keep encouraging your kids to think about the future and dream.

Continue to have a family routine, a meal together each day. Check on school work.

Allow time for a listening session to let your kids vent their frustrations.

Remember, as much as your 17/18 year old seems like they can handle this unique, yet unfair, time in their life, parents still need to provide advice, encouragement, hope and the safety net of "things are tough now, but if we stick together we will be okay". The safety net is very important. These days will test your parenting skills to the max.

Suggestions of things not to say to students, especially seniors.

Kids do not want to hear a parent say that being out of school "is no big deal". Last time I checked, a person only experienced the spring of their senior year once. For the Class of 2020 this is their time. It is a big deal.

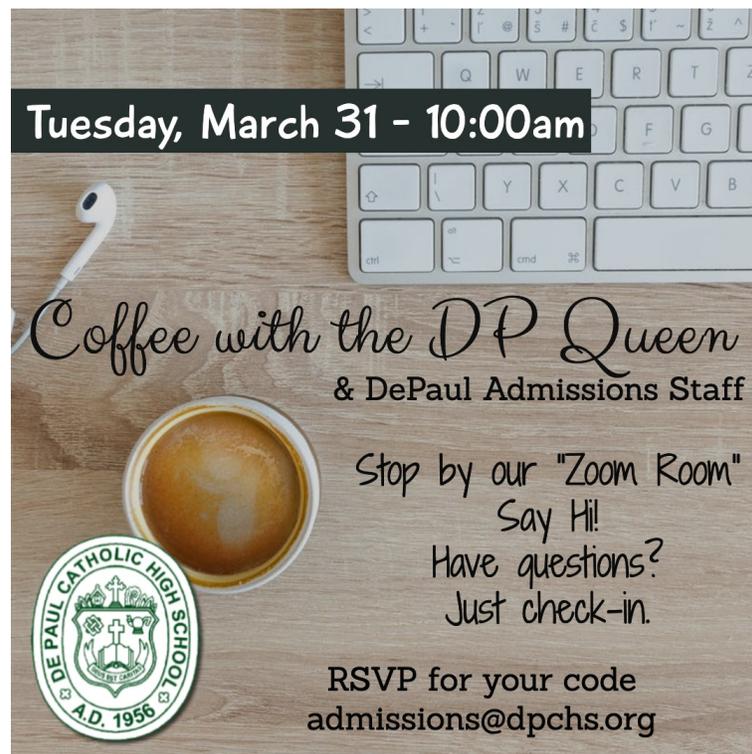
The other words to avoid are "when I was your age". Seniors do not care about this. As much as the big events in your life mean to you, to seniors this pandemic is the big event in their life. I repeat that the following months will test your parenting skills to the max.

At school our hope is that the end of the year will bring a return to a bit of normalcy. We will do all that we can to offer the seniors the proper good bye, the same good bye that has been offered to DePaul seniors for over 60 years.

The Class of 2020 deserves nothing less.

God willing we will all celebrate the end of the year....Together.

Be Well!



Coffee With The Queen.... & Admissions Staff

Stop by and say hi! We miss you!
We are happy to answer any questions that you may have, or just chat.
Bring your own coffee.

Zoom Link
<https://zoom.us/j/640263290>, Meeting ID: 640 263 290

Hello Everyone,

I trust you agree that it has been an interesting past couple of weeks. Many people are saying that our only job now is to not leave the house and to not get anyone sick. And, yes, those are both huge responsibilities for each and every one of us. But what if we could do more? What if our sacrifices and our efforts in these times can be used to strengthen our faith and our prayer. That would be a great thing. So let us take a moment to truly understand the meaning of these words.

Faith has never meant "blind acceptance." Blind acceptance is purely one dimensional and cannot be built upon. It leads to nothing.

Faith has always meant "commitment to". It is through our relationship with our God that we are able to commit to His teachings, embrace them, and trust that our commitment will eventually lead to a deeper relationship with Him. It is a never-ending positive cycle. It is commitment to Truth, not acceptance of Truth, that gives us the time and opportunity to learn and appreciate it; something blind acceptance can never do.

And prayer is similar. Prayer is not when we blindly ask God for something external to ourselves and then hope He magically changes us into a person who now has that thing. Prayer is, first, thoroughly understanding yourself and your needs, then articulating those

needs to you and God, and finally living those needs out with confidence and commitment and trust that God will give you the strength and the grace to be successful.

We have the time to work on both of these things in the coming weeks as we prepare for the gift that is Easter. Let us commit to them with boldness and joy.

I look forward to praying with all of you during Holy Week through our social media event to be announced soon. Until then, it is my prayer that all of us stay safe and healthy and grow more and more in love with God, which is truly our hearts' desire.

Peace,
Fr. Andrew

How Can We help?

Mrs. Coleen Brophy '79

Director of Special Events & Alumni Relations

Attention DePaul Family

We need your help!

We are collecting masks, gloves, painters coveralls, and shower caps/hair covers for our friends at St. Joe's Hospital.

Please drop them on the top step at DePaul on Thursday, April 2 and Thursday, April 9 between 10:00 am & 12:00pm.

Please direct all questions to:
Coleen Brophy
brophyc@dpchs.org
973-865-4787

Check out last week's collection which was featured on News12 and NJTV.

[Click here for video.](#)

Coleen Brophy '79 is also accepting donations via Venmo for the hospital.

Please contact her for details:
cell: 973-865-4787.

If you are unable to make the donation times at DePaul, please feel free to leave donations on the porch at 50 Winifred Drive, Totowa at anytime.



St. Vincent de Paul... PRAY FOR US!

Quilting For A Cause (quiltingforacausenj.org) has switched from making blankets for the homeless to making masks for Chilton Hospital.

The group, located in Pequannock, is currently accepting flannel fabric (not sheets) and elastic (3/8" or 1/4"). Drop off details are located on their website and [Facebook](#) page.

If you are unable to donate materials, they are accepting donations via Venmo (rosephalon@aol.com).

Quilting for a
Cause

Crocs Collection For Holy Name Medical Center

Lisa Cifalino (mother of Gia '21 and Sal '24) is a nurse manager at Holy Name Medical Center. The Medical Center is looking for Crocs. The staff can wear them while in the hospital and not track the germs back to their homes. The Amazon Wishlist link is below.

[AMAZON WISHLIST](#)

Moe's Southwest Grill, locally owned and operated, is open for takeout, online ordering, curbside pickup



and/or delivery. And through 4/10, we'll deliver it for free on orders of \$10. Moe's wants you to know we're in this together, and we'll get through this together. Welcome to Moe's.

Moe's is also honoring the following deals:

Free Delivery 3/16 – 4/10

Free Kids Entree 3/21 - 4/10 (Free Kids entree with the purchase of adult entree-free delivery included)

Buy One Entrée, Get One Free Entrée Offer (BOGO) 3/24 - 3/28

Moe's Southwest Grill

500 NJ-23, Pompton Plains, NJ 07444

Welcome, Future Spartans!

Mrs. Brynn Merritt Campbell

Director of Marketing & Enrollment Management



Hi, Spartans,

Another Sentinel being published from home! Darby Campbell (photo above) is getting very used to his new role in the Admissions Office, and quite possibly, a little too comfortable with me being home.

The team, Coach Campanile, Mrs. Saporito, and I, meet almost daily via Zoom, and we're functioning very much like we would on Alps Road. Mrs. Saporito and Coach Campanile have spoken to almost all of our incoming families to discuss a change in date for our Placement Testing/Parent Orientation. Mrs. Saporito has started to set up some Virtual Shadow Appointments. (see below). We are still accepting applications, reviewing transcripts, and accepting students. (Please see our slightly changed Admissions Process below.)

The team is hosting our first ever "**Coffee with The Queen... and Admissions Staff**" on Tuesday, March 31st at 10am. The Zoom link is (<https://zoom.us/j/640263290>, Meeting ID: 640 263 290) Please join us! We'd love to just check in and see how everyone is doing.

Unfortunately, there will be no in-person Open House this year. However, we are working on a Virtual Open House that will be available to all of you in early May. We have also moved our Class of 2024/8th Grade Prep Placement Testing to Saturday, May 16th (tentatively). There will be no in-person Parent Orientation on this date. Parent Orientation will be conducted online. Please stay tuned as dates are changing daily.

We hope that everyone is HEALTHY and at HOME. Please remember, we're here to help.

You can always find us on all of our social media platforms. ([Facebook](#), [Twitter](#), & [Instagram](#))

We are #SpartanStrong!

Brynn Merritt Campbell
Director of Marketing & Enrollment Management

Still need to apply?

We will continue to review applications on a rolling basis.
Class of 2024 & 8th Grade Prep Apply Here

New Admissions Process

Apply online (link above)
Send us a copy of your 6th, 7th, and 8th grade report cards. IF you cannot get transcripts from your school, a screen shot of your report cards will work.
Ask your favorite teacher to write a few paragraphs about you and send it to us.
We will set up HSPT exams when we return.



DePaul Catholic 8th Grade Prep *"The Place To Begin"*

Looking for more information about our 8th Grade Prep Program? Please call our office to set-up an appointment with a member of our team.
973.694.3702, ext. 442



College Corner

From The School Counseling Office

I know all of our students are busy with online learning but it is nice to think about our future and college choices. Attached, there is a link for virtual college tours. Not all schools are on this list but please check on a particular college website. Many have links to their college campus tour and information sessions. This is useful for seniors who are trying to make their final college choice and for all students who want to start their college search. God bless and stay safe.

[College Virtual Tour Guide](#)

Congratulations, Alexa!

Each year, National Honor Society members are invited to apply for one of the scholarships granted through a program from the National Honor Society (NHS) and supported by the National

Association of Secondary School Principals (NASSP). Membership in the NHS is estimated at “more than one million”, and this scholarship program is open to all senior members.



Alexa LoMonaco '20 was recently informed that she is one of only 600 students selected. Alexa was named a National Semifinalist based on her academic excellence, her strong character, her leadership and her participation in service activities. Alexa is an honors/Advanced Placement student who also holds the position of president of Student Council and NHS and captain of varsity lacrosse and varsity cheering. Her service is evident among the DePaul Catholic family and extends into her own community and national organizations. Alexa will attend Dartmouth next year. Congratulations Alexa, well deserved!

Distance Learning

We may not all be together on Alps Road, but Zoom, Google Hangouts, and Email are keeping us more connected than ever. Check out some scenes from the last two weeks.

Please Stand For Our Morning Prayer

Join us each morning around 7:30am on social media as we come together for our morning prayer.



Scenes Of A Spartan

A look behind the scenes of our new classrooms and offices.



The Queen looks royal as ever.



Coach Burd enjoys a little extra time with her son.



Watch out! Ms. D'Auria's niece has taken over her grading.



Mr. Merritt and Darby Campbell got caught not practicing social distancing.

Catch all of our "Scenes of a Spartan" on our social media pages.

Spartan Nation

Congratulations to STATE WRESTLING CHAMPION, Connor O'Neill '20.

The 170 pound Champion was also named Big North Wrestler of the Year.

Connor has committed to wrestling at Rutgers next year.



What's The Scoop?

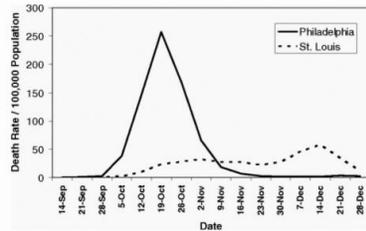
The Parents' Association



All of us on the Parents' Association Committee miss you and can't wait to see you in the stands or at an exciting DePaul Event. In the interim we would like to give you some real life reasons why "SOCIAL DISTANCING" is the way to go in order to stop the spread of COVID-19 and what is there to do with all the time we have on our hands.

WHY IS "SOCIAL DISTANCING" A GOOD IDEA?

If we stay away from someone outside our household, beyond a 6 foot margin, then the risk of being exposed, drops dramatically. That's why large meetings and gatherings where people are in very close contact with each other have been canceled. Even someone who looks well can be contagious. Everyone should practice social distancing now to slow down the spread of infection and protect themselves, their families and co-workers.



The Proof

The extreme measures taken during the Spanish Flu Outbreak in 1918—now known as social distancing kept per capita flu-related deaths in St. Louis to less than half of those in Philadelphia (flattening the curve), according to a 2007 paper in the Proceedings of the National Academy of Sciences.

THINGS YOU CAN STILL DO!

COPING WITH SHELTER IN PLACE!

- Take breaks from news stories, including social media. Hearing about it repeatedly can be upsetting.
- Take care of yourself. Take deep breaths, stretch, meditate, go for a walk with your family or even take a virtual dance lesson!
- Take time to do activities you enjoy!
- Connect with others virtually (Zoom with friends and family)

Play games with your family. Dust off Monopoly and set aside 1 hour a night to play.

Go for a drive and visit a family member through the window!

Take a tour around the world. Many museums all over the globe (The Louvre, The Vatican, and The British Museum in London to name a few) have opened their doors virtually. Find them online.

Watch all the Broadway Shows you can handle on BroadwayHD.com for just \$8.99 a month.

***Information is from an article that interviewed Dr. Nipunie Rajapakse, an infectious diseases specialist at the Mayo Clinic, information from the CDC and from articles about the 1918 Spanish Flu such as "The Single Most Important Lesson From the 1918 Influenza" (The New York Times)*

PARENTS' ASSOCIATION COMMITTEE CHAIRS

Advisor- Sr. Jeanne Agans President- Allison Beshada Secretary- Jean Raftery, Mina Farrell
 Treasurer- Kim Wilderson Tricky Tray- Donna DiPiano. Maryann Marren, Debbie Lozito
 Hospitality- Deb Murray, Julie Sullivan Ambassadors- Andie Pegel, Jo Spaulding Calendar Raffle- Cindy Winkler
 Snack Stand- Bob Niemiec, Allison Beshada Public Relations- Brenda Salamon Stop & Shop- Rosalind Tomeio

Now is a perfect time to go through the house and get rid of what you don't use or wear anymore. The DONATION BINS at DePaul are still open and waiting for your old/unused items. Just drop your items that are ready to move on into the bin at the back of the parking lot when you go out for a drive to get some fresh air or just to see something different. It's an easy way to help out DePaul, help those in need and make some much-needed room!



Spartan Spirit

The Nickel sisters, Jess '12, Megan '15, and Brittney '17, model the masks they have been sewing for healthcare workers. Jess and both her parents work in the healthcare field. They are wonderful examples of our Spartan Spirit and all former members of the Interact Club.

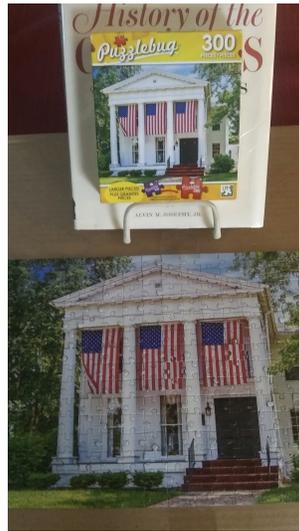


2012 graduate and DePaul baseball player and coach, Michael Sweeney, has been sworn in as a Passaic County Sheriff's Officer. Way to go, Coach Sweeney! Congratulations!



Congratulations to faculty member, Stacey Gottesman, who became a grandmother on March 25th. Adelle Marcilyn Woolridge was 6 pounds 14 ounces and 19.5 inches long.

Desi Maik' s Jigsaw Puzzle for the Week "The Home of Honor "



Enjoy A Movie Night!

SJC Young Prophets has a post on Facebook



[\(https://www.facebook.com/SJCYoungProphets/\)](https://www.facebook.com/SJCYoungProphets/)

with recommended movies to watch while we are home social distancing. If you type in their name on your search engine, you can view the other recommendations.

Here are some movies to watch while social distancing.

You can find most of these movies online for free or you can rent them on youtube for about \$3-\$4. Stay home and enjoy a movie night.

DePaul Catholic High School | 973.694.3702 | www.depaulcatholic.org

STAY CONNECTED

