



SPECIAL SCHEDULES:

Friday, January 1: Christmas Holidays. No school. Classes resume on Tuesday, January 5.

Monday, January 4: Parent-teacher conferences, faculty and staff professional development. (No school for students)

Friday, January 8: Student mentoring schedule. Dismissal at 2:54 p.m.

Thursday, January 14: Schoolwide liturgy at 9:50 a.m. Dismissal at 2:54 p.m.

Monday, January 18: A holiday to celebrate the life and contributions of Dr. Martin Luther King, Jr. No school. Offices are closed.

January 22 and January 27: Standardized test prep schedule. Dismissal at 2:54 p.m.

To view the full calendar, please click here:

[CHS Calendar](#)

SEMESTER REPORT CARDS: Semester report cards are available and are in the E-Locker section of PlusPortals. Please consult page 42 and 43 of the [Student Handbook](#) for an explanation of grading policies.

[Student Handbook](#)

COVID-19 UPDATE: As of the date of this publication, the percent of students and faculty who have tested positive is 0.61 which is a slight increase over the December 1st numbers. We do have a number of students out on quarantine due to exposure. I was concerned that our numbers were going to significantly increase after the Thanksgiving holidays, but thankfully we have not seen the spike that the rest of the state has experienced.

Time will tell if our numbers increase due to the Christmas holidays, but hopefully our positivity rate and exposure rate will remain low. Thanks to all of our families who are doing all that is possible to keep the numbers low.

PARENT-TEACHER CONFERENCES: Please mark your calendar now to attend parent-teacher conferences on Monday, January 4 from 7:15- 9:15 a.m. Teachers will be available during this time to discuss your son's first semester grades or other concerns. There is no school for students on January 4. The remainder of the day is designated as professional development for teachers.

You do not need to make an appointment for teacher conferences on January 4th, but due to COVID restrictions and to protect the health of our faculty, all visitors to CHS must check in at the main entrance on Hearthstone and go through a brief COVID screening. Masks are required at all times at Catholic High. Please understand that waiting may be necessary if other parents are in line to see a specific teacher. So that as many parents can speak with teachers as possible, please limit your conferences to 5-7 minutes per teacher. While waiting, we ask that all visitors practice social distancing from others.

If you choose not to attend Parent/Teacher Conferences, I urge you to communicate any concerns with your son's teachers. Teachers are accessible through school email. Please feel free to setup a phone conference if you need to speak to a teacher.

Please see the attached list of rooms where teachers will be located during parent-teacher conferences.

PARENT SURVEY: Thanks to all of the parents who have already completed the Parent Survey that I sent out through email and in the December Principal's Newsletter. If you have not already done so, please take a few minutes to complete this survey. We truly appreciate your feedback. Results from the survey will be sent to parents later in the semester. The link to the survey is: [Parent Survey 2020](#). It should take approximately 10-15 minutes. Thank you in advance for your participation.

INFORMATION FROM TANYA STUART -

PROTECTING YOUR SONS: Tanya Stuart, (LCSW-BACS, LAC, CCS), a licensed clinical social worker and a licensed addiction counselor offers the following information for parents:

Anxiety is a word we have been hearing and experiencing more nowadays. Our mental health and substance abuse system is overwhelmed, and it is difficult to access services in the community. The changes that our families, school systems and immediate environment have endured in the last 9 months have been life changing. In the beginning of the pandemic many people experienced STRESS. What I am seeing more recently is increased ANXIETY and unhealthy ways of dealing with the strong and sometimes paralyzing emotion. Adolescents may be more agitated, engage more in substance abuse, have a lower frustration level, be more prone to panic attacks, anger, self-harm, isolation, and high-risk behavior. These symptoms are outside of "normal" adolescent behavior. Everyone defines and expresses the overwhelming emotion differently.

It is important to know the difference between stress and anxiety. Stress is your response to a change in the environment, be it positive or negative. Your body reacts to change—falling in love, starting a new job, or suffering an unexpected loss—with physical, mental, and emotional responses. Anxiety is an emotion characterized by apprehension, nervousness, or fear.

If symptoms persist for over two weeks, reach out for help. It might not be "a phase or it will pass" ... For additional information on stress and anxiety please visit the site below.

Resources:

<https://www.webmd.com/balance/stress-management/rm-quiz-stress-anxiety>

If you have any questions or concerns, please feel free to reach out in confidence.

Tanya Stuart, LCSW-BACS, LAC
225-771-9980

ACT PREPARATION CLASS: ACT preparation classes will be offered on Saturday, January 16 and Saturday, January 30. If interested, your son may choose one of these two dates to attend the class. This course has been beneficial for many of our students so I do encourage those in need of ACT prep to take advantage of this opportunity. Please see the attached flier for more details about this course. Email Mrs. Christy Kessler at ckessler@catholichigh.org if you have any questions about the course.

CLASS OF 2022 RING ORDERS: Juniors received information in their religion classes and an email from Ms. Ducote concerning class ring options and prices. Representatives from Balfour will be on campus on Thursday, January 13 to take orders and answer questions concerning ring orders. Balfour will be in the old Union during all lunch periods (10:41 a.m. – 1:11 p.m.) Please note this is a change in location from the email previously sent out. Visitors may park in the Union circle or in the main parking lot on Claycut. Please enter the old Union building through the doors located in the old Union parking lot. Balfour will also be the main lobby from 5-7 p.m. on January 30. A deposit of \$100 is required when ordering a class ring.

Contact Events Coordinator Tracy Ducote at tducote@catholichigh.org if you have any questions.

REGISTRATION FOR 2021-2022: Registration for all returning students takes place online. All families will receive an email in mid-January to notify you that registration is open, along with instructions. The registration form must be completed by January 31, 2021.

Please keep in mind that for returning students, there is no registration fee at the time of registration for next school year.

Because of the complexities of planning for the coming school year, I ask for your cooperation in completing the registration process accurately and in a timely manner.

8th GRADE PROMOTION FEE: Parents of current 8th grade students will be charged an 8th grade promotion fee of \$50. This fee will be added to the scheduled February tuition payment through FACTS for current 8th grade students.

CATHOLIC SCHOOLS WEEK: January 31 – February 6 is designated nationwide as “Catholic Schools Week.” The theme this year is “Catholic Schools: Faith. Excellence. Service.” The typical celebrations associated with Catholic Schools Week, such as the large Diocesan mass and the banquet recognizing Distinguished Graduates of all Catholic schools in the Diocese, are not taking place this year due to COVID restrictions. However, please take some time this month to remember in your prayers Catholic High and all Catholic schools across the country who work so hard to educate the young people entrusted to our care.

In particular this school year, Catholic schools in the United States have proven to be leaders in keeping on-campus learning as an option for their students in spite of the challenges and restrictions due to COVID-19. Please pray that all Catholic schools are able to continue to provide vitally important on-campus learning during the pandemic.

2020-2021 PARENTS APPEAL UPDATE [From Jamie Segar '90, Director of Advancement]: We would like to thank those parents who have already made a gift or pledge to this year's 2020-2021 Parents Appeal. Your participation is key in providing a holistic educational experience for all CHS students. We are grateful for your support!

If you have yet to make a gift or pledge, please help support Catholic High School's efforts to continue to offer an outstanding Catholic education to the students in our care. We hope you will consider giving The Gap (\$2,210); however, all gifts of any amount make a huge difference and impact every student at CHS.

Please make your tax-deductible donation TODAY. We wish you and your family blessings in the New Year.

[Donate](#)

[Honor Roll](#)

MOTHERS' CLUB CAR RAFFLE, MOTHER- SON BREAKFAST & REGISTRATION:

Please see the attached flyer from the Mothers' Club for information concerning the Car Raffle, Mother-Son Breakfast, and Membership.

REVISED SCHOOL CALENDAR 2020-2021: Attached to the newsletter is the revised school calendar for the second semester. Please make note of the updated dates of retreats and standardized testing. These dates have changed since the calendar was distributed at the beginning of the school year.

HAPPY NEW YEAR 2021: On behalf of the faculty and staff of Catholic High School, we wish all members of the CHS community a blessed, holy, and happy new year. May 2021 be a year filled with blessings for everyone as we find a way to end the COVID-19 pandemic. May God continue to bless CHS, our state, our country, and our world.

2020-2021 PARENT - TEACHER VISITATION

Directions: You will find your son's teachers located in the rooms listed below. A map of the school is on the back of this sheet to help you. Please refer to your son's report card for names of teachers you want to visit.

Before entering for your visit, please wait outside the room until the previous parent is finished talking with the teacher. Please do not take more than five minutes of any one teacher's time so that all parents who wish may have the time to see him or her.

FACULTY	ROOM	FACULTY	ROOM
Arceneaux, Mitch	280	Losavio, Drew	Computer Help Desk (K)
Bass, Brad	Gym	Losavio, Scott	Campus Ministry Office
Bellamy, Austin	103	Macmurdo, Bailey	108
Billings, Michael	Gym	Manning, Scott	125
Bordelon, Daniel	251	McCallum, Jessica	107
Boudreaux, Pete	Coach Boudreaux's Office (I)	Meek, Tiffany	276
Breight, Edward	252	Messenger, Taylor	113
Brown, Rodney	Old Union	Messina, Brad	Old Union
Brunet, Jonathan	Gym	Messina, Mark	Band Room
Caffarel, Vic	171	Metz, Adriane	Library
Canizaro, Kari	Couns. Ctr. (A) Robichaux	Migacz, Br. Mike	New Student Center 1st
Carruth, Ryan	112	Nelson, Brad	New Student Center 1st
Cascio, Mark	Coaches' Conference Room (M)	Olinde, Jaime	104
Cavalier, Jared	Lobby	Otterstetter, Margo	164
Chapoy, Judy	Couns. Ctr. (A) Batsche	Owenby, Amy (formerly Schenk)	Library
Chustz, Tim	163	Pasquier, Kristen	271
Conroy, Fiona	270	Patout, Nancy	102
Costela, Susana	120	Patout, Peggy	101
Davis, Chris	141	Porch, Gerren	284
Davis, Robin	281	Potts, Katie	Chorus Room
DiPalma, Ben	Library	Prochaska, Tommy	Wrestling Room
Ducote, Tracy	245	Quebodeaux, Jarrod	Conf Room 285
Dulaney, Patrick	Couns. Ctr. (A) Brouillette	Ramos-Grasa, Margarita	121
Dupuy, Chad	109	Rawls, Bella	Brother Ray's Office (across from Rm 105)
Eldringhoff, Tom	Lobby	Relle, Ben	243
Evans, Philip	Asst. Prin. Office (E) Eldringhoff	Riecke, Jewell	174
Fertitta, Gabe	Gym	Robinson, Jill	106
Galliano, Steve	Chorus Room	Romero, Pegeen	Couns. Ctr. (A) Reinecke
Graham, Anthony	Asst. Prin. Office (D) Cavalier	Rumfola, Claudia	242
Harrison, Deuce	162	Schoonmaker, Sheri	170
Hart, Erin	142	Shelton, Matt	New Student Center 1st
Hayes, Jami	110	Silvio, Charlie	105
Herin, Nancy	Activities Office	Smith, Ashley	272
Hopkins, George	122	Smith, Margaret	144
Jennings, Spencer	252	Stephenson, Willie	176
Jezeck, Shawn	241	Summerville, Lisa	282
Joseph, Norman	Gym	Thornton, Edith	244
Jumonville, Charles	Couns. Ctr. (A) Thibodeaux	Umlang, Jessica	274
Kemp, Thomas	111	Weiner, Dale	161
Kessler, Christy	Lobby	Widdick, Ian	Library
King, Bro. Clifford	Asst. Prin. Office (F) Kessler	Williams, Melanie	283
Lamy, Ed	123	Williams, Suzanne	172
Lauret, Carey	Fac Conf Room	Williamson, Caleb	New Student Center 1st
LeBlanc, Sherie	Activities Office	Wynne, Chris	Library

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Legend: Circles indicate holidays for students and faculty

Squares indicate holidays for students; professional development for faculty and staff

	Student Mentoring Sc		Stand Testing		Liturgy		Special Schedule
	Standardized Test Prep Days		Faculty Meetings		Exams		Hurricane Days
	Virtual Days						

ACT PREPARATION CLASS

Where: Catholic High School Library

When: Saturday, January 16 from 9 a.m. until 1:30 p.m. **OR**
Saturday, January 30 from 9 a.m. until 1:30 p.m.

Cost: \$95 (covers book and all materials; \$50 is non-refundable)

It has been proven that test anxiety, knowledge of test format and content, and knowledge of proper test-taking skills and strategies can impact a student's score on a standardized test such as the ACT. Did you ever wonder why your test scores were not as high as you expected? Learn to do your best on the ACT.

This class will present:

- Ways to reduce test anxiety.
- Procedures for being mentally, psychologically and physically prepared for the test.
- Helpful hints for testing day.
- Content summary for the ACT.
- Examples of problems that frequently appear on the ACT.
- Strategies that will improve scores on any standardized test.
- Specific strategies for the items on the ACT.
- Scoring information for the ACT.
- Supplementary materials to guide study and final preparation for the ACT.

Presenter: Mrs. Christy Kessler (ckessler@catholichigh.org) **Bring a bag lunch.**

Registration is online at mychs.catholichigh.org or
detach this form and return to Mrs. Hodges in the Main Office by Wednesday, January 20.

REGISTRATION FORM - ACT PREPARATION CLASS

Student Name (please print) _____ \

Student Email (please print) _____

_____ Saturday, January 16 from 9 a.m. until 1:30 p.m. **OR**

_____ Saturday, January 30 from 9 a.m. until 1:30 p.m.

Parent Email address (please print) _____

Parent Name (please print) _____

Please make checks (\$95.00) payable to *Catholic High School*.



Catholic High School Mother-Son Breakfast

The breakfast has been rescheduled to Sunday, May 2, at the Crowne Plaza. Considering the current COVID restrictions and the protection of our CHS families, hosting a breakfast of any size this month would not be safe or wise. Pushing this event to May provides us with the best chance for having the largest number of attendees possible this school year, and having it any sooner runs the risk of having tighter restrictions in place. Thank you for your understanding and please know we are doing our best to make this time-honored event the safest and best it can be. Please mark your calendars now and make plans to join us on Sunday, May 2!

Car Raffle

Congratulations to Andrew Hodges '24, our December winner of the \$250 Amazon gift card. Thank you to Andrew and the Hodges family for supporting our raffle sales. Stay tuned for even more chances to win great incentives in January!

It has been our tradition to have the car raffle drawing at the annual Mother-Son Breakfast; however, with the postponement of our breakfast we have decided to also push the drawing to May 2. This will extend our sales of raffle tickets until April 1. Each and every raffle ticket sold impacts how much the Mothers' Club can give back to CHS. This extension provides a great opportunity for even more students and families to get involved and help make this our **BEST CAR RAFFLE YEAR EVER!**

Tickets can be purchased at: <https://mychs.catholichigh.org/raffle>

Instructions for viewing ticket sales purchased in your name via catholichigh.org

- Select Mothers' Club Car Raffle Tickets midway on the home page
- Select Parent/Student login (scroll down midway to see this button on left)
- Login using your MyCHS account login. This will show the number of tickets sold through your unique link and to whom they were sold.

Mothers' Club Membership

If you aren't yet a member of the CHS Mothers' Club, it is not too late to join! The Mothers' Club is a great way to connect with other moms and to share your time and talents at ANY level you like! Your membership dues help support our contributions to many CHS events, from flowers and Christmas decorations to our annual donation back to CHS. Members have the opportunity to participate in Mothers' Club events throughout the year. If you are already a member, encourage a friend to join with you by sending them the link below. We look forward to seeing you soon!

Click here to join: <https://chsmothersclub.wufoo.com/forms/q13bb4650ok3yjo/>