

Ursuline ACADEMY

Discover the power within **u**

PARENT NEWSLETTER

January
2013



Discover the power within Molly Stadler '08

Serviam is what drew me to Ursuline. Before high school I had done plenty of service projects, but I did them because I needed service hours for something. After beginning my UA journey I found myself wanting to do service not because it was required, but because it was fun. During my junior year I began coaching youth volleyball and people would ask me why I did it if I was not getting paid. There is something about helping people that is so great. There are so many different ways to serve others, whether it is helping at a soup kitchen, volunteering with Special Olympics or coaching a youth sports team. Each of those examples are so different but through all of these experiences I was able to learn things about myself. Ursuline helped me grow and learn about service and it is something that I have continued to do throughout college.

Ursuline is the first place where I began to discover who I was as a person. As a freshman, I would have never imagined myself being Student Council President my senior year. My time at UA helped me discover my voice and confidence. Now that I have graduated from college, it is a good feeling to begin my first job and have confidence in myself and what I am doing.

Kairos was the UA experience that most affected my current path in life. The retreat is so hard to explain to someone who has never been on or experienced it. Even talking about it with other people who have attended different retreats I find that each experience is so incredibly different but truly amazing. I had never felt so close with so many people in my class. The experience at Ursuline brought my class together and connected us forever.

Student Achievements

Congratulations to the **speech team** who competed in the year's second meet of the Christian Interscholastic Speech League on December 2 at Nerinx. The following students were awarded **red ribbons** for excellent performances: **Jamie Varghese '13** (extemporaneous speaking) and **Megan Rechten '16** (prose). The following received **blue ribbons** for outstanding performances: **Chloe Simmons '15** (storytelling), **Maura Kelly '13** (storytelling), **Elizabeth Desits '13** (poetry), **Jamie Varghese '13** (poetry), **Rachel Mosqueda '13** (prose), **Eleanor Clark '13** (humorous speaking). **Taryn Vogan '16** and **Caroline Messina '16** participated and added to the overall team score.

Congratulations to **Hannah Weisbrod '13** who scored her career 1000th point during the December 13 basketball game! She is only the second UA athlete to do so, joining Jen Myers Ramsey '88.



Christmas Collections

Students and co-workers filled **780 stockings** for children and the elderly served through **Metro-Vision Ministries** (metro-visionministries.com). They were distributed by student and co-worker volunteers to children at Living Water Church and residents of Big Bend Manor nursing home.

Over **375 toys** were collected at UA and the Glendale City Hall during the 6th annual **Toy Drive** to benefit **Whole Kids Outreach** (wholekidsoutreach.org). Thank you to **Sarah Goodwillie '13** for chairing this event!

Important Dates

- Jan 2** Freshman Retreat, Sunset Hills Community Center
- Jan 2-4** Kairos #22, Pallottine
- Jan 3-4** Junior Retreat, Todd Hall
- Jan 7** Sophomore Retreat, UA
- Jan 7-8** Junior Retreat, Todd Hall
- Jan 12** Parent Network Mass
- Jan 17** Project U.S.S. kick-off
- Jan 17-20** Kairos #23, Pallottine
- Jan 18** No classes
- Jan 21** MLK Day—no classes, Dance Clinic, Bubble Dance
- Jan 25** Winter Dance

The Parent Network invites you to the

Fifth Annual Mass and Blessing of Parents and Teenagers

Celebrated by Rev. Gerald Blessing

Saturday, January 12, at 5 p.m.
Villa Duchesne Chapel
801 South Spoeede Road
St. Louis, Missouri

Please join us for this opportunity to pray together for our children, our families and our schools. Families are welcome. Reception to follow.

This Mass will fulfill the Sunday obligation.

Principal's Message



Dear Parents,

I hope your Christmas holiday was one filled with the blessings of family and friends. I also hope you had a chance to attend one of the holiday productions put on by our performing arts department. Our dance students performed a variety of dances during their holiday recital and members of our choruses performed a number of traditional Christmas songs during the Christmas concerts. Both were beautiful events that highlighted the hard work and talent of our students and helped enrich the Christmas spirit in our community.

At the same time, in the Christmas spirit of *Serviam*, students and co-workers stuffed and delivered over 780 stockings with gifts and treats for underserved children in our area, and the UA community donated several hundred toys to Whole Kids Outreach in Ellington, Missouri, to provide Christmas gifts to children who otherwise might not have received any presents.

During the first weeks of January, most of our students will attend one of our retreats. This time of reflection and prayer is an important part of the Ursuline mission, which is about developing a deeper relationship with Christ. Though each girl's experience during this time will be unique and each will articulate the gifts of the retreat in her own way, the Spirit truly is at work in your daughters. I encourage you to talk to your daughter about her retreat and to be open to the different ways God works within each one of us.

We are now in the process of interviewing the applicants for our class of 2017, a talented group of young women. At our last meeting, I told our co-workers that there is no longer a down-time between the recruitment process for one class and the recruitment process for the next, so please continue to tell your positive stories about Ursuline out in the community. The image of Ursuline that you project might be the factor that convinces a potential member of the class of 2018 or 2019 to consider an Ursuline education.

As always, thank you for your support of Ursuline Academy and our wonderful students.

Sincerely,

Mark Michalski, PhD

President's Message

Dear Ursuline Families,

The New Year brings promise and excitement. St. Angela tells us, "Never fail to render your neighbor the services that may depend on you."

The students and co-workers are preparing themselves for the second semester by attending retreats. This provides a perfect time to reflect and set goals for the coming months. I can think of no better way for our students and co-workers to start off 2013 than with the experience of a retreat. A



challenge for all of us is to carve out an appropriate amount of time for personal reflection and prayer. We have a tendency to overload our lives. I hope that you are able to find some peaceful moments in each day. We begin every day with the Ursuline prayer and end our day with a reflective prayer relative to the lives of our students. It is our hope that we strengthen our faith through prayer, study and works of action, best known at UA as *Serviam*.

Shortly, eighth grade students and their parents will be coming to interview in anticipation of attending Ursuline Academy. Can you remember that hopeful time? As the parent of an Ursuline alumna, I certainly can. We should take it as a compliment that new students wish to have what we already experience. Ursuline Academy provides a loving and caring community environment for students. As part of the internationally recognized Ursuline network of schools, our responsibility is to ensure the continuation of the Ursuline Mission by giving of our time, talents and treasure.

Our task is never done. As society evolves and new groups of young women and their parents join us each year, we grow. We stand strong in our solid efforts and are excited by the commitment we make toward continual growth and improvement. We are grateful to the Ursuline Sisters for their leadership, dedication and guidance. We co-workers, in the words of St. Angela, "carry on steadfastly and faithfully the work we have undertaken." We are grateful for the time and energy given by members of our Board of Trustees and strategic planning committees who are currently reviewing our plan. The hearts and hands of many create fantastic possibilities for us all.

Hopefully, our Annual Giving Campaign and the *Buona Festa* auction (March 2) will top last year's totals. Proceeds from Parent Annual Giving and the auction are needed to provide for this year's academic program. Alumnae annual giving provides tuition assistance. We enjoy a great school today due to the financial backing of past parents and alumnae. We need your continued support in order to creatively enhance our programs. Your daughters deserve the best. They are a fantastic group of young ladies who offer our society infinite leadership potential.

Please make a commitment to help Ursuline Academy in a meaningful way. If you happen to be in a strong financial circumstance, kindly consider sponsoring a student in financial need. An Ursuline education is a gift of a lifetime.

I ask for your continued prayers and donations to keep Ursuline strong as our young women of today and tomorrow "Discover the power within U."

Wishing you the very best in the New Year,
Forever Ursuline, Never Say Goodbye,

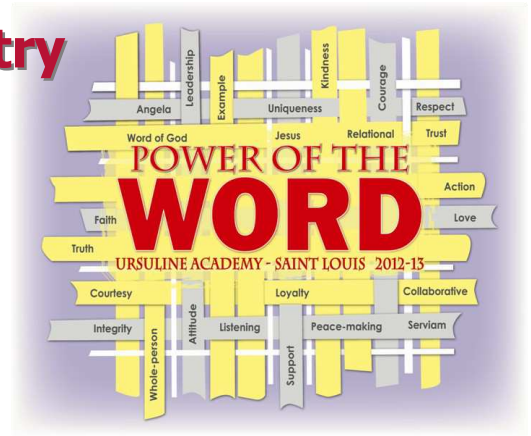
Dr. Tina Reichardt



From the Office of Mission Effectiveness/Campus Ministry

By Terri Rogan & Nikki Morton Weston '98

We are excited to begin the new year with our annual **retreat week**. This week of prayer and reflection gives both students and co-workers the opportunity to find a renewed sense of peace and hope while also exploring ways to strengthen their faith and live out our gospel call to serve one another. Please pray for our students and co-workers as they enter into this sacred time and space set aside to grow in their faith. It is also quite fitting that we celebrate the Feast of St. Angela at the end of this month. She was committed to the value of a close-knit community. In a world where the two options were marriage or cloistered living, St. Angela introduced a third way of vowed life that included living among the people in her community. Her commitment to building community is integral to the experiences we hope to emulate within our own Ursuline family.



On January 24, we will celebrate the **feast of St. Angela** (actual feast day is January 27) with a full day of community celebrations. Some of our students and co-workers have begun planning this very special feast day and we hope you can join us! We will begin the day with a prayer service at 8:15 a.m. in the gym followed by an assembly focusing on the global issues surrounding the basic right for clean drinking water and our need to preserve the resources of our earth. Festivities will continue as a variety of food trucks from the St. Louis area roll on to our front campus for a unique and fun lunch experience! Our day will conclude with our varsity Bears playing Visitation Academy in a "basketball showdown" at 1:30 p.m. Students will be dismissed at 3:00 p.m. We hope you can join us for any or all of this day as we celebrate St. Angela's values of faith, justice and community.

RETREAT WEEK 2013

Freshman Retreat	January 2, 2013	Sunset Hills Community Center
Sophomore Retreat	January 7, 2013	Ursuline Academy
Junior Retreat	January 3-4, 2013	Todd Hall
Junior Retreat	January 7-8, 2013	Todd Hall
Kairos #22	January 2-5, 2013	Pallottine
Kairos #23	January 17-20, 2013	Pallottine

Father-Daughter Dinner Dance

Save the date for the 69th Annual Ursuline Academy **Father-Daughter Dinner & Dance** to be held at the Hyatt Regency St. Louis at the Arch on Saturday, **February 9, 2013**.

Invitations were mailed in December. Registration forms and payment are requested to the main office **no later than January 11**.



Senior fathers who wish to rent a tuxedo may go online for a discount: [http://www.ursulinstl.org/UserFiles/File/Ursuline%20Academy%20PDF%202013%20\(2\).pdf](http://www.ursulinstl.org/UserFiles/File/Ursuline%20Academy%20PDF%202013%20(2).pdf)

Parent Annual Giving Update

At the time of publication, the Parent Annual Giving Campaign has reached **57%** of its goal for the 2012-13 fiscal year. As you consider your **end-of-the-year giving**, please remember Ursuline Academy. Your **tax-deductible** gift to UA directly benefits our students, your daughters, by providing outstanding programs in a safe and comfortable learning environment while keeping the tuition level as low as possible.

We invite you to support our mission of educating young women by using the giving envelope that was enclosed in your Ursuline magazine; sending a check to UA, Attn: PAG; or by making a secure donation online at www.ursulinstl.org/giving.





From Ms. McCorry, Guidance Counselor...

A FRESH START

Many of us tend to view this time of year as an opportunity for a fresh start. Your daughter will recently have had time to renew herself due to Christmas break followed by a retreat experience. She is now beginning a new semester, a fresh start. You may want to review her first semester report card with her, and congratulate her on successes as well as address any area(s) of concern. Stress the importance of a strong work ethic and time management skills in addition to balancing life with leisure and family activities.

From Mrs. Deutsch, Educational Consultant...

FRESHMEN

Online Study Skills Course

This semester the freshmen will work on Reading Fundamentals as well as Reading Comprehension. They have completed two assessments to individualize each of these components of the Study Skills Course. The Learning Pathfinder placed them in the Reading Fundamentals Course that contains eleven modules. Some students may have to complete all eleven modules, however, some of the students may do less because they could have already mastered some of the skills presented therein. The Learning Pathfinder assessment designs a course suited to each student's individual needs.

Reading Fundamentals Modules

Pre-reading, vocabulary, context clues, main idea, supporting details, outlining & mapping, active reading, dictionary skills, graphic organizers & visual aides and summarizing & paraphrasing are covered here.

Students should have begun working on the modules after the Learning Pathfinder assessment which was due on November 26. The Reading Fundamentals Course should be completed by March 5, the Tuesday prior to spring break.

Reading Comprehension Course

The Lexile Locator assessment will give the student a lexile score they can watch increase as they complete the reading passages found in this part of the Study Skills course. Once again, each student begins the course based on her assessment score. They work to improve their reading comprehension and the course allows them to watch their lexile score increase as their comprehension improves. This course is completed at each student's own pace. They can work on this course at the same time they are working on the Reading Fundamentals course or they can wait until the Reading Fundamentals course is finished.

College Board Testing (PSAT, SAT, AP, SAT subject tests)

An application for College Board Testing will be completed for each freshman and newly-diagnosed student who have the appropriate documentation by March 1. Watch your mail for approval of accommodations from College Board.

JUNIORS

All juniors who meet the documentation requirements for ACT Special Testing at Ursuline Academy should have applied for the ACT with extended time. Each time you take the test, you must request a new application from Mrs. Deutsch. If you were approved for ACT National extended time testing at a National Test Site, you can apply online.

ALL STUDENTS WORKING WITH THE LEARNING CONSULTANT

During January, make an appointment with Mrs. Deutsch to review your report card, complete a schedule form and set goals for the second semester.

In February, please make sure you see Mrs. Deutsch to review your course selections for the 2013-14 school year.



From Mrs. Desmond, College Counselor...

JUNIORS

In January, juniors will receive their PSAT scores. We will talk about the score, which tests are used for college admission and how to tell which may be the best for your junior. **Juniors are encouraged to take the ACT in April and June.** The ACT is a curriculum-based exam that draws on information learned in the high school classes. The SAT is an aptitude test in verbal and math sections and is not as curriculum-based. In most cases, there is no need for your daughter to take both tests.

During the spring semester I will meet in small groups with your daughters to help explain the steps ahead and how to conquer their anxiety about them. The college search is a process, like any other, and my role is to help you along the way. Family conferences will be available to all who wish to have one starting in March. Juniors should finish the "Do What You Are" Personality Inventory on Naviance (which I will introduce to them in January) and begin their preliminary college search, both on Naviance. These need to be done before our family conferences. More details to follow.

SOPHOMORES

Actual college counseling begins in January of the junior year, but it is never too early to start reading about and visiting colleges of interest or doing "virtual visits" on Naviance. For parents of UA athletes, Mrs. Jen Brooks and I will hold an information session preceding registration in late February to help you select necessary classes for NCAA consideration. Mrs. Brooks will be in touch with you about this in January.



Mrs. Desmond and the seniors celebrated a successful college application season in the café on December 13.

SENIORS

Scholarship and financial aid opportunities are the focus of the next few months. For most families, the process begins with filing the FREE APPLICATION for FEDERAL STUDENT ASSISTANCE. The FAFSA worksheet forms are available at www.federalstudentaid.ed.gov. Most colleges and universities require the completed FAFSA form before any need-based financial aid is awarded to accepted students. If you wish to electronically submit your FAFSA, which is strongly encouraged as the faster and more accurate procedure, consult the following Web site: www.fafsa.gov. Get your PIN number as soon as possible before filing your report.

There are Web sites offering to help you file the 2013-14 FAFSA for a fee. **This is a SHAM.** Unlike a SCAM, a SHAM is a legitimate service, but not a necessary one; you can file your FAFSA easily and for FREE at the official Web site at www.fafsa.gov. This is also true of scholarship searches.

★ Remember, college financial aid is distributed first come, first served; the sooner you submit your completed form, there may be more institutional aid for which you are eligible. One more helpful hint—if you would like an early estimator of what your FAFSA report may yield, go to the FAFSA-4-caster at the above mentioned site. Free informational sessions on FAFSA preparation are available at Saint Louis University and at St. Louis Community College-Meramec in January and February. Please check their web sites or call for specific details.

Did your daughter receive a score of 31 or above on her ACT?

If so, she is qualified by the State of Missouri to receive a "Bright Flight" Scholarship valued at \$2,000 per year. These grants are eligible to be used at any approved Missouri public or private college. If you qualify and have not received information by April, please contact the Missouri Department of Higher Education at www.dhe.mo.gov/info or call 1-800-473-6757.

REMINDERS

- Continue checking the UA scholarship list on Naviance.
- **Save copies of all scholarships received, and bring a copy to our office.** (Totals will be used for the graduation booklet.)
- Get a PIN number now, and then file your FAFSA forms.



Reflecting on our Ursuline Charism: Handing on the Torch

By Mrs. Terry Rogan, Director of Mission Effectiveness

INTRODUCTION

"Handing on the torch" has been my experience of Angela's charism since I first met the Ursuline Sisters in high school. As I reflect on the charism of St. Angela and the Ursulines, the song entitled, "Go Light Your World," comes to mind. The words are as follows:

*There is a candle
in every soul;
some brightly
burning, some
dark and cold.
There is a Spirit
who brings a
fire, ignites a*



candle and makes his home. So, carry your candle, run to the darkness, seek out the hopeless, confused and torn. Hold out your candle for all to see it. Take your candle and go light your world. Take your candle and go light your world.

The Sisters have called me to ministry from the day I met them, first through *Serviam* experienced during my high school service projects as well as a service trip to Appalachia. Then, later I was invited into a teaching ministry,

and, finally, I was asked to serve in my current role as Director of Mission Effectiveness in Ursuline Academy St. Louis. I quoted the lyrics to this song because in my experience as student, teacher and in the mission effectiveness office, I have experienced the Sisters repeatedly inviting me and so many others to acknowledge the "spirit who brings the fire" (listen to the Spirit within) and to "take your candle" (share your gifts) and "go light your world" (in service of the Gospel call).

Angela lived her life in such a way that was countercultural in the 1500s and is still countercultural in the 21st century. She was a contemplative in action and invites us to live in that same spirit. Angela expressed the message of the song, "Go Light Your World," using the following quote: **"Act, do something, get moving, persevere, get on your knees and pray, then be ready for big surprises."** Now, 475 years after the foundation of the Company of St. Ursula, Angela continues to call us to live in this "healthy tension" of contemplation and action. Always letting our first recourse be to



gather at the feet of Jesus Christ and knowing that we have more need to serve than to be served.

As I experience the life-giving energy of our young women, I also recognize the pace which we keep is not always life-giving. I love the fact that Angela calls us to a ministry of "both and." Her ministry was one of prayer and presence to the people in the community in which she lived, as well as action in response to people's needs. She did not identify herself as an educator, caregiver, etc. She lived in community with her neighbors, and shared God's spirit with them, making herself available through a ministry of contemplation and presence. However, she didn't stop there. As she heard God's spirit and recognized the needs of the people of her time, she responded in service, and I believe we are invited to do the same.

Project U.S.S.—Ursuline Student Scholarships

On Thursday, **January 17**, the Project U.S.S. program kicks off for second semester. For the fourth year, **students are asked to donate \$10** to benefit student scholarships here at Ursuline. During an all-school assembly, a student committee will discuss the tuition gap and how **everyone benefits** from the financial support received by UA.

Although it is optional, it is important that we have 100% participation. Students can contribute any amount they can afford over three collection dates (February 6, February 27 and April 3) and we encourage students to earn their money and not ask parents. It is important that they embrace a spirit of philanthropy back to Ursuline, because it is through these future alumnae that UA can continue to have successful days ahead.

Please encourage your student(s) to participate and share with them why you think Ursuline is an important non-profit organization to support. Students who contribute all four years will have their name painted on the Project U.S.S. ship mural on the second floor of Merici Hall.

The Ursuline Academy Alumnae Association
invites our alumnae mothers to:

Wine Tasting Party

Who: Ursuline Academy alumnae mothers and their guests

When: Friday, February 1, 2013
6:00–8:30 p.m.

Where: Ursuline Academy
O'Hara Hall

Cost: \$20.00 per person

Other details:

Join other UA alumnae for a fun night of wine tasting and a perfect start to your weekend! Contact your classmates, and plan to attend this exclusive night!

After you taste the wines, you can purchase a glass of wine to enjoy at UA.

Light snacks will be served.

Space is limited, so register today!
(Walk-ins cannot be accommodated.)

Wines tasted at the event are available to purchase and pick up from Garland Wines in Webster Groves. Garland Wines will donate 10% of all purchases to the Ursuline Academy Alumnae Scholarship Fund.

Recycle your corks by bringing them from home!



Please return this portion and payment to UA by **Tuesday, January 22, 2013.**

Register by credit card online:

www.ursulinstl.org

You must be 21 or over to attend.

Questions and Registration to:

Ursuline Academy

Attn: Katie Balek Kempf '01

341 S. Sappington Rd., St. Louis, MO 63122

314-984-2892 or kkempf@ursulinstl.org

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Hosted with:

Garland Wines
MERCHANTS OF FINE WINE

Alumna Name: _____

Alumna Year: _____

Address: _____

E-mail: _____ Phone: _____

Guest Name(s): _____

Total Attending: _____ Total Enclosed: _____

The cost is \$20 per person, with checks
made payable to Ursuline Academy.

YOU MUST BE REGISTERED IN ORDER TO ATTEND.

Visit us online at www.ursulinesl.org for more information about this year's auction and how you can join in the festivities—make a donation (view our wish list), be a sponsor, place a catalog ad, purchase raffle tickets, attend or volunteer!



INVITATIONS

Invitations will be in mailboxes soon! Gather some UA friends and enjoy a fun evening that directly benefits our current students.

ITEM DONATIONS

Thank you for the donations during our December item drop-off days. We received some great items! Think about the auction during Christmas break. Sometimes you receive a Christmas gift that is not your style, you already have or don't feel like returning. Donate it to the auction! Our next drop-off days will be **January 15 & 16**.

If you can donate any items, please drop them off at the main office or contact us at auction@ursulinesl.org to arrange pick-up.