

NEWSLETTER

From the Office of the Principal

CATHOLICHIGH.ORG

OCTOBER 2026

SPECIAL SCHEDULES in OCTOBER:

Thursday, October 1: Standardized Test Prep Schedule. Regular Dismissal.
Wednesday, October 7: Standardized Test Prep Schedule. Regular Dismissal.
Sunday, October 11- Monday, October 12: Senior Retreat at sites off campus.
Monday, October 12: Senior Retreat. No School for Grades 8, 9, 10 and 11. No classes, offices closed.
Tuesday, October 13: PSAT 8/9 and PreACT for grades 8, 9, and 10. No School for 11 and 12.
Wednesday, October 14: ACT for Seniors, PSAT for Juniors. No School for Grades 8, 9 and 10.
Monday, October 19 - Tuesday, October 20: Closed for Fall Break
Thursday, October 29: Faculty Meeting. Dismissal at 1:27 p.m.
Friday, November 6: Faculty and Staff Retreat. No School for Students.

CHS Calendar

SENIOR RETREAT: Our seniors will be making their annual overnight retreat from Sunday morning, October 11, until Monday evening, October 12. Seniors and their retreat teams will be at 4 different retreat sites focusing on their relationships with themselves, family, friends, and God. Please keep our seniors in your prayers along with the faculty, parents, alumni, and friends who comprise the retreat teams.

STANDARDIZED TESTING DAYS AND SCHEDULES: Our fall standardized testing days are Tuesday, October 13 and Wednesday, October 14.

We view standardized testing as one more opportunity to partner with you in your son's education. These tests are very important for your son and very important for our school as they provide valuable information about your son's academic progress.

Each of your son's teachers receives the results of his tests and uses these scores to determine what skills he needs to be prepared for college. In addition, this information is used to better individualize instruction during our standardized test prep sessions in the spring. Please encourage him to take these tests seriously. Results of these tests will be given to you later in the school year through your son.

During testing days, regular classes are not held, and students are dismissed once testing has concluded in their classroom. Testing details and schedules follow below.

Breakfast will be available in the Brother Donnan Berry, S.C. Student Center beginning at 7:00 a.m.

8th, 9th, and 10th Grades: On Tuesday, October 13, all students in grades 8 and 9 will take the PSAT 8/9, and all 10th graders will take the Pre-ACT.

8th, 9th, and 10th grade students do not attend school on Monday, October 12 and Wednesday, October 14.

11th Grade Students: On Wednesday, October 14, all students in 11th grade will take the PSAT/NMSQT, which is used to qualify for National Merit Awards.

11th grade students do not attend school on Monday, October 12, and Tuesday, October 13.

12th Grade Students: On Wednesday, October 14, students in 12th grade (who have opted in) will take the ACT or SAT.

12th grade students are returning from retreat on October 12, and do not attend school on Tuesday, October 13.

Emails to students with information specific to their particular test will be sent in the next few days by Mrs. Lizzi Canady, testing coordinator. Please refer to that email for detailed information on testing procedures and locations for your son. Please contact Mrs. Canady if you have any questions.

All Grades: All Students in grades 8-11 will be off on Monday, October 12. Regular classes are not held during the above testing days (October 13 and 14).

Tuesday, Oct. 13 Testing Schedule

7:55: Students move to classrooms
7:58: Warning bell
8:00: Prayer, Pledge, testing begins.

Most students testing on the standard schedule will conclude testing at 11:00 a.m.

Most students testing with accommodations will conclude testing by noon.

Wednesday, Oct. 14 Testing Schedule

7:55: Students move to classrooms
7:58: Warning bell
8:00: Prayer, Pledge, testing begins.

Most students testing on the standard schedule will conclude testing at 11:00 a.m.

Most students testing with accommodations will conclude testing by 12:00 p.m.

Please note: Students must be in classrooms and seated by 8 a.m. or they will be considered tardy. It is critically important that students are on time so that testing can begin promptly. Traffic at this time of day is heavier than normal, so please plan for additional travel time.

There will be no carpool on testing days. For parents who will pick up their students, please park in a parking spot in the Westmoreland Lot off of Government St. and wait for students to be dismissed. Your son will walk out to meet you where you are parked.

The testing conclusion times are estimates as each room might be on a slightly different schedule. Students will be dismissed from their classrooms as soon as testing concludes.

ADULT BEHAVIOR AT CHS EVENTS: It is a blessing to have so many parents and friends attend CHS events outside of the regular school day. Whether it be for a concert, show, or athletic event, your support for our students is always welcome.

So that our events maintain the proper atmosphere, we ask that our guests and fans refrain from alcohol consumption before or during an event. Thank you for your cooperation in this matter.

ACT PREPARATION CLASS: Our next ACT Preparation Classes will be offered on Saturday, October 10. A flyer is included with this newsletter with more details about this course, which has been quite beneficial for many of our students. This class is also available to non-CHS students. Please email

Mrs. Christy Kessler at ckessler@catholichigh.org if you have any questions about the course

BRUIN SHOP: The Bruin Shop will close at 1:00 pm on October 23 to prepare for the **Homecoming Pop Up Shop!** Weather permitting, The Bruin Shop will have a "Pop Up Shop" at Memorial Stadium before the Homecoming Game on October 23. You can start shopping at 4:00 p.m. Stop by and pick up some CHS gear before the game! Go Bears!

OCTOBER OFFICE HOURS: Offices will be closed on Oct. 12 for senior retreat, and for our Fall Holidays on Oct. 19 and 20.
On standardized test days offices will close at 1:00 p.m. after the conclusion of extended time standardized testing.

NATIONAL MERIT RECOGNITION:
Congratulations to the following seniors who were recognized as Commended Students by the National Merit Scholarship Program: Henry Faget, Miles Giacone, William Giarrusso, Colin Laird and Azik Nguyen.

Congratulations to the following seniors for being named as semi-finalists by the National Merit Scholarship Program: Thomas Alley, Charles Bugea, Michael Esteve, Brayden Ford, Charles Jeansonne, Adrian Landry, Parker Norman, Bruce Talbert, and Jacob Schroeder. It is an outstanding achievement.

We are proud of all our students receiving National Merit recognition.

COUNSELORS CORNER (from the Counseling Center): October is ADHD and Dyslexia Awareness Month: While young boys with ADHD may often show more obvious signs such as hyperactivity or impulsivity, symptoms can look different during the teenage years. Teen boys with ADHD may experience increased internal overwhelm, difficulty with organization or focus, and emotional sensitivity. Dyslexia affects an estimated 1 in 5 people and is the most common language-based learning difference. Even in high school, students with dyslexia may continue to experience challenges with reading, writing essays, or learning a foreign language. If you have questions or concerns about ADHD or dyslexia and how they may be affecting your student, please reach out to your grade-level counselor. We are here to help support your student and connect your family with appropriate resources. Please see attached flyers for study tips!

Making Healthy Choices: Daniel Gilmer, mental health advocate, spoke to students on topics of addiction, recovery and mental health in Religion classes on September 28th and 29th. We encourage parents to have open, age-appropriate conversations with their sons about making healthy choices, staying safe, and looking out for one another. A simple conversation can go a long way! If you ever have questions or concerns about your son's use of alcohol or other substances, please don't hesitate to reach out to your grade-level counselor. We are always here to listen, support, and connect families with resources.

World Kindness Day: In November, we will celebrate World Kindness Day! We encourage our students to practice kindness toward themselves and others—not just on one day, but every day. Join us for fun activities on November 11th as we celebrate kindness and the positive impact small acts can have. Stay tuned for more details!

THE CHS MOTHERS' CLUB: Thank you to everyone who joined us for Moms & Mimosas! It was wonderful to meet so many new moms and enjoy an insightful and engaging panel discussion. A special thank-you to our fabulous panelists—Lisa Harvey, Jaime Olinde, Allyson Boudreaux, and Adele Dalmau—for generously sharing their wisdom, experiences, and expertise with us. We also extend a special thank-you to Blythe Lamonica for serving as our outstanding MC and keeping the conversation flowing!
We are also grateful to Sarah Thompson and Brenda Novoa for chairing the refreshments for the CHS Information Afternoons. Thank you for making our prospective students and their families feel so welcome.

SAVE THE DATES!

- December 9, 2026 – CHS Mothers' Club Christmas Market *(NEW DATE!)*

- January 31, 2027 – Mother-Son Breakfast
- February 27, 2027 – CHS Mothers' Club Auction

TUITION RAFFLE - The CHS Mothers' Club is excited to announce that we are replacing the traditional car raffle with a Tuition Raffle! The grand prize will be full tuition for the 2027–2028 school year. Stay tuned for more details, including raffle information and how to participate!

MEMBERSHIP - There is still time to join the CHS Mothers' Club! Your membership supports the many programs, events, and initiatives that benefit our CHS students and families. 2026-2027 CHS Mothers' Club Registration - Catholic High School
Not sure if you've joined? Our membership list is posted on the CHS Mothers' Club webpage. Mothers' Club - Catholic High School
Follow us on social media! Instagram: **@chsmothersclub** AND Facebook: **CHS Mothers' Club**

BIMAS-MENTAL HEALTH SCREENING:
Beginning in late October, the Counseling Center will conduct a mental health screening of all students. Please see the letter included with this newsletter for details about the program.

MEN'S CLUB: The Men's Club annual $13,000 Raffle will be held October 9th. Tickets are $100 and only 500 will be sold. Multiple cash prizes will be won including one lucky winner who will take home $10,000. Buy your tickets today: Men' s Club Raffle or see the attached flyer. Your support of the Men's Club is greatly appreciated and allows us to support the mission and the students of Catholic High in countless ways.

FLU VACCINES: Healthvac will provide our students the opportunity to receive their flu vaccine this season. Vaccines will be given during the lunch periods on Thursday, October 22. The vaccine costs $30 and is offered as an injection only. A questionnaire/ consent form is included in this newsletter. If you are interested in your son receiving the vaccine, please complete and sign the consent form. All students, including those 18 and older, must bring their signed consent forms with them. Payments can be made via cash or checks made out to Healthvac. If you have any questions, please contact Tammy Feduccia at tfeduccia@catholichigh.org.

HOMECOMING DANCE: Our homecoming dance will be held Saturday, Oct. 24, in the CHS gym from 8 p.m. to 10 p.m. Information about the event, including dress code, expectations were sent by email from Activities Director Jessica Shelton. Dr. Shelton will send details about drop off and pick up closer to the date of the dance. Note that party buses and limousines are prohibited for transportation to and from homecoming.

Please encourage your son to make decisions consistent with the Catholic High School behavior policy, in particular if he is participating in the homecoming dance or attending private gatherings after the dance.

UPDATE ON ANNUAL APPEAL (from Advancement): We are incredibly grateful for the support we have received thus far in the Annual Appeal. Our goal this year is 30% Parent participation; we are currently at 9% and climbing! Your gift of any size goes directly to our current students so that your son and his peers benefit from your donation. Prayerfully consider helping us reach our goal and make your gift today at catholichigh.org/giving

OPEN HOUSE: Catholic High School's 40th Annual Open House is on Thursday, November 12, 2026. Young men in 6th – 8th grades and their parents are invited to tour the campus, meet members of the CHS community, and experience firsthand what makes CHS so special. We would love your help inviting prospective families and joining us to help tell our story. See the attached flyer for information about Open House and how to sign up to help.

ACT PREPARATION CLASS
Fall 2026

Where: Catholic High School Science Building, Room 171
When: Saturday, September 12 from 9:00 AM to 1:30 PM
or Saturday, October 10 from 9:00 AM to 1:30 PM
Cost: $95 (covers book and all materials)

Registration is online at mychs.catholichigh.org

The ACT national test date is October 17, 2026. To prepare for this test, CHS is offering an ACT Prep Class. This course will introduce the scoring, timing, and format of the test as well as strategies to maximize each student's score.

This class will present:

- Ways to reduce test anxiety.
- Procedures for being mentally, psychologically and physically prepared for the test.
- Helpful hints for testing day.
- Content summary and examples of frequent questions from the ACT.
- Scoring information for the ACT.
- Supplementary materials to guide study and final preparation for the ACT.

Presenter: Mrs. Christy Kessler (ckessler@catholichigh.org)

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Registration is online at mychs.catholichigh.org or
detach this form and return to the Main Office by Wednesday, before the class date

Paper REGISTRATION FORM - ACT PREPARATION CLASS

Student Name (please print) ____

Student Email (please print) ____

Choose one: ☐ September 12
☐ October 10

Parent Name (please print) ___________________________________

Parent Email (please print)____

Please make checks ($95.00) payable to ***Catholic High School***.
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For high-school students with **ADHD and/or dyslexia**, study tools work best when they reduce the amount of information students have to hold in their heads at once and give them **more than one way to process the material**. I'd teach students to deliberately pair an **auditory strategy + a visual strategy**, rather than simply telling them to "study longer."

🎧 Auditory study tools

Tool/Strategy	How the student uses it	Especially helpful for
Text-to-Speech	Listen to notes, PDFs, articles, or study guides while following along visually	Dyslexia + reading fatigue
Read–Cover–Say	Read a small section → cover it → explain it aloud from memory	ADHD + recall
Voice Notes	Record a 1–2 minute explanation of a concept, then replay it later	Students who learn by talking
Teach Someone Else	Pretend to teach the concept to a younger student	Comprehension + memory
Question & Answer Recording	Record the question, pause, then record the answer; replay and answer during the pause	Test prep
Speech-to-Text	Say ideas aloud and let the device turn them into written notes	Dyslexia/written-expression difficulty
Rhythm/Rhyme/Mnemonics	Turn sequences, vocabulary, formulas, etc. into a phrase, beat, or acronym	Memorization
Audio + Movement	Listen to notes while walking, pacing, or using a quiet fidget	ADHD students who struggle sitting still

👀 Visual study tools

Tool/Strategy	How the student uses it	Especially helpful for
Color Coding	Assign consistent colors: vocabulary, dates, formulas, people, main ideas, etc.	Organization
One-Page Study Sheet	Reduce an entire unit to ONE page of keywords, diagrams and essential facts	ADHD + overwhelm
Mind Maps	Put the main idea in the center and visually branch related concepts	Seeing relationships
Graphic Organizers	Compare/contrast charts, timelines, cause/effect diagrams, flowcharts	Complex material
Visual Flashcards	Question on front; short answer + picture/symbol on back	Retrieval practice

Tool/Strategy	How the student uses it	Especially helpful for
Picture Associations	Connect vocabulary/concepts with funny or memorable images	Dyslexia + recall
Timeline/Sequence Strips	Visually arrange events or steps in order	History/science/processes
Worked Examples	Keep one completed example beside similar problems	Math/science
Checklist Studying	Break "Study Chapter 6" into 5–10 tiny tasks with boxes to check	ADHD/executive functioning

⭐ The most effective approach: combine them

Instead of telling a student:

"Go study your biology notes."

Give them a specific routine:

1. LOOK 👀 — Read one small section and highlight only the key information.
2. LISTEN 🎧 — Use text-to-speech or read it aloud.
3. CLOSE 🙈 — Hide the notes.
4. SAY 🗣️ — Explain what you remember aloud.
5. CHECK ✅ — Look back and see what you missed.
6. DRAW 🖍️ — Make a tiny picture, diagram, timeline, or symbol representing it.
7. RETRIEVE 🧠 — Come back later and try to recall it without looking.

Recommendations for Parents of Dyslexic Students

Read Aloud Nightly At Home to Improve Fluency

- Make reading together a consistent part of the daily routine.
- Work towards reading aloud for 10 – 15 minutes
- Read something interesting to your child. Make it a fun and enjoyable experience.
- Take turns reading to one another.
- Give feedback as you listen to them read by helping them sound out difficult words
- Share in conversation about what is read.

Build Vocabulary

- Have your child write down words they do not know as they read
- Discuss these words together after reading.
- Discuss the word and its meanings and relate it to your child's experiences and real life.
- Challenge each other to use the words in your conversations together over the course of the week.

Strengthen Reading Comprehension

- Ask your child questions before reading to see what they think the story might be about. This helps establish the purpose of reading.
- Ask questions or make comments about the first few paragraphs of the story to ensure that your child is actively involved in the reading process.
- Ask questions from the beginning that answer who, what, when, where, and why
- After reading, have your child retell the most important events that happened in the story. You could use visuals to help your child with retelling if needed.

Tips For Building Word Reading Skills

Practice sounding out smaller words (3 letter words)

- Have your child sound out unfamiliar words they come across as they read.
- Ask your child what the first sound is in the word. Then, ask what the last sound is in the word. Finally, ask what the middle sound is in the word. After this, ask your child to blend the sounds together to say the word.

Practice taking apart bigger words

- Have your child pick apart compound words (i.e. toothpaste= tooth and paste)
- Break apart larger words into syllables or parts of the word.
    - napkin --> nap kin
    - fantastic --> fan tas tic

Memorize sight words

- Introduce the word and use it in a sentence. Then, write the word on an index card, and have your child say the word. You could use colored index cards to help them remember the words.
- Have your child write the word on an index card and say the word out loud.
- Review sight words daily to help with memorization of the words.
- Use tools such as Quizlet for daily review.

Technology: Building A Bridge To Success

Note-Taking

- Livescribe Smartpen
- OneNote
- Evernote
- Notability

Libraries of Digitized Books and Periodicals

- Bookshare
- Learning Ally
- Project Gutenberg
- Google Books

Text-To-Speech

- Immersive Reader
- Voice Dream Reader*
- Kurzweil firefly
- *Read & Write Gold**
- Read: Aloud
- Natural Reader

* also have speech-to-text capability

Speech-To-Text

- Dictate
- Dragon from Nuance
- Otter.ai
- Descript
- Rav

Other Helpful Apps

- Quizlet
- CliffNotes
- Wunderlist
- SensusAccess
- Blue Leaf

Technology for Younger Children

Most Commonly Used Words in Text

- Fry words
- Fry words Ninje
- Sight Words by Photo Touch

Fundamentals of Reading

- Handwriting Without Tears: Wet-Dry-Try
- Partners in Rhyme
- OG Card Deck

Interactive Programs for Very Young At-Risk Readers

- Headsprout
- Ooka Island
- Lexia Core5 Reading

CATHOLIC HIGH SCHOOL
A Brothers of the Sacred Heart School Since 1894

October 1, 2026

Dear Parents,

Before the end of the 1st semester, the Counseling Center will once again oversee all students taking an electronic risk assessment survey called the BIMAS-2. This year will be the sixth year we have administered the assessment which identifies strengths and concerning behavior, social and academic functioning, emotional affect, and cognitive/attention abilities. The goal of giving this survey is to better know our students and then identify their behavioral health needs so that our counselors can more thoroughly address a student's individual concerns. The BIMAS-2 was created by a team of psychologists, is research based, and serves over 500,000 students across the country. To encourage the most honest answers from our students, the results of this assessment will be confidential, with only our school counselors having access to the results. The administration, including the principal, will not be notified of the results, except in the case of an emergency. Likewise, parents will be notified only if their son's results indicate a high risk of concerning behavior. This assessment takes approximately 10 minutes to complete and will be administered by first period teachers according to the following schedule:

October 26	12th grade
November 2	8th and 11th grades
November 9	10th grade
November 16	9th grade

In their document, *Partners in Mission,* the Brothers of the Sacred Heart state that the school environment "is best described by the term 'sanctuary,' a place where students sense the compassion which motivates those who care for them, where they feel safe to become the best person God created them to be, and where they are known, valued, and treasured." These efforts will help us know our students more fully so that Catholic High can continue to provide an environment that comes closer to becoming the sanctuary that we strive to be every day. Thank you for entrusting your son to us and for partnering with us as together we guide the students of Catholic High School through these formative years.

Please feel free to contact your son's counselor if you have questions concerning the BIMAS-2. If for any reason you do not want your son to participate in this survey, please email me directly at teldringhoff@catholichigh.org.

Sincerely,



Dr. Tom W. Eldringhoff
Principal

CHS
MEN'S CLUB

41ST ANNUAL

$13,000 RAFFLE

FRIDAY, OCTOBER 9, 2026

5:00 PM - 9:00 PM DURING BEARS BINGO

*SEPARATE BINGO PURCHASE REQUIRED TO ATTEND DRAWING.

BR. DONNAN BERRY, S.C. STUDENT CENTER

$100 PER TICKET

ONLY 500 AVAILABLE!

1 TICKET DRAWN WINS $100

7 TICKETS DRAWN WIN $200

1 TICKET DRAWN WINS $500

1 TICKET DRAWN WINS $1,000

GRAND PRIZE

$10,000

PURCHASE TICKETS HERE:

OR AT CATHOLICHIGH.ORG/13000RAFFLE

***WINNER NEED NOT BE PRESENT.**

Patient Name: _____ Date of Birth: _____

Address:_____ Phone #:_____

Screening Questionnaire for Injectable Influenza Vaccination

For adult patients as well as parents of children to be vaccinated: The following questions will help us determine if there is any reason we should not give you, or your child an injectable influenza vaccination today or in the near future. If you answer "yes" to any question, it does not necessarily mean you would not be vaccinated. It only means additional questions must be asked. If a question is not clear, please call Healthvacs at 225-270-2925.

1. Is the person to be vaccinated sick today or had fever in the last 48 hours? Yes No

2. Does the person to be vaccinated have asthma, heart, lung, kidney, liver disease, diabetes, neurologic or neuromuscular disease or a blood disorder? If yes please list. Yes No

3. Is the person to be vaccinated allergic to eggs or ever had a serious reaction to an influenza vaccine in the past? Yes No

4. Has the person to be vaccinated ever had Guillain-Barre' Syndrome? Yes No

Consent for vaccination: _____ Date: _____

For Office Use:

Form reviewed by: _____ Date: _____

Vaccine Admin.: Fluvirin MDV/Fluvirin PFS/Afluria MDV

Influenza Injection Lot# & Exp. Date: _____ Site: LD / RD