



***Around the School ...***

***We Are Proud of You!***

Congratulations to the following students who have been chosen Student Ambassadors for the 2008-2009 school year: **Freshmen**-Luke Ackerman, Ridge Ackerman, Victoria Farris, Danny Guttas, Amy Marszalek, Anabella Martin, Stephanie Minder, Mary Schrenk, Alex Sepanski, and Maitlan Sullivan; **Sophomores**-Anne Aiello, Luke Becker, Katie Belz, Olivia Bettis, Jenny Brenneisen, Emily Egizii, Clark Etheridge, Katie Forman, Michael Hurwitz, Cassie Kipping, Lily Mocharnuk, C. J. Romanelli, Clint Sestak, Lynsey Scott, and Kristen Seck; **Juniors**-Dominic Antonacci, Mallory Beck, Amanda Call, Jenna Cusumano, Jessica Edwards, Elizabeth Farris, Andrew Kelley, Tierra Lee, Sarah Mast, Chloe Neisler, Mark Ofreneo, Chris Ryan, Alaina Selvaggio, and Kate VonDeBur; and **Seniors**-Grant Bitzer, Becky Brenneisen, Tim Dondanville, Kelsey Edmonds, Jake Erickson, Dan Farmer, Mallory Flynn, Katie Furrie, Brittany Idusuyi, Jonathan McHenry, Michael Mehlick, Leslie Naritoku, Nick Varney, and Cara Workman.

Congratulations to the following 2008-2009 German Club officers: Matt Stegeman, President; Mallory Flynn, Vice President; Jill Haxel, Secretary; Anna Flessner, Treasurer; Tim Alexander, Historian; Ashley Thomas and Dan Schafer, Public Relations; Tom Filla, Cultural Advisor; Donovan Kavish and Grant Bitzer, Senior Representatives and Katie Loscher, Underclassmen Representative.

Congratulations to Junior Mariah Kaplan who performed and earned her Silver Cross in Piano on September 12 and her Silver Cross in Voice on September 14.

Congratulations to the following 2008 Homecoming Court selected by their peers: Lily Criscione, Haley Evans, Jill Haxel, Lanie McMillan, Shay Reid, Jessie Sestak, Mary Sheehan, Lili Steele, Abby Vespa, Norah Yu,

Gus Bloink, Tim Dondanville, Ryan Johnson, Matt Knudsen, Michael Pham, Blake Pranger, Ross Romanelli, Dan Schafer, Matt Stegeman, and A.J. Ward. Special congratulations to Tim Dondanville and Jessie Sestak on their selection as the King and Queen.

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***Service***

Opportunities for service are listed on the Sacred Heart-Griffin web site and the Service Bulletin Board. There is a list of agencies who are in need of ongoing help throughout the year and a calendar of those events coming up in the near future. Please consult these areas on a regular basis. Many people in the community rely on us. Students and parents/guardians are also reminded that twenty hours of service are **required each year**.

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***2008-2009***

***School Directory***

The SHG 2008-2009 School Directory is now available in the main office. The cost is a mere \$2.00 per directory. The School Directory is a great reference tool for parents to keep in touch with other SHG parents.

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***Thank You!***

Thank you to our volunteer nurses who went through all the Freshman physicals on September 23. We appreciate the time you took away from your families to help us. Thank you to Cynthia Bednarchik, Mary Ann Drennan, Jean Frankowiak, Sharon Mast, Valerie Rogers, and Teena Vincent.

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***Capital Area Education Fair***

The Capital Area Education Fair is to be held on **Wednesday, October 8** at the Orr Building on the Illinois State Fairgrounds. This is the time when students can speak with college representatives from throughout the country. The designated time for SHG juniors and seniors will be from 12:30-2:00 PM. Juniors and seniors

will be dismissed at the end of fourth hour. **ATTENDANCE AND "REPORT-IN" ARE MANDATORY!**

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***School Wide Testing Day***

All Sacred Heart-Griffin students will participate in our yearly school-wide testing program designed to assess achievement levels and career interests. This year these tests will be held the morning of **Wednesday, October 15**. Testing will begin promptly at 8:00 AM with dismissal between 11:00 and 11:30. Attendance will be taken and students **MUST** be in dress code. The following tests will be given:

- Freshmen STS
- Soph's PLAN
- Juniors PSAT
- Seniors Workshops on College & Career Planning/meet with Jostens' Rep regarding Graduation Cap & Gown

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***Parent/Teacher Conferences***

Parent/Teacher conferences are scheduled for **Thursday, October 30** and **Friday, October 31**. Teachers schedule conferences with you through the included form and with the help of your student(s). It is the responsibility of the student to take the form to the teacher or teachers you wish to see. The teacher will schedule a time in the session of your indicated preference. Time requests will be honored on the basis of first requested, first scheduled.

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***Mother/Daughter Mass & Brunch***

The annual Sacred Heart-Griffin Annual Mother/Daughter Mass and Brunch is scheduled for **Sunday, October 26**. Mass will be celebrated at 11:00 AM in the Motherhouse Chapel followed by a luncheon in the school Commons catered by Island Bay Yacht Club. Invitations will be sent to the home of all SHG girls.

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***Prevention Zone***

Congratulations to Megan Cummins, Rebecca Hanauer, Caroline Nester, and Kali Simmonds for making the first Snowflurry of the year such a success. The Cathedral 4<sup>th</sup> grade class thoroughly enjoyed the program, and were eager to share their experience with other students at their school.

**What is a Snowflurry?** A Snowflurry is a fun filled, half day workshop, offered by the SHG F.I.R.E (Friends in Resistance Education) club, to teach 4<sup>th</sup> graders the message of positive living. F.I.R.E. members are not afraid to tell the community and peers that they are drug and alcohol-free, and want to be role models for younger children. Grade-school students are taught about living a healthy lifestyle, and making a difference in the world. Activities include playing games, educational skits, song, dance, and small group activities.

Snowflurry stems from the Operation Snowball organization, [www.os-iti.org](http://www.os-iti.org). (read more on the Snowball link). A Snowflurry is the branch of

Operation Snowball geared toward the grade school level.

**Did you know?** Cigarette smoke contains over 3,000 chemicals like: Acetone (nail polish remover), Hydrogen Cyanide (rat poison), Nicotine (roach killer), Formaldehyde (embalming fluid), and Hydrazine (rocket fuel).

Please visit the Prevention Zone at [www.shg.org](http://www.shg.org) for more information!

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### **Red Ribbon Week**

What is Red Ribbon Week? Red Ribbon Week was formed to celebrate the memory of Enrique Camarena an undercover police officer of the DEA who was killed due to his involvement in an underground drug operation in Mexico. Friends and neighbors rallied to support drug and alcohol awareness and its destruction by wearing red satin badges in his memory, which helped create the event of Red Ribbon Week. Red Ribbon Week is to help promote a healthy living style for individuals across the country.

We will be celebrating Red Ribbon Week at SHG October 27-29! Red Ribbons will be available to all students, contests will be held for prizes during lunch and special prayers and educational information will be announced and posted each day of the week. On Tuesday, students will have the opportunity to show their dedication to living a healthy lifestyle by wearing red shirts and accessories. On Wednesday, Dr. Moredock will discuss teen suicide and prevention. All Freshmen classes will attend this presentation, and other classes will have the opportunity.

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### **SHG Enrollment 2008-2009**

Freshmen	- +99	
Sophomores	- 212	
Juniors	- 200	
Seniors	- 199	
<b>TOTAL</b>	<b>-</b>	<b>830</b>

## **Leadership Opportunities Offered as Part of the SHG Experience**

**F.I.R.E. (Friends in Resistance Education):** Students act as advocates to a drug-free lifestyle by serving as role models to peers and youth in the community. F.I.R.E. members help plan prevention activities such as Red Ribbon Week, and participate in snowflurry activities, aimed to educate 4<sup>th</sup> graders.

**Operation Snowball:** Safe, fun weekend opportunities for teens to gather socially and gain valuable leadership skills via professional trainers who provide hands on activities and team building exercises. The pretext of the program is to provide teens with skills and information to make positive choices and avoid damaging/risky behaviors. Snowballs in past have been held at many Sangamon County area schools including SHG, Chatham, Rochester, and Pleasant Plains and are open to teens county wide. The SHG Snowball is scheduled for January 16-18, 2009. Announcements will be made as others are scheduled.

**ILLCAAAP (Illinois Church Action on Alcohol and Addiction Problems) Teen Board:** The mission of this board is to promote healthy lifestyles. An interfaith youth retreat is offered each year. The trainers are nationally recognized and provide training in leadership skills, team building, alcohol and drug prevention, healthy relationships, and better understanding of teen stress. Date to be determined.

**I.T.I. (Illinois Teen Institute):** State and national award winning Prevention program which emphasizes positive peer influence and helps teens and adults join together in an effort to prevent addictions. (Sister program to Operation Snowball.) Five day program held in July at a university campus; scholarships available to all from various community organization such as the Illinois Sheriff's Association.

*Students are introduced to these organizations and activities throughout the school year. However, be aware that your student may need encouragement/guidance to make the decision to attend. Many successful current and former students gained valuable and necessary social skills and leadership opportunities which lead them to higher academic achievement and college scholarships. Please watch SHG announcements for dates and information on these events and encourage your student to attend at least one of these activities throughout the year. Secondary advantages to students who participate in these programs include:*

- safer social situations; positive support system
- skills and alternatives to risky teen behaviors
- increased knowledge and awareness of addictions
- increased opportunities for college scholarships
- better understanding of stress/teen issues
- knowledge on the dangers of drugs/alcohol/promiscuous behaviors
- leadership skills beneficial to college and future endeavors
- healthier peer relationships



