

KNIGHTLINE

July 2019



SACRED HEART JUNIOR/SENIOR HIGH SCHOOL
234 EAST CLOUD • SALINA, KS 67401

Calendar

JULY

- 31 - Enrollment/Registration
8:00 am to 12:00 pm
5:00 pm to 8:00 pm

AUGUST

- 13 - 7th Grade Orientation
6:30 pm - BBQ
7:00 pm - Orientation
14 - First Day of School
(8 am to 1:30 pm)
15 - Parent/Athlete Fall Sports
Meeting in Cafeteria
6:00 pm - Junior High
7:00 pm - High School
15 - 10:15 am - Assumption - All
School Mass
19 - 8:10 am - All School Mass
19 - First Day of Practice for
Fall Sports
26 - 8:10 am - All School Mass
27 - Student Pictures
30 - Volleyball/Football Soap
Scrimmage

SEPTEMBER

- 2 - Labor Day--No School
3/4 - Student Reconciliation
9 - 8:10 am - All School Mass
11 - Late Start @ 8:49 am



From the Principal

Welcoming You To the 2019-20 School Year

We hope the first newsletter of the 2019-20 school year finds you and your family enjoying the summer season. Student registration (July 31) and the start of school (August 14) are right around the corner. Our office and maintenance staffs have been busy working throughout the summer in preparation of the new school year.

In this first issue, you will find important information on handbook changes, meeting dates and times, updated schedules, a calendar of events, staff profiles along with a review of recent school improvements and summer activities. Please take the time to read the entire newsletter. If you have any questions or concerns, please do not hesitate to call (827-4422) or stop by the office.

Welcome to the 2019-2020 School Year



Summer Maintenance Projects

Each and every summer, we strive to make capital improvements to the campus and this summer was no exception.



Holland Paving made repairs, crack sealed and seal coated our asphalt parking lot this summer.



Upgrades to Windows 10 were made to the computers in the Library and the Computer Lab along with adding wireless capability. Pictured above are Susan Goodman and IT Director Bob D'Andrea.

A Letter From The Director of Community-House

Hello fellow Knights,

My name is John Hamilton and I am the new Director of the Sacred Heart Community-House System (SHCH). I've had the opportunity to serve the students in various roles in the first two years of Community-House, including Community Dean which afforded me the opportunity to contribute to the development of the system. Despite this experience, I've found that the greatest impact on the positive growth of our students and our Community-House System lies with what Pope Francis refers to as, "Magnanimity," which he defines as, "Doing the little things." When the leaders of SHCH meet with Administration to make decisions and set goals it is important, but we grow only when those goals are realized. When a student mentors another, prays for someone struggling, or steps up to help with an activity we grow right then and there. Sociologist Brene Brown defines being a leader as, "someone who takes responsibility for finding the potential in people and processes, and who has the courage to develop that potential." Notice that there is no mention of a title, or a required number of people to supervise, in this definition. It's just about being brave, putting yourself out there for someone else, and focusing on what you can control, even though things may not have turned out the way you wanted them to. As we look ahead to this new school year, I encourage us to ask ourselves, "What are the little things that we can do?" Lastly, I'd like to share with you our goals for this new school year and some of the efforts we will make to achieve them:

1. Improve communication to parents about Community-House

- Each Community will create a quarterly newsletter highlighting monthly events
- The Knightline will include a section for upcoming Community-House events and opportunities for parents to attend/volunteer
- Parents/Guardians will have the option at school registration to sign-up to receive Community-House Newsletters and the Knightline via email.
- Parents/Guardians can also pick-up an informative brochure about the SH Community-House System in the office (Coming Soon!)

2. Increase leadership opportunities for all students

- Students can join new committees within their communities and work together to publish the newsletters, help plan events, brainstorm activity ideas, and more!
- Junior High, Freshman, and Sophomore Leaders will plan several activity days for their respective classes

Thank you for all the things you do to support our school, both great and small! This is the third year of our Community-House System, and this is the year that we turn the corner. Come grow with us by being a part of the many community-House activities and events we have planned for this year!

John Hamilton
Director of Community

Enrollment, Registration, and Uniform Info

First Day of School--Wednesday, August 14. Teachers report for meetings and in service on Tuesday, August 6, with the first day of school scheduled for Wednesday, August 14. We will be on heat schedule (8:00-1:30) for the first three days and then as needed.

Student registration for the 2019-20 school year is from 8 a.m. to 12 p.m. and from 5 p.m. to 8 p.m. on Wednesday, July 31. Registration will be held in the High School cafeteria.

Please enter through the west doors by the cafeteria. Used uniforms will be available for purchase during registration. If you are unable to make it during these times, please call the school (827-4422) to set up an appointment for a later date. Individual registration packets were mailed on July 20th. **Schoolbelles** is now the uniform provider for Sacred Heart and will be available at Registration from 5-8. Parents are welcome to pre-order school uniforms by calling 888-637-3037 or order on-line. Sacred Heart's Web ID Code: S2839. Dress Code reminder: **Skirt lengths must cover the knee. Shorts may be worn year around but must be of appropriate size. No sagging of shorts or pants are allowed. All shorts need to have at least a 7" inseam.**

ATTENTION 7th GRADERS and PARENTS Seventh Grade Orientation and Barbecue

All incoming 7th grade students and their families are invited to attend our new student orientation and barbecue at 6:30 p.m., Tuesday, August 13, in the school cafeteria.

**At the orientation which begins at
7:00 pm, you'll get an
opportunity to:**

- * *Meet staff*
- * *Discuss daily procedures and handbook policies*
- * *Get answers to specific questions*
- * *Tour classrooms and labs*
- * *Visit with individual teachers*

Sports Meetings

Junior High Fall Sports Meeting

Junior High students interested in participating in sports need to attend the sports meeting at 6:00 p.m., Thursday, August 15, in the school cafeteria.

A short general meeting will be held before breaking into groups for specific information. This is a mandatory meeting.

If you are unable to attend this meeting, please contact Mr. Muninger at 827-4422.

High School Fall Sports Parent/Athlete Meeting

A meeting for all High School students participating in sports and their parents will be held at 7:00 p.m., Thursday, August 15, in the High School cafeteria.

General information will be discussed before breaking into groups for specific information with their respective coaches.

This is a mandatory meeting for student athletes and their parent(s) before students can begin practice.

If you are unable to attend this meeting, contact Mr. Muninger at 827-4422.

2019-20 School Policy Changes & Amendments

CREDIT RECOVERY POLICY

Students who fail a required class for graduation will need to either retake the class at Sacred Heart High School or complete a credit recovery through an accredited agency to earn the necessary credit. Students will need to contact the counselor for the correct procedures. Any credit recovery course taken outside Sacred Heart High School must have the prior approval of the high school counselor and Principal to be accepted to meet a graduation requirement. Only two recovery credits in four years are allowed to meet the graduation requirements at Sacred Heart. The original and repeated course grade will appear on the transcript and both figure in the cumulative GPA/percentile grade.

INDEPENDENT STUDY

Independent study can offer students a degree of flexibility and individualization in their class schedule. Because students in independent study work closely with their teachers, either online, in one-on-one meetings or small group instruction, independent study can be a highly personalized form of instruction. Independent study is generally reserved for juniors and seniors only. Students who may consider an independent study include:

- Students who need an individualized approach that allows them to delve more deeply into areas of special interest.
- Students who face particular challenges—such as health issues that make classroom attendance difficult.
- If a student with a strong interest in a course of study that is not offered at Sacred Heart.
- A student who is attending classes at Salina Area Technical College or Kansas State-Salina for a portion of the school day and needs a more flexible schedule.

Independent study is not for all students – especially at the high school level. Independent study requires basic academic skills and a level of commitment, motivation, organizational skills and self-direction not unlike the level required by college students.

**Please note that if a student wishes to receive Sacred Heart credit for an online Independent study course, the course must be from a fully accredited institution and prior to enrollment be approved by the Counselor and Principal.

Concussions and Academic Adjustments

When the student sees his/her physician and is officially diagnosed with a concussion and/or receives academic adjustments, the physician should date how long the academic adjustments should last. If the student is still having symptoms beyond two weeks, they should be reevaluated by their physician. At that time they can adjust or prolong school adjustments. School adjustments apply only to the dates prescribed by the physician or for two weeks following the injury if not specified.

ATTENDANCE POLICY

After the 10th day of absence, excused or unexcused, per semester, the student may be required to present a doctor's note for each subsequent absence.

SMOKING/VAPING/TOBACCO PRODUCTS-Students

Sacred Heart Jr-Sr High School expressly forbids students from smoking, vaping, or using tobacco products, as well as possessing such products (or related paraphernalia), at any time in or on school grounds, buses or other school vehicles, adjacent properties, or school-sponsored trips. Students should also be aware that vaping of mind-altering substances, such as marijuana, violates Sacred Heart Jr-Sr High School's Drug and Alcohol Policy. Discipline for any of these violations will be imposed based on the circumstances existing at the time and may include suspension, probation, or expulsion.

Vaping is a rapidly growing problem in schools. Vaping or having any e-cigarette devices on school grounds or any Sacred Heart event or activity is prohibited. All cigarettes (including electronic), vaping devices, smokeless tobacco, lighters, matches, etc. or other devices similar to cigarettes, lighters, matches, etc. brought on school grounds by students will be confiscated and destroyed. Parents will be notified and the following consequences will also result:

First Offense: 2 service hours & one week suspension from all school activities as a participant and spectator.

Second Offense: 4 service hours & a three week suspension from all school activities as a participant and spectator and spectator.

In addition, the student will submit to a Drug/Alcohol counseling session provided by Central Kansas Foundation at the student's expense within 30 days of the violation.

2019-20 School Policy Changes & Amendments (cont)

CELL PHONE ACCEPTANCE USE POLICY

According to Sacred Heart Acceptance use policy students may use cell phones before school, during passing periods, at lunch and after school. However, during the regular school day all students entering a classroom will need to turn their cell phone to off or silent mode and then check their phone to the cell phone storage device located in each classroom. The student may retrieve their cell phone with teacher's permission or at the end of the class period. A student who retrieves/uses their cell phone without permission or does not 'check' their cell phone upon entering the classroom will be subject to the following consequences:

1st Violation

The cell phone will be confiscated for the remainder of the day. The parent may pick up the device from the office at the end of the school day. A detention/service hour is assigned.

2nd Violation

The parent may pick up the device from the principal at the end of the school day. 2 detentions/service hours are assigned and the student is not allowed to bring the phone to school for 1 week.

3rd Violation

The parent may pick up the device from the principal at the end of the school day. 4 detentions/service are assigned and the student is not allowed to bring the phone to school for 2 weeks.

JUNIOR/SENIOR COLLEGE VISITS

A junior or senior may be excused from school to visit a college or post-secondary school provided the parents contact the school 24 hours in advance of the visit. All college visits need to be scheduled before April 30th.

Senior students will be allotted two (2) approved college visitation days during the course of the school year that will not count as an absence in computing attendance or in granting credit for course work.

Junior students will be granted one (1) college visit day during the second semester that will not count as an absence in computing attendance or in granting credit for course work.

If the above procedure is not followed, the absence is unexcused.

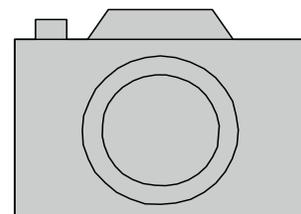
Any expenses associated with college visitation days are the responsibility of the student.

Late Starts scheduled for Staff Development for 2019-2020

Late start dates for the 2019-20 school year are tentatively scheduled for: **September 11, October 2, November 13, December 4, April 1 and April 29.** School will begin at 8:49. The school will still be open to students at 7:40.

Fall Photos

JH/HS Fall sport pictures will be taken on Friday, August 23 and Monday, August 26. School Portrait Photographs will be taken on Tuesday, August 27, with retakes scheduled for October 16.



New Faces at SHHS for 2019-2020



Mr. Keenan Thompson will be teaching Junior High Social Studies and Head Coach of the girl's basketball program. Mr. Thompson says "Hello everyone! It is good to be home!" He is a SHHS graduate of 2010. After high school, he attended Bethany College where he was a member of the Bethany Swedes football team for 2 years and the soccer team for the following 2 years. Mr. Thompson graduated in 2015 with a degree in Social Science Education. Right out of college, he went southwest to Hugoton, Kansas, where he taught 7th grade Social Studies, coached and helped with a variety of different teams and clubs. Mr. Thompson was in USD 210 for 4 years and is entering his 5th year as an educator.

Mrs. Renee Thompson is the new Communications/Event Coordinator in Business Office and is not new to the Catholic Community, having served as the receptionist at the Diocesan office for 10 years. She comes to us from her most recent endeavor where she developed and ran a therapeutic gardening program for the youth in the residential centers at St. Francis Ministries. Renee and her husband, Chris, have 3 sons who are alumni of SHHS-Keenan 2010, Kaiden 2013, and Konnor 2014. They also have 2 daughters, Karrigan, who will be a 5th grader at St. Mary's and Lacey Caywood, who is married to Nate and lives in Tulsa. Renee and Chris are also the coordinators of the Salina Catholic Youth Organization and are active members of Sacred Heart Cathedral. When she is not keeping up with her family, Renee enjoys cooking, entertaining, gardening, and working on projects around the house.



Ms. Emily Andreozzi will be our new High School Religion Instructor. Emily is a native of Elko, Nevada and attended Great Basin College where she earned her associates degree. Emily then transferred to Benedictine College where she was an honor student and recognized as Benedictine's Student Teacher of the year. She also served as a leader on Benedictine's Ministry Retreat Team and served as a RA on Campus. Emily graduated this past December with a degree in Theology and Secondary Education. She spent this past spring in Italy with Benedictine College's Study Abroad program. In addition, She spent the summer of 2018 in the Salina Diocese teaching Totus Tuus and met some incredible people. Emily is spending her summer working as a cook in McAdoo's Restaurant as well as spending time in the mountains of her home state, Nevada. She enjoys hiking and hanging outdoors and recently returned from a backpacking trip in the Grand Canyon. Emily is honored to be able to serve the Salina Diocese by teaching Theology and is looking forward to getting to know the Salina Diocese and Sacred Heart High School Catholic School.

Mr. Jeremy Magee begins his first year as the Director of Buildings and Grounds. He is a Salina South graduate and has lived in Salina his whole life. Mr. Magee graduated from Salina Area Vo-Tech College in 1998 with a certification in auto mechanics. Prior to working at SHHS, he worked for USD 305 for 16 years. Mr. Magee enjoys car racing, working on his house and coaching wrestling.



Ms. Lori Wesley returns to her hometown of Salina and is joining us in the position of office manager this year. Lori attended St. Mary's Elementary in Salina prior to her family moving to North Carolina. After high school, Lori returned to Salina to attend Marymount College where she earned her Bachelor of Science degree. She later earned a MBA from CSULA. For many years, Lori lived and worked in California in the financial services and financial technology industries primarily leading projects and programs focused on: new products/services, system upgrades, replacements, new implementations, and corporate acquisitions. She is a member of St. Elizabeth's Parish where she serves as a lector and Eucharistic Minister. She spent this past spring working in the office and classrooms at Cottonwood Elementary School here in Salina. Her interests include: hiking, cooking, spiritual reading and a variety of creative activities.

Mr. Ken Berndt starts his first year as Junior High/High School Industrial Arts Teacher. He has been a licensed contractor for the city of Salina since 2002. He has built several homes and has completed multiple remodeling projects while employing and educating high schoolers from the Salina area. Some students have continued on after graduation into contracting and electrical trades. He graduated DeVry Institute of Technology in 1990 with a Bachelors in Computer Information Systems and spent 11 years at Universal Underwriters Insurance Group in Overland Park, KS as a software developer. Ken and his wife Chantel have been married since 2002 and have two children - Isabella, a freshman at SHHS and Isaac. Ken enjoys family time, working on projects around the house, music concerts, watching educational videos, and constantly listening to music.





Deacon Steve Frueh, Frueh begins his first year at Sacred Heart High School where he will be teaching religion to the sophomore classes. Deacon Frueh graduated from the University of Central Missouri with a B.S. in Criminal Justice Administration and a Master of Science in Public Services Administration. He served five years as a trooper with the Kansas Highway Patrol followed by 27 years as a special agent with the Bureau of Alcohol, Tobacco, Firearms, and Explosives (ATF) in the U.S. Department of Justice, serving throughout the United States, retiring in 2014. Deacon Frueh received his diaconal formation from St. Meinrad Theological Seminary, St. Meinrad, Indiana, and was ordained June 4, 2016. He and his wife live on a small piece land west of Salina where they raise two cows and calves.

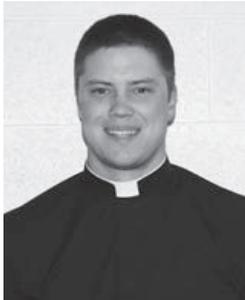
Returning Staff--The Tradition Continues for 2019-2020

Mr. John Krajicek, Head Principal, undertakes his 24th year at SHHS. Mr. Krajicek received his B.S. in Industrial Technology at the University of Nebraska at Kearney where he was a four year letter man and team captain in football. He received his M.S. in Secondary/Administration at Fort Hays State University in 1989. Professionally, Mr. Krajicek has taught and coached at the following schools: Graduate Assistant at the University of Nebraska-Kearney; Bennington High School, Teacher/Coach; Platteview High School, Teacher/Coach; Tescott High School, Building Administrator; and Tekamah, NE, Building Administrator. John and his wife Jeanie have five sons, Tyler--a 2006 SHHS graduate, Alex--a 2007 SHHS graduate, Neal--a 2010 SHHS graduate, Ryan--a 2013 SHHS graduate, and Luke--a 2018 SHHS graduate.



Mr. Eric Muninger, Assistant Principal/Athletic Director, and Golf Coach, puts into his 25th year at SHHS. Eric received his B.S. in Physical Education/Health in 1985, a M.S. in Education/Administration in 1993, all at Fort Hays State University. Previous teaching/coaching stops included Bazine, Elementary Principal, teacher, coach ('93-'95); Goddard ILC, JH School, teacher/coach ('91-'92); Morland, teacher/coach ('88-'91); and Elkhart Middle School, Teacher/coach ('85-'88).

Mr. Neal Zouzas starts his tenth year as the Guidance Counselor, SAFE/PASS sponsor and National Honor Society sponsor at SHHS. In 1974, Neal graduated from Fort Hays State College with his Bachelor's Degree in Sociology. In 1997, Neal received his Master's Degree from Fort Hays State in Guidance and Counseling. For 26 years, Neal worked with St. Francis Community Services in a variety of roles including youth and family counselor and more recently as Regional Director over the Residential Treatment Facilities. Neal and his wife Pam have been married for 39 years. They have two children, Lukas and Tasia--both K-State University graduates.



Father Andy Hammeke begins his second year as Junior High/High School Chaplain and also serves as Asst. Baseball Coach. He was ordained June 2nd of this year for the Diocese of Salina and is the new Parochial Vicar at St. Mary Queen of the Universe Parish. Fr. Hammeke is a 2007 graduate of Thomas More Prep Marian High School in Hays and he received a B.S. degree in Health and Human Performance from Fort Hays State University in 2012. In preparation for Priesthood, Fr. Hammeke attended Conception Seminary College in Missouri and St. Meinrad Theological Seminary in Indiana. His hobbies include playing the drums, playing/watching sports, fishing, kayaking, and reading.

Mr. Chris Feil enters his second year at SHHS teaching High School Business, Junior High Keyboarding, and Asst. Baseball Coach.. Chris taught for five years previously as a Special Education teacher and spent the last two years as a Realtor for Coldwell Banker Antrim-Piper Wenger. He previously taught for USD 305 and Southern Cloud Schools. Chris received his B.S. in Web Design from Fort Hays State University in 2005 and his B.S. in Elementary Education in 2010. He recently received his MS in Business Education from Emporia State University in 2017. As well as teaching, Chris has coached baseball at Salina South and Junior High football and track. Chris and his wife, Amanda, have three children – Wyatt, Bella, and Jamie. Some of his hobbies include golfing and watching the Kansas City Royals, Pittsburgh Steelers, and Kansas Jayhawks.





Sister Pauline Kukula, Junior High/Religion, Liturgical and Prayer Service Coordinator, 8th Grade sponsor, begins her 50th year at Salina Catholic Schools, and will dance and hum into her 38th year of teaching at Sacred Heart Jr/Sr High School. In addition, sister also directs the confirmation preparation program for our 8th grade students. Sister Pauline attained her B.S. at Benedictine College, a B.A. in Religious Studies at Marymount College, and a M.S. in Christian Spirituality at Creighton University.

Mr. Brian Gormley begins his 24th year at SHHS and will teach Jr/Sr. English, College Exploratory Writing and College Literature. In addition, Mr. Gormley coaches JH Football, HS Boys Head Basketball coach and Junior Class Sponsor, and Dean of Mother Teresa Community. He also serves as Chairman of the Advanced Ed School Accreditation team. Mr. Gormley got his B.A. in English at Kansas Wesleyan University in 1995 where he was a member of the Coyote Basketball Team for four years, earning KCAC All-Academic team honors for three consecutive years. Brian and his wife, Sherry, have six sons: Damon--2012 graduate of SHHS, Andrew--2015 graduate of SHHS, Tyler--2017 graduate of SHHS, Jackson--2019 graduate of SHHS, Jacob--a junior at SHHS, Liam and two daughters, Grace--an freshman at SHHS and Olivia.



Ms. Debby Everett begins her third year at SHHS teaching Junior High English and Career Cruising. Ms. Everett is also Cheer Team Sponsor. She graduated from Kansas State University and began her teaching career in Solomon, Kansas. Ms. Everett then moved on to St. Mary's Grade School, from there she went to Billings, Montana then Rapid City, South Dakota. She is returning to Salina to get closer to family. Ms. Everett has four daughters--Sydney, senior at SHHS & Emilee, junior at SHHS--that are her pride and joy. In her free time, Ms. Everett enjoys spending time with family, traveling and reading.

Mrs. Sondra Palen, Advanced Math, Calculus, Algebra II, College Algebra, Algebra I-B and Senior Class sponsor will be calculating for her 24th year at Sacred Heart. She is also the High School Head Volleyball coach, and Community Dean of Margaret Mary. Mrs. Palen got her B.A. in Mathematics Education at Bethany College in 1990 after attending Marymount College from 1986-1989. She achieved Honor Roll status for all semesters while lettering on the collegiate volleyball team. Sondra's professional experience includes teaching and coaching at Smith Center High School ('93-'95) and Eastern Heights High School ('90-'93). Sondra and her husband, Brad, have four children: Nicole--2011 graduate of SHHS; Austin--2014 graduate of SHHS; Blake--2018 graduate of SHHS; and Amber--a senior at SHHS.



Mr. John Hamilton begins his eighth year teaching American History, World History and Government. Mr. Hamilton is also Director of Community/ House and is our Chromebook administrator. John received his MS degree from Fort Hays State University in 2015. He graduated from Northwest Missouri State University with a BS degree in Geography. He received his teaching endorsement from Avila University in Kansas City, MO. John previously taught at McPherson High School and student taught at Shawnee Mission West High School. John and his wife Lindsay (Hadorn--2001 graduate from SHHS) have three daughters--Mia, Reese and Evelyn. His hobbies include writing, hiking, fishing, reading, historic research, playing acoustic guitar and spending time with his family.

Mrs. Shelly Power begins her fourth year teaching Spanish at SHHS. Mrs. Power graduated from Iowa City High School. She graduated from Iowa State University in Ames with a BA in Spanish Education and an MS in Foreign Language Curriculum and Instruction. She has taught all levels of Spanish, from preschool through college. She taught in the Des Moines area for 14 years at both public and parochial school. Shelly and her husband, Tim, have five children: Landon--a senior at SHHS; Ellie--a sophomore at SHHS; Carson--an eighth grader at SHHS; Drew, and Avery. In her spare time, she enjoys spending time with her family, running, watching and participating in sports, and reading.



Mrs. Olga Silverman begins her third year teaching English Language Arts Grades 9 and 10, Speech and College Speech. In addition, she coaches the SHHS Debate and Forensics teams. The 2019-20 school year will be the seventh year in her teaching career. Mrs. Silverman holds an MA degree in Industrial Engineering from the University of Latvia, a BA degree in English Secondary Education from Kansas Wesleyan University, and an MSE degree from the University of Kansas. Previously, she taught at Brown Mackie College, Solomon High School, and student-taught at SHHS. In 2015, Mrs. Silverman received a Horizon Teaching Award as an outstanding first-year teacher in Kansas. Mrs. Silverman, her husband David, and their daughter Stephanie--a freshman at SHHS--reside in Salina, where David teaches at Kansas Wesleyan University. She loves to spend time with her family, travel, read, research, and do artwork. Mrs. Silverman's wall mural decorates the children's ward at Salina Regional Hospital. As a researcher, she has presented six times at the annual Popular Culture Association/American Culture Association national conference, and has co-authored the book chapter "This Is Not the Mary Poppins I Know" in *It's the Disney Version* (edited by D. Brode).



Mr. Michael Beeson begins his third year teaching Junior High Math, 8th Grade Computer Coding, Asst. Scholars Bowl Coach, sponsors JH Math Counts and 8th Grade sponsor. Mr. Beeson first received an A.S. degree from North Central Kansas Technical College in Electronic Technology in 2000. He also graduated from FHSU with a B.S. degree in Elementary Education in 2005 and in 2013 received his teaching endorsement for Middle School Math. Before he was a teacher, Mr. Beeson worked as a control engineer for Kasa Industrial Controls here in Salina for 2 years, spending much of his time programming graphic terminals for automatic conveyor systems. He taught 3 years at St. Joseph School in Ellinwood, KS and 9 years at St. Mary's Grade School. Mr. Beeson and his wife, Sheila, have one daughter, Michelle. His hobbies and interests include playing guitar, reading, mindfulness meditation, and spending time with family.



Mr. David Green will begin his 11th year teaching Chemistry, Biology, Advanced Biology and Physics. He is also Jr. Civitan sponsor and coaches our Scholars Bowl and Science Olympiad teams. Mr. Green, a Salina native, graduated with distinction and honors from the University of Kansas in 2002 with a B.S. degree in Biology/Chemistry and Psychology. He received his Masters degree from Fort Hays State University. Mr. Green has spent time as an English teacher and Campus Minister in Osijek, Croatia, a para educator for USD 497, a strategic tutor for the University of Kansas, and as a substitute for the inner-city schools of St. Louis, MO. In addition, Mr. Green has served as a mission volunteer in Reynosa, Mexico, and Bangkok, Thailand. His hobbies and interests include camping, backpacking, and pursuing social justice issues on behalf of the poor. David and his wife, Tihmoira, have two daughters-- Nalha and Alani, and a son--Kairo.



Mrs. Jennifer Fritz begins her 12th year teaching Freshman Health and PE, JH PE, Nutrition, FACS and JH Life Skills. A native of St. Francis, KS, Mrs. Fritz received a Bachelor's Degree in Education from Kansas Wesleyan University in 2003. While at Kansas Wesleyan, she participated in cross country, track and basketball. After graduation, she taught in Satana, KS, for one year and Marquette, KS, for three years. Mrs. Fritz and her husband, Chris, have two sons, Lane and Gauge and a daughter, Bailey. Their hobbies include gardening, horseback riding and spending time with their family. Jennifer previously spent time at Sacred Heart as an assistant coach for JH basketball and track during the 2003-2004 school year.



Mr. Richard Koshgarian will begin his 13th year as Instrumental Music Director at Sacred Heart. Mr. Richard Koshgarian began music lessons on trombone at age nine and piano at age 12. He attended Rhode Island College where he earned a Bachelor of Music degree in performance, the University of Michigan (Master of Music in Trombone Performance & Orchestral Conducting) and The University of Iowa (Doctor of Musical Arts, Orchestral Conducting). He has served as Assistant Conductor of the National Orchestra of New York, Assistant Professor of Music at Fort Hays State University and Artist in Residence at Western Carolina University. In addition to his duties as Band Director at Bethany College, Music Director and Conductor of the Hutchinson (KS) Symphony and Director of Music at First Presbyterian Church in Salina. He has four children Hannah, Rachael, Sarah & Zachary. His hobbies include jogging, racquetball, reading science magazines and books, and doing just about anything with family members.





Mrs. Carol Plymell, 7th and 8th Grade Science, Freshman Science, Earth Space Science and 7th Grade sponsor, is experimenting into her 21st year at SHHS. Carol graduated from Fort Hays State University in 1978 with a B.S. in Education and a Middle School Science Endorsement. She also was a member of the Fort Hays Varsity Track team. Carol has previously taught at Ellis (1988-1993) and in Lincoln (1993-1999). Carol and her husband Ron have three sons--Rusty, Jeremy and Aaron--and one grandson.

Mr. Jordan Schwartz begins his eighth year teaching a variety of Art classes at the high school level along with a JH Art class. Jordan is a native of Salina, Kansas. He graduated from Sacred Heart in 2008. He earned his Bachelor of Arts degree in Education and Drawing from Bethany College in Lindsborg. Jordan has been doing artwork ever since he could pick up a crayon and is happy to report that his art has gotten better over the years. In addition to artwork, Jordan enjoys reading, writing and one day hopes to publish the book he is currently working on. Jordan is the son of Paul and Sherry Schwartz. Jordan's wife, Katie, works at Saint Francis.



Mrs. Kathy Schmidtberger, will begin her 12th year as the Resource Education instructor at SHHS. Mrs. Schmidtberger began teaching at Sacred Heart Elementary school in Ness City, Kansas and has been teaching since 1991. She received her Bachelor's Degree from Fort Hays State University in Nursing and Elementary Education. She also received her Master's Degree from Fort Hays State University. Mrs. Schmidtberger and her husband, Arnold, have three children: Katelyn--a 2009 graduate of SHHS, Dru--a 2013 graduate of SHHS and Rayne--a 2017 graduate of SHHS.

Mr. Garrett Galanski begins his third year at SHHS teaching Lifetime Fitness & P.E. He is also the Head Football and Head Strength and Conditioning coach along with Asst. Track Coach. He went to Bakersfield College in Bakersfield, CA and then transferred to Ottawa University in Ottawa, KS. Coach Galanski graduated from OU with a BA in Physical Education. He lettered in football at both BC and OU. From there, he then went to Saint-Etienne, France where he played for the Pro-European team. His hobbies consist of watching football, working out, and spending time with family and friends. GO KNIGHTS!



Ms. Janell Antholz begins her third year at Sacred Heart teaching vocal music, including 7th Grade Choir, 8th Grade Choir, HS Choir and the Knightengales. She will also be directing the JH play and will have liturgical duties. Ms. Antholz received her Master in Music Education degree from the University of Missouri-Kansas City Conservatory of Music in 1993. Janell received her Bachelor in Music Education from Fort Hays State University in 1986 and an Instrumental Music Endorsement in 2006. Prior to coming to Sacred Heart, Ms. Antholz taught at Bonner Springs USD #204, was a substitute at Springfield, MO. R-12 where she had several long term music assignments, and spent the last 12 years at Golden Plains USD #316 in Rexford and Selden, KS, where she taught K-12 Vocal and Instrumental for the last 7 years. Ms. Antholz was the NWKMEA Honored High School Educator for 2013-14 and served the Northwest District as the High School Choral Chair for 2015-16 and 2016-17. Janell has two grown children, Hannah and Jacob. Her hobbies include attending and participating in arts activities, performing in concerts and at church, spending time with her children and family, and playing cards/board games.

Mrs. Jessica Ziegler will begin her seventh year teaching Geometry and Algebra 1 at SHHS. She is a Junior class sponsor. Mrs. Ziegler is a Salina native; she and her husband Michael both graduated from Sacred Heart in 2008. Mrs. Ziegler graduated Summa Cum Laude from Bethany College with a BA in Mathematics Education. Some of her interests include spending time at the lake, reading, and teaching her puppy new tricks. In addition, Jessica and her husband, Michael, have two daughters--Laney and Joanie.



Mr. Robert (Bob) D'Andrea continues in the role as our Technology Coordinator. Mr. D'Andrea received his B.A. in Education from Bethany College in 1971 and M.A. in Education from William Paterson University in Wayne, NJ in 1976. He taught various subjects for over 30 years in East Rutherford, NJ including Technology and served as a Technology Mentor for the NJ school district. In addition, Mr. D'Andrea coached Basketball, Volleyball and Softball for Immaculate Conception High School in Lodi, NJ. He and his wife Anne have four children, Bobby, Matthew, Jamie, and Candice. In addition to Sacred Heart High School, Mr. D'Andrea also serves as St. Mary Grade School Tech Coordinator.



Miss Nancy Sherffius, Spiritual Formation/Prayer Life Coordinator, will begin her 20th year at SHHS. Nancy's previous teaching experience includes Business Instructor for Concordia High School from 1975-1989. Nancy was also an Administrative Assistant for Central Office Products for six years and an Office Manager for Office Integration, Inc. for three years and worked for Little House Adult Learning Center for two years, all in Salina. Nancy also serves as RCIA coordinator, and Pastoral Assistant for St. Mary's Parish. Nancy received her Bachelors degree in Secondary Education from Emporia State University in 1975.

Mrs. Michelle Dolan is the Development Director of Sacred Heart. Mrs. Dolan will have overall responsibilities for fundraising, development and donor relations. She was previously Sacred Heart's Vocal Director for 19 years. She is also a private voice instructor at Kansas Wesleyan University. When time allows, Mrs. Dolan is involved with the Salina Community Theatre and solos with Kansas Symphonies, to include the Salina Symphony. Mrs. Dolan frequently solos at Sacred Heart Cathedral, St. Mary's Queen of the Universe, and various churches throughout Kansas. While a cast member of the international educational and cross cultural organization "Up With People," she toured and performed in Canada, Mexico, Australia, and the United States. She holds a master of music degree from Oklahoma City University and a bachelor of music degree from the former Marymount College. Dolan is also an accountant for her husband's business, BMK Plumbing and Solar of the Midwest. She is married to Bob and they have four children including Robert alumni of '03 and Joshua '15, eight grandchildren and two great grandchildren.



Mrs. Melanie Melander, Business Manager, will be entering her 26th year at Sacred Heart. Melanie also helps with the lunch program. She is a native of Wichita and received her Bachelor's degree from Wichita State University. Melanie also serves as the Religious Education coordinator at St. Elizabeth Church for grades 1-6. In her spare time she enjoys reading, camping, hiking, gardening and spending time with family and friends. Melanie and her husband Brent, have two children, Cody and Carley and two grandchildren.

Ms. Susan Goodman begins her 17th year in the SHHS Library. Additional responsibilities include website administrator, media specialist, publication of the Knightline and MAP & State Testing Coordinator. A native of Concordia, Susan got her B.S. at the University of Kansas in both Accounting and Business Administration in 1984. She received her M.B.A. from Rockhurst College in 1990 majoring in Marketing and Management. She has a daughter, Megan, a 2014 graduate of SHHS.



Ms. Melanie Davis begins her fourth year as Food Service Director at SHHS. She graduated from Ellsworth High School in 1981 & took various classes at Barton County & Pratt Community College. She loves to watch (& chase) big plains storms, fish, sing, & loves her 4 children & 6 beautiful grandchildren. She previously worked in Colorado Springs School District 11, where she held several different positions, most recently the past several years managing an elementary school kitchen, with middle & high school experience as well. She formerly owned a fun, unique cafe/coffee shop in Concordia & also managed a cafe in a busy ministry in Colorado Springs.

2019-20 School Policy Reminders

Excused absence Rational: Defines specific time parameters for makeup work.

Excused Absence Procedure

When a student is absent from school, parents or guardians need to call the school prior to 8:00 a.m. The parent is asked to state who they are and why their student will not be in school. If the school is not informed, a call will be placed to the home to verify the student's absence.

It is the responsibility of each student to make up any and all work missed as the result of an excused absence. The make-up work responsibility begins with the student contacting the teacher to determine the assignments that were missed. For all excused absences not falling under pre-arranged absence designation (see below), students are given the same number of days to complete assignments as days absent plus one extra day. For instance, if a student were absent for two days, students would have three days to complete the assignments. In addition, any work due the day a student returns from an absence should be turned in that day if they were present the day it was assigned. Any exceptions to this policy are made by the classroom teacher.

Personal Trips Rational: Defines specific procedures that need to be followed when missing extended school time for family trips.

PERSONAL TRIPS

The school's policy in regard to personal trips (student absent 3 or more consecutive school days) scheduled when school is in session rests upon the premise that the chief responsibility for a child's education belongs to the parents. In an effort to assist parents in determining how this trip will affect their son's/daughter's academic work, the following process has been set in place:

1. The parent contacts the Principal to explain the circumstances by coming to the office and requesting a "Extended Absence Sign-Out Sheet"
2. The student then receives the signed "Extended Absence Sign out Sheet" and contacts each teacher for assignments. The assignments may be given, before or after the trip, at the teacher's discretion.
3. The teacher will sign the form and may comment on how the absence will affect the academic status of the student.
4. The student returns the completed form to the Principal prior to the absence. If the student fails to return the form, make-up work may not be allowed.
5. One copy of the completed form is given to the students and one is kept at school.
6. The student is responsible for completing the work assigned. All work is due in the same number of days the student was absent.
7. Personal trip days will be counted as part of the 90% minimum attendance policy and for semester finals.

The earlier the school is notified, the sooner parents will be in possession of the information needed to base their decision regarding the absence. Make-up work may not be allowed if the Principal is not given advance notice of the trip.

Policy Rational: Allows for parents to make arrangements for someone else besides themselves to pick up their child from an away school activity.

STUDENT TRANSPORTATION TO AND FROM ACTIVITIES:

All students attending activities out-of-district shall be required to go and return from that activity by transportation authorized and provided by the school. Under normal circumstances, a student may not be released to anyone other than a parent or guardian. Under unique circumstances, a student may be released to a person designated by a parent or guardian. These arrangements must be made with a Principal or Athletic Director in advance of the activity.

An exception may be granted under the following conditions:

1. A written request from the parent is on file on an administrator's office in advance of the activity and
2. There is personal contact/signoff made between the person designated by the parent to pick up their child and the coach/sponsor at the activity.

Attention all high school students taking a Physical Education class!

This includes 9th grade PE, all Conditioning classes and Advanced PE classes. You will be required to wear a school issued physical education uniform for all P.E. classes. This uniform includes a gray t-shirt with your last name of the back of it and navy blue gym shorts. An order form will be included in the registration packet or can be ordered in the office.

ATTENTION SENIOR CLASS:

We are once again offering the Senior Class reserved Parking spots for the 2019-2020 school year. The spaces will be offered on a first paid, first choice basis. All spaces will be \$50 and can also be purchased as part of the Tier Program. **WE ASK EVERYONE TO BE MINDFUL OF THESE PAID/RESERVED PARKING SPOTS AND PLEASE DO NOT PARK IN THEM!**

NOTE FROM COUNSELOR:

On the first day of school, all Teacher Aids, Career Interns, College Class Students, and Peer Tutors will meet with Mr. Zouzas in the Conference Room during the hour that the above classes are scheduled.

Note to Visitors/Parents:

With the phone system and intercom system in place and offering instant office to classroom communication capabilities, all visitors and parents who wish to speak to a student or staff member during the day are asked to first report to the office. Lori will be able to contact the student or teacher from the office. Following this procedure provides additional safety for our school and students while minimizing classroom disruptions.



To the left, the JH Girls Basketball team take time out from their camp to pose for a picture. Pictured are: Lauryn Mikkelson, Gracyn Dorzweiler, Katie Weiss, Avery Eshleman, Maegan Torrey, Sydney Goetz, Isabelle Greenemeyer.

33rd Annual Bishop Fitzsimons Memorial Golf Tournament

On July 12th, the Endowment Board of Sacred Heart Jr-Sr High School hosted another fine Golf Tournament in honor of the late Bishop George K. Fitzsimons, for the benefit of the Sacred Heart Endowment. The results of the tournament were as follows:

Championship Flight

1st Place – Score 51 -- Andy Gagnon '84, John Gagnon '85, Jeff Kline, Keith Geto

2nd Place – Score 52 -- Al Eichelberger, Bill Roberts, Marty Simpson, Coleman Houk

3rd Place – Score 53 -- Ryan Hellmer '01, Justin Ahlers, Jason Christ, Andy Scheef

First Flight

1st Place – Score 57 -- Bob Moeller, Mike Matteucci, Nate Lee, Jeff Koksall

2nd Place – Score 57 -- Dustin Roths, Mark Brightbill, Matt Berens, Kenny Sweeney

3rd Place – Score 58 -- Ron Evel, Frank Hoffman, Dale Knipp, Stan Knipp



Bishop Fitzsimons

Second Flight

1st Place - Score 61 -- Jeff Bennett, Randy Leister, Chris Sherbring, Dan Eshleman

2nd Place - Score 62 -- Fr. Daryl Olmstead '67, Troy Tonne, Rodney Hake, Joe Phillips

3rd Place - Score 64 -- Jon Bingsesser, Steve Jankord '74, Eric Muninger

Best Family Team – Score 61 -- Steve Strecker '78, Greg Strecker '80, Bryce Strecker, Jake Strecker

Best Alumni Team - Score 53 -- Jason Wells '95, Trent Schmidt '95, Brett Power '96, Andy Williams '95

Best Business Team – Score 55 -- Todd Herrenbruck, Jason Cao, Mike Werneke, Justin Hanke

Best Parish Team - Score 54 -- Tim Coleman, Linus Simoneau, Doug Durr, Dan Cerny

Best Other Team – Score 55 -- Stephen Burke '79, Bill Burke '77, Jerry Ryan '67

THANK YOU to all the **GOLF TOURNAMENT VOLUNTEERS!!!** This event would not be possible without your dedication of time.

Sacred Heart Student Caddies were Sean Riordan, Ben Cheney, Elijah Buckner, Rieker Rutherford, Thomas Cheney, Michael Matteucci, Alyson Newell, Shelby Mai, Eva Matteucci, Landen Pilcher, Noah Martin, Luke Gaskill, Kobe Douglas, Evan Bogart, Emma Sharpton and Jace Douglas.



Students from SHHS volunteered to caddie for the Bishop Fitzsimons Memorial Golf Tournament on July 12. Pictured to the left are caddies: front row - Sean Riordan, Ben Cheney, Elijah Buckner, Rieker Rutherford; middle row - Thomas Cheney, Michael Matteucci, Alyson Newell, Shelby Mai, Eva Matteucci, Landen Pilcher; back row - Noah Martin, Luke Gaskill, Kobe Douglas, Evan Bogart, Emma Sharpton, Jace Douglas.

HS Girls Basketball Team Attend Camps



The SHHS Girls Basketball team attended a camp at the University of Nebraska in Lincoln during June. Pictured above are - front row: Audrey Smith, Hannah Goetz, Amber Palen; back row - Asst. Coach Kim Cochran, Tessa Junk, Kelsie Gack, Ella Gotti, Emilee Everett, Evy Mendez, Jailynn Rowe, Head Coach Keenan Thompson, Kiera Cochran, Ellie Woodall.



The HS Girls Basketball team took time out from attending their camp at Colorado University in Boulder to enjoy some sites. Pictured above are Hannah Hoffman, Ella Gotti, Amber Palen, Emilee Everett, Tessa Junk, Jailynn Rowe, Hannah Goetz, Kiera Cochran, Ellie Woodall, Madisyn Ehrlich, Evy Mendez.

Used Uniforms Available...

Used uniforms will be available for purchase at the new SHHS location on Wednesday, July 31st (Registration) from 8:00 am - 12:00 pm and 5:00 pm - 8:00 pm. Items can be purchased for \$5.00 each.



2019-2020 SCHOOL LUNCH PRICES

Student meal...\$3.25 Adult meal...\$4.35

A LA CARTE

Water Bottle.....	\$1.00	Cookie.....	\$.60
Milk.....	\$.50	Juice.....	\$.75
Main Dish.....	\$1.80		
Approved Smart Snacks.....	\$.25-\$1.50		

KNIGHTLINE

Sacred Heart Jr/Sr High School
234 East Cloud
Salina, KS 67401

Returned Service Requested

NONPROFIT
ORG.
U. S. POSTAGE
PAID
Salina, Kansas
Permit No. 16

Inspirational Words

