The President's Hebdomadal Blue Ribbon Newsletter
Celebrating 100 Years of Christian Brothers at SPS

October 22 – 28, 2018

Welcome to the final full week of October and the second week of the second quarter! Time marches on; all we can do is make the most of it.

As we begin the second quarter, now is a good time to remind ourselves of and recommit ourselves to the fundamentals of what we do and why we do it. Ten weeks ago, we committed ourselves to being Lasallian and to doing God's will. At the start of the second quarter, we must renew our Lasallian commitment to students and each other. **As we begin the second quarter, we again commit ourselves to the five Lasallian Core Principles:** ***Provide a quality education, Build an inclusive community, Respect all persons, Show concern for the poor and social justice, and Have Faith in the presence of God.***

As we pray daily to our Holy Founding Brothers to help us continue our Lasallian Mission, I offered the following words of St. John Baptist de La Salle to our faculty and staff and encouraged them to use these words of St. La Salle to inspire their work – just as, I'm sure, our Founding Brothers did. I respectfully submit that the words apply to you, too, in your role as parent just as much as they apply to us in our work as teachers:

- ***It is God who has called you to this form of service;*** **[parenting or teaching]**
- ***Every day God calls you anew to the needs these children have;*** **[as parent or teacher]**
- ***It is God's own work that he entrusts to you;*** **[as parent or teacher]**
- ***Your presence among young people brings salvation to them;*** **[as parent or teacher]**
- ***Be satisfied with what you can do, since God is satisfied with it, but do not spare yourself in what you can do with grace; and believe that, if you want it, you can do more with the grace of God than you think.***
- ***In you, and through your ministry, these children encounter God, who knows each of them by name, who loves them, and who goes out searching endlessly for those who have gone astray.***

Please pray this week that we live up the Lasallian Mission of education.

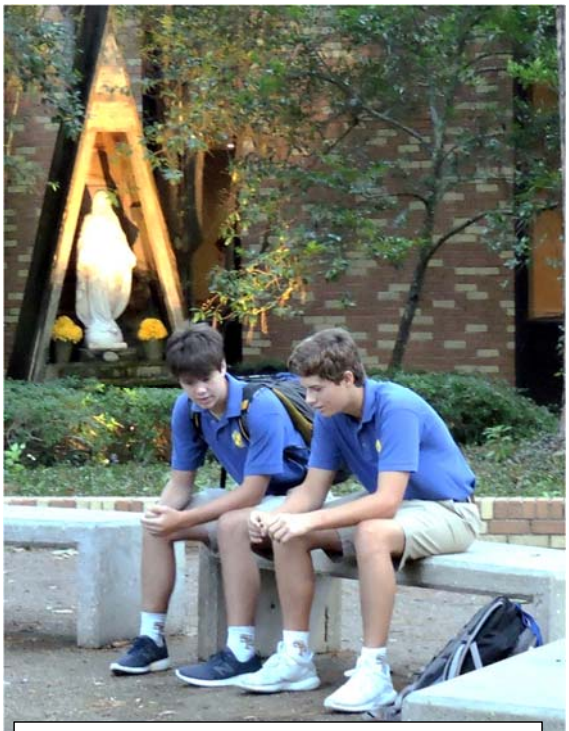
By the way, the image of St. La Salle above is from an original oil painting that hangs in the Counseling Center. It was painted by famous Louisiana folk artist Eddie Mormon, known for his distinctive style of vivid colors, lots of paint, and use of a knife, not a brush for bold strokes. A former SPS student who left here before he graduated – but remains grateful for SPS – commissioned it.

Mon, Oct 22 (Feast of St. John Paul II; Late star(9); A B C D)

- **This Day in History:** In 1962, President John Kennedy announces that he has ordered a blockade of Cuba in response to the discovery that the Soviet Union was installing missiles on the island, pushing the US to a nuclear showdown with Russia.
- **CAPS LOCK DAY: FEEL FREE TO CAPITALIZE EVERYTHING TODAY!** I will abstain.
- **International Stuttering Awareness Day:** 1% of the population stutters or has a speech impairment. Let's be sensitive to them and learn how to assist. There are some great tips on the ISAD website.
- **Smart is Cool Day:** Flaunt your IQ today! Tout your ACT score! Quote Plato and Shakespeare! Take an on line IQ test at www.iqtest.com and see how smart you really are!
- **Parent-Teacher Conferences (5-7 in the BAC)**

Tue, Oct 23 (President's Assembly; Shadow Day; E F G A)

- Today, the Lasallian world celebrates the **memorial feast of Blessed Brother Arnold**, a Christian Brother (1838-1890) who was beatified by Pope John Paul II. From the Brothers' web site: *Arnold was born into a poor family and left school early to work as a stable boy, coachman, and for local construction. He met the Brothers while attending evening classes at their school and joined. He taught for 14 years at a boarding school in Reims. Despite a full teaching schedule, he privately studied math, theology, science & agriculture. During Franco-Prussian War of 1870, he cared for medical & spiritual needs of the wounded on both sides; he was awarded the Bronze Cross. His work won the hearts of his students by his care for their spiritual and professional development. He died at 52 with a reputation for sanctity*. Work and pray so that people will say the same about our reputations! Blessed Brother Arnold—watch over and inspire us!



Two Wolves share quiet conversation – actual talking, not texting!

- **Mole Day:** Celebrated annually on Oct 23 from 6:02 a.m. to 6:02 p.m., Mole Day commemorates Avogadro's Number (6.02×10^{23}), a basic chemistry measuring unit. Will Lee's classes make moles again this year? Stay tuned!
- **The Swallows Depart San Juan, Capistrano** today as they head for their winter home in Argentina.

Wed, Oct 24 (7:15 mass; Regular; B C D E)

- **Let Us Remember Dept:** Today marks the 13 year anniversary of the death of prodigious SPS English teacher Brother Bill Parsons. While fewer and fewer at SPS remember Bill, his presence and influence continue. We remember Bill and his contribution to the Christian education of youth and take comfort in the role he played in our lives. Brother Bill, pray for us! In his memory, let's pay attention to our English today – and teach the entire period – which was something on which he insisted.
- **TDIH:** In 1861, Western Union sends the first transcontinental telegram from San Francisco to Washington, DC, addressed to President Abraham Lincoln from the Chief Justice of California.
- **TDIH:** In 1945, The United Nations is founded.
- **National Bologna Day:** Eat a bologna sandwich! I'll pass!
- **Football:** 9th & JV at Mandeville (5:30)
- **Drama: "To Kill a Mockingbird" (7)**

Thu, Oct 25 (Regular; F G A B)

- **TDIH:** In 1854, during the Crimean Way, the Charge of the Light Brigade occurred. Of the 673 British cavalrymen, 272 were killed. The Charge was later immortalized in the poem by Alfred, Lord Tennyson. (*Theirs not to make reply, Theirs not to reason why, Theirs but to do and die. Into the valley of Death Rode the six hundred*) Re-read this famous poem today!
- **TDIH:** In 1983, over 2000 US Marines and Army Rangers invade the tiny Caribbean island of Grenada "to restore order and democracy."
- **TDIH.** In 1881, Pablo Picasso, co-founder of the Cubist movement and one of the greatest, most influential artists of 20th century, is born in Malaga, Spain. Spend time today viewing some Picasso. Here's a link: http://www.google.com/images?q=picasso&oe=utf-8&rls=org.mozilla:en-US:official&client=firefox-a&um=1&ie=UTF-8&source=univ&ei=D3XBTL_6AoT7lwff25nLCg&sa=X&oi=image_result_group&ct=title&resnum=4&ved=0CEoQsAQwAw&biw=1024&bih=578
- **TDIH:** In 2016, the Advanced Ed/Southern Association Quality Review Team arrived on campus for a three day inspection of our school. SPS passed with flying colors!1
- **Sour Day:** Life given you lemons? Today's the day to shout about it. Reserve the right to be grumpy, irritable and sour about the world and everything in it. But tomorrow you've got to be sweet to everyone!
- **World Pasta Day:** Last week was National Pasta Day, now it's World Pasta Day – so eat some more pasta!
- **Football: 8th v. Bro. Martin (TBD)**
- **SSA** invites all SPS students to join them starting at 3:15 and free admission to the "Pink" volleyball games starting at 4:00.
- **Drama: "To Kill a Mockingbird" (7)**

Fri, Oct 26 (9 am start for Faculty Wellness Screening & Flu Shots; C D E F)

- **Wellness Screening and Flu Shots** begin as early as 6:30 in the BAC. To lesson class interruptions, we will begin classes at 9:00. If you have a post-9:00 am appointment and are in class, let us know and we will provide a sub for the 15 minutes it will take for you to get screened and get your flu shot. Stay healthy.
- **TDIH:** In 1881, the Earp brothers face off against the Clanton-McLaury gang in a shootout at the OK Corral in Tombstone, AZ. Relive some Old West history today!
- **TDIH:** In 1958, Pan American Airways flies the first direct commercial jet flight from New York to Paris using a Boeing 707.
- **Howl at the Moon Day:** Release your inner wolf and go wild – full moon or not!
- **Swimming: Metro Meet Prelims (at UNO)**
- **Football:** Varsity v. Mandeville (7)

It's worth a visit at night to see the tower aglow.

Sat, Oct 27

- **TDIH:** In 1858, Theodore Roosevelt is born in NY City. In his honor today, speak softly, but carry a big stick!
- **Cranky Co-Workers Day:** Let cranky co-workers enjoy their miseries. Fortunately, we have no cranky SPS ones – just a cranky President, Principal, AP, and Dean.
- **Navy Day:** In the US, Navy Day is commonly celebrated on Oct 27th. This date was selected as it was the birth date of President Theodore Roosevelt, an avid supporter of the US Navy. In the 1970's, research determined that the birthdate of the US Continental Navy was Oct 13, 1775. At the time, efforts were made to move Navy Day to this date. However, Navy Day in the US is still largely recognized as Oct 27. We salute all members of the US Navy, both past and present, and thank them for their service to our country.
- **ACT on campus this morning**
- **Open House for Prospective Students** (1 pm). If you know of anyone interested in SPS for next year, encourage the family to attend. Administration & Dept chairs will be present, with student hosts & several students who will speak about our school. Thanks to all who are helping! We pray for the a good turnout.
- **Swimming:** Metro Meet Finals (UNO)
- **Drama: "To Kill a Mockingbird" – 2 pm and 7 pm (final performance)**

Sun, Oct 28

- Seven years ago today, Oct 28, 2011, Brother Alvaro Rodriguez Echeverria, then-Superior General of the Brothers of the Christian Schools, visited SPS. In his honor, we celebrated a memorable all-school liturgy and formed a Lasallian star. It was a magical moment in our school's history and the picture remains an iconic one. In his address to the students during Mass that day, **Brother Alvaro made the following points which are worthy of review:**

- Lasallians must be concerned with the rights of the child
- Lasallians must serve others, especially the poor
- Lasallians must engage in interreligious dialogue
- Lasallians must form quality relationships
- Lasallians must be people of faith

- Lasallians must have hearts without borders, allowing us to be concerned with all, both here and throughout the entire global community

And even though he's no longer Superior General, let's renew our commitment today to Brother Alvaro's vision of what a Lasallian school should be. Let's re-kindle the excitement of our centennial seven years ago so (and we are doing that this year by celebrating 100 years of Lasallian presence at SPS!) that when SPS celebrates its bi-centennial in 2111, they will look back at our time and say "this was our finest hour" (apologies to Winston Churchill!) – even though I want SPS to greater in 2111 than today!

- **TDIH:** In 1922, hundreds gather around radios to hear the first-ever cross-country broadcast of a college football game. The Princeton Tigers beat Coach Amos Alonso Stagg's formidable Chicago Maroons.
- **TDIH:** In 1886, President Grover Cleveland dedicated the Statue of Liberty on Bedloe's Island in New York harbor. The statue was a gift from the people of France commemorating the French-American

alliance during the American Revolution. Designed by Frederic Auguste Bartholdi, the entire structure stands 300 feet tall. The pedestal contains the words: "Give me your tired, your poor, your huddled masses yearning to breathe free, the wretched refuse of your teeming shore. Send these, the homeless, tempest-tost to me; I lift my lamp beside the golden door."

- **National Chocolate Day:** Indulge! (As if some of you needed a reason!)
- **National Forgiveness Day:** The mission of NFD (last Sat of Oct) is to encourage people to ask for forgiveness and to forgive one another while creating an understanding of the power of love, the joy of forgiveness, and the peace of humility in the hearts of positive people. **I ask anyone whom I've offended to forgive me and will offer my forgiveness to anyone who wants it –** but I'm not easily offended so very few people fall into that category!

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

OLL's living rosary flew high on Fri against a deep blue sky, thus sending our prayers to heaven.

ACT Prep: SPS is very proud of our ACT scores – but we want to do even better. And ACT Prep is a marathon, not a sprint – it can't be done a week or two before the test. The time to start is years ahead. AP Joe Dickens promotes the following two sites that provide a free ACT question of the day. Encourage your son to use these resources. Make it a family activity! Have fun with competition! Here are links:

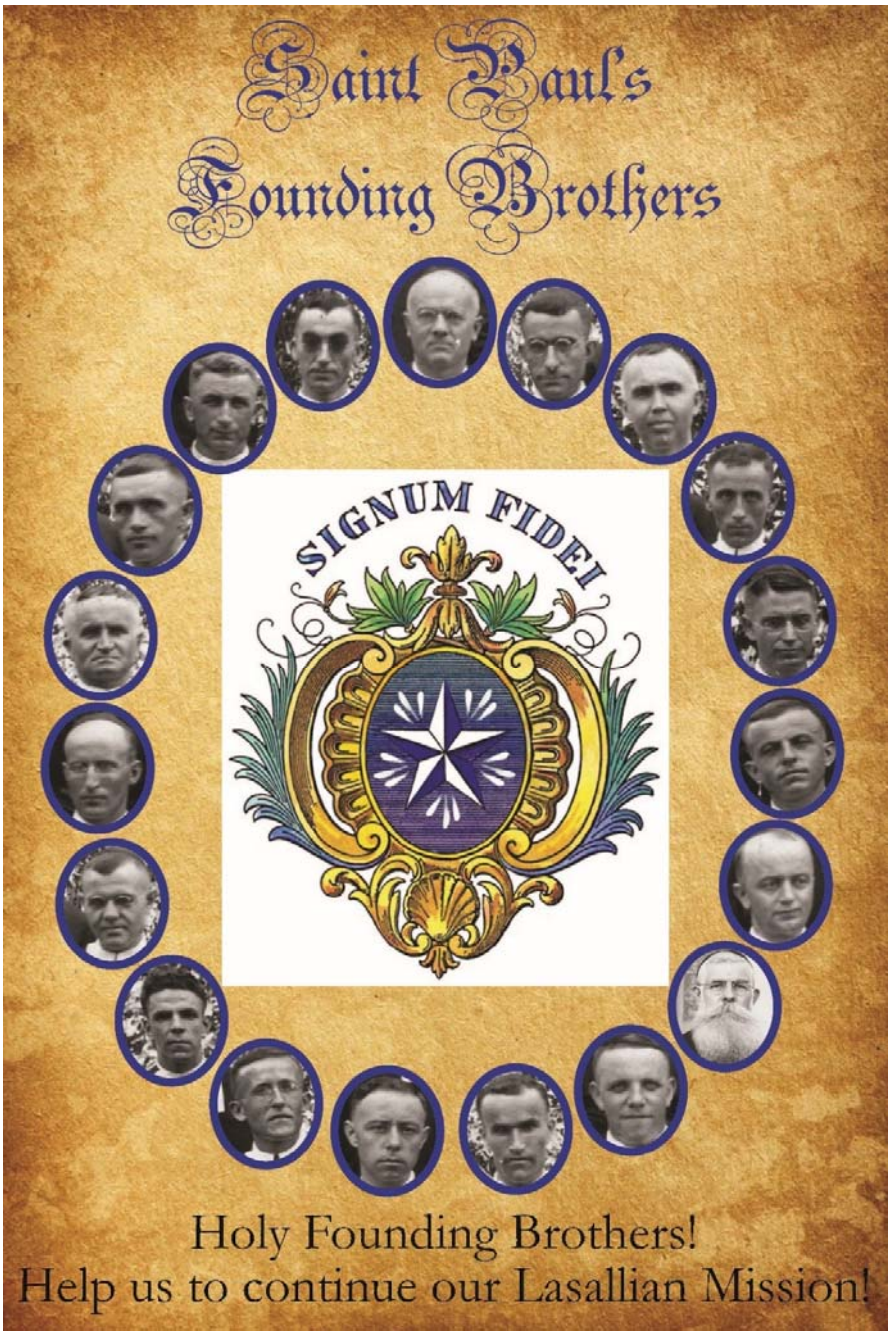
- https://academy.act.org/ (a lot like Khan Academy regarding its prep work and video tutorials)
- https://www.varsitytutors.com/act-questions-of-the-day (a lot like Khan Academy regarding its prep work and video tutorials)

Admissions for 2019 - 20: Yes, we are already looking ahead to next year. Here's how you can help: If you know any family who might be interested in SPS:

- Shadow Days slots are filling quickly. Thank you for spreading the good word about SPS!
- Encourage any public school family that is interested in us to apply on time – early November. We give priority to those students who apply on time.
- **Encourage interested families to attend Open House on Sat, Oct 27 at 1 pm**.
- We rely on current and former families to spread the word about SPS! I know I can count on yo

Athletic Tryouts:

- 8th Grade Basketball tryouts are Monday and Wednesday, November 12 and 14 from 3:30 to 4:30.
- **All soccer tryouts are this week. Schedules have been posted throughout the school.**



Attendance: We take attendance seriously. Please follow procedures for checking out a student (which I hope you do for only very serious reasons.) Send a note with your son BEFORE SCHOOL or email Suzy (attendance@stpauls.com) to let her know. We can't always answer your calls as there is only one of her and over 1500 of you!

Biomedical Science Program Good News: Eight years ago, Saint Paul's inaugurated a biomedical sciences program via Project Lead the Way's nationally recognized curriculum. This was made possible by a sponsorship from the Harry T. Howard Foundation. The five-year agreement with the Foundation ended three years ago and while we will always be grateful to the Foundation for launching our program, we needed to find a new sponsor. Two years ago, Dr. David and Mrs. Kathy Oubre of Ponchartrain Cancer Center generously offered to sponsor the program for the four years. Last week, SPS received the third installment on their sponsorship. The Cancer Center and their personnel have been resources for the students involved in the program. The PLTW Biomedical Sciences Program is aligned with national learning standards, following a proven hands-on, real world problem solving approach to learning. The students explore the concepts of human medicine, and are introduced to a variety of topics including: physiology, genetics, microbiology, and public health. Kathy Oubre, Pontchartrain Cancer Center's Chief Operating Officer stated, "David and I are blessed and honored to be able to give back to Saint Paul's School, a community that has meant so much to our family over the years. Moreover, this sponsorship allows us the opportunity to be a part of further educating those Saint Paul's students who have an interest in biomedical science." Dr. & Mrs. Oubre are the parents of SPS alumnus Nicholas, Class of 2016, and Michael, Class of 2020. We are EXTREMELY grateful.

Encourage prospective families to attend our Open House on Sat, Oct 27 at 1 pm.

Bookstore: The Bookstore has moved to Benilde Hall! Come see the new and improved Bookstore.
And here are the regular hours:

- M – F: 7:30 am - 8:15 am
- M – F: 11:00 am - 12:30 pm
- Also by appointment. Email spsbookstore@gmail.com.
- **PLEASE patronize the MC's Bookstore.** Proceeds not help fund wonderful activities throughout the year and campus needs. For example, the MC funded over $40,000 worth of school projects this past year.

Breast Cancer Awareness Month: I have been remiss in mentioning this and it's certainly more important that National Dessert Day or Frustration Day. As an all-boys school, we must not overlook the teachable moments concerning issues pertaining primarily to women, and our boys need to know about this insidious disease, which can strike their grandmothers, mothers, sisters, and future wives and daughters. And we have current parents and friends battling this medical scourge. I encourage enlightened, appropriate discussion of this important health issue with students when possible. We reach out in prayerful support to any family struggling with this issue. I invite you to pray the following:

We pray for those who are now ill. O God, Source of Life, heal them!
For those who are affected by illness, anguish and pain. O God, Source of Life, heal them!
Grant courage to those whose bodies, holy proof of Your creative goodness, are violated by illness.
O God, Source of Life, encourage them!
Grant strength and compassion to those who give loving care, support and help to overcome despair.
O God, Source of Life, strengthen them!
Grant wisdom to those who labor in the search for treatment and cures.
O God, Source of Life, inspire them!
Grant clarity of vision and strength of purpose to the leaders of our institutions and our government.
May they be moved to act with justice and compassion and find the courage to overcome fear and hatred!
O God, Source of Life, guide them and bless us all!

Cell Phones:

- State Law prohibits motorists from using any type of hand held wireless communications device while traveling through schools zones during posted hours. The law includes use of a cellular/wireless device for engaging in a voice call, accessing, reading, or posting to a social networking site, and/or writing, sending, or reading a text-based communication. The school zone cell phone ban does not apply if the device is being used to report an emergency, is being used in a hands-free manner, or while the vehicle is lawfully parked. Upon first violation of the school zone ban the fine is $175, subsequent violations can be up to $500, and if a crash occurs during the time of the violation, fines can be increased.
- SPS Law allows students to use their phones during lunch but only outside. If you need to call or text your son, do so during the lunch hour. Disciplinary action and fines will continue for violation of this policy. With our campus wide wi-fi, he can use his phone to surf the internet if needed.

Aqua Wolves are Regional Champs – again!

Clothing Drive: The Key Club is holding a clothing drive for NAMI of St. Tammany to enhance their depleted NAMI Closet store. NAMI works with the mentally ill of St. Tammany and could really use our help. All men's clothes from adult small to adult extra-large in dress clothes and casual clothes are in need. We will be taking donations at Founders Circle in the mornings before school starts all this coming week. The last day to drop off is Friday the 26. Please bring clothes in a bag or a box.

Driving: **Please** drive carefully and, if your son drives to school, stress traffic safety with him. Saint Paul's is located in a residential neighborhood, so be VERY careful when approaching campus. Covington Police will ticket violators – and we will take disciplinary action against students as well. And remember: **cell phone use in a school zone is against the law and can be ticketed by police!**

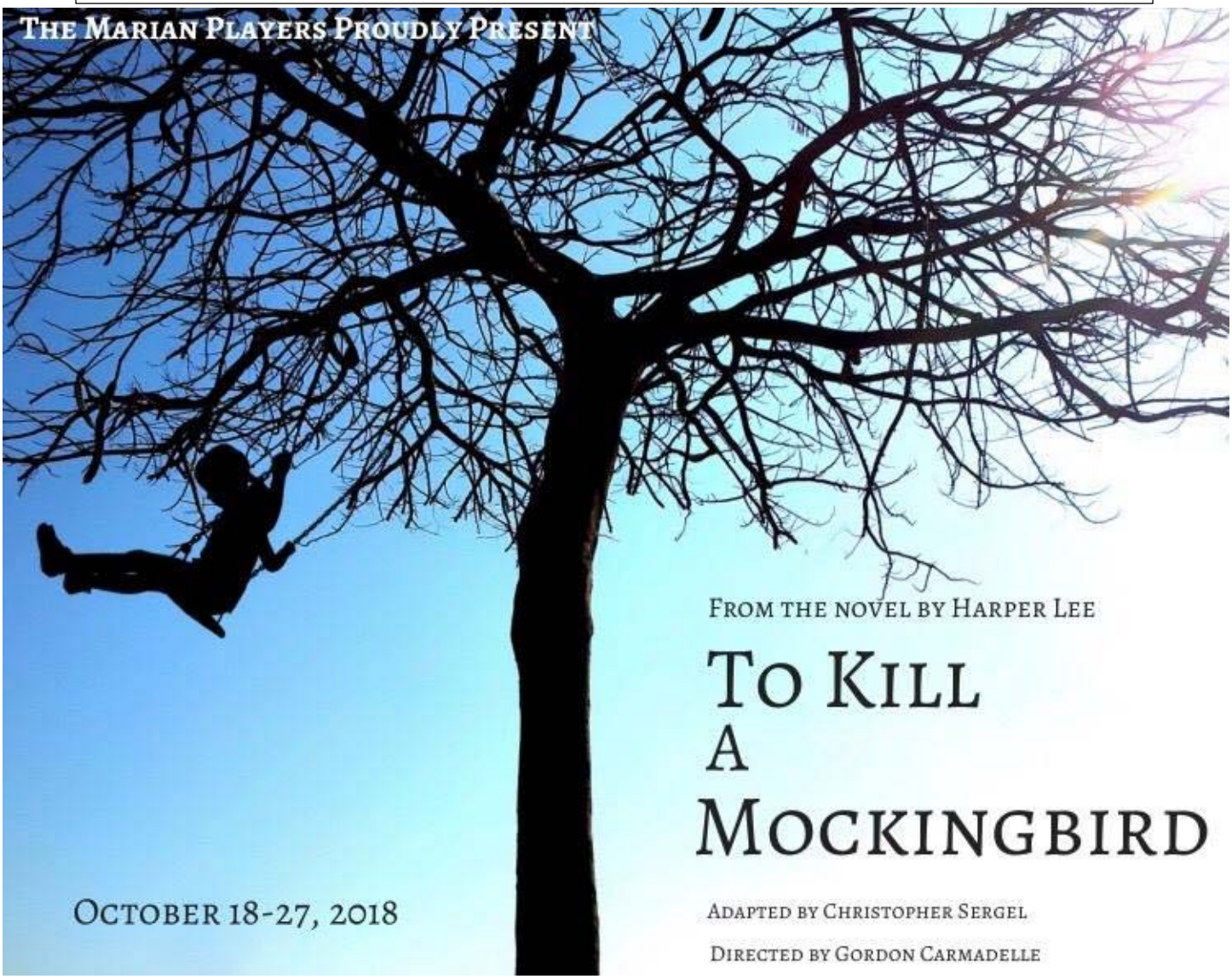
Drug Take Back Day: **SPS** HOSA has arranged for Covington PD to be in Founder's Circle on the morning of October 22 from 8:00-9:30 am in order to collect any unused medication. CPD will not accept liquid medication or medication with needles. Please do not send your sons with medication but drop it off personally. Additionally, there is a drop off box available in the lobby of the Covington PD 24 hours a day, 7 days a week.
Please read over these facts and stress to your sons the importance of remaining drug-free.
- 3 out of 5 teens say prescription pain relievers are easy to get from a parent's medicine cabinet.
- In 2015, 18.9 million people aged 12 and older used prescription drugs non-medically.
- 15,000 people die from opioid-related overdoses every year.

Drug Testing: We have begun drug testing, choosing students both randomly and "for cause." Just because a student is tested does not mean we suspect him. Naturally, you may confidentially request that we add your son to the test list. We have committed more resources this year to increase the number of students tested. Know our policy by reviewing the handbook. A second positive result jeopardizes a student's place at SPS. Pray that students resist the allure of temporary pleasure over finding true meaning in life.

Helping Saint Paul's: Don't forget – here are painless ways to help:

- If you shop at Office Depot, please give the SPS school code (70041640) and SPS receives 5% of your purchase!
- Box Tops for Education – these are redeemable for cash. Have your son bring them to his math teacher.

TKAM continues this week! Tickets available at the administration building, the Mothers' Club bookstore, Braswell's, and SSA! Let's support The Marian Players



Honor Roll Breakfasts: We will email invitations soon, but you can know if your son made the honor roll be looking at his report card or consulting PlusPortals. Students and parents are invited. We begin at 7:40 sharp and it's over by 8:20. Here's the format: a nice Chick-fil-A breakfast is served, students are recognized individually, and yours truly makes some congratulatory remarks. Here's the schedule (yes, we are going back to the cafeteria:

- Tuesday, November 6 for 8th grade in the cafeteria
- Wednesday, November 7 for 9th grade in the cafeteria
- Thursday, November 8 for 10th grade in the cafeteria
- Friday, November 9 for 11th grade in the cafeteria
- Monday, November 12 for 12th grade in the cafeteria..

ID Cards: As part of our safety plan, students are required to wear their ID cards on their 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 must purchase a temporary ID from Sgt. Pressley. If he loses his ID, he must purchase a replacement for $10

Information: Need More Information? For academic issues, contact teachers, counselors, Principal Trevor Watkins, or Assistant Principal Joe Dickens. For discipline, attendance, or dress code questions, call Mr. Ken Sears, Dean of Students. Finances? Call Mrs. Jo Sutherlin or me. Athletics? Contact the coaches or Mr. Craig Ketelsen, Athletic Director. Naturally, call me

32 Juniors prepare to leave for a 24 hour silent, "unplugged" retreat at Manresa!

Jacket Check: If your son attended homecoming dance, please check that he returned with his correct jacket. We still have two jackets at school and one student is missing his jacket. He says that he has a fork in the pocket of his jacket. (Why? I have no idea.)

Jazz n Roll: Join us for the 29th anniversary of Jazz 'N Roll on Saturday, November 10! Come together with parents, alumni, sponsors and supporters in the community for Saint Paul's major fundraiser. This event generates resources critical to preserve, promote and enhance education and extracurricular programs and facilities. Spend SATURDAY evening from 7:00pm – 11:00pm in the Briggs Assembly Center and enjoy gourmet food and drink. Bid on wonderful, unique silent auction items donated by the community. This event will also include a fabulous restaurant raffle, and a 50/50. I'm humbled by the many sponsorships we are receiving, but we need you to purchase tickets. Click here to do so or for more info: https://www.stpauls.com/support/events/jazz-n-roll/ Contact Development Office (892-3200, ext 1270, for info.

Last Week:

- **Basketball Retreat:** The team did an overnight retreat Fri & Sat to get closer to God and each other. Thanks, Coach Dale et al. Geaux Basketball Wolves as you prepare for another great season.

- **Cross Country:** Our first District Championship of the Year! I hear Rossini playing! Well done, CC Wolves!
- **Drama:** An excellent opening to "To Kill a Mockingbird"! Well done, Marian Players and congrats to Gordon! Please support the play by attending and encouraging your students to attend.
- **Football:** 8th battled Jesuit to a 6-6 tie, 9th beat Slidell, JV lost to Slidell, and Varsity lost a tough one to Slidell.

Congratulations Aqua Wolves on another championship!

- **Lasallian Formation:** Jo Sutherlin and Al Nastasi traveled to Napa, CA to participate in Lasallian Formation. They joined colleagues from throughout the District is addressing issues in their roles of Board of Trustee Recording Secretaries and Chief Financial Officers. I appreciate their willingness to "rough it in Napa" for three days last week!
- **Living Rosary at OLL:** I again had the privilege on Friday of being "The Apostle's Creed" – my 31st appearance at this spiritually uplifting event! Thanks, OLL, for continuing this wonderful rosary and inviting me to participate.
- **Math Tournament:** The Fighting Math Wolves were up 'n at 'em early Sat morning, heading to Ben Franklin for competition. Geaux, FMWs!
- **Swimming:** Aqua Wolves brought home a Regional Championship! I hear Handel playing!
- **Manresa:** 32 junior Wolves experienced the power of a 24-hour silent, non-connected retreat. They reported it was a positive experience. We are grateful to Manresa for allowing us this experience. They usually do not allow high school retreats but have been impressed with the seriousness of SPS students.

- **Marching Wolves** acquitted themselves exemplarily at Friday's game and reaching a milestone: we now have 100 MWs! Congrats to Mr. Moran and Band Members for building a program that so many want to become part of!
- **Teacher Appreciation/Snack Day:** Thanks, MC, for a delicious lunch and snacks for the boys! Y'all are the best!
- **Wolf Packs:** I hope your son spoke with you about last week's Wolf Pack – on bullying. I was very impressed with the level of openness and participation on the part of my Wolf Pack during last week's discussion on bullying. Even though it had been several weeks since they saw the video, they remembered details from the film and readily participated. My guys made some interesting observations about the problem at SPS – which they feel is minimal. I am very grateful for Kevin Moore's leadership in this important program, which stresses building relationships – the key to successful teaching and the heart of Lasallian education.

Legal Trivia: Does a public school student have a free speech right to make highly offensive and threatening posts on social media in an off-campus setting, not using school equipment? No, ruled both a lower court and the Ninth Circuit Court of Appeals in Wyner v. Douglas County School District which upheld the school district's expulsion of the student, who claimed he was "only joking" and had free speech rights. According to an article in *High School Today*, "in recent years, courts have consistently ruled that even if a student claims he was only joking, threats to commit school violence are tantamount to the "substantial disruption" standard that courts want schools to use in such matters." Of course, private schools are not subject to constitutional law but by contract law – hence, our handbook is the contract with the parents.

National Teen Driver Safety Week occurs this week. This week and every week, parents should have conversations with their teens about the important rules they need to follow to stay safe behind the wheel of a passenger car, truck, or SUV. These rules address the greatest dangers for teen drivers: alcohol, inconsistent or no seat belt use, distracted and drowsy driving, speeding, and number of passengers. **The Problem: Too many teens are dying on our roads**

- Motor vehicle crashes are the leading cause of death for teens (15 to 18 years old) in the United States - ahead of all other types of injury, disease, or violence.
- There were 1,972 teen drivers of passenger vehicles involved in fatal motor vehicle traffic crashes in 2015. An estimated 99,000 teen passenger vehicle drivers were injured in motor vehicle traffic crashes.

Encourage prospective families to attend our Open House on Sat, Oct 27 at 1 pm.

News We Can Use: The *2017 Children's Mental Health Report* from Child Mind Institute examines the role of smartphones and social media in adolescent mental health care. Concerning Smart Phones*: If this generation is going to be named after anything, the iPhone just might be it: according to a fall 2015 marketing survey, two out of three US teens owned an iPhone, about as complete a market saturation as possible for a product. The complete dominance of the smartphone among teens has had ripple effects across every area of their lives, from social interactions to mental health. Teenagers and young adults — ages 16 to 24 — are the most intense users*

*of social media**. Benefits of social media use include enhancing friendships and decreasing loneliness. But there is also evidence that overuse has a negative impact on self-esteem and satisfaction with their lives. And this social media use is also linked to an increase in mental health problems, including anxiety, depression and suicidality. Social media's popularity among adolescents isn't surprising, since it has been shown to affect the reward centers that are so active in teen brains**. An imaging study has shown that these regions are activated when participants viewed images with a lot of "Likes". The response is strongest when Likes are on images posted by participant. When viewing photographs of risky behaviors ostensibly taken and posted by peers, activation in the cognitive control network decreased. Increased social media time has had dramatic effects on teen behavior, including fewer risky social activities and more mental health symptoms. "Displacement" may account for these effects. If social media replaces negative activities or isolation, it can be positive. If it replaces face-to-face interaction or exercise, it can be negative*

Open House for Prospective Students will take place on Saturday, Oct 27 at 1 pm starting in the Briggs Assembly Center. Spread the word! Parents and students are our best publicity! People would much rather listen to you than to me! Please spread the word!

The Paper Wolf: Congrats to TPW for the flurry of articles being written and published. The quality of writing is excellent. I do hope you subscribe. If not, support our guys and do so. It's free. Here's the link: http://thepaperwolf.com

Parent – Teacher Conferences occur Monday, Oct 22, between 5 – 7 in the BAC. No "appointments" are necessary, as the teachers will be in the BAC and you can visit with the ones you want.

Report Cards: We emailed report cards last week. Check your spam folder if you didn't receive it. If it's not there, let me know and I'll send you another copy.
Rosary: a group of students recite one decade of the rosary each morning in the chapel, beginning at 7:40 on M, T, Th, and F and following mass on W. They would love to have your son join them. And since Oct is the month of the rosary – what a great witness!

Senior Parents: March through the Arch pictures are in! I don't want to just hand them to seniors as many pictures will end up at the bottom of a book bag or the back seat of a car. If you are on campus, stop by the admin building for the picture. Or give your son a note authorizing him to get the picture for you – after you talk to him about treating the pictures with respect! These pictures are FREE, courtesy of Expressions Photography. Thanks, Expressions!

Service Opportunities: Please encourage your son where possible to support:

- Family Promise of St. Tammany: Did you know that St. Tammany School System as identified 1,124 children as homeless? Their parents choose to be "invisible" in order to keep their families together, but just because you can't see a problem doesn't mean it is not real. Family Promise of St. Tammany. Family Promise of St. Tammany does everything they can to help these families and their children get back on their

feet emotionally, financially, mentally & spiritually. The next host week at St. Michael's in Mandeville is coming up Nov 4-10. Students are needed in the evening to tutor children and engage them in games and social activities. This is a VERY Lasallian endeavor and I encourage our students to volunteer. Contact: pat.jensen.ejr@gmail or hm: 985-231-7582 or cell: 281-797-8337. For more info about Family Promise, go to: http://www.fpstp.org/

- St. Tammany Cancer Center's Car and Motorcycle Show on Nov 2. The event will be held in the parking lot of St. Tammany Cancer Center located at 1203 S. Tyler St. Covington, LA. Please just send your name, contact info, and time slot you are interested in. Thanks for helping us raise awareness for lung cancer. Email- mwmoore@stph.org or call 985-898-3792. We need help during the following times- Set up : 2pm-5:30pm or 4:30-6:30 And the event itself from 5:30pm-8:30pm

Encourage prospective families to attend our Open House on Sat, Oct 27 at 1 pm.

Social Media: Connect with the Wolves on Social Media to see the latest pictures and posts of all the wonderful events at St. Paul's School. The Facebook and Twitter feeds are on our newly re-vamped website, or you can follow us at

- Facebook @St.Pauls.School.Covington.Louisiana
- Twitter @SPSWolfpack

Study Hall after School: The **"library" will be open every afternoon (Monday-Thursday) until 4:30. Students are free to come and go by signing in and out. You are encouraged to mention this service to your sons who are on campus after school with nothing to do or who may be waiting for a late ride or a practice to begin. All we ask is that they treat the facility with respect and that they are quiet. Faculty will supervise the space. We will offer this service as long as there is a demand.**

Justin and Jake as Tom and Atticus in "To Kill a Mockingbird."

Sunday Activities: I remind you of the policy of Archbishop Gregory Aymond that Catholic schools are not to schedule any activity on a Sunday. Recently, Superintendent of Catholic Schools Dr. RaeNell Houston sent out the following clarification on participation of Catholic school students in events hosted or sponsored by an outside agency: *Schools may*

participate in activities on Sundays that are hosted or sponsored by an outside entity only if certain conditions are met. The participation of students on Sunday may only be voluntary. Never is an event to be mandatory on Sunday. The voluntary status of each event must be formally communicated to students and their families. Under no circumstance may punitive action take place, including any type of sarcasm, shame, or disgrace, as a result of the decision of the family for a student not to participate in a Sunday event. Anytime our school groups participate in a Sunday activity, it is up the moderator of the group to see that the Sunday obligation of Mass is fulfilled. Naturally, we will comply with this policy of Archbishop Aymond and the Office of Catholic Schools.

Tutoring: National Honor Society tutors are available in the Benilde Hall (first floor) during lunch. In addition to tutoring, 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!**

Encourage prospective families to attend our Open House on Sat, Oct 27 at 1 pm.

Weekly Humor: In honor of National Chocolate Day on Sun:

- *What candy is only for girls? HER-SHE's Kisses.*
- *What kind of candy is never on time? ChocoLATE*
- *What's the best part of Valentine's Day? The day after when all the chocolate goes on sale.*
- *What food is crazy about Valentine's Day chocolates? A cocoa-nut.*
- *What was the French cat's favorite Valentine's Day dessert? Chocolate mousse*
- *What do you call a sheep covered in chocolate? A Candy Baa.*
- *What do you call stolen cocoa? Hot chocolate.*
- *Why did the Oreo go to the dentist? Because it lost its filling.*
- *How many grams of protein are there in that slice of chocolate pie? 3.14159265…*
- *What fruit loves chocolate? A cocoa-nut.*
- *What is an astronauts favorite chocolate? A Mars bar.*
- *Why did the farmer buy a brown cow? He wanted chocolate milk.*
- *Which chocolate is in the baseball Hall of Fame?Babe Ruth.*
- *What dessert can fly a spaceship? A Chocolate Chip Wookiee.*
- *What is the chemical formula for candy? Carbon-Holmium-Cobalt-Lanthanum-Tellurium or CHoCoLaTe*
- *What is the opposite of Chocolate? Chocoearly.*
- *What Christmas carol do candy bars sing? Almond Joy To The World.*
- *OK, I'll stop!*

A Look Ahead – Far, Far, Ahead:

- Mon, Oct 22 Late start; Parent-Teacher Conferences (5 – 7 in the BAC)
- Tue, Oct 23 President's Assembly; Shadow Day
- Fri, Oct 26 Late start for Faculty Wellness Screening
- Sat, Oct 27 Open House for Prospective Students
- Tue, Oct 30 Wolf Pack Time
- Thu, Nov 01 All School Mass (Feast of All Saints); Dress Uniform Day
- Fri, Nov 02 Dia de los Muertos
- Mon, Nov 5 Archdiocesan Retreat Day for all schools; no classes for students
- Tue, Nov 6 Senior Day with the Archbishop at OLL; 8th HR Breakfast in cafeteria
- Wed, Nov 7 9th HR Breakfast in Cafeteria
- Thu, Nov 8 10th HR Breakfast in Cafeteria
- Fri, Nov 9 11th HR Breakfast in Cafeteria
- Sat, Nov 10 Jazz 'n Roll
- Mon, Nov 12 12th HR Breakfast in Cafeteria
- Tue, Nov 13 President's Assembly
- *November 14 8th Grade Retreat*
- *November 15 -16 10th Grade WWII Museum Trip/Service Day*

- M – F, Nov 19 – 23 Thanksgiving Holidays
- Tue, Nov 27 President's Assembly
- Mon, Dec 03 Late start for faculty meeting
- Tue, Dec 04 Pack Time
- Thu, Dec 06 Snack Day; Luminarias
- Tue, Dec 11 President's Assembly
- Thu, Dec 13 Exam reviews begin
- Fri, Dec 14 Semester Exams begin

- Wed, Dec 19 End of 1st Semester; Christmas holidays begin at 11:45 following last exam
- Mon, Jan 07 Classes resume; second semester begins
- W – F, Jan 9-11 Senior Retreat
- Sat, Jan 12 Application Day for Prospective Students (8 – noon); Football Awards Ceremony
- Fri, Jan 25 All School Mass (Feast of the Conversion of Saint Paul)
- Wed, Feb 20 On campus ACT for juniors
- Fri, Mar 01 Faculty Retreat Day (no classes for students)
- M-F, Mar 4 -8 Mardi Gras /Beginning of Lent holidays
- Wed, Mar 13 Mother-Son Dinner
- Mon, Mar 18 St. Joseph Altar Day
- Thu, Mar 21 Celebrity Dinner Event
- Sat, Mar 23 Father-Son Dinner
- Sat, Mar 30 Junior-Senior Prom
- Sat, Apr 13 Alumni Crawfish Cook-Off
- F-F, Apr 19-26 Easter Holidays (not "spring break")
- W-F, May 1-3 Senior exams
- M-T, May 13-16 Pre-freshman exams
- Fri, May 17 Pre-freshman promotion ceremony (6:30 pm)
- Sat, May 18 Senior graduation ceremony (4 pm)
- M – T, May 20-23 Semester exams for grades 9 – 11
- Fri,, May 24 Conflict exam day
- Mon, May 27 Faculty Records Day

Whew! Enough for now! I can't believe we are starting in the second quarter! As usual, I'll close with a paraphrase of one of my favorite NPR radio shows (which I can't listen to any more since WWNO stopped broadcasting the show but I'm still LOLing over past shows on its website!): well, it's happened again – you've squandered perfectly good time reading my ramblings! Pray that we begin the second quarter on a positive note! May our year be one of grace and blessing! Know of my prayer for you and your family and call on me if I can help! Again, thanks for being part of the 2018 - 19 edition of Saint Paul's!

Brother Ray Bulliard, FSC
Can't Believe It's the Second Quarter and I'm Still the 17th Christian Brother President of Saint Paul's School

LASALLIAN EDUCATION

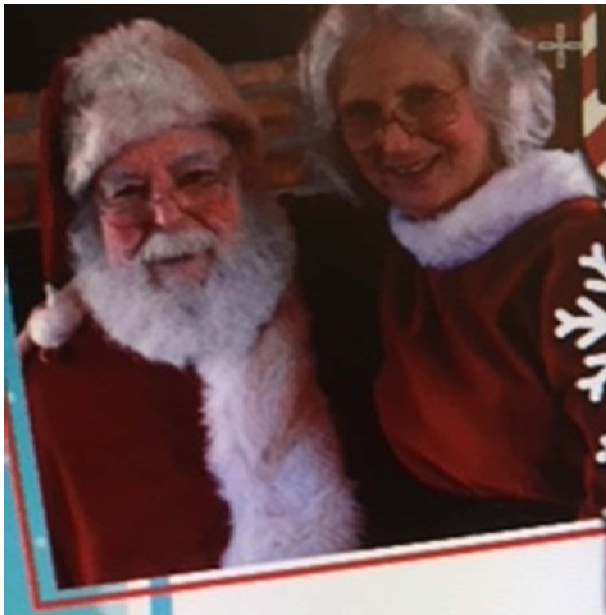
Transforming Lives Since 1680

…by doing ordinary things extraordinarily well, making courageous choices, doing God's will, remaining faithful, being guided to God, and continuing our Lasallian Mission!

"Preach by example; practice before the eyes of the young what you wish them to accept."
~ St. John Baptist De La Salle (Meditation 99.2)

Encourage prospective families to attend our Open House on Sat, Oct 27 at 1 pm.

Commended Scholars
2019 National Merit Program



Breakfast with Santa

DECEMBER 1, 2018

OUR LADY OF THE LAKE SCHOOL

MSGR. JOSEPH CHOTIN CENTER • 10:00 AM - NOON

TICKETS: $55 EACH
RESERVE A PREFERRED TABLE FOR 6 GUESTS: $375 PER TABLE

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More than 2,000 Lasallian Partners
More than 21,000 students
- **Middle and High School = 15,000**
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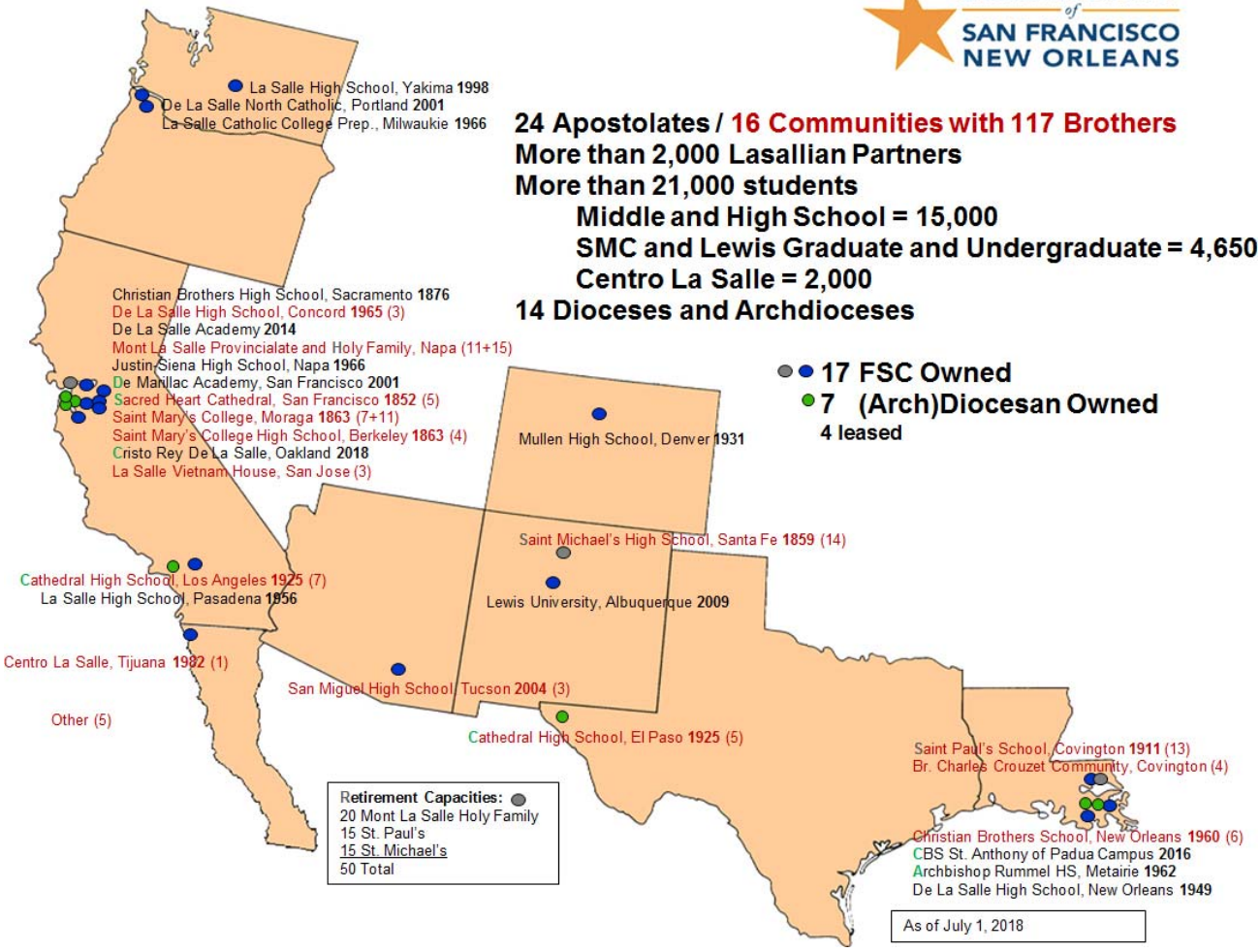
- **Centro La Salle = 2,000**

14 Dioceses and Archdioceses

17 FSC Owned
7 (Arch)Diocesan Owned
4 leased



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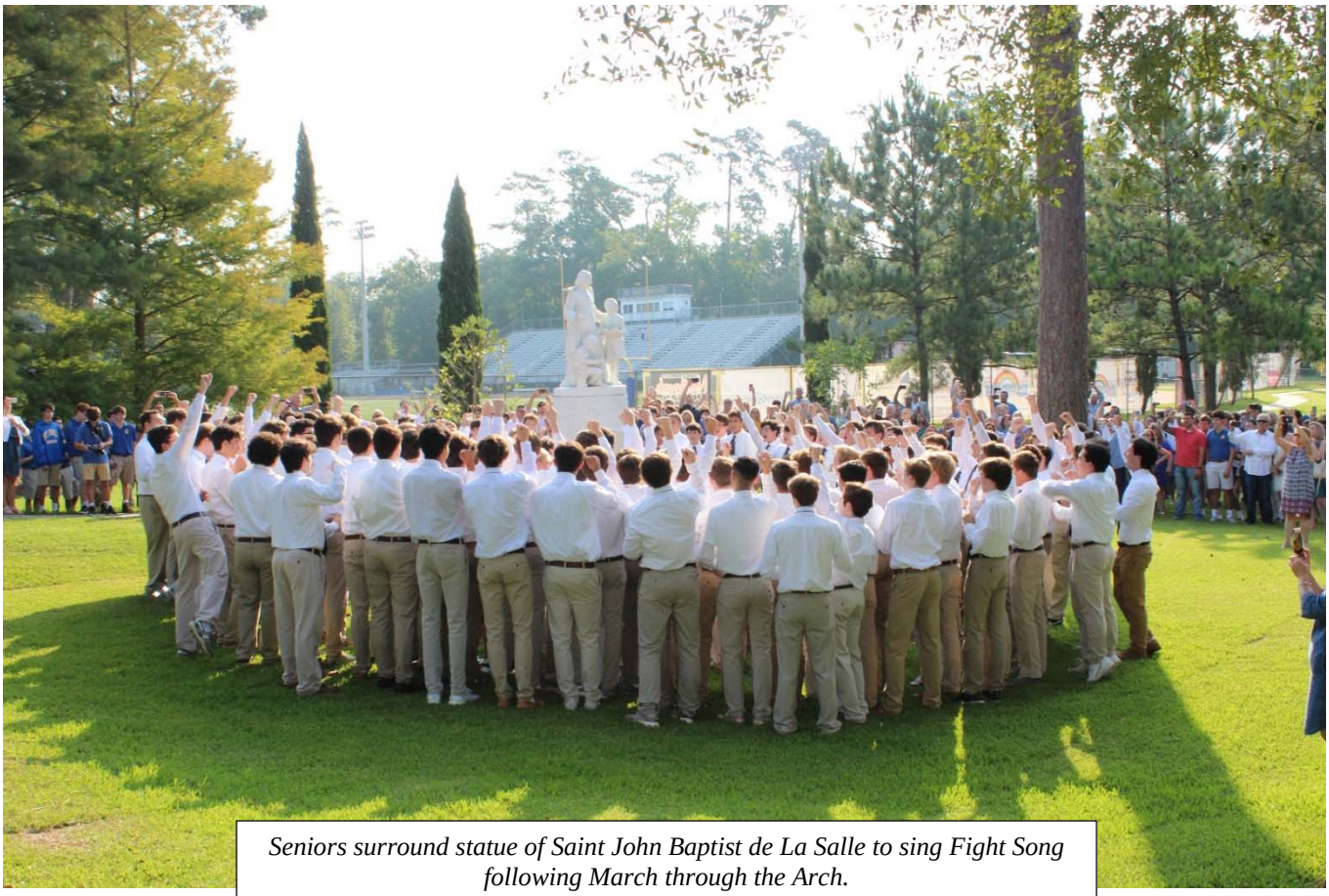

Seniors surround statue of Saint John Baptist de La Salle to sing Fight Song following March through the Arch.