

Catholic Central High School
"Cherishing the Past – Embracing the Future"
625 Seventh Avenue
Troy, New York 12182-2595
(518) 235-7100 – Fax (518) 237-1796



May 1, 2012

Dear School Community Members:

Our May Crowning is one of my favorite events of the school year and it is a great way to start out one of the busiest months of the school year. Although it is not official, most in our community consider Mary to be the patron saint of our school. The end of each school day at CCHS concludes with an administrator saying, "Our Lady of Catholic High" through the public announcement system and the students responding, "Pray for us!"

In May of 2002 Pope John Paul II said, "Today we begin the month dedicated to Our Lady a favorite of popular devotion. In accord with a long-standing tradition of devotion, parishes and families continue to make the month of May a 'Marian' month, celebrating it with many devout liturgical, catechetical and pastoral initiatives (Catholicculture.org)!"

Perhaps as we navigate through the busy month of May, we can all reserve a few minutes in prayer to the Blessed Virgin Mary. All members of our school community are welcome to attend our May Crowning, which has been scheduled for Tuesday, May 1, 2012 at 8:30 AM on the CCHS front lawn. No RSVP is necessary to participate in this important school prayer service.

I thank you for your continued support of our mission and wish all of our students well during the last several weeks of what has been a wonderful school year.

Yours in Peace,

A handwritten signature in cursive script, appearing to read 'Christopher Roth'.

PS: We have a number of events occurring during May that are not on the school calendar.

Thursday, May 3, 2012: Jr. / Sr. Powder Puff Game

Thursday, May 10, 2012: National Honor Society Induction Dinner

Friday, May 11 and Saturday, May 12, 2012: CCHS Spring Musical (Phantom of the Opera)

Friday, May 18 and Saturday, May 19, 2012 Senior Trip to Pyramid Lake Life Center

Saturday, May 19, 2012 CCHS Golf Tournament

Wednesday, May 23, 2012: CCHS Varsity Athletic Banquet

Thursday, May 24, 2012: Freshman and Sophomore Soiree



May 2012

Loving with the Heart of Christ

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																	
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6	7 AP Exams	8	9	10 National Honor Society Induction Dinner	11 CCHS Spring Musical "Phantom of the Opera"	12																																																	
13	14	15	16 Board of Trustees Meeting 4 PM CCHS Spring Concert and Art Exhibit 7:00 pm	17 Ascension Thursday Liturgy @ 1:45	18 Tag Day Senior Trip to Pyramid Lake Life Center	19 CCHS Golf Tournament																																																	
20	21	22 CCHS Senior Final Exams	23 CCHS Varsity Athletic Banquet	24 CCHS High School Honors Assembly 8:30 AM Freshman and Sophomore Soiree	25 Memorial Day Weekend All Schools	26																																																	
27 Memorial Day Weekend All Schools	28	29 Graduation Rehearsal at HVCC 8:30 AM	30	31 Graduation Rehearsal at HVCC 8:30 AM	<table border="1"> <tr><td colspan="7">Jun 2012</td></tr> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> </table>		Jun 2012							S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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CAMPUS MINISTRY NEWS:

May Crowning

Our annual May Crowning will take place on May 1st at 8:30 A.M. on the front lawn. Seniors will be leading the school community in prayer to honor our Blessed Mother, Mary. Senior Class President, Marsha Kaddo-Mouawad, will be crowning the Blessed Mother statue, accompanied by Senior Class Vice President, Maggie Baker. Students will be receiving Miraculous Medals gifted to us by Marie Scampini of Latham. Please join us for this wonderful tradition to honor Mary.

Crusader Sunday

On Sunday, May 6th, Campus Ministry is offering a day trip to the Weston Priory in Vermont. We will be taking the school mini-bus leaving CCHS by 9:15 A.M. and returning by 5:00 P.M. There are 12 seats available and this event is open to any student. Sister Linda and Mrs. Pawlik will be chaperoning. We will attend Mass, tour the grounds, have a picnic lunch (weather permitting), and attend afternoon prayer. The monks of the Weston Priory are well-known for their music, crafts, and maintaining the land and livestock at the Priory. We have done this trip in the past and it has been well received by those who have attended. There is no cost for this trip. We only ask that each student bring a lunch and beverage as well as a signed permission form. A letter of explanation and a permission form are available at Mrs. Pawlik's office. Please join us for a peaceful day of prayer and friendship.

Ascension Thursday

Ascension Thursday Mass will be celebrated in our gym on Thursday, May 17th, at 1:45 P.M. Friends and family members of CCHS are always welcome at any of our liturgical services.

National Honor Society

On Thursday, May 10, 2012 **Catholic Central High School's National Honor Society** will be inducting this year's newest members and honoring them at a dinner in the library at Catholic Central.

National Honor Society is a continued tradition at **CCHS** inducting the best, brightest and most well-rounded young people in our school. Membership may begin as early as third semester of their sophomore year and every year thereafter as long as appropriate standards are maintained.

In order to be considered for induction, students must possess a cumulative grade point average of at least 90.0, submit a personal essay describing their views on the pillars of **NHS**; *service, leadership, character* and *scholarship* and be reviewed by a faculty selection committee.

Once formally inducted, students will take part in various activities upholding the pillars: leadership, character and of course service. Their 90.0 gpa must be maintained and the pledge taken upon induction must be upheld as well.

We in the **CCHS** community take pride in our young people and look forward to their skills and abilities for the future. We are proud of those who are eligible, and even more proud of those who strive to be the best they can be in every facet of life.

The CCHS Math Department will hold practice regents exams in the cafe from 3 to 6 on the following dates:

Tuesday, May 22nd Integrated Algebra

Wednesday, May 23rd Geometry

Wednesday, May 30th Algebra2/Trig

Students enrolled in any of these classes are encouraged to sit for the practice exam.



Regents ALG2/TRIG Review Class Schedule – Spring 2012 – Ms. Peterson

All review classes will be on Tuesdays from 3:00-4:30 in Room 23. Snacks will be provided – students should bring their graphing calculator, looseleaf paper and something to write with.

5/1	Algebraic Methods/Complex Numbers
5/8	Relations/Functions/Transformations
5/15	Exponential Functions/Logarithms
5/22	Trig Functions/Solving Triangles/Trig Laws
5/29	Probability/Statistics
6/5	General Review – All Topics

Regents Geometry Review Class Schedule – Spring 2012 – Ms. Dayton

All review classes will be on Tuesdays from 3:00-4:00 in Room 2.

5/1	GEOMETRIC RELATIONSHIPS
5/8	INFORMAL AND FORMAL PROOFS
5/15	TRANSFORMATIONAL GEOMETRY
*5/23	PRACTICE EXAM- CAFETERIA 3:00
5/29	COORDINATE GEOMETRY/3D GEOMETRY
6/5	CONSTRUCTIONS/LOCUS/LOGIC
6/12	AFTERNOON/MORNING Time TBD
*6/20	FINAL REVIEW CLASS - 7 AM- - BREAKFAST WILL BE PROVIDED
6/20	GEOMETRY REGENTS EXAM (MORNING)

GUIDANCE OFFICE NEWS

SENIOR PARENTS

We are in the process of preparing the graduation program. All scholarships/grants will appear in the program but we *REQUIRE* a photocopy of the award letter. We will be glad to make the copies.

The counselors will be meeting the seniors in May month to fill out the "Post-Graduation Form" which indicates which college should receive the final transcript. An immunization record signed by Mrs. Tobias, school nurse, will also be sent to the college. If your senior has not made a final decision (or changes his/her mind), please notify the guidance office as soon as possible so the final transcript is sent to the correct college. ALL transcripts (including NCAA) will be mailed by Thursday, July 12, 2012.

- √ Seniors should notify each college to which they applied of their final decision, thanking the college for their time and consideration.
- √ There are several scholarships still available. Have your senior check the latest bulletin in homeroom or stop in the guidance office

ALL PARENTS – IMPORTANT

Report cards were distributed Friday, April 20, 2012. Please review the academic policies in the 2011-2012 handbook regarding summer school and graduation requirements, both junior high and high school. If you are



in need of information concerning available summer schools and/or certified tutors, contact the guidance office (235-7100 x 2).

JUNIOR PARENTS - SAT I/II and ACT

*** All juniors should take the SAT or ACT exam at least one time.**

If your student wishes to take/retake the **SAT I/ SAT II** on June 2, 2012, at an area high school, the registration deadline is Tuesday, May 8th. Students can register at www.collegeboard.org.

If your student wishes to take the **ACT** on June 9, 2012, at an area high school, the registration deadline is Friday, May 4th. Students can register at www.actstudent.org.

SPRING COLLEGE FAIR – Wednesday, May 2, 2012, Hudson Valley Community College, Edward F. McDonough Recreation Center, Troy, 6 PM – 8 PM – students and parents can speak with over 200 college and university representatives.

Applications are available in the guidance office for the Rensselaer County Summer Youth Employment Program for economically disadvantaged youth. Student must be 14-19 years of age.

Sage College of Albany will be hosting the Second annual Capital Region Career Expo on Tuesday, May 15th. It is designed for both students looking for an internship and parents looking for employment. Visit www.sage.edu/career-expo for more information and to register.



In the Middle

"Working Together for Student Success"



FIELD TRIP PERMISSION SLIP/FEE DUE MAY 1

Fourth Quarter Reminder: Progress Reports for the final quarter will be sent home with students on **Friday, May 11**. With Final exams coming, it is crucial that all students maintain a consistent momentum with regard to written and study homework as well as with all quizzes and tests. Final exams make up **20%** of the final average in each subject area. **School work must continue to come first so that everyone has a successful ending to what has been a great year.**

Students need to stay focused and continue to do their **BEST**. It won't be enough to just pay attention in class. **Encourage** good study habits until the end. All too often, a student's final average suffers because he or she has taken off the last term. **Encourage** him or her to finish the year as strongly as it began. **Encourage** schoolwork to remain a priority and don't allow it to take second place to sports or other springtime activities. **Encourage** your child to keep his or her goals high and be sure to maintain your own high expectations. In the end, you'll be glad you did.

State Assessments for Grades 7 & 8: NYS ELA Assessment - NYS Math Assessment were administered during the last 2 weeks of April. We hope all of our students did well.





Of Interest to Grade 8 Parents and Guardians



Grade Eight Graduation Reminders: The graduation fee of **\$50.00 per student** needs to be paid no later than **May 1, 2012**. Please call Mr. Talarico if you have questions. Also, any Grade Eight student who is in danger of failing will not be able to participate in the graduation ceremony.

Grade 8 State Testing: NYS Science lab practicum – May 21
NYS Science written assessment - June 4. (Gr8 will need to report to school)
Spanish Proficiency Exam - Wednesday, June 13



Looking Ahead to June



Honors Assembly: The Honors Assembly for Grades Seven and Eight students will take place on **Friday after noon, June 2, at 1:30 PM** in the gym. We are very **proud** of all of our students and especially, our 2011 soon to be graduates. This event affords us the opportunity to honor and praise our middle school students for working “*consistently*” hard throughout this school year

Final Exams begin on June 8. Students need to report to school for the first exam which begins at **8:30 AM**. The second exam of each day begins at **11AM**.

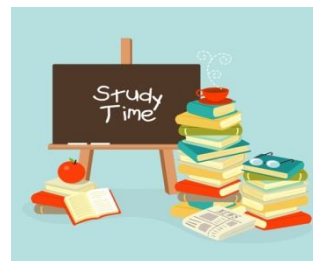


Parents’ Corner

Reviewing for Final Exams – Getting Started: In an effort to make final exams more manageable, try the following suggestions as a means of getting ready in advance:

Begin Gathering:

-Old tests and quizzes
-Class notes from the first 3 quarters
-Study guides, outlines, and relevant teacher – handouts
-Devote 15-20 minutes daily to review
-Orally drill with your “*middle schooler*”
-**Review – Repeat – Review Again!!!!**



Middle School teachers will be hosting after-school review sessions as we get closer to exam time. Encourage your “*middle schooler*” to take advantage of these invaluable “reinforcement” sessions.



How to Study More Effectively:

When is your study time? If you do not have a regular “daily” study time, establish one now. Don’t try to fit studying around talking with friends on the phone, playing on a team, or watching TV. Have a consistent study time each day and stick to it. Make study a priority over other things that take up your time. Why not consider getting up earlier each morning and devoting some additional time to study. Morning study can be highly effective.

Set study goals. When you sit down to study, set daily goals for yourself. Then, as your study progresses, you can check off items on your list as you finish them. This can be a real motivator and can help you use your time wisely. Use your student agenda to keep track of what is due and when. Regular homework assignments do not stop just because final exams are on their way.

May and June are going to be very full months with a great deal of school work that needs to be accomplished.

Start with the “tough” stuff first. Everyone has one subject that may come harder to us than others. The key to effective studying is to start each study session with that “tough” subject. Once you finish your most difficult subject, the rest of your study time will go by in a breeze.

Study in short periods. Brain researchers have concluded that, two 20-minute study sessions are more effective than one longer 40-minute session. Break up study time into segments to make things easier and less tiring. Don’t wait until the last minute – nothing will work for you if you do.

Stay on track!!! By doing your review in shorter sessions, and by making review an every night habit, you will be on your way to **studying smarter** and **not longer or harder**. Make the most of each study session. Ask your parents to orally quiz you when you have finished. In the end, you will be glad you worked so hard to end your school year in the **BEST** possible way you can!!!!

Spring Concert and Art Exhibit

The Spring Concert and Art Exhibit, Wednesday May 16 at 6:30 (concert starts at 7).

Graduation Dress Approval Dates

The following days and times have been set aside as graduation dress approval dates: You **must bring** your graduation dress to Catholic Central for approval. You may bring them to Ms. Carroll’s office any Thursday or Friday in May from 7:30-8:15 am and 3:00-3:45 pm.

The dress must be **white** and have two **one inch straps**. Your dress must be approved prior to the graduation ceremony. You **will not be allowed to participate in the ceremony** if your dress has not been approved by the administration. If you are unable to attend one of the approval days, please make arrangements to schedule an alternate date and time with Linda Cavanaugh (235-7100 x426) or Maureen Carroll (235-7100 x205).

YEARBOOK 2012

The Yearbook is now on sale. Please reserve your copy today (Seniors already have a copy reserved for them) as we expect to sell out. The price is \$35, but you must act now, because after June 1st the price will go up to \$50. Students should see Mr. Houle in room 22 to purchase a yearbook. We will also be setting up an e-

commerce offer soon. Please check the website: www.cchstroy.org for more details if you would like to order your yearbook online.

“Another Opening, Another Show”

Come see Andrew Lloyd Webber's The Phantom of the Opera at 7:15pm on Friday May 11th and Saturday May 12th in the M. Burns gymnasium! Tickets are five dollars for students and seniors, and eight dollars for the general public. Come and support the CCHS Drama Club!

ATHLETIC DEPARTMENT NEWS

GO CRUSADERS!

The 27th Annual CCHS Sports Alumni Golf Classic: This event will be held on Saturday May 19, 2012 at the Frear Park Golf Course with a 1pm shotgun start. This year's honored guest is Gary Gingeresky, Class of 1964. All the proceeds from the event support athletics at CCHS. You do not have to be a graduate to play in the golf tournament. For more information please contact Bill Hope at 869 – 0464 or Dennis McLaughlin at the school 235 – 7100 ext. 502.

2011 – 2012 Varsity Banquet: The Varsity Banquet will be held at Michael's Banquet House on Wednesday May 23, 2012 beginning at 6:30PM. This banquet is for all student athletes who played one or more varsity sports this school year. Reservation forms are available in the main office or cchstroy.org. If you have any questions please contact Dennis McLaughlin in the Athletic Office (X502) or Ginny Bariteau in the Development Office (X210) or at vbariteau@cchstroy.org.

CCHS HEALTH OFFICE - SCHOOL PHYSICALS

All new entrants, 7th and 10th graders are required by NYS to have a physical performed by their private physician or by the school physician. Physicals are held in the CCHS health office every Wednesday through May, free of charge to students **by appointment only**. If you choose to have your physical performed by your private physician to meet the **school or sports** requirement, forms are available on the CCHS website www.cchstroy.org under the category of health office. The physical form for sports participation should be completed fully, signed and dated by your physician and then submitted to the health office for approval by the school physician before participating in sports try-outs.

EAT RIGHT! PLAY HARD! LIVE LONG! Fitness, Nutrition & Health Clinic – Summer 2012

Calling all 8th graders – looking to better your health by getting out and having fun this summer! All fitness levels – join me 2 nights a week for 6 weeks at CCHS. Camp Director Carly Labombard, CCHS Class of 2009, Arizona State University Class of 2013.

- FITNESS BASICS
- OBSTACLE COURSES
- RELAY RACES
- FUN GAMES
- FUN & EASY RECIPES
- NUTRITION FACTS
- FOOD LABELS
- EFFECTS OF FOOD
- TEAMWORK
- BODY IMAGE
- SMART GOALS
- SELF IMPROVEMENT

FOR MORE INFORMATION CONTACT MS. BAILEY AT CBAILEY@CCHSTROY.ORG





BACK TO SCHOOL SALE May 15th thru June 30th! Save 10% off all orders placed and picked up before July 1!
(web orders excluded)

GIRLS grades 7-12

Skirts-grey

.Reg 3-18 \$34.99, 7½-18 ½ \$36.99, T½ \$48.99
20 ½ up \$60.00

Polo's

Short sleeve yth\$17.99, adult\$21.99, XXL \$23.99
Long sleeve yth\$18.99, adult\$22.99, XXLS\$24 .99

Pants-Navy flare

Reg 6-16...\$20.99, ½ ...\$24.99

(pants are optional winter wear, but must be purchased from Student Styles)

Kneesocks.....Black, grey, white, navy \$4.00 each/3 for \$11.00

CATHOLIC CENTRAL HIGH SCHOOL

Uniforms 2012-13

All of our dress uniforms for boys and girls are wash and wear, wrinkle free, and stain resistant! Uniforms that are made especially for school wear will look new and last longer than discount brands! Shop with us and save in the long run for a school year!

BOYS grades 7-12

Flat/pleat front pant –grey

Reg & slim 7-18...\$23.99, Husky...\$25.99, Mn-40“ ...\$27.99
42+...\$28.99

Polo's

Short sleeve yth\$17.99, adult\$21.99, XXL \$23.99
Long sleeve yth\$18.99, adult\$22.99, XXLS\$24 .99

Socks.....Navy or black crew socks \$4.00 ea or 3 for \$11.00

Belts.....\$5.00

SWEATERS w/ logo (mandatory beginning Oct 1)

Yth \$31.99/Adult \$34.99/XXL \$36.99

Grades 7 & 8.....Red v-neck pullover

Grade 9.....Black v-neck pullover through graduation

Grade 10.....Wine v-neck pullover through graduation



Grade 11.....Green v-neck pullover through graduation
 Grade 12.....Royal v-neck pullover through graduation

Student Styles is the proud uniform provider for CCHS. Your uniform purchase allows us to “give back” to your school. Thank you for your business!

Student Styles
284 Troy Schenectady Rd
Latham, NY 12110
518-220-9244
www.yourstudentstyles.com



PRESTIGE- CCHS Lunch Menu

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	
Don't Forget Breakfast	1. Pasta Bar Both Sides	2. Breakfast Sandwiches Home Fries Mexican Bar	3. Chicken Patty Both Sides	4. BBQ Chicken Or Buffalo Chicken Wrap Salad Bar	
7. Chicken Caesar Salad Bread Stick Bread Sticks	8. Pasta Bar Both Sides	9. Cheese Burger Fries Mexican Bar	10. Chicken Patty Both Sides	11. Meatball Or Sausage Sub Salad Bar	DON'T FORGET TO BUY YOUR LUNCH CARD \$37.50 10 LUNCHES
14. Chicken Fillet Sandwich Chips Bread Sticks	15 Pasta Bar Both Sides	16 Sloppy Joe Sandwich Chips Mexican Bar	17. Chicken Patty Both Sides	18. Variety Flat Bread Pizza Chips Salad Bar	
21. Beef & Bear Burrito Rice Bread Sticks	22. Pasta Bar Both Sides	23. Picnic Day Cheese Burger Hot Dog Beans Macaroni Salad Mexican Bar	24. Chicken Patty Both Sides	25. NO SCHOOL	
Memorial Day	29. BBQ Rib Sandwich Rice Bread Sticks	30. Chicken Parmesan Sandwich Mexican Bar	31. Chicken Patty Both Sides		Menu Subject to change. Patti Prusinski 235-7100 ext. 500

