



# THE TORCH

[www.aquinas-catholic.com](http://www.aquinas-catholic.com)



2022-23 Theme

September, 2022

Dear Aquinas Parents and Families,

The 61<sup>st</sup> Academic School Year is well underway! It is so good to have our students back and lord have mercy how many of them have grown over the summer. Thank you for your patience as we tried a new approach to the year with an orientation/picture day before our first day of school. This gave me the ability to address the whole school as well as our Middle School and High School students as groups separately.

As you may know, September is National Suicide Awareness Month. In July, I attended the Crisis Response Workshop for Clergy held at St. Gregory the Great Seminary in conjunction with Four Corners Health Department. While the topic was a serious and heavy one, I walked away with a great deal of resources for our students and the school.

According to the CDC, each year more than 41,000 individuals die by suicide, leaving behind friends and family members to navigate the tragedy of their loss. Suicide is the 10th leading cause of death among adults in the U.S. and the 2nd leading cause of death among people aged 10-24. Since the pandemic these rates are increasing as well as mental health issues.

Teresa Pokorny, our Response Team leader and member of the SCIP team, and I addressed this topic to our students at our Orientation Day before the first day of school. In an effort to increase awareness and keep our students safe, posters have been placed in every bathroom and in all hallways at school with anonymous and confidential hotlines for any student in need. Additionally, the new Suicide and Crisis Lifeline 988 is posted throughout the school with the message "You are valuable, you are loved, you are cared for".

Mental Health is a serious issue in this country, especially for young adults. I reiterated to all our students the need to speak up and to come to a teacher, priest or administration for help.

Please talk to your children about this issue and reassure them. We need to end the stigma of mental health and end the terrible loss of life because of suicide.

As always, thank you for all you do. We are in this journey together. |

*F. Michael Uente*

*"Do not fear: I am with you; do not be anxious: I am your God.  
I will strengthen you, I will help you, I will uphold you with my victorious right hand." Is 41:10*

[WWW.AQUINAS-CATHOLIC.COM](http://WWW.AQUINAS-CATHOLIC.COM)



## Middle/High School Principal letter- September 2022

### Current news

**iPads/laptops/wireless internet-** We are still in the process of going 1:1 with iPads (in MS) and Dell laptops (in HS) for this year. We haven't received an update on the status of the laptops very recently, but we are getting the wireless internet upgraded to accommodate additional devices regardless. Thank you to Mr. Smith for all his work coordinating our technological needs!

**Detentions and incomplete assignments-** Detentions will be served after school from 3:35-4:05 on Tuesdays, Wednesdays, and Thursdays. Students who do not have an assignment complete when it is due will be required to stay after school during detention time. Time after school will be required even if the assignment is completed between the class it was due and the end of school. Failure to serve an assigned detention will result in an additional detention being assigned.

### **Safety**

**Doors-** One additional perimeter security measures we are contemplating is an alarm system on locker room doors. The 2 entry doors are being monitored by staff members each morning as students are entering the school.

**Buses/parking lot-** Please remember to give buses the right of way when exiting the parking lot. You should NEVER go around a school bus with its stop sign out and/or lights flashing. Please remind your students (especially young ones) to be very safe around parking lots and school buses, and especially to not run out in front of them since it takes a long time for larger vehicles to come to a stop.

**Drills-** As always, we will be conducting regular fire drills as required by state law. We will also conduct the necessary tornado drills. The safety/crisis response committee is still considering the possibility of conducting evacuation

**SAT Days (1:00pm early outs)-** Like last year, once each quarter we will have a SAT Day to help make sure no students fall through the cracks. SAT Days happen roughly a week after the mid-quarter. Parents of students who are required to stay for SAT will be notified at mid-quarter. If any assignments are finished between parents receiving notification and SAT Day itself, the student will not be required to stay after school is dismissed.

**Teacher professional development days (10:00am late starts)-** Once a month (typically the first Wednesday) we will have a 10:00am late start to facilitate our teacher professional development. This time each month helps us work with teachers on school improvement goals, provides time for collaboration, and teacher professional growth. Buses will run accordingly on scheduled late start days.

### Upcoming events, schedule changes/reminders

**No School-** Monday September 5th (Labor Day), Friday September 23<sup>rd</sup> (teacher PD)

**10:00am late start (teacher PD)-** Wednesday September 7<sup>th</sup>

**1:00pm early out (SAT Day)-** Wednesday September 21<sup>st</sup>

God Bless!

*Spencer Zysset*

Spencer Zysset, Principal





## *From the Principal's Desk at Aquinas Elementary*

Our school year is off to a great start! The halls are filled with smiles and excitement. We welcomed a large preschool/Pre-K class as well as 11 new K-5 students. Welcome to all of our new families! We enjoyed a fun Open House and Ice Cream Social last week.

Under the leadership of a great PTO, we are looking forward to a fun year of activities and community-building at Aquinas Elementary. Below are a few items of note for this school year.

**LUNCH TIME SHIFT:** We have scheduled 2 lunches this year with students rotating in and out in shifts to allow for an extra PE time in the gym. We are getting the processes worked out, smoother each day. Parents are always welcome to join us.

K-2: 11:00

3-5: 11:40

**VBRD: Virtues Based Restorative Discipline.** We will be using this discipline model along with clarified procedures throughout the school to enhance our school culture. It encourages everyone, adults and students, to live out their virtues in how they treat each other, especially when mistakes happen. I attended a 2-day summer training on the program and was very inspired to hear the success stories from across the country and within our Diocese of schools who are using it.

**RECESS MOVE:** Recess has moved to break up learning times for students as well. They all have a morning and afternoon break—one PE and one recess.

Thank you to all our volunteers who keep us going on a daily basis!

**~ You are each such a blessing. ~**

***Prayers for another great year filled with love and discipleship!***

*God Bless, Mrs. Zook*





## Aquinas Elementary School Only!

Aquinas Catholic Elementary School Picture Day is **Friday, September 2, 2022**

### NEW this year - Choice of Backgrounds!!

You will have the choice of over 60 backgrounds, and you may also use more than one background (and pose) in your package. This can all be previewed online when you receive your proofs. If you prefer the traditional blue background, that is one of the choices. Due to the variety of choices, all orders must be placed online, but if you prefer to pay with cash or check, that option is available. If you do not have access to a computer, please contact the school for assistance.

**Proofs:** About 2 weeks after Picture Day, you will receive a **Proof** of your student's **2 poses**. The Proof has the **Website** and **Password** to place your order **online**.

If you do not wish to pay with a credit card: **Place the order online** and select **Cash** or **Check** as the **method of payment** upon checkout. Place cash or check in the **Payment Envelope** that came with your Proof. Write your **Order Confirmation Number** from your online order on the **Payment Envelope**. **Family Plan:** When you pay for portrait orders for two children in your family, this qualifies you for a FREE package of equal or lesser value for all other children in your family.

If you qualify for the Family Plan, here is how to obtain your FREE packages: After placing your two paid orders, you may place your additional orders online, but instead of paying, choose payment type: FAMILY, and click APPLY, and submit. Then simply email [info@pegasus-si.com](mailto:info@pegasus-si.com) with the two **Order Confirmation Numbers** that have been paid in full along with the **Order Confirmation Number** for the order that is **FREE**. Please be sure to **order and send email prior** to the **Due Date** on the proof to avoid any late fees – Do NOT wait for all student's proofs as deadline dates may vary if they attend another school or are a Retake. Your FREE order is ON HOLD until you email the Confirmation Numbers.

**Retakes:** If you prefer to have a retake, you may do so for any reason on Retake Day. Wait until you get your RETAKE Proof to place an order at that time. If you decide to order from your original Proof rather than the Retake, you'll receive a late fee, as it is past the Order Due Date.

**Due Date:** On your proof is an Order Due Date. If you submit your order AFTER the Due Date, you'll have a \$10 late fee and late orders can take up to 6 – 8 weeks after ordering.

### Pegasus School Images

*Cut here* -----

**Note to separated or divorced parents:** *Mom and Dad may receive different PASSWORDS/Proofs ONLY IF your student tells the photographer: "I need 2 sets of proofs"*  
*To help your student remember to request this, you may use this Reminder Slip.*

**ONLY For parents living separately:** *Fill out information below & have your student give this note to photographer while sitting at the camera for school pictures on*

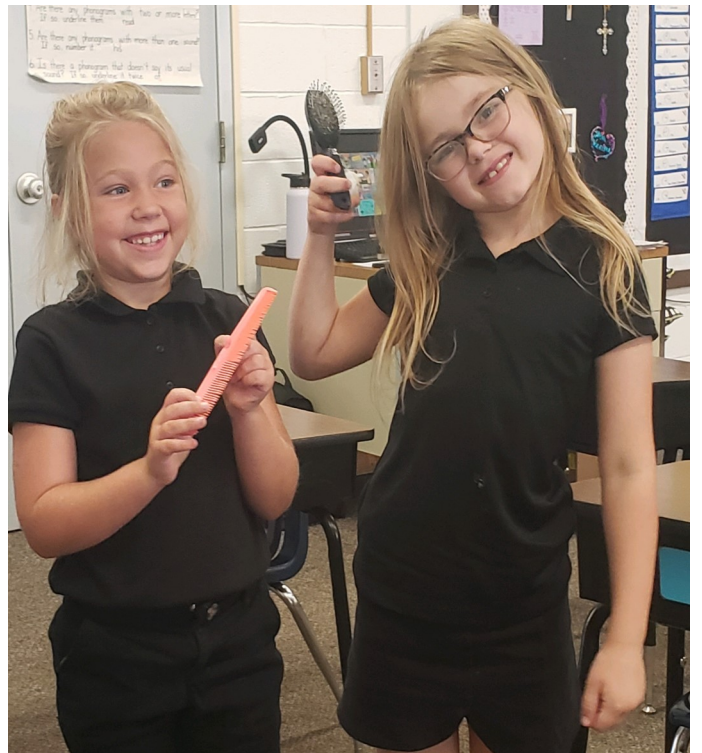
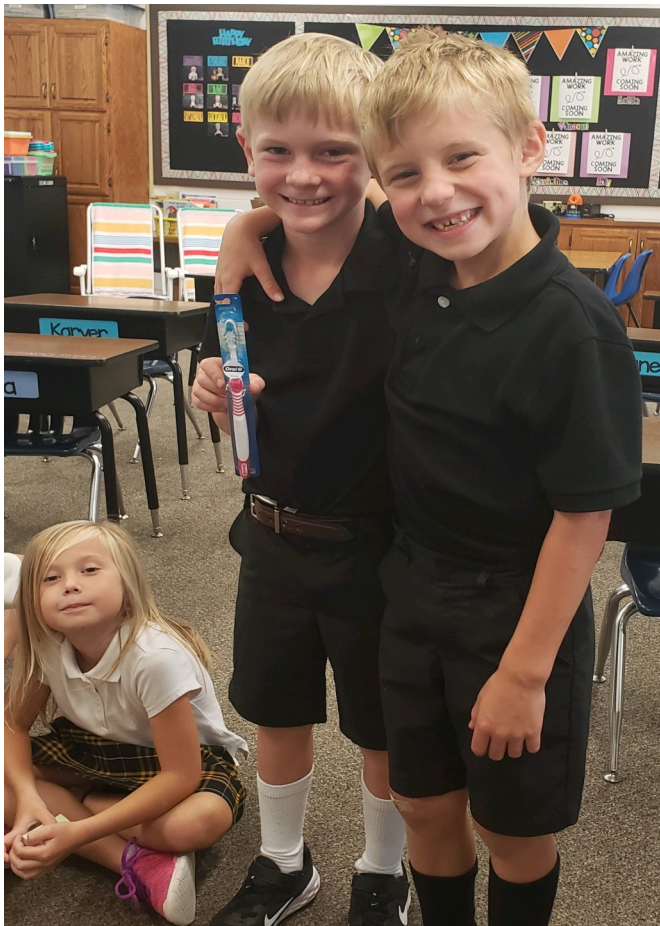
Aquinas Catholic Elementary School Picture Day -- **Friday, September 2, 2022**

Please provide **TWO Order PROOF FORMS** for:

**STUDENT'S NAME:** \_\_\_\_\_ **Grade** \_\_\_\_\_

to allow Mom and Dad to order separately.

The **Kindergarteners** have loved exploring the outdoor classroom! We have built towers with wood pieces, climbed all over the logs, found bugs, watered the plants, and so much more!



The **First Graders** started the year by talking about personal hygiene and how to get themselves ready for school. We talked about picking out clean clothes, brushing their hair and teeth, and eating a healthy breakfast. We also discussed taking a shower or bath each night and washing our hair with shampoo. Finally we practiced how to wash our hands to get rid of all the dirt and germs. Then the students worked with a partner and gave a short report on an item or two that they can use each day to stay clean and healthy.

The students in both **fourth grades** have been drawing and writing words and objects they cannot live without. Here are some fourth graders from Mr. Beller's class with their drawings.



## News from 6<sup>th</sup> Grade

The 6<sup>th</sup> graders are off to a pretty good start at Aquinas. While it can be a rather big adjustment transitioning from Aquinas Elementary to Aquinas Middle School, the students seem to be trying their best to become more acclimated to the new procedures.

One area of difficulty always involved in the transition to middle school is organization. The teachers have all suggested that the students use a single homework folder for their assignments. Some students are successful using a separate folder for each class; however, for most students, too many folders can be overwhelming and difficult to use or keep track of.

A change to the homework policy this year requires the students to stay after school if they do not have their homework finished/with them when they go to class. In the unfortunate event that this happens to your student, he/she will call you from the school office to let you know that he/she needs to stay after school to complete unfinished homework. While this may cause some parental inconveniences with transportation, we hope that it will be a deterrent for those who do not complete their homework.

We also hope to develop more respectful social behaviors as the year progresses and will be anxious to share our improvements with you. If you need to get a hold of any middle school teacher, it would be best to email them with your questions/concerns. We're looking forward to a great school year of new experiences!

Mrs. Jody Pelan



# Aquinas Elementary September 2022

## USDA is an Equal Opportunity Provider

Mon	Tue	Wed	Thu	Fri
Milk & water offered Daily Fruit/Veggie/ Salad Bar Offered Daily	Menu is Subject to Change and will be posted for students knowledge		1  Tater Tot Casserole Green Beans WG Roll	2  Cheese Pizza Broccoli Ranch Pears
5  No School Labor Day	6  Chicken Strips Smile Fries Green Beans Oranges	7  Bacon Cheeseburger Sweet Potato Fries Baby Carrots	8  Beef Soft Taco Refried Beans NC Doritos Corn Churro	9  Tuna & Noodle Casserole Peas WG Bun Strawberries
12  Fiestada Pizza Corn Tropical Fruit	13  Chicken, Bacon and Ranch Wrap Sun Chips Baby Carrots Applesauce	14  Meatball Sub Tater Tots Peas Pineapple	15  Biscuits & Gravy Egg Patty w/ Cheese Roasted Potatoes Yogurt	16  Bosco Sticks Marinara Cup Green Beans Rice Krispy Bar Grapes
19  Spaghetti & Meat Sauce Garlic Bread Cheesy Broccoli Peaches	20  Chicken Patty on Bun Tots Applesauce Slush	21  Frito Pie Corn Tropical Fruit Churro	22  Hot Ham and Cheese on Bun Chips Lettuce Salad Ruby Pears	23  No School
26  Chicken Pot Pie Green Beans WG Roll Peaches	27  Hamburger Cheese Slice Pickles Baked Beans Cole Slaw	28  Chicken Alfredo Rotini California Veg Blend Garlic Toast	29  Chili Mac Casserole Corn Bread Celery Peanut Butter	30  Fish Sticks Macaroni & Cheese Peas WG Roll

# September 2022

## Aquinas Catholic Schools

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 4:45 PM ICC @ Seward 5:45 PM SB TK/KC In @ Genoa 5:00 PM VB @ Hampshire/LHF	2 Picture Day PK-5 7:00 PM FB vs Cedar Catholic @ Hartington	3 9:00 AM SB Catholic Invite @ Wahoo
4	5 LABOR DAY NO SCHOOL Band @ Schuyler Parade	6 4:30 PM MMS VB @ Fremont Bergan 5:00 PM MMS FB vs Archbishop Bergan 6:30 PM JV FB vs Archbishop Bergan	7 Faculty Meeting 10:00 AM Late Start	8 4:00 PM CC @ Archbishop Bergan 5:00 PM SB vs GACC	9 ACT Testing 9:00 AM SB Cass County In 10:00 AM V VB @ Friend Invite 12:00 PM FB vs L. Lutheran	10
11	12 Ulysses Immaculate Conception Parish Dinner	13 4:30 PM MMS VB @ Utica Centennial 6:30 PM JV FB @ Battle Creek	14 Activity Pictures 6:30 PM SMS Council Meeting 6:30 PM Aquinas Council Meeting	15 4:30 PM CC @ Scotus 5:00 PM MMS FB @ Scotus 5:00 PM SB @ Pierce 6:00 PM VB vs Scotus	16 ACT Registration Due 7:00 PM FB @ Grand Island CC	17 8:00 AM VB C Team @ North Bend Invite 9:00 AM SB @ DCHS Inv.
18	19 4:30 PM MMS VB vs Schuyler 6:30 PM JV FB @ vs Wahoo	20 5:00 PM SB vs Highway 91 Dodge 6:00 PM VB @ GICC	21 1:00 Dismissal for SAT (Student Assistance Time) 6:30 PM Board of Advisors Meeting	22 4:30 PM CC @ North Bend 5:00 PM SB SB North Bend 5:00 PM VB AHS/EB/Friend Tri	23 NO SCHOOL 7:00 PM FB @ Louisville	24 9:00 AM SB @ Central City Invite 9:00 AM VB @ DCHS Invite
25	26 4:30 PM MMS VB vs Bishop Neumann 4:30 PM MMS FB @ Lincoln Christian 5:30 PM Res. VB @ Clarkson-Leigh 6:30 PM JV FB @ Lincoln Christian	27 6:00 PM SB Polk County @ Osceola	28 Penance Service	29 4:30 PM CC AHS Invite 6:00 PM SB West Point-Beemer (Senior Night) 6:00 PM VB @ Bishop Neumann	30 7:00 PM FB vs David City (Senior Night)	





.....from everyone at

*Aquinas Catholic Schools!*

## Thank you

To the teachers and community members for bringing the Outdoor Classroom to life!

Sloup Lawn Care– Brad & Chana Sloup  
Sypal Tree Service-Nick & Chelsea Sypal,  
Custom Edge Curbing-Ryan & Jake Ruth,  
Landscaping-Paula Dewispelare, Garden  
Beds-Trevin Steager, No Swett Fencing, Ken  
Polacek, Brandon Smith, Jeff & Claire  
Wisnieski, Jared Dewispelare Family,  
Dirkson & Easton Kavan,  
**Teachers:** Rachel Wisnieski, Alison Fozzard,  
Katie Vavrina, & Katie Smith  
Special **THANK YOU** to all those who have  
donated.

We appreciate your help!

**Thank you to Mark & Bev Rerucha at Rerucha Ag & Auto Supply for donating all the hamburger for the fall burger bashes!**



**Thanks to the Middle/High School Home & School Association for breakfast pizza and donuts!**





.....from everyone at

*Aquinas Catholic Schools!*

**Thanks to all the volunteers and workers who helped with the grounds upkeep this summer and for helping get the schools ready for this school year!**

**Mary Coufal, Chana Sloup & Connie Samek - Painting the Elementary asphalt playground & pawprints**

**Galen Pokorny**

**Tony Smith**

**Interior Painting— Paula Dewispelare, Bri Birkel, Tristan Davis, Landon Pohl, Mason Krivanek & the Zook Family**

**Kitchen Updates—Amanda Helgoth & Julie Sabata**

**Tom Pohl, Jennifer Lowe, Diane Truksa**

**Natalie Kovar**

**Sean Kovar**

**Lori Sabata**

**Greg Fiala**

**John Svec**

**Spencer Zysset**

**Roy Emory**

**Fr. Schukei**

**Fr. Ventre**

**Mrs. Schaunaman**

**Sharon Dewispelare**

**Michaela Moravec**

**The Pat Roh Family**

**Ken & Tom Polacek**

**Cliff Kovar**

**ABM Onsite Services—Cleaning Service**

**And to anyone that may have been missed**



# ST JOHNS COUNTY SHERIFF'S OFFICE

SHERIFF ROBERT A. HARDWICK

## EIGHTEEN APPS PARENTS SHOULD KNOW ABOUT



LIVE.ME IS A LIVE-STREAMING VIDEO APP THAT USES GEOLOCATION TO SHARE VIDEOS SO USERS CAN FIND OUT A BROADCASTER'S EXACT LOCATION. USERS CAN EARN "COINS" AS A WAY TO "PAY" MINORS FOR PHOTOS.



CALCULATOR% IS ONLY ONE OF SEVERAL SECRET APPS USED TO HIDE PHOTOS, VIDEOS, FILES, AND BROWSER HISTORY.



HOLLA IS A SELF PROCLAIMED "ADDICTING" VIDEO CHAT APP THAT ALLOWS USERS TO MEET PEOPLE ALL OVER THE WORLD IN JUST SECONDS. REVIEWERS SAY THEY HAVE BEEN CONFRONTED WITH RACIAL SLURS, EXPLICIT CONTENT, AND MORE.



DISCORD IS AN APP THAT ALLOWS USERS TO TALK TO FRIENDS AND STRANGERS IN REAL-TIME VIA VOICE, TEXT, OR VIDEO CHAT WHILE PLAYING VIDEO GAMES. REVIEWERS SAY THEY HAVE BEEN CONFRONTED WITH RACIAL SLURS, EXPLICIT CONTENT, AND MORE.



ASK.FM IS KNOWN FOR CYBER BULLYING. THE APP ENCOURAGES USERS TO ALLOW ANONYMOUS PEOPLE TO ASK THEM QUESTIONS.



ROBLOX IS AN ONLINE GAMING PLATFORM WITH A CHAT FUNCTION. UNDERAGE USERS HAVE HAD ISSUES WITH SOLICITATION FROM SEXUAL PREDATORS.



WHATSAPP IS A POPULAR MESSAGING APP THAT ALLOWS USERS TO SEND TEXTS, PHOTOS, VOICEMAIL, MAKE CALLS, AND VIDEO CHATS WORLDWIDE. WHATSAPP USES AN INTERNET CONNECTION ON SMARTPHONES AND COMPUTERS.



KIK ALLOWS ANYONE TO CONTACT AND DIRECT MESSAGE YOUR CHILD. KIDS CAN BYPASS TRADITIONAL TEXT MESSAGING FEATURES. KIK GIVES USERS UNLIMITED ACCESS TO ANYONE, ANYWHERE, ANYTIME.



WHISPER IS AN ANONYMOUS SOCIAL NETWORK THAT PROMOTES SHARING SECRETS WITH STRANGERS. IT ALSO REVEALS A USER'S LOCATION SO PEOPLE CAN MEET UP.



BUMBLE IS SIMILAR TO THE POPULAR DATING APP "TINDER" HOWEVER, IT REQUIRES WOMEN TO MAKE THE FIRST CONTACT. KIDS HAVE BEEN KNOWN TO USE BUMBLE TO CREATE FAKE ACCOUNTS AND FALSIFY THEIR AGE.



BADOO IS A DATING AND SOCIAL NETWORKING APP WHERE USERS CAN CHAT, SHARE PHOTOS, AND VIDEOS AND CONNECT BASED ON LOCATION. WHILE THE APP IS INTENDED FOR ADULTS ONLY, TEENS ARE KNOWN TO CREATE PROFILES.



GRINDR IS A DATING APP GEARED TOWARDS LGBTQ+ PEOPLE. THE APP GIVES USERS OPTIONS TO CHAT, SHARE PHOTOS, AND MEET UP BASED ON A SMART PHONE'S GPS LOCATION.



SKOUT IS A LOCATION-BASED DATING APP AND WEBSITE. WHILE USERS UNDER 17 YEARS OLD ARE UNABLE TO SHARE PRIVATE PHOTOS, KIDS CAN EASILY CREATE AN ACCOUNT USING A DIFFERENT AGE.



SNAPCHAT IS ONE OF THE MOST POPULAR APPS IN RECENT YEARS. WHILE THE APP PROMISES USERS CAN TAKE A PHOTO/VIDEO AND IT WILL DISAPPEAR, NEW FEATURES INCLUDING "STORIES" ALLOWS USERS TO VIEW CONTENT FOR UP TO 24 HOURS. SNAPCHAT ALSO ALLOWS USERS TO SEE YOUR LOCATION.



HOT OR NOT ENCOURAGES USERS TO RATE YOUR PROFILE, CHECK OUT PEOPLE IN THEIR AREA, AND CHAT WITH STRANGERS. THE GOAL OF THIS APP IS TO HOOK UP.



OMEGLE IS AN ONLINE CHAT SITE WHERE REGISTRATION IS NOT REQUIRED. USERS ARE ABLE TO CHAT ANONYMOUSLY VIA VIDEO, PRIVATE CHATS, OR GROUP CHATS. CHILD PORNOGRAPHY HAS BEEN AN ISSUE ON THIS SITE.



MEETME IS A DATING SOCIAL MEDIA APP THAT ALLOWS USERS TO CONNECT WITH PEOPLE BASED ON GEOGRAPHIC PROXIMITY. AS THE APP'S NAME SUGGESTS, USERS ARE ENCOURAGED TO MEET EACH OTHER IN PERSON.



TIKTOK IS A MOBILE DEVICE APP POPULAR WITH KIDS USED FOR CREATING AND SHARING SHORT VIDEOS. WITH VERY LIMITED PRIVACY CONTROLS, USERS ARE VERY VULNERABLE TO CYBER BULLYING AND EXPLICIT CONTENT.

# Aquin Order Form

## August 1 – August 31, 2022

### \$50/yearbook (save \$10)

Please list each student & grade separately.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Please return this form and your payment (*checks made out to Aquinas*) to Ms. Brown by August 31, 2022 or before. Receipts will be placed in student lockers during the following week.

**After August 31, 2022, prices for yearbooks will be as follows:**

September 1 – September 30 → \$60

October 1 – November 30 → \$70

December 1 – January 31 → \$80

February 1 – March 31 → \$85

**No orders will be taken after March 31, 2023**



# 2022 Booster Club Membership Drive

In the coming months you have a chance to become members of the Aquinas Booster club by using this sign up sheet that you can send back to Aquinas, or you can contact your parish representatives.

**Business Membership**  
**Price- \$40.00**

Schedule poster, booster sign. Members printed on back of basketball programs.

**Monarch Membership**  
**Price- \$180.00**

Immediate family members get into all **Aquinas** events for the year.  
**GREAT Deal**, admission prices are \$6.00 & \$4.00

**Individual Monarch Card**  
**Price- \$90**

Gets one adult person into all **Aquinas** events for the year.

**Gold Card**  
**Price- Donation**

Any **Aquinas Patron** over 65 can get one.  
Send in name and address.

Detach along the dotted line and send to Ron Mimick, Aquinas High, PO Box 149, David City, NE 68632

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**Name(s)** \_\_\_\_\_

**Gold Card** \_\_\_\_\_

**Price Free (donations accepted)**

**Business Membership** \_\_\_\_\_

**Price \$40.00**

**Monarch Membership** \_\_\_\_\_

**Price \$180.00 or \$90.00 for an individual.**

**Family members names needed for individual cards (these will be sent)**

\_\_\_\_\_

**Mailing Address** \_\_\_\_\_

**Detach along the dotted line, include check or money & send to:**

Ron Mimick, Aquinas, PO Box 149  
David City, NE 68632





almost  
THE DOCTOR IS  $\Lambda$  IN

Dr. Ray Guarendi is coming!

**OCTOBER 5, 2022**

AQUINAS ELEMENTARY GYM | MORE INFORMATION TBA



We have a few Aquinas soft side coolers left from the Gold Rush Raffle. These can be purchased at Aquinas for \$30. They feature a zip out lining for easy cleaning, shoulder strap and backpack straps

# AQUINAS CATHOLIC MS/ HS

Mon	Tue	Wed	Thu	Fri
Milk & water offered daily Fruit / Veggie / Salad Bar Offered Daily	<i>Menu is Subject to Change and will be posted for stu- dents knowledge</i>		<b>1</b> Walking Tacos w/ Garnishes Corn Fruit Churros	<b>2</b> French Toast Stick Cheese Omelets Yogurt Parfait Fruit
<b>5</b> No School Labor Day	<b>6</b> McRibs Potato Jo Jos Mixed Veggies Fruit	<b>7</b> Beef-N-Cheddar Sandwich French Fries Green Beans Fruit	<b>8</b> Ckn. Bacon Ranch Wraps Garnishes Corn Fruit	<b>9</b> Lasagna Rollups Side Salad Fruit Bosco Stick
<b>12</b> BBA Pork Sandwich Tater Tots Baked Beans Fruit	<b>13</b> Orange Chicken Rice Stir Fry Veggies Fruit	<b>14</b> Chicken Nuggets French Fries California Blend Fruit	<b>15</b> Hamburger on a Bun Chips Baked Beans Fruit	<b>16</b> Grilled Cheese Tomato Soup Relishes Fruit
<b>19</b> Biscuits & Gravy Hashbrown Egg Patty Fruit	<b>20</b> Chicken Fried Steak Mashed Potatoes & Gravy Green Beans Fruit Tea Roll	<b>21</b> Loaded Nachos Garnishes Corn Fruit Cookie	<b>22</b> Spaghetti w/ Meat Sauce Side Salad Fruit Garlic Breadstick	<b>23</b> No School
<b>26</b> French Bread Pepperoni Pizza Tri Tater Green Beans	<b>27</b> Boneless Wings French Fries California Blend Fruit	<b>28</b> Baked Potato Bar Garnishes Broccoli Fruit	<b>29</b> Popcorn Chicken Bowls Corn Fruit Tea Roll	<b>30</b> Tuna & Noodles Peas Fruit Garlic Breadstick



May 2022

2021-22

Theme

**Dear 2023 Seniors and Parents of 2023 Seniors,**

Next year your son/daughter will be a senior. One of the most lasting and treasured reminders of this year will be the senior pictures which will be taken over the summer or the first part of the school year. You will be responsible for getting the following senior pictures to Mrs. Pokorny by **November 1, 2022**.

**You need to have your photographer email your colored formal pose picture in a vertical billfold sized JPEG file at 250 dpi to me for the yearbook, composite, alumni board, press releases, and class video. This picture should be the colored formal indoor pose with a plain background. (This should be a head shot with no hands or lower arms visible please.) You are responsible for making sure the school has this by November 1st. They may email this to Mrs. Pokorny at [teresa-pokorny@cdolinc.net](mailto:teresa-pokorny@cdolinc.net)**

**If we do not have your print by November 1st, you may miss out on being in the composite, yearbook, etc. or have to pay for the late fee to be included. Be sure to schedule your pictures to be taken by September 1<sup>st</sup>.**

As we at Aquinas should always strive to live up to Christ's example of modesty and Christian decency, we ask that no inappropriate pictures be submitted for publication. This would include:

1. **Females-no off-the-shoulder dresses or blouses**
2. **Females-no tops with an immodest/low cut (cut of the top must be 1 inch above the line of cleavage); no spaghetti or thin straps on shoulders for dresses or blouses**
3. **Males-wear a collared shirt and tie. (A jacket is preferred but optional.)**
4. **Nothing that goes against the current dress code, for example-tattoo/body piercing, hair length (MUST be above the collar of the shirt), 'fad' hair styles, facial hair, etc.**

**\*Remember that by a colored formal pose, we are asking for a head shot with no hands or lower arms visible in the picture. The background should be plain/one color and NO outdoor shots.**

Again, remember to have your photographer email your colored formal vertical pose picture in a billfold sized JPEG file at 250 dpi to Mrs. Pokorny by November 1<sup>st</sup>.

The administration reserves the right to refuse any portrait deemed unacceptable or immodest. Please read and follow the instructions we have provided and there should be no problems.

Please note that you **MUST** sign the publicity permission form sent out at the beginning of the school year in order to have the senior picture as part of our composite, yearbook, and any other publications who might ask for the formal shot.

**If you don't plan to have senior pictures taken, Ms. Brown will take a formal head shot picture, but this must be arranged with her before November.**

If you have any questions, please contact Mrs. Pokorny at 367-3175. Best wishes and have an enjoyable summer.

Sincerely,  
Teresa Pokorny  
Senior Class Moderator Aquinas High School





# Teens Encounter Christ WEEKEND RETREAT

Open to HS Sophomores (2nd Semester) thru College Freshmen

## Experience

a fresh, different atmosphere

a chance to meet other high school and college students

a time to reflect on your life through the eyes of Jesus

an opportunity for prayer and sharing with others

**an encounter with Christ**

## DATES

**Oct. 8-10 Hastings**

**Dec. 3-5 Ne City**

**Feb. 18-20 McCook**

**Feb. 18-20 Wahoo**

**Apr. 15-17 Camp Kateri**

**Jun. 10-12 David City**

**COST \$120**



*Unless a grain of wheat falls into the ground and dies, it remains but a single grain. But if it dies, it bears much fruit. John 12:24*

## REGISTER



<https://www.lincolndiocese.org/retreats/tec>

## From the Career Counseling Office

### Seniors and Senior Parents:

Watch your emails for information from the Career Counseling Office.

### Important Dates and Events:

**Sept. 6th: Educational Planning Program at Columbus Community College 1:00-3:00 p.m.**  
All Aquinas Grade 12 will be invited to attend.

**October 20: During Tri-Councils, a financial representative will be available in the gym for questions about FAFSA and the financial planning for college, 5:00-6:00 p.m. From 6:00-6:30 p.m., the representative will have a large group session in the Library.**

**Also in October, we are planning an “Apply to College Day” for the Seniors. Date and details will be in the Senior Parent Emails.**



### Why We Prep

Aquinas High School is in the fourth year of offering the John Baylor Prep “On to College” Program. The program features a series of videos offering review and testing strategies in areas of English, Reading, Science and Mathematics. Each video session assigns 10-20 minutes of homework to be completed before the next session. Students are attending JBP once a week during the school day and have been given a log in /password giving the 24/7 access to the material at [www.johnbaylorprep.com](http://www.johnbaylorprep.com).

Baylor explains his program as 80% content, 10% test-taking strategies and 10% motivation. Motivated students can expect to see a 2-3 point jump in test scores, motivation to prepare for their future, and an overall improvement in academic work. A reluctant student will pick up on catchy phrases used and strategies that can improve their academics.

## The Monarch Minute

A dark grey newsletter sign-up form. On the left, there is a yellow cross icon. Below it, the text reads "Subscribe To Our Newsletter" and "Join our mailing list to receive the latest news and updates from Aquinas Catholic Schools". On the right, there are three white input fields labeled "First Name", "Last Name", and "Email". Below these fields is a yellow button with the text "SUBSCRIBE!".

Subscribe To Our Newsletter

Join our mailing list to receive the latest news and updates from Aquinas Catholic Schools

First Name

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Email

SUBSCRIBE!

Please subscribe to our Monthly e-news letter. This is a monthly overview of the great things that have been happening at Aquinas Catholic Schools. Send this link to any/all Aquinas supporters (grandparents, aunts, uncles, friends etc.)

[Aquinas-catholic.com](http://Aquinas-catholic.com)

Scroll down to this pop up (left) or on the footer of the home screen to sign up.



Like clouds and wind without rain is a man who  
boasts of gifts he does not give.

Proverbs 25:14



**AQUINAS CATHOLIC  
ELEMENTARY**

1026 5TH ST  
DAVID CITY, NE 68632  
402-367-3669

**AQUINAS CATHOLIC  
MS/HS**

3420 MN RD. PO BOX 149  
DAVID CITY, NE 68632  
402-367-3175

**[www.aquinas-catholic.com](http://www.aquinas-catholic.com)**

**HOLY FAMILY EARLY LEARNING CENTER**

622 J STREET  
DAVID CITY, NE 68632  
402-367-3062