



# DEPAUL CATHOLIC HIGH SCHOOL

## Spartan Sentinel

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

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# Welcome Home, Spartans!

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### **Some Thoughts from the Board Chair and President**

Greetings, Friends of DePaul Catholic!

We hope you enjoyed this summer season. Welcome back to another Spartan school year!

Your Board of Trustees and Administration spent parts of their summers investing time and effort to insure that DePaul Catholic remains the premier Catholic high school in our region for many years to come. Their work was informed by an experience we had in June. As last year wound down, we convened a retreat at the school where the trustees, the administration, faculty representatives, the outgoing and incoming Parents Association presidents and the chair of the Alumni Association all participated. The focus of the retreat was to assess our progress against the 2016-2019 Strategic Plan, asking ourselves: what have we achieved, and what remains to be done?

The energy on our retreat was incredible, as was the devotion everyone there has to DePaul Catholic. We all recognized the opportunities DePaul affords its students in preparing them to be truly great citizens of the world. To a "T", everyone remarked on the special experience that a DePaul Catholic student receives in a school that is still "the place to be."

Here are just a few of the improvements we've made to our school pursuant to the Strategic Plan.

- We've established an Academy of Science and Technology within our walls to enhance our STEM offerings. That Academy will open this year. Other such academies are in the works.
- We've established relationships with Seton Hall University and Caldwell University to give our students a chance to earn college credit for their course work here.
- We've increased service opportunities for our students in keeping with our Vincentian mandate to care for those in need.
- We've added to our Advanced Placement offerings, and to our Fine Arts curriculum.
- We now offer distance learning opportunities for advanced foreign language study.

- We've established an alumni association.
- We've improved our building security, with new cameras and door locking mechanisms.

Our assessment of the expiring Strategic Plan will help us develop a successor, whereby we'll insure our continued vitality so as to serve the children entrusted to us for years to come. We're sure that our new plan, when developed, will win the continued support of our many benefactors; they'll want to make sure that our diverse student body receives the same opportunities that thousands of other kids received over our many years.

As part of our discussion of our expiring and prospective Strategic Plans, we also discussed a number of exciting developments that you will see take shape over the coming year. Here are some of them.

This will be the first year of our STEM program, led by Sue Parler, which will allow some of our students to focus their studies on Science, Technology, Engineering, and Math. While we value a diverse curriculum that ensures that our students are well prepared for all aspects of typical collegiate requirements, we recognize the need to prepare selected students to compete with others who will have had a focused STEM curriculum in their schools.

We will soon begin a new campaign that seeks to renovate our existing indoor physical education facilities into a wellness center, with an emphasis on creating space for our cheerleaders to practice and for a planned dance program. The campaign will also allow us to replace our aging turf field, home to so many of our athletic teams, both girls' and boys'. Together with the new lights that were installed last summer, this new field will provide for a safe and enjoyable experience for our student athletes.

We are looking at new ways to reignite the bonds between DePaul Catholic and our nearby parish communities. We'll be sending our students to Sunday masses at those parishes, joining our new chaplain, Fr. Andrew Dutko, as representatives of our school, to further familiarity with DePaul and to encourage prospective families to visit us. We know, based on surveys, that our Catholic identity is important to our constituents and that we score well in this area. We need to make sure our parish communities know this, and experience it through personal interaction with our greatest asset, our students.

As you are all well aware, we have experienced many changes over the years at DePaul Catholic, yet our culture remains stronger than ever, embodied in our students and in our faculty and staff. DePaul is still "the place to be." These are challenging times for Catholic schools. But you can be sure that your Board of Trustees is committed to the preservation of what has made the DePaul Catholic education so valuable to our graduates, and to society as a whole, and to extending those opportunities to even more young women and men for generations to come.

St. Vincent DePaul, Pray for us !

Sincerely,

Kenneth Marshall, '83  
Chair, Board of Trustees

Dr. Robert Stickle  
President

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**Principal's Corner**  
Mr. Russell Petrocelli

Dear Spartan Community:

A new school year is upon us and, as one of my favorite sayings goes, ***Nothing Changes if Nothing Changes!*** We opened the doors of the 2019-2020 School Year on September 3 with new faculty members and new course offerings as this promises to be a great year. Please visit this newsletter on a regular basis to be brought up to speed on the happenings across the campus. If you are a graduate and are in the neighborhood, please stop in and say hello.

Monday night, **September 9**, is **Financial Aid Night** sponsored by the Guidance Department. It is never too early in your child's high school career to attend this evening to familiarize yourself with the Financial Aid process.

We are looking forward to our **Back to School Night** on **Tuesday, September 17** at 7:00 PM. This is always an enjoyable evening when parents can put a face to the teacher's name and receive an overview of the academic program planned for their students. We look forward to seeing you on the 17<sup>th</sup>.

We have implemented new security procedures this school year and we are hopeful for your cooperation and assistance. Any item dropped off for a student will be left in the secured vestibule. No longer will people be able to enter the building to deliver items. Any money must be in an envelope, marked with the student's name, and dropped in the lock box. Only those with appointments will be admitted into the building. This is never a procedure that we wanted to implement, but is a response to the times in which we live. We hope you understand our reasoning.

St. Vincent DePaul...Pray for Us!

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### **Moving Forward...**

Mr. John Merritt '71

**Vice Principal, Student Life**

Welcome Home, Spartan!

As we begin a new school year, here are some traditional (not original) thoughts for students from years past.

Set some goals for yourself. They do not need to be too lofty, difficult or completely out of reach. They can be simple. Try to do the following.

- **Be on time for all things.** Being on time is a sign of respect for the event and the people you are meeting.
- **Look in the mirror.** Adults already know and accept the fact that your appearance matters. Yes, you can demonstrate your individuality, but never at the expense of your reputation or dignity.
- **Look people in the eye.** When you hear someone say good morning to you look them in the eye and respond with the appropriate word or phrase.
- **Be prepared.** When you arrive at school, be ready to go to work. School is your job and should be approached with that in mind.
- **Be nice.** Life is too short to be angry or miserable. Try a little gratitude for the gifts you have received.
- **Do not surf into the waves.** You do not have to be blasted in the head by your board or washed back to shore continuously to realize you might need to change your direction in life.

I think you can trace these thoughts back to the first humans. They transcend time. They are simple, however, following them will help you to organize and simplify your life. Look around at your friends and acquaintances and observe if any of them follow all or some of the above. Observe their actions and attitude to see if it makes a difference. You can learn so much through observation and having a curious and open mind.

Young people go to school to learn lots of things, some academic, some social, and some about life. Cherish your education as a gift to help you to simplify your life, leaving you lots of time for the really important things.

### **Faith, Family and Friends.**

Have a good year!

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# We learn better when we are happy

## Part One

Fr. Andrew Dutko

I recently read the Happiness Advantage by Shawn Achor, a leading researcher in Positive Psychology. I recommend it highly and also recommend his TEDTalk on Youtube, which is truly hilarious. In his research, Shawn points out that happiness is defined as the joy we feel striving for our potential. Happiness is not pleasure, nor is it something gained from achieving a success. We can see the truth in this because the pleasure of eating a chocolate bar is fleeting and the “goalmarker” for defining a success is constantly moved farther from reach after each time we succeed; get good grades, now get into a good school, now get a good job, now get promoted, now..., now... Happiness is not something you get externally, it comes from within you. FYI, your greatest joy, your greatest potential, your greatest happiness is the relationship that you have with God, who is at the source of you. (more on this soon.)

Happiness is our internal knowing that we are positively moving forward in our journey, regardless of where that is or how we get there (everyone is unique.) It makes sacrifice tolerable, even joyful, because we know that it will help us release potential for our future self. Its opposite is not unhappiness because unhappiness helps us make decisions for change. If we are unhappy in a relationship, we find a new one. If we are unhappy in our job, we strive to get a better one. Apathy is the opposite of happiness because we lose the joy of striving for our potential.

Shawn’s research points out that when the brain is positive it has an amazing advantage over the brain that is neutral, negative or stressed. We are 31% more productive when we are happy. Sales rise from a neutral salesperson to the same salesperson who is optimistic by 37%. People who provide social support at work are 40% more likely to receive a promotion over the next two years.

Shawn’s research attributes this to the neurotransmitter dopamine. Dopamine, which floods into your system when you are positive, has two functions. Not only does it make you happier, it turns on all of the learning centers in your brain allowing you to adapt to the world in new and different ways.

There was a simple experiment done with 4 year old children who were asked to do tasks with different shaped blocks. One group was asked to assemble the blocks as fast as they could. The other group was asked to do the same, but was asked to first think of something that made them happy. The “Dopamine saturated” group finished faster and with fewer errors simply by being in a positive psychological state from the beginning.

The simple action of thinking about something that makes you happy before beginning a task can significantly improve your performance, imagine the potential of making this into a habit. Even the simple positive thoughts of 4 year olds, maybe candy or a shiny bracelet, had an effect on their performance. What could you do today!?

Shawn’s research can impact all facets of our lives in amazing ways. Imagine if we turned his Happiness Advantage loose on how we approach the relationship that God offers each one of us.

Let’s talk specifics next time!

Peace,  
Fr. Andrew

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## Spartan Nation

### 100 Wins For Coach McKenna

Congratulations to Coach John McKenna who earned his 100th win on Friday, August 30th vs. Pope John.



Scott Faytok | For NJ Advance Media

## Important Dates From The Athletic Department, 2019-2020

- **October 12th** - NFL Celebrity Basketball Game at DePaul ([Purchase Tickets Here!](#))
- **March 19th**- Athletic Hall of Fame Induction Ceremony (@ The Grove)
- **June 15th** - 27th Annual DePaul Catholic Golf Classic (@ North Jersey Country Club)

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### Admissions Office

Mrs. Brynn Merritt Campbell

Director of Marketing & Enrollment Management

Welcome Home, Spartans! It may seem like you see this phrase a lot around here during the first first months of school, but we truly mean it. For many of us, DePaul really is an extension of our own home. Faculty, staff, students, parents and the over 11,000 alumni often tell me how welcoming it feels to walk into the main doors of the school. If you are new to our community, or have not stopped by Alps Road in a while, I encourage you to do so. From a Friday night football game to a full school mass, there is always something happening here. Please stop by and say hello!

The Admissions Office has already hit the ground running. We may have had a few changes here (Hi, I'm Brynn, and I'm in Admissions now!) but, we never lost a beat. Darlene Saporito, will continue to be our Shadow Coordinator and Admissions guru (thank goodness for her!), and I'll be hitting the road visiting as many of our sending schools and parishes as possible in the next three months. We'll also host two Open Houses this Fall. It's going to be busy, but we have a great team here at DPCHS, and we love a good challenge.

#### "Where In the World Is the Admissions Team"

**Thursday, September 12** - High School Fair (Our Lady of Mount Carmel, Ridgewood)

**Tuesday, September 17** - High School Fair (The Church of The Presentation, Upper Saddle River)

**Wednesday, September 18** - High School Fair (St. Anthony's, Hawthorne)

#### Shadow Days Begin

Tuesday, October 1st

[Register Here](#)

#### Open Houses

Wednesday, October 9th - 6:30pm

Sunday, October 27th - 12:00pm

[RSVP](#)

**HSPT Test**  
Friday, November 8  
Please register for the test here.

Please welcome the 19 students from the Beijing Haidian International School who will be auditing the 9th grade this year.



### Save The Date

Mrs. Coleen Brophy '79  
Director of Special Events & Alumni Relations

## Save the Date



DePaul Catholic  
Alumni Association  
Homecoming Kick Off  
October 4, 2019  
DePaul vs. St. Peter's

Homecoming: 5:30PM    Game: 7:00PM

[HOMECOMING RSVP](#)

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The 2<sup>nd</sup> Annual **Spartan Color Run** will take place on **Sunday, October 6<sup>th</sup>**.



During this fun run/walk, participants are doused with color at various color stations ending with one final color celebration at the finish line.

Fun for ALL Ages.

[Register Here.](#)

COME AND SEE NFL PLAYERS COMPETE AGAINST STUDENTS, TEACHERS AND COMMUNITY MEMBERS WHILE FIGHTING HUNGER IN OUR COMMUNITY AND SUPPORTING STUDENTS IN NEED!

BUY YOUR TICKETS NOW!  
<https://www.eventbrite.com/e/nfl-pros-vs-de-paul-all-stars-tickets-61458986483>

A LIMITED NUMBER OF TICKETS ARE AVAILABLE.

Lonnie Allgood  
DREAMS FOR KIDS, INC.

Community FoodBank  
OF NEW JERSEY  
FOOD • HELP • HOPE

Saturday, October 12, 2019

6pm - 9pm

[Register Today!](#)

### Guidance News

Mrs. Anne Gregory  
Director of Guidance

Mrs. Gregory and Mr. Wooster are so excited to join the Guidance team at DePaul. They are starting to meet with seniors next week to review the college process. Please feel free to contact any of the counselors with any questions. Mrs. Covello is the 8th & 9th grade counselor. Mr. Wooster has 10th-12th grade students with last names A-M. Mrs. Gregory has 10th-12th grade students with the last names N-Z.

Guidance has many informative presentations to offer our students and parents. Please mark your calendars.

**September 9th:** College Financial Aid 7-9 PM

**October 2nd:** Freshman and Sophomore College Night 7-8 PM

**November 14th:** Junior Parent College Night 7-8 PM

### St. Vincent DePaul Honor Society Welcomes New Students

Members of the St. Vincent DePaul Honor Society wanted to give our new students a warm welcome - Spartan style. Posters were decorated and everyone was enthusiastically greeted as they entered the building. Senior members each chose Freshmen to buddy with as Peer Ministers during the year. Every Freshman received a treat from their Peer

Minister in homeroom on their first two days of school from their mystery Peer Minister. Identities will be revealed at the opening school Mass on Friday.



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## News From The Social Studies Department

Mrs. Bethany Dacles

### The Social Studies Department Welcomes Ian Steepy and Benjamin Willans

#### ***Ian Steepy - B.S. Centenary College, Criminal Justice, Minor in History***

Mr. Steepy is excited to join the DePaul Catholic family as a United States History teacher for the 2019-2020 school year. He is looking forward to sharing his knowledge about the past with his students.

Outside of the classroom, Mr. Steepy is the assistant varsity baseball coach here at DePaul Catholic. He helped guide the 2018 Spartan Baseball team to a Passaic County Championship and a Non Public B state championship. Mr. Steepy is also the head freshman boys' basketball coach.

Outside of DePaul, his hobbies include playing baseball and softball, bowling, watching movies, and spending time with his two dogs, Bella and Tank. He loves to watch baseball (Mets), college football (Florida), and college basketball (Duke). Steepy was also a four-year letter winner in baseball at Centenary/Bergen CC and a two-time All Conference recipient.

#### ***Benjamin Willans***

***B.A. Rutgers University, New Brunswick – History, Minor in Religion  
Ed.M. Rutgers University Graduate School of Education – Social Studies Education***

Mr. Willans is excited to become a member of the DePaul family as a Modern World Studies and United States History teacher for the 2019-2020 school year. Mr. Willans has a great passion for history and how the past ties to and impacts our current lives, and he hopes to share that with his students.

Outside of the classroom, Mr. Willans spends his time as a volunteer firefighter with the Whippany Fire Department or playing Rugby. In his free time Mr. Willans enjoys hiking, woodworking, or watching various movies.

### Professional Development in the Social Studies Department

Mrs. Duane-Dacles spent a week at Fordham University attending seminars to enhance her knowledge of Psychology in anticipation of teaching AP Psychology this year.

This summer Mr. Trommelen completed two professional development courses to help him get ready for the 2019-20 school year. The first PD training was on Back-to-School Classroom Management Solutions. The goal of this course was to explain the importance of the first week of school and how to set the tone for the school year in terms of procedure and expectations for the school year. The other PD training was on Advancing Formative Assessment with a Learning Target Theory of Action. This course explained the importance of Formative Assessments in the classroom and how different assessments can be used to help reach all students to help them succeed in the classroom. With these two Professional Development courses Mr. Trommelen is ready and excited for this upcoming school year.

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## Spirituality and Leadership Institute



From July 14-July 19, 2019 I attended the Spirituality and Leadership Program that was held at Caldwell University. This six day residential program was a great opportunity to develop leadership traits and reflect on my spirituality. The week was filled with prayer, reflection, community service, workshops, and seminars given by guest speakers. Part of the time was spent in classrooms discussing readings and completing group activities as well as individual

tasks. It was a good experience meeting new friends and I had a lot of fun with the people involved on the program. I am grateful for being given this opportunity and it is an experience I will not forget. - Kelly Raftery '20

I was given the opportunity to attend the Spirituality and Leadership Institute at Caldwell University this July. This program helps strengthen young students' leadership skills, as well as their faith and spirituality. I participated in several activities over the course of the week, including community service, listening to presentations, dining at local restaurants, and even going to a Yankees game! These activities all prompted friendship and creating relationships with those around us. Listening to the presentations were very eye-opening and helped to show me how easy it is to make a change in the world. Attending this year's SLI was an amazing opportunity in which I made new friends and furthered myself as a leader and in my faith.- Riley Sikorski '20



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

STAY CONNECTED

