



EMPOWERING WOMEN SINCE 1890

April 2023 Monthly Newsletter for Family and Students



BLOOMING WITH EXCITEMENT!!

Dear Josephinum Community,

As we watch the world around us bloom, we become replenished with a newfound sense of hope as we look onto the adventures that lie ahead of us. However, it is important to remain present and not lose track of our goals! Keep your head in the books and continue putting your best foot forward! Our work is far from over, Cougars! Let's finish the year off strong!

**Warm Regards,
Mrs. Colleen Schrantz**



EMBRACING EQUITY

The month of March is known as Women's History Month! It is a month dedicated to the celebration of the women who have come before us and have worked towards creating a more equitable society. This year, we celebrated International Women's Day with a social media campaign aimed at embracing equity. It takes more than equal opportunity to bring about true inclusion and belonging – it takes equitable action. Our students celebrated the women in their lives by sharing stories of inspiring women and uplifting each other's voices. Josephinum is proud to serve the next generation of women leaders, change-makers, and visionaries.

[Check Out The Social Media Campaign](#)



FRESHMAN RETREAT

The 2022-2023 Freshman Retreat was centered around the theme of “Strength in Numbers” through our understanding of Goal IV of the Sacred Heart: Building community as a Christian value. The students gathered at the Thiele Center of St. Aloysius to learn more about themselves and the community they inhabit. They worked together as smaller units to work out puzzles that required tremendous amounts of teamwork in an effort to see how well they can rely on each other. Mr. Lewis also led a lecture on the nature of community and what it takes to build one. The students were attentive and participated well and, in the end, shared a meal together. The retreats are a foundational part of Josephinum and the students demonstrated just how important it is to be a part of this community and others.



SPRING DANCE

This semester's Spring Fling Dance took place on Saturday, March 4th. Students came together for a night of dancing, ate delicious food, and snapped pictures of each other – they left the dancefloor with memories of fun and laughter that will last a lifetime!



Thank You,
Ms. Landry



SOCIAL WORKERS WEEK

Student Services celebrated Ms. Landry, our school social worker for National Social Worker Week, March 6 – 10! School Social Workers rise up - supporting their students, families, and school communities. They rise to share hope, listen and understand, challenge inequities, and offer support to all students. The Josephinum community is fortunate to have such a devoted professional fostering a space where students can explore who they are, what they value, and what they want to accomplish in the world.



CELEBRATING OUR PATRON SAINT, ST. JOSEPH

Last month, we celebrated Josephinum Academy's Patron Saint. At Mass, Fr. Hurley reminded us that life is full of the unexpected and that it is our perspective that influences our reality. When Joseph learned that Mary was expecting a child he decided that he

would divorce her secretly. However, after falling asleep an angel came to him and said, "do not be afraid to take your wife Mary home, for what has been conceived in her is by holy spirit." Although it seemed impossible, Joseph embraced his reality by leaning into his faith and choosing to see the light that surrounded him. In a morally ambiguous world, it is a choice to see the goodness in our lives.



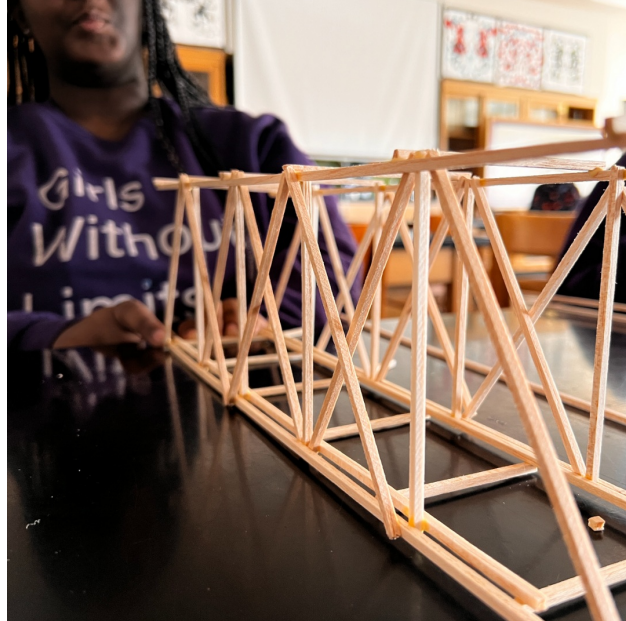
ACADEMY OF THE SACRED HEART – NEW ORLEANS

Students from the Academy of the Sacred Heart – New Orleans visited our campus last month. Our students welcomed their fellow Sacred Heart sisters with a fun-filled day. A panel of students shared stories about their experience at The Jo before inviting students to participate in group activities.

SCIENCE DEPARTMENT

BRIDGE BUILDING IN PHYSICS

Mr. Hanrahan's Physics classes have been learning how structure and design handle force through a bridge-building competition. Students built bridges out of balsa wood in a project that was started by the Brookhaven National Laboratory, an event that has become highly anticipated in high schools throughout the country.



CONTROLLED EXPLOSIONS

In Chemistry, the sophomores are exploring critical thinking through laboratory experiments, data acquisition, and controlled explosions – the fun part of chemistry they say!



PREPPING FOR AP EXAMS

The Seniors in Mr. Hanrahan's AP Biology class continue to work toward the AP exam. Students have been challenging themselves and remain dedicated to the work.



A CLOSER LOOK INTO THE BRAIN



Juniors in Anatomy and Physiology class are currently learning about the endocrine system. They are studying the roles the endocrine system plays in the overall wellness of the body. Students will be dissecting a sheep brain to take a closer look at where these areas are located.

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**.



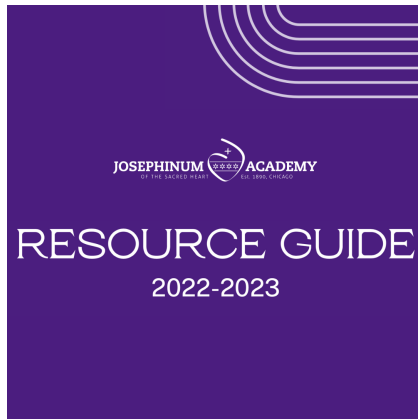
2023- 2024
Application
NOW OPEN

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

SCHOLARSHIP INFORMATION



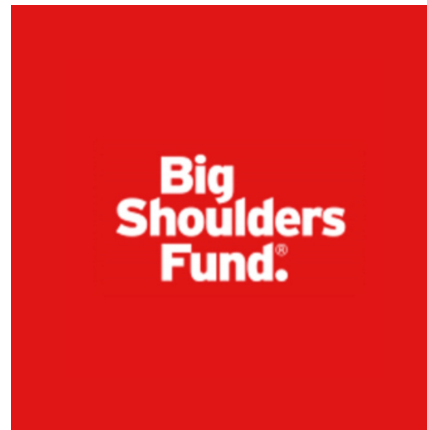
YOU MAY QUALIFY FOR FREE TUITION!

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

2023 BIG SHOULDERS SURVEY

Please complete this 2023 Big Shoulder NWI Parent & Guardian Survey.

[Link to Survey](#)



MONTHLY CAFETERIA MENUS

April, 2023, Breakfast Menu				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG Corn/ w. String Cheese Fresh Pickled Fruit 100% Fruit Juice	WG Corn/ w. String Cheese Fresh Pickled Fruit 100% Fruit Juice	WG Fresh Baked Chocolate Chip Muffins String Cheese Fresh Pickled Fruit 100% Fruit Juice Ice Cold Milk	WG Fresh Baked Chocolate Chip Muffins String Cheese Fresh Pickled Fruit 100% Fruit Juice Ice Cold Milk	Good Friday No School
Easter Monday No School	Whole Grain Chocolate Chip French Toast Fresh Pickled Fruit 100% Fruit Juice Ice Cold Milk	Whole Grain Pull Apart Cinnamon Roll Fresh Pickled Fruit 100% Fruit Juice Ice Cold Milk	Whole Grain Breakfast Bar and String Cheese Fresh Pickled Fruit 100% Fruit Juice Ice Cold Milk	Whole Grain Maple Flavored Muffins 100% Fruit Juice Ice Cold Milk
Whole Grain Cinnamon Raisin Bagel Fresh Pickled Fruit 100% Fruit Juice Ice Cold Milk	Strawberry Vanilla Yogurt Goldfish Crackers Fresh Pickled Fruit 100% Fruit Juice Ice Cold Milk	Sausage and Cheese Whole Grain Pull Apart Fresh Pickled Fruit 100% Fruit Juice Ice Cold Milk	Whole Grain Breakfast Bar and String Cheese Fresh Pickled Fruit 100% Fruit Juice Ice Cold Milk	WG Fresh Baked Blueberry Muffins & String Cheese Fresh Pickled Fruit 100% Fruit Juice Ice Cold Milk
Whole Grain Pull Apart Cinnamon Roll Fresh Pickled Fruit 100% Fruit Juice Ice Cold Milk	Whole Grain Bagel with Cream Cheese Fresh Pickled Fruit 100% Fruit Juice Ice Cold Milk	Whole Grain French Toast Sticks Fresh Pickled Fruit 100% Fruit Juice Ice Cold Milk	Whole Grain Breakfast Bar and String Cheese Fresh Pickled Fruit 100% Fruit Juice Ice Cold Milk	Whole Grain Maple Flavored Muffins 100% Fruit Juice Ice Cold Milk

Breakfast Menu

April, 2023, Lunch Menu				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All Beef Hot Dog or Whole Grain Bun Shrimp Steamed Broccoli Ice Cold Milk	Chicken Quesadilla Quesadilla with Salsa Baby Carrots Ice Cold Milk	Dutch Waffle Waffle Sandwich or String Cheese Colorful Skewers Carrotage Ice Cold Milk	Chicken Individual Round Pizza or Pepperoni Pizza Black Beans Fresh Pickled Fruit Ice Cold Milk	Good Friday No School
Easter Monday No School	Taco Tuesday! Beef Taco 4 Star Star & Cheese Grape Tomatoes Pineapple Chunks Ice Cold Milk	Spaghetti w/ Meatballs Red Meatballs and Cheese Ball Shred Cucumbers Broccoli Ice Cold Milk	Homestyle Chicken Round Pizza or Pepperoni Pizza Black Beans Fresh Pickled Fruit Ice Cold Milk	Whole Grain Individual Round Pizza or Pepperoni Pizza Shredded Cereals Fresh Orange Ice Cold Milk
Hot Turkey Ham & Cheese Sandwich Shrimp Steamed Broccoli Pineapple Chunks Ice Cold Milk	Nacho Supreme w. Meat & Cheese Veggie Supreme Black Beans Pineapple Chunks Ice Cold Milk	All Beef Hot Dog or Whole Grain Bun Shrimp Baby Carrots Pineapple Chunks Ice Cold Milk	Whole Grain Chicken Tenders Cold Cut Cheese on WG Bread Colorful Skewers Fresh Orange Ice Cold Milk	Whole Grain Individual Round Pizza or Pepperoni Pizza Colorful Skewers Fresh Orange Ice Cold Milk
Meatball Sub w. Marinara & Cheese Meatball Sub Shrimp Ice Cold Milk	Meatball Sub w. Marinara & Cheese Meatball Sub Shrimp Ice Cold Milk	Chicken Ranch Wrap on WG Tortilla Cucumber Salsa Ice Cold Milk	WG Chicken Nuggets Pasta Marinara Remotest Lettuce Ice Cold Milk	Whole Grain Individual Round Pizza or Pepperoni Pizza Shredded Cereals Fresh Orange Ice Cold Milk

Lunch Menu

APRIL 2023

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Senior Retreat Kairos – Day 3
2	3 Soccer Game (A) v. Walther Christian @5PM	4	5 Softball Game (A) v. CTK Soccer Game (H) v. Cristo Rey	6	7 Good Friday NO SCHOOL	8
9 Easter Sunday	10 Easter Monday NO SCHOOL	11	12 Softball Game (A) v. Providence St. Mel @5PM	13 Junior UIC College Visit 8:45 –12:30PM Senior: Financial Aid Comparison Workshop	14	15 ACT at Josephinum
16	17 Softball Game (H) v. OLT	18 GSG (Seniors) – Lunch Soccer Game (A) v. Chicago Hope @5PM	19 College Visit (Lunch) – UIC Softball Game (H) v. Chicago Hope @5PM	20 Soccer Game (A) v. OLT	21 PLAY #2 Annual Sports Banquet	22
23	24	25	26	27	28	29
	SENIOR WEEK					
30		Soccer Game (H) v. Holy Trinity @4:30PM	Softball Game (A) v. Holy Trinity @4:30PM	Development: Spring Luncheon	Play #2	



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