In This Issue

Upcoming Events
Student Spotlight
Engineering & Design Honors Program Discusses Graphic Design
Parent/Guardian Tips for Teen Stress Management and Anxiety
Jaguar Jackpot Countdown: 10 Days to Go
All-School Test Day: Wednesday, October 16
Catholic Schools for Peace and Justice Rally for Life
Explore the Academy: 5th, 6th, 7th Grade Visit Day
Athletics

Quick Links
School Calendar
Paw Prints Online Store
Wellness Calendar

Upcoming Events

Monday, October 14
Jaguar Jackpot Drawing

Tuesday, October 15
Formal Uniform
Founders’ Day Mass and Upperclass Induction, Academy Center, 1-3 p.m.

Wednesday, October 16
All School Test Day for Class of 2021, 2022 and 2023/No School for Class of 2020

Parents: At-A-Glance

Thursday, October 3
Parent-Teacher Conferences (By Appointment Only)
Saint Joseph Academy, 3:30-8:30 p.m.

Stress Management and Anxiety Presentation (See Information Below)
Auditorium, 5:30-6 and 7-7:30 p.m.

Friday, October 4
No School/Office Closed/Faculty and Staff Restorative Practices Training

Tuesday, October 8
CYO Volleyball Night
Academy Center, Begins at 4:30 p.m. See Athletics Section for more information.

Class of 2020 Parents/Guardians After Prom Meeting
Dining Hall, 7 p.m.

Wednesday, October 9
Joe’s Clothes Day
Fall Pep Rally
Academy Center, 2:30 p.m.

Pride Bowl and Cookout
Rawlings Field, 3:30-6:30 p.m.

Thursday, October 10
No School/Office Closed/Faculty and Staff Restorative Practices Training/Blizzard Bag Day for Students

Friday, October 11
No School/Office Open
Explore the Academy: 5th, 6th & 7th Grade Visit Day
9 a.m.-12 p.m. Click here to register.

Engineering & Design Honors Program Discusses Graphic Design with Alumna Mary Kate Healey ’13

On Tuesday, students in the Engineering & Design Honors Program met with Mary Kate Healey ’13 to...
Mary Kate Healey’s Senior thesis

STArts Kick-Off Meeting, Dining Hall, 6-7 p.m.

Thursday, October 17
Quarter One Ends

Friday, October 18
Quarter Two Begins

Student Spotlight

Name: Megan Harrison ’20

Accomplishments: Four-year Varsity volleyball player Megan Harrison ’20 has committed to Tufts University to play volleyball beginning in the fall of 2020. Tufts University is recognized as a premier university dedicated to educating new leaders for an ever-changing world. The outstanding teaching and distinguished research equip graduates to address intricate challenges around the globe. Creative cross-school collaborations and integrative centers engage students in seeking solutions to complex economic, health, political and environmental issues.

"I wanted to commit to Tufts University because it is a very high-ranking academic university. I love the campus and the Boston area because it provides so many wonderful opportunities! I hope to major in either Mechanical Engineering or Psychology. Although I am extremely excited to play volleyball there, I am also thrilled I chose such an academically rigorous school because I will be challenged both in the

Mary Kate attended the University of Notre Dame, which was her reach school. "My first two years of college, I was immersed in the Bauhaus/Foundations Model of Art. I learned to weld, paint, create pottery, used textiles and other forms of media to gain experience. Because I was attending a liberal arts university, I was required to take philosophy, math and science, all which helped inform my worldview." Click here to read more about Mary Kate's educational and professional experiences.

She shared her college extracurricular experiences, including working in campus ministry, admissions and highlighting her work with the University of Notre Dame's yearbook, which helped pay for a portion of her college tuition. "I like to focus on social justice issues and the role that design can play in ethics. I combined these two interests and created a senior thesis entitled Stitches, where survivors of sexual assault shared their words in an anonymous survey, but some of these survivors and allies came together to sew the sheets of these stories together. It was the best opportunity because it was something I was passionate about. My exhibit was featured on the front page of the University of Notre Dame's newspaper and won The Emil Jacques Gold Medal of Fine Arts, the oldest and most prestigious of departmental distinctions." Click here to watch this powerful video.

Parent/Guardian Tips for Teen Stress Management and Anxiety: Tonight, Thursday, October 3

The National Institute of Mental Health estimates approximately 31.9 percent of adolescents have an anxiety disorder. However, the prevalence is higher in girls. Saint Joseph Academy annually conducts the Independent School Health Check Report. This self-report survey assesses various areas of well-being, including mental health within the Saint Joseph Academy population. This presentation will address anxiety, academic pressure and other helpful information including:

- Types and Definitions of Anxiety Disorders
- Symptoms and Diagnosis
- Causes and Risks
- Anxiety Management Techniques

Join us tonight, Thursday, October 3, 5:30-6 p.m. or 7-7:30 p.m. in the Auditorium for a presentation with the Academy’s School Psychologist Melonee Davis, EdS. Gain valuable information and insight about how to help your daughter manage her stress and anxiety in a healthy manner.

Jaguar Jackpot Countdown: 10 Days to Go!
Students at the CSPJ Respect Life Rally

Activities & Interests:
At Saint Joseph Academy, Megan serves as an Academy Ambassador, Key Club, is a member of the volleyball team, Ultimate Fan Club (UFC) and Health Sciences Honors Program. Outside of the Academy she plays Junior Olympic Volleyball.

There are only **10 days left** for students to sell their Jaguar Jackpot tickets. The last day to turn in paper tickets is **Friday, October 11 at 12 p.m.** There is no school that day but the Jaguar Jackpot Office in Room 041 will be open from **10 a.m. to 12 p.m.** No paper tickets will be accepted after this time.

Please note: The Jaguar Jackpot Office will also be open for students to turn in tickets on **Thursday, October 10, 10 a.m.-12 p.m.** even though classes are not in session.

**Online** tickets may be purchased through **Sunday, October 13 at 11:59 p.m. EST** (Ohio residents only). The Grand Prize drawings for $20,000, $5,000, $2,500 and the $2,000 tuition credit drawing will be held on **Monday, October 14.** Top Class, Top Homeroom and Top Seller winners will be announced that same day.

Please contact Stewardship Coordinator Mrs. **Donna Corrigan Ernst ’80, P’14** with any questions.

*Reminder: This is the only required fundraiser for the 2019-2020 school year. You will be billed for the balance of any unsold tickets after the drawing.*

**All-School Test Day (Grades 9-11): Wednesday, October 16**

**Wednesday, October 16** is an all-school testing day at Saint Joseph Academy. Students in Grades 9, 10 and 11 will take standardized assessments, while the Seniors will use this day for college planning. Click [here](#) to read the letter sent to parents/guardians.

Please review the approximate dismissal times as you arrange transportation for your daughter. Freshmen will be dismissed at approximately 11:30 a.m. Sophomores and Juniors will be dismissed at 12 p.m. The **Dining Hall will be closed on all-school testing day**.

**Catholic Schools for Peace and Justice Rally for Life**

Hundreds of students representing Catholic high schools from across the Diocese of Cleveland gathered at the Cathedral of St. John the Evangelist on **Tuesday, October 1** for the annual Catholic Schools for Peace and Justice (CSPJ) Respect Life Liturgy. Bishop Nelson Perez was the celebrant.

This year's liturgy music was coordinated by Saint Joseph Academy, with The Academy Chorale singing during the Mass under the direction of Vocal Music teacher and Performing Arts chair Ms. Kathleen Cooper.

In his homily, Bishop Perez encouraged the students to "treat others with compassion. We're here to celebrate life - all life. Every life matters and should be celebrated," he voiced.

After Mass, the students rallied for life in a march from the Cathedral to Public Square, where they joined together in prayer and unity to provide voices for the marginalized. Seniors Abby Lewandowski and Lily Free gave speeches during the rally.

**Explore the Academy: 5th, 6th, 7th Grade Visit Day**

Ever wonder what it's like to attend classes at Saint Joseph Academy? Join us for a fun-filled learning experience from Saint Joseph Academy's amazing teachers and Student Ambassadors. Science, Math, World Languages, English, Physical Education, Social Studies and Theology classes are all designed with a unique twist on learning. Each student will participate in three classes.

Some examples of past classes include:

- Science: Color of Fireworks!
- Physical Education: Shooting Stars!
- Theology: Kindness Rocks!
Registration is limited so sign up early! Click here to register. We hope to see you on campus on Friday, October 11. For more information, please call the Admission Office at 216.251.4868.

Athletics

Five Tennis Players Advance to Division I District Tournament
The tennis team opened postseason play by advancing a school record five players to the Division I District tournament. The Academy entered Sectionals with Melissa Martin '20/Delia Guzic '23 seeded second in doubles and Kerrigan Ponsart '20/Mary Kate Kahl '21 seeded fourth in doubles. Both teams won three matches to advance to the Sectional Semifinals and qualify for next week's District Tournament. Click here for full match results.

Cross Country Captures Title at Paul Primeau Invitational
The cross country took home the gray division team title at the Gilmour Academy Paul Primeau Invitational on Friday, September 27. The Jaguars finished with 38 points, well ahead of Green (71), Solon (76), Avon Lake (106), North Royalton (114), Firestone (177), North (183) and Magnificat (237).

Annie Allen '20 won the race with a time of 19:24 followed by Amanda Keim '20 in 7th. Ali Blouch '23 was 9th, Marie Musser '20 in 10th, Carlee Blankenship '22 in 11th and Danica Hruby '21 in 12th. Sarah Scott '23 was 16th. The Junior Varsity team also won their race led by Bridget Chambers '21, Emma Hvizdos '22, Lizzie McGuire '21 and Elizabeth Starck '21 who placed first, second, third and fourth overall.

Golf Finishes Second in Quad Match
Saint Joseph Academy finished second out of four teams on Thursday, September 26 at Westwood Country Club. The Jaguars finished at 204, behind Rocky River (196) and ahead of Westlake (206) and Bay High Schools (246). The Academy was led by Katie Kane '21 who shot a 49.

Volleyball Hangs Tough Against Top-Ranked Padua Franciscan High School
The volleyball team fell in three sets on Tuesday to the state's top-ranked team, Padua. The Jaguars hung tough with the Bruins in all three sets before falling 25-23, 25-21, 25-21.

Volleyball CYO Night: Tuesday, October 8
Saint Joseph Academy and the Jaguar volleyball program are excited to welcome CYO volleyball players and their families to our match against Walsh Jesuit High School on Tuesday, October 8.

The Freshmen match between the Jaguars and Warriors begins at 4:30 p.m., followed by the Junior Varsity and Varsity matches. This will be a North Coast League (NCL) match between the Academy and Walsh Jesuit.

Help spread the word to neighbors and friends: All CYO players who wear their CYO jerseys will be admitted to the matches free of charge as will their coaches. There will be raffle drawings throughout the evening for CYO players. CYO Coaches - please click here to RSVP.

Congratulations and good luck to all of our teams at their upcoming athletic events!

To view photos, check out scores or to see the schedules for upcoming games and important meetings, click here.

STAY CONNECTED