



## *The President's Hebdomadal **Blue Ribbon** Newsletter*

**12/11/17 – 01/03/18**



Welcome to the final full week of the first semester – and my final newsletter for 2017!

I often steal, uh, “borrow” ideas from Brother Nick Gonzales, president of Cathedral High School in El Paso, TX. His Advent message to his faculty last week is worth the read:

*In his recent novel, Avenue of Mysteries, John Irving presents a protagonist who is desperately looking for a miracle; some proof for God. By the end of the novel and after many disappointments, she quietly observed that “we are miracles.” The true miracle was the indestructible bond of love between her brother and her. She shifted from being an agnostic to suddenly seeing miracles surrounding her! Such a change in our perspective takes deliberate and sustained effort. Thus, we are invited to enter into the true spirit of the season: Advent.*

*Our Catholic Tradition asks us to be drastically counter-cultural. Amidst the flurry of secular activity during this season, we’re invited to slow down; to literally remember that we are in the presence of God. That is the essential Truth. We slow down so that we can be quiet and let the Word of God speak to us. Advent readings are filled with anticipation. They remind us of God’s history of faithfulness to his people. We also read about the history of failing to follow God. Despite our missteps, God honored the promise of a Messiah. By slowing down we prepare a place in our heart.*

*Advent is a time to remember what is truly of value. We can ask ourselves: What traditions are our children learning from us? Shopping? Harried hurrying around? Grumbling? Or are we passing on the values of faith and family through our actions? Will they learn to pray and reflect from us? Are we satisfied with just being together without electronic aids/diversions? Do we model sharing our time, talent and treasure with others? God is waiting to be welcomed back into our lives. Let us make ready to recognize Him in the sacred ordinariness of life!*

**Thanks, Brother Nick! During this second week of Advent, and last full week of our first semester, let us “make ready to recognize Him in the sacred ordinariness of life.”**

### **Mon, Dec 11 (Special Snow Day Make Up schedule; F G A B C D)**

- **This Day in History:** In 1941, Germany declares war on the US, bringing the US into the European WWII Theater of operations.
- **TDIH II:** IN 2013, we dedicated the **Alumni Veteran Plaque** in La Salle Hall. The late Mr. Harry Friedman '33 donated funds for a memorial to all SPS Alumni Veterans. The plaque is hung by the ROTC classroom. I doubt if many of us even know about this plaque, much less have taken the time to look at it and perhaps read some of the names. Sad. And I'm guilty, too, as I just walk by it so many times. In view of today's TDIH, it was an appropriate day for dedication. We give thanks for all who have so served our country, especially our SPS alums. Let's remember them! Alumni Director Al Nastasi is currently updating the plaque.
- **Basketball:** 9<sup>th</sup> & JV v. Mandeville
- **Soccer:** 9<sup>th</sup> & JV v. Vanderbilt Catholic

## Tue, Dec 12 (Special Snow Day Make Up Schedule; E F G A B C)

- **Feast of Our Lady of Guadalupe**, Patroness of the Americas. Again, God shows his love for the poor. Mary assumes the form of an Indian lady and uses Juan Diego, a peasant, to bring the Message to all. This is a special day for Mexican people, since the Basilica of Our Lady of Guadalupe is located in Mexico City. We pray, too, for the great Mexican Lasallian institutions.
- **TDIH:** In 1901, Italian physicist and radio pioneer Guglielmo Marconi sends the first radio transmission across the Atlantic, disproving detractors who said that the curvature of the earth would limit transmission to 200 miles or less. The message--simply the Morse-code signal for the letter "s"-- traveled more than 2,000 miles from Cornwall, England, to Newfoundland, Canada.
- **National Poinsettia Day:** Admire this iconic Christmas plant! The date marks the death of Joel Roberts Poinsett, an American botanist, physician and Minister to Mexico who in 1828 sent cuttings of the plant he'd discovered in Southern Mexico to his home in Charleston, South Carolina. Botanically, the plant is known as *Euphorbia Pulcherrima*. And now you know!
- **Snack Day (re-scheduled from last Thu)**
- **Luminaries – 6 pm.** (re-scheduled from last Thu) Come join this annual Christmas display on our campus! Thanks to Student Council, Mothers' Club, Campus Ministry, Physical Plant, Liturgical Band, Marching Wolves, Jazz Band and all who help with this incredible "festival of lights" on our campus – and being flexible enough to accommodate the weather! The Christian Brothers were among the first to bring this holiday treat to the Covington area since they were knowledgeable about it from their schools in New Mexico.



## Wed, Dec 13 (D E F G; period A Exam Review)

- **TDIH:** In 2000, Vice President Al Gore concedes defeat to Texas Governor George Bush for the presidency, following weeks of legal battles over the recounting of votes in Florida.
- **Soccer:** Varsity leaves for San Diego to participate in Great Lotto Showcase (they return on the 17<sup>th</sup>)



## Thu, Dec 14 (8:15 start; Period A Exam; Prayer Service; President's Assembly; Periods B & C Review)

- **TDIH:** In 1911, Norwegian explorer Roald Amundsen reaches the South Pole in Antarctica, marking the first time that humans reached the southern end of the Earth's axis. In 1799, George Washington, our first president, dies at his home in Mount Vernon, VA. He was 67 years old.
- **Monkey Day:** "Monkey business" is officially allowed today. Saint Paul's will NOT be celebrating this day!
- **Letter Jacket Measuring in theater after school**

**Fri, Dec 15 – (8:15 start; Period B & C exam; D & E review; 2:10 dismissal)**

- **TDIH:** In 1791, Virginia becomes the last state to ratify the Bill of Rights, making the first ten amendments to the Constitution law and completing reforms begun by the Declaration of Independence
- **TDIH:** In 1939, *Gone with the Wind* premieres in Atlanta (where else?) and shocks audiences when Rhett Butler (Clark Gable) says to Scarlett O'Hara (Vivian Leigh): *Frankly, my dear, I don't give a damn* – an unheard of use of profanity on the silver screen in those days! Oh, for those days!
- **TDIH:** In 1978, President Jimmy Carter announces that the US would recognize Communist China and sever ties with Taiwan, reversing long standing US policy.
- **TDIH:** In 2005, ten million Iraqis take part in the first democratic election since defeat of Saddam Hussein.
- **National Cat Herders Day:** For all of you cat lovers, herd 'em up today! But this is also a day to attempt an impossible task – like herding cats.
- **Basketball:** 9<sup>th</sup>, JV & Varsity at Rummel
- **Christmas Dance for grades 8 – 10 in the BAC**

**Sat, Dec 16 National Chocolate Covered Anything Day: Feel free to celebrate!**

- **TDIH:** In 1773, the “Boston Tea Party” occurs when a group of Massachusetts colonists disguised as Mohawk Indians board three British tea ships in Boston Harbor and dump 342 chests of tea into the water. The three ships holding the British tea were built in America and owned by Americans according to [Boston Tea Party Ships & Museums](#). The museum also states hundreds took part in the event, with 116 individuals taking credit for it. The Sons of Liberty carefully planned and executed the Boston Tea Party according to the museum, which could have attributed to the absence of violence and confrontation. The three-hour event occurred on Dec. 16, 1773, because "American colonists believed Britain was unfairly taxing them to pay for expenses incurred during the French and Indian War," according to Historic Tours of America
- **TDIH:** In 1944, the infamous Battle of the Bulge began and would last until Jan 25. This was a final and desperate attempt by Adolph Hitler to force a negotiated peace treaty with the Allied Forces on the Western Front. Caught unprepared, the Allied Forces suffered over 20,000 casualties before defeating German army.
- **Soccer:** 8<sup>th</sup> in Bro. Martin tournament
- **Wrestling:** JV & Varsity at Zachary
- **Basketball:** JV in Bro. Martin Shootout

**Sun, Dec 17 (Third Sunday of Advent; Gaudete (Rejoice) Sunday! Advent is almost over!**

- **Today** begins the "final days of Advent", characterized by the "O Antiphons" taken from the Liturgy of the Hours. Today's antiphon: ***O Sapientia:** O Wisdom, O holy Word of God, you govern all creation with your strong yet tender care. Come and show your people the way to salvation.*
- **TDIH:** In 1903, Orville & Wilbur Wright fly the first powered, controlled, heavier-than-air airplane at Kitty Hawk, NC. The flight wasn't much - 12 seconds, 120 feet. But it was the first controlled, sustained flight in a heavier-than-air craft, one of the great moments of the century.



Cole concentrates before his match.



**Mon, Dec 18 (8:15 start; Exams D & E; Review F & G; 2:10 dismissal)**

- *O Adonai: O sacred Lord of ancient Israel, who showed yourself to Moses in the burning bush, who gave him the holy law on Sinai: come; stretch your hand & set us free.*
- **TDIH:** In 1777, the new United States celebrates its first national day of thanksgiving, commemorating the American victory at the Battle of Saratoga after the surrender of General John Burgoyne.
- **Bake Cookies Day:** Indulge!

**Tue, Dec 19 (8:15 start; F & G Exams; 11:45 Dismissal)**

- *Radix Jesse: Root of Jesse, you have been raised up as a sign for all peoples; kings stand silent in your presence; the nations bow down in worship before you. Come, let nothing keep you from coming to our aid!*
- **Faculty Christmas Lunch following dismissal, courtesy of the Mothers' Club**

**Wed, Dec 20 – Tue, Jan 2 -- Christmas (not winter) Holidays! You are on your own for athletic events, TDIH, National Whatever Days, Weekly Humor, etc.**

**Wed, Jan 3 -- School resumes at 7:45 am; regular; second semester begins with A B C D**

**I offer the following in alphabetical order, not necessarily order of importance:**

**ACT Scores:** If you read the latest issue of *Wolftracks* (and I hope you did!), you could not help but be impressed at the 20 students who scored a perfect 36 on one of the subsections of the ACT over the past six months. Wow. What an accomplishment. Congratulate them when you see them! And the latest ACT test brought even more perfect 36 scores! We will be publishing a complete list soon. In the meantime, know that we take ACT prep seriously at SPS.



*Students "check out" books for the last time!*

And we honored over 60 SPS junior and seniors last week who scored 30 or better on an ACT. That's an outstanding number for any school! More on them in a future newsletter.

**Adopt-a-Family:** This school year, we will be partnering with St. Tammany Project Christmas. We have "adopted" 35 children from [16 families in St. Tammany Parish](#). Each of these children have three wish list items that have been shared with the religion classes. As in the past, we will ask for monetary donations that will be collected through your son's religion classes to fund the purchase of the wish list items. In lieu of a monetary donation, if your family would like to purchase any of the wish list items, please reach out to Mr. Ramon for those details. In lieu of the above items, the sacrifice of time by helping shop

for gifts and gift delivery to Project Christmas is always needed and appreciated. For any questions, please contact Mr. Ramon ([j.ramon@stpauls.com](mailto:j.ramon@stpauls.com))

**Admissions for 2018 - 19:** At, this point, we have a “full crop” of applicants for next year. Technically, we must still accept applications until Saturday, January 6, when we will adminstere our placement test. At that point, any new applications for next year will be on a “wait list” basis. We are VERY pleased with the quantity and quality of the Class of 2023.

**Advent:** *Wait for the Lord, whose day is near! Wait for the Lord, be strong; take heart!* These words will be sung this week by our students in chapel at the beginning of each period’s religion classes during Advent. It’s a powerful moment in the faith life of our students. Ask your son about it.

**After School Issues:** Assignment Hall and detention are in full operation. Parents, please stress with your sons the need to do homework and follow rules. And if your son does end up in AH or detention, please establish a procedure for him to follow so that you are not wandering around looking for him. We tell the AH student to call their parents. We’ll provide a phone if needed.

**The Annual Fund:** Thanks to all who have responded so far. I’m humbled by the response. But I need everyone to participate. No gift is too small – and, of course, no gift is too large! Let me know if you have questions. If you would like me to meet with you, I’d be happy to do so.



**The Annual Fund and Grandparents:** Again, I do it differently than other schools that directly solicit grandparents. I ask that you inform your son’s grandparents or, if you want, I’ll be happy to send them the information directly if you wish. Just provide me with the information. I don’t want to ask grandparents without your consent. I’ve already received a number of grandparent gifts. Again, no gift is too small – and, of course, no gift is too large.

**Application Letters Excerpts:** Here are some more memorable lines from next year’s application letters:

- *I have a passion for wrestling, but my school doesn’t have a wrestling team so I haven’t activated that passion yet.* [Well, we will have to help him activate that passion!]
- *When I came to Open House, I immediately knew that St. Paul’s would be my home, where my happy place is, where I wanted to come every day and never leave.* [SPS as a “happy place”? Wonderful!]
- *The new gym is really cool, especially the wolf in the glass case.* [Yes, the gym is cool. \$4.5 million cool!]
- *St. Paul’s considers anything you want to do, and will try its best to make it happen.* [We will try!]
- *My father chose Jesuit, the best high school in his town and I am choosing St. Paul’s, the best high school in my town.* [Well, I certainly agree with the second statement!]

**Attendance:** Our Attendance Office is being taxed to the max. Under ordinary circumstances, it is difficult enough to keep track of the students. When you call Erin and request “immediate” dismissal for a student, it places an unfair burden on her. If a student must leave school early, please send a written note with your student and have him check in with the attendance office when he comes to school to get a dismissal slip for the time requested. This is the policy in our handbook – which you pledged to uphold at the beginning of the year when you signed. And we just can’t stop everything to deliver an assignment, a lunch, a message – we just don’t have the personnel. Thanks for understanding.

**Cash Back Programs:** Please keep the following in mind when you shop:

- AmazonSmile: This website, operated by Amazon, lets customers enjoy the same benefits of shopping on Amazon.com. The difference is that when using AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the price of eligible purchases to the charitable organization of your choice – which we hope will be Saint Paul’s School! Click here to shop on AmazonSmile: <https://smile.amazon.com/ch/58-1638895>.
- Office Depot: We recently received a \$700 store credit from customers who gave SPS ID at the checkout. Our number is officially 70041640 but saying Saint Paul’s will do. This will help a lot.
- Box Tops for Education: Each top is worth 10 cents – which adds up quickly. Thanks to the Math Department for promoting this painless way to help SPS financially..

**Cheating:** Parents, please stree with the sons the evil of cheating. An honest D is better than a dishonest A gained through cheating. The consequences for cheating are severe, so please ss with your sons the need to study – not cheat. It would be a terrible way to begin the Christmas holidays.

**Christmas (not winter) Holidays:** School will be closed from Dec 19 in the afternoon through Tuesday, Jan 2. Teachers **will not** be available for grade discussions during this time. **The business office, counseling office, and administration offices will be closed.** Please anticipate any needs, e.g. transcripts, driver’s license forms, etc. **I’ll be in my office on most days during the holidays catching up, and you should feel free to call me. I’ll help if I can, but I don’t always know how!** Thanks for understanding the need for the staff to have an uninterrupted Christmas break.

**Christmas (not winter) Holidays II:** I worry about our students over the holidays b/c of the temptations to which they will be exposed. Use any opportunity to encourage students to make healthy choices over the holidays. I again offer the following from Psychemedics:

*Early age marijuana use could have long-term consequences on your brain and it may even lower your IQ, according to a new study conducted at the School of Behavioral and Brain Sciences at the University of Texas at Dallas. Researchers found that compared to nonusers, people who smoked marijuana starting as early as age 14 have less brain volume, or gray matter, in the orbitofrontal cortex. That's the area in the front of your brain that helps you make decisions. "The younger the individual started using, the more pronounced the changes," said Dr. Francesca Filbey, the study's investigator. "Adolescence is when the brain starts maturing and making itself more adult-like, so any exposure to toxic substances can set the course for how your brain ends up." Researchers also found increased brain connectivity in chronic users, important for adaptive learning abilities. It also helps your mind make associations. This wiring of the brain starts to deteriorate with chronic marijuana use. Dr. Susan Weiss, associate director for Scientific Affairs at National Institute on Drug Abuse said the study provides more strong evidence about the dangers of marijuana. "This adds to the growing body*



*of evidence that heavy marijuana use, particularly at a young age, is linked to significant adverse brain changes," said Weiss. "These mounting scientific findings certainly challenge the widespread belief that marijuana is harmless."*

*Alcohol is a drug. And every day, more than 4,750 American kids aged 15 and younger take their first full drink of this drug. That's according to the U.S. Substance Abuse and Mental Health Services Administration, or SAMHSA. Kids who start drinking before age 15 also are five times more likely to become alcoholics or abuse alcohol than are people who wait until adulthood for their first sip. Another problem for kids*



*who experiment with this drug is that they are more likely than adults are to consume too much alcohol over a short period of time. What few people realize is that binge drinking poses many risks that go well beyond getting drunk and acting irresponsibly. People forget what happens when they are drunk because alcohol makes it harder for the brain to turn short-term memories into long-term ones. But for teens, alcohol's dangers go well beyond impairing memory. "For humans, this means binge drinking during adolescence may permanently change brain functioning," says Vivian Faden, a scientist at NIAAA. What's more, she adds, these changes "appear to be irreversible." Research has shown that teens who drink heavily lose more white matter in their brain over time than do teens who don't, Faden says. White matter acts a bit like the brain's superhighway system. It connects areas of the brain's so-called gray matter, which processes information. Alcohol also can hurt a portion of gray matter in a region known as the prefrontal cortex, Faden says. This area is used for attention, concentration, self-control and making decision. For full story, read:*

<https://student.societyscience.org/article/alcohol-can-rewire-teenage-brainstory.html>

**Cold Weather Gear:** Only Saint Paul's outwear is permissible in cool/cold weather. **If your son needs an SPS sweatshirt and money is tight right now, just have him come see me. This will be handled confidentially and appropriately.** Remember that ONLY SPS cool weather clothing is allowed.

**Driver's License Requirement:** A new requirement was added to the driver's license issuance process for all minor applicants. All minor applicants must produce proof the applicant has either received a diploma or is currently enrolled in a high school program. This is done through a school attendance form from his or her high school prior to applying for a driver's license. These forms are available in the Counseling Office or in the Administration Building.

**Exams:** Semester exams begin on Dec 13. The schedule is printed below and was sent by Trevor Watkins last week. Remember that exams are SEMESTER exams which will cover the entire semester. The **semester grade**

(the only grade that counts in GPA and the only grade on the transcript) will be averaged in the following manner: 40% for Quarter 1; 40% for Quarter 2; 20 % for the semester exam. Encourage your son, therefore, to take his exams seriously. **It's time to start reviewing.** A good review lasts several weeks and avoids last minute cramming. Learning how to study for semester exams will aid your son considerably in college.



**Hanukkah:** While we Christians prepare to celebrate Christmas, our Jewish brothers and sisters are preparing to celebrate Hanukkah, which begins at sundown on Dec 12 this year and ends at sundown on Dec 20. We extend our very best wishes to our Jewish brothers and sisters who will soon celebrate Hanukkah, the Jewish Festival of Lights. Unlike Christmas, which is always on December 25, Hanukkah is a movable feast. Hanukkah celebrates the victory of the Maccabees and the rededication of the Jerusalem Temple. It also commemorates the miracle of the oil that burned for 8 days. We wish our Jewish brothers and sisters a blessed and joyful celebration of Hanukkah!

**ID Cards:** As part of our safety plan, students are required to wear their ID cards on their SPS issued lanyard on a DAILY basis. **Please check your son before he leaves the house to make sure he is wearing the ID.** If he forgets, he receives a detention. If he loses his ID, he must purchase a replacement for \$10.

***It's a Wonderful Life Rerun:*** I have printed this the last five years but it's worth another read, as *I AWF* is one of those Christmas classics that many enjoy seeing over and over. Here's what Director Frank Capra said about the film: *I AWF wasn't made for the oh-so bored critics or the oh-so jaded literati. It was for my kind of people. ... A film to tell the weary, the disheartened, and the disillusioned; the wino, the junkie, the prostitute; those behind prison walls and those behind Iron Curtains, that no man is a failure. To show those born slow of foot or slow of mind, those oldest sisters condemned to spinsterhood, and those oldest sons condemned to unschooled toil, that each man's life touches so many other lives. And that if he isn't around it would leave an awful hole. A film that said to the downtrodden, the pushed around, the pauper, "Heads up, fella. No man is poor who has one friend. Three friends and you're filthy rich." A film that expressed love for the homeless and loveless; for her whose cross is heavy and him whose touch is ashes; for the Magdalenes stoned by hypocrites and the afflicted Lazaruses with only dogs to lick their sores. To shout to the abandoned grandfathers staring vacantly in nursing homes, to the always interviewed but seldom adopted half-breed orphans, to the paupers who refuse to die while medical vultures wait to snatch their hearts and livers, and to those who take cobalt treatments and whistle -- I wanted to shout, "You are the salt of the earth. And It's a Wonderful Life is my memorial to you!"*

#### **Last Week:**

- **ACT Administration on Sat** was cancelled due to weather.
- **ACT Recognition Lunch:** Chick-fil-A left our 60+ 30+ (hope that makes sense) achievers well fed and rewarded.
- **Adopt A Family:** Thanks to those who brought students to shop and to wrap. Donations have been generous.
- **Advent Devotions:** Strains of "Wait for the Lord" filled the chapel last week



- **Basketball:** 8<sup>th</sup> grade came from behind to win 32-30 against Monteleone Jr Hi; Varsity games were canceled.
- **Cross Country Awards Banquet:** A good time was passed by all. Congrats, CC.
- **Immaculate Conception Mass:** Since school was closed, this didn't happen. Thanks to all who had set up for mass.
- **Luminarias:** Man proposes; God disposes – and the weather gods did not allow for our annual festival of lights to take place. But take heart! The event is re-scheduled for this Tue.
- **Marching Wolves** were a hit in the Mandeville Christmas parade.
- **Mothers Club:** The MC outdid itself with a sumptuous Christmas dinner for the Brothers on Saturday. Thanks, MC!
- **Rugby:** 8th grade rugby wolves defeated Jesuit, 40 – 20. Geaux Rugby Wolves!
- **Soccer:** Wolves played Sat. I think they won but don't have final score!
- **Wrestling:** Wolves handily defeated John Curtis; JV tournament in BR was cancelled Sat due to weather; but Jr Hi tournament at Holy Cross was not. Results? 1<sup>st</sup>: Jake Houser in two weight classes, Ethan Viator, Ryan Blanchard: 2<sup>nd</sup>: Noah Soule; 3<sup>rd</sup>: Trey Faherty. Grant Nastasi, & Jacob Pyburn

**Lost and Found:** The accumulation continues. Sweatshirts, pants, belts, uniform shirts, many, many lunch boxes, books, art supplies, pencil cases, folders, flash drives, you name, it's probably in our lost and found. Parents, please put your son's name on things and stress with your son the need to be responsible with his belongings.



**Luminaries – 6 pm.** On Tuesday, come join this annual Festival of Lights on our campus! Luminarias are lit at 6, caroling begin at 6:30 in Founders' Circle, prayer service at 7 in our chapel, following by refreshments in the cafeteria. Thanks to Student Council, Mothers' Club, Campus Ministry, Physical Plant, Liturgical Band, Marching Wolves, Jazz Band and all who help with this incredible "festival of lights" on campus. The Christian Brothers were among the first to bring this holiday treat to our area since they were knowledgeable about it from our schools in New Mexico

**Mission Collections, Adopt a Family Projects, and Other Worthy Causes:** We encourage our students to be generous with these causes. However, I again want to reassure parents that we DO NOT want to cause an economic hardship for our families. Please speak with your son about charitable giving. Perhaps you can reread as a family the parable of the Widow's Mite. Our teachers are aware that not every student can give a lot – or even give at all. Let me know if your son is feeling uncomfortable with our appeals. And that goes for you, too. Let's face it – tuition does NOT cover the cost of running Saint Paul's. Hence, we have fundraisers. As stated above, I've launched our Annual Fund Drive, and if you can give, that's great. If not, I understand but ask that you pray for Saint Paul's. In turn, we pray for financial health for all.

**Money:** Parents, please stress with you son that they should NOT bring large sums of money to school. There is absolutely no need for students to have large cash amounts – which they invariable talk about which tempts others.

**Re-Registration of Current Students for 2018 - 19:** For those of you who plan ahead, here's the process:

- Current 8<sup>th</sup> graders will be asked to register during the last two weeks of January. We need to know if any current 8<sup>th</sup> graders do not plan on returning next year in order for us to know how many new (if any) 9<sup>th</sup> graders we can accept.
- Current 9<sup>th</sup> – 11<sup>th</sup> grade students will be asked to register during the first two weeks of February.
- Current 12<sup>th</sup> graders – well, they don't have to worry about registering for SPS next year!
- In all re-registration for 2018 - 19, a \$300 registration fee will be due.
- **Also, if your son does not plan on returning for the second semester of this year, please let me know ASAP. We are getting inquiries about January admissions.**



**News worth Knowing:**

- **Increased screen time may be linked to teen suicide and depression.** New research finds that teens using electronic devices five hours or more daily are 70% more likely to experience suicidal thoughts and behaviors than teens with significantly lower use. Experts say the immediacy, anonymity, and potential for bullying

unique to social media may be an influencing factor. [See more on this story](#) and [view the abstract](#).

- **Substance Abuse and Mental Health Services Administration (SAMHSA)** offers a free resource guide for parents on preventing youth substance use. *Keeping Youth Drug-Free* from Substance Abuse and Mental Health Services Administration includes facts and case studies, statistics on adolescent substance use, and tips on good communication. [Download the guide](#).
- **Preventing sexual harassment and assault starts early in life.** That's top among the insights from researchers studying prevention and making recommendations for effective programs. Addressing issues in early childhood through the teen years, de-emphasizing self-defense and focusing on the dynamics that create and enable perpetrators, prioritizing the role of boys and men, and empowering bystanders and youth are among recommended approaches for creating change. [See more on this story](#).

**The Paper Wolf:** The all new DIGITAL Paper Wolf is updated each class period, thus keeping it relevant and interesting. We encourage you to SUBSCRIBE which will email you alerts when new content is added. The



students are very excited about this new venture. So support them and subscribe to The Paper Wolf (which should now probably be called The Digital Wolf!) Here's the link: [www.thepaperwolf.com](http://www.thepaperwolf.com). Well done, Mrs. Simoneaux & Journalism class! Here are some stories from last week worth reading:

**Safe Driving:** Parents – set an example for the students! Students – the neighbors are watching (and filming!) and we will take action! This applies at all times: after school, after practice, on weekends, at games, etc. Please obey the traffic laws: speed limit, no tailgating, no texting while driving, buckle up, etc. Thank you!

**School Zone Cell Phone Ban:** It is illegal to use a cell phone in a school zone while driving. I see some students and parents driving in the morning and using a cell phone. This sets a bad example – and is illegal. Please do not drive on campus during school zone hours while using a cell phone.

**Senior Parents:** Senior Retreat is just around the corner. You should have received an email with all the details from Renee Miller and Lee Pierre, retreat coordinators. If you didn't receive this email, please email Renee at [reneep@stpauls.com](mailto:reneep@stpauls.com) or Lee at [leep@stpauls.com](mailto:leep@stpauls.com).

**Service Hours:** As a Lasallian Catholic institution, we are called to demonstrate "Concern for the Poor and Social Justice." Our school wide response to this calling is our Serve Ten program. Every St. Paul's student is required to complete a minimum of ten (10) service hours during the school year. Service hours must be completed and submitted by May 1st, 2018 Acceptable service is that in which



you volunteer with a charitable organization (like the Covington Food Bank and local churches), assist the elderly, help someone less fortunate in the community, or assist at fundraisers for charitable organizations. . . Assisting family is admirable, but does not count towards the service hour goal. Service hour forms can be found on the St. Paul's Edline homepage under "Links". Completed forms should be signed and turned in to the drop-off box in the library. Electronic submission of the forms as well as any questions relating to service hours can also be sent to Mr. Ramon ([j.ramon@stpauls.com](mailto:j.ramon@stpauls.com))

**Student Council:** SPS Student Council announces its annual Christmas dance open to SSA and SPS 8th, 9th, and 10th graders on Fri, Dec 15 from 7-9PM in the Briggs Assembly Center. Attire is appropriate casual attire reflecting the theme "Christmas Movies." Admission is \$10. DJ music, cookies, and water will be provided.



**Thanksgiving to Christmas:** This period of the school year can be a real challenge. While it should be a time of good will and cheer, often we find ourselves handling a crisis. The best way to prevent any difficulty is through the Lasallian virtues of caring and vigilance – which will be in full force. Teachers will teach until the very end. **Parents, please remind your students to adhere to ALL procedures & policies and to think before they act.** We will show care to the students, but we will be vigilant.

**Tutoring:** National Honor Society tutoring begins Tue, Sep 5, according to the following schedule:

- Tuesday and Thursday mornings beginning at 7:15 in La Salle 207
- Monday and Thursday at lunch in LaSalle 207.
- Essay proofreading services also provided.
- Please encourage your son to take advantage of this awesome opportunity to get help from their most capable peers. **It is not embarrassing to do so.**

**Uniform Shirts:** We have a large number of pre-owned uniform shirts in good condition if your son has outgrown his and purchasing new ones is difficult for you. Just come to the Admin Bldg. Nothing will be done to embarrass your son. We also have a number of khaki pants available – all for the taking.



**Vaping:** I'm sorry I have to mention this, but please speak to your son about the dangers involved in this latest fad. We are hearing anecdotal reports of vaping by our students and have even taken disciplinary action against several of them who vaped at school events. We will continue to be vigilant and take strong measures against violators. At last month's regular meeting with the Covington Police Department, we were informed that it is **AGAINST THE LAW** for minors to purchase vaping equipment. Please make sure your son knows this – and complies with your wishes, the school rules – and the law.

**Vigilance:** We've got one week left to go. The best way to prevent any difficulty is through the Lasallian virtues of caring and vigilance – which will be in full force. Teachers will teach until the very end and proctor exams diligently. **Parents, please remind your students to adhere to ALL procedures & policies.** We will show care to the students, but we will be vigilant.

**Waiting Has Value:** During Advent, a time of waiting, I remind all that the ability to “wait” is a chief characteristic for success in health, work, and life as shown by over 40 years of research at Stanford University. Beginning with the famous “marshmallow experiment” published in 1972 (children could choose to have one marshmallow now or two if they waited 15 minutes), researchers conducted follow up studies and tracked each child's progress in a number of areas. **They found that the children who were willing to delay gratification and waited to receive the second marshmallow ended up having higher SAT scores, lower levels of**

**substance abuse, lower likelihood of obesity, better responses to stress, better social skills as reported by their parents, and generally better scores in a range of other life measures.** The researchers followed each child for more than 40 years and repeatedly, the group who waited patiently for the second marshmallow succeeded in whatever capacity they were measuring. **In other words, this series of experiments proved that the ability to delay gratification was critical for success in life.** Now if we could only get our students to buy into this! Here's the full article: <http://jamesclear.com/delayed-gratification>

**Weekly Humor:** More Christmas jokes to honor the season:

- *Q: What did the ghosts say to Santa Claus? A: We'll have a boo Christmas without you.*
- *Q: What did Santa shout to his toys on Christmas Eve? A: Okay everyone, sack time!!*
- *Q: What do snowmen eat for breakfast? A: Snowflakes.*
- *Q: If Santa Claus and Mrs. Claus had a child, what would he be called? A: A subordinate clause.*
- *Q: Why did the elf push his bed into the fireplace? A: He wanted to sleep like a log.*
- *Q: Why did Santa spell Christmas N-O-E? A: Because the angel had said, "No L!"*
- *Q: Why does Santa Claus go down the chimney on Christmas Eve? A: Because it "soots" him!*
- *Q: What do you do if Santa gets stuck in your chimney? A: Pour Santa flush on him.*
- *Q: Did you hear that one of Santa's reindeer now works for Proctor and Gambel? A: It's true: Comet cleans sinks*
- *Q: What do you call people who are afraid of Santa Claus? A: Claustrophobic.*
- *Q: Why does Scrooge love Rudolph the Red-Nosed Reindeer? A: Because every buck is dear to him.*
- *Q: How come you never hear anything about the 10th reindeer "Olive"? A: Yeah, you know, "Olive the other reindeer, used to laugh and call him names"*
- *Q: What's a good holiday tip? A: Never catch snowflakes with your tongue until the birds have gone south for winter.*
- *Q: What did Adam say on the day before Christmas? A: It's Christmas, Eve!*
- *Q: What do you have in December that you don't have in any other month? A: The letter "D"!*
- *Q: What does Father Christmas suffer from if he gets stuck in a chimney? A: Santa Claustrophobia!*
- *Q: What do you call a letter sent up the chimney on Christmas Eve? A: Black mail!*
- *And for the musically literate: Make out your Chopin Liszt early before Debussy season, when you have time to check out Verdi good bargains, can still get gifts Faure good price, not have to Handel large crowds and have time to give Bach things you decide you don't want.*
- *OK, I'll stop!*

**Yearbook** sales are now open for the 2017-2018 Conifer, which will be distributed at the beginning of the 2018-2019 school year. You can also purchase senior ads now. Senior parents should have received an email last weekend and senior students received a form with instructions during their period A class last week. **ALL SALES ARE ONLINE** at [www.yearbookforever.com](http://www.yearbookforever.com). The price of the yearbook is discounted to \$60 through Dec 31, at which time the price will increase to \$65. The deadline is May 14 to place senior ads and May 25 to purchase a yearbook. Please contact Mimi Monteiro at [m.monteiro@stpauls.com](mailto:m.monteiro@stpauls.com) if you have any questions.

Anyone wishing to buy previous year yearbooks should go to the Development Office, to be sold on a first-come-first serve basis.

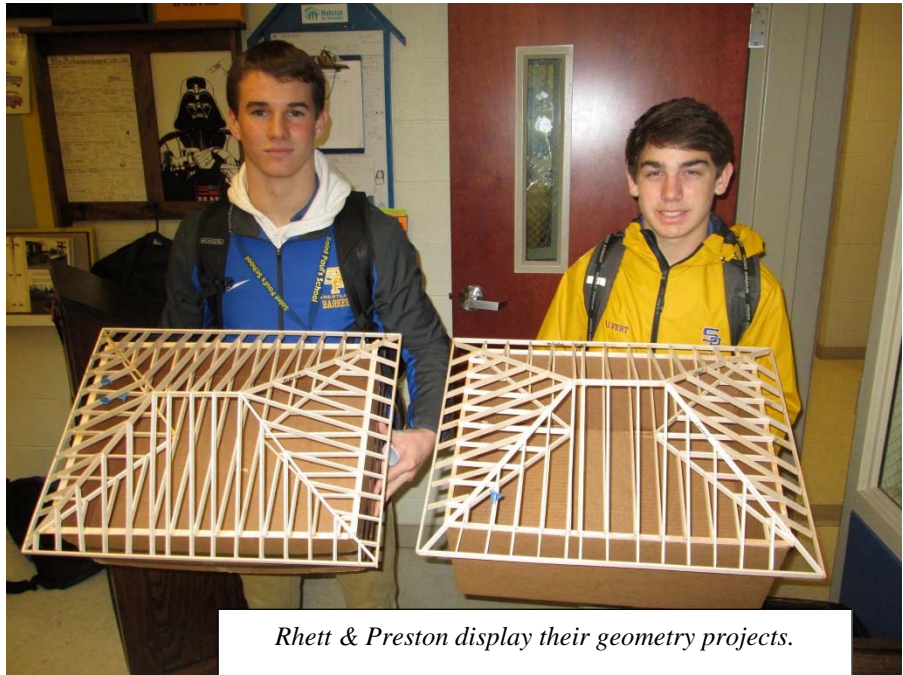
# Period Rotation 2017-2018

## December

- 11 – CDEF
- 12 – GABC – President's Assembly
- 13 – DEFG(A)
- 14 – Exams
- 15 – Exams
- 18 – Exams
- 19 – Exams – *Teacher Christmas Luncheon Cafeteria at noon*

## January

- 3 – ABCD – Seniors on Retreat
- 4 – EFGA – Seniors on Retreat
- 5 – BCDE – Seniors on Retreat
- 8 – FGAB
- 9 – CDEF – Pack Time – *Snack Day*
- 10 – GABC
- 11 – DEFG
- 12 – ABCD
- 16 – EFGA – President's Assembly
- 17 – BCDE
- 18 – FGAB
- 19 – CDEF
- 22 – GABC – *8/9 HR Breakfast in BAC*
- 23 – DEFG – Pack Time *10/11 HR Breakfast in BAC*
- 24 – ABCD – *12<sup>th</sup> HR Breakfast in Cafeteria / Junior Career Day*
- 25 – EFGA – Mass Conversion of St. Paul
- 26 – BCDE – Possible LPO Concert
- 29 – FGAB
- 30 – CDEF – President's Assembly
- 31 – GABC



*Rhett & Preston display their geometry projects.*

## First Semester Exam Schedule

### Wednesday, December 13 – DEFG(A)

- Regular classes in periods DEFG
- Review for Period A Exam
- **Special Exam Review Schedule (76 min. classes With SSR)**
- 7:45 – 9:16            Period D/CNN
- 9:23 – 10:54        Period E



- 10:54– 11:39 Lunch
- 11:35 – 1:00 Period F
- 1:05 – 2:11 Period G (Last class period of semester)
- 2:16 - 3:00 Period A Exam Review

### **Thursday, December 14**

#### **• Special Exam/Prayer Service/President's Assembly/Snack Schedule**

- 8:15 -8:30 Prayer, Roll and Announcements
- 8:30 – 10:00 Period A Exam
- 10:05-10:45 Advent Prayer Service (Gym)
- 10:55- 11:40 Period B Review
- 11:40-12:25 Lunch
- 12:30-1:00 President's Assembly (Gym)
- 1:00-1:15 Break
- 1:15 – 2:00 Period C Review
- 2:10 Dismissal

### **Friday, December 15**

- 8:15-8:30 Prayer, Roll
- 8:30 -10:00 Period B Exam
- 10:00-10:10 Break
- 10:10-11:40 Period C Exam
- 11:40-12:25 Lunch
- 12:30-1:15 Period D Review
- 1:20-2:05 Period E Review
- 2:10 Dismissal

### **Monday, December 18**

- 8:15 – 8:30 Prayer, Roll, Announcements
- 8:30 – 10:00 Period D Exam
- 10:00 – 10:10 Break
- 10:10 – 11:40 Period E Exam
- 11:40 – 12:25 Lunch
- 12:30 – 1:15 Period F Review
- 1:20 – 2:05 Period G Review
- 2:10 Dismissal

### **Tuesday, December 19**

- 8:15-8:30 Prayer, Roll and Announcements
- 8:30 -10:00 Period F Exam
- 10:00-10:10 Break
- 10:10-11:40 Period G Exam 11:45 Dismissal



*8<sup>th</sup> Grade Rugby Wolves defeated Jesuit 40, 20.  
Geaux Rugby Wolves!*



Wolves who scored 30 or better on the ACT were treated to lunch last week! Well done, Wolves!

Whew! I've worn you out again this week! **But the newsletter goes on Christmas vacation so you get a break for the next two Sundays! The next newsletter will appear on Sunday, Dec 31.**

As usual, I'll close with my paraphrase of one of my favorite NPR radio shows (which I'm listening to right now and LOLing): well, it's happened again – you've squandered perfectly good time reading my ramblings!

This is my last newsletter for 2017 (I can hear you cheering!) As we prepare for the coming of the Prince of Peace, I can think of no better way to end than to reprint the Lasallian Prayer for Peace, which the Brothers pray at the end of their daily mass:

*We pray to You, Lord, God of life and God of those who hope! Listen to our prayer for the whole world, for peace among all peoples, for prosperity in all lands. We pray to You that evil may be overcome and that all wars may end. We pray to you especially for the members of our Lasallian Family, who suffer from war, injustice and intolerance and for the children and young people who are poor and neglected. We pray too, God, for peace in our lives; in our towns, in our schools, in our families and in our own hearts. We pray for a peace that the world cannot give us. We pray for a peace that will make us whole and transform us into ambassadors of justice for your sake. peace! Amen.*

*Lord, give us Your peace.*

Brother Ray Bulliard, FSC

Ready to Rejoice for Christmas as the 17<sup>th</sup> Christian Brother President of Saint Paul's School

*Wait for the Lord, whose day is near. Wait for the Lord; be strong; take heart!*



*Now let's prepare the way of the Lord by doing ordinary things extraordinarily well, making courageous choices, doing God's will, remaining faithful, and being guided to God this Advent – and always!*



*Hunter Stadium on luminaria night last year. Come see this year's word on Tue, beginning at 6 pm.  
Photo courtesy of sophomore Michael Valliant.*