

February 8, 2021



# DEPAUL CATHOLIC HIGH SCHOOL

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

## A Message From the President

Dr. Robert Stickles, Ed.D.,J.D.

DePaul's Class of 2025 is taking shape!

I'm happy to report that we've had a terrific response to our offers of admission to prospective members of our Class of 2025. In the three short weeks since those letters were mailed, we've had over 100 frosh-to-be register, with many more, clearly, to come. And it's not just the raw numbers that are impressive; we're delighted with the academic ability and overall quality of our newcomers as well.

Kudos to Brynn Merritt Campbell and her team for tackling a demanding job, and handling it in extraordinary fashion.

St. Vincent DePaul, pray for us as we build our next class !

Sincerely,  
Dr. Robert Stickles, Ed.D.,J.D.  
President

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## Principal's Corner

Mr. Russell Petrocelli

Dear Spartan Community:

Happy Catholic Schools Week!

We started the week on Friday, January 29, 2021 with our first Respect Life Rally and March. Jason Agnoli, Student Council President, spoke about his experience in attending the March in Washington, D.C. in previous years, and DePaul Catholic High School was honored to welcome Bishop Kevin Sweeney as our guest speaker. As a Catholic faith community, it is important that we recognize the importance of respecting all life, from conception to natural death and replacing our culture of death with a culture of life. Our thanks are extended to Fr. Jhon Madrid and the Theology Department for assistance in coordinating the events of the day.

Our Catholic Schools Week Mass will be celebrated on Friday, February 5, 2021 at 9:15 AM. The mass will be live streamed to students who are remote.

Quarter 2 and Mid Term exams are complete and as soon as grades are verified, we will be publishing our Quarter 2 Honor Roll and will recognize those students at an Honor Roll Assembly.

Please visit this newsletter on a regular basis to be brought up to speed on the happenings across the campus.

Russell D. Petrocelli  
Principal

## Moving Forward...

Mr. John Merritt '71  
Vice Principal, Student Life

### Moving Forward

It is always great to have faith. Faith offers hope and peace.

In the case of DePaul Catholic we were honored this week to have a large number of students and families put their faith in DePaul and register to spend the next 4 years with us as new members of the Class of 2025.

As of today, the Class of 2025 at DePaul Catholic is over 85% filled. Filled with new kids from everywhere who have placed their faith and trust in us.

In an era of Catholic Schools closing, some people might view DePaul Catholic as a miracle in Catholic Education. I see it as the result of many years of prayer, hard work, and dedication by the Administration, Faculty and Staff.

It began with a great plan prepared by the leadership of the school. It was followed by months of hard work and sacrifice by the teachers and staff. It has now come to fruition with another great group of kids joining us.

You see, hard work always gives you the best chance to succeed. I remember years ago when Bill Parcels was coach of the Giants. He used to talk about that very thing. I believe he was correct then, and I believe it holds true today.

- Hard work has now resulted in DePaul being able to continue to offer the finest Catholic Education in North Jersey, just as we have since 1956, when it all began on the second story of Holy Spirit School in Pequannock.
- Hard work by the students has now made it possible for them to attend DePaul as members of the Class of 2025.
- Hard work and sacrifice by parents has made it possible for them to offer their children the opportunity to attend DePaul.

Yes, hard work and faith. They always seem to give you the best chance.

DePaul Catholic has now been charged by our new students and families to offer them the best Catholic Education possible. We will do our part, and I know the students and parents will do their part. They always have.

Years ago Msgr. John P. McHugh, the first Director of DePaul, spoke about the importance of the educational triangle: Students, Families, & School, working together. This tradition was continued by Sister Patricia Flarity and all who have followed her up to and including today's, President, Dr. Robert Stickles.

Yes, we are truly Moving Forward...Together.

Hey, Class of 2025 - Welcome to DePaul Catholic High School!

## School Counseling Office

Mrs. Anne Gregory  
[gregorya@dpchs.org](mailto:gregorya@dpchs.org)

**Raising Confident, Independent Children**

## **Raising Confident , Independent Children**

The following information is from a new book “The Scaffold Effect-Raising Resilient, Self Reliant, and Secure Kids in an age of Anxiety” by Harold S. Koplewicz, MD

Just as sturdy scaffolding is necessary when erecting a building but will come down as the structure grows stable, good parenting provides children with steady, warm, emotional nourishment on the path toward independence. Never-ending parental problem solving and involvement can have the opposite effect, enabling fragility and anxiety over time. This clinically tested idea that is deliberate build-up and then gradual loosening of parental support is the single most effective way to encourage kids to climb higher, try new things and grow from mistakes and to develop character and strength.

The whole idea is to build from a strong foundation to setting limits. Strategies are needed to raise empowered, capable kids while building parent-child bonds that will survive adolescence and grow strong into adulthood.

Good parenting is not about rescuing kids. When kids are young, parents are fixers, protectors and social secretaries. From child proofing the house to setting up playdates, throwing their parties to calling their teachers when there is a problem. There comes a point along the way that the parents’ job changes, without warning or indication, to becoming consultants. The new job is to help them find solutions for themselves. This grows from fixing a scraped knee to helping them solve problems. There is no instant fix to a social rejection problem or a failed experience.

If a child gets a poor grade on a test, for example, a fix-it parent would say “ you should talk to the teacher or you should study harder.” Choosing and handing him the tools. To scaffold, parents support and encourage the child to learn how to choose the right tool for the particular task all by himself. He might choose wrong, and then the parent can guide him to evaluate why that particular tool wasn’t the best choice. Next time, he’ll try something new. It is important that you stand by collaborating with them to come up with their own solutions.

It is best to help children build confidence, a comfort zone, where they feel safe and secure, is in control and can do any social, emotional, behavioral, or academic task easily. However, maximum learning and growth happens just outside of the comfort zone, where the child reaches and stretches to acquire new skills. Learning/growth is an ongoing process of reaching for more, and is always empowered by parent-child collaboration. You are in it together.

Once your child learns what he needs to learn, he can move on, and up, to the next level while you cheer him on from a distance. Encourage them to take risks, despite the real possibility of failure. If you want kids to be more proactive and prosocial, you have to praise them when they try. Be careful of what you praise. If you praise success, your kids learn to think failure is bad. But, failure isn’t good or bad. Just one possible outcome.

Once we take the anxiety out of possible failure it allows productivity and growth.

### **Covid Related Resources**

[Click here](#)

### **Student Resources**

[Click here](#)

**Welcome, Future Spartans!**

Mrs. Brynn Merritt Campbell  
Director of Marketing & Enrollment Management

Mr. John Merritt '71

## Welcome Class of 2025!

We are pleased to announce that we have officially registered a large number of our newest Spartans!

### ***Seats are nearly filled for the Class of 2025.***

We will continue to review applications on a rolling basis, but cannot guarantee when we will need to move to a waiting list. If you have not yet applied, or you have been accepted and not yet registered, please be sure to do this sooner rather than later.

To those of you who have already registered, WELCOME! You can start stocking up on your Spartan Gear here: <https://forms.diamondmindinc.com/depaul/dpspartanshop21>

If you have any questions about the Admissions Process, please feel free to email: [admissions@dpchs.org](mailto:admissions@dpchs.org).

A special thank you to everyone who helped to make this unusual Admissions Season work. It was a team effort, as are all things at DePaul, and none of this would be possible without the support of everyone on Alps Road.



**INTRODUCING**  
Connect with  
a Spartan

Our Shadow Program has gone virtual!

For the safety of everyone, we are not able to host visitors, so we're bringing our Ambassadors to you. (and they are so excited to meet you!)

Visit the website below to Connect With A Current Spartan.

[dpchsstudents.org](https://dpchsstudents.org)

[Connect With A Spartan Here](#)

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## Class of 2025 Admissions Process

### **Attend a Virtual Open House**

Did you miss our Virtual Open Houses?  
Check out our latest one here: <https://conta.cc/2JbdSYt>

### **Connect With A Spartan**

*We may not be able to host in-person Shadow Days at this time, but that doesn't mean you cannot connect with a current Spartan. Click the link below to Meet our Ambassadors.*

<https://dpchsstudents.org/#/>

### **Send Your Transcripts, Test Scores, & Teacher Recommendation ASAP!**

*Email is best: [admissions@dpchs.org](mailto:admissions@dpchs.org)*

Transcripts from 6th, 7th, and 1st Marking Period of 8th

Test Scores = any State testing completed in Middle School

Teacher Recommendation = Middle School Academic Teacher

While we are still accepting applications for the Class of 2025, items submitted now will be reviewed on a rolling basis if there is room in the incoming class.

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*The place to begin*

We are in the process of interviewing our next group of Prep students.

To be considered, please apply here:

[https://depaulcatholic.schooladminonline.com/users/sign\\_in](https://depaulcatholic.schooladminonline.com/users/sign_in)

Be sure to indicate that you are interested in 8th Grade Prep.

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# The Spartan Shop

## Get Your Spartan Gear Here!

The Winter Edition of the Online Spartan Store is now available. Click the button below to order today. Items can be shipped or picked up at school.

[Click Here For The Spartan Shop!](#)

## Alumni & Advancement News

[Joe Lennon, Director of Development](#)

[Coleen Fitzgerald Brophy '79, Director of Special Events & Alumni Relations](#)

## Save the Date:

The Friends and Family Kathleen Walsh Classic is scheduled for April 17, 2021 at 2:00 p.m. The full-day event begins with a high school softball doubleheader scrimmage at 9:00 a.m., followed by the Walsh Classic at 2:00 p.m., and concludes with a second high school softball doubleheader scrimmage at 6:00 p.m. All action takes place on Alumni Field at DePaul Catholic. **Save the date!**



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## MOE'S SOUTHWEST GRILL

Build your own meal kits!

**Wednesday, February 10, 2021**

Pick up at Moe's

500 State Rt. 23, Pompton Plains, NJ 07444  
There are two pick up times 4:30-5:30 pm and  
6:45-7:45 pm.



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## The Alumni Scholarship Program

Calling all Alumni! Want to be a part of giving the gift of a Spartan education? The Alumni Scholarship was created in the 2020-2021 school year by DePaul Catholic Alumni. For more information on how to be a part of this scholarship program contact Joe Lennon at

[lennonj@dpchs.org](mailto:lennonj@dpchs.org) / 973-865-8725 or Coleen Brophy at [brophyc@dpchs.org](mailto:brophyc@dpchs.org)/973-865-4787.



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## 2021-2022 TUITION RAFFLE

**Hurry Limited Tickets Available!**

Don't miss the opportunity to win up to a \$10,000 tuition credit! This tuition award will be applied toward your child's 2021-2022 academic school year. You can gift your award to a current or incoming DePaul student. Invite your relatives and friends to participate.

[Purchase your tickets here!](#)

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## Annual Fund For The Future



DePaul Catholic would like to thank all alumni who have sent donations to offset the new athletic turf installation, the Annual Fund, The Alumni Scholars Fund and the Sr. Patricia Flarity Fund.

DePaul Catholic's most pressing issue need right is the need for a new roof for the gym and for the west wing. The cost is \$300,000.00. Starting on February 11, 2021 all donations to the Annual Fund will go towards the new roof. Anyone who would like to donate directly to that fund can send their donation to the Development Department in care of Joe Lennon or Coleen Brophy.

When Coach Lennon first started working at DePaul, Monsignor John McHugh said that DePaul's foundation was based on the students & alumni, teachers and parents. That foundation has remained strong for the past 64 years. Thank you in advance for all your help.

Stay Safe and God Bless  
Go Spartans  
Joe Lennon & Coleen Brophy

To donate, please use this link:<http://weblink.donorperfect.com/spartanfund>

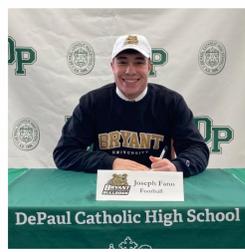
## AROUND THE HALLS

### Spartan Nation

#### Signing Day

Congratulations to our 4 senior student-athletes, who signed their NLI's and will be continuing their athletic careers at the collegiate level.

- Andrew Butler - Boston College - Football
- Joseph Fano - Bryant University - Football
- Reed Karsen - Montclair State University - Soccer
- Jordan Sellers - Southern Connecticut University - Football



## 2021 National Girls and Women in Sports Day

Congratulations to Catherine Serek for being named DePaul's nominee for the NJIAIW Woman of the Year Award. The National Association for Girls and Women in Sports honors 1 female student-athlete who has achieved success in the following areas: Academics, Athletics, and Service and Leadership. Cat is a 4 sport varsity athlete - Volleyball, Winter Track, Softball, and Cross Country. She is also an Honors/AP student at DePaul Catholic and was named captain of DePaul's Cross Country, Volleyball, and Softball teams. Congratulations Cat!



## World Language News

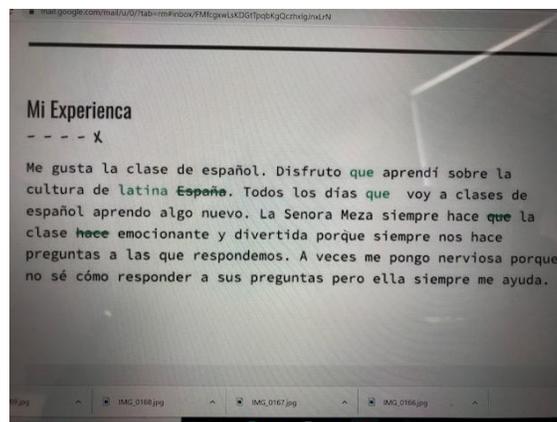
Ms. Lucilla Meza

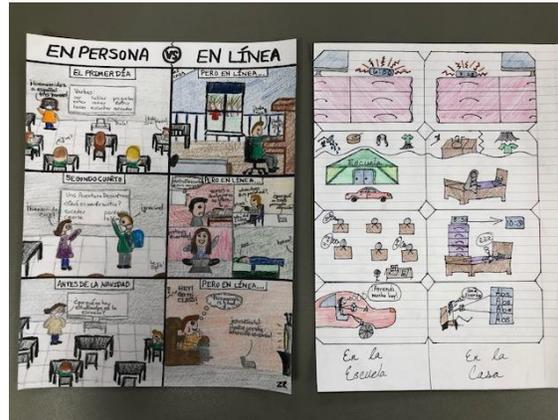
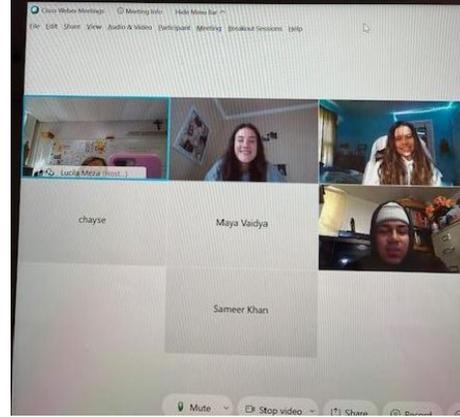
### Language Department Semester Projects

In their Semester-Projects, Spanish 3 Honors students prepared cartoons representing comparisons between learning virtually from home and in person. They also created pamphlets advising students who are taking the Honors 3 class next year about how to succeed in class.

The projects had to include specific tenses and grammar requirements previously learned in class. Students had to research and learn commands. Students did a great job, they were creative and original, they worked beyond expectations!

¡Bravo, buen trabajo!





## Theology News

"It's Catholic Schools Week at DePaul and at Catholic schools throughout the diocese and the United States!" Despite the impact of our incredible snow storm, activities with our students this week included creating Valentine's greetings for the senior citizens in local care centers (community) and celebrating our students with cookies prepared by Ms. Barbara Saulenas and the cafeteria staff (students). We learned more about vocations and God's calling with virtual presentations organized by the Vocations office of the Diocese of Paterson with Sister Mariette Thérèse Bernier. We also heard from our chaplain, Fr. Jhon Madrid! Fr. Madrid also did the Blessing of the Throats in our theology classrooms for the Feast of St. Blaise.

We will end our week with discussions about the Church in our world and conclude with the celebration of Mass with Fr. Ed Rama, the Vocations director of the Diocese of Paterson.

It's been a busy and great week! We are looking forward to our Lenten experiences with Ash Wednesday quickly approaching on February 17th.



## A Message from the Chaplain Fr. Jhon Madrid

### **DePaul Catholic is Pro-Life**

DePaul as a Catholic institution is committed to advancing recognition and care for the dignity of every human life at every stage from conception to natural death. It is for this reason that on Friday, January 29, our school community hosted a March Pro Life. After a time of prayer, a witness talk by one of our senior students who attended last year's march in Washington DC, and a reflection by Bishop Kevin Sweeney, our students and staff marched in front of the school's oval despite the freezing temperatures to oppose a culture of death and be beacons of life. "We are here as people of faith with respect, not imposing our beliefs, but part of what we are about today is human understanding and ability," Bishop Sweeney said. May we remember that the March for Life is an annual event, but pro-life education and advocacy is important all year long. Let us go and make a difference. Let us be Pro-Life.



## **DePaul Catholic Parents' Association WHAT'S THE SCOOP?**

Our next PA Executive Board meeting is **Tuesday, February 9th at 7pm** in the DP Information Commons Room! All are welcome to attend. Hope to see you there!



### **Mother Earth's Garden Party Tricky Tray**

#### **From The TRICKY TRAY COMMITTEE**

We are pleased to announce that a volunteer interest meeting will be held on February 25, 2021 at 7PM at DePaul Catholic High School. The actual location to be determined based on how many people will be attending.

Please email Debbie Lozito at [dlodoc@aol.com](mailto:dlodoc@aol.com) with your contact info if you would like to join us so we can plan accordingly. If you are unable to attend, we will be sending out a follow up email with all information discussed, so please make sure we have your contact information if you would like to help out. We can use as many volunteers as possible, so we hope to see you on February 25th! **Don't forget to wear a mask!**

**If you are interested in joining any committees, please contact:**

Donna DiPiano 973-7663662 [donnam59@optonline.net](mailto:donnam59@optonline.net)  
Debbie Lozito 201-214-6848 [dlodoc@aol.com](mailto:dlodoc@aol.com)  
Maryann Marren 973-580-3401 [school12marren@yahoo.com](mailto:school12marren@yahoo.com)

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## From The CALENDAR RAFFLE COMMITTEE

Our 2020-2021 Calendar Raffle provides 97 opportunities to win \$5700 in prizes! Prizes are drawn weekly at 12 noon on Fridays and tickets may win more than once. There is still time to get your forms in. We have a basket in the front lobby where you can pick up extra forms or drop them off in the Money Box. Drawings began on 12/25! Please help our DePaul Family by selling your 10 raffles.

**If you have any questions or need more, contact:**

Cindy Winkler - [cinwinkler@optonline.net](mailto:cinwinkler@optonline.net)  
Rosa Calle-Ponte - [caller61@gmail.com](mailto:caller61@gmail.com)

**CONGRATULATIONS** to the first winners of the Calendar Raffle! You can check the DePaul website (link provided) to see if you have won.  
<https://depaulcatholic.org/raffle.html>



Please support DePaul as you are doing your online shopping at no extra cost with [smile.amazon.com](https://smile.amazon.com)  
Choose **DePaul Catholic High School Inc** as your charitable organization and let the shopping begin!



Sign up for A+ School Rewards  
**DePaul Catholic School**  
ID# - 08465  
<https://stopandshop.com/school-rewards>

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## OUT WITH THE OLD

Just drop your items that are ready to move on into the bin at the back of the parking lot. It's an easy way to help DePaul, help those in need, and

make some much needed room!



## PARENTS' ASSOCIATION COMMITTEE CHAIRS

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

DePaul Catholic High School | 973.694.3702 | [www.depaulcatholic.org](http://www.depaulcatholic.org)

STAY CONNECTED



Your copy should address 3 key questions: Who am I writing for? (Audience) Why should they care? (Benefit) What do I want them to do here? (Call-to-Action)

Create a great offer by adding words like "free" "personalized" "complimentary" or "customized." A sense of urgency often helps readers take an action, so think about inserting phrases like "for a limited time only" or "only 7 remaining!"