Guidance Department Spotlight

Counselors visited grade 12 math classes to review post-secondary options and planning strategies. All students were encouraged to set a post-secondary goal, and were given the tools necessary to begin planning for their future!

From left to right:
Amy Carvalho, Director of Counseling and Admissions
Tashua Sotil, School Psychologist
Mindy Daria, Social Worker
Christopher Cartnick, School Counselor Last Names A-F
Peter Daria, School Counselor Last Names G-O
Melissa Perkins, School Counselor Last Names P-Z

Athlete of the Week

Congratulations to Jake Allen, our Emmett O’Brien Athlete of the Week!
Jake is a senior and wearing number 21. Jake is new to the team. Coach Solis is quoted as saying “Jake came out to help the team and has been doing well. He is very coachable, follows instruction to improve on the field, uses his strength for the benefit of the team and always shows a very positive attitude when being taught the technique and strategies of the game”. Jake hustles on every play and never gives up.

A big congratulations to Jake Allen!
National Day of Forgiveness

Thank you Mr. Barrett for reminding us all to take a moment and reflect on the National Day of Forgiveness.

“Today is the National Day of Forgiveness. It is a day set aside to reflect and develop methods for incorporating forgiveness into our lives.

The act of forgiveness is very powerful. But, granting forgiveness is more than an act – it’s a process. Forgiveness teaches us about ourselves as much as it teaches us about others. Whether a person suffers from mental or emotional pain, grief, or trauma, forgiveness can set us on a path of healing. Forgiveness can also develop into a practice that teaches us to value compassion, kindness, and love.”

Shield of Strength activity

Mr. Moran shared this reflective activity with both students and staff throughout the building. Thank you!

Section 1: What do you like about yourself? Something you are proud of. Something you do well.

Section 2: When you think of another person or friend, what do you think are some of the things that he/she liked about you?

Section 3: What quality DO YOU FEEL makes you a good friend?

Section 4: What do you do that helps support your family members, friends, or others?

H.V.A.C. 10th graders took on the Fist of Five Challenge

Thank you Mr. Saccavino!