

September 23, 2019



# DEPAUL CATHOLIC HIGH SCHOOL

## Spartan Sentinel

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

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### **Principal's Corner** Mr. Russell Petrocelli

Dear Spartan Community:

The first day of Fall is upon us and DePaul Catholic High School is having a successful opening of the school year.

We are pleased to announce that Hanna N. Vaidya has been selected as a semi-finalist in the 2020 National Merit Scholarship Program. This is an incredible accomplishment that the entire school community can celebrate.

I would like to thank all the parents and families that attended the annual Back to School Night. It is always a great night that parents walk away with a better understanding of the courses that the students are enrolled in and the ability to put a "face to the name" of the teachers. Please stay in contact with your child's teachers and log into gradebook to stay on top of academic progress throughout the school year.

At the Back to School Night, I reviewed changes to school security procedures implemented this school year and, for those who may not have heard my presentation, I remind you that all students must have an official DePaul lock on their locker. The lock costs \$7.00 and may be purchased from the school store. Also, items being dropped off for students are to be left in the new secured vestibule at the Main Entrance of the school. All items must be labeled with the student's name and money should be in a sealed envelope, with a name on the envelope, and placed in the lock box mounted on the wall. Only those with appointments will be permitted to enter the building. Once again, we thank you for your cooperation and assistance in helping to keep our school safe.

Thank you for your support and please tell your friends that we have two Open Houses scheduled in October – October 9 from 6:30 to 8:30 PM and October 27 from 12:00 to 2:00 PM. Please join us for our mass for the Feast of St. Vincent DePaul on Friday, September 27 at 9:15 AM.

St. Vincent DePaul – Pray for Us!

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### **Moving Forward...**

Mr. John Merritt '71

**Vice Principal, Student Life**

### **The Challenges Facing High School Students**

*Social Media, Vaping, College Planning, Work, Homework, Family Breakups, Illness,  
Financial Concerns*

These are only a few of the challenges.

## Vaping

It took a while, but common sense is beginning to prevail. Adults and the government are now beginning to work to put a stop to vaping. The sad part is, for some kids, it may be too late.

As you have read, some kids are already addicted to these “harmless” vaping devices through the insidious insertion of flavor by manufacturers into an already dangerous product. Kids, who think they are indestructible, are now battling lung illness and other health issues. There were also the blatant lies in the advertising used to initially get the kids interested. Basically for the manufacturer and marketing office it was “**say anything to make a buck**”.

**The result is a big mess. Part of the big mess is finger pointing/ blaming one another.**

Schools are being accused of not doing enough to stop vaping. Parents are being accused of the same thing. Government is being accused of the same. No one seems to be responsible or willing to take ownership of the problem. The manufacturer says they're not to blame.

Kids are dying!

The other tragedy is kids now have to sneak and lie to continue to vape. Very sad.

It is my opinion, that it takes a pro-active family, not a village, to stop vaping by teenagers.

So what can a school and parents do? Well, as a parent, you can pay extra attention to your child's living habits and, if vaping is suspected, confront your child. (If he or she is already addicted, then it is not just a stage they are going through and it might require medical and psychological assistance.) Check on money spent and other telltale signs. Check their stuff.

It also might be a great idea for parents not to vape in front of their kids.

A school can be vigilant. Checking bathrooms on a consistent basis, installing vaping detectors. Detectors are not cheap and not always reliable. (I would rather see schools spend the money on books and other educational needs.) Schools can also offer information on the negative consequences of vaping.

However, the bottom line is kids will stop when vaping is no longer regarded as cool. Just like smoking cigarettes. Once society decides that vaping is a bad habit, as it did with cigarettes, then vaping will end.

I don't believe you can legislate good behavior, but the government, parents and schools can and should continue to report and preach on the negative aspects of vaping.

Vaping is addictive and by no means cool!

Parents, continue to remain vigilant as the next temptation for your children is just around the corner.

I wonder what the next challenge for teenagers and for us will be?

Good Luck!

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**We learn better when we are happy**

**Part Two**

Fr. Andrew Dutko

Last time we discussed *The Happiness Advantage* by Shawn Achor and how his research shows that approaching a task with positive thoughts makes us amazingly more successful. It activates all of our brain's learning centers, it makes us more focused, it makes us

happy. Shawn defined happiness as the joy we feel striving for our potential. This definition implies that happiness is not something you get externally, it comes from within you.

Shawn's research can impact all facets of our lives in amazing ways, but, last week, I suggested we imagine using this Happiness Advantage in how we approach the relationship that God offers each one of us. Our greatest joy, our greatest potential, our greatest happiness is found in the relationship that we have with God, who is at the source of us.

Our relationship with God begins with faith. Faith is so much more than the simple baseline affirmations that God exists and the teachings of the Church are true. Faith is trust. It is active and dynamic. It increases and decreases in us every moment of every day when we strive to rise above that baseline. If someone tells you that their faith does not fluctuate, then I would argue that they are in the simple baseline affirmation group. Yes, it is very difficult to fail in that group, but it is also very difficult to strive for our potential relationship with God.

Thomas Merton said in *Thoughts in Solitude*, "My Lord God,...I believe that the desire to please you does, in fact, please you." The desire to please God is active and dynamic, it shows trust and faith, and it is the only way to grow in relationship with Him, the only way to strive for our potential. Without this desire, we are reduced to those simple baseline affirmations.

Can you think of anything that would make you happier than to KNOW that God is pleased with you? Meditate on that for 10 seconds!

So how do we use Shawn's Happiness Approach to grow in our relationship with God? Begin every faith encounter with a desire to please God and recall the joy you just felt when you meditated on how that would please Him.

Desire to please Him when you walk into Mass.  
Desire to please Him when you come forward for Eucharist.  
Desire to please Him when you study for a big test.  
Desire to please Him when you listen as your spouse talks about their day.  
Desire to please Him when you are overwhelmed by tears.  
Desire to please Him when you correct the behavior of your children.  
Desire to please Him when you are swamped with work and someone stops by to chat.

Desire to please Him when you have no desire to please Him.

In these moments, the lessons that God wants us to learn from these faith encounters will be met by a mind that is happy, a mind that is experiencing the greatest joy we can feel as we strive for our potential relationship with Him.

Peace,  
Fr. Andrew



## Spartan Nation

The battle for bragging rights continues!  
The nominations have been tallied, and we are one of the Top 12 schools in the School Spirit Showdown.

Starting Oct. 7, News 12 will show the schools with the most school spirit on

Mondays in October.

The vote runs through Oct. 21 with a new winner each week, with a total of four winners!!  
So make sure to keep voting for your favorite!

**You can vote five times an hour, every hour.**

**VOTE NOW!**

## Important Dates From The Athletic Department, 2019-2020

- **October 12th** - NFL Celebrity Basketball Game at DePaul ([Purchase Tickets Here!](#))
- **March 19th**- Athletic Hall of Fame Induction Ceremony (@ The Grove)
- **June 15th** - 27th Annual DePaul Catholic Golf Classic (@ North Jersey Country Club)

### Fall Open Houses

The DePaul Catholic Community invites you into our HOME for a look at why over 11,000 alumni believe that we are "The Place To Be".

Wednesday, October 9  
6:30pm

Sunday, October 27  
12:00pm

Please RSVP by visiting  
[www.depaulcatholic.org](http://www.depaulcatholic.org)

For additional info: [admissions@dpchs.org](mailto:admissions@dpchs.org)



DePaul Catholic High School 1512 Alps Road, Wayne, NJ 07470 Phone: (973) 694-3702

### Admissions Office

[Mrs. Brynn Merritt Campbell](#)

Director of Marketing & Enrollment Management

### Shadow Days Begin

Tuesday, October 1st

[Register Here](#)

### Open Houses

[RSVP](#)

Wednesday, October 9th

First Tour: 6:30pm, Last Tour: 8:00pm

Sunday, October 27th

First Tour: 12:00pm, Last Tour: 1:30pm

### HSPT Test

Friday, November 8

[Please register for the test here.](#)

### Save The Date

[Mrs. Coleen Brophy '79](#)

Director of Special Events & Alumni Relations

# Save the Date



DePaul Catholic  
Alumni Association  
Homecoming Kick Off  
October 4, 2019  
DePaul vs. St. Peter's

Homecoming: 5:30PM    Game: 7:00PM

## [HOMECOMING RSVP](#)



The 2<sup>nd</sup> Annual **Spartan Color Run** will take place on **Sunday, October 6<sup>th</sup>**. During this fun run/walk, participants are doused with color at various color stations ending with one final color celebration at the finish line.

Fun for ALL Ages.

[Register Here.](#)

COME AND SEE NFL PLAYERS COMPETE AGAINST STUDENTS, TEACHERS AND COMMUNITY MEMBERS WHILE FIGHTING HUNGER IN OUR COMMUNITY AND SUPPORTING STUDENTS IN NEED!

A close-up photograph of an orange basketball with black lines, resting on a light-colored wooden basketball court floor.

The logo for Lonnie Allgood Dreams for Kids, Inc., featuring a stylized figure of a person in a red and green outfit, with the text "LONNIE ALLGOOD" above and "DREAMS FOR KIDS, INC." below.

**BUY YOUR TICKETS NOW!**  
<https://www.eventbrite.com/e/nfl-pros-vs-de-paul-all-stars-tickets-61458986483>

**A LIMITED NUMBER OF TICKETS ARE AVAILABLE.**

The logo for Community FoodBank of New Jersey, featuring a stylized sun and a heart shape, with the text "Community FoodBank OF NEW JERSEY" and "FOOD • HELP • HOPE" below.

Saturday, October 12, 2019

On Wednesday, October 18th Lonnie Allgood, Former NFL player and founder of Dreams for Kids came and spoke to our student body about the importance of faith, good character, self respect, anti-bullying, dream, positive self-esteem and education! Lonnie is partnering with the NJ Food Bank to stomp out hunger. Don't forget to drop off your non-perishable food. Boxes will be in the lobby of the school.

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## Student News

Officials of the National Merit Scholarship Corporation (NMSC) announced **Hanna Vaidya '20** as one of the approximately 16,000 Semifinalists in the 65th annual National Merit Scholarship Program. These academically talented high school seniors have an opportunity to continue in the competition for some 7,600 National Merit Scholarships worth more than \$31 million that will be offered next spring. To be considered for a Merit Scholarship award, Semifinalists must fulfill several requirements to advance to the Finalist level of the competition. Over 90 percent of the Semifinalists are expected to attain Finalist status, and about half of the Finalists will win a National Merit Scholarship, earning the Merit Scholar title.  
CONGRATULATIONS, HANNA!!!



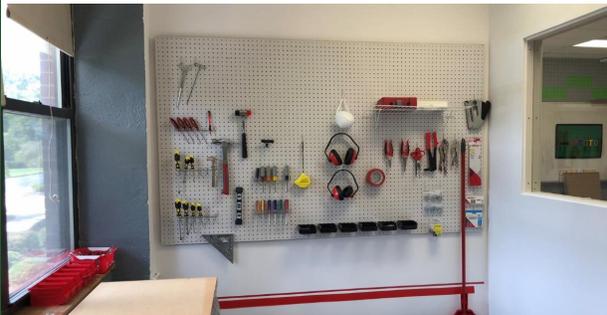
**Bella Trocino '20** has been cast in an off-broadway production of *A Chorus Line*. She is cast as the understudy to the lead, Cassie, and also in the ensemble with a featured ballet number. It will be a limited engagement in November in New York City.

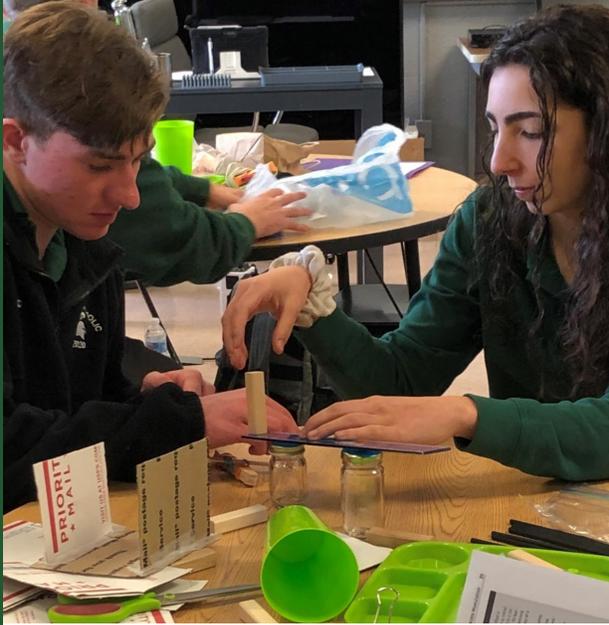
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## New Engineering Lab Debut

[Ms. Sue Parler](#)

The Engineering Lab is open and ready for the new Academy of Science and Technology Class of 2023 students. Equipped with state of the art computers, loaded with industry-standard design software, 3D printers, and a Makerspace workshop, the Engineering Lab is a true 21st Century learning environment. Currently, the Honors Engineering 1 and Introduction to Engineering Design students are taking full advantage of the lab in their exploration of simple machines, while the Honors Engineering 2 students are working on projects involving sensors and controls with their Arduinos.





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## How Did They Do That?

[Mrs. Judy Gorski](#)

Students in Mrs. Gorski's Photoshop class demonstrated that you can be in four places at the same time and have the photos to prove it! Working with the Panorama setting on their i-phones, they created a Panodash which is a combination of a steady hand and a fast model.



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## Guidance News

[Mrs. Anne Gregory](#)  
Director of Guidance

College Admission Representative Visits have started. Please look at the list of colleges visiting and sign up on Naviance to meet them. You must have the specific college listed in your college list if you want to sign up for the visit.

Guidance is proud to have Ms. Hall and Mr. Wooster represent the DePaul faculty in the Hoops For Hope Charity Event October 12th!!

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## Senior Meetings

[Mrs. Nancy McGrady](#)

Lots of exciting events being planned for fall as the Senior class listens to Mr Merritt and class

president Olivia Peiser talk about class shirts for Spirit Days, Candy Sale and Halloween.



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## Theology Class

[Mrs. Patty Bullman](#)

Seniors in Mrs. Bullman's Theology classes are studying the introduction to Catholic Social Teaching. Students learned lessons on "distributive justice" by taking tokens that represented food sources and discovering how some regions of the world are impacted by various global trends that have impacted local resources like access to food supplies. The students discussed how needs for some countries to export resources for money then impacts the ability to feed their own families. These concepts lay the foundation for the themes of social justice.

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## Interact Club

[Mrs. Bethany Dacles](#)

The Interact Club is collecting gently-used Halloween costumes and dance outfits to donate to the after-school program at the Fr. English Community Center. Please search your closets for anything appropriate for little ones all the way through high school students. Drop off is Room 104 by Monday, September 23. Thanks for your support.

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## What's the Scoop?

From the HSA

### MEET THE 2019-2020 PARENTS' ASSOCIATION EXECUTIVE BOARD

If you have any questions about the Parents' Association Programs please contact the chairpersons below or feel free to join us at our monthly meetings.

Advisor- Sr. Jeanne Agans - [sr.jeanneagans@dpchs.org](mailto:sr.jeanneagans@dpchs.org)

President- Allison Beshada - [dabeshada@aol.com](mailto:dabeshada@aol.com)

Secretary- Jean Raftery - [jeanraftery@optonline.net](mailto:jeanraftery@optonline.net)

Secretary- Mina Farrell - [minaf1116@gmail.com](mailto:minaf1116@gmail.com)

Treasurer- Kim Wilderson - [kwilderson@optonline.net](mailto:kwilderson@optonline.net)

Hospitality- Deb Murray - [demurray@hotmail.com](mailto:demurray@hotmail.com)

Hospitality- Julie Sullivan - [juliesullivan7399@gmail.com](mailto:juliesullivan7399@gmail.com)

Calendar Raffle- Cindy Winkler - [cinwinkler@optonline.net](mailto:cinwinkler@optonline.net)

Tricky Tray- Donna DiPiano - [donnam59@optonline.net](mailto:donnam59@optonline.net)

Tricky Tray- Maryann Marren - [school12marren@yahoo.com](mailto:school12marren@yahoo.com)

Tricky Tray- Debbie Lozito - [dlodoc@aol.com](mailto:dlodoc@aol.com)

Snack Stand- Bob Niemiec - [ncnconstruction@optonline.net](mailto:ncnconstruction@optonline.net)

Snack Stand- Allison Beshada - [dabeshada@aol.com](mailto:dabeshada@aol.com)



Public Relations- Brenda Salamon - [bstar94@optonline.net](mailto:bstar94@optonline.net)  
Stop & Shop- Rosalind Tomeio - [roz713@aol.com](mailto:roz713@aol.com)  
Ambassadors- Andie Pegel - [atpegel@optonline.net](mailto:atpegel@optonline.net)  
Ambassadors- Jo Spaulding - [jo@goprologic.com](mailto:jo@goprologic.com)

Thank you to the 2019-2020 Parents' Association Board. Without your leadership, our programs couldn't be as successful as they are.  
I look forward to another successful year with our amazing DePaul family!

Sincerely,  
Allison Beshada

### **PARENTS' ASSOCIATION EXECUTIVE BOARD MEETING**

Our next meeting is on Tuesday, October 15 at 7 pm in the Commons Room! All are welcome to attend. We hope to see you there.

### **2019 FALL SNACK SHACK VOLUNTEERS**

If you're interested in learning how you can serve DePaul by volunteering in the snack shack please email Allison at [dabeshada@aol.com](mailto:dabeshada@aol.com) for more information. It's a great opportunity to meet fellow parents and catch a great game!

### **HOSPITALITY VOLUNTEERS NEEDED**

We are looking for volunteers to bake and help out at our upcoming Open Houses on Wednesday, Oct. 9th and Sunday, Oct. 27th. If you are able to help out, please contact Deb Murray - [demurray@hotmail.com](mailto:demurray@hotmail.com) or Julie Sullivan- [juliesullivan7399@gmail.com](mailto:juliesullivan7399@gmail.com).

### **CALENDAR RAFFLE**

Drawings begin 12/25 but it's never too soon to get your tickets in! You should have received yours at Back to School Night. We encourage all families to sell at least 10 tickets. If you need additional tickets, contact Cindy Winkler - [cinwinkler@optonline.net](mailto:cinwinkler@optonline.net).

### **TRICKY TRAY 2020**

Save The Date....Wednesday, April 22, 2020! If you want to help with our BIGGEST Fundraiser of the year, come to our interest meeting on Wednesday, October 23 at 7 pm in the Information Commons.

### **AMAZON SMILE**

Are you planning to do any online shopping? The holidays are right around the corner, so grab a Pumpkin Spice Latte, enjoy the cool Fall air and get a jump on your list! This year please support DePaul while you shop at no extra cost with [smile.amazon.com](https://smile.amazon.com). Choose DePaul Catholic High School Inc as your charitable organization and let the shopping begin!

### **STOP & SHOP A+ REWARDS**

Sign up for A+ School Rewards at Stop & Shop! This makes giving back to DePaul so easy! Log on to <https://stopandshop.com/school-rewards/> and choose DePaul Catholic School: ID# - 08465

### **CLOTHING DONATIONS**

Our two green donation bins are in the back corner of the parking lot. Drop your clothing, linens and/or shoe donations any time.

DePaul Catholic High School | 973.694.3702 | [www.depaulcatholic.org](http://www.depaulcatholic.org)

STAY CONNECTED

