



EMPOWERING WOMEN SINCE 1890

March 2023 Monthly Newsletter for Family and Students



CELEBRATING 133 YEARS OF JO EXCELLENCE

Dear Josephinum Community,

As we enter a month dedicated to the celebration of women, let's take a moment to reflect on the history of Josephinum. In 1890, the organization opened its doors to the young women of Chicago with the goal of empowering them through an education that went beyond traditional homemaking skills. This month, we celebrate all the women who have come and gone through the doors of Josephinum Academy. We are extremely proud of the young scholars that have left our community to become the leaders, change makers, and visionaries of the world – you are proof that Josephinum's mission works!

Warm Regards,
Mrs. Colleen Schrantz



CHEERLEADING COMPETITION

Last weekend, the Josephinum Cheerleaders participated in their first competition! The team prepped for their debut with an on-campus sleepover. Although anxiety was at an all-time high, the Cougars persevered and took home a 3rd-place trophy! The sportsmanship and positivity they demonstrated throughout the competition was truly admirable. Throughout the season, team captains Da'Shyra, Victoria, and Laylani led the team with integrity, commitment, and grace. We look forward to watching their continuous growth next semester. GO COUGARS!



BLACK HISTORY MONTH

February is Black History Month, an annual observance of the important people and events in the history of the African diaspora. Throughout the month, the Black Student

Union organized events to pay tribute to the generations of African-Americans who have been and continue to be affected by systemic racism. Students attended an educational pep rally, watched Black Panther: Wakanda Forever, and tasted delicious soul food.



ASH WEDNESDAY SERVICE

Ash Wednesday marks the beginning of Lent, a time dedicated to reflection. During our prayer service, Mr. Lewis reminded our students of the power we each hold. His homily inspired us to explore what it means to be the salt of the earth and the light of the world. To enhance the lives of others through kindness, empathy, and love in a morally ambiguous world is revolutionary. Lent reminds us of the impact we can make in the lives of others if we continue to bring them light through intentional acts of kindness.



THANK YOU, COUNSELORS!

Last month, Student Services celebrated the incredible work of our school counselors – Ms. Pucci, Ms. Knor, and Dr. O'Reilly – during National School Counseling Week, February 6 – 10! School Counselors play a critical role in students' success by collaborating with students, families, teachers, administrators, and other professionals to provide individualized social-emotional, career, and academic support to students. The average caseload for a school counselor in the United States is 408 students for every 1 counselor (*ASCA, 2023*). In Josephinum's Student Services Department, we are able to maintain a ratio of 28 students to every 1 professional! The Josephinum community is fortunate to have such gifted, devoted, and exceptional professionals helping our students dream big!



UNIVERSITY OF ILLINOIS – URBANA CAMPAIGN

A group of upperclassmen joined Ms. Monique for a trip to the University of Illinois – Urbana Champaign last month. Students toured the campus, visited cultural centers, and experienced student life for themselves. Marlene, a current senior who has already received her acceptance letter had the opportunity to tour the campus for the first time. She said, "the visit to the University of Illinois opened my eyes. It is a place that celebrates diversity and the dorms are so hospitable and warm. I know that the University of Illinois has the tools to prepare me for success because of the various resources that would be available to me."



THE IMPACT OF THE WAR ON UKRAINE

February 24th marked a year since Vladimir Putin began his unjustifiable attacks on Ukraine. Students decorated the Oakley stairwell with pictures and posters of the war to shed light on the impact this humanitarian crisis has had on the Ukrainian community.

As we watch from afar, many people continue waking up to the devastating consequences of greed. In a crisis like this, acts of compassion do not go unnoticed. Consider donating to the people affected by the war!

[Donate to Ukrainian Relief Efforts](#)

BEEP BEEP, THE JO IS OFFERING DRIVER'S ED



Josephinum is excited to offer Driver's Education through a partnership with Amundsen High School. Mr. Angelo Mihalopoulos, our instructor, has been teaching Social Studies and Driver's Education in Chicago Public Schools for 20 years. This partnership has allowed us to offer this course at a fraction of the cost. Currently, students are attending class twice a week to complete their 30 hours of classroom instruction before moving into behind-the-wheel instruction at Amundsen High School.

HEALTH AT THE JO

LIVE FROM THE HEART

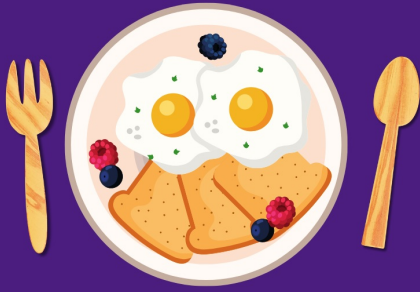
On Feb 8th, the senior class had the opportunity to take part in the Museum of Science and Industry's 'Live from the Heart' open heart surgery live stream. Students were able to submit questions as the head surgeon and MSI staff did their best to describe the process of surgery and everyone's role in the procedure. Seniors at The Jo are taking either AP Biology or Exercise Sciences, this program definitely helped solidify the theories taught in both courses.



DON'T SKIP BREAKFAST, COUGARS!

Breakfast is the most important meal of the

Don't Forget Breakfast



Breakfast feeds your brain!

day! By consuming carbohydrates in the morning you are replenishing your body's supply of glucose which boosts your energy levels and alertness, leading to better school achievements!

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**.



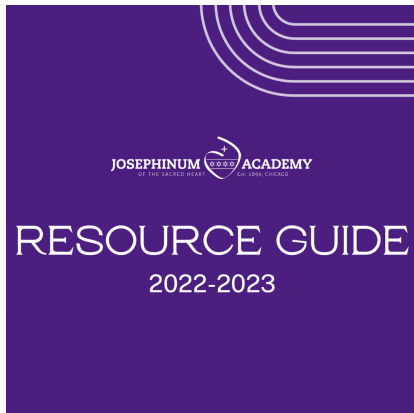
2023- 2024 Application NOW OPEN

As Josephinum students and families, you play an important role in influencing future *Girls Without Limits* and encouraging 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

TAX CREDIT SCHOLARSHIPS



YOU MAY QUALIFY FOR FREE TUITION!

Your family may qualify for 100%, 75%, or 50% off of your student's tuition and school fees! Sign up for the Tax Credit Scholarship Program! For more information, please contact Ana Barcenas at ana.barcenas@josephinum.org

MONTHLY CAFETERIA MENUS

March, 2023, Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Whole Grain Breakfast Bar with String Cheese Fresh Picked Fruit 100% Fruit Juice Ice Cold Milk	2. Whole Grain Maple Bar with Flavored Waffles 100% Fruit Juice Ice Cold Milk	3. Whole Grain Breakfast Bar with String Cheese Fresh Picked Fruit 100% Fruit Juice Ice Cold Milk	4. Whole Grain Maple Bar with Flavored Waffles 100% Fruit Juice Ice Cold Milk	5. Whole Grain Breakfast Bar with String Cheese Fresh Picked Fruit 100% Fruit Juice Ice Cold Milk
6. Assorted Fruit and Grain Bar w. String Cheese Fresh Picked Fruit 100% Fruit Juice Ice Cold Milk	7. Whole Grain Chocolate Chip French Toast 100% Fruit Juice Ice Cold Milk	8. Egg and Cheese Breakfast Sandwich on a Whole Grain English Muffin Fresh Picked Fruit 100% Fruit Juice Ice Cold Milk	9. Whole Grain Pull Apart Cinnamon Roll Fresh Picked Fruit 100% Fruit Juice Ice Cold Milk	10. Whole Grain Oatmeal French Toast 100% Fruit Juice Ice Cold Milk
11. Spring Break	12. Spring Break	13. Spring Break	14. Spring Break	15. Spring Break
16. Whole Grain French Toast Fresh Picked Fruit 100% Fruit Juice Ice Cold Milk	17. Assorted Fruit and Grain Bar Fresh Picked Fruit 100% Fruit Juice Ice Cold Milk	18. Sausage and Cheese on a Whole Grain English Muffin Fresh Picked Fruit 100% Fruit Juice Ice Cold Milk	19. Whole Grain Bagel with Cream Cheese Fresh Picked Fruit 100% Fruit Juice Ice Cold Milk	20. Whole Grain Breakfast Bar and String Cheese Fresh Picked Fruit 100% Fruit Juice Ice Cold Milk
21. Whole Grain Pull Apart Cinnamon Roll Fresh Picked Fruit 100% Fruit Juice Ice Cold Milk	22. Whole Grain Maple Flavored Waffles 100% Fruit Juice Ice Cold Milk	23. Whole Grain Breakfast Bar and String Cheese Fresh Picked Fruit 100% Fruit Juice Ice Cold Milk	24. Whole Grain Maple Flavored Waffles 100% Fruit Juice Ice Cold Milk	25. Whole Grain Breakfast Bar and String Cheese Fresh Picked Fruit 100% Fruit Juice Ice Cold Milk

Breakfast Menu

March, 2023, Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Turkey Ham & Cheese Sub or Grilled Cheese Grape Tomatoes Red Delicious Apple Ice Cold Milk	2. Taco Tostitos Beef Tacos Mild Green Salsa Black Beans Pico de Gallo Ice Cold Milk	3. Spaghetti w/ Meatballs Pasta with Marinara and Shrimp Balls Shred Cucumbers Breadcrumbs Ice Cold Milk	4. All Beef Hot Dog w/ a Star Mac & Cheese & a Star Mac & Cheese Shrimp Ball Romanian Lettuce Fruit Salad Ice Cold Milk	5. Cheese Individual Buns Pineapple Shredded Cheddar Fresh Orange Ice Cold Milk
6. Spring Break	7. Spring Break	8. Spring Break	9. Spring Break	10. Spring Break
11. Chicken Ranch with Cheese Grilled Cheese Cauliflower Grapes Ice Cold Milk	12. Chicken Quesadilla Quesadilla with Salsa Baby Carrots Peanut Ice Cold Milk	13. Pepperoni Bacon Slices Cheese Bacon Slices Garbanzo Beans Baked Beans Ice Cold Milk	14. Nacho Supreme with Beef Veggie Nacho Supreme Black Beans Fruit Salad Ice Cold Milk	15. Cheese Individual Buns Pineapple Shredded Cheddar Fresh Orange Ice Cold Milk
16. Whole Grain Chicken Nuggets Mashed Potato Grape Tomato Pineapple Ice Cold Milk	17. Dutch Waffle With Sausage or String Cheese Celery Sticks Cauliflower Ice Cold Milk	18. Sweet and Sour Chicken a Star Mac & Cheese & a Star Mac & Cheese Shrimp Ball Romanian Lettuce Fruit Salad Ice Cold Milk	19. Sloppy Joe on a WG Bun Grilled Cheese Romanian Lettuce Fresh Picked Fruit Ice Cold Milk	20. Cheese Individual Buns Pineapple Shredded Cheddar Fresh Orange Ice Cold Milk

Lunch Menu

MARK YOUR CALENDAR

MARCH 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3 Freshman Retreat	4 Spring Dance 7PM-10PM
5	6	7	8	9	10	11
	SOCIAL WORKER WEEK					Class of 2027 Registration
		GSG (Seniors) - Lunch	Lunch College Visit: St. Mary's College	1st Talent Show Casting (runthrough) 4PM-6PM	Last Day to Register for APR ACT	
12	13	14	15	16	17	18
	SPRING BREAK					Soccer Game (A) v. Regina Dominican @10AM
		Report Cards Go Home			St. Patrick's Day	
19	20	21	22	23	24	25
St. Joseph Mass	Feast of St. Joseph Classes Resume		Soccer Game (A) v. Rochelle Zell @5pm Admissions Open House 5:30PM - 7PM	Softball Game (H) v. Northtown @ 4:30PM		Soccer Game (H) v. UIC College Prep @10:30AM
26	27	28	29	30	31	1
	Senior Make-Up Photos	GSG (Seniors) - Lunch		SENIOR RETREAT KAIROS		
				Soccer Game (H) v. Northtown @ 5PM		



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