

**The St. Ursula Academy Parent Bulletin**  
**Craig Maliborski, Principal**  
**Week of December 19 – January 4, 2011**

**Monday, December 19, 2011 BLUE/A**

- 3:00pm Demerit Day
- 6:00pm PAAD

**Tuesday, December 20, 2011 EXAM DAY 1**

- 9:00-10:30am Class C Exam
- 10:30-11:15am Break
- 11:15am-12:45pm Class A Exam  
Class A1 Exam (Skinny)
- 12:45-1:30pm Break
- 1:30-3:00pm Class A2 Exam (Skinny)

**Wednesday, December 21, 2011 EXAM DAY 2**

- 9:00-10:30am Class D Exam
- 10:30-11:15am Break
- 11:15am-12:45pm Class B Exam  
Class B1 Exam (Skinny)
- 12:45-1:30pm Break
- 1:30-3:00pm Class B2 Exam (Skinny)

**Thursday, December 22, 2011 EMERGENCY EXAM DAY**

- *We will use this day only if school is canceled on either 12/20 or 12/21. If school is not canceled on 12/20 or 12/21, then there is no school on this day.*

**Friday, December 23, 2011 – Tuesday, January 3, 2012**

- Christmas Break – No Classes

**NOTES FROM THE PRINCIPAL**

On Monday, students from Ms. Potter's Prayer class led the entire school in an Advent prayer service. This service asked the students to reflect on hope and preparation. After the prayer service, Ms. Backherms and students from the Concert Choir led the student body in singing Christmas carols (although they were quickly drowned out by the enthusiastic singing of the students!). It was a wonderful way to begin the third week of Advent and our final week of classes prior to exams.

I spoke to the girls about the preparations that they must do this week. With their classes ending, clearly there is preparation for tests and exams. Christmas gifts need to be purchased (or at least contemplated!). Amidst of all that, we all need to take the time daily to reflect on the tremendous gift that we will be given--and how we are going to recognize that gift.

On Tuesday 12/20 and Wednesday 12/21, the first exam will start at 9:00am. Although students may view this as an "extra hour of sleep," my suggestion would be that they do NOT leave for school an hour later than normal. By this time of the year, traffic patterns become familiar to the girls--and leaving later than normal can put the girls in different traffic than they are expecting. When I was proctoring exams, I always felt badly for the students who entered the exam room frantic because they had to rush to get their exam on time. If your daughter leaves around her normal time, then she should be relaxed and ready for her first exam.

Thank you to the volunteers who decorated the parlors with Christmas decorations. It is a beautiful setting for Christmas card pictures! Also, thank you to everyone who has purchased items for the sisters' tree. I am amazed at the generosity of our students and families.

Craig Maliborski  
Principal

### FROM THE ASSISTANT PRINCIPAL

I emailed the girls on Tuesday regarding exams and the end of the term, advising them to finish any incomplete work and map out a realistic agenda for reviewing topics. If you are wondering how you can help your daughters study or lend them support, consider the following:

- According to recent brain research, students **retain the most information** from the beginning and end of each study period, so take breaks between tasks -- five minutes after each half hour, or 10 minutes after each hour.
- **Talking aloud** through what they are studying can help reinforce understanding,
- **Treat them to brain foods** like fruit, raw vegetables or peanuts.

The exam schedule is in the calendar in this Parent Bulletin and is also posted on the online school calendar <http://www.dynacal.com/stursulaacademy/calendar.asp?OrgId=4436>. Since this is the end of the term and the end of the first semester, students must take their exams at the time that they are scheduled. Credit for courses is determined at the end of the semester, and it is the semester grade for a class that is used to calculate the student's cumulative GPA.

This past week was a week of treats for me. I was able to attend the beautiful concert on Sunday and I can say that it certainly put everyone present in the holiday spirit. The vocal and orchestral pieces were lovely. Thank you to Ms. Kathy Backherms, the members of SUAVE, Concert Choir, Freshmen Chorus, Chorus class members, and the St. Ursula Orchestra for a wonderful afternoon.

Special thanks also to Dee Anne Bryll and her Music Theatre Workshop because on Tuesday night I was treated again to the Performing Arts Christmas party. SUAVE performed and the Music Theatre Workshop class presented its showcase numbers. The work that these girls do continually amazes and elates me. SUA is blessed with so much talent from your daughters.

There are certainly other schools where we may find academic excellence and devoted faculties. There are schools that have created a strong sense of community and others that are deeply committed to certain spiritual values. But I am certain we would have to look long and hard before we could find other examples of academic excellence, a genuine faith community, a core of significant values embodied in actions, and extraordinary devotion all bound together and fused in so powerful a way - in one single place, SUA.

Mary Ann Meyer  
Assistant Principal

## SUA IN THE NEWS

St. Ursula Academy students and fans are proving their commitment to good sportsmanship, ethics and integrity. SUA is proud to be selected to win the 2011 **Harold A. Meyer Sportsmanship, Ethics and Integrity Award** from the Ohio High School Athletic Association (OHSAA). Even more impressive, this is the seventh year in a row that St. Ursula has won!

Sportsmanship, ethics and integrity are part of the mission of the school and St. Ursula has taken steps to ensure these values are included as part of the St. Ursula education for all students, not just student athletes.

This award is presented to schools who take significant steps to not only emphasize sportsmanship to students, coaches, parents and fans, but also to emphasize the values of ethical behavior and integrity. Winning this award takes a lot of effort and commitment. Applicants are required to complete an eight-part program in their schools and communities showing that they are promoting the SEI values.

## EDUCATIONAL SERVICES DEPARTMENT

As we move into the digital age, you might want to get rid of your old Discman (CD player) or Walkman (Cassette player). If so, please keep us in mind! The ES Department is in need of working portable CD and cassette players. Contact Geri Walsh [gwalsh@saintursula.org](mailto:gwalsh@saintursula.org) if you have any of these items that would be useful to us. Thank you!

## SUA BALL

St. Ursula Parents - Save the date for this year's main event- **The SUA BALL: Puttin' on the Ritz, Saturday, February 11, 2012**. It's St. Ursula's biggest fundraising event of the year. The success of the Ball is critical because it supports the operations of SUA and scholarships funds. Plus, it's a great time with dinner, dancing, and friends. Some of the live auction items up for bid this year include a 2012 Seadoo, vacations in Siesta Key and Hilton Head, reserved seats and parking at graduation and tickets to the NCAA Sweet 16 and Elite 8 in Atlanta, GA! Invitations will arrive in your mailbox in early January. We look forward to seeing you there!

Also, please note that the SUA Ball **'Invitation Assembly'** date is **Thursday, January 5<sup>th</sup>** (not 15<sup>th</sup> as listed in the recent SUA Ball newsletter you received). Thank you!

## ATHLETIC BOOSTERS

Pavers are for sale from the SUA Boosters to remember your daughter's **Sports** or **Academic** accomplishments at Saint Ursula Academy on the Generations Walkway or, new for this year, the Stadium Entrance. Your daughter works hard on her school work and/or in her chosen sport. SUA

challenges your daughter to be her best, producing young women who know what it takes to compete and succeed. She will always be a part of Saint Ursula Academy and you can remember her time and accomplishments at SUA through a paver in her name on the Generations Walkway or the Stadium Entrance. Your daughter's paver will be a lasting reminder of her hard work and achievements. With the paver comes a certificate suitable for framing that can be presented as a gift to your daughter (Christmas, Birthday, Graduation). The pavers can be placed on the walkway with others from her graduating class.

Please click on the links below for an introduction letter and the order form. If you have any questions contact Dennis Devine of SUA Boosters at [ddevine1@cinci.rr.com](mailto:ddevine1@cinci.rr.com).

### **SUA Generations Walkway Letter.pdf**

<http://www.saintursula.orheg/athletics/walkoffame/>

## **CAMPUS MINISTRY**

December has been a busy worship month already with the holy day Mass on the Feast of the Immaculate Conception. We are lucky to have serving with Fr. Eric Knapp, S.J., Mike Cassani, father of Emma Cassani, class of 2015, who is an ordained Deacon at IHM parish in Anderson Township. You may wonder what a deacon does and why can they be married? Deacons are ordained with the first of three degrees of the sacrament of Holy Orders (priests and bishops are the next two degrees) by the Bishop and are Ministers of Service. In their parish they help the priest at Mass including proclaiming and preaching the Word of God, preside at weddings, baptisms and funerals outside of Mass, and provide pastoral care to the elderly, the sick, and dying. Many Deacons have full-time jobs and families in addition to their service to their parish. Deacon Mike has been able to help serve at our all school liturgies this year as well as some class masses. We welcome his presence and thank him for his service!

Thanks to Mrs. Chris Potter-Wroblewski's junior/senior Prayer class for planning and presenting the Advent Prayer Service on Monday, the Feast of Our Lady of Guadalupe. The Advent theme of "Walk with God in hope for the future" was planned and presented by seniors Betsy Zilch, Emma Lancaster, Marisa Wolf, Hana Fischesser and junior Grace Costello. This year we added a rousing Christmas carol sing-a-long led by senior Concert Choir members, Sarah Goldrainer, Sabrina Monroe-Penson, Sophie Rupp, Dana Clark, and Sarah Stevenot.

Senior Kairos retreat #76 is scheduled for the week of January 6-8, 2012, which is the weekend after Christmas break. Please pray for the retreatants and their leaders!

Spiritual Journey Week is February 26-March 1, 2012. This is a time when the whole school community focuses on our relationship with God and takes some time to listen to his call in our lives. Much staff time, resources, and planning go into this week to make it an unforgettable experience for your daughters. Attendance at all activities is mandatory. Information will be emailed to you in January with detailed schedules and directions. Please read the information, save it, and print it out for use during SJ week. As always, please call or email with questions. The general activity grid will be posted on the web site and your daughter can access the information on Blackboard under Campus Ministry.

The Archdiocese of Cincinnati and the Social Action Office have extended an invitation to all high school students and their families to join retired Archbishop Schnurr in celebrating the World Day of

Peace Mass on January 1 at 11:00am at the Cathedral. There will be an opening procession of students who have embraced the theme of justice and peace in their lives as directed by Pope Benedict XVI and a reception following mass. Please see the flyer attached at the end of the parent bulletin.

God bless you and your families during this holy season.

Mary Ragland

## **LEADERSHIP SATURDAY: ALL SUA STUDENTS INVITED**

Your daughter is invited to attend St. Ursula Academy's First "Leadership Saturday"! On Saturday, March 24 from 9:00am – 2:00pm, all Saint Ursula students will have the opportunity to participate in three leadership-training workshops. Possible topics include public-speaking skills, finding your unique leadership style, embracing change, power and authority, finding your voice, and being creative to compassionate leadership. The workshops will be led by women in leadership roles from our SUA community and beyond. We are pleased to announce that our Keynote Speaker and planning consultant is Deborah Pearce, communications consultant to local, regional and national schools, businesses, government agencies and not-for-profit organizations.

Leadership Saturday will teach the students to embrace, and enhance their leadership skills. It will assist them in understanding and embracing their own innate leadership style. And finally, it will challenge our students to enhance their leadership ability in all aspects of their lives, at school and beyond. At the end of the day, our students will go forward with a new sense of confidence in themselves as leaders in the SUA community. Participants will be energized with practical techniques/skills that they can use in real-life group situations.

The topics for the event will be available by the end of January. Registration will open at the beginning of February. PALS for 2012-2013 school year are required to attend. The event is free to attend.

*About our keynote speaker: (information from website [http://www.pearce-communications.com/pearce\\_home.html](http://www.pearce-communications.com/pearce_home.html))*

*Deborah Pearce received her Master of Arts Degree in Teaching from Northwestern University. Her teaching spans thirty years, including twenty-two years as a faculty member in the Communication Arts Department at Xavier University, Cincinnati, Ohio, where her classes included Interpersonal Communication, Interpersonal Conflict Management and Presentational Speaking. Ms. Pearce is the recipient of Xavier's Teacher of the Year Award, the Student Development Cultural Diversity Award and was chosen by the students for induction into Alpha Sigma Nu, the Jesuit Honor Society.*

*Deborah is a frequent speaker at professional conferences and meetings. Her interactive and entertaining style engages the audience while providing them with useful and practical information that focuses on contemporary issues that face today's organizations. Some of her past talks include: "Effective Communication Strategies in the Workplace", "How to Manage Inevitable Conflicts", "How to Deal with Difficult People", "The Art of Listening", "Managing the Challenges of Change".*

## **SCHOOL NURSE – THE HEALTH CORNER**

I get a lot of questions and a number of students who come to see me, worried that they have “mono”. This is understandable, as a sore throat is a common symptom of any upper respiratory illness and fatigue is a common factor in the life of almost every adolescent. The good news is that most sore throats and fatigue do not turn out to be mononucleosis. The bad news is that mononucleosis is most often seen in adolescents and young adults.

Mononucleosis is a common viral illness, caused by the Epstein-Barr virus (EBV). The presence of the EBV can be detected by a blood test called Monospot, which makes the diagnosis definitive. Children can get mono, but they usually have mild symptoms so it is not diagnosed. Older adults usually have immunity from earlier exposure, so they do not often contract mono.

The EBV virus is spread by saliva, mucus from the nose and throat, and sometimes by tears. You can help yourself to avoid contracting mononucleosis by not sharing drinks, eating utensils or toothbrushes. Kissing also spreads the virus; thus the mono is nicknamed the “kissing disease”.

Symptoms usually begin about 4 to 6 weeks after your exposure to the virus. The signs and symptoms of mono include: high fever, sore throat, swollen neck glands, swollen tonsils, and extreme fatigue. Mono can also cause the spleen to swell, which is an organ in your left abdominal cavity. Severe pain in the upper left part of your abdomen may mean that your spleen has ruptured; this is an emergency and requires immediate transport to the hospital for surgical intervention.

It may take about 3 weeks to feel totally recovered. Although you are well and will not become symptomatic again, you still carry the virus. The virus can become active and you can spread the virus to others, even though you will not get symptoms. That is why it is sometimes difficult to pinpoint how you became ill with mono; someone who is not sick can spread the virus to you.

Mononucleosis is treated with plenty of rest, including at least 8 hours of sleep at night. Some students need to rest at home for a few days, or schedule half days in school for a short time. Others are able to function well and may just need a rest period at school. Throat drops and Ibuprofen will help reduce fever and pain from sore throat. Additionally, you will have to avoid contact sports and heavy lifting for about 6 weeks to 8 weeks, or until your doctor tells you it is safe. This is due to the fact that your spleen is enlarged and could rupture if you get hit in the abdomen or have too much pressure on your spleen with lifting.

Remember, sharing drinks can be harmful to your health!

Mrs. Russo