



Central Catholic

PARENT NEWSLETTER

February 2018

Principal's Message

Dear Central Catholic Parents,

I recently read an article from the *Harvard Business Review* on the National Catholic Educational Association website. (The article, an interview, was not on my usual reading list by the way.) The subject? The Boss. Not just any boss, *The Boss* - Bruce Springsteen! The title was "Bruce Springsteen, Artful Leadership and What Rock Star Bosses Do." Who knew The Boss could give us a lesson on leadership that would work within a Catholic school?

I have had the pleasure of attending numerous Springsteen concerts over the years as he is one of my all-time favorite performers. (I have now revealed my age and my musical tastes.) There are a few great one-line impressions of leadership in the article. For example, "The guy standing next to you is more important than you think he is," and it is most important in leadership for the people you lead to know "I am here."

The quote that resonated with me and connected Bruce Springsteen and Central Catholic is his idea that "a leader's job is to embody identity for a community - to give words and flesh to elusive ideals." The initiatives and changes Central Catholic has made over the past three years have pushed us toward meeting what we see as the ideals our community wants. Our mission statement includes "educating students from diverse backgrounds." We strive for this, but without action or flesh, as The Boss puts it, there is no meaning. Tremendous work has been done by not only the Office of Diversity and Inclusion and the Rams Program, but also the Development Office as they work to increase the endowment in order to provide financial aid and scholarships. These efforts are evidence our school has made it a priority to enroll ALL students who wish to be members of our community so they have a chance at that reality.

As a parent and guardian, you are the "guy standing next to us" and we realize how important you are in helping fulfill the mission of Central Catholic. The school was in great hands before I arrived as principal, my predecessors did important work to make Central Catholic a strong school. My role as current leader is one of stewardship, moving us toward that vision of the future, bringing to life the mission statement we all share. With you, we can accomplish much more. We can help ensure students gain more than just knowledge in our school. We do the work needed to capture the hearts of our students and bring them into a relationship with not just each other, but with God, as well. Bruce may be referring to God as he sings in *Land of Hope and Dreams*, "I will provide for you and I'll stand by your side."

Go Rams!

John Garrow '76
Principal

Events to Remember

Catholic Schools Week: Mon.-Fri., Jan. 29-Feb. 2.

Search Retreat: Thurs.-Sat., Feb. 1-3.

Father-Daughter Dance: Sat., Feb. 3, 5:30 P.M. Embassy Suites.

students 4 students Celebration Day: Wed., Feb. 7.

Open Mic Night: Sat., Feb. 10, 7:00 P.M., Revolution Hall.

Ash Wednesday Liturgy: Wed., Feb. 14, 10:30 A.M., East Gym.

Presidents' Day Holiday - No School: Mon., Feb. 19.

College Planning Night (for grades 9-11): Thurs., Feb. 22,
6:30 P.M., Weston Commons.

True Colors Dance: Sat., Feb. 24, 8:00 P.M., Both Gyms.

Royal Rams Assembly: Fri., Mar. 2, 9:40 A.M., East Gym.



The Blanchet House

Central Catholic is responsible for the dinner shift every Monday (including summer and holidays) at the Blanchet House located at NW 4th and Glisan. The shift is 4:30 - 6:30 P.M. for the first 10 students, staff, or parents who sign up in the Service Office. Meet other members of the Central Catholic community while working in service to others! To sign up, contact Aaron Uchikura, Director of Christian Service, via e-mail at auchikura@centralcatholichigh.org or 503.235.3138 ext. 1131.

Be an Active Parent - Volunteer This Year

Parents are invited to be a part of the school community through volunteering. It's an opportunity to join in the life of Central Catholic and connect with other families.

There are opportunities to accommodate most schedules. We can use your help in the areas of admissions, student activities, data entry, mailings, and parent hospitality, just to name a few. [Click here](#) to register as a new volunteer or to renew your volunteer status for this school year. Thank you for your support and service to Central Catholic High School! Questions? Please contact Grace Laskowski at 503.230.1056 or e-mail glaskowski@centralcatholichigh.org.

Volunteer Opportunities for February:

- Presidents' Dinner and Auction
- Admissions Office Assistance
- Mailings
- Data Entry
- Parent Association Member
- Parent Hospitality Committee Member
- Student Dances

Advanced Placement (AP) Exam Registration

Students may now register for AP Exams. All registrations must be completed online. [Click here](#) to register. This webpage also contains further exam information and downloadable copies of all forms and materials, including the AP Bulletin for Students and Parents. Paper copies of this informational publication are also available in the main office.

The deadline to register is Friday, March 2. Exams begin May 7. If you have any questions, please contact Chris McLean, cmclean@centralcatholichigh.org.

Central Catholic ACT and/or SAT Test Prep Classes for Juniors!

Date: See registration link below for dates
Time: 8:00 - 11:30 A.M.
Place: Central Catholic High School
Cost: \$80

[Click here](#) to register.

2018-2019 Financial Aid Application

Online due date for FACTS financial aid application: February 16, 2018

The due date for financial aid applications for returning students, transfer students, and incoming freshmen is firm. Families filing late applications may qualify for aid, but may not receive aid due to all aid dollars distributed to those families who filed their financial aid application by the stated deadline. Award letters will be mailed in mid-March to families who filed by February 16. Admitted students must be enrolled for 2018-2019 by April 4 or the financial aid will be rescinded and given to another student.

How to Apply

[Click here](#) to apply. The online FACTS application for students must be submitted on, or before, February 16, 2018. Create a FACTS account to complete your online application, upload the required documentation, and pay a \$30 non-refundable processing fee.

Required Supporting Documentation:

- Most recent paystubs
- 2017 W-2 forms for all jobs
- 2016 filed tax return: 1040, 1040A, 1040EZ with all schedules
- 2016 filed business tax return: 1120, 1120S, 1065 (if applicable)
- Supplemental income documentation: Social Security income, welfare, food stamps, child support, 1099-M forms, worker's compensation, unemployment, veterans benefits, housing allowance, etc.
- If you are unable to provide any of the aforementioned items, please submit a Special Circumstance Letter indicating which document(s) you are unable to provide and why. This information will be shared with the school for consideration.

[Click here](#) for more information about FACTS.

[Haga clic aqui](#) para obtener más información acerca de FACTS.

2017-2018 Central Catholic Parent Association

Be part of your child's education and participate in some of the most memorable events of their life. The Parent Association focuses on executing programs to help build a dynamic Central Catholic community.

Thank you to all those that came to hear the Guest Speaker in January, Doreen Dodgen-Magee: Facetime, Parenting and Living in an Age of Digital Attachments. It was thought provoking and very informative. Thank you also to Amy Thomas, who coordinated a wonderful Faculty Appreciation Luncheon for the teachers and staff. Central Catholic is blessed.

Like us on **Facebook** (Central Catholic High School Parent Association.) See volunteer sign ups, snapshots of events, updates, and more. We want you to be involved! Questions? Contact: Michelle Ferroggiaro, Parent Association President - parentassociation@centralcatholichigh.org or mferroggi@gmail.com.

Upcoming Events:

- **Father Daughter Dance: February 3** (See page 10 for more details.)
- **Mother Son Brunch: March 11** (See page 11 for more details.)

Attention Senior Parents: The **2018 Senior All Night Party** is scheduled for June 1, 2018. Watch your e-mail in February and March for more information. **Volunteers Needed:** The Senior All Night Party Committee is looking for parents of all grades to help with the 2018 Party. Sign Up Genius will be coming out soon!

2018 Presidents' Dinner and Auction

This year's auction, **ROMAN HOLIDAY**, will be held on April 28, 2018, on campus! Here's how you can get involved:

Volunteer: We are in need of people to help procure Silent Auction donations. This involves calling past donors and asking them to donate again. If you have a few hours a week that you can give, we would love to have you!

Attend the Auction: [Click here](#) to purchase tickets or host a table.

Team/Club Packages: Make a cash donation and get points for your student's team or club! You will be hearing from your Team/Club mom soon.

Catalog Advertisement: Promote your business or show off your Ram family legacy by purchasing space in the catalog.

Sponsorship: Do you work for a company or know of one that would be willing to sponsor the auction? There are many sponsorship levels and perks available.

[Click here](#) to visit the auction website to fill out a volunteer, donation, advertising, sponsorship, or registration form. If you have any questions, call Luciana Fischer '88, Director of Events, at 503.230.1056 or e-mail lfischer@centralcatholichigh.org. Mark your calendar and help to make **ROMAN HOLIDAY** a huge success!



Central Catholic

HIGH SCHOOL

2401 SE Stark Street | Portland, Oregon 97214

Counselors' Corner

Whew! A recent collective sigh of relief was audible in our hallways at the completion of semester exams. The stress level that accompanies this time of year gives way to sighs of relief and renewed commitments to try for more academic success this spring. While the focus for many parents is on grades, the counselors offer an alternative perspective - namely, to assess whether your child is working to ability, taking into account relative strengths and challenges in subject areas and skill sets.

Now is a great time for students to strategize ways to reach their academic potential during second semester. Many factors affect grade performance: study habits, time management, organization, failure to ask questions in class, failure to review notes effectively or seeking outside tutoring support, just to name a few.

One factor often overlooked is stress. The late Dr. Ralph Bramucci, (who was our department's clinical supervisor and one of the wisest and well-grounded persons we ever knew) offered this definition of stress: "Stress is pressure that leads to duress to either change or to suffer." Some amount of stress can be good if it motivates us to make healthy life choices. Stress can quickly become unhealthy, sapping our energy and wearing us down, though. That is why, as we embark on a new semester, we need to take a moment and take stock of the stressors in our life. Once we identify our stressors, we can develop strategies of resilience and move forward with life.

How is this done?

First, listen to your body's physical and emotional cues and then make it okay/allowable to say "No" to the unrealistic and

the unreasonable. Know your limitations. Modify your rituals to nurture your physical, emotional, and spiritual self. Eat healthier, do something active each day, devote time daily to silence and meditation. Nurture every sphere of your being.

Stressful living compels us to focus on the "bad" rather than seeing life as a glass half full. Be aware of times you are seeking absolute perfection rather than accepting and living with less, living cautiously and focused internally rather than trusting and giving yourself to others, or letting external forces carry you through life rather than seeking control from within.

Rekindle your capacity to accept others as they are rather than how you think they should be. Sprinkle some laughter throughout your day. Reexamine your spiritual beliefs and acknowledge the Higher Power in life; reflect on the immensity and complexity of all that is. Hope is a valuable virtue but place it in the proper context: what is reasonable and what is happening today?

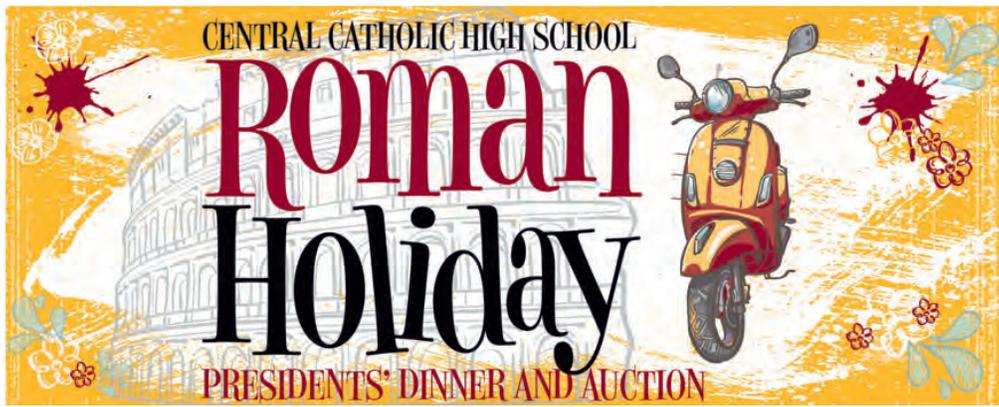
Finally, remember these words attributed to the Trappist desert mystic, Thomas Merton, "The world is not fair. Being good and giving often does not pay off and there is no compensation for misfortune. Nonetheless, we have a responsibility to do our best."

Know the counseling staff is always available to assist you in your mission to provide what is best for your child. Take some time today to enjoy the fruits around you as we look towards spring.

FEBRUARY

2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 C Day	2 GU Day	3 5:30 P.M. Father Daughter Night
				Search Retreat		
Catholic Schools Week						
4	5 C Day	6 GU Day	7 Celebration Day students 4 students Celebration Day	8 C Day	9 GU Day	10 7:00 P.M. Open Mic Night, Revolution Hall
11	12 M Day	13 T Day	14 MWL Day Start 8:00 A.M. 10:30 A.M. Ash Wednesday Liturgy	15 C Day	16 GA Day 9:40 A.M. Rose Festival Assembly	17
18	19 No School Presidents' Day Holiday	20 C Day	21 GU Day	22 C Day 6:30 P.M. College Planning Night for grades 9-11	23 GU Day	24 8:00 P.M. True Colors Dance
25	26 M Day	27 T Day	28 W Day Late Start 9:10 A.M.			



April 28, 2018 • Central Catholic High School

Reservation Form

or register online: centralcatholichigh.org

5:00 P.M. Doors Open
Hosted Bar and Hors d'oeuvres
Silent Auction

7:00 P.M. Dinner
Live Auction

Name: _____ Grad Yr: _____

Address: _____

City, State, Zip: _____

Telephone: _____

E-mail: _____

Please reserve _____ Patron's seat(s) at \$150 per seat.

Please reserve _____ Patron's table(s) at \$1,500 per table of 10.

Please reserve _____ Presidents' table(s) at \$2,500 per table of 10.

I am unable to attend. Please accept my tax-deductible donation of \$ _____

I will be hosting (paying for) my entire table.

Guests at my table will pay individually and my payment is enclosed.
(Please remind guests to send in payment.)

Total Payment Enclosed: \$ _____ Check Credit Card

Card Number: _____

Expiration Date: _____ Security Code: _____

Signature: _____

Credit Card Billing Address (if different): _____

_____ *Make checks payable to Central Catholic High School*

Please fill in the name, address, and phone number for each guest:

Name: _____ **Grad Yr:** _____

Address: _____

City, State, Zip: _____

Telephone: _____

E-mail: _____

Name: _____ **Grad Yr:** _____

Address: _____

City, State, Zip: _____

Telephone: _____

E-mail: _____

Name: _____ **Grad Yr:** _____

Address: _____

City, State, Zip: _____

Telephone: _____

E-mail: _____

Name: _____ **Grad Yr:** _____

Address: _____

City, State, Zip: _____

Telephone: _____

E-mail: _____

Name: _____ **Grad Yr:** _____

Address: _____

City, State, Zip: _____

Telephone: _____

E-mail: _____

Name: _____ **Grad Yr:** _____

Address: _____

City, State, Zip: _____

Telephone: _____

E-mail: _____

Name: _____ **Grad Yr:** _____

Address: _____

City, State, Zip: _____

Telephone: _____

E-mail: _____

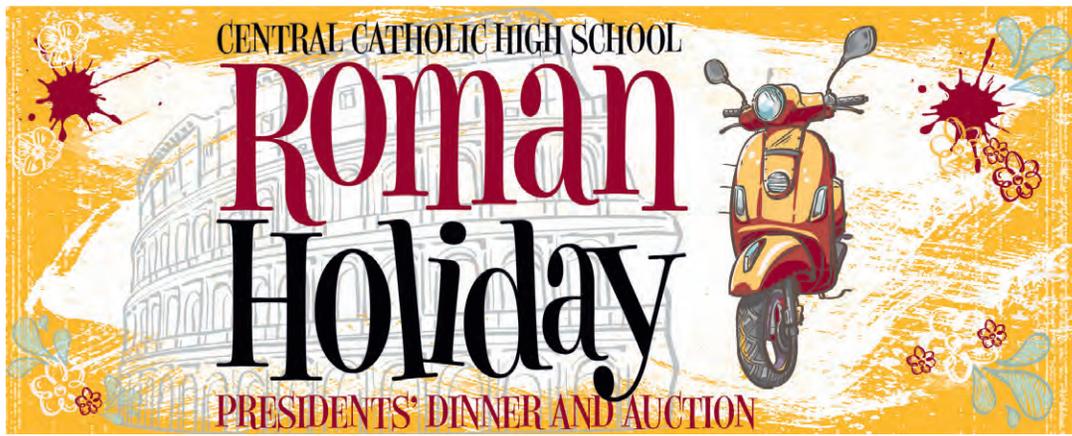
Name: _____ **Grad Yr:** _____

Address: _____

City, State, Zip: _____

Telephone: _____

E-mail: _____



Item #: _____

Package #: _____

April 28, 2018 • Central Catholic High School

Donation Form

Deadline for inclusion in the auction catalog: March 23, 2018

Donor	Name of donor as it should appear in the catalog		
	Individual(s) authorizing donation		Date
	Address		City, State, Zip
	Phone	Fax	E-mail
	Individual to contact for item pick-up and/or certificate redemption (if different from above)		Phone

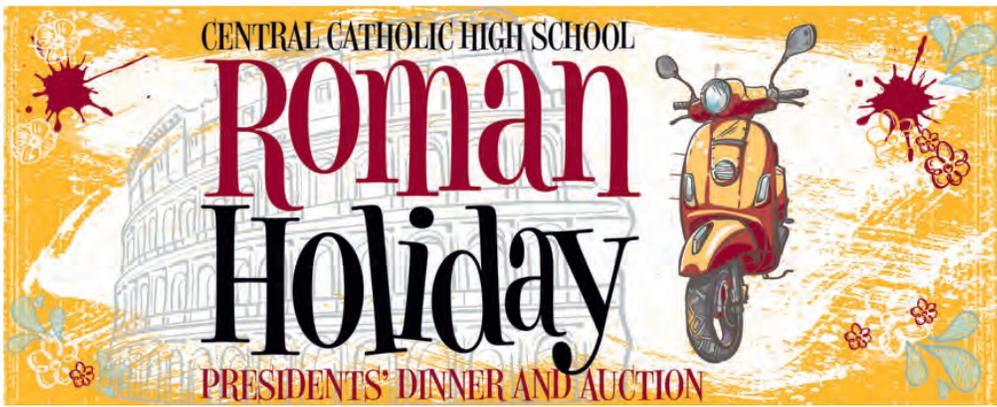
Donation	<input type="checkbox"/> Item <input type="checkbox"/> Enclosed <input type="checkbox"/> I will deliver by April 6 <input type="checkbox"/> Needs pickup - Date available:			
	<input type="checkbox"/> Gift Certificate <input type="checkbox"/> Enclosed <input type="checkbox"/> I will deliver by April 6 <input type="checkbox"/> Please prepare a certificate using the information below			
	Donation item or service			Value of donation (\$)
	Donation description (please include quantity, size, color, etc.)			
	Restrictions, expiration date, number of rooms, number of persons, number of nights, etc.			
<input type="checkbox"/> I have enclosed brochures, photos, and/or materials to display. <input type="checkbox"/> I will deliver my brochures, photos, and/or materials by April 6.				

Solicitor	Solicitor name		Phone	E-mail
	Is this item part of a package? <input type="checkbox"/> Yes <input type="checkbox"/> No		If yes, name of package?	
	<input type="checkbox"/> Credit this donation to the following team/club:			

Return white copy to: Central Catholic Presidents' Dinner and Auction • 2401 SE Stark Street • Portland, Oregon 97214
or fill out this form online: centralcatholichigh.org

Questions? Call Luciana Fischer '88 at 503.230.1056 • Fax: 503.232.1936 • lfischer@centralcatholichigh.org

Tax ID #: 93-0391557 • Donors are responsible to comply with IRS regulations. • Thank you for your support of Central Catholic!



April 28, 2018 • Central Catholic High School

Catalog Advertising Sales Form

Business Name: _____

Contact: _____ E-mail: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

Size Desired: (All ads are black and white unless designated)

COLOR BACK COVER
FULL PAGE
\$2,000
7.25"W x 7"H
(ONE AVAILABLE)

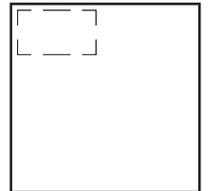
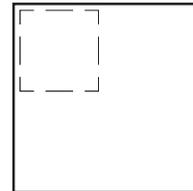
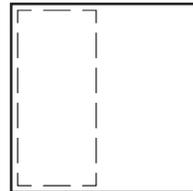
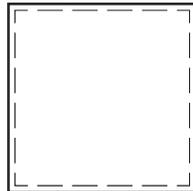
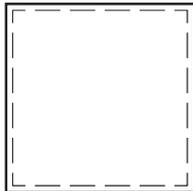
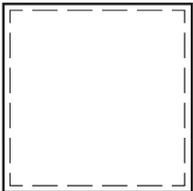
COLOR TAB
FULL PAGE
\$1,500
7.25"W x 7"H
(THREE AVAILABLE)

BLACK & WHITE
FULL PAGE
\$1,000
7.25"W x 7"H

BLACK & WHITE
HALF PAGE
\$500
3.5"W x 7"H

BLACK & WHITE
QUARTER PAGE
\$250
3.5"W x 3.375"H

BLACK & WHITE
BUSINESS CARD
\$150
3.5"W x 2"H



All advertisers will also be featured on our Auction website and in the slide show shown during the Auction dinner.

Additional Information: _____

Camera-ready artwork enclosed

I will send camera-ready artwork with my payment

Electronic artwork e-mailed to jwinczewski@centralcatholichigh.org (300+ dpi - eps, tif, or pdf preferred)

Payment enclosed: \$ _____ Check Credit Card

Card Number: _____ Exp. Date: _____ Signature: _____

Please bill me

Artwork must be camera ready and reach our office no later than **March 16, 2018** to be included in the catalog.
Thank you for supporting Central Catholic High School.

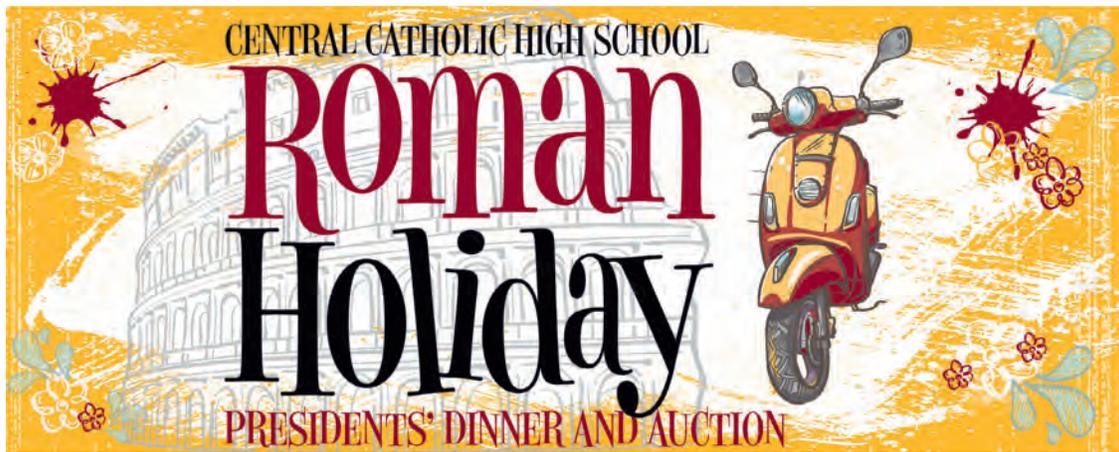
Please return white copy, artwork, and payment to:

PDA Advertising • Central Catholic High School • 2401 SE Stark Street • Portland, Oregon 97214

or fill out this form online: centralcatholichigh.org

Questions? Please call Luciana Fischer '88 at 503.230.1056 ext. 1229 or e-mail lfischer@centralcatholichigh.org

Ads are considered donations and are 100% tax deductible!



April 28, 2018 • Central Catholic High School

Sponsorship Opportunities

Presenting Sponsor • \$20,000

- Prominent placement of company logo or family name on auction invitation (circulation 5,000). Must be confirmed by February 9
- Presidents' Table for ten
- Unlimited wine service for table guests
- Full page color advertisement in auction catalog
- Company logo or family name on Central Catholic's auction webpage with link to company's website
- Special recognition as Presenting Sponsor from the stage
- Company logo or family name on the Big Screen throughout the evening
- Regular mentions on social media
- Recognition as Presenting Sponsor in 2017-2018 Report on Development (circulation 11,000)
- Tax Deduction: \$19,400

Platinum Sponsor • \$10,000

- Prominent placement of company logo or family name on auction invitation (circulation 5,000). Must be confirmed by February 9
- President's Table for ten
- Unlimited wine service for table guests
- Full page color advertisement in auction catalog
- Prominent placement of company logo or family name on Central Catholic's auction webpage with link to company's website
- Special recognition as Platinum Sponsor from the stage
- Company logo or family name on the Big Screen throughout the evening
- Regular mentions on social media
- Recognition as Platinum Sponsor in 2017-2018 Report on Development (circulation 11,000)
- Tax Deduction: \$9,400

Gold Sponsor • \$5,000

- President's Table for ten
- Full page color advertisement in auction catalog
- Placement of company or family name on Central Catholic's auction webpage with link to company's website
- Recognition as Gold Sponsor from the stage
- Company logo or family name on the Big Screen throughout the evening
- Recognition as Gold Sponsor in 2017-2018 Report on Development (circulation 11,000)
- Tax Deduction: \$4,400

Silver Sponsor • \$2,500

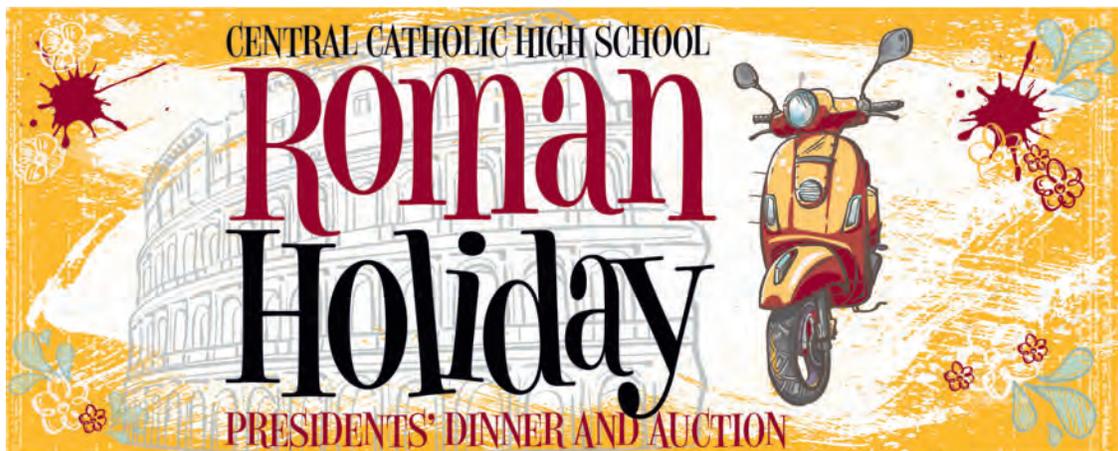
- President's Table for ten
- Half page color advertisement in auction catalog
- Placement of company or family name on Central Catholic's auction webpage
- Recognition as Silver Sponsor from the stage
- Company logo or family name on the Big Screen throughout the evening
- Recognition as Silver Sponsor in 2017-2018 Report on Development (circulation 11,000)
- Tax Deduction: \$1,900

Table Sponsor • \$1,500

- Your company or family name will be prominently displayed on a table at the auction
- Placement of company or family name on Central Catholic's auction webpage
- Purchase auction tickets at a 25% discount
- Tax Deduction: \$1,500

Questions?

Contact Luciana Fischer '88, Director of Events
503.230.1056 ext. 1229 or lfischer@centralcatholichigh.org
Central Catholic Tax ID #: 93-0391557



April 28, 2018 • Central Catholic High School

Sponsorship Form

Business Name: _____

Contact: _____ E-mail: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

Sponsorship Levels:

<input type="checkbox"/> PRESENTING SPONSOR \$20,000 <ul style="list-style-type: none"> • Presidents' Table for ten, including unlimited wine service at dinner • Recognition on invitation (circulation 5,000) • Full page color ad in the auction catalog (7.25w x 7h) • Tax deduction: \$19,400 	<input type="checkbox"/> PLATINUM SPONSOR \$10,000 <ul style="list-style-type: none"> • Presidents' Table for ten, including unlimited wine service at dinner • Recognition on invitation (circulation 5,000) • Full page color ad in the auction catalog (7.25w x 7h) • Tax deduction: \$9,400 	<input type="checkbox"/> GOLD SPONSOR \$5,000 <ul style="list-style-type: none"> • Presidents' Table for ten • Full page color ad in the auction catalog (7.25w x 7h) • Tax deduction: \$4,400 	<input type="checkbox"/> SILVER SPONSOR \$2,500 <ul style="list-style-type: none"> • Presidents' Table for ten • Half page color ad in the auction catalog (3.5w x 7h) • Tax deduction: \$1,900 	<input type="checkbox"/> TABLE SPONSOR \$1,500 <ul style="list-style-type: none"> • Your company or family name will be prominently displayed on a table at the auction • Purchase tickets to the auction at a 25% discount • Tax deduction: \$1,500
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Additional Sponsorship Benefits:

- Exposure to an audience of 600 local community and business leaders
- Recognition in the auction catalog
- Recognition on the Big Screen throughout the evening
- Special recognition from stage
- Acknowledgement in the Central Catholic Magazine (circulation 11,000)
- A portion of your donation is tax-deductible
- Your name and logo on the auction website with a link your the company's website

Additional Information: _____

- Camera ready artwork for the catalog enclosed
- I will send camera ready artwork for the catalog with my payment
- Electronic artwork e-mailed to jwinczewski@centralcatholichigh.org (300+ dpi - eps, tif, or pdf preferred)
- Sponsorship enclosed: \$ _____
- Please bill me

Thank you for supporting Central Catholic High School.

Please mail completed form, artwork, and payment to:
 Presidents' Dinner and Auction • Central Catholic High School • 2401 SE Stark Street • Portland, Oregon 97214
 Questions? Please call Luciana Fischer '88, Director of Events at 503.230.1056 or e-mail lfischer@centralcatholichigh.org



Put on your dancing shoes dads and daughters!

Central Catholic Father-Daughter Dance

Saturday, February 3, 2018
5:30 P.M.

Embassy Suites Hotel at the Airport

\$55 per person

After January 29: \$65 per person

♥ [Click Here to Register!](#) ♥

Questions?

E-mail Fergie Bush: fergiebush6@gmail.com



Mother Son
MASS AND BRUNCH

Sunday, March 11, 2018

8:15 A.M. - Noon

Portland Hilton Hotel Grand Ballroom
921 SW 6th Avenue

\$55 per person
(\$60 per person after February 25)

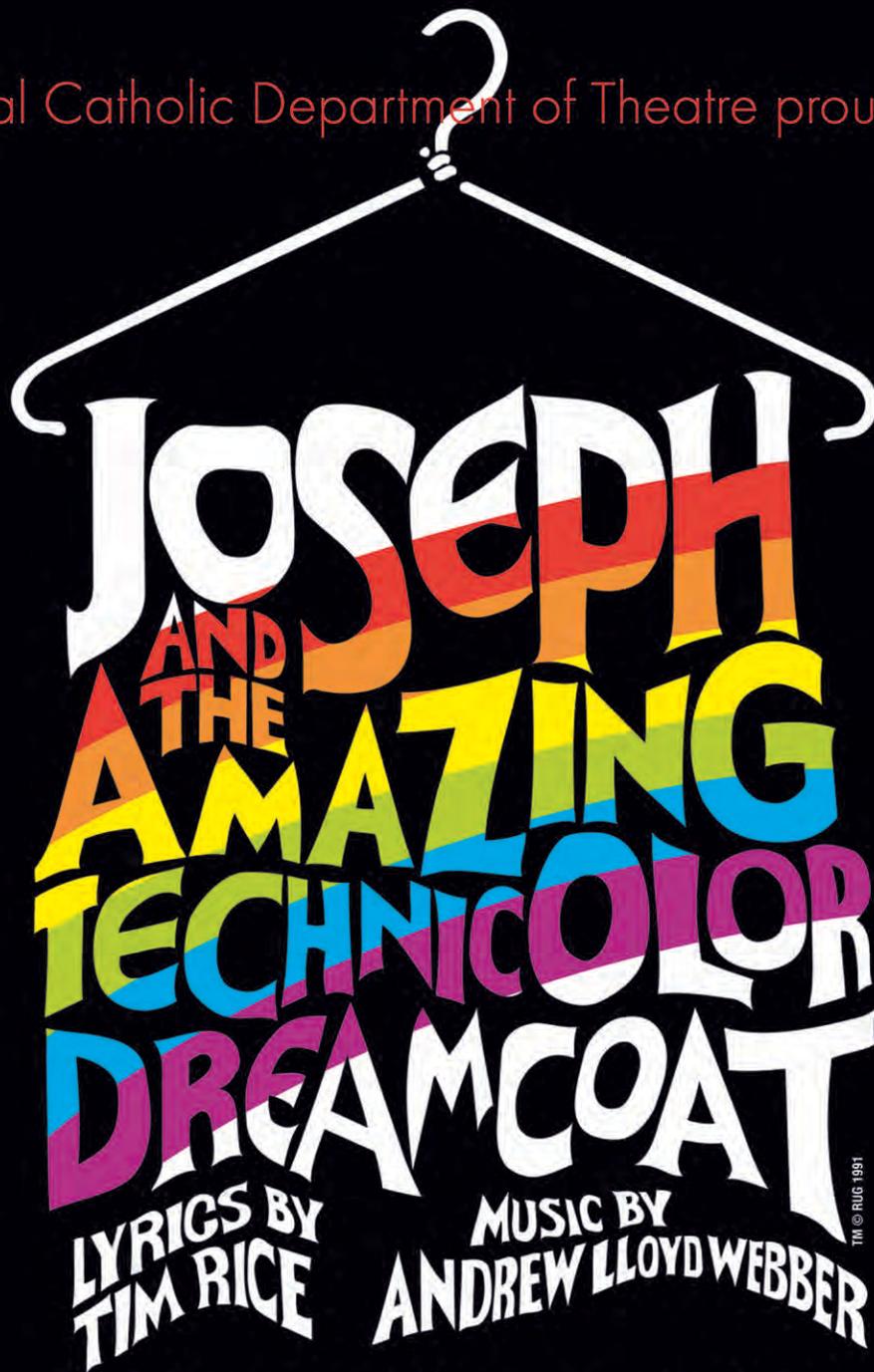
Questions? E-mail Annie Diess: diessabode@msn.com

Financial assistance is available.
Please contact Lupe Tellez in the Business Office.

[Click here to register!](#)



The Central Catholic Department of Theatre proudly presents:



**JOSEPH
AND THE
AMAZING
TECHNICOLOR
DREAMCOAT**

LYRICS BY
TIM RICE

MUSIC BY
ANDREW LLOYD WEBBER

TM © RUG 1981

® Technicolor is the registered trademark of the Technicolor group of companies

Celebrating 50 years in 2018!

March 9, 10, 15, 16, 17 • 7:30 P.M.

March 18 Matinee • 2:00 P.M.

Adults: \$15 • Students: \$10

For tickets or more information call 503.235.3138 ext. 1107.

Fred G. Meyer Performing Arts Center • 2401 SE Stark Street • Portland, Oregon

Joseph and the Amazing Technicolor Dreamcoat is presented by arrangement with The Musical Company, LP

CENTRAL CATHOLIC HIGH SCHOOL OPEN MIC NIGHT

at the beautiful
Revolution Hall

1300 SE Stark Street • Portland, Oregon

February 10, 2018 • 7:00 P.M. • Doors open at 6:00 P.M.

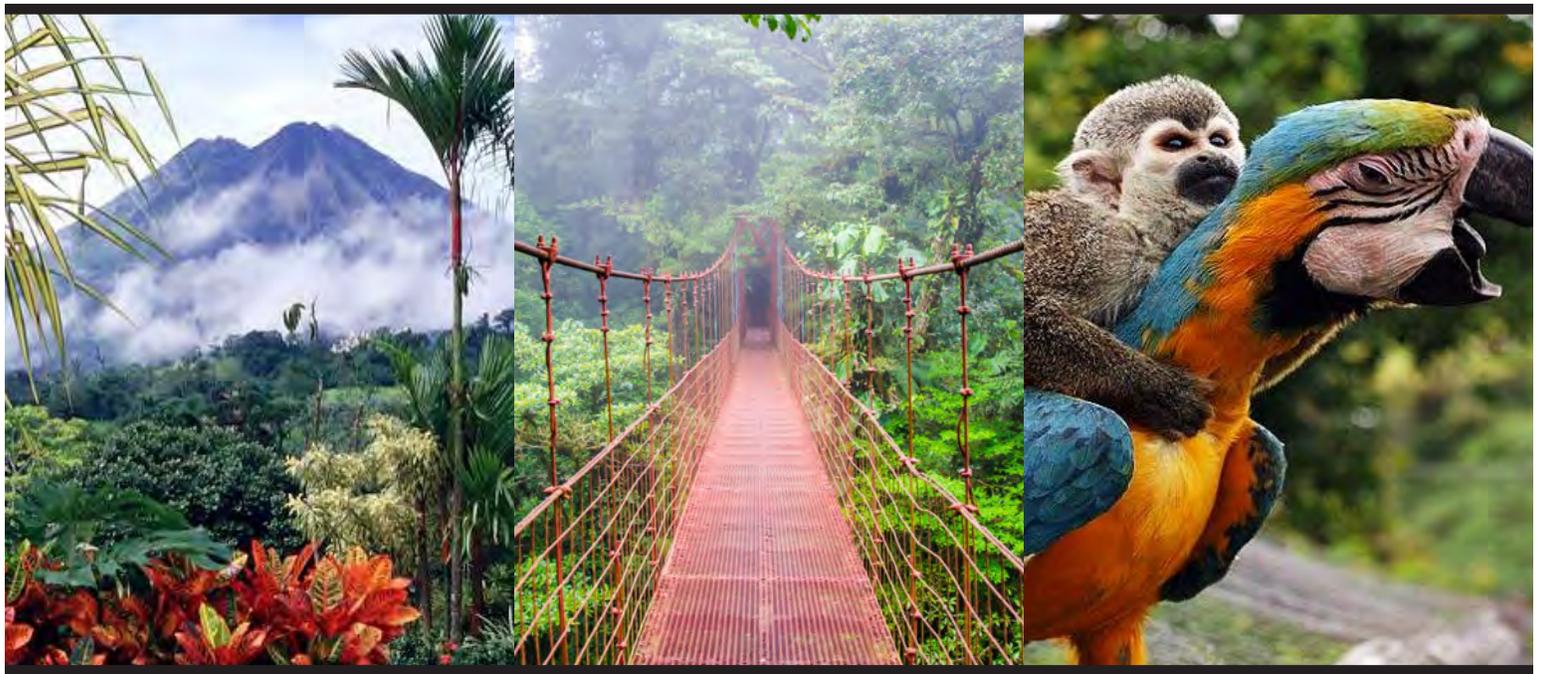
\$10 tickets online: forms.centralcatholichigh.org/open-mic-night-tickets or \$12 at the door



YOU WANTED A CHANGE, SO WE BROUGHT A REVOLUTION

Celebrating 20 years of Open Mic Nights!





CENTRAL CATHOLIC HIGH SCHOOL
Costa Rica Trip
JUNE 2017

Pura Vida Immersion • 8 Days, 7 Nights
Spanish Classes • Excursions
Community Service • Airfare
Accommodations • Meals
Bilingual Forum Tour Manager

Questions? Contact Señora Bergmann
abergmann@centralcatholichigh.org



**YOU CAN HELP CENTRAL CATHOLIC EARN DONATIONS
JUST BY SHOPPING WITH YOUR FRED MEYER REWARDS CARD!**

Fred Meyer is donating \$2.5 million per year to non-profits in Alaska, Idaho, Oregon and Washington, based on where their customers tell them to give. Here's how the program works:

- Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to Central Catholic at www.fredmeyer.com/communityrewards. You can search for us by our name or by our non-profit number 84406.
- Then, every time you shop and use your Rewards Card, you are helping Central Catholic earn a donation!
- You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.
- If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.
- For more information, please visit www.fredmeyer.com/communityrewards.



Shop at Zupan's Market and Our Group Earns!

Through the eScrip program, up to 5% of your Zupan's Market purchases will be contributed to our group.

What is eScrip?

eScrip is the hassle-free way for schools and community groups to raise funds through everyday purchases made at Zupan's Market.

How do I sign-up?

Sign-up online at escrip.com.

You **must** register your **credit/debit cards** to start earning!

It's Easy! It's Free! Sign-Up Today!

Group Name: _____

Group ID: _____

Coordinator Name: _____

CENTRAL CATHOLIC

COLLEGE COUNSELING NEWSLETTER — CLASS OF 2018

February 2018

Student "To Do" List



✓ Check Your Applications!

Stay in contact with the representatives at your colleges. Confirm that all academic, financial and any other forms have been received by each college. If possible, schedule time to spend a day on each campus.

✓ 7th Semester Grades or Mid-Year Reports

Check to see if any of your colleges need 7th Semester grades or Mid-Year Reports. We already track Common Application colleges and will automatically send grade reports to the Common App colleges who require Mid-Year Reports. Most public universities do not review 7th semester grades unless they ask for them specifically. Contact the College Counseling Office if you have non Common App colleges that need 7th semester grades or Mid-Year Reports sent to them.

✓ Senior Grades

Keep your grades up. Colleges do look at semester and/or year-end grades.

✓ Scholarships

Continue to research and apply for scholarships. Check out the list of scholarships on the last page of the newsletter!

Parent/Guardian "To Do" List

- ✓ Continue to support your student through the process but also make an effort to talk with them about something other than college plans.
- ✓ Complete the **FAFSA** (Free Application for Federal Student Aid) as soon as possible. Make sure that all schools that your student is applying to are on the FAFSA list.

Happy Valentine's Day

Check your email for communication from colleges! Make sure that all your schools have everything they need.

*Mrs. Nanette Martin
Ms. Kirby Henningsen*

CHECK OUT THESE LINKS:

[Canvas](#)

[Family Connection](#)

[Net/Price Calculator](#)



In This Issue

- ◆ To Do Lists
- ◆ Financial Aid
- ◆ Transcripts
- ◆ Resources
- ◆ Scholarships

FINANCIAL AID

FAFSA

- ⇒ [8 Steps to Filling Out the FAFSA Form](#)
- ⇒ [The Parent's Guide to Filling Out the FAFSA Form](#)
- ⇒ [12 Common FAFSA Mistakes](#)
- ⇒ [5 Things to Do After Filing Your FAFSA Form](#)



ORSAA

The ORSAA is an alternative to the FAFSA for undocumented students, including students who have DACA status.



CSS Profile

Some private colleges require families to file the College Board's financial aid form called "CSS PROFILE". Information about CSS PROFILE is available [here](#).

- ⇒ [CSS Profile](#)
- ⇒ [Colleges That Require the CSS Profile](#)
- ⇒ [2018-2019 CSS Profile Student Guide](#)
- ⇒ [How to Complete the CSS / Financial Aid Profile, Bigfuture](#)

OSAC SCHOLARSHIPS

Each year, OSAC awards grants and scholarships of more than \$118 million to thousands of Oregon students. OSAC administers over 500 private scholarships and public grant programs to help students pay for their college education.

OREGON RESIDENTS APPLY NOW!

- ⇒ [OSAC Scholarship Application](#)
- ⇒ [OSAC Scholarship Application Instructions](#)

THE WASHBOARD SCHOLARSHIPS

TheWashBoard.org makes it simple! The WashBoard connects Washington students with Washington scholarship providers for free!

WASHINGTON RESIDENTS APPLY NOW!

- ⇒ [The WashBoard Application](#)
- ⇒ [The WashBoard Tips](#)

OREGON PROMISE

Oregon Promise is a state grant that helps to cover most tuition costs at any Oregon community college for recent high school graduates.

Who is eligible?

1. Complete the Oregon Promise application by June 1, 2018.
2. File a FAFSA or ORSAA application and list one Oregon community college.
3. Be a recent high school graduate with a 2.5 GPA or above.

(Eligibility based on Expected Family Contribution or EFC of \$18,000.)

APPLY HERE



PARENT AND STUDENT RESOURCES

College Preview Days

Interested in any of these colleges? See these links for dates!

- ◇ Arizona Experience Days
- ◇ Carrol College Admitted Student Open House
- ◇ Eastern Oregon University - Preview Day
- ◇ Gonzaga University - Preview Day
- ◇ Montana State University - MSU Friday
- ◇ Northwest Youth Careers Expo
- ◇ University of Portland - Saturday Visits
- ◇ Portland Community College Preview Days
- ◇ Southern Oregon Preview Day

Interesting College Related Articles

- ◇ Don't Let Senioritis Sink Your College Dreams
- ◇ Parent Webinar Series, BigFuture
- ◇ Find the Most Affordable Option — A tool to help you compare the cost of college.

College Counseling Department

We look forward to working with you and your students! Please contact us with questions.

Nanette Martin

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Kirby Henningsen

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Wendy Bigler

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Scholarship

(Click here for)

CLASS OF 2018 SCHOLARSHIPS

Check out these free scholarship search programs in the links below:

- OSAC (Oregon Residents)
- The WashBoard (Washington Residents)
- Oregon Promise and Future Connection
- University of Portland Outside Scholarships
- FAFSA4CASTER
- Financial Aid for Undocumented and DACA



CENTRAL CATHOLIC

COLLEGE COUNSELING NEWSLETTER — CLASS OF 2019

February 2018

Student “To Do” List

- √ Attend College Planning Night on February 22 at 7:00 PM. See page 2 for details and to register.
- √ Decide if you will take the ACT or SAT and focus on preparation for the test. See College Counseling or your academic counselor if you have questions.
- √ Keep your grades up. Junior year is the last semester colleges will look at for college admissions.



Parent/Guardian “To Do” List

- √ Attend College Planning Night on February 22 at 7:00 PM. See page 2 of this newsletter for information.
- √ **Click here** to create a Canvas Parent/Observer account. All college counseling emails and announcements will be sent via Canvas.
- √ Explore Family Connection! You and your student can use Family Connection to research colleges and careers. Family Connection is linked with Naviance, a service that we use to track and analyze college and career plans, so it provides up to date information that’s specific to Central Catholic. Family Connection allows your student to:
 - Get involved in the planning and advising process – build a resume, complete online surveys, and manage college application timelines and deadlines.
 - Research colleges – compare GPA and standardized test scores of Central Catholic students who have applied and been admitted in the past.
 - Research careers – research hundreds of careers and take career assessments.
- √ Email collegecounselors@centralcatholichigh.org for a Family Connection password.

Happy Valentine's Day

We are looking forward to working with you!

*Mrs. Nanette Martin
Ms. Kirby Henningsen*



MARK YOUR CALENDARS

February 22
College Planning Night

CHECK OUT THESE LINKS:

[Canvas](#)
[Family Connection](#)
[Net/Price Calculator](#)

In This Issue

- ◆ To Do List
- ◆ College Night Planning
- ◆ Test Prep Options at CC
- ◆ Testing Information
- ◆ Forecasting
- ◆ Making a College List
- ◆ College Brochures
- ◆ Parent & Student Resources

COLLEGE PLANNING NIGHT 2018

Date: February 22, 2018

Time: 6:30 PM

Place: Weston Commons

Juniors and their families are encouraged to get a jumpstart on the entire college process. In addition to finding out about Central Catholic's College Counseling Program, there will be workshops offered throughout the evening. Attendees may choose up to three of the following sessions:

1. Writing a College Essay
2. Considering the Military Academies or ROTC
3. Choosing a College with Finances in Mind
4. Making Sense of Financial Aid
5. Participating in College Athletics
6. Understanding the College Admissions Process

REGISTER HERE



TEST PREP CLASSES AT CENTRAL CATHOLIC

Date: Saturday dates below

Time: 8:00—11:30 AM

Place: Central Catholic

Cost: \$80

- ⇒ **SAT Prep for the March 10 SAT Test**
February 17—English Review
February 24— Math Review
March 3—Review All
- ⇒ **SAT Prep for the May 5 or June 2 SAT Test**
April 14— Math Review
April 21— English Review
April 28—Review All
- ⇒ **ACT Prep for the April 14 ACT Test**
March 3—Math Review
March 10—Science Review
March 17—English Review
April 7—Review All
- ⇒ **ACT Prep for the June ACT Test**
May 5—English Review
May 12— Science Review
May 19—Math Review
June 2—Review All

Space is limited for each session.
Please register for only one class.

Reduced fees are available to those who qualify, email :
collegecounselors@centralcatholichigh.org

REGISTER HERE

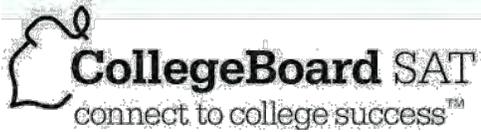
PSAT/NMSQT SCORE REPORTS

College Counseling was in Junior English Classes on Jan. 4 and Jan. 5 and covered the following:

1. Distributed paper copies of PSAT Score Reports
2. Accessed scores on College Board
3. Linked PSAT scores to Khan Academy

Click here to learn more

TESTING INFORMATION



SAT
2018

SAT Test Date	Registration Deadline	Late Registration	Online Score Release
March 10	February 9	February 28	March 29
May 5	April 6	April 25	May 24
June 2	May 3	May 23	June 21

REGISTER HERE



ACT
2018

SAT Test Date	Registration Deadline	Late Registration	Online Score Release
February 10	January 12	January 19	2-8 Weeks from Testing Date
April 14	March 9	March 23	
June 9	May 4	May 18	
July 14	June 15	June 22	

REGISTER HERE

IN THE KNOW



Any student planning to apply to a four-year college or university will need to take either the ACT plus Writing Test or the SAT Reasoning Test. Some of the more selective schools may also require that applicants take SAT Subject Tests. Registration Fee Waivers and Testing Accommodations are available to those students who qualify and should be made well in advance of the deadline.

PARENT AND STUDENT RESOURCES

FORECASTING FOR SENIOR YEAR

Students will receive their Forecasting Packets in March. Be sure to spend time looking over all the information and make thoughtful decisions about next year. Counselors and teachers can help students figure out what is challenging—but not too difficult. If it is unclear whether a student should take a particular course, ask your counselor, the teacher, and current students how much work it will involve. Keep these tips in mind:

- √ Students should make sure that they are taking a solid, college-prep schedule not only to help with college admission but also to make sure they are academically prepared to succeed in college.
- √ The best preparation for college work—and college admission—is a challenging curriculum that's heavy on "core courses" with balance in your senior year. Core courses are the basics: English, Math, Science, Social Studies, and World Language.
- √ It also makes sense to take classes that will help students explore career interests as well. For example, students who are interested in studying Business should consider taking the Economics class. Those interested in Music Production might want to take Electronic Music Lab. Students planning to study Architecture will likely need a portfolio and may want to take Art I or Computer Aided Drafting through our Technology Department. Students interested in Law might want to take We the People/Constitution Team.
- √ Students should beware of overburdening themselves. The very best college applicants have strong grades in the toughest core courses available at their high school. It takes a very strong student to make straight A's in an all AP or honors line up and still have time for friends, family, activities, and sleep.
- √ Students need to be careful about taking tough classes just because it will look good on a college application. They need to ask themselves how hard they are willing to work and how else they spend their time. If a student has a job, plays a varsity sport, participates in the plays, or volunteers a lot – they need to look realistically at what they can truly manage during their senior year.
- √ The college search and application process can take as much time and work as another class.



PARENT AND STUDENT RESOURCES

CREATING A LIST OF COLLEGES

As we transition into the second semester of junior year, everyone seems to be asking questions about planning for college. While these are exciting times, the thought of “*what to do with the rest of one’s life*” can be overwhelming. Let's break things down a bit. First of all, it is important that students keep their options open for now and explore a wide range of opportunities. Set realistic goals. The clearer a student is about what they are looking for, the more specific the college list can be for them. For starters, consider these questions:

What type of school do I want to attend? (*two- or four-year; public or private; religious*)

Where am I interested in going? (*West Coast, Midwest, East Coast, Canada, etc.*)

What size school would I prefer? (*ranging from very small to very large*)

What type of campus setting would I enjoy most? (*urban, suburban, small town, rural*)

What other things are important to you? (*major, extracurricular activities, single-sex, coed, etc.*)



It is common for students to struggle to answer these

questions. It may help to visit a variety of schools this spring and summer to get a better sense of the differences. Students can miss school for college visits by completing the appropriate paperwork in advance.

A number of schools will host Open Houses and Evening Receptions and encourage juniors to attend them. These are another way to learn about differences among colleges. Once a student has gathered information on the type of school that they are interested in, they can begin developing a list of schools that meet their criteria. Initially the list may be quite long; however, the final goal is to narrow the list by senior year.

PARENT AND STUDENT RESOURCES

College & Career Exploration Opportunities

- February 14 - Gap Year Fair
- February 23 - Engineers Week High School Program
- March 2 - Application Deadline - PSU STEM Bootcamp
- March 7 - Criminal Justice Careers Day
- March 13 - Northwest Youth Careers Expo
- Saturday Academy ASE — Apprenticeships in Science and Engineering

College Preview Days

Interested in any of these colleges? See these links for dates!

- ◇ Arizona Experience Days
- ◇ Eastern Oregon University - Preview Day
- ◇ Gonzaga University - Preview Day
- ◇ Montana State University - MSU Friday
- ◇ University of Oregon Special Preview Days
- ◇ Oregon State University Spring Preview Days
- ◇ PCC Visitation Day Sylvania Campus
- ◇ PCC Visitation Day Southeast Campus
- ◇ University of Portland - Saturday Visits
- ◇ Southern Oregon Preview Days
- ◇ Western Oregon University Preview Days

College Counseling Department

We look forward to working with you and your students! Please contact us with questions.

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