FROM THE PRINCIPAL

PLEASE READ THIS:

In observance of Holy Week, no classes will be held on Tuesday, April 7 and Wednesday, April 8, 2020. Classes will resume on Tuesday, April 14, 2020.

We hope you understand that during this time our faculty, staff, and administrators will also be observing Holy Week.

As always, 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.

COURSE SELECTION:

With the extension of our Easter Holiday break to now include Tuesday, April 7th and Wednesday, April 8th, we will be extending the deadline for course selection to 11:59PM on Wednesday, April 15th. Should you have any questions on Course Selection during the Easter Holiday, please e-mail Selection@Jcarroll.org. We will still be happy to respond to you through that e-mail address over the break.

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:**
- All student assignments are posted on Google Classroom. Should you have any questions regarding assignments, please review Google Classroom with your child and reach out to the teacher if necessary.

**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](http://www.hippocampus.org). They offer videos in 13 different subject areas.
Mental Health Tip #3: Perspective

You know the saying “seeing the world through rose colored glasses”, or being asked: Is the glass half full or half empty?” or, “put yourself in someone else’s shoes”? Well, they’re all about perspective - how do you “see” (i.e. give meaning) to the world around you & the situations in your life. It can have a huge impact on how you feel and consequently, how you act. Consider the following vignette & what the ending could be:

It was a dark and misty night as Chris ran across campus. A street light cast the shadow of another person close behind. With heart pounding, Chris accelerated away from the pursuer and headed for the dorm room....

How did you choose to finish this story? Did you go for suspense, horror, romantic comedy, drama?

How we view things really makes a difference in how we choose to react/respond. Would it make a difference in the above story if the word “pursuer” was simply “person”? The language we choose to use can also impact how we feel and respond to situations, so be mindful of your words and that ever-present inner dialogue. What are you saying to yourself?

How have you approached being home for school? Have you focused only on the negatives? I know there may be a lot of them, but how helpful is it to only look at the negative aspects of a situation? How have you approached understanding the caronavirus? In a panic? Scientifically? Trying to find a silver lining? A mixture of all the above?

Your perspective in life can truly change how you feel, and remember, our thoughts & feelings guide our actions. We’ll take a closer look at thinking patterns in the next Mental Health Tip.

Quote for the day: “If you change the way you look at things, the things you look at change.” Wayne Dyer

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
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._

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 pray our daily Lenten meditation of the Stations of the Cross to know that Jesus walks with us in these uncertain, difficult times!
**Ninth Station: Jesus Falls the Third Time**

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

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

Jesus, your journey has been long. You fall again, beneath your cross. You know your journey is coming to an end. You struggle and struggle. You get up and keep going.

As a child, sometimes I fail time and time again. I find it hard to get along with my sisters and brothers, sometimes I'm not honest, sometimes I'm lazy. I'm tempted to stop trying. It's just too hard sometimes. Give me the grace never to quit but try again.

As an adult, I often feel I should have conquered my weaknesses by now. I become discouraged when I'm confronted by the same problems over and over again. Sometimes I get weary. When I have health problems, I can become discouraged and depressed. Jesus, help me get back up as you did; to see the bigger picture of Easter Sunday and not the struggles.

Help me think of the cross you carried. Help me continue to hope that I can make the changes in my life I need to. You didn't give up. I can have the strength to get up again as well.