



THE TORCH

September 2024

Aquinas Families,

Welcome back! Aquinas Catholic Schools have been incredibly blessed by an outstanding beginning to the 63rd academic school year. All aspects of our Catholic school education are in full swing, and the teachers, staff and students have shown a real dedication to getting down to work and making this a very productive school year. We are thankful for your children, and it is a joy seeing their beautiful smiling faces!

As always, we are grateful for our community's support of Aquinas Catholic Schools. We would not be here without the financial commitment of our parishes, the sacrifices of our families and the prayerful support of so many. Our benefactors desire, like we do, that Aquinas will be fertile ground for the Catholic faith, dedication and service to our local community and our country, high academics in pursuit of knowledge and truth, and a healthy dose of the arts, sports and extra-curriculars. Thank you all for what you do to make Aquinas possible!

An important reminder that this year we have a full time Counselor, Sarah Miriovsky, at the Middle School/High School and a part-time counselor, Paula Kment, at the Elementary. I cannot stress enough how important these positions are to our school. The school counselors are there to be a bridge for your student to his/her teachers and a bridge for parents with any issues both academic and personal. Please utilize Mrs. Miriovsky's and Mrs. Kment's skills and time as we try to better serve our students and you the parents.

A big thank you to Fr. Greave and Melissa Yindrick for the work they have done for our new Life Academy and our new Societies, formerly known as Houses. This week I was able to be with the Seniors as they went to Hope for the Poor and ministered to those in need in the Omaha area. This upcoming month our freshmen sophomores and juniors will also go on retreat to both serve and spend time with the Lord. Thank you to those who donated to support Hope for the Poor as we provide this rich experience to our students.

A warm welcome to Shelly Kubicek our new AgEd teacher! She and our students have been hard at work cleaning the St. Joseph Building removing twenty-five years of saw dust and accumulated objects. I am happy to have so many students in these Ag classes. Next week, over thirty students will be gone on their first FFA trip! This new program is off to a fantastic start!

As I write this letter, we celebrate the Feast Day of St. Augustine. St. Augustine was the Bishop of Hippo in the four hundreds. He is also a Doctor of the Church as is commonly known as the Doctor of Grace. He found himself away from the faith and believing heretical teachings for decades. He lived a rather "wild" life and even began to doubt in God's mercy and grace in his life because of his sins. His conversion back to the faith is a great reminder that no one can be separated from God's love and his grace. As we begin this school year if you have been away from the faith, begin again. It is never too late to encounter as Augustine said, "O beauty ever ancient, ever new!"

I do want to make a plug for our Holy Family Early Learning Center. We are blessed with a professional and hard-working administration and staff! We have been overwhelmed with the desire of so many families to enroll their young children in a Catholic-centered learning center. We have been able to hire additional staff that have begun this fall. We are currently inviting back former families let go due to our shortage last year and we do have a waiting list for new students. We continue to need to hire more staff members who want to serve and teach our little ones in a loving and Christ-centered environment. If you or someone you know is interested in a very rewarding career at Holy Family, please apply at <https://aquinas-catholic.com/careers/>

Fr. Michael Ventre
CAO Aquinas Catholic Schools

WWW.AQUINAS-CATHOLIC.COM



Middle/High School Principal update- September 2024

Current news

- **Bus route families-** If your student(s) ride a bus route, please make sure to sign up for the relevant Remind text message group as well so that bus drivers can easily communicate with you! For all groups, send a text to 81010 with the code below as the message.
 - **Schuyler/Octavia/Bellwood route-** @actschuyle (not a typo, there wasn't space for the "r")
 - **Seward/Dwight/Bee/Brainard route-** @actseward
 - **Shelby/Rising City route-** @actshelby
- **Community service hours-** If your student's community service hours weren't completed for the 2023-2024 school year, they should be submitting hours completed over the summer to their Society teacher. MS students will complete 10 hours of community service each year, HS students will complete 15. As hours are completed throughout the year, students should be submitting hours to their Society teacher.
- **Work ethic grant (Juniors and Seniors only)-** The work ethic tuition grant for juniors and seniors who submitted their application will be submitted to the Diocese in September. They will then process the applications and once that is complete, they will send a check to Aquinas. Mrs. Strong will then go through and look at who has already paid tuition in full or not. The grant will first be applied to an outstanding tuition balance if applicable, and if not, then a check will be written to the parents. The Diocese will likely not send a check to Aquinas until October or November, so please wait until November to check with us on the status of the disbursements to families.

Upcoming events

- **Retreats-** Monday, September 9th (Freshmen), Tuesday, September 17th (Sophomores), Thursday, September 19th (6th grade), Friday, September 27th (Juniors)
- **MS/HS council meeting-** Monday, September 9th 6:00pm in Conference Room
- **Picture retakes-** Wednesday, September 18th
- **Board of Advisors meeting-** Monday, September 23rd 7:00pm in Conference Room

Schedule changes/reminders

- **1:00pm dismissal, SAT Day 1:00-3:30pm-** Wednesday, September 18th
- **No school-** Monday, September 23rd (Teacher professional development)
- **Homecoming-** Football game October 25th, dance/coronation October 26th
- **Spring musical-** April 5th- CHANGED FROM APRIL 12TH
- **Prom-** April 12th – CHANGED FROM APRIL 5TH



God Bless!

Spencer Zysset

Spencer Zysset, Principal



.....from everyone at

Aquinas Catholic Schools!

Thank you to Galen & Teresa Pokorny and Sloup Lawn Care for spraying the weeds in the parking lot, and to Kevin Stara and RJ Rein for moving poles and dragging the gravel!

Thank you to Brad & Michele Smith for donating a target net, blocking pads, and the use of a serving machine to the volleyball team!

Thank you to Jeff and Bobbi Schmid with Northside, Inc for sponsoring chapter shirts and lunches for 37 FFA members and our FFA Green-hand Leadership Day!

Thank you to Ted & Joan Cech, Teresa Pokorny, and John Svec for your help cleaning out and painting the new ag room just days before school began!!

-Shelly Kubicek

Thank you to Tech Cech, Jeff Wisnieski, Claire Wisnieski, Brandon Smith, Jake Romshek, Zack Chadwick, and John Smith for helping complete our new addition in our outdoor classroom!

Thank you to Bobbi Schmid at Northside, Inc for feeding the teachers and staff for in-services days before school, the school cooks for making breakfast, and to Becky Romshek and Amanda Stutzman, from the Aquinas Home and School Group for the donuts, and gifts for the new teachers!



The LIFE Academy



...The LEAD Mentors of our new societies for STARRING in the TOP GUN Academy video and debuting the hit single: "Bring Back that Lovin' Feeling" (and thanks to Bill Yindrick for his rockstar vocals) AND to Mr Zysset for his FORTITUDE and dedication to making sure said videos made it to the big screen!

Thank you to the Cheerleaders for welcoming our students to the society launch & cheering them on in their minute-to-win-it games!

Thank you to our generous donor who sponsored the great wristbands for all our students in our "Schools of Virtue" & helping us honor our school theme Verso L'alto!

Thank you to Mara Yindrick and Christina Podolak for providing music for our Friday Academy Encounter --& to the Christina for her continued help accompanying and coaching our mass musicians.

Thank you to Rebecca Wacker, Anna Meysenburg and Clarice Anedel for helping with our "special effects" for the mentor entrance! Spotlights, smoke and mirrored aviators!

Thank you to Katarina Jakub, Eric Dewispelare and Shelly Mayo for all the EXTRA time, talent and dedication (and PRAYERS) in formation of the Academy, societies and leading our "schools" through our rotations!

Thank you to all the parents who have answered the call to send snacks and treats for the first two rounds of our "Food, Fun and Fellowship" rotation of the Academy! Thanks in advance to all parents for 'feeding the hungry'!



Looking for official 'sugar sponsors' of our society PRIZE PATROL! Or donations of gift cards (any amount) of any kind! Celebrating GR8 things in our first 8 minutes of our society time and honoring our kids...they love a sweet treat!

SUPERSAVER
SAVE YOUR RECEIPTS

↓

TURN INTO AQUINAS OFFICE

↓

FREE CLASSROOM SUPPLIES

- ✓ Shop at Super Saver from September 1 – March 31
- ✓ Save your receipts and bring them to school
- ✓ Your receipts will earn points for FREE classroom equipment, donated by the store

CHAPLAIN'S NOTE

Dear Parents & Friends of Aquinas,

The first time I truly served the Poor was on a mission trip to Gallup, NM in the summer of 2015. Organized by some lay faithful in the Hastings area, we took two large vans and drove all the way to the western portion of the state. Right in the middle of Navajo Nation are the Missionaries of Charity who run a soup kitchen and homeless shelter for all those living on the reservation. However, what they are really doing is serving Jesus in the Poor. St. Mother Theresa of Calcutta always quoted Mt 25:40, in which Jesus says "Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me'."

That week opened my eyes to the extreme poverty of those living on Indian Reservations. And the students who went with me were changed for life. It was difficult and very sad at times, but everyone came away happier and more grateful for what they do have and much respect for those who suffer from material want. This year, Aquinas High School students have the same opportunity to serve Jesus in the Poor on their Retreats, albeit right here in Nebraska.

Hope of the Poor is a missionary organization founded by Craig Johring and Danny Leger. They have one mission in Mexico City and the other in Omaha, Nebraska. I had the opportunity two years ago to take the Sophomore students from Lourdes Central Catholic to Hope of the Poor for their school retreat. It was my first time really seeing the poverty of those living in our very state. I was deeply touched by the love and respect Danny and his crew of volunteers show in their mission. They give the poor what the state or the secular world cannot give: the dignity of being loved as a child of God.

On our end, all of our students received just as much, if not more, than what they gave. They all served coffee to the city's homeless, enjoyed a guided tour from a kind-hearted homeless man who helps Craig with various tasks, and engage in conversation with those homeless who received coffee and lunches from the Mission. In doing these seemingly small, innocuous tasks with love, each student had their hearts expand as they saw the suffering and heard tales of how these men and women ended up on the streets, sprinkled in with life advice on how to avoid homelessness (tip: don't do drugs!).

I will never forget having the opportunity to celebrate Mass for the Mission in a Church donated to Hope of the Poor from the Archdiocese. Before that Mass, I needed altar servers and readers, which getting volunteers for is nigh impossible (it would seemingly be easier to get sophomores to volunteer to have their teeth removed). Yet, much to my surprise, I had almost every boy volunteer, and eagerly so! I was so blown away by this outpouring and desire of these young men to assist me in celebrating the Holy Mass. Then, it hit me: this is the holy fruit of an expanded heart; Jesus is present in a special way in those who are most poor and most destitute, and these young men want to serve as a result.

As we at Aquinas continue to take each of our classes on retreat at Hope of the Poor in Omaha, please pray for the students and faculty at Aquinas who will be going, as well as Danny and his many volunteers, but most especially the poor in whom we will serve. It is uncomfortable, and difficult at times, but it is also beautiful. I cannot help but think that if we want to "Go to the top" (Verso L'alto), we must first humble ourselves, take the very lowest place amongst the poorest of the poor, and then Jesus, in his kindness and mercy, will lift us up to His Holy Mountain, the New Jerusalem, heaven itself.



Seniors begin our retreats with...



Hope of the Poor



Freshman 9/9
Sophomore 9/17
Juniors 9/27

Our fall retreats this year with Danny Leger and Hope of the Poor are very 'hands on' and 'real experiences' that open our students' eyes to a world beyond their comfort zone. This makes encountering Jesus in the poor even more powerful. Hope of the Poor works in both Omaha and Mexico City to outreach to the homeless, and in Omaha they have a coffee stand and outreach ministry that our students get to be part of. The retreat goes far beyond the hour and a half spent with the poor to include mass, beautiful testimony, as well as adoration with guided praise and worship prayer. We assure parents that Hope of the Poor keeps safety paramount, and they are very conscientious to control as much as possible what kids are exposed to. Know also that we will take time after to debrief and process what we experience because it has potential of being very transformative (**see the quotes from the initial reflections of our seniors!**). It warrants making sure this "big" experience is internalized in a positive way. With all students, and many staff having this experience together, we hope it leads to further growth and conversation—at the school, and even with you, the parents! Thank you for your support

"Looking the homeless in the eye...made them human and real to me..."

The poor people that come to Hope of the Poor have nothing, but they were thankful for anything they received. They were so happy to interact with the students and the adults. I was able to visit a few of the homeless one on one and their stories pulled at my heart strings, but the thing that stood out was their perseverance and faith. One lady told me, "I don't like to be around the people that don't want to know God. They don't know how much they need Him." While it was warm for us today, we talked about how for us it was just one day but for them it's every day. **We live a sheltered life in our community, and it was an amazing experience for our students to see why they need to treat each other with kindness and acceptance.**

—Mrs Pokorny

The first person the girls talked to was a girl who was addicted to something. She told us addiction is an awful thing. **She also talked about her life a little and told us to stay in school.**

The first lady we talked to was really nice and told us to get good grades. **But most people told us to stay out of trouble because that's what put them there.**

I talked to a couple different homeless people and it is similar to talking to a friend or someone you know really well. **They just want to talk to you so they feel loved and not forgotten.**

Before interacting with the poor and homeless, I don't want to say that I had no concept of their circumstances, but **the visit definitely gave me a new perspective.** Interacting with them was probably the best part because I could tell that when we talked to them they got visually happier.

I thought it was good to experience the poor and homeless because here in David City we don't witness anything close to that. **I also really liked seeing the people's faces light up when we would say hi to them and give them food.**

I'm not going to lie, when we were first pulling up by the church and we saw all the homeless and the area we were in, I was terrified. **Just walking in was scary. It remained that way until we started serving the coffee.** Looking the homeless in the eye and talking to them made them human and real to me instead of someone I pass while driving without thinking twice. Danny was awesome!

At first it was a little weird and uncomfortable talking to random homeless people, but **eventually it actually became fun!**

AQUINAS MS/HS



COUNSELOR'S CORNER SEPTEMBER 2024

What's New

SENIOR SEMINAR

Senior Seminar will be taking place every Tuesday during 5th and 7th periods. Senior Seminar is a mini-course that allows seniors to plan for their life after high school graduation. This includes college and career exploration, planning, and decision making.

APPLY 2 COLLEGE DAY

Aquinas Seniors will be participating in the National Apply2College Day campaign this year. During this event, seniors will have the opportunity to explore colleges and careers, AND fill out college and/or career applications with the assistance of the guidance counselor and other teachers.

LATINO SUMMIT

This is an opportunity for Aquinas students from the Latino community to learn about leadership and embrace cultural diversity.



What's Happening

COLLEGE CREDIT COURSES

College credit courses have officially begun! We currently have 40 students enrolled in college courses, working on getting a jumpstart on their post-secondary plans! Way to go students!



Important Dates

- September 14th - ACT National Test
- Sept. 20th - Deadline to register for Oct. ACT
- Oct. 1st - FAFSA Opens
- Oct. 4th - Apply2College Day
- Oct. 15th - Latino Summit
- Oct. 23rd - ASVAB for all Juniors.
- Oct. 26th - ACT National Test

If you need any assistance with registering for the National ACT please let me know!

Contact Info

Sara Miriovsky

- sara-miriovsky@cdolinc.net
- 402-367-3175

Agricultural Education & Aquinas FFA

All agricultural education students, parents, and supporters are encouraged to sign-up to join the FFA Band Group. This is our main source of information communication about the program and current events!



There are a wide variety of competitions available to our FFA members. If anyone is interested in helping coach a Career Development Event (CDE), Leadership Development Event (LDE), or be a guest speaker on any of the topics, please reach out to Shelly Kubicek (shelly-kubicek@cdolinc.net). We are looking for volunteers with expertise in any of the following areas:

CDEs

- Agriscience
- Agronomy
- Ag Biotechnology
- Ag Communications
- Ag Issues Forum
- Ag Sales
- Ag Technology & Mechanics
- Dairy Cattle Evaluation & Management
- Environmental & Natural Resources
- Farm & Agribusiness Management
- Floriculture
- Food Science & Technology
- Forestry
- Horse Evaluation

- Livestock Evaluation
- Livestock Management
- Livestock
- Marketing Plan
- Meats Evaluation & Technology
- Milk Quality Products
- Nursery/Landscape
- Poultry Evaluation
- Veterinary Science
- Welding

LDEs

- Ag Demonstrations
- Parliamentary Procedure
- Public Speaking
- Job Interviews

IMPORTANT NOTICE:

As we approach the start of a new year, please check your child(ren) hot lunch balance via MySchoolBucks.com (or the [app*](#)).

Negative balances should be corrected before the start of the 24-25 school year. When accounts become extremely or continuously overdrawn this becomes a hardship in supporting the cash flow of the Hot Lunch Program.

Payments can be made through MySchoolBucks.com (or app). Cash or checks can also be sent to school. The middle\high school is open Mon-Thur 9a-3pm. Mailing address is: PO Box 149 David City, NE 68632.

Please ensure your payment is labeled with "Hot Lunch" and includes your child(ren) name(s) and dollar amount for each. Without this information payment will be divided equally among all children.

Enjoy the rest of summer!

*The app has been updated, you may have to delete your child(ren), ensure the Dioceses of Lincoln is selected then re-add your child(ren).

If you have questions about balances or MySchoolBucks please contact Mrs. Strong at alina-strong@cdolinc.net. Thank you.

MySchoolBucks Accounts

Our schools have merged under the district: Diocese of Lincoln Schools.

What does this mean? On your MySchoolBucks account you will need to delete your students and re-add them under the correct district

ON THE APP	ONLINE <u>MYSCHOOLBUCKS.COM</u>
Delete current student(s)	Top left navigation bar has District- Aquinas/St. Mary's School
Add Student(s)	Click the arrow to change to the correct district
State: Nebraska	District: Diocese of Lincoln Schools
District: Diocese of Lincoln Schools	Add Student
School: Aquinas Catholic Elementary or Aquinas Catholic Middle/High	Name
Student Name	School
Lunch number OR date of birth	Lunch number or date of birth
Set up Low Balance Alerts	Set up Low Balance Alerts
	Under Profile you can delete the District: Aquinas/St. Mary's School

Aquin Order Form

August 1 – August 31, 2024

\$50/yearbook (save \$10)

Please list each student & grade separately.

1. Student: _____ Grade: _____
2. Student: _____ Grade: _____
3. Student: _____ Grade: _____

Please return this form and your payment (*checks made out to Aquinas*) to Ms. Brown at the *student orientation* or before. Receipts will be placed in student lockers during the first two weeks of school.

The 2023-2024 yearbook "Truly Present" will be distributed at student orientation.

The journalism staff will also be selling the 2024-2025 book at the orientation.

After August 31, 2024 prices for yearbooks will be as follows:

September 1 – September 30 → \$60

October 1 – November 30 → \$70

December 1 – January 31 → \$80






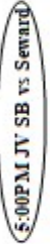

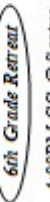


February 1 – March 31 → \$85

No orders will be taken after March 31, 2025



September 2024

Aquinas Catholic Schools

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Denotes change in schedule 	2 LABOR DAY NO SCHOOL Band @ Schuyler Parade	3 5:00PM SB @ Yutan-Mead 6:00 VB EMF @ Friend 6:00PM JV FB vs Yutan	4  Penance Service	5  8:15PM CC @ Seward 5:00PM VB @ Gillig 5:30PM SB TR/KC Th @ Twin River	6 ELEM Baptism Mass  9:00AM Activity Pictures 7:00PM FB vs Battle Creek	7 9:00AM SB Catholic Invite @ Aquinas
8 Ulysses Immaculate Conception Parish Dinner	9  Freshmen Retreat 5:00PM MS FB vs Archbishop Began 6:00PM JV FB vs Archbishop Began 6:00PM MSHS Council Meet 7:00PM ELM Council Meet	10 4:30PM SB vs Crete/ FCMF Th @ Geneva 5:00PM VB @ Logan View	11	12 Mid Quarter 4:00PM CC @ Archbishop Began 5:00PM SB vs GACC	13 7:00 PM FB @ Ponca	14 9:00AM SB @ Cass County Invite 9:00AM VB @ Friend Invite
15 Shelby Sacred Heart Parish Dinner and Auction	16 4:30PM MS VB @ Centennial  5:00PM JV SB vs Seward 6:30PM JV FB @ Battle Creek	17  Sophomore Retreat 5:00PM SB @ Lakeview 5:00PM VB vs Scotus	18 Picture Retakes (Both Schools) 1:00 Dismissal for SAT (Student Assistance Time)	19  6th Grade Retreat 4:00PM CC @ Scotus 4:30PM MS FB @ Scotus  6:00PM SB @ Pierce	20 7:00 PM FB vs Raymond Central	21 9:00AM SB @ DCHS Inv 9:00AM JV VB @ North Bend Invite 9:00 VVB @ Central City
22	23 NO SCHOOL Teacher In-Service 4:30PM MS VB vs Schuyler 7:00PM Board of Advisors Meeting	24 5:00PM SB vs Highway 91 (Senior Night) 5:00PM VB @ GACC	25 HS Retreat Penance Service	26 5:30PM SB vs North Bend 4:30PM CC @ North Bend 5:00PM VB @ East Butler Th 7:00PM FB vs Adlington	27  Junior Retreat Spirit Day	28 9:00AM SB @ Central City Invite 9:00AM VB @ DCHS Invite
29	30 4:30PM MS VB vs Bishop Neumann 4:30PM MS FB @ Lincoln Christian 5:00PM VB @ Clarkson-Laigh 6:30PM JV FB @ Lincoln Christian		<i>Freshmen Retreat</i> 5:00PM MS FB vs Archbishop Began 6:00PM JV FB vs Archbishop Began 6:00PM MSHS Council Meet 7:00PM ELM Council Meet			

F.Y.I.... —Homecoming is 10/25 (Dance is 10/26)

—Prom has been rescheduled to April 12 (Spring Musical will be the weekend before)

Please keep the handbook rules in mind while shopping for these events!!

VIII. SCHOOL SPONSORED DANCES

A. DANCES

High school dances are for Aquinas students. A student may bring in an outside date, but the outside date must be registered in the office before the dance and must abide by all rules.

- 1)** Every dance must have adult chaperones appointed by the moderator sponsoring the dance. Names must be turned in to the principal ahead of time.
- 2)** No grade school children or middle school students are ever allowed to attend any high school dances. No high school students may attend middle school social activities. Grade and middle school students may attend coronations if they are attending with their parents and leave immediately following the coronation.
- 3)** Students who leave a dance will not be readmitted. Entry and exit is at the main door only.
- 4)** Alumni under the age of 21 and having graduated no more than 2 years previous are permitted to attend high school dances as a pre-approved outside date of a current high school student. They are expected to abide by the rules of the school.
- 5)** No freshman or sophomore is allowed at prom unless he has a junior or senior date or if he is a waiter or waitress. Underclassmen may attend coronation provided they leave immediately afterwards.
- 6)** Homecoming and Prom Attire (This code was written by a committee of students, parents and teachers.)

B. HOMECOMING

Homecoming is a SEMI-FORMAL event. Girls may wear dresses, skirts, or dress slacks with nice blouses, sweaters, or tops.

Nothing low-cut, or backless is permitted. Dress hemlines and/or slits must be at least 2 inches below the fingertips, and midriffs may NOT be exposed.

Boys must wear dress slacks and dress shirts with collars. Sweaters may be worn. No jeans or shorts are permitted.

C. PROM

Prom is a FORMAL event. Girls may wear formal dresses. Nothing low-cut, or backless is permitted. Dress hemlines and/or slits must be at least 2 inches below the fingertips, and midriffs may NOT be exposed. Girls need to have their shoulders covered for Mass.

Boys must wear suits and ties or tuxedos. The girls should be mindful of their modesty and virtue in selecting appropriate prom dresses. Many dresses that are sold are not becoming of a Christian woman.

- 7)** Royalty: Election of candidates will be based on criteria of the sponsoring group. No runner-up order is announced. The king and queen from the previous year will be invited to do the honors of crowning the new king and queen.
- 8)** The Seniors will plan the Homecoming Dance, and the Juniors will plan Prom.

May 2024

Dear 2025 Seniors and Parents of 2025 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 **December 1, 2024**.

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

If we do not have your print by December 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 1st.

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 December 1st.

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 agree to the permission form which can be found on PowerSchool on your Parent Portal Account. Simply click on "Forms" and look for the "Media Consent & Release" form. This Must be done in order to have your senior's 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 December.

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

Aquinas Catholic Schools

September 2024

USDA is an Equal Opportunity Provider



Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>No School Labor Day</p>	<p>3</p> <p>Pulled Pork Sandwich Baked Beans Tater Tots Peaches</p>	<p>4</p> <p>Turkey Sub Condiments Chips Celery Sticks w/PB Grapes</p>	<p>5</p> <p>Chicken Nuggets Jo Jo's Green Beans Roll Apple Slush</p>	<p>6</p> <p>Bosco Stick Marinara Sauce Baby Carrots Rice Krispy Bar Strawberries</p>
<p>9</p> <p>Orange Chicken Rice Fortune Cookie Roasted Broccoli Tropical Fruit</p>	<p>10</p> <p>Walking Taco Tater Tots Corn Churro Grapes</p>	<p>11</p> <p>Breaded Chicken Sandwich WG Bun Mayo, Pickles Side Salad Potato Wedges</p>	<p>12</p> <p>Chicken bacon Ranch Wrap Sun Chips Cucumber Salad Pineapple</p>	<p>13</p> <p>Shrimp Poppers Macaroni & Cheese Peas Peaches</p>
<p>16</p> <p>Fiestada Pizza Tri Tater Corn Tropical Fruit</p>	<p>17</p> <p>Chicken Fried Steak Mashed Potatoes & Gravy Green Beans</p>	<p>18</p> <p>Hot Ham & Cheese Hash Brown Sun Chips Pineapple</p>	<p>19</p> <p>Chicken Alfredo Rotini Noodles California Blend Veg Garlic Breadstick Pears</p>	<p>20</p> <p>Cheese Pizza Tri Tater Baby Carrots Cookie Watermelon</p>
<p>23</p> <p>No School</p>	<p>24</p> <p>Bacon Cheeseburger French Fries Baked Beans Pears</p>	<p>25</p> <p>Popcorn Chicken Mashed Potatoes Gravy Corn WG Roll Apple Slush</p>	<p>26</p> <p>BBQ Rib on WG Bun French Fries Green Beans Grapes</p>	<p>27</p> <p>Cheese Omelet Oven Potatoes Yogurt Parfait Donut Holes Strawberries</p>
<p>30</p> <p>Beef Tacos Condiments Spanish Rice Corn Pineapple</p>			<p>Milk & water offered Daily Fruit/Veggie/ Salad Bar Offered Daily</p>	<p>Menus are subject to change. Cooks will try to let you know as they occur! Thanks</p>



May Christ dwell in your hearts through faith

Ephesians 3:17

Theme and Verse for The 2024-2025 School Year

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