



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



*Dec 3 - 09, 2018*

Welcome to the seventh week (can you believe it?) of the second quarter! Time marches on!

## MARANATHA!



We begin December celebrating the season of Advent – which is the beginning of the new Catholic Church year -- a time of waiting. Advent commemorates the centuries of our awaiting the Messiah. Catholic families put out Advent wreaths, the priest wears purple vestments, and Jesse trees spring up – all to remind us of the season of waiting for the "fullness of time."

I like Advent. I know I'm in the minority here, but I find it a very human season. I know, too, that our students don't like Advent because they don't like the concept of waiting. They routinely grumble about waiting in the cafeteria line, about how far away a particular event is that they are looking forward to, etc. Somehow, in our instant gratification society that emphasizes getting what you want as quickly as possible, society no longer promotes patience as a virtue. In a world where we upgrade to faster computers, buy faster Internet access, text and tweet instead of talk, deliver overnight, buy faster cars, patronize establishments that offer "lunch in ten minutes or it's free" and emphasize that time is money, our students no longer know how to wait. Yet think about how much time we do spend waiting: in store lines, in traffic jams, for the check that's in the mail, for a happy time to occur or a difficult time to end.

Think about your son and how much time you have spent and continue to spend waiting for him: to be born, to learn to talk, to take his first step, to develop his talents, in the car pool line, to come home from a date, to see the importance of grades, to learn to appreciate family and life, to mature.

Advent teaches us to turn times of waiting into times of grace. At my next assembly, I will remind the students of one of the oldest prayers in the Church. It consists of just one word: *Maranatha*, which is Aramaic for "Come, Lord." If we can fill our time of waiting with God's presence, then the whole concept of patience will take on a new and more fulfilling meaning. What a wonderful way to fill periods of waiting! Use it as a greeting, too. Your spirits will revew and your time of waiting will fill with blessing.

***Maranatha! Come, Lord!***

**Mon, Dec 3 – (F G A B)**

- **Start Time This Morning:** We have a faculty meeting at 7:45. At 8, teachers will go to their classrooms. Students who have missing work or who need extra tutoring were instructed to report at 8 to take care of these matters in order to be ready for exams. **If your son is doing fine and has no missing work, he reports at 9 am for classes.** As usual, all early arrivals are welcomed; cafeteria & library will be open.

- **This Day in History:** In 1947, Marlon Brando's famous "STELLA!" first booms on a Broadway stage, electrifying the audience during the debut of Tennessee Williams' play *A Streetcar Named Desire*. Since Vic's AP English class is studying this iconic play, they recently did their "Stella Yelling Contest" a la the yearly one in the French Quarter.
- **TDIH:** In 1967, a 53 year old named Lewis Washansky received the first human heart transplant.
- **International Day of People with Disability** promotes support for the dignity, rights and well-being of persons with disabilities. As Lasallians, we aim to build an inclusive community that respects all. We celebrate this day.
- **Cross Country Awards Banquet at Benedict's**

#### **Tue, Dec 4 (Wolf Pack Time; C D E F)**

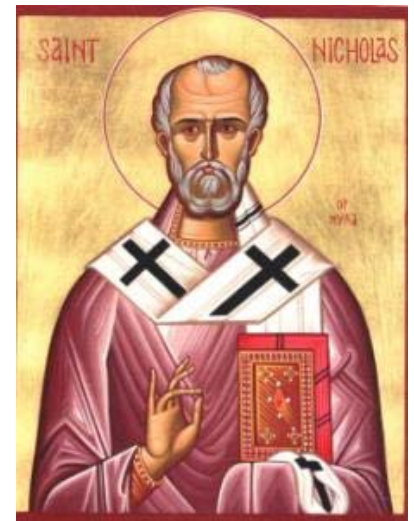
- **TDIH:** In 1991, after 64 years of operation, the American airline Pan Am ceases service.
- **National Cookie Day:** Enjoy! DYK the English word "cookie" comes from Dutch "koekje," which means little cake? Dutch bakers tested oven temperatures on small amounts of batter so they would not waste the entire cake mix if the temperature wasn't right & discovered that these tiny pieces of cooked batter were actually quite tasty!
- **Wolf Packs meet to prepare luminaria bags**
- **Basketball: 8<sup>th</sup> & 9<sup>th</sup> at Brother Martin**

#### **Wed, Dec 5 (Regular; 7:15 am mass; G A B C)**

- **TDIH:** In 1901, **Walter Elias Disney** is born. Watch a Disney classic today!
- **Bathtub Party Day:** Relax with a good soak!
- **Basketball:** JV & Varsity v. S. Plaquemines (5 & 6)
- **Wrestling:** Dual meet at Catholic
- **Soccer:** JV & Varsity at Dutchtown

#### **Thu, Dec 6 (Regular; D E F G)**

- **Traditional Feast of St. Nicholas:** From American Catholic.org: *Eastern and Western Churches honor Nicholas; it is claimed that, after the Blessed Virgin, he is the saint most pictured by Christian artists. We can pinpoint only the fact that Nicholas was the fourth-century bishop of Myra, a city in Lycia, a province of Asia Minor. Perhaps the best-known story about Nicholas concerns his charity toward a poor man who was unable to provide dowries for his three daughters of marriageable age. Rather than see them forced into prostitution, Nicholas secretly tossed a bag of gold through the poor man's window on three separate occasions, thus enabling the daughters to be married. Over the centuries, this particular legend evolved into the custom of gift-giving on the saint's feast. In English-speaking countries, St. Nicholas became, by a twist of tongue, Santa Claus—expanding the example of generosity showed by this holy bishop.*
- **TDIH:** In 1884, in Washington, D.C., workers place a nine-inch aluminum pyramid atop a tower of white marble, completing the construction of the Washington Monument
- **Snack Day**
- **Basketball:** JV & Varsity at Zachary
- **Soccer:** 9<sup>th</sup> at Hannan



- **Luminaries – 6 pm.** 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. 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.

### Fri, Dec 7 (Regular; A B C D)

- **TDIH: Pearl Harbor Day.** In 1941, The Empire of Japan attacks Pearl Harbor. This "day which will live in infamy" forced the US into World War II. We remember those who gave their lives, fighting for our freedom.
- **Letter Writing Day:** When was the last time you actually wrote a letter? Been too long? Then write one today!
- **Wrestling:** Varsity in South Walton Border Wars (Ft. Walton, FL)
- **Christmas Dance for SSA & SPS 8-10<sup>th</sup> grades in the BAC**

### Sat, Dec 8 (Solemnity of the Immaculate Conception)

- In his meditation for the **Immaculate Conception**, Saint John Baptist de La Salle tells the early brothers to "*Look upon Mary as the masterpiece from God's hands and ask him to free you from everything that might contribute to make you fall into the least fault, especially into any sins to which you are inclined.*" So great was this feast in the Brothers' history that in the rules of some early communities, the brothers are told that "everything that is most beautiful will be used" to celebrate it. And considering the austerity in which the early brothers lived, that's an important statement! May Our Lady, so important to our Lasallian heritage, shower us with blessings! May "everything that is most beautiful" on our campus, especially the students & faculty, give honor to her always.
- **TDIH:** In 1980, John Lennon, a former member of the Beatles, the rock group that transformed pop music in the 1960s, is shot and killed by an obsessed fan in NYC. All he was saying was give peace a chance.
- **TDIH II:** 11660, a female actor appeared as **Desdemona** in Shakespeare's *Othello*, probably the first appearance by a woman actor in England. For years, female roles were played by boys or men. The British saw women on stage much earlier when a traveling troupe from France included women as well as men. But they were not received well — according to one audience member, the women were "hissed, hooted, and pippin-pelted off the stage." In 1632, William Prynne published a 1,100-page document condemning the theater, particularly actors. But by 1660, actors were confident enough to feature a woman as Desdemona in *Othello*. There is no record of who the actor was, but scholars guess that it was Margaret Hughes, whom Samuel Pepys described as "a mighty pretty woman."
- **National Brownie Day:** Enjoy this chewy, chocolate treat!
- **ACT on campus this morning**
- **Basketball:** Varsity in Episcopal (BR) round robin
- **Wrestling:** Jr Hi in Jesuit & JV in Catholic (BR) Tournaments; Varsity in South Walton Border Wars
- **Soccer:** 8<sup>th</sup> & JV v. Jesuit (11 & 1); 9<sup>th</sup> at Catholic (10)



**Sun, Dec 9 – Second Sunday of Advent** -- If today were not the second Sunday of Advent, we would be celebrating the feast of Saint Juan Diego., which celebrates Mary's appearance to Juan Diego, an Indian peasant, in Mexico City. She told Juan, *"I will show and offer all my love, compassion, and help to the people. I am your merciful Mother. I will hear their weeping and their sorrows and will remedy their suffering."* She told Juan to ask the bishop to build a cathedral in her honor. The skeptical bishop asked for a sign; Juan offered his coat, where the image of Mary (still existing today) was miraculously imprinted as Our Lady of Guadalupe. "Guadalupe" means River of Light, as Mary gave birth to Jesus, Light of the World

- **TDIH:** In 1854, Alfred Lord Tennyson's poem "The Charge of the Light Brigade," is published. It commemorates the courage of 600 British soldiers charging a heavily defended position during the Crimean War.
- **TDIH: In 1608,** British poet John Milton is born. Considered by some to be second only to Shakespeare, his works include *Paradise Lost & Paradise Regained*.
- **TDIH:** In 1886, American industrialist Clarence Birdseye was born in Brooklyn. He developed a method of deep-freezing foods and was a founder of General Foods Corp.
- **National Pastry Day:** Indulge with your favorite pastry!

**ACT Prep:** SPS is very proud of our ACT scores – but we want to do even better. And ACT Prep is a marthon, 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 which 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 the 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)



*Marian Players perform scenes from TKAM for residents of St. Anthony's Garden.*

**Adopt-a-Family:** This school year, we will partner with St. Tammany Project Christmas. We have "adopted" 35 children from 16 families in St. Tammany Parish. Each of these children has 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))

Here's the schedule:

- November 26 - December 7 (monetary collections through religion classes)

- Wednesday, Dec 5 & Thursday, Dec 6 (shopping)
- Tuesday, December 11 (delivery to St. Tammany Project Christmas HQ)

**Adopt a Family Project, Mission Collections, 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 SPS. In turn, we pray for financial health for all.

**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 are over! Thank you for spreading the good word about SPS!
- Encourage any public school family that is interested in us to apply on time – this week. Priority is given to those students who apply on time.
- **If a family missed Open House but still want to see the school, have them call for an appointment and I’ll be happy to show them around.**
- We rely on current and former families to spread the word about SPS! I know I can count on you!

**Advent:** *Wait for the Lord, whose day is near! Wait for the Lord, be strong; take heart!* Our students will sing these words this week in chapel at the beginning of each period’s religion classes. It’s a powerful moment in the faith life of our students. I encourage you to participate when possible. That would speak volumes to our students about the importance of Advent.

**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.

**Alum News:** Louisiana Tech published an article on 2015 alum George Cazenavette, who graduates this spring with a TRIPLE major in cyber engineering, mathematics, and computer science. My mind reels at the thought! And in the article, George gives credit to SPS – and even works in a story on the Marching Wolves! It’s worth the read. Here’ the link: <https://www.latech.edu/2018/11/19/george-cazenavette/> Congrats, George!



*The LHSAA recognizes Patrick as one of the Top Ten CC Runners in state!*

**Annual Fund:** Recently, we officially launched our Annual Fund Drive – just like almost every other private school. You should have received in the mail a brochure explaining the drive and a response card. I’m humbled by the number of you who have anticipated the drive and have already sent in your donations. The success of this drive is critical to Saint Paul’s. Please keep us in mind as you plan your end of year giving. Again, thanks to all who have already contributed. We need everyone, to at least some degree, to follow suit. And, yes, gifts of stock are welcome and you can make your AF gift through the I Give Catholic Campaign on Tuesday.



**Application Letter Excerpts:** Some more memorable lines:

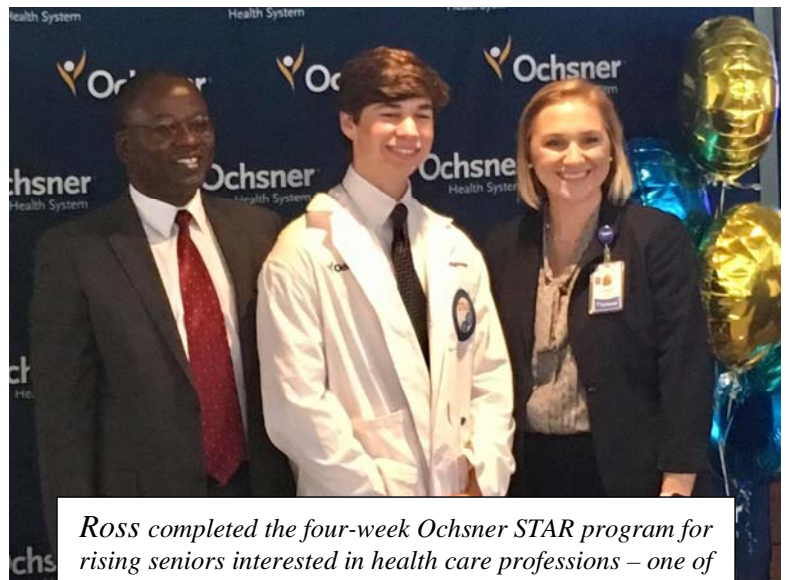
- *I look forward to attending the school that I have always known as a second home. [You will be welcomed to you second home!]*
- *During Shadow Day, I found that the people that I will be surrounded by are supportive and caring. [Yep!]*
- *When I was touring at Open House, I realized just how relaxing the campus is with its peaceful atmosphere. [I agree!]*
- *I'm very excited to hopefully take part in the notorious soccer program at SPS. [Well, our soccer program has been called many things, but I think “notorious” is a first!]*
- *With God’s love, guidance, and the lessons I learn at St. Paul’s, I know I can accomplish anything I want to in life. [This guy’s on the right track!]*

**Assembly on Tuesday:** I hope the students enjoyed our Nov 27 assembly. Here’s some of what we did:

- We jump-started Advent by listening to an incredible version of “O Come, O Come Emmanuel” – a traditional Advent song that dates back to the 12<sup>th</sup> century – which was sung by local St. Tammany musician and former

SPS Physics teacher Gene Lipps. I explained that the words are based on Isaiah's biblical prophecy and that the word "Advent" comes from the Latin "Ad", meaning "toward" or "to" and "venire" meaning "to come." Hence, Advent is a prayer of wanting our Savior "to come to or toward" us. I encourage the students to make the most of these special days. Finally, I had the boys stand and sing along with the recording. It was powerful. I reminded them that we were less than three weeks away from exams and to start preparing and encouraged them to make the most of this last month of 2018.

- Prayed in a special way, as **junior Ben Schwing** lit the prayer candle, for those who have gone to God's Kingdom since our last assembly: **Mrs. Flora Dufour, mother of math department chair Pam Cullen.**
- Recognized and congratulated (finally!) our HOSA Wolves for placing **SECOND** in STATE at the most recent state leadership conference. Here are the individual accomplishments:
  - Outstanding HOSA Chapter Award - Whole Chapter
  - HOSA Happenings Award - Whole Chapter
  - National Service Project Award - Whole Chapter
  - HOSA Bowl [Biggest competitive event at SLC (Medical Quiz Bowl)] - 1st Josh Devier, Ross Hightower, Jacques du Passage, and Ben Klein
  - Public Health - 1st Brennen Calato & Paul Stolin (\$1000 Scholarship to Johnson & Wales U)
  - Forensic Medicine - 1st Miles Gensler & Ben Klein
  - Pharmacology - 1st Josh Devier
  - Emergency Medical Technician - 1st Jack Grace & Sean Hightower
  - Health Care Issues Exam - 2nd Josh Devier
  - Extemporaneous Writing - 1st David Needles, 2nd Sean Hightower
  - Biomedical Debate - 2nd Paul Stolin, Josh Devier, and Jacques du Passage
  - Biomedical Laboratory Science - 1st David Needles, 2nd Andrew Norlin
  - Health Career Photography - 2nd Andrew Norlin
  - Medical Reading - 2nd Ross Hightower
  - Researched Persuasive Writing and Speaking - 2nd Blake Ramsey
  - Second Overall!
  - Students in attendance: Brennen Calato, Josh Devier, Jacques du Passage, Beau Franklin, Jack Grace, Miles Gensler, Sean Hightower, Ross Hightower, Ben Klein, Jakob Massey, Andrew Norlin, David Needles, Blake Ramsey, Paul Stolin, Chris Wilson
- Recognized and congratulated the VEX Robotics Wolves who represented the state of Louisiana for a third consecutive year: Adam Smith, Blake Inzinna, Blake Bollinger, and Darrin Lea. Of the more than 18,000 VEX teams, only top 580 teams around the world compete.



*Ross completed the four-week Ochsner STAR program for rising seniors interested in health care professions – one of only 15 students selected!*

- Recognized and congratulated senior Ross Hightower, who was one of only 15 students accepted into Ochsner Hospital's STAR program -- a 5-week summer program for Louisiana high school students that focuses on developing leaders in the fields of science, medicine, and other areas of healthcare. The program offers qualified students a unique opportunity to explore the world of healthcare through hands-on experiments. It is highly selective, only accepting 15 students.
- Recognized and congratulated our reps to Louisiana Boys State, one of the premier leadership development programs around: **Matthew Algero, Kristian McHugh, Andrew Moore, & Andrew Aceves**
- Recognized and congratulated the entire student body, especially the Lasallian Youth Leaders, for the outstanding Thanksgiving Food Drive to benefit the Northshore Food Bank, which resulted in over five tons of food. I projected the following letter of gratitude from the Food Bank:
- *Dear St Pauls We want to thank you, the students, families, faculty and staff of St Paul's School for another amazing Fall Food Drive or Northshore Food Bank. St Paul's collection today weighed 10,656 lbs and equates to:*
  - *Food boxes for the 300 families that will come through our doors next week*
  - *Food to stock our shelves to help through the holiday season*
  - *And most importantly, will provide peace of mind for families who struggle more financially during the holiday season*

*We appreciate your continued support through these drives and volunteerism. The outpouring of generosity for the Food Bank from the St Paul's family is second-to-none. We'll see a group of your boys tomorrow to help sort!*

*Sincerely,*

*Yvette Roussel, Northshore Food Bank, Covington, LA 70433* applause.



*State cross-country wolves attend mass at St. Joseph Abbey prior to leaving for meet.*



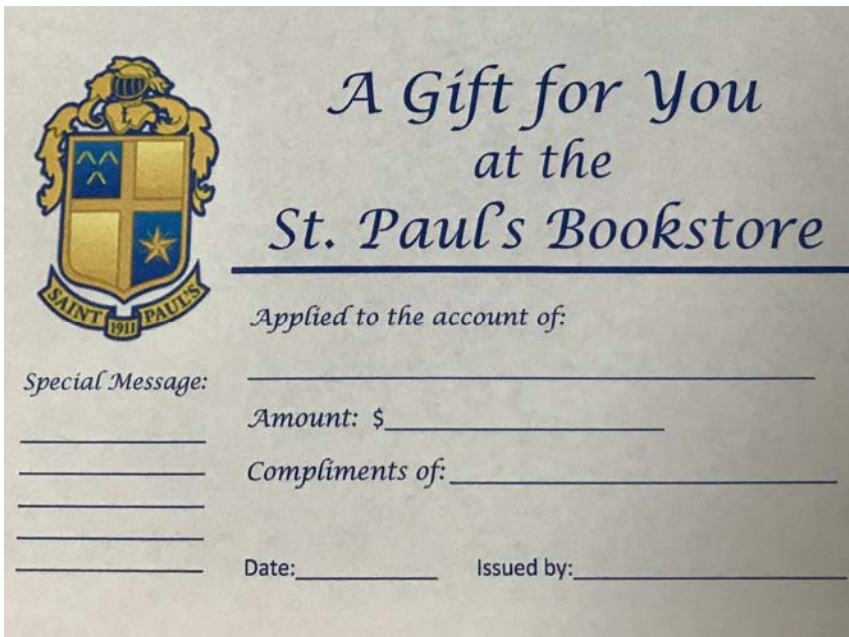
- Recognized and congratulated the Cross Country Wolves for an outstanding season. Here's a re-cap:
  - **3rd in the Allstate Sugar Bowl Meet**
  - **2nd in Christian Brothers Invitational**
  - **4th in Catholic High Invitational**
  - **2nd in St. Joseph Invitational**
  - **1st in the Episcopal High round Table**
  - **District Champions – 11<sup>th</sup> consecutive year**
  - **2<sup>nd</sup> in Regional Meet**
  - **3<sup>rd</sup> in State Meet**
  - I also projected a picture of the team attending mass at St. Joseph Abbey Church prior to leaving for the state meet – which has become an annual tradition for the team. Wonderful!
- Recognized and congratulated **Patrick Elliott** for earning All-State Honors in Cross Country by the LHSAA for being in the Top Ten times for Classes 3, 4, & 5A. Quite an accomplishment!
- Recognized and congratulated our football Wolves for a great season. In particular, I recognized the 2018 All-District Wolves:
  - *1<sup>st</sup> Team Offense:* **Owen Hnatyshyn -- Sr. and Jack Mashburn -- Sr.**
  - *1<sup>st</sup> Team Defense:* **Michael Philippe -- Sr. Michael Crockett -- Jr. and Wayne Galloway -- Jr.**
  - *2<sup>nd</sup> Team Offense:* **Nick Stanton -- Sr. and Jared Kreeger -- Sr.**
  - *2<sup>nd</sup> Team Defense:* **Robert Buquoi -- Sr.**
  - *HM:* **Chandara Kim, Michael Ward, Miles Biggs, Rhett Barker, Connor Eikel, Kyle Conigliaro, Jacob Frolich, Bear Palazzo, Michael Algero, Will Robinson, Mitchell Smith, and Carter Elie.**
- Recognized and congratulated senior **Michael Philippe** for being named Saints/Enterprise Athlete of the Week for the Saints vs. Rams football game.
- Recognized and congratulated senior **Matthew Algero** for being named a WGNO Scholar Athlete. We played the video broadcast by the station. Here's the link if you wish to watch it: <https://wgno.com/2018/10/13/scholar-athlete-st-pauls-schools-matt-algero/>
- As I was running out of time, I informed the boys about the Lasallian Jubilee Year observing the 300<sup>th</sup> anniversary of the death of Saint John Baptist de La Salle in 1719. I played a special video that the Lasallian world put together. Here's the link if you would like to view it: <https://www.youtube.com/watch?v=kECibw7vYEs>



Michael is named a Scholar Athlete at Saints – Rams game!

- Promoted our annual blood drive on Dec 7 and our Adopt a Family Drive. I then closed the assembly by having the boys sing “O Come O Come” which was very moving. I then encouraged the students to make the most of Advent and to join us in the chapel at 7:15 am on Wednesday mornings for mass.
- As junior **Luke Vargas** extinguished the prayer candle, I reminded the students that they must leave the gym and be the Light of God to all whom they meet. They promised to do so. It was a great assembly -- at least I thought so!

**Blood Drive:** Our annual blood Drive will be Friday, December 1<sup>st</sup>. Permission slips will be needed for 16 and 17 year old students. Students must weigh at least 110 pounds, and not be in an active sports season. Each pint saves lives. And parents who wish to give are invited to stop by and donate. The set up will be in the gym lobby. We invite **parents to come donate! Give the gift of life this season!**



**Bookstore Christmas Hours from the Mothers' Club:** The Bookstore will be open on Monday, December 17<sup>th</sup> from 11 – 3, Tuesday, December 18 from 11 to 6, and Wednesday, December 19 from 7:30 – 12:30 for your shopping convenience. Come do your Christmas Shopping and take advantage of some great bargains! Winter has finally arrived, and we have some great new sweatshirts and scarves! Normal bookstore hours are weekdays 7:30-8:15 am and 11:15 am - 12:30 pm. All proceeds from the bookstore benefit of our students!

And gift certificates are now available!

**Cold Weather Clothing:** 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.

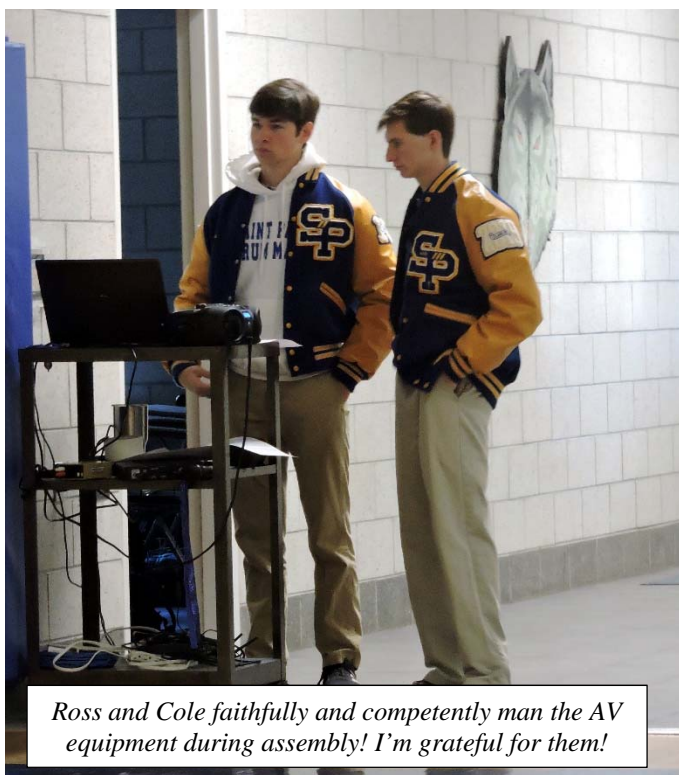
**Dance:** SSA and SPS 8th, 9th, and 10th graders and their guests are invited to attend the SPS Christmas Dance on December 7 in the Briggs Assembly Center on St. Paul's campus. The dance will last from 7-9PM and admission is \$10 at the door. Attire is Christmas Casual. Please contact [j.case@stpauls.com](mailto:j.case@stpauls.com) with any questions.

**December:** Welcome to the twelfth (even though deca means ten – I hope you know why this discrepancy exists) and last month of the calendar year. December is Aids Awareness Month, Bingo's Birthday Month, Buckwheat Month, National Drunk & Drugged Driving (3D) Prevention Month, National Impaired Driving Prevention Month, National Tie Month, National Write A Business Plan Month, Safe Toys and Gifts Month, Spiritual Literacy Month, Make a New Year's Resolution to Stop Smoking, Universal Human Rights Month, Worldwide Food Service Safety Month, and Youngsters on The Air Month.

**Driver's License Requirement:** Remember that 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. Any SPS student needing this form should come to Counseling Office or Administration Building Office to request the form. You won't be able to get a license without one!

**Drug Testing:** We have begun drug testing, choosing students both randomly and "for cause." Just because a student is tested does not mean he is suspected. 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.

**Exams:** Semester exams begin on Dec 12. 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. The complete exam schedule is printed at the end of this newsletter.



Ross and Cole faithfully and competently man the AV equipment during assembly! I'm grateful for them!

**A Gratitude Attitude:** Three years ago at this time, National Public Radio's Morning Edition did a story of the role of gratitude and heart health. It's worth re-visiting. Here's the scoop: *Research shows that feeling grateful doesn't just make you feel good. It also helps – literally helps – the heart. A positive mental attitude is good for your heart. It fends off depression, stress and anxiety, which can increase the risk of heart disease, says Paul Mills a professor of family medicine and public health at the University of California San Diego School of Medicine. Mills specializes in disease processes and has been researching behavior and heart health for decades. He wondered if the very specific feeling of gratitude made a difference, too. So he did a He recruited 186 men and women, average age 66, who already had some damage to their heart, either through years of sustained high blood pressure or as a result of heart attack or even an infection of the heart*

*itself. They each filled out a standard [questionnaire](#) to rate how grateful they felt for the people, places or things in their lives. It turned out the more grateful people were, the healthier they were. "They had less depressed mood, slept better and had more energy," says Mills. Read or listen to the full story at <http://www.npr.org/sections/health-shots/2015/11/23/456656055/gratitude-is-good-for-the-soul-and-it-helps-the-heart-too>. Spend more time being grateful! It's good for the soul and the heart!*

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

- Office Depot, please give the SPS school code (70041640) and SPS receives 5% of your purchase!
- AmazonPrime: Choose SPS and we get a portion of your purchase!
- Box Tops for Education are redeemable for cash. Have your son bring them to his math teacher.

**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.

**Lasallian Vocations: Beginning on December 2, Lasallians throughout the world come together to celebrate the Year of Lasallian Vocations with the theme “One Heart. One Commitment. One Life.”** The Year of Lasallian Vocations marks the 300th anniversary of Saint John Baptist de La Salle's entry into eternal life and celebrates the impact of the mission he started. The yearlong celebration will take place during the 2018-2019 liturgical year, beginning on December 2, 2018, with Advent and concluding on November 24, 2019, with the feast of Christ the King.



**Last Week:**

- **Basketball:** A win over Newman but a loss to Holy Cross as Wolves prepare for District.
- **Biomed Field Trip:** Our future medical professionals were quite impressed by LSU medical school.
- **Cross Country Christmas Fun Run** was a grand success in spite of the weather. Thanks to all who helped.
- **Debate** Wolves represented us well at the St. Aug tournament. Thanks to Hal Fox, Tyler Beard, Johnathan Sheffield, Cameron Dougherty, Jack Ballard, Charlie Layman & moderator Kim Gardner.
- **Fire Drill:** Well done! The boys set a record evacuation time – but were too chatty in the process!
- **#iGiveCatholic:** Last Tuesday was a grand success, with SPS garnering 124 gifts totaling \$18,045. Many, many thanks to our generous supporters, those faculty and students who made videos and the Development Team for organizing and promoting the event. Special thanks to Mimi Montiero, who was tenacious in promoting this event. We had the third highest number of donors in the school category, which earns us \$250 prize.
- **Library:** One year ago this week, we began the dismantling of our library. I hope the thousands of books we removed are getting better use than they did sitting in our library gathering dust. And while I am most pleased with the transformation of the Benilde Hall, the dinosaur in me has nostalgia for meandering through the “stacks”, discovering heretofore undiscovered treasures of interest. An era has ended. I must adjust.
- **Marching Wolves** spread Christmas spirit in Madisonville at the town's annual Christmas parade.
- **Marian Players:** The troupe performed to rave reviews for St. Anthony Garden's community; wonderful!
- **Music Field Trip to LPO:** Pictures at an Exhibition and Beethoven's Second Piano Concerto. Wow! If you have never listened to the overture to P at an E by Russian composer Modest Mussorgsky – you're missing quite a treat!
- **Soccer:** A big varsity win v. Lafayette; and 8<sup>th</sup> grade beat MJH 1-0 and FJH 5-0! Fantastic!

- **Sudden Impact:** Two more soph classes experienced this program.
- **Wolf Tracks:** Thanks, Danielle lalv, for another great issue.
- **Vaping Assembly:** I thought Dr. Oubre’s talk was informative and revealing and a strong warning not to vape. We will follow up with a Pack Time in January – and leave no uncertainty as to our position.
- **Wrestling:** Lots of activity! I don’t have results but I’m sure they did well.
- **Youth in Government:** Thanks to Stephen Millet and Cole Chitwood for representing SPS well.

*Trevor, Josh, & Justin interviewed with Senator Kennedy’s staff last week for a nomination to a service academy.*



**Luminaries – 6 pm.** 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. 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.



**The Paper Wolf:** We have an award winning digital newspaper that was named Best in State last year by the LA Scholastic Press Association.

Please subscribe and have your sons to do, too. And send the staff feedback. They love hearing from you. Congrats to TPW for the flurry of articles being written and published. The quality of writing is excellent. Here’s the link: <http://thepaperwolf.com>

**Re-Registration of Current Students for 2019 - 20:** 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 2019 - 20, 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.**

**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!

**SAFE DRIVING:** Please obey the traffic laws: speed limit, no tailgating, no texting while driving, NO CELL PHONE USE DURING SCHOOL ZONE TIMES, buckle up, etc. Thank you!

**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). **Also, we still have a number of March Through the Arch photos. If you don't want it, that's fine – just let me know.**

**Social Hosting:** With the holiday season upon us, the temptations for alcohol use by students increases. One issue facing parents is hosting parties where teens are exposed to or even given alcohol. This is known as “social hosting.” Here is a brochure on this activity, which may have legal consequences. Mr. Hal Fox, owner of Fox Litho of Mandeville and father of Hal, provided the brochure. Here's the link:

<http://fb.mediarelay.com/pbda246>

**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](https://www.facebook.com/St.Pauls.School.Covington.Louisiana)

Twitter [@SPSWolfpack](https://twitter.com/SPSWolfpack)

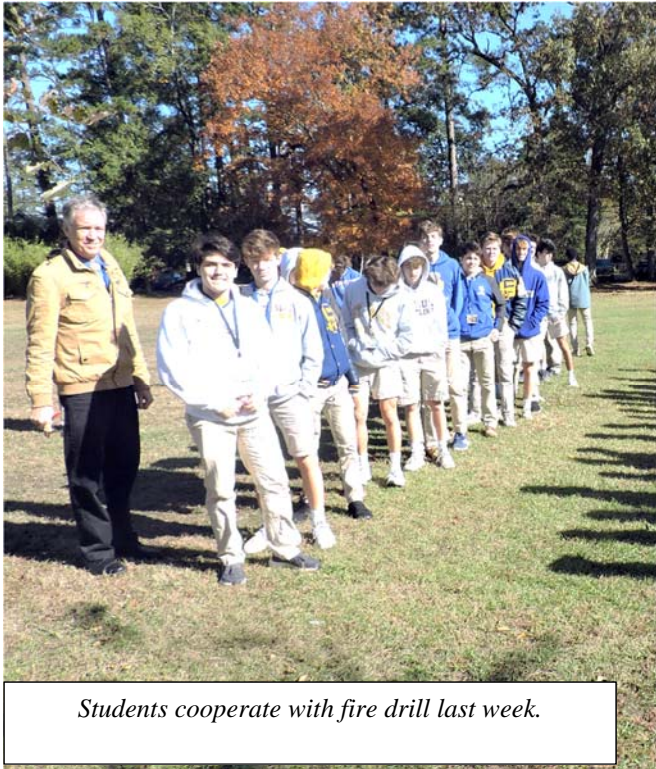
**Spanish Cooking Club is looking for new members! Come join and enjoy some delicioso cuisine!**

**Study Hall After School:** the library is 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. The space will be supervised by faculty. We will offer this service as long as there is a demand.

**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 tutor in the library according to the following schedule:

- Tuesday and Thursday mornings beginning at 7:15
- Monday and Thursday at lunch
- 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.**



*Students cooperate with fire drill last week.*

**Waiting's Value:** During this period of 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:** Last week it was soccer; this week it’s basketball jokes – with one soccer exception:

- *Why did the basketball player sign up for the crafting club? He wanted to learn how to make baskets!*
- *How do basketball players stay cool at a game? They stand near the fans.*
- *Who was known as the poet of basketball? Longfellow.*
- *Why can’t you play a fair basketball game in the jungle? Too many cheetahs. [Same with soccer!]*
- *Where do point guards take their sweethearts to dance? Basket balls.*
- *Why violation do ghosts get called for the most in basketball? Ghoul tending.*
- *What kind of basketball team cries when it loses? A bawl club.*
- *What do basketball players call the first meal of the day? Fast breaks.*
- *Where do basketball players get their uniforms? New Jersey*
- *Why couldn’t the basketball player listen to his music? Because he broke a record.*
- *Why are basketball players messy eaters? They’re always dribbling.*
- *Why do basketball players love donuts? They love to dunk them.*
- *What do you call a pig who never passes the basketball? A ball hog.*
- *Why didn’t the lousy basketball team have a website? They can’t string three W’s together.*
- *Why are scrambled eggs like a losing basketball team? Because they’ve both been beaten.*
- *Why was Cinderella thrown off the basketball team? She ran away from the ball.*
- *And former SPS State Champion Head Soccer Coach and now Christian Brother General Councilor Brother Tim Coldwell (who still reads the newsletter!) sent me this addition to my soccer jokes: Why does Jesus always play goalie on a soccer team? Because Jesus saves!*
- *OK, I’ll stop!*

**Yearbook:** The Conifer staff is hard at work on the 2018-2019 yearbook. Don't let time erase the memories your son is creating today!

- Pre-purchase your 2018-2019 at [www.yearbookforever.com](http://www.yearbookforever.com). Yearbooks only available through online purchase.
- Remember to spell out the word Saint when searching for Saint Paul's School.
- Your son's homeroom teacher is his pack teacher. Don't remember? That's ok, we'll find it for you before delivery in August.
- DEADLINE is March 15, 2019.

**Senior parents: No need to order a yearbook, ALL seniors will receive a copy of The Conifer in August. However, you can create a personal ad for your senior NOW!**

- Go to [www.yearbookforever.com](http://www.yearbookforever.com).
- Search for Saint Paul's School (remember to spell out the word Saint).
- Choose to create a personal ad and get started!
- Deadline is March 15, 2019.
- It's very simple but you can always contact Mimi Monteiro at [m.monteiro@stpauls.com](mailto:m.monteiro@stpauls.com) if you have any questions.



*AP Scholars from the Class of 2019*



## **A Look Ahead – Far, Far, Ahead:**

- 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 1<sup>st</sup> 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

It’s not too early to plan for exams, so here is the first semester exam schedule:

### **First Semester Exam Schedule -- December 2018**

#### **Wednesday, December 12 – FGABC (5 period day) SPECIAL 5 PERIOD SCHEDULE**

(68 min classes; 45 min lunch)

Chimes	8:00
Block 1	8:03-9:14
Block 2/SSR	9:21-10:44
Block 3	10:51-11:59
Lunch	11:59-12:44
Block 4	12:49-1:57

Block 5            2:04-3:15

**Thursday, December 13 – DEFG(A)**

Regular classes in periods DEFG - Review for Period A Exam

**SPECIAL EXAM REVIEW SCHEDULE (76 min. classes With CNN&SSR)**

8:00 – 9:31    Period D/CNN  
9:38 – 11:09   Period E/SSR  
11:09– 11:54   Lunch  
11:50 – 1:15    Period F  
1:20 – 2:26    Period G (Last class period of semester)  
2:31 - 3:15    Period A Exam Review

**Friday, December 14**

**SPECIAL EXAM/MASS/PRESIDENT’S ASSEMBLY SCHEDULE**

8:00 -8:15     Prayer, Roll and Announcements  
8:15 – 9:45     Period A Exam  
9:50-10:50     Advent Mass  
10:55- 11:40   Period B Review  
11:40-12:25    Lunch  
12:30-1:05     President’s Assembly (Gym)  
1:05-1:15       Break  
1:20 – 2:05     Period C Review  
2:10             Dismissal

**Monday, December 17**

8:15-8:30     Prayer, Roll and Announcements  
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

**Tuesday, December 18**

8:15-8:30     Prayer, Roll and 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

**Wednesday, 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  
 12:00 Faculty Christmas Luncheon in Cafeteria

Whew! I've taxed your patience this week, but you got a break last Sunday as the newsletter went on holiday! 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): well, it's happened again – you've squandered perfectly good time reading my ramblings!

Pray that things go well! We have already reached the sixth week of the second quarter! Time marches relentless on, and the only thing we can do about it is decide how we use each second of each minute of each day of each week of each month of each...OK, you get the idea. May the final weeks of 2018 (can you believe it?) be ones of grace and blessing! Know of my prayer for you and your family. Again, thanks for being part of the 2018 – 19 edition of Saint Paul's!

Brother Ray Bulliard, FSC

Renewed from Thanksgiving Holiday and Ready for the Last Three Weeks of the Semester as the 17<sup>th</sup> Christian Brother President of Saint Paul's School

*"Young people are not bad because they have bad hearts. They are bad because of bad example. As teachers, you have no greater responsibility than to give your students good example."* Saint John Baptist de La Salle, Patron Saint of Teachers, c.1705 Meditations for Sunday

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***Let's do ordinary things extraordinarily well,  
 make courageous choices, do God's will,  
 remaining faithful, being guided to God and  
 continuing the Lasallian Mission in these  
 final weeks of 2018– and always!  
 CQIRF – for three more weeks until  
 Christmas break!***



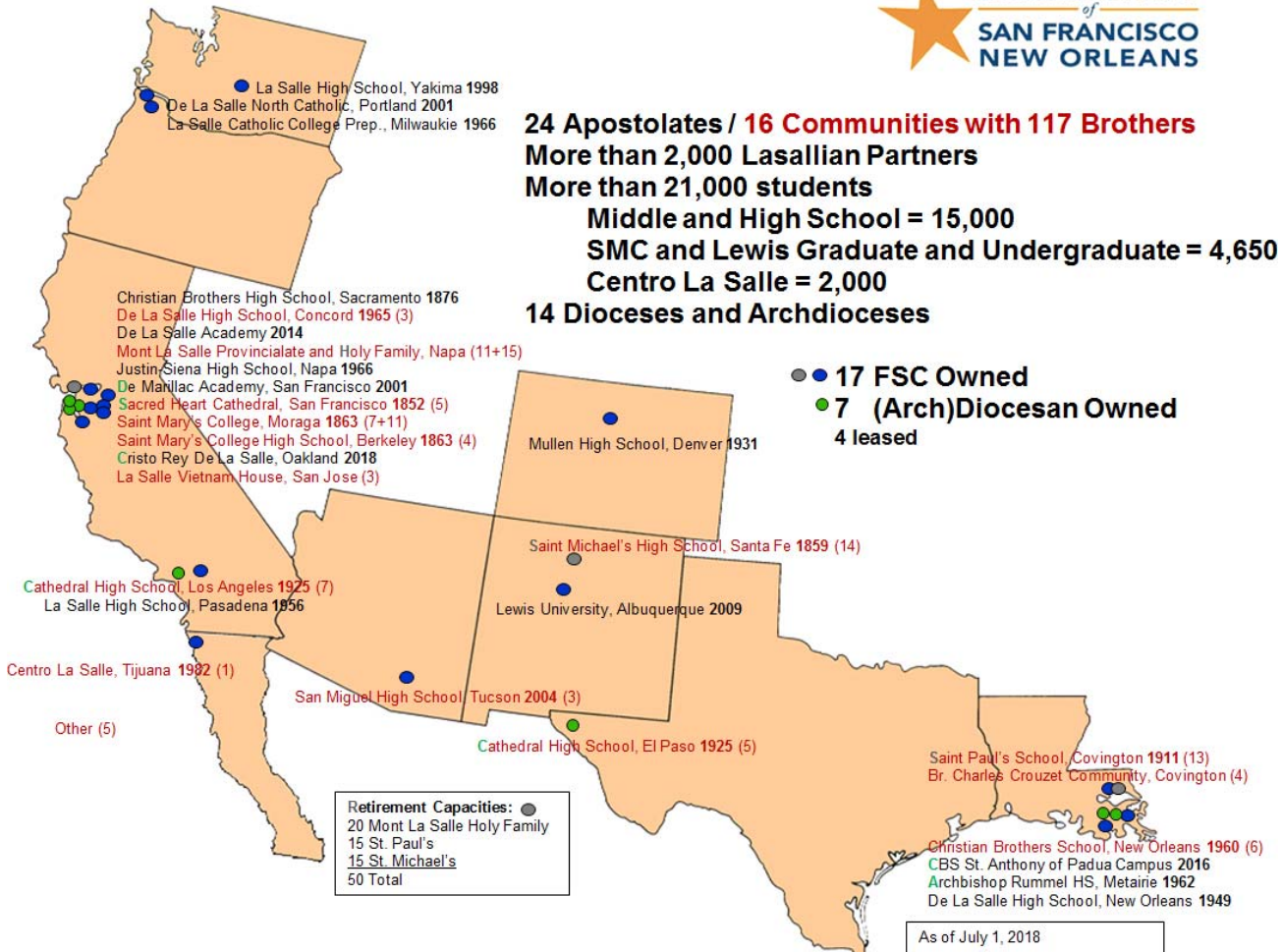
Saint Paul's  
Founding Brothers

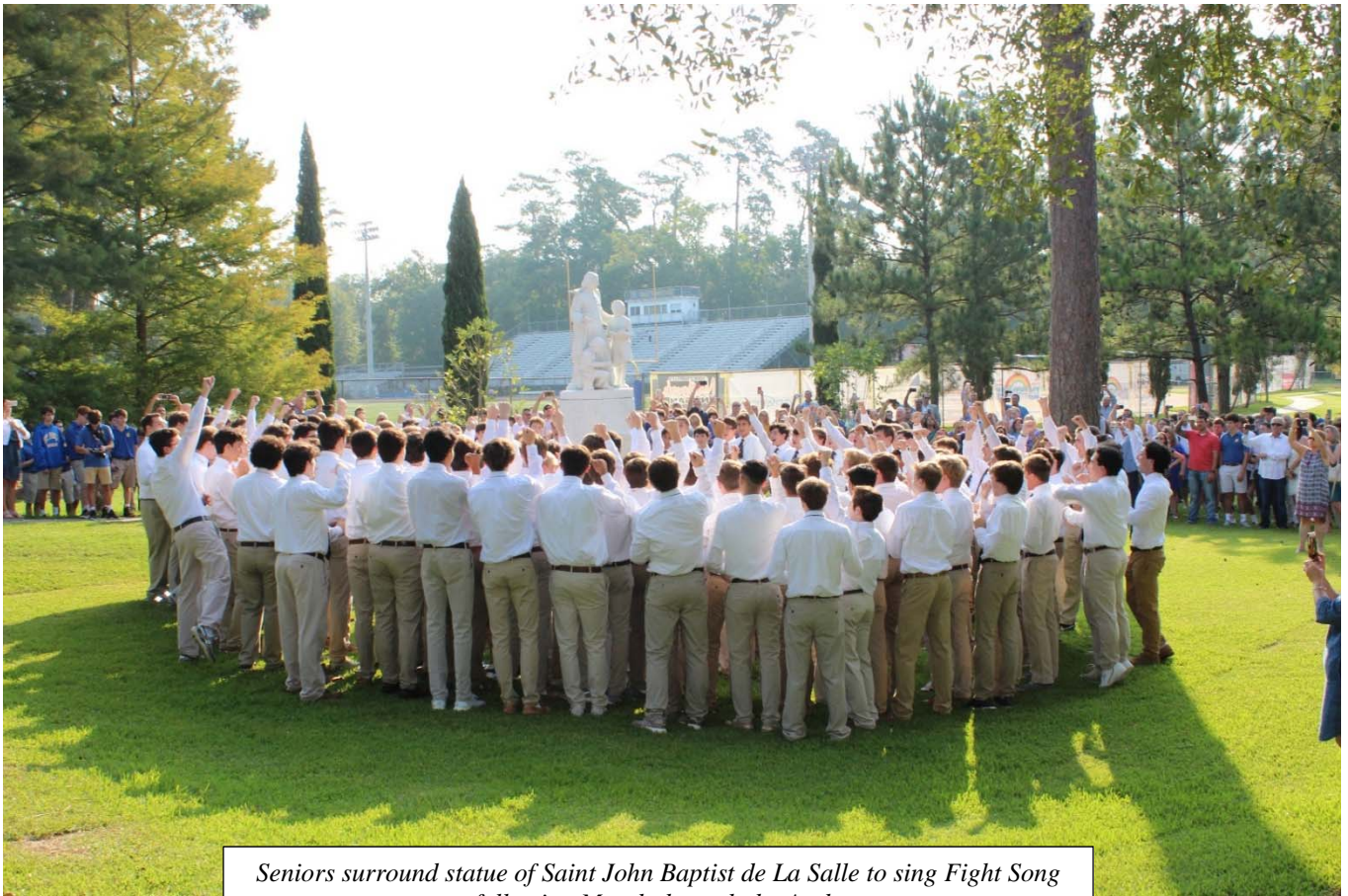


Holy Founding Brothers!  
Help us to continue our Lasallian Mission!









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



