



DEPAUL CATHOLIC HIGH SCHOOL

Spartan Sentinel

Welcome to the Spartan Sentinel, our bi-weekly electronic newsletter for all things DePaul Catholic.

Principal's Corner

Mr. Russell Petrocelli

Dear Spartan Community:

As I write this, I am preparing to board a bus to Washington, D.C. along with other teachers and more than 40 students to attend the March for Life on Friday, January 18. The Right to Life Club has been preparing for this trip since the start of the school year and numerous benefactors have come forward to assist in the funding of this endeavor. As a proud member of the Knights of Columbus, I am most appreciative of the support that we have received from councils and federations in both the Paterson Diocese and the Newark Archdiocese. I will share pictures and an event wrap-up in the next issue of The Sentinel.



Mid Term Exams will be administered from January 22 to January 25. A complete schedule has been posted and after school preparation sessions have been held to ensure that students are prepared for these exams. If students are not scheduled for an exam during a particular time period, they are not required to be present in school.

Catholic Schools Week will be celebrated the week of January 27 and the Accepted Students Reception for the Class of 2023 will held on **Monday, January 28, 2019 from 6:30 PM to 8:00 PM**. Our **Catholic Schools Week Mass** will be celebrated on **Friday, February 1, 2019 at 9:15 AM**. All are invited to this Eucharistic celebration.

Please visit this newsletter on a regular basis to be brought up to speed on the happenings across the campus. If you are a graduate and are in the neighborhood, please stop in and say hello.

St. Vincent DePaul...Pray for Us!

Moving Forward...

Mr. John Merritt '71

Vice Principal, Student Life

What if it's not a stage?

I wish I had a dollar for every time it has been said to me that what a student was going through was "only a stage". Another of my least favorite phrases is "you know how boys are". I have yet to figure that one out also.

What Is Often Called A Stage?

Bad grades, poor discipline, experimenting with drugs, drinking, etc.

*This thought always goes through my mind after hearing it's just a stage. **What if it's not a stage?** So I got to thinking. (always dangerous)*

What is a stage and what is a permanent lifestyle?

Look back at your high school years and now look at the present.

- Did you have friends in high school who started to smoke cigarettes, drink alcohol, or smoke pot?
- Did you have friends who received poor grades and/or were discipline problems?

If you are still in contact with them, what is their lifestyle now?

A) They are now a pack a day or more smoker, daily drinker, pot user.

Well the stage became a lifestyle, or some will say an addiction.

or

B) They no longer smoke, drink in moderation, or not at all, and gave up pot after The Woodstock Festival. *The Stage was only a Stage.*

What is your friend like now?

C) still struggling because of a lack of education and personal discipline issues.

The Stage became a Lifestyle.

or

D) has developed a respect for education and strong disciplined work habits.

The Stage remained a Stage.

Why did some classmates remain A and C and others evolved to B and D

Well some experts will tell you that A and C has an addictive personality. Once they begin to experiment with an addictive substance or develop bad habits they have difficulty stopping or doing things in moderation.

So what to do?

- The best solution for a young person or any person is to never start using addictive products and to study and behave.
- We know that is not possible in many cases, so the next best thing is **Education, Acceptance and Action.**

Education

- Know your child and what an addictive personality is.
- Talk about addiction and the destruction it can cause.
- Contact your doctor, schools/towns health department for advice.
- Be a positive role model in regard to smoking, alcohol use, drug use, education and discipline.

Acceptance and Action

- If you become aware that your child may be developing an addiction do not live in denial.

Telltale signs of a growing addiction issue

- Withdrawal and lack of communication
- Change in personal appearance
- Drop in grades (Be careful on this one, as some students may continue to get good grades even as an addiction is developing.)
- Quitting extracurricular activities
- Money unaccounted for

- Change of friends
- Weight gain or loss
- Becoming cynical ("Life is a joke.")

Act now, so that your child may have a better life later.

Acceptance to Action

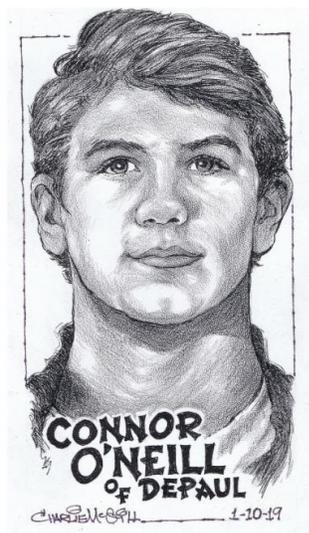
- Search
- Confront
- Intervene
- Test
- Counsel
- Support
- Be patient
- Be Tough
- Pray
- Be prepared to be temporarily hated by your child.

It may be the most important thing you ever do for your child.

Happy Parenting!

Spartan Nation

submitted by the Athletic Department



Athlete of the Week

[Link to news article.](#)

Connor O'Neill

Sport: Wrestling

Class: Junior

Age: 16

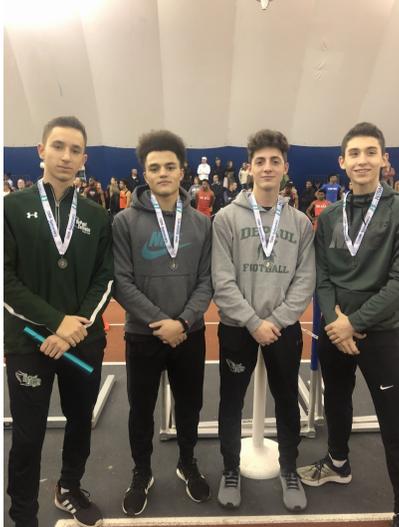
Accomplishment: O'Neill won the 160-pound weight class at the Powerade tournament in Canonsburg, Pa., one of the top high school wrestling tournaments in the country. As the seventh seed, he

defeated the No. 6 seed and No. 2 seed. Then in the finals, O'Neill defeated the No. 1 seed in dramatic fashion, scoring a last-second takedown in regulation to tie the score and a quick takedown in overtime to win the title. He has committed to Rutgers.

"He just works really hard. He is a super, super hard-worker. He's tough."
— Coach Keith Karsen

Winter Sports Update

Track and Field



#NJRelays Boys NPB DMR was a tight finish won by St. Rose running 11:45.13, DePaul Catholic 2nd 11:45.21. Immaculata 3rd 12:07.

5:34 PM · 1/18/19 · Twitter Web Client

1 Retweet 1 Like



[Click Here For Conference Championship Updates.](#)

[Click Here For State Championship Relay Updates.](#)

Swimming



**In photo: (left to right)
Hailey Krajewski, Sydney Smith,
Monica Sperzel, Jamielyn Juan,
Vincent Tan**

Congratulations to our 5 medalists!

Passaic County Swim Championship
January 12th, 2019

- > 4th place: 200 Individual Medley- Vincent Tan
- > 2nd place: 100 Butterfly- Jamielyn Juan
- > 4th place: 200 Free Relay- Jamielyn Juan,
> Sydney Smith, Monica Sperzel, Hailey Krajewski
- > 3rd place: 100 Backstroke- Jamielyn Juan
- > 3rd place: 100 Breaststroke- Hailey Krajewski

County Tournament Updates

Boys Basketball

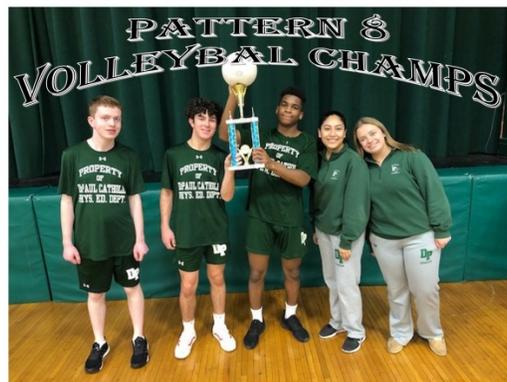
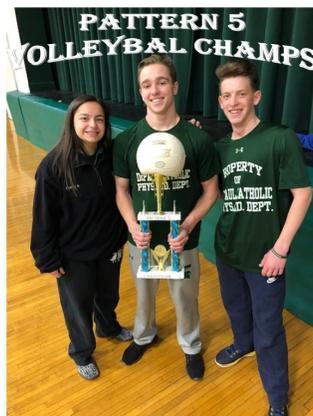
- First Game of the Passaic County Tournament
 - Saturday, January 26th @ DePaul - 12noon

Girls Basketball

- First Game of the Passaic County Tournament
 - Saturday, February 2nd @ DePaul - 12noon

Phys. Ed Champions

submitted by Coach Karsen



Advancement News

Ms. Carmela Raiti
Director of Advancement

DePaul Gala Invitation

Thursday, March 21, 2019, 6:00 pm
at The Venetian

Join us at the Gala, as we honor fellow Alumni
who have contributed extraordinary service to our school or society.

Apostle of Charity Award - Christa Hoeher Reddy '72

Distinguished Alumni Awards:

Rev. John F. Tarantino '68
Trish O'Keefe '76
Debbie DuHaime '80
Andre Sayegh '92
Tara Palmeri '05

[RSVP here](#)

DE PAUL AT WORK - is there a match?

Does your employer have a Charitable Giving Program?
Do they offer grants to community groups?
We are interested in learning more about their interests.
And ask if you can introduce us.

Alumni Association

Stay in touch with your
fellow alumni. Be sure
to update your contact
info
via [AlumniUpdate19](#)



Reunions

Our Advancement Office can assist with
planning your class reunion. Just let us
know. Upcoming celebrations are planned
for the classes of 1999, 1979 and 1969 and
1964.

Save the Dates!

Double K Basketball Challenge

March 10, 2019

Benefiting the Kristen Koenig Scholarship
Fund, which aids a DePaul student for
his/her Junior and Senior year.

For more info, email raitic@dpchs.org

DePaul Golf Classic

June 17, 2019

North Jersey Country Club

Admissions News

Mrs. Anne Brewer
Director of Admissions

Congratulations to the Class of 2023!

The Office of Admissions sent out acceptances to
the newest class of future Spartans! Applications
will still be accepted until the class has reached its
limit. For those of you who have been accepted
please join us for our **Accepted Students Night**
on Monday January, 28th at 6:30PM to meet
members of our administration, current students,

faculty, DePaul Catholic parents and fellow classmates in the Class of 2023.

The enrollment deadline is February 2nd. If you have questions, or you are interested in visiting the school please contact the Office of Admissions today. **Our Shadow Days begin again on January 30th**, at this time welcome 7th and 8th graders to spend the day as a current student.

A very special THANK YOU to our Parent Ambassadors who work tirelessly to support the Admissions team. We are grateful for all of the time and effort you have put in this year.

CLASS OF 2023

Welcome to DePaul!

submitted by [Mrs. Brewer](#)



Student Ambassadors calling to congratulate the Class of 2023!

Fine Arts Department

submitted by [Mr. Lombardi](#)

The Department of Art at William Paterson University will host their annual adjudicated student art exhibit ARTSTART. All high school juniors and seniors are eligible to enter. Each school may display six works in all media. The exhibition is scheduled for **Friday, January 18 through Saturday, February 2, 2019** in the Power Art Gallery. The art will be on view continuously through these dates. A reception will be held on Saturday, February 2, 2019 from 1 – 2:30pm (snow date is Sunday, February 3).

The following artists will represent DePaul Catholic this year: Juliette Bianchi, Yichen Cao, Diana Delgado, Vanessa Lomakin, Bernard Siebel and Sebastian Ruiz.

Theology Department

submitted by [Mrs. Bullman](#)

In the Theology Department, our students are working hard to prepare for their mid-term exams. They have already participated in “mastery” lessons after school. In our classrooms, we are completing lessons on the Sacraments, Catholic Social Teaching, the Paschal Mystery and the tenets of our faith.

Mrs. Haggerty is preparing students for their next **Midnight Run event on March 2nd**. Fr. Julio leads us in daily Mass after school in the Chapel, and all are invited to join! Fr. Julio also leads the St. Vincent de Paul Honor Society and they have met this week to discuss plans for **Catholic Schools Week January 27th through February 2nd**. There will be many activities to recognize our thanks in being a part of this Catholic institution. We will close that week with **Mass at 9:15 AM on Friday, February 1st**, and all are welcome to join in this celebration.

Yearbook News

submitted by [Ms. Gabriele](#)



Time is running out for underclassmen to purchase a 2019 yearbook! If you are interested in purchasing a book, please visit the Jostens website or click on the link.

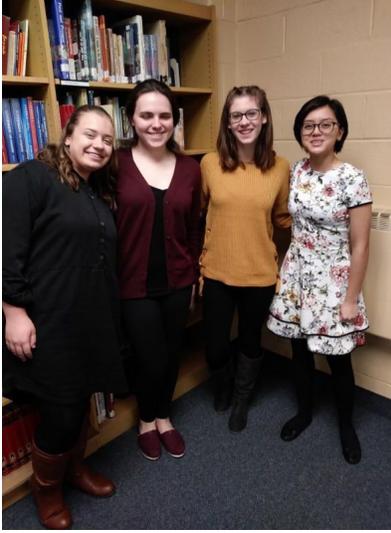
<http://jostensyearbooks.com/?REF=A05203900>.

Thank you for your continued support!

The Green Years Staff

Forensic Public Speaking

submitted by [Ms. Ferrito](#)



These members of the Forensic Public Speaking Team take on the Morris Catholic tourney. Next stop Grand Tournament held at DePaul and then Milwaukee.

Guidance News

submitted by Ms. McGovern '90
Director of Guidance

College admissions decisions are rolling in and the Class of 2019 has received some outstanding offers. Members of the Class of 2019 have received early admissions acceptances to various schools including **Pennsylvania State University, New York University, The College of New Jersey, University of Alabama, Brown University, High Point University, Marist College, Providence College, Ramapo College of New Jersey, Siena College, Monmouth University, Fordham University, Binghamton University, Michigan State University** and many more.

We look forward to hearing more decisions as they become available!! Congratulations Class of 2019, keep them coming! Remember to frequently check Naviance for updates on scholarship opportunities.

On **Tuesday, February 5th**, the Guidance Department will host **Junior Parent College Night**. This is the kickoff event for the juniors as they push their college admissions process into full swing. It is strongly encouraged that all juniors and their parents attend this very informative evening.

Educator of Distinction

submitted by Mrs. Dacles

Mrs. Kate Vander May, a Social Studies teacher here at DePaul Catholic, has been nominated as an **Educator of Distinction by the National Society of High School Scholars**, an organization that honors educators worldwide. She was nominated for this prestigious honor by Senior Elizabeth Baltzis. Mrs. Vander May has been presented with this award because of her dedication to teaching and learning and because of the difference she is making as a role model to her students. She has been a source of inspiration for her students and has encouraged her students to develop the skills, motivation, and determination they need to change our world for the better. She loves teaching, learning, and helping her students achieve their high academic goals



Introducing Academy of Science and Technology

submitted by [Ms. Parler](#)

We are delighted to announce the advent of our new Academy of Science and Technology. This two-strand program includes a prescribed four-year course of study in Science, Mathematics, and either Computer Science or Engineering.

The Computer Science strand begins in Grade 9 with a semester of introduction to Computer Programming and moves through Mobile App Development, 3D Interactive Environments, Java Programming, Cybersecurity, AP Computer Science Principles, and AP Computer Science A over the four-year

period. The Engineering strand begins with a semester of Engineering Design, Engineering 1 and 2, Raspberry Pi, 3D Printing, and culminates in a senior capstone project. Both courses of study include electives from the other strand.

The Class of 2023 students are invited to apply to the Academy of Science and Technology, where they will experience a rigorous interdisciplinary curriculum designed to prepare students to be ethical contributors to a global 21st century.

WHAT'S THE SCOOP!

Submitted by the Parents' Association

If you have any questions, contact us at DePaulCatholicPA@gmail.com

Click the photo below for a larger version of the HSA news.



DePaul Catholic Parents' Association WHAT'S THE SCOOP?



If you have any questions, contact us at DePaulCatholicPA@gmail.com

THE
influence
OF A good
teacher
CAN NEVER BE
erased

**Teacher's
Appreciation
Luncheon**
January 23
We are
requesting all
families make a
monetary
donation to help
with this event.

For more information, please contact
Deb Murray
demurray@hotmail.com or 973-818-4841



CALENDAR RAFFLE

Drawings began
12/25 and winners
have already been
called! If you still
want to get in on
the action,
please help our
DePaul Family and
sell the 10 raffles that went home in late Sept.



Sign up for
A+ School Rewards
DePaul Catholic School
ID# - 08465
<https://stopandshop.com/school-rewards/>



Make DePaul part of your everyday shopping at
no extra cost!

smile.amazon.com

Choose **DePaul Catholic High School Inc**
as your charitable organization and let the
shopping begin!

Clothing Bin Donations

Keep making your donations in the Green bin in
the back corner of the parking lot.
Just drop your items in the bin when you
Drop off or pick up your kids from school.



Save the Date
April 10, 2019
WE NEED YOU!
Come join our
Tricky Tray Team!!!

It's not too late to sign up to volunteer to help with
the biggest event of the year. If you're interested
please contact one of the chairpersons. If you
have any baskets you don't want, the Tricky Tray
Committee will be happy to take them. You can
drop them off at the front office starting NOW!
Also, it is never too early to **start sending in
donations!** Check out any holiday sales for
good deals!!! Just include your name and retail
value on the items so we know who to credit for
the donation.

Donna DiPiano donnam59@optonline.net
Debbie Lozito diodoc@aol.com
Maryann Marren school12marren@yahoo.com

Our next **PA Executive Board meeting** is
Tuesday, February 12th at 7pm
In the Commons Room!
All are welcome to attend.
Hope to see you there!

Please feel free to contact us at DePaulCatholicPA@gmail.com

President: Chris Marren, Vice President: Allison Beshada, Secretary: Jean Rafferty, Secretary: Mina Farrell,
Treasurer: Kim Wilderson, Public Relations: Brenda Salamon, Advisor: Sr. Jeanne Agans

DePaul Catholic High School | 973.694.3702 | www.depaulcatholic.org

STAY CONNECTED

