

Aquinas High School

Principal's Newsletter

Scripture of the Month:

"And all these blessings shall come on thee, and overtake thee, If thou shalt hearken unto the voice of the Lord thy God."

Deuteronomy 28:2



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Principal's Message

The first quarter is quickly coming to a close. Please be sure to be checking with your students about their first quarter projects and any major test that will accompany the end of the quarter. This is the time students may become overwhelmed and give up. Please support them in their educational endeavors.

Our guidance department is busy getting the seniors to fill out their college applications and is eagerly awaiting the many college acceptances that will come in from all over the country for our students.

The students had a great deal of fun at the homecoming dance. A victory in the game would have been nice, but we still have a chance to win the league. The homecoming week activities were enjoyed by everyone on campus.

Our athletic department is still doing

very well despite some setbacks in volleyball, girl's tennis, and football. The cross country team is having a particularly strong year and both the boys and girls team maybe Christian League champs.

I hope all of you have had a chance to see the quad renovation. We are getting the waffle block seeded with grass during Christmas break.

The renovation of the main campus girl's restroom is complete. We now have a sidewalk across the gym lawn and are anticipating a small covered area in the center of it to shade students during lunch.

Aquinas is moving forward on many projects and any assistance you can give will be greatly appreciated. Please remember things like the required quarterly fundraisers help with the school's operations and do not fund renovation projects. These are funded through donation.

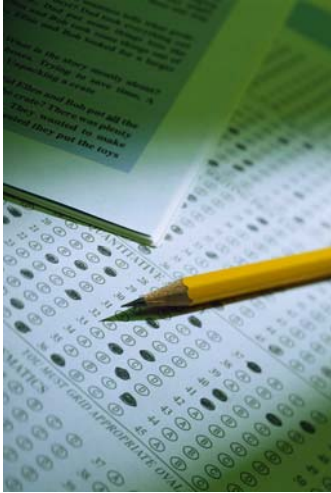
We are having a reconciliation service to help our students prepare for the upcoming advent season. Our second vicariate meeting took place on October 8 and was well received by all who participated. Please take time to review the school calendar on line and be an active presence in your student's life at Aquinas. Almost every event is open to parents as well as students.

God bless you and your family.

Fran Herdlein
Principal



Making the Most of Aquinas



In a couple of weeks we will be hosting our annual Making the Most of High School program here at Aquinas. For those of you that are not familiar with this program, it is a time when Aquinas invites 8th graders from the different feeder schools in the area to come on to campus to experience life at Aquinas. This is our time to showcase all that Aquinas has to offer and hopefully inspire these students to become Falcons.

So as you pick up any other students you have from their various schools, or run across parents of students that will be entering high school, be sure to sing the praises of Aquinas. Share with everyone you come across, whether they ask or not, what a great school Aquinas is. In case you don't know what to tell them, try this:

Aquinas High School has been offering a high quality college preparatory Catholic education for over 50 years, and in recent years has been sending upwards of 99% of our students to college. Last year, Aquinas is proud to say, that 100% of the senior

class was accepted to college! We also offer a highly competitive sports program. Aquinas has captured 84 leagues championships, 4 CIF championships, and 1 State Championship. Aquinas has been able to achieve these academic and athletic milestones by maintaining our integrity while continuing to offer one of the finest educations available.

Remember, Aquinas' strength lies on its reputation. It is up to you, as part of the Aquinas community, to spread the good word for Aquinas, to let everyone know about the great opportunities that await students and let people know what being a Falcon is all about. On Thursday, November 5th at 6:30 pm we will be hosting an Open House for all prospective parents, please pass this on and encourage all to attend.

Thank you,

Mr. Chris Barrows
Assistant Principal
Aquinas High School

An Advantage for life



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AQUINAS HIGH SCHOOL

Celebrating over 50 years of quality Catholic education
Fully accredited by Western Catholic Education Association and Western Association of Schools and Colleges

Member of National Catholic Education Association

College Preparatory Curriculum

- 13 AP and Honors Courses
- 12:1 Teacher student ratio
- Latin, French, Spanish
- 100% college acceptance in 2009
- Catholic Christian Environment
- Full Athletic program
- Top 10% SAT: 2010 average

Lux et Veritas



From the Vice Principal: The Great Shakeout

October 15, 2009

On Thursday, October 15 the entire Aquinas Community had the privilege of participating in The Great Shakeout. Sponsored by the State of California Health and Safety, it was a statewide Earthquake Simulation Drill. Participants included Police Departments, Fire Search and Rescue Departments, Hospitals etc. It was the largest ever earthquake preparedness activity anywhere ever.

throwing a few curves into the “mix.” A couple exterior exit doors were barred making easy evacuation of the buildings a bit more difficult.



If you are interested in more information regarding the Aquinas High School Disaster Preparedness format, or would simply like to look at what you can do as a parent or alumni for the school feel free to contact the Vice Principal, Mr. Mark Hunter. A plethora of information is available for your perusal.



-Mark Hunter
Vice Principal

At precisely 10:00 am Mrs. Wetzel rang the fire drill bell to simulate a 30 second long earthquake. Students, Teachers, Staff and Administration had to react as if it were a real earthquake and duck and cover. Around twenty students simulated a variety of injuries

Once students were safely at the Student Control area (approximately 10 minutes from the start of the bell), teachers were then deployed into their pre-designated teams. These included; Command Post, Sweep and Rescue, Student Control, Utilities, Parent Control and First Aid. All together the drill lasted 22 minutes from start to finish and provided plenty of information for future preparation. When all is said and done, it was a very successful drill.



A big Thank you to all who helped to make Monte Carlo night a big success.

Sports Update:



Aquinas High School

Our Revised Mission Statement : "Aquinas High School's mission is to form through education young men and women as leaders in the light and truth of the Gospel of Jesus."

Seniors: Congratulations to the Class of 2009. 100% of you will be going to further your education.

Questions? Contact the counseling office.

**FOR MORE INFORMATION
LOG ON TO
WWW.COLLEGEBOARD.COM
FOR SAT INFORMATION OR
WWW.ACTSTUDENT.ORG
FOR ACT INFORMATION.**

**FINANCIAL AID:
WWW.PIN.ED.GOV
WWW.FAFSA.ED.GOV
WWW.CALGRANTS.ORG**

October finds the fall sports program half way complete. All varsity teams have a winning record and are doing very well. We are very proud to say that every team is ranked in the top ten in their division according to CIF polls. The Football team is currently 3 - 2 and heading into their Homecoming game versus Oak Hills. Good luck gentlemen. The girls Volleyball team is off to one of the best starts in school history. They are currently 9 - 1 overall, and fighting for a playoff spot. Good luck and keep up the good work ladies. The girls tennis team is 6 - 3, 2 - 2, and are coming off a big win against Ontario Christian. Good job ladies! The boys and girls Cross Country team is doing very well. The girls just captured the small schools championship this last Saturday at the Inland Empire challenge. They are currently tied for first and are fighting for a league title. The boys are in third place and fighting for a playoff spot. Good luck and keep up the good work Cross Country. As far as fundraisers go, the cheerleaders are currently doing a candle sale, and the Cross Country team is doing their Falcon Run on November 14th. Their will be more fundraisers along the way. Thank you to all who continue to support Aquinas athletics and best of luck and continued success to all our teams.

God Bless,
Coach Ybarra

Senior Section: Mrs. Burton's Office

From the Guidance Corner: The College Fair was a big success... thanks to those of you who attended. I hope that the College Information Night on October 14th will be just as successful! Congratulations go out to two young ladies and one gentleman: Hannah Sequeira and Thomas Grossman were named an "A.P. Scholars" which means that they have successfully taken at least 3 A.P. tests and scored at least a "3" on each of them!! Elaine Hanson received a Letter of Commendation from the National Merit Scholarship Program!!

Time has gone by quickly, and we are nearing the end of the first quarter! Keep in mind that first quarter grades do not appear on transcripts, so if your student has a grade lower than you had expected, he/she needs to aim high during the second quarter so that it will bring up the class grade in the semester average. I am working on meeting with each senior and junior individually. We discuss each student's G.P.A., study habits, goals about college, etc.

due by November 30th. You may log on to www.CSUmentor.edu for multiple Cal State applications (apply early because of limited number of acceptances) and for UC's the web site is universityofcalifornia.edu/apply. Scholarship opportunities are written on the white board in the Guidance Office. You may also want to visit www.fastweb.com or www.finaid.org for other financial aid options.

Have your son/daughter request letters of recommendation from their teachers or community leaders as soon as possible. Give them a copy of your student's resume including G.P.A., awards and activities, community service hours, and a stamped addressed envelope with the name of the college on it. As your son/daughter receives acceptance letters from colleges or scholarships, please send a copy of the letters to me so that I can update my files.

Please feel free to contact me if you have any questions. My email address is mburton@aquinashs.net or you may call me at (909)-886-4659 ext. 294.

Cal State and UC applications are

Campus Ministry Corner

Tempus Fugit

It's almost November...have you planned your Christmas party yet?

Knowing that I am in danger of sounding like a nasty hybrid of Mr. Scrooge and the Grinch, I would like to make my annual plea not to hold Christmas parties before Christmas. Advent is such a beautiful time in the life of the Church. The light of the Advent wreath enlightens the room as the days grow shorter and the nights darker. More than just creating a beautiful scene, however, the Advent wreath teaches us an important, albeit, unpopular lesson: waiting is good... perhaps, even holy. It is ok not have everything I want right now. "Yo quiero Taco Bell" but I really, honestly do not need to have Taco Bell food at midnight on a Tuesday, do I? As I said, this notion of holy waiting is about as fashionable in contemporary society as a Captain and Tennille's greatest hits album.

Nevertheless, we Catholics need to witness to the fact that ultimately we long for our heavenly home. The pleasures and satisfactions of our world are fine within limits, but the unlimited joy of Heaven outdoes any gratification we can imagine. We must not ride along the waves of popular culture, rather we should wisely navigate through the notion that we need to have everything we want and we need to have it now. Aside from other lifestyle changes that such a witness to holy waiting would involve: not taking your credit card with you when you surf the internet, not giving in to the impulse to buy things that you do not need just because they are on sale, not over eating, etc....holy waiting also means not celebrating Christmas before Christmas. After all, the "Twelve Days of Christmas" begin on December 25 and go until the feast of the Wise Men on January 6. Today, we often begin taking decorations down the day after Christmas because we have already been celebrating for a month.

Advent helps us to prepare to greet Jesus, the Light of the World who enlightens all people. There are wonderful Advent resources on line and in your parish book racks. I will also try to put some resources on our website. Read the Prophet Isaiah every day. Make a family Advent wreath and celebrate a simple Advent service before or after dinner. Our prayerful reflection and holy waiting during the four weeks of Advent allow us to enter more fully into the Christmas season.

So, by waiting to celebrate Christmas you will actually make Christmas more enjoyable and more special. Yes, it may mean that you will miss out on some Swedish meatballs at the company or neighborhood Christmas party. If you wait until after Christmas to celebrate, however, you can come hang out with me. In the Melkite Greek Catholic Church, we fast from meat completely during what we call the "pre-Christmas" season (which is a full 40 days), so you know I'll have some great meaty selections at my house during Christmas!

Holy waiting may not be popular, but it is both important and rewarding. Let us mark this Advent season with prayer and anticipation so that the Light of Christ may shine all the more brightly during the Christmas season.



Daily Mass Schedule:
Monday, Wednesday,
Fridays:
7:15 a.m. in the chapel.



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Lux et Veritas

**We're on the Web:
www.aquinashs.net**

Upcoming Events:

- 10/20 School Board meeting
 - 10/27 Kairos Retreat Begins
 - 10/30 Kairos Retreat Ends
 - 11/2-5 Making the Most of High School
 - 11/5 Open House—Tell A Prospective Parent
 - 11/7 Campus clean up day
 - 11/11 Veteran's Day, No School
 - 11/13 Minimum Day
 - 11/21 Alumni Basketball Game
 - 11/25 Community Day of Prayer
- Every Tuesday and Thursday is recycling
Please check the website for the latest information.

Office Hours:

The Aquinas Main Office is open Monday through Friday from 7:15 a.m. to 3:30 p.m. Please try to make your appointments during the normal business hours.

Our website is continually updated. We ask that parents use this important means of communication.

Non Discrimination Policy:

Aquinas High School admits students of any sex, race, color, religion, creed, national and ethnic origin to all rights and privileges, programs and activities generally accorded or made available to all students of the school. Aquinas High School does not discriminate on the basis of sex, race, color, religion, creed or national and ethnic origin in the administration of its educational policies, admissions policies, scholarship programs, and athletic or other administered programs.