



EMPOWERING WOMEN SINCE 1890

January 2023 Monthly Newsletter for Family and Students



RING IN THE NEW YEAR AT THE JO!

Dear Josephinum Community,

Happy 2023! It is hard to believe another year has come and gone. While this past year presented its own challenges, it also brought along healing and distance from the COVID-19 pandemic. We have learned so much from navigating a world of uncertainty and animosity. Josephinum is committed to continuing to prioritize culture, academics, and faith as we look toward the future. We look forward to witnessing the personal and academic growth of our students throughout the year. May this year bring you and your family peace, joy, and laughter! See you soon!

**Warm Regards,
Mrs. Colleen Schrantz**



HOLIDAY SPIRIT AT THE JO

This December, the Office of Student Life kicked the Advent season off with chapel prayer services, led by Principal Schrantz. During the second week of the month, students participated in our annual Christmas Door Decorating Contest for a chance to win exciting prizes! The week ended with the community's favorite tradition, Cocoa with Santa, where students and their families joined us on campus to enjoy sweet treats and hot cocoa as they took pictures with Santa Claus himself! We couldn't let our students head into finals without first coming together for our Christmas Pep Rally, led by the Student Government Assembly. Finally, students were able to unwind after their finals with cookies, music, and hot chocolate! We are grateful to always be able to count on Ms. Monique Norington-Joseph for Josephinum's school spirit!



A GREAT RUN: THE REVENGER'S TRAGEDY

The Theater department closed the semester with its long-awaited production of Thomas Middleton's 16th-century play, *The Revenger's Tragedy*. Juniors and Seniors told the story of a widowed man seeking revenge on the Duke for the murder of his wife. This ironic comedy offered our actors the opportunity to explore Elizabethan text, staged combat, virtue and sin as a concept for storytelling, clowning, and ensemble building.

This production would not have been possible without the Josephinum community, the cast and crew (composed of the 16 juniors and seniors), and our beloved audience – Thank you. Please consider joining us again in the spring!



6TH ANNUAL WINTER ART SHOW

On December 8th, the Fine Arts department held its 6th Annual Winter Art Show! Forty Josephinum students from all grade levels showcased their work to a large crowd of new and familiar faces. Friends and family of The Jo voted for their favorite art pieces as they mingled and enjoyed some delicious snacks. This year, Maite Carreto Silva won the grand prize of \$300! We extend our gratitude to those who attended and look forward to seeing you again at our Spring Art Show!

Pass the Tradition on to the Next Josephinum Cougar!



Find your voice by joining a diverse community of strong leaders at **Josephinum Academy of the Sacred Heart**.



**2023- 2024
Application
NOW OPEN**

As Josephinum students and families, you play an important role in influencing future *Girls Without Limits* and encourage a flourishing community. If you know a **current 8th grader** or **potential transfer student** who would be a wonderful addition to our one-of-a-kind school, recommend they **apply today for the upcoming 2023-2024 school year!** Ask them to mention your name on their application, and if they enroll, you can receive a 5% discount off your own tuition for the year!

Interested applicants should visit: <https://www.josephinum.org/admissions/apply> to get started. Email: admissions@josephinum.org with questions.

Apply Now

PHYSICAL EDUCATION & HEALTH DEPARTMENT

STAYING ACTIVE WITH SPORTS

Our sophomore class started the semester, with a timed mile run along the Josephinum track. As the weather changed, Ms. Lopez transitioned the students into indoor sports such as handball, dodgeball, kickball, floor hockey, and more! Students learned the importance of teamwork as they released the tension of their rigorous schedules. Ms. Lopez also made sure to incorporate pockets of peace throughout the semester by teaching our students about

mindfulness through the practice of movement.



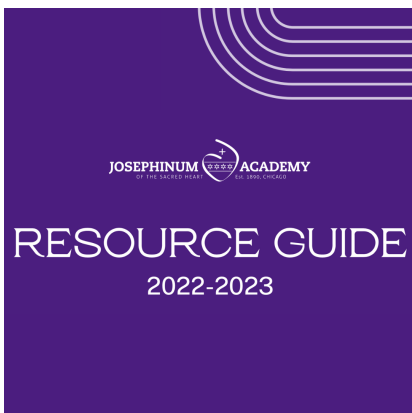
AN INTERACTIVE APPROACH TO HEALTH & WELLNESS

Ms. Favia and Ms. Laughran's Health classes learned the importance of living a balanced life this semester by exploring units about physical and mental health. In October, students went on a Field Trip to the Museum of Science and Industry to learn about their minds and bodies through the interactive YOU! The Experience exhibit. In addition, nurse practitioners and social workers served as guest speakers throughout the semester to provide students with the resources to help them make responsible and informed decisions regarding their health and wellness.



Thank you for being a part of the [Josephinum Academy of The Sacred Heart](#) community. We believe in continuous growth and value your feedback. Share your thoughts with us by participating in Niche's \$1,000 School Survey Sweepstakes before December 31, 2022, for your chance to win! Parents and students currently enrolled or who graduated within the past 4 years are eligible. Click the link below to enter!

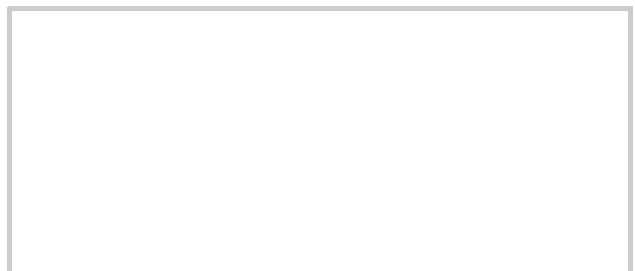
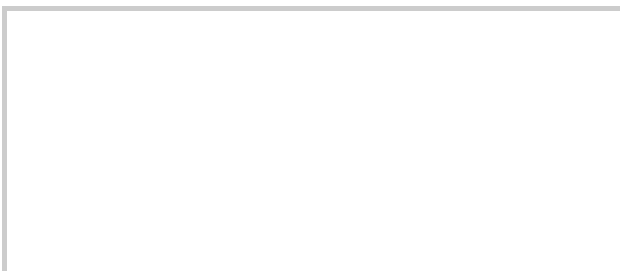
[\\$1,000 School Survey Sweepstakes](#)



RESOURCES FROM STUDENT SERVICES

We understand that the holidays can be a difficult time for many. Please refer to the [student resource guide](#) if you or someone you know is in need of help.

MONTHLY CAFETERIA MENUS



January 2022. Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Assorted Whole Grains Cereal Fresh Picked Fruit Ice Cold Milk	Whole Grains Hot Steel Maple Flavored Waffles Fresh Picked Fruit Ice Cold Milk	Breakfast Berry Smoothie with Graham Cracker Fresh Picked Fruit Ice Cold Milk	Strawberry Yogurt & WG Cold Milk Fresh Picked Fruit Ice Cold Milk	Whole Grains Breakfast Bar Fresh Picked Fruit Ice Cold Milk
Dr. Martin Luther King Jr. Day No School	Whole Grains Cinnamon Raisin Bagel Fresh Picked Fruit Ice Cold Milk	WG Cinnamon Raisin Bagel Fresh Picked Fruit Ice Cold Milk	Whole Grain French Toast Fresh Picked Fruit Ice Cold Milk	Vanilla Yogurt & Whole Grain Graham Crackers Fresh Picked Fruit Ice Cold Milk
Assorted Whole Grains Cereal Fresh Picked Fruit Ice Cold Milk	Fresh Berry Smoothie & Whole Grain Cinnamon Cracker Fresh Picked Fruit Ice Cold Milk	Strawberry Pop Tart Fresh Picked Fruit Ice Cold Milk	Whole Grain Blue Steel Maple Flavored Waffles Fresh Picked Fruit Ice Cold Milk	Whole Grains Breakfast Bar Fresh Picked Fruit Ice Cold Milk
Whole Strawberry Muffin Spring Cheese Fresh Picked Fruit Ice Cold Milk	Whole Grains Pull Apart Cinnamon Roll Fresh Picked Fruit Ice Cold Milk			

Each meal includes fresh fruit or smoothie & fat free milk or 1% milk

Menu may be subject to change

Breakfast Menu

January 2022. Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Turkey Ham & Cheese Sub Grilled Cheese Please! Seasoned Corn Roast Delicacies Apple Ice Cold Milk	Two Tuna! or Cranberry Beef Tacos or Minced Green Salad Black Beans Pineapple Chunks Ice Cold Milk	Beef Dutch Waffle with Sausage or String Cheese Tomatoes/Honeydew Ice Cold Milk	WG Chicken Corn Dog A Hot Mac & Cheese & Dinner Roll Roasted Lettuce Ice Cold Milk	Homestyle Chicken Sandwich Coleslaw Crispy Fries Fresh Orange Ice Cold Milk
Dr. Martin Luther King Jr. Day No School	Chicken Fajitas Tacos or Beef Cauliflower Grapes Ice Cold Milk	All Beef Hot Dog or Beef Beef Beef Ice Cold Milk	Nacho Supreme with Beef Veggie Sauce Shredded Green Peas Applesauce Ice Cold Milk	Sausage Pizzas Or Cheese Pizzas Fruit Fresh Orange Ice Cold Milk
Marshall Rd Minced Green Salad Seasoned Corn Fresh Picked Fruit Ice Cold Milk	Pepperoni Bacon Wraps Seasoned Corn Baby Carrots Bananas Ice Cold Milk	Manitowish w. Cheese or Grilled Cheese Baby Carrots Bananas Ice Cold Milk	Chicken Parm Sandwich or Pasta Primavera Veggie Beefy Fruit Salad Ice Cold Milk	Pepperoni Individual Round Pizzas or Cheese Individual Round Pizzas Crispy Fries Fresh Orange Ice Cold Milk
WG Chicken Nuggets Coleslaw Crispy Fries Ice Cold Milk	Chicken Quesadilla Coleslaw Crispy Fries Ice Cold Milk			

Each meal includes fresh fruit or smoothie & fat free milk or 1% milk

Menu may be subject to change

Lunch Menu

MARK YOUR CALENDAR

JANUARY 2022

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
	NO SCHOOL			Classes Resume Basketball Game (H) v. OLT @5PM		
8	9	10	11	12	13	14
		Report Cards Go Home Basketball Game (A) v. Northtown @5:30PM	Martin Luther King Jr. Assembly Celebration Led by BSU	Basketball Game (H) v. Ida Crown @5:30PM		
15	16	17	18	19	20	21
	Martin Luther King Jr. Day NO SCHOOL	Basketball Game (A) v. Ellison @5:30PM	Admissions Shadow Day	Basketball Game (A) v. NSCD @5PM		
22	23	24	25	26	27	28
	Basketball Game (H) v. Clemente @5PM	Basketball Game (H) v. Holy Trinity @5PM	Admissions Open House 5:30PM - 7PM	Basketball Game (H) v. Walther Christian @5PM		
29	30	31				
	Catholic Schools Week Begins Basketball Game (A) v. TBA	Catholic Schools Week Begins Basketball Game (A) v. TBA				



josephinum.org | 773-276-1261

Josephinum Academy of the Sacred Heart | 1501 N. Oakley Blvd., Chicago, IL 60622

[Unsubscribe carly.mcquire@josephinum.org](mailto:carly.mcquire@josephinum.org)

[Update Profile](#) | [Constant Contact Data
Notice](#)

Sent by info@josephinum.org