

PARENT/STUDENT DAILY BULLETIN

3/26/2020

FROM THE PRINCIPAL:

Here are a few very important reminders for a successful end of the Third Academic Quarter:

- Friday is the end of Quarter 3. All student work is due. Please contact teachers immediately with questions or concerns.
- The Quarter 3 end-of-the-quarter three-day testing cycle continues through the end of the day Friday, March 27th.
- Regardless of type of assessment, all students must make certain that by Friday they have completed and submitted ***all*** Quarter 3 work to their teachers. There are a very few students with medical extensions.

Please contact me at aschulz@jcarroll.org with any questions or concerns that you may have.

Stay safe and well. Please know that we are praying for you and your entire family.

God bless you,
Anchen Schulz, Ph.D.

ATTENDANCE:

Please sign in between **8:00 and 9:45 am each day**. This is **MANDATORY** and will count as your attendance for the day. Students **MUST** sign in with their jcarroll email address and may only sign in once. If you do not sign in, you will be marked as absent, just as you would during a regular school day.

To Sign-In For Attendance:

1. Go to the Archbishop Carroll Website: www.JCarroll.org
2. Click on the attendance link on the homepage, which will be listed as "Attendance"
3. Complete the Google Form by typing in your First Name, Last Name, and then clicking on your grade and hitting SUBMIT.
4. Students will receive a response receipt. If a receipt is not received, please attempt again on a computer. If issues persist, please contact kbuchanan@jcarroll.org.

If you have issues completing the form on your phone, please also attempt on a computer before reaching out. Please direct any questions or concerns regarding attendance to cherrera@jcarroll.org or kbuchanan@jcarroll.org.

GOOGLE CLASSROOM:

Assignments and Due Dates - The 3rd Quarter is on schedule to end this Friday, March 27th. An email with all information regarding the end of the Quarter was sent to all parents and students last night. If you did not receive that email, please contact Courtney Peters at cpeters@jcarroll.org.

Google Classroom Logins - If you did not sign in to the following teachers newly created Google Classroom accounts, please do so. Your assignments will be posted and waiting. If you need another classroom code for a class not listed below, please email your teacher directly.

- **Mr. Kirsch**
 - 1st Period - xuaz3wc
 - 3rd Period - 2ffezcb
 - 5th Period - 6gbnajo
 - 6th Period - kupelnn
 - 8th Period - wbc7elm

GUIDANCE:

SAT and ACT Updates - The SAT and ACT testing dates through May have been cancelled. Please reach out to CollegeBoard or ACT for more information.

*It is strongly recommended that if you have a desire to take either test in June you should **sign up ASAP**. Archbishop Carroll is NOT a testing site for either exam again until next school year. Some colleges have decided to go test optional next year to alleviate any problems with being able to take the SAT/ACT. Do not rely on this being the case for every school. You should check colleges you are interested in to see if they have made this decision.

***SAT practice:** Along with your Khan Academy account for SAT practice - you can also take a full test through them- **Kaplan** is offering free SAT/ACT tutoring for a month. To access this, go to your **Naviance** account, scroll down, and you'll find a message for this on the left-hand side. We strongly encourage you to take advantage of either of these resources in preparing for the SAT/ACT.

Students are asked to contact their counselors with any course selection questions. If you are unsure of who your counselor is, check our website under "CarrollU".

There is a copy of our updated **COLLEGE PLANNING GUIDE** on the website. Juniors are strongly encouraged to review this. Please contact your counselor with any questions.

Seniors, continue to send in your college acceptances & scholarship offers to Miss DiMattia & Mrs. Nardelli. If you have committed to a school, please let us know that as well. If you have not visited a school yet and really wanted to, go to their website and take a virtual tour - most schools will have this

feature & are enhancing this experience. Some schools are extending their deadline for responding to their offer of admission. Please check all your schools for this if you feel you need the extra time for decision making.

Subject tutoring resource: You may already use Khan Academy, but you can also find free resources on the following website: www.hippocampus.org. They offer videos in 13 different subject areas.

Mental Health Tip: A Mindfulness Exercise.

When there is a lot going on and many adjustments to make - as we are currently experiencing - our stress & anxiety levels can rise, making it difficult to focus on what we need to do. Practicing mindfulness is a way to refocus and hopefully gain a sense of calm. It allows us to be present in the moment. We can spend a lot of time fretting about the past or worrying about the future - neither does us much good and tends to produce greater anxiety & stress. If you can practice mindfulness, it helps to keep you focused on what you can and are able to do and can establish that sense of calm that is so beneficial.

This is a quick & easy exercise given to me by Rogers Behavioral Health that engages all your senses: take some deep breaths and, focusing on the world around you, identify: 5 things you see, 4 things you hear, 3 things you can touch, 2 things you can smell, and 1 thing you can taste. That's it! Like I said - quick & easy.

Here are a few websites & free apps that might be helpful: www.calm.com and www.gonoodle.com (this is good for young children, so you can help your younger siblings!); Calm Counter App, Breathing Bubbles App, & Relax Melodies App.

If you are feeling truly overwhelmed, reach out to others- especially your parents, your counselor, and know that many out-patient agencies are offering virtual counseling. We are all here to help.

Counselor Office hours:

Mr. Lynam: 10-12 & 1 -2

Ms. DiMattia: 9:00-12:00

Mrs. Landrum: 10:00 - 1:00

Mrs. Collins: 10:00-1:00

Mr. Weinrich: 9:00 - 12:00

Mr. McGeehan: 9:00 - 12:00

Mrs. Fleming: 9:00 to 12:00

ANNOUNCEMENTS:

Course Selection:

- All course selection questions must be sent to your Guidance Counselor or to Selection@jcarroll.org. These are the only two locations where your questions will be answered. Thank you.

Emergency Contact Updates to PowerSchool/School Messenger:

If you need to update your Emergency Contact Information for PowerSchool/SchoolMessenger, please contact Trish Dudas at tdudas@jcarroll.org. This would be for changes to telephone numbers and email addresses only.

Office of Campus Ministry

I ask you to pray the following prayer personally and with your family every day:

Pope Francis' prayer to Our Lady, Health of the Sick for protection to the coronavirus and an end to the pandemic:

*O Mary, you always shine on our path
as a sign of salvation and of hope.*

*We entrust ourselves to you, Health of the Sick,
who at the cross took part in Jesus' pain, keeping your faith firm.*

*You, Salvation of the Roman People,
know what we need,*

*and we are sure you will provide
so that, as in Cana of Galilee,
we may return to joy and to feasting
after this time of trial.*

*Help us, Mother of Divine Love,
to conform to the will of the Father
and to do as we are told by Jesus,
who has taken upon himself our sufferings
and carried our sorrows
to lead us, through the cross,
to the joy of the resurrection. Amen.*

*Under your protection, we seek refuge, Holy Mother of God. Do not disdain the entreaties of we who are in trial, but deliver us from every danger, O glorious and blessed Virgin.
St Joseph, pray for us!*

Please watch our daily lunchtime prayer service on Carroll's Instagram Live page starting everyday at 12 noon led by our student leaders of Carroll.

Please continue to pray with us our daily Lenten meditation which is one of the Stations of the Cross as we walk with Jesus and as He walks with us.

Fifth Station - Simon of Cyrene Helps Jesus to Carry His Cross

V: We adore you, O Christ, and we praise you.

R: Because by your holy cross You have redeemed the world.

Jesus, the soldiers are becoming impatient. This is taking longer than they wanted it to. They are afraid you won't make it to the hill where you will be crucified. As you grow weaker, they grab a man out of the crowd and make him help carry your cross. He was just watching what was happening, but all of a sudden he is helping you carry your cross.

As a child, sometimes I see people who need my help. Sometimes I pretend not to hear when my parents call me. I disappear when I know my friends or classmates who feel alone or bullied need my help. I need to be a Simon to others rather than just watch and do nothing.

As an adult, sometimes I try to do as little as I can and still get by. Others might need my help, but I ignore their needs. Even when I'm asked to help, I sometimes claim to be too busy. I need to be compassionate to others because I would expect people to care about me in my tough times.