



# Central Catholic

## PARENT NEWSLETTER

February 2020

### Principal's Message

Dear Parents,

I am starting the month of February with a new understanding of the role technology plays in my life, the life of my family, and the life of our students. I was able to attend the Parent Night with Doreen Dodgen-Magee who spoke about balancing life and technology in a digital world. Doreen emphasizes the need for dialogue over shaming. I was struck by the moments that my "mom voice" defaults to shaming my children for their choices instead of seizing the moment to engage in a different type of dialogue that might actually change behavior and pave the way for future conversations and growth.

Social media has altered the reality of our students' lives and the way they see themselves in relation to peers and how confidently they feel about themselves. The opportunity for comparison is a constant. This constant exposure to a culture of comparison is increasing student stress, anxiety, and depression. Every opportunity we create for students to engage with humans and benefit from embodiment moments helps to offset feelings of isolation and low self-esteem.

Embodiment moments are those activities that challenge our students to move with awareness. These can include mindfulness practices, contemplative prayer, or a whole list of embodiment activities that Doreen lists in the appendix of her book, *Devised!*.

We emphasize embodiment moments at Central Catholic through opportunities like Mass, utility period choices, Celebration Day, and our recent Human Dignity Summit. It is important we encourage our students to engage outside of their comfort zone and embrace human interactions that challenge them to be present through different experiences.

Thank you for the ways that we are partners in growing our students' awareness and engagement. I encourage you to read Doreen's book or to visit her resources page so you too can encourage a balanced and healthy life in a digital world.

God's love and light,

Danyelle Ramsey  
Principal

**Book:** Dodgen-Magee, Doreen. *Devised! Balancing Life and Technology in a Digital World*. 2018. Rowman & Littlefield; Lanham, Maryland.

**Resource Page:** <https://doreendm.com/resources>

### Kleenex Please

Any kleenex donations would be greatly appreciated. Kleenex may be dropped off in the Main Office. Thank you!



### Events to Remember

**Catholic Schools Week:** Mon.-Fri., Jan. 26-31.

**All School Diversity Conference:** Wed., Jan. 29.

**Search Retreat:** Thurs.-Sat., Jan. 30-Feb. 1.

**Late Start:** Wed., Feb. 5. *Classes begin at 9:10 A.M.*

**Equity Alliance Overnight:** Fri.-Sat., Feb. 7-8.

**Late Start:** Wed., Feb. 12. *Classes begin at 9:10 A.M.*

**Presidents Day Holiday - No School:** Mon., Feb. 17.

**Sophomore Retreat:** Tues., Feb. 18.

**Late Start:** Wed., Feb. 19. *Classes begin at 9:30 A.M.*

**Rose Festival Speeches and Diversity Assembly:** Fri., Feb. 21.

**Open Mic Night:** Sat., Feb. 22.

**Mother Son Brunch:** Sun., Feb. 23.

**Ash Wednesday All School Liturgy:** Wed., Feb. 26, 9:40 A.M., Main Gym.

**Early Dismissal:** Fri., Feb. 28, 12:30 P.M.

**Six-week Grading Period Ends:** Fri., Feb. 28.



## The Blanchet House

Central Catholic is responsible for the dinner shift every Monday (including summer and holidays) at the Blanchet House located at NW 4<sup>th</sup> 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, at auchikura@centralcatholichigh.org or 503.235.3138 ext. 1131.

## Absences

If your student is going to be absent or late, please use the SchoolPass app or e-mail attendance@centralcatholichigh.org to notify the school by 8:00 A.M.

## Be an Active Parent - Plan to 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 the upcoming year. Thank you for your support and service to Central Catholic High School!

If you are available to help, please contact Alaina Hill at 503.230.1056 ext. 1229 or ahill@centralcatholichigh.org.

### Volunteer Opportunities for February:

- Auction Committee
- Admissions Office Assistance
- Mailings
- Data Entry
- Parent Association Member
- Parent Hospitality Committee Member
- Ram Store
- Parent Greeters



## 2020-2021 Financial Aid Application

Online due date for FACTS financial aid application: February 14, 2020

The due date for financial aid applications 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 14. Admitted students must be enrolled for 2020-2021 by April 3 or the financial aid will be rescinded and given to another student.

[Click here](#) to apply. The online FACTS application for students must be submitted on, or before, February 14, 2020. Log-in to your FACTS account from last year, or create a new account to complete your online application, upload the required documentation, and pay a \$30 non-refundable processing fee.

### Required Supporting Documentation:

- 2019 W-2 forms for all jobs
- 2018 filed tax return: 1040, 1040A, 1040EZ with all schedules
- 2019 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, veteran's 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.

## 2019-2020 Central Catholic Parent Association

Be a part of your child's education and participate in some of the most memorable events of their life. We focus on providing programs to help build a dynamic Central Catholic community.

### Upcoming events: Celebrating and Engaging Parents at Central Catholic!

- **February 10: Parent Association Meeting**  
8:15 A.M. • All are welcome! We would love you see you there!
- **February 23: Mother Son Brunch**  
Long-standing tradition held at the Hilton Portland Downtown. Event is earlier this year! Boys, enjoy a Mass and full buffet with your mom or special guest. [Click here](#) for more information and to purchase tickets! Financial assistance is available for the Mother Son Brunch. Contact Lupe Tellez in the Business Office for details.

Thank you to all the great Chairs this year who have coordinated events for parents and the community!

- Thank you, Amy Starr Thomas, for a wonderful Faculty Appreciation Luncheon on January 28 with Raffle prizes!
- Thank you to Karen Shannon and Fergie Bush for an amazing Father Daughter Dance on January 25. Such a fun time for the girls.
- Thank you to Lisa Hicks for coordinating the time with our guest speaker, Doreen Dodgen-Magee.

**Save the Date** for the 2020 Senior All Night Party on May 29, 2020. Volunteers are needed! [Click here](#) to volunteer. ALL GRADE level parents – please help on this night – the last hurrah for the seniors of Central Catholic!

Are you looking to get involved or are interested in planning events next year? Please contact us to discuss options that work for you!

Questions? Contact Michelle Ferroggiaro, mferroggi@gmail.com

## Save the Date: College Planning Night for Grades 9-11

Students, grades 9-11, and their families are encouraged to get a jumpstart on the college search process. Learn about Central Catholic's College Counseling Program on March 18 at 6:00 P.M. in the Weston Commons.



## Counselors' Corner

*The following is adapted from an article on the Bright Horizons website.*

February finds us energized as we begin a new semester, always looking to improve our performance as we eye spring break just around the corner and the promise of summer vacation on the far horizon. A new semester, along with a new year, is a natural time to take stock of our past and make goals and resolutions for the months to come. As parents, we are quick to be judgmental of our perceived shortcomings and overlook the many wonderful acts of kindness and nurturance we provide for our families. Resolutions are useful only to the extent that they are "doable" and realistic. For some inspiration, here are some suggested resolutions for parents we hope you will find realistic and possible for 2020 and beyond:

1. Say "Yes" more to spending time together as a family and say "No" more when it comes to "I want," "Everyone does it."
2. Worry less. Keeping your kids safe is always the priority but remember, the odds are highly in your favor as harm is highly sensationalized in our society. A full life begins with measured challenges. Bump by bump, scratch by scratch, and yes, ER visit by ER visit, children grow into the full human beings they are destined to be. The key is a balance of minimizing hazards and maximizing exploration.
3. Listen more, talk less. Engage in open-ended discussions with questions like, "What do you think?" "What are you feeling?" "Talk to me."

4. Negotiate less, explain more. Your child is of an age to know the thinking behind your decisions and expectations; they are not equal partners at the bargaining table. We are the parents.
5. Read a little more. Your modeling of reading is the best way for your child to take up reading; plus students who are readers tend to score higher on standardized tests.
6. Expect a little more. In the New Year, expect more from your kids such as good behavior, responsibility, manners, kindness, and all of the goodness that resides within them.
7. Expect a little less. Be okay with a little less constant scheduling and enrichment-filled, jam-packed days. Slow down, you move too fast. Children need some slow to grow. Schedules are fine but balance and realism need to be part of your daily ritual.
8. Connect more. Maintain friendships; stay connected with family, your community, the less fortunate, and the natural world.
9. Nurture your spiritual self and your soul through prayer and meditation; join and participate at your local place of worship.

The Counselors wish you a blessed and peaceful 2020.

# FEBRUARY

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 M Day	4 T Day	5 W Day 9:10 A.M. Start	6 C Day	7 GU Day	8
					Equity Alliance Overnight	
9	10 M Day Meet & Eat at Lunch	11 T Day	12 W Day 9:10 A.M. Start	13 C Day	14 GU Day	15
16	17 No School Presidents Day Holiday	18 C Day Mandatory Sophomore Retreat	19 GL Day 9:30 A.M. Start Meet & Eat at Lunch	20 C Day	21 G Day Diversity Assembly Rose Festival Assembly	22 Open Mic Night
23 Mother Son Brunch	24 M Day	25 T Day	26 MW Day 8:00 A.M. Start Ash Wednesday Liturgy Ram Dress	27 C Day	28 MG Day 12:30 P.M. Dismissal 6 Week Grading Period Ends	29



# CENTRAL CATHOLIC VIRTUES

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Faithful | Just

## FAITH

We listen to our hearts and embrace hope and optimism.



Academic | Excellence

## RESPONSIBILITY

We follow through on our commitments.



Relational | Responsible

## HONESTY

We abide by truth.



Healthy | Balanced

## COURAGE

We act for the greater good despite our fears.



# CENTRAL CATHOLIC HIGH SCHOOL President's Dinner and Auction The Ram Roaring 20s



April 25, 2020 • Central Catholic High School

## Donation Form

You can also fill out this form online: [cchs.ejoinme/2020itemdonation](https://cchs.ejoinme/2020itemdonation)

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

<b>Donation</b>	<input type="checkbox"/> Cash <input type="checkbox"/> Item <input type="checkbox"/> Gift Certificate <input type="checkbox"/> My item includes a display	
	<input type="checkbox"/> Enclosed <input type="checkbox"/> In the mail <input type="checkbox"/> I will deliver <input type="checkbox"/> Needs Pickup <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.	

<b>Solicitor</b>	Solicitor name	Phone	E-mail
	Follow up notes		

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](https://centralcatholichigh.org)

Questions? Call Alaina Hill at 503.230.1056 ext. 1229 • [ahill@centralcatholichigh.org](mailto:ahill@centralcatholichigh.org)

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

Item Received  
 Date Received: \_\_\_\_\_

Item #: \_\_\_\_\_  
Package #: \_\_\_\_\_



# CENTRAL CATHOLIC HIGH SCHOOL President's Dinner and Auction The Ram Roaring 20s



April 25, 2020 • Central Catholic High School

## Catalog Advertising Sales Form

Business Name: \_\_\_\_\_

Contact: \_\_\_\_\_ E-mail: \_\_\_\_\_

Address: \_\_\_\_\_

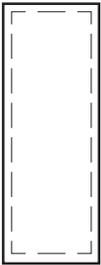
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

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

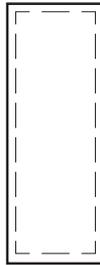
CATALOG SPONSOR AND  
COLOR BACK COVER  
\$3,000 • 3.5"W X 10"H

Includes full page color back cover advertisement in the auction catalog and recognition as the catalog sponsor.



COLOR TAB  
\$1,500 • 3.5"W X 10"H  
(TWO AVAILABLE)

Includes full page color tab advertisement in the auction catalog



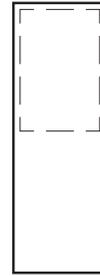
FULL PAGE - \$1,000  
3.5"W X 10"H

Includes full page advertisement in the auction catalog



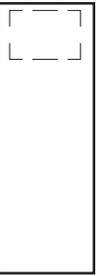
HALF PAGE - \$500  
3.5"W X 4.75"H

Includes half page advertisement in the auction catalog



BUSINESS CARD - \$200  
3.5"W X 2"H

Includes business card advertisement in the auction catalog



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](mailto:jwinczewski@centralcatholichigh.org) (300+ dpi - eps, tif, or pdf preferred)

Payment enclosed: \$ \_\_\_\_\_  Check  Credit Card

Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Signature: \_\_\_\_\_

Please invoice me

Artwork must be camera ready and reach our office no later than **March 13, 2020** 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](http://centralcatholichigh.org)

Questions? Please call Sara Wright at 503.230.1056 ext. 1243 or e-mail [swright@centralcatholichigh.org](mailto:swright@centralcatholichigh.org)

Ads are considered donations and are 100% tax deductible!



# CENTRAL CATHOLIC HIGH SCHOOL President's Dinner and Auction The Ram Roaring 20s



April 25, 2020 • Central Catholic High School

## Suggested Sponsorship Opportunities

### Presenting Sponsor • \$30,000

- Prominent placement of company logo or family name on auction invitation (circulation 2,500). Must be confirmed by February 7.
- Two Presidents' Tables for ten
- Unlimited wine service for table guests
- Full page front inside cover 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
- Link to company website on monthly auction e-mails
- Recognition as Presenting Sponsor in the 2019-2020 Presidents' Report (circulation 11,000)
- Recognition on Central Catholic social media posts and website
- Tax Deduction: \$28,800

### Diamond Sponsor • \$20,000

- Prominent placement of company logo or family name on auction invitation (circulation 2,500). Must be confirmed by February 7.
- 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
- Company logo or family name on the Big Screen throughout the evening
- Recognition as Diamond Sponsor in the 2019-2020 Presidents' Report (circulation 11,000)
- Recognition on Central Catholic social media posts and website
- Tax Deduction: \$19,400

### Platinum Sponsor • \$10,000

- Prominent placement of company logo or family name on auction invitation (circulation 2,500). Must be confirmed by February 7
- 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
- Recognition as Platinum Sponsor in the 2019-2020 Presidents' Report (circulation 11,000)
- Recognition on Central Catholic social media posts and website
- Tax Deduction: \$9,400

### Gold Sponsor • \$5,000

- President's Table for ten
- Unlimited wine service for table guests
- 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 the 2019-2020 Presidents' Report (circulation 11,000)
- Recognition on Central Catholic social media posts and website
- Tax Deduction: \$4,400

### Silver Sponsor • \$2,500

- President's Table for ten
- Unlimited wine service for table guests
- Half page 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 the 2019-2020 Presidents' Report (circulation 11,000)
- Recognition on Central Catholic social media posts and website
- Tax Deduction: \$1,900

### Customize Your Own Sponsorship Level

- Central Catholic can work with you or your company to find the right level and benefits that make sense for you.
- Contact Sara Wright, Director of Alumni and Parent Engagement to explore the options: 503.230.1056 ext. 1243 or e-mail [swright@centralcatholichigh.org](mailto:swright@centralcatholichigh.org).

### Questions?

Contact Sara Wright, Director of Alumni and Parent Engagement  
503.230.1056 ext. 1243 or [swright@centralcatholichigh.org](mailto:swright@centralcatholichigh.org)

Central Catholic Tax ID #: 93-0391557





# CENTRAL CATHOLIC HIGH SCHOOL President's Dinner and Auction The Ram Roaring 20s



April 25, 2020 • Central Catholic High School

## Sponsorship Form

Business Name: \_\_\_\_\_

Contact: \_\_\_\_\_ E-mail: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

### Suggested Sponsorship Levels:

<input type="checkbox"/> <b>PRESENTING SPONSOR</b> <b>\$30,000</b> <ul style="list-style-type: none"> <li>Two Presidents' Tables for ten, unlimited wine service at dinner</li> <li>Recognition on invitation if confirmed by February 7 (circulation 2,500)</li> <li>Front inside cover color ad in the auction catalog (3.5w x 10h)</li> <li>Tax deduction: \$28,800</li> </ul>	<input type="checkbox"/> <b>DIAMOND SPONSOR</b> <b>\$20,000</b> <ul style="list-style-type: none"> <li>Presidents' Table for ten, including unlimited wine service at dinner</li> <li>Recognition on invitation if confirmed by February 7 (circulation 2,500)</li> <li>Full page color ad in the auction catalog (3.5w x 10h)</li> <li>Tax deduction: \$19,400</li> </ul>	<input type="checkbox"/> <b>PLATINUM SPONSOR</b> <b>\$10,000</b> <ul style="list-style-type: none"> <li>Presidents' Table for ten, including unlimited wine service at dinner</li> <li>Recognition on invitation if confirmed by February 7 (circulation 2,500)</li> <li>Full page color ad in the auction catalog (3.5w x 10h)</li> <li>Tax deduction: \$9,400</li> </ul>	<input type="checkbox"/> <b>GOLD SPONSOR</b> <b>\$5,000</b> <ul style="list-style-type: none"> <li>Presidents' Table for ten, including unlimited wine service at dinner</li> <li>Full page color ad in the auction catalog (3.5w x 10h)</li> <li>Tax deduction: \$4,400</li> </ul>	<input type="checkbox"/> <b>SILVER SPONSOR</b> <b>\$2,500</b> <ul style="list-style-type: none"> <li>Presidents' Table for ten, including unlimited wine service at dinner</li> <li>Half page ad in the auction catalog (3.5w x 4.75h)</li> <li>Tax deduction: \$1,900</li> </ul>	<input type="checkbox"/> <b>CUSTOMIZE YOUR OWN SPONSORSHIP LEVEL</b> <ul style="list-style-type: none"> <li>Central Catholic can work with you or your company to find the right level and benefits that make sense for you.</li> <li>Contact Sara Wright, Director of Alumni and Parent Engagement to explore the options: 503.230.1056 ext. 1243 or e-mail <a href="mailto:swright@centralcatholichigh.org">swright@centralcatholichigh.org</a>.</li> </ul>
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### Additional Sponsorship Benefits:

- Exposure to an audience of 600 local community and business leaders
- Recognition on the Big Screen throughout the evening
- Acknowledgement in the Central Catholic Magazine (circulation 11,000)
- Your name and logo on the auction website with a link your the company's website
- Recognition in the auction catalog
- Special recognition from stage
- A portion of your donation is tax-deductible
- Recognition on several Central Catholic social media posts
- **For more detailed information about sponsorship levels see the Sponsorship Opportunities Flyer**

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](mailto:jwinczewski@centralcatholichigh.org) (300+ dpi - eps, tif, or pdf preferred)
- Sponsorship enclosed: \$ \_\_\_\_\_
- Please invoice 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? Call Sara Wright, Director of Alumni and Parent Engagement at 503.230.1056 ext. 1243 or e-mail [swright@centralcatholichigh.org](mailto:swright@centralcatholichigh.org)



# CENTRAL CATHOLIC RAM STORE

SHOP ONLINE ANYTIME: [CENTRALCATHOLICHIGH.ORG](http://CENTRALCATHOLICHIGH.ORG)

The Central Catholic Department of Theatre proudly presents:

# WORKING

IT'S NOT JUST A JOB, IT'S A MUSICAL

FROM THE BOOK BY: Studs Terkel

ADAPTED BY: Stephen Schwartz and Nina Faso

March 6, 7, 12, 13, 14 | 7:30 P.M.

March 15 Matinee | 2:00 P.M.

Adults: \$15 | Students: \$10

Tickets: [centralcatholichigh.org](http://centralcatholichigh.org)

SONGS BY: Craig Carnelia, Micki Grant, Mary Rogers and  
Susan Birkenhead, Stephen Schwartz, and James Taylor

DANCE MUSIC BY: Michele Brouman

ORIGINAL PRODUCTION DIRECTED BY: Stephen Schwartz

Fred G. Meyer Performing Arts Center Central Catholic High School 2401 SE Stark Street Portland, Oregon 97214

WORKING is presented through special arrangement with Music International (MTI). All authorized performance materials are also supplied by MTI. [www.MTIShows.com](http://www.MTIShows.com)



*Mother Son*  
MASS AND BRUNCH

Sunday, February 23, 2020  
8:30 - 11:30 A.M.

Portland Hilton Hotel Grand Ballroom  
921 SW 6<sup>th</sup> Avenue

\$50 per person

Discount applied for more than one son.  
(Purchase tickets by February 17.)

Questions? E-mail Trina Ziels: [ztrina@hotmail.com](mailto:ztrina@hotmail.com)

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

[Click here to register!](#)



Baseball • Lacrosse • Softball • Tennis • Track & Field

CENTRAL CATHOLIC

SPRING

SPORTS

TRYOUTS

START MARCH 2, 2020



## ARE YOU CLEARED?

*Any student athletes interested in trying out for a spring sport must have all clearance materials completed and turned in by **February 21.***

# CENTRAL CATHOLIC

COLLEGE COUNSELING NEWSLETTER — CLASS OF 2020

February 2020

## Student “To Do” List



### ✓ Check Your Applications!

Check your application portals!

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 7<sup>th</sup> semester grades or *Mid-Year Reports*. We already track Common Application colleges and will automatically send grade reports to those that require them.

Most public universities do not review 7<sup>th</sup> semester grades unless they ask for them specifically. Contact the College Counseling Office if you have non Common Application colleges that need 7<sup>th</sup> semester grades or Mid-Year Reports.

### ✓ 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](#)

[Naviance Student](#)

[Net/Price Calculator](#)



## In This Issue

- ◆ To Do Lists
- ◆ Financial Aid
- ◆ Parent and Student Resources
- ◆ Career Exploration Opportunities
- ◆ Scholarships

# FINANCIAL AID

## 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 by connecting Washington students with Washington scholarship providers for free!

### WASHINGTON RESIDENTS APPLY NOW!

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

## FAFSA

DEADLINES for aid are approaching! Complete your FAFSA as soon as possible!  
OR Opportunity Grant— Awards are made until funds are depleted!  
OSAC Scholarships— Deadline is March 1, 2020



## ORSAA

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



## OREGON PROMISE

**Oregon Promise** is a state grant that helps to cover most tuition costs at any Oregon community college.

### Who is eligible?

1. Complete the Oregon Promise application by June 1, 2020.
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.

### APPLY HERE



## 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](#)
- ⇒ [2020-2021 CSS Profile Student Guide](#)
- ⇒ [How to Complete the CSS / Financial Aid Profile, Bigfuture](#)

## PARENT AND STUDENT RESOURCES



### JOIN US!

February 10 at 11:45 AM

Patrick Farrell '07  
Construction Engineer

---

February 19 at 11:03 AM

Bailey Kose '13  
Outdoor School Supervisor



### PARENTS & STUDENTS WELCOME!

February 14 at 8:15 AM

Weston Commons  
Oregon State University  
*9th and 10th graders must be  
accompanied by a parent!*

## UNIVERSITY OF OREGON UPDATES

- **Holistic Review**— Check your Duckweb. If your application is tagged for holistic it means that your application will be reevaluated with the regular application pool. You may want to have your mid-year transcripts or additional test scores sent to UO. See college counseling for help!
- **Pre-Freshman Studies in London** for admitted students who plan to start at University of Oregon in the fall.
- **Gap Year Deferrals**—admitted fall freshmen can formally defer admission for up to a year in order to take part in a gap experience, whether this is travel, an internship, or even just staying home to work before beginning college. Click [HERE](#) for more information. Students must submit the **deferral form** within deadlines to be considered, and requests are approved on an individual basis.

# PARENT AND STUDENT RESOURCES

## College Preview Days

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

- ◇ Arizona Experience Days
- ◇ Montana State University - MSU Friday
- ◇ University of Portland - Saturday Visits
- ◇ Portland Community College Preview Days

## Career Exploration Opportunities

- ◇ Engineers Week
- ◇ Northwest Youth Careers Expo
- ◇ Providence Health and Services Classes

## 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

**Nanette Martin**

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*Scholarship*

(Click here for)

## CLASS OF 2020 SCHOLARSHIPS

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

- University of Portland Outside Scholarships
- Gonzaga Scholarships
- PNACAC Scholarship
- Students of Integrity Scholarship
- AES Scholarship
- GenM Scholarship



# CENTRAL CATHOLIC

COLLEGE COUNSELING NEWSLETTER — CLASS OF 2021

February 2020

## Student "To Do" List



- √ Attend College Planning Night on March 18, 6:00 PM, Weston Commons.
- √ Decide if you will take the ACT or SAT and focus on preparation for the test. Central Catholic is offering free test prep classes! See page 2 of this newsletter for information.
- √ 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 March 18 at 6:00 PM. See page 2 of this newsletter for information.
- √ Explore Naviance Student! This is a comprehensive website that you and your student can use to research colleges and careers. Naviance Student is linked with Naviance, a website that we use to track and analyze college and career plans, so it provides up to date information that's specific to Central Catholic.

Naviance Student allows you and 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 career clusters, and take career assessments.
- √ Email [collegecounselors@centralcatholichigh.org](mailto:collegecounselors@centralcatholichigh.org) for a Naviance Student password. Parents and Students can have their own password.

*Happy Valentine's Day!*

*Mrs. Nanette Martin  
Ms. Kirby Henningsen*



**MARK YOUR CALENDARS**

### College Planning Night

March 18, 6pm  
Weston Commons

### College Chat with Oregon State University

Feb 14, 8:15am  
Weston Commons

### CHECK OUT THESE LINKS

[Canvas](#)

[Naviance Student](#)

[Net/Price Calculator](#)

## In This Issue

- ◆ To Do List
- ◆ College Planning Night
- ◆ Testing Information
- ◆ Parent & Student Resources
- ◆ Career Exploration Opportunities

# PLANNING FOR COLLEGE

## COLLEGE PLANNING NIGHT 2020

**Date:** March 18, 2020

**Time:** 6:00 PM

**Place:** Weston Commons

Students, grades 9-11, and their families are encouraged to get a jumpstart on the college search process. Learn about Central Catholic's College Counseling Program and attend up to three of the workshops listed below.

<p><b>Writing a College Essay</b> Sue Corner, <i>Willamette University</i> 11th grade</p>	<p><b>Military Academies or ROTC</b> Butch Burwick, <i>Naval Academy</i> 9th – 11th grade</p>
<p><b>Understanding College Admissions</b> Martin Williams, <i>University of Portland</i> 11th grade</p>	<p><b>College Financial Planning</b> Tim Tank, <i>Springwater Group Morgan Stanley</i> 9th – 11th grade</p>
<p><b>Participating in College Athletics</b> <i>Portland State University Athletic Office</i> 9th – 11th grade</p>	<p><b>ACT and SAT Testing</b> <i>Stumptown Test Prep</i> 9th – 11th grade</p>
<p><b>Admission to Oregon Public Universities</b> Mike Mendoza, <i>University of Oregon</i> 9th – 10th grade</p>	<p><b>Admissibility and Affordability</b> Nanette Martin, <i>Central Catholic</i> 9th – 11th grade</p>



**Join Us!**

February 10 at 11:45 AM  
Patrick Farrell '07  
Construction Engineer

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February 19 at 11:03 AM  
Bailey Kose '13  
Outdoor School Supervisor



**PARENTS & STUDENTS  
WELCOME!**

February 14 at 8:15 AM  
Weston Commons

Oregon State University  
9th and 10th graders must be  
accompanied by a parent!

# TESTING INFORMATION



**SAT**  
**2020**

Test Date	Deadline	Late Reg	Results
Mar 14	Feb 14	Mar 4	3 weeks
May 2	Apr 3	Apr 22	
Jun 6	May 8	May 27	
Aug 29	Jul 31	Aug 19	

**REGISTER HERE**



**ACT**  
**2020**

Test Date	Deadline	Late Reg	Results
Feb 8	Jan 10	Jan 17	3 weeks
Apr 4	Feb 28	Mar 13	
Jul 13	May 8	May 22	
Jul 18	Jun 19	Jun 26	

**REGISTER HERE**

## TEST PREP CLASSES

Using Khan Academy or ACT Academy, students will get personalized practice for the skills they'll need for the SAT or ACT. We will also cover strategies for test taking.

**Place: Room 119**

**Time: Lunchtime**

**Dates: See below**  
*(Mon thru Fri, one week prior to the test date)*

**Cost: FREE**

### ACT Test Prep

Feb 8 ACT	Mon, Feb 3—Fri, Feb 7
Apr 4 ACT	Mon, Mar 30—Fri, Apr 3

### SAT Test Prep

Mar 14 SAT	Mon, Mar 9—Fri, Mar 13
May 2 SAT	Mon, Apr 27—Fri, May 1

## THINKING ABOUT COLLEGE

### Consider these questions

- What type of school do I want to attend? (2 or 4-year; public or private; religious)
- Where am I interested in going? (West Coast, Midwest, East Coast, Canada)
- What size school would I prefer?
- What type of campus setting would I enjoy?
- What other things are important to you?

### These may help answer questions

- Visit a variety of schools! 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.
- Attend college visits at Central Catholic.
- Ask questions of family and friends about college and what was important to them.

# PARENT AND STUDENT RESOURCES

## College Preview Days

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

- ◇ [Arizona Experience Days](#)
- ◇ [Gonzaga University](#)
- ◇ [Montana State University - MSU Friday](#)
- ◇ [University of Oregon—Duck Days](#)
- ◇ [Oregon State University—Beaver Open Houses](#)
- ◇ [University of Portland - Saturday Visits](#)
- ◇ [Portland Community College Preview Days](#)

## Career Exploration Opportunities

- ◇ [Engineers Week](#)
- ◇ [Northwest Youth Careers Expo](#)
- ◇ [Providence Health and Services Classes](#)
- ◇ [OHSU Summer Internship Program](#)
- ◇ [Young Entrepreneurs Business Week](#)

## Interesting College Related Articles

- ◇ [Parent Webinar Series, BigFuture](#)

## Scholarships

- ◇ [Triple Impact Competitor Scholarship](#)  
\$500 to \$2000 scholarship for junior participating in a sport (school or club). Deadline: May 31, 2020

## College Counseling Department

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**Nanette Martin**

[nmartin@centralcatholichigh.org](mailto:nmartin@centralcatholichigh.org)

**Kirby Henningsen**

[khenningsen@centralcatholichigh.org](mailto:khenningsen@centralcatholichigh.org)

**Wendy Bigler**

[wbigler@centralcatholichigh.org](mailto:wbigler@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](http://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](http://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](http://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: \_\_\_\_\_