



ST. FRANCIS HIGH SCHOOL

KNIGHTS & DAYS

Volume 12 Issue 2

October 2009

www.sfhs.net

Upcoming Calendar Dates and Changes

Thurs.-Mon, Oct. 8-12
Senior Quarter Examinations

Mon., Oct 12-Thurs., Oct 15
KAIROS

Tue., Thurs.-Fri Oct. 13,15,18
First Quarter Examinations

Wednesday, October 14
PSAT Exam (juniors)
PLAN Exam (sophs)
Study Skills Seminar (freshmen)
Dismissal at 11:40

Friday, October 16
No senior classes

Monday, October 19
Second Quarter Begins

Mon-Weds, October 19-21
Seniors-Cap&Gown
Measurements/Anncts on sale

Tuesday, October 20
Articulation Dinner

Wednesday, October 21
College Financial Aid 101-7 pm

Saturday, October 24
Golden Knight Communion
Breakfast
Homecoming Dance 8-11 p.m.

Mon-Fri, October 26-30
Homecoming Activities at lunch

Mon-Tue, October 26-27
UC Application Workshop (seniors)

Tuesday, October 27
Report Cards Mailed

Wednesday, October 28
Friday Schedule

Thursday, Oct 29
"Growing Pains"-Frosh Parent
Counseling Night 7:30 pm

Friday, October 30
Homecoming Football Game

Monday, November 2
Thanksgiving Drive Begins

Tue-Thurs, November 3-5
Junior Believe Retreat

Wednesday, November 4
Mothers Guild Mtg 7 pm
Bake Sale/Newsletter Sent

Monday, November 9
Veterans Day Observed
(NO SCHOOL)



Dear Parents:

I am always thankful to hear how enthusiastic you feel about our school and how much your sons enjoy St. Francis. It makes me feel good to speak with the parents of our new students who say that their sons have never been so happy and that they made the right decision sending them to St. Francis because of the discipline, spirituality, quality of the faculty and staff, and the respect shown by our

students. They love the family spirit and the support of other parents.

I am grateful for the tremendous work we do here and the quality of our faculty and staff. Also of the great support we receive from you. Without your help we could not do our work. Please remember that everything begins and home with you.

As you are aware, we highlight a different Franciscan virtue each quarter. The first one this year is Hospitality. I have witnessed many examples of your sons welcoming other students and parents to our campus and showing courtesy and kindness toward our visitors and their brothers in the school.

(Continued on page 2)

QUARTER EXAMS LOOMING

We appreciate all who helped make for a smooth beginning to this school year. Our faculty has done a wonderful job of motivating students. Our Mothers Guild and Booster Club have demonstrated their commitment and hospitality at many events. And our parents have shown incredible dedication to their sons through their attendance at Back to School Day and Parent/Teacher Conferences, as well as other school events.

On Wednesday, October 14, we will be giving the PSAT Examination to Juniors. This is a nationally scheduled exam day dictated by the College Board, and unfortunately falls in the middle of our quarter exam schedule (see next paragraph). Sophomores will take the PLAN exam that day. Freshmen will be taking a study skills seminar led by our teachers and some students that day. Seniors will not be on campus. Release time that day for all students will occur at 11:40 am.

We are preparing for first quarter examinations (October 13, 15 and 16; October 8, 9, and 12 for seniors). A special schedule will be held on these dates;

it is posted in the Faculty/Student Handbook. Exams begin at 8 am and release time during quarter exams is 11:45 or when a student has completed his last exam. These comprehensive tests can count up to 33% of a student's first quarter grade, so make sure that he is fully prepared. Before a student will be allowed to take the examinations, his first quarter tuition and fees must be current. **Payments should be made directly to the school beginning October 6 (not to the Credit Union) because we can post them immediately.** At that point, we will only take cash/cashiers checks! We are planning to mail report cards on Tuesday, October 27. Kairos leaves after school on Monday, October 12 and seniors do not return to campus until Monday, October 19.

You may have noticed that our Homecoming Game is on Friday, October 30 and our dance is scheduled for Saturday, October 24. Our Activities Office has requested this change to avoid conflicts with Halloween.

Please note that Christian Service Opportunities are posted and updated regularly on the school website.



The President's Letter ...continued

Over the last few weeks we also have heard of the great service that some of our students have provided to people affected by the fires. When I get a phone call praising some of our young men I feel very proud of them and thankful that they are part of the family. After all, service is a virtue that we emphasize here at St. Francis and that will help your sons to reach out to others who are in need. I hope that you will keep in your prayers all the firefighters and law enforcement personnel who have done so much for us over the last few weeks. Some of them are part of the St. Francis family and we wish to express our gratitude for everything they have done. Let's continue to help one another and to seek ways to help those who might need our help and support.

I ask you to please continue speaking with your sons about their academic performance, and to encourage them to be

involved in community service and other activities that will help them to develop their talents and show their compassion and desire to help others.

God bless you.

Sincerely in Jesus and Francis,

Fr. Tony Marti, OFM Cap
President

MOTHERS GUILD MAKES THINGS HAPPEN

How quickly September came and went. With all the great events kicking off the school year, we are now officially back in the groove and summer vacation is just a distant memory.

Thanks to all of our wonderful volunteers who have already helped with numerous events - organizing, baking, making phone calls, greeting and providing warm hospitality. They are an amazing group of women who make things happen with style and grace! Many thanks go to Liz Alfonso and Lorena Cardenas for their warm welcome at New Parents Meeting as well as Trina Cabrera, Linda Gomez and Maria Prata for their beautiful spread of refreshments at Back to School Day. These were all wonderful opportunities to get re-acquainted with old friends and make new ones, while getting up-to-date on our sons' spiritual and academic lives at St. Francis.

We have already had our first two bake sales, both which were huge hits with the boys thanks to Colleen Welsh and Judy Fujimoto. Much appreciation goes to Sharon Swart, Kelly Valles, and Emilie Brennan for all their hard work selling Knightwear at home football games and other events. Please note that Knightwear can be purchased with cash or check, no credit cards.

This is also a busy season for our Dance Chaperones and preparations for the Homecoming Dance are now underway. If you can assist with chaperoning or baking, please call Sakae Manning (626-398-9827).

Our Homecoming Committee is also hard at work preparing for the dance on Saturday, October 24th and the big game on Friday, October 30th. If you'd like to help out, please call Ginger Brody (626-447-7914). It is guaranteed to bring back fond memories of your own high school days.

Coming up in October is the Kairos Retreat. If you can help with cookies, please contact Laura Vargas (626-578-7221). Do not forget to sign up for the annual Golden Knight Communion

Breakfast on Saturday, October 24th at 9 am. This event, with Mass followed by breakfast, is a great way for fathers and/or male mentors to spend time and connect with their sons. If you haven't reserved your spot yet, call Mary Johnson (626-446-0115). Also, the Articulation Dinner is October 20th, please contact Mary Johnson if you would like to provide appetizers for this gathering. The Faculty Lunch Committee (Rene Korth, Kim Kaufman, Ginger Brody, and Teri Davis) work hard to make this event special each month. They are always in need of salads, baked goods, and specialty dishes to serve to our wonderful faculty and staff, so please contact Rene Korth (626-298-2288) to get involved.

Our first Mothers' Guild "Dinner Knight Out" fundraiser will be held at Pepe's Mexican Restaurant in Montrose on Thursday, November 5th from 5 pm to 9 pm, and will include both dine-in and take-out options. Flyers will be sent home as well as available on the school website. All proceeds go directly to funding the MG Hope Fund. We hope to see you all there.

Finally we would like to extend special thanks to our St. Francis staff for their steadfast advice, guidance, and support of our many programs and activities throughout the year.

If you have not been to a Mothers' Guild meeting yet, please plan to attend in November. The turnout at our first meetings has been fantastic and we would love to keep the momentum going. Get involved in whatever way your time allows; make new friends, and be a part of this great community. You will be glad you did! Our next meeting will be Wednesday, November 4th at 7 pm in beautiful Founders Hall.

*Kim Kunitake & Beatrice Harendza,
Co-Presidents*



BOOSTERS SERVE IN MANY WAYS

With the Fall Sports seasons on their way, the Booster Club has been very busy the last month.

Our first home football game against CV was on Friday, September 18. The Alumni Association, with the assistance of the Booster Club, hosted its very first Tail Gate prior to the varsity game on the senior lawn. All our committees were active with approximately two hundred volunteers working throughout the campus. Thank you to all the Booster Club Chairpersons, the school administration, faculty and staff and all the parent and student volunteers for making the evening a memorable one for all who attended.

As past Presidents have done, I am going to try to spotlight different Chairpersons each month. The Booster Club is made up of a tremendous group of dedicated volunteers each with their own relationship with the school. Some of these volunteers have been with the Club for many years with sons that have long graduated. Others still, are new parents that find the Booster Club as their opportunity to be involved in their sons experience at St. Francis. I hope the spotlight gives you some ideas of how you can participate in the future.

The first Chairperson spotlight is the concession stands. What can you say about Ron Smith (Brad-'03) and Brad Recker (Brandon-'08) our Concessions Co-Chairpersons? In traveling around the league to different venues, it is still amazing to me that quality of concessions service we provide every home game compared to other schools. The tireless effort and attention to details that Ron, Brad and all the concession volunteers put forth is incredible. Like all of our committee chairpersons, both Ron and Brad are active during the summer and the weeks leading up to home games. They work many extra hours on their own time to insure we are always prepared to serve the crowd come Friday night. Because of all this extra time, the Booster Club also wants to thank Teresa and Rita (Ron and Brad's wives) for allowing them to dedicate so much time during the year. It seems every year Ron and Brad are coming up with new ideas to improve our concessions. Over the years, the concessions grow and bring in revenue for the Booster Club that helps us fund the many projects we have done for the Athletic Department. Thank you Ron and Brad for all of your hard work and dedication to the Booster Club.

The next few people I would like to spotlight are not chairpersons, but are three people that have helped me personally behind the scenes, without recognition and most of the time without

requesting hours. Teri Brown (Mark-'10), Jan Moe (John-'10) and Kim Wright (Kyle Smith-'10) have been assisting me for both years while I was the Security Chair and this year as President of the Booster Club. Terri Brown was my right hand person helping me call volunteers prior to each football game, and although her son was playing on the team, helped me run room 404 which has become the "command post" at every football game. Jan Moe was and is still at every football game assisting Terri and myself checking in walkie talkies, checking in volunteers and keeping organization in room 404. Kim Wright has assisted me when I was Chairperson for Security with emails, washing of the security jackets several times a season and setting up a system for keeping track of the security jackets. This year, Kim has helped me with the numerous letters, flyers and other administrative responsibilities that come with being President. I could not have performed my job as proficiently as Security Chairperson or as President of the Booster Club without the help of Terri, Jan and Kim. Thank you for your dedication to the Booster Club and the help you provide me.

Even though we had approximately 200 volunteers turn out for the home opener, the capacity crowd that night just confirmed that we are in need of additional help. Concessions, Merchandise, Security, Fifth Quarter, 50-50, and ticketing could all use more volunteers. If you can offer some time as the season progresses, please contact Candace Ingram, our Resource Coordinator (mczj@yahoo.com).

Our next two Booster Club meetings are set for October 1st and November 12th at 7:00 pm in the Field House. All are welcome to attend and participate. Also, do not forget to mark your calendars for December 5th, when the Booster Club will hold its Annual Christmas Tree pick up. Order forms will be coming out soon!

Go Golden Knights!

*Chuck Brash
President*

CONGRATULATIONS TO OUR CHAIRMAN OF THE BOARD OF DIRECTORS MR. ALLEN LUND. HE AND HIS WIFE, KATHY, WERE HONORED IN WASHINGTON, DC ON OCTOBER 5 BY THE NATIONAL CATHOLIC EDUCATION ASSOCIATION. THEY RECEIVED THE ST. ELIZABETH AND SETON AWARD FOR THEIR SERVICE TO CATHOLIC SCHOOLS.

COLLEGE COUNSELORS' CORNER

St. Francis High School College Fair

The 33rd Annual St. Francis High School College Fair was a success! Approximately 80 colleges participated in providing hundreds of students and their families with an opportunity to collect valuable information. A big thank you goes to our counseling assistant, Josie Zepeda, as well as to the NHS students, parent volunteers, and the St. Francis administrators, faculty, and staff for their hard work and commitment to making the fair a success.

All Families – St. Francis High School College Counseling Web Page

Visit the St. Francis High School Web site, www.sfhs.net, for links to help with the college application, search, and testing process. Click on Academics and then College Counseling. In addition, a schedule of college representatives visiting the campus can be downloaded from this site.

Seniors – It's October...What Should You Be Doing?

- If you have not done so already, please complete the student questionnaire, resume, and tentative college list on Naviance Family Connection. Return your signed Agreement for Records/Recommendation Letters Release form to the College Office.
- Make an appointment with Ms. Sweeney (A-K) or Mr. Pelletier (L-Z).
- If applicable, prepare early action or early decision applications. If you're applying under an early admission program, check to see if your college or university requires early applicants who are seeking financial aid to complete the CSS Profile under an early deadline. If necessary, complete the CSS Profile, which is available online at <https://profileonline.collegeboard.com/prf/index.jsp>.
- Work on your college essay(s).
- If your colleges require letters of recommendation, ask teachers to write recommendations on your behalf. Follow the instructions on the white envelope included in your College Knowledge Night packet.
- Attend the UC application workshop. The UC workshop will be held at 1:45 p.m. on Monday, Oct. 26, and Tuesday, Oct. 27. The location for the workshops will be the Computer Room (Rm 405). Before attending the workshop, go online, fill out the application, and print it. Bring a printed copy to the workshop. Please make your best attempt to complete your UC application prior to the workshop for the best use of your time during the workshop.
- Submit CSU applications online between Oct. 1 and Nov. 30 and submit UC applications online between Nov. 1 and Nov. 30. Both CSU and UC applications became available on Oct. 1. Go to www.csumentor.edu for CSU applications and www.universityofcalifornia.edu/apply for UC. Please refer carefully to the UC and CSU application instructions that we recently distributed to you during our visit to your English class. We also recommend that you complete the CSU online application tutorial and the UC online application virtual tour before attempting to complete the respective applications. Taking these steps will help prevent errors from occurring!
- Attend the college representative visits during break and lunch.
- Keep studying! Senior grades are very important.

Seniors – Upcoming Standardized Test Dates and Registration Deadlines

In order to secure a test site close to home or at a familiar location, we advise you to register for the SAT and ACT as early as possible.

SAT Reasoning and Subject Tests (Register online at www.collegeboard.com):

- Test date: Nov. 7. Late registration deadline: Oct. 15.
- Test date: Dec. 5. Registration deadline: Oct. 30. Late registration deadline: Nov. 12.

(If you wish to take the SAT Reasoning or Subject Tests on Oct. 10, but have not registered, you must take it on standby—see your counselor for further instructions.)

ACT (Register online at www.actstudent.org)

- Test date: Dec. 12. Registration deadline: Nov. 6. Late registration deadline: Nov. 20.

(If you wish to take the ACT on Oct. 24, but have not registered, you must take it on standby—see your counselor for further instructions.)

Seniors – Testing: How Many Times is Too Many Times?

It is appropriate to take the SAT Reasoning Test and ACT more than once, but we generally recommend taking each no more than three times. Most students will increase their scores simply by sitting for an exam a second time. Familiarity with the testing situation, types of questions, and testing tips can aid in increasing scores. After a third test, most students begin to level off in their learning curve, and the scores no longer increase exponentially. The average student who takes the SAT Reasoning Test increases his score by 25 points from the end of his junior year to the beginning of his senior year.

Juniors – PSAT

The PSAT will be administered to all juniors, on campus, on Wednesday, Oct. 14. The test is mandatory and no make-up exam will be given. The PSAT, also known as the Preliminary SAT, is similar to the SAT in its structure and method of scoring. However, it is not as long, and students will not need to register in advance. While test results are not reported to colleges as part of the applicant's school record, the scores are a valuable counseling tool. Also, juniors who achieve high scores will be identified and invited to compete in the National Merit Scholarship Program. We have distributed the PSAT information bulletins and practice tests in class. Please go to <http://www.collegeboard.com/student/testing/psat/about.html> for more information.

Sophomores – PLAN

On the day that the PSAT will be administered to juniors on campus (Wednesday, Oct. 14), the PLAN will be administered to sophomores. No make-up exams will be given. The PLAN is a standardized test designed specifically for high school sophomores that helps prepare them to take the ACT in their junior and senior years. (The ACT is a college entrance exam that is accepted fully by colleges and universities in addition to or in place of the SAT.) The PLAN builds upon the EXPLORE exam, which St. Francis sophomores took in the spring of their freshman year. Mr. Terrazone, our sophomore counselor, recently distributed a booklet about the PLAN to 10th graders. For more information about the PLAN, go to <http://www.actstudent.org/plan/>.

All Families – Financial Aid 101

Join us on Wednesday evening, Oct. 21, as we hold an inaugural event on campus, Financial Aid 101. Daniel Dabek, Assistant Director of Financial Aid at Occidental College, will give an overview of the college financial aid process, covering topics such as applying for financial aid, types of aid available, common mistakes and misconceptions, deadlines, how to obtain outside scholarships, and how to review a financial aid award. The event is free and open to all St. Francis students and their parents. Space is limited, however, so RSVP to Ms. Zepeda in the Counseling Office as soon as possible. (You may call her at ext. 517 or e-mail her at jzepeda@sfhs.net.) Please include the number of family member who will be attending in your RSVP. Financial Aid 101 will start at 7:00 p.m. and take place in the Degheri Performing Arts Center.

All Families – Upcoming Free Off-Campus Events

- The Road Ahead: A Seminar on College Admissions Testing Strategy. Presented by Compass Education Group. Tuesday, Oct. 13, 7:00 p.m. Pasadena Public Library, 285 E. Walnut Street, Pasadena. Register [ASAP](http://www.compassprep.com/events/) at <http://www.compassprep.com/events/>.
- Performing and Visual Arts College Fair. Sunday, Oct. 18, 1:00-3:30 p.m. Grand Ballroom, Ackerman Union. UCLA, 308 Westwood Plaza, Los Angeles.
- 6th Annual Pasadena Unified School District College Fair. Saturday, Oct. 17, 10:00 a.m.-1:00 p.m. Main Quad, Pasadena City College, 1570 E. Colorado Boulevard, Pasadena.

All Students – Tip of the Month!

Carolyn Z. Lawrence, a college counselor from San Diego, maintains an informative and helpful blog. Recent postings advise students on how to write college essays, prepare for college interviews, and ask teachers for letters of recommendation. Check it out at <http://www.admissionsadvice.com/>.