

# KNIGHTLINE

September 2022



Sacred Heart Junior/Senior High School  
234 East Cloud, Salina, KS 67401 785-827-4422 www.sacredheartknights.org

## Calendar of Events

### September

- Sept. 25 Spirit Week Hallway Decorating  
7-9 pm
- Sept. 26 Josten's:  
11:00 - Sophomores-class rings  
11:35 - Seniors-Senior Announcements
- Sept. 28 Homecoming BBQ & Pep Rally - 6 pm
- Sept. 29 Homecoming FB Game vs Valley  
Heights - 7 pm

### October

- Oct. 1 Homecoming Dance 9-11 pm
- Oct. 5 Jrs/Srs to Respect Life Conference
- Oct. 7 JH Dance 7-9 pm
- Oct. 8 SHHS Debate Tournament
- Oct. 12 PSAT-Juniors 8 - 11
- Oct. 13 End of the 1st Quarter
- Oct. 14 No School: Staff Development
- Oct. 19 P/T Conferences 6-8 pm
- Oct. 20 No School - P/T Conferences 3-8 pm
- Oct. 21 No School
- Oct. 22 Substate VB  
Regional Cross Country
- Oct. 26 7-12 Vocal Concert @ Marymount  
7pm
- Oct. 27 7-12 Instrumental Concert - 7 pm
- Oct. 29 State Volleyball  
State Cross Country
- Oct. 31 Sacred Heart Blood Drive

### November

- Nov. 1 All Saints Day: All School Mass @  
10:15
- Nov. 4-5 HS Play @ KWU 7 pm

## From the Principal

The first few weeks of the 2022-2023 school year has gotten off to a great start. Both the students and staff have adjusted well to the many changes and challenges a new school year brings. The student leadership from our upperclassman has been outstanding, especially within our House and Community program. From planning the first day of school with community call out and community activities to organizing and coordinating Spirit Week and Homecoming activities, they have been outstanding.

Our other student-led organizations such as SAFE, Chess Club, Culture Club, Junior Civitan and National Honor Society have also been meeting, planning, organizing, and setting goals for their various activities for the year. We are looking forward to an exciting and productive school year from all of these student organizations.

In this issue you will find information on past events, recent school improvements, handbook reminders along with staff profiles and upcoming activities and events including spirit week and homecoming. Please take time to read to read the entire newsletter.

In closing, if you or your student ever have a question or concern, please feel free to contact the school by whatever means you feel comfortable with. Please note that your concern is with a staff member, they would appreciate the chance to be aware of the situation and have the opportunity to resolve the matter.

## 2022 Homecoming Court



Back Row: Markus White, Jace Douglas, Sean Riordan, Orlando Torres, Riddick Goss  
Front Row: Kassidy Anderson, Isabella Berndt, Kiera Cochran, Mya Carrico, Audrey Woodall

# 2022-2023 School Policy Amendments and Reminders

## Sacred Heart Jr.-Sr. High School Cell Phone/Electronic Devices Policy 2022-23

### Grades 7-8

- Students in grades 7-8 will not be allowed to carry, use, or access their cell phones, or any other personal electronic devices\* during school hours (8:00 am – 3:20 pm).
- Cell phones/electronic devices must be turned OFF and put in the student's School locker (NOT PE Locker) before 1st hour (8:00) and remain off in their school locker for the remainder of the school day.
- Students may use their personal cell phones before 8:00 AM and after 3:20 PM.

### Grades 9-12

- Students in grades 9-12 will not be allowed to carry or use their cell phones or any other personal electronic devices during school hours (8:00 am – 3:20 pm).
- Cell phones/electronic devices may remain on, but must be put in the student's school locker before 1st hour (8:00) and remain in their school locker for the remainder of the school day.
- Students in grades 9-12 CAN CHECK their cell phones at their school lockers during passing periods (Lunch is NOT a passing period). However, phones MUST remain in their school locker from 8:00 am – 3:20 pm.
- Students may use their personal cell phones before 8:00 AM and after 3:20 PM.

*\*Electronic devices are defined as any device(s) not issued by the school, or required for class. This includes any wireless/bluetooth headphones, smart watches, cell phones, etc.*

### General Provisions that apply to ALL Students

- Students should never lend their cell phones/personal electronic devices to another student.
- The school provides lockers with locks and we strongly recommend students lock their lockers.
- The School is not responsible for lost, stolen, or damaged cell phone/electronic devices brought on school property by students or families.
- Parents who need to get in touch with their child during the day are welcome to call the school office, 827-4422 and we will ensure the message is delivered. Likewise, if a student needs to contact parents, they can report to the main office.
- Students with health issues that rely on specific apps to monitor their condition are the only exception to this policy. A Parent or Guardian of the student must disclose the health condition to the school, and provide the school administration with documentation from the student's doctor.
- Cell Phones are STRICTLY PROHIBITED in locker rooms and restrooms. Students violating this rule risk additional consequences from the school, and/or law enforcement.
- Violation of these rules and expectations will result in the consequences listed below.

### Consequences

1st Offense: Cell phone/electronic device taken by staff member and taken to office; student can pick up device at end of school day

2nd Offense: Detention, and parent/guardian must pick up phone/device

3rd Offense: Detention and conference between administrator, student, and parent/guardian before picking up the device. Students are required to check in phone/device in office each morning and pick it up at the end of the school day for the rest of the semester, or a time specified by administration.

# 2022-2023 School Policy Amendments and Reminders

## ANTI-BULLYING POLICY

### Definitions

In order for our Sacred Heart Community to successfully combat these incidents together, we must first have a common understanding of what “Bullying” is. Kansas State Law provides the following definitions:

1. *“Harassment, intimidation or bullying” means any intentional written, electronic, verbal, or physical act that harms a student or damages a school’s property; has the effect of substantially interfering with a student’s education; is so severe, persistent, or pervasive that it creates an intimidating or threatening educational environment; or has the effect of substantially disrupting the orderly operation of the school.*
2. *“Cyberbullying” means bullying by use of any electronic communication device through means including, but not limited to, e-mail, instant messaging, text messages, blogs, mobile phones, pagers, online games and websites.*

Harassment, intimidation or bullying can take many forms, including: exclusion, teasing, slurs, rumors, jokes, innuendos, demeaning comments, drawings/visuals, pranks, gestures, physical attacks, threats, or other written, oral or physical actions. “Intentional acts” refers to the individual’s choice to engage in the act rather than the ultimate impact of the action.

Counseling, corrective action, and/or referral to law enforcement will be used to change the behavior of the perpetrator and remediate the impact on the victim. This includes appropriate intervention(s), restoration of a positive Christ-like environment, and support for victims and others impacted by the violation. False reports of, or retaliation for reporting, harassment, intimidation, or bullying also constitutes violations of this policy.

- The school will communicate with all students, employees, volunteers, and patrons that bullying behaviors (including cyber-bullying) will not be tolerated.
- Bullying (including cyber-bullying) prevention/social-emotional-character development lessons, will be incorporated into our Career-Curriculum and taught each month at all grade levels.
- All staff will support the teachings of Jesus and Christ-like behaviors.

### Procedures

- Report of the incident is made to a trusted adult
- U-KNIGHTUS is an online form available on the school website for reporting of the incident. (See Below)
- The incident is reviewed, and appropriate measures are taken to correct the situation.
- Reconciliation of students is the goal,
- Each incident will be monitored to ensure repeat offenses do not occur.
- If such an incident reoccurs, measures taken are at the discretion of the Administration.

### Introducing *U-KNIGHTUS*

A new tool available to students for the 2022-2023 School Year is U-KNIGHTUS. U-KNIGHTUS is an online form for reporting incidents that students can complete at school or at home. The form can be accessed on the school website under the “Resources” menu beginning on August 17.

When a student submits a report, a school administrator will review and follow-up accordingly. If you have any questions about U-KNIGHTUS, please contact Vice Principal John Hamilton @ 785-827-4422 or by email at [john.hamilton@shknights.com](mailto:john.hamilton@shknights.com)

# 2022-2023 School Policy Amendments and Reminders

## ATTENDANCE

If the student will be absent or late:

- Parents must call the school (785)827-4422 by 8:15

### Unexcused Absences

- Being late to school 20 minutes or more
- No credit for classes missed
- 1 detention per class period missed

### Excused Absences

- Personal Illness, Funeral, School Sponsored Event, Dr. Appointments



## BUILDING HOURS AND DROP OFF

- 7:40 am- 3:30 pm
- All Students must have prior permission to be in the building before 7:40 am from both the administration and the faculty sponsor.
- Students not involved in an extra-curricular activity must be out of the building by 3:30 pm
- Students should not be in the building unless they are under the direct supervision of a faculty/staff member

## DRESS CODE

Schoolbelles is the uniform provider for Sacred Heart. Parents are welcome to pre-order school uniforms by calling 888-637-3037 or order on-line. Sacred Heart's Web ID Code is: S2839.

### Dress Code Reminder:

- Skirt lengths must cover the knee.
- Shorts may be worn year around, but must be of appropriate size.
- No sagging shorts or pants are allowed.
- All shorts need to have at least a 7" inseam.

### Girls Uniform

Skirt-navy blue or khaki pleated  
Slacks-navy blue or khaki  
Shorts - navy blue or khaki  
Shirts - white, navy, or burgundy polo  
(Long or short sleeved)

### Boys Uniform

Pants - navy blue or khaki  
Shorts - navy blue or khaki  
Shirts - white, navy blue or burgandy polo  
(long or short sleeved)

## PERSONAL TRIPS

An absence of 3 or more consecutive days when school is in session:

- parent needs to contact administration.
- The assignments may be given, before or after the trip, at the teacher's discretion.
- The student is responsible for completing the work assigned.
- All work is due in the same number of days the student was absent.



# 2022-2023 School Policy Amendments and Reminders

## COVID

Any student who is liable to transmit a contagious disease through day-to-day contact (such as measles, chicken pox, tuberculosis) shall NOT be permitted at school or school-sponsored activities as long as the possibility of contagion exists.

To determine the diseased condition or the possibility of transmitting disease, the Principal may require a student to be examined by a physician and, if the diagnosis is positive, shall exclude the student from school as long as the danger of disease transmittal exists.

## OUT REACH MINISTRY

By our Baptism, each of us is called to reach out to help others. Outreach Ministry is a Religious Service Program that provides every student opportunities to know the faith, and practice the faith. Requirements for this program are listed below:

- Students must perform 25 hours of Outreach Ministry (Service Projects) for each year of attendance.
- Activities must be chosen from the list approved by the Catholicity Committee
- Service Projects are: family/neighbor, school, church, and Community-Projects
- Both the Religious Class and Outreach Ministry credits are required for graduation from Sacred Heart
- Students who do not satisfactorily complete their annual Outreach Ministry component will receive an “F” for Outreach Ministry.

If you have any questions regarding Outreach Ministry, contact Nancy Sherrifus at 785-827-4422

## New Faces at SHJSH for 2022-2023



### Holly Haselhorst

Holly begins her first year at Sacred Heart as a senior Religion Instructor. Holly earned an Associate Degree from FHSU and a BS in Healthcare Administration from Washburn University; followed by MS in Family Studies and Human Services with a focus on financial planning. Holly and her husband Jared have been married for 16 years and have five children. Roenan 10, Darby 8, Raef 6, Franki 4, and Pax 3. In addition to teaching at Sacred Heart, Holly teaches Pre-School at St. Mary's Grade School. Holly learned her love of faith from her mother and finds Saints as a great source of strength and inspiration.

# The Tradition Continues at SHJSH for 2022-2023



## John Krajicek

Mr. John Krajicek is Head Principal, undertakes his 25th 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 letterman 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.



## John Hamilton

Mr. John Hamilton begins his 11th year at Sacred Heart. Mr Hamilton serves as Assistant Principal and also teaches American History. Mr. Hamilton is also Director of Community/ House. 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, and reading.



## Alta Smutz

Mrs. Alta Smutz begins her third year as Guidance Counselor at SHHS. Mrs. Smutz graduated from Kansas Wesleyan University with a Bachelor's degree in Counseling & Criminal Justice. In 2017 she received a Master's Degree in School Counseling from Ft. Hays State University. Mrs. Smutz has worked for a variety of organizations and businesses in Salina, including Central Kansas Foundation, Central High School, St. Francis Ministries as a Permanency Specialist, and Child Advocacy & Parenting Services (CAPS) as a CASASupervisor. She is very excited to begin her new role with SHHS and is open to recommendations and assistance from students, families and staff. Mrs. Smutz and her husband Jay have been married 33 years and have three children: Dr. Kellen Smutz-28, Landon Smutz-25 and Ashland Smutz-22. Even though they are empty- nesters they spend a lot of time with their grandson, Dax. Alta's favorite past-time is gardening.



## Janell Antholz

Ms. Janell Antholz begins her sixth 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.

# The Tradition Continues at SHJSH for 2022-2023



## Michael Beeson

Mr. Michael Beeson is in his sixth year at Sacred Heart and currently teaches 7th and 8th Grade Math, Algebra 1B, and Principles of Algebra and Geometry. He is also sponsor of JH Math Counts and 8th Grade sponsor. Mr. Beeson first received an A.A.S. degree from North Central Kansas Technical College in Electronic Technology in 2000 and then graduated from FHSU with a B.S. degree in Elementary Education in 2005. In 2013, he received an endorsement to teach Middle School Math, and in 2019 earned KS certification to teach 6-12th grade math. Before he was a teacher, he 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. He and his wife, Sheila, have one daughter, Michelle. His hobbies include playing guitar, reading, mindfulness meditation, and spending time with family.



## Ken Berndt

Mr. Ken Berndt starts his fourth year as Junior High/High School Industrial Arts Teacher. He also teaches home maintenance class. 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 Senior at SHHS and Isaac a Freshman. Ken enjoys family time, working on projects around the house, music concerts, watching educational videos, and constantly listening to music.



## April Bonilla

Ms. April Bonilla begins her third year as the Office Manager at SHHS. She was born and raised in Salina and comes from a large but very close extended family. She also spent a little time living in Wichita, Germany, and Colorado. She received her BS in Family Studies and Human Services from K-State Salina. Some of her work experience after earning her degree include dental assisting and working with childcare providers to set and reach goals to provide quality childcare. Ms. Bonilla's most recent experience is working with individuals with disabilities. She helped assess their need for assistive technology ranging from something simple, like an adapted spoon, to something as complex as a communication device controlled by the individual's eyes. The positions Ms. Bonilla held required frequent travel so she is very excited to begin a more consistent schedule at home with her children. Her son Jacob is an alumnus of SHHS (2012) and now lives in Maize KS. She has one

child attending SHHS, Eliana (8th grade) and one child attending St. Mary's Grade School, Fortunato (3rd grade). Ms. Bonilla enjoys a good cup of coffee to start her day, reading, repurposing furniture and sewing.



## Anna Bonilla-Gordon

Anna Bonilla Gordon is starting her 2nd year of teaching at SHHS after working 19 years for USD 305. She is originally from Salina and attended Sacred Heart Grade School from kindergarten through sixth grade. She graduated from Salina High School Central and later received her bachelor's degree in elementary education with a special education endorsement from KWU in 2001. Mrs. Bonilla Gordon started her teaching career at Sunset Elementary and later moved to the middle school level. She taught at Lakewood for a few years and spent the last 16 years at South Middle School. Anna has taught a variety of subjects including English, reading, math, and science but found her passion working as a literacy coach for the past ten years. Mrs. Bonilla Gordon attended K-State and completed a master's degree in secondary curriculum and instruction with

an ESL endorsement in 2005. A year later, Anna and Destin were married and they now have three children. Elias is a Freshman at Sacred Heart, Isabella is a kindergartener, and Andrew is a third grader attending St. Mary's Grade School. Anna also completed a second master's degree from K-State in educational leadership and was accepted into the doctoral program. Anna is eager to be back in the 'physical' classroom after coaching teachers for ten years. Mrs. Bonilla Gordon will be teaching Junior High English and Career Exploration.

# The Tradition Continues at SHJSH for 2022-2023



## Terri Bonilla Schmidt

Mrs. Teri Bonilla Schmidt begins her third year teaching 7th grade PE, 9th grade PE/Health, Food and Nutrition, and Jr. High FACS. Mrs. Schmidt attended KSU and received her BS in Education Physical Education K-12 and Health from Washburn University. During her junior year in college, she followed her sense of adventure and studied in Seville, Spain. After graduating she accepted a full time teaching position at JC Harmon High in Kansas City, KS. At Harmon she taught high school PE, Health, & Careers and coached Cross Country and long distance track. Four years ago their family moved back to Salina to be closer to family. She has enjoyed using her time and talents raising their five children and being involved in the community. All of her children attend St. Mary's and Sacred Heart. In her spare time, she loves to coach her daughters in softball, exploring new foods and recipes, and looks forward to her experiences adding interest to the classroom .



## Chris Clark

Chris is taking on the challenge of technology coordinator and head volleyball coach. Mr. Clark is a 1980 alum who is excited about coming back. Early in his teaching career, he taught at St. Mary's Elementary School and coached football, volleyball, basketball and golf at Sacred Heart High School. He transferred to USD 305 where he has taught and coached for last 28 years. Mr. Clark is proud of being part of the Sacred Heart family. Part of that pride comes from the fact the his mother, most of his siblings and his wife are graduates of Sacred Heart High School. The Clark legacy continues with his own 6 children; 4 of which are Sacred Heart graduates. The last one is currently attending Sacred Heart and will be graduating in 2024.



## Melanie Davis

Ms. Melanie Davis is beginning her 6th year as head cook. She graduated from Ellsworth High School in 1981 and has been in school food service since 2008. Mel has four children, seven grandchildren, and two great-granddaughters. When there are storms brewing, she can be found outside with her binoculars!



## Chris Feil

Mr. Chris Feil enters his fifth year at SHHS teaching Computer Apps, Desktop Publishing, Junior High Keyboarding, and Personal Finance along with being the Head Softball Coach. Chris taught for five years previously as a Special Education teacher and spent the last two years as a Realtor for Coldwell Banker. 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 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.

# The Tradition Continues at SHJSH for 2022-2023



## Deacon Steve Frueh

Deacon Steve Frueh, Deacon begins his fourth year at Sacred Heart High School where he will be teaching Junior Religion. 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.



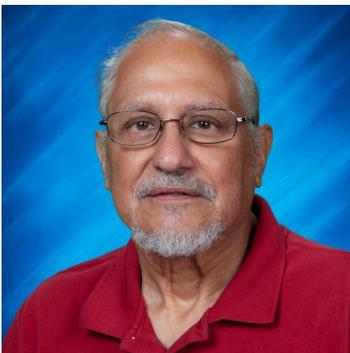
## Fr. Fred Gatschet

Fr. Fred Gatschet begins his second year teaching Sophomore Religion. Fr. Fred has a BA & BS from Kansas State University along with a Master of Divinity and a Master of Arts from St. Meinrad Seminary. He is the second oldest of 10 children. Fr. Fred was ordained in 1993 and has served in various roles throughout the Diocese of Salina. He has authored numerous workbooks and textbooks on religion. Fr. Fred is a certified Spanish translator for the Kansas Department of Revenue. He is also a regular contributor to the "DoubleEdge Sword" show on Divine Mercy Catholic Radio. His hobbies include amateur astronomy, boating and taking care of his two Siberian Huskies--Joquin and Cappy.



## Brian Gormley

Mr. Brian Gormley begins his 27th year at SHHS and will teach Jr/Sr. English, College Exploratory Writing and College Literature. In addition, Mr. Gormley coaches HS Boys Head Basketball coach and is 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 2021 graduate at SHHS, Liam and two daughters, Grace--a Junior at SHHS and Olivia.



## Jesus Hernandez

Mr. Jesus Hernandez begins his 3rd year as the Spanish Instructor after being retired for two years. Before retiring, he taught at Salina High School South for 18 years. Prior to moving to Salina, he taught in Garden City, Kansas for 21 years. He was born in Lakin, Kansas and reared in Deerfield, Kansas. After graduating from Deerfield High School, he attended Garden City Community College and Kansas State University. At Kansas State University he earned a B.S. and M.S. degrees. While at Kansas State University, he met his wife Debra. They have now been happily married for 44 years. They have three marvelous children, Nicaéla, Jesús and Julia. They also have four very enjoyable grandchildren, Aliya, Zaden, Dominic and Alejandro. His favorite past times are gardening, exercising, playing chess and following sports, especial those involving Kansas State University. He looks forward to being part of the Sacred Heart teaching staff.

# The Tradition Continues at SHJSH for 2022-2023



## Carl Hines

Carl will be teaching World History, Government and 8th Grade History. He will also be coaching Junior High Football, High School Girl's Basketball, and assist with Track and Field. Mr. Hines received his Bachelor's Degree from Kansas Wesleyan University. He previously taught at Lakewood Middle School for thirteen years. He coached basketball, football and track at Central High School and Lakewood Middle School over those thirteen years. He and his wife, Anny two children. Their oldest son, Treyton is a graduate of Cleveland Chiropractic. Their youngest, Noah, will be an 8th grader at SHHS this year. Carl's hobbies include traveling, coaching youth sports and spending time with his family.



## Melissa Ivey

Mrs. Melissa Ivey is in her 3rd year as the Business Manager in the Business Office but is not new to the Catholic Community, or Sacred Heart Jr/Sr High School. She is a 1995 Graduate of SHHS. She went on to earn her BS in Psychology for the University of Kansas. She comes to us from her most recent endeavor where she was the membership Direct for the Salina Country Club. Melissa and her husband, Tony, also a SHHS alumni, have 2 sons Cooper (11th grade) and Cayson (9th grade) who both attend SHHS. Tony and Melissa Enjoy watching their boys play sports. (football, basketball and baseball) and they enjoy traveling to sporting events and hanging out with friends and family.



## Richard Koshgarian

Mr. Richard Koshgarian will begin his 16th year as Instrumental Music Director at Sacred Heart. He teaches Band and Jazz Band. 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 (Doc-tor 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.



## Ryan Krajicek

Mr. Ryan Krajicek, a 2013 Sacred Heart alum, will be entering his third year as the PE Instructor, Head of Strength & Conditioning & the Offensive Coordinator for SHHS Football. He will also coach Powerlifting. After graduating from SHHS, Coach Krajicek attended Kansas State where he majored in Physical Science & Gerontology and played Rugby for the Wildcats. After graduating with honors, he spent a year at the LMU College of Medicine before beginning his teaching & coaching career. Coach K is finishing his M.S. in Education via FHSU and will receive his Certified Strength and Conditioning Specialist distinction through the NSCA.

# The Tradition Continues at SHJSH for 2022-2023



## Jeremy Magee

Mr. Jeremy Magee begins his fourth 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.



## Fr. Brian McCaffery

Father Brian McCaffery begins his second year as Junior High/High School chaplain. He was ordained on June 5, 2021 for the Diocese of Salina and is the new parochial vicar of St. Mary Queen of the Universe Parish. Fr. Brian grew up in Manhattan, KS and is a 2010 graduate of Manhattan High School. In 2015 he graduated from the University of Kansas School of Education, where he received a Bachelor of Science degree in Secondary Education. After college, Fr. Brian entered the seminary to prepare for priesthood, receiving the degrees of Bachelor of Philosophical and Theological Studies from Conception Seminary College in 2017, Master of Divinity from Saint Meinrad Seminary and School of Theology in 2021, as well as a Baccalaureate in Sacred Theology from the Pontifical Athenaeum of Saint Anselm in Rome. His hobbies include reading, cooking, and exploring the outdoors.



## Kirk O'Donnell

Mr. Kirk O'Donnell is beginning his second year at SHHS and will be teaching 7th and 8th Grade Science along with Freshman Earth Space Science. Kirk has earned Bachelor's degrees in Milling Science and Bakery Science, a Master's degree in Business Administration, and a Doctorate in Education. He has taught 8th and 9th grade religious education for over 10 years. Prior to joining SHHS, he has worked as a business manager, consultant, educator, and author. Kirk and his wife Kim have one son and one daughter- Father Peter and Marie, and four



## Sondra Palen

Mrs. Sondra Palen, Advanced Math, Calculus, Algebra II, College Algebra, Algebra I-B and Senior Class sponsor will be calculating for her 27th year at Sacred Heart. She is also the 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--2020 graduate of SHHS.

# The Tradition Continues at SHJSH for 2022-2023



## Kathy Schmidtberger

Mrs. Kathy Schmidtberger, will begin her 15th 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.



## Jordan Schwartz

Mr. Jordan Schwartz begins his 11th year teaching a variety of Art classes including ceramics, painting and drawing 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 Veridian Behavioral Health.



## Nancy Sherrifius

Miss Nancy Sherrifius, Outreach Ministry & Liturgical Ministry Coordinator, begins her 22nd year of employment at SHHS. Nancy earned a Bachelor of Business Education degree from Emporia State University; she was a Business teacher at Concordia High School for 14 years. In Salina, she has worked for Central Office Products for 6 years, Office Integration for three years, and Little House Adult Learning Center for two years. Currently, she is Director of Faith Formation at St. Mary Queen of the Universe parish. When she has quiet time (which isn't often with her cat, Wal-ly), Nancy likes to crochet.



## Olga Silverman

Mrs. Olga Silverman begins her sixth year teaching English Language Arts Grades 9 and 10, Debate/ Forensics, Speech and College Speech. In addition, she coaches the SHHS Debate and Forensics teams. 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 Senior 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).

# The Tradition Continues at SHJSH for 2022-2023



## Clare Stramel

Mrs. Clare Stramel begins her third year teaching 7th-9th grade Religion. Mrs. Stramel graduated from Benedictine College in 2018 receiving her BA degrees in Marketing and Business Management. Clare graduated from Sacred Heart in 2014 and is thrilled to be back in Salina and working at her Alma Mater. Before teaching, Clare worked for two years as the Tourism Information Manager at the Salina Area Chamber of Commerce. Clare and her husband, Scott, got married in December of 2018, and have a two sons, Joseph and Joshua. Their hobbies include kayaking, camping at the lake, gardening and spending time with family.



## Renee Thompson

Mrs. Renee Thompson begins her fourth year as the 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 7th 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.



## Bryce Woodall

Mr. Bryce Woodall begins his third year as Athletic Director and JH Social Sciences teacher. Mr. Woodall received his B. S. Degree in Technology Education from Fort Hays State University. He previously was in the private sector as a co-owner of a propane delivery business. After selling the business he stayed on and managed it for a few years for the new company. During this time he realized how important it was to him to become more involved with young adults and their activities again. Mr. Woodall has previously taught in Kansas and Nebraska, along with coaching football, basketball, track, wrestling, and girls softball. Mr. Woodall and his wife Ryann have four children. Ellie--a 2022 Graduate of SHHS, Audrey--a Senior at SHHS, Natalie, and Brodey. His hobbies include old cars, camping, sports, and spending time with his family.



## Jessica Ziegler

Mrs. Jessica Ziegler will begin her ninth year teaching Geometry, Algebra and Intermediate Algebra 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 three daughters--Laney, Joanie and Bonnie.

# Community & House



Communities gathered for community call-out during the First Day of School to welcome new



Senior Isabella Berndt, reads during a prayer service the John Paul II community held on September 13th.



Freshman Luke Koland, of the Margaret Mary Community, completes in a game of Flip Cup during the August Community Competition.



Juniors Nailea Mata, Jazmin Jasso-Rodriguez, and Ashlyn Alam play Ships and Sailors against other Community members

## A Letter From The Director of Community-House

Hello Fellow Knights,

It has been six years since Sacred Heart Jr/Sr High School adopted a community-house system. Each year we have seen growth in planning, leadership, and fellowship. As we begin the 7th year of our Community-House system, our new community leaders have already begun planning several events to start the year.

There are two major components needed for a solid Community-House structure; 1) Mass-gatherings, where students come together for fun, food, and fellowship, and 2) Consistent face-to-face communication to solve problems and keep everyone on the same page. We don't know what challenges lay ahead in the 2022-2023 school year, but we're ready to meet those challenges head on.

John Hamilton

# Capital Improvement Projects

Each summer, we strive to make improvements to our campus and school and this summer was no exception.



As part of the Capital Improvements, a new concession room has been created in place of a former storage room.



Part of the Summer Improvements included the refinishing of the gymnasium floor. The playing surface was sanded down, repainted with a large Knight logo at midcourt and then refinished.



Part of the Itemless Item, included a new sound system which will provide better sound throughout the the gym and cafeteria.



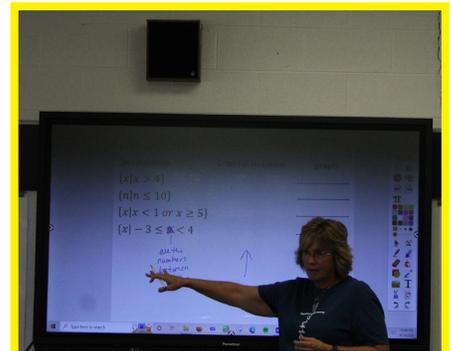
Brian Yost of All About Guttering, replaced 50 year old guttering with 5" commercial guttering and downspouts on the exterior of the school.



Jeremy Magee works to clean the floors of the school cafeteria. During the summer the maintenance crew deep cleaned the carpets, stripped and rewaxed all the floors.



In addition, the ceiling mounted volleyball standards were removed and each Glulam wood beam had metal support plates installed to reinforce small cracks they had substained.



Six new smartboards were installed in classrooms over the summer. They were funded by the Charity Auction's Itemless Item.

# Homcoming 2022

## GUIDELINES:

- All student handbook rules apply with dress code throughout the week, including but not limited to: appropriate shorts and shirt length, no midriff or cleavage, jeans must be in good condition, no tank tops, spaghetti straps, leggings or flip flops. Hats following the proper theme can be worn except **Tuesday and Friday**. No inappropriate writing or slogans on clothing will be permitted. Face paint if applied before school will be allowed on all days except **Tuesday and Friday**.

## MONDAY - Adam Sandler Day

- Adam Sandler is a popular actor who wears baggy clothes. T
- To dress up you are allowed to wear baggy shorts, shirts, and hoodies with a backwards hat.
- Please follow previous guidelines with no holes or tears.



## TUESDAY - Anything But A Backpack Day

- Bring any handheld bag/item to carry your books and equipment in besides a bookbag.
- Ex: Purse, duffel bag, trash bags, Dillon's bag or other store bag, exedra.
- You aren't allowed to bring any item with wheels or items that aren't a reasonable size.
- NO face paint. Please note that you will be in school uniform.

## WEDNESDAY - Soccer Moms vs BBQ Dads

- Boys are required to dress as the BBQ dads and girls are required to dress as the soccer moms. NO cross dressing!
- Boys can wear chef hats, aprons, jeans with no holes, etc. No tank tops allowed
- Girls can wear sweatbands, headbands, jeans with no holes, shirts with phrases like "I ♥ my kid," and zip-up jackets with collars.
- Props include water bottles, duffel bags, and keychains.
- For props you may use a water bottle or a duffel bag or bag you can strap to your back



## THURSDAY - Disney Character Day

- Dress up as your favorite Disney character! (Mickey Mouse, Cruella de Vil, Quasimodo from the Hunchback of Notre Dame, etc.)
- You are NOT allowed to wear dresses.** All other previous guidelines must be followed.



## FRIDAY - Blue and Gold Day

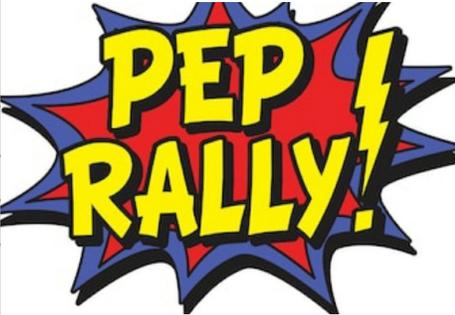
- Show school spirit by wearing blue and gold.
- You are allowed to wear any Sacred Heart shirt, jacket, or hoodie with blue, gold, or Sacred Heart shorts or pants, or jeans with no holes.
- NO face paint. All other previous guidelines must be followed



- RESTRICTIONS FOR ALL DAYS:** All students are encouraged to participate in SPIRIT WEEK activities. However, students not dressed to the theme of the day will need to be in regular school uniform. All attire is subject to administration approval and the guidelines of the student handbook and those stated above. **NO GYM WEAR ALLOWED ON ANY OF THE DAYS THROUGHOUT THE WEEK.** Shoes must follow student handbook protocol. Cutoffs or clothing with holes are unacceptable. Ladies may not wear NIKE shorts, short

# SPIRIT WEEK



Sunday	7-9 pm	Hallway Decorations MM - Jungle MT - Ocean JP2 - Space
Wednesday 	1 pm - 3:20 pm	1:00 - 1:10: Change Clothes 1:10 - 1:30: JH Competition 1:30 - 2:15: HS Competition 2:15 - 3:20: HS Dodgeball
	6:00 - 6:45	BBQ
	6:45 - 7:15	Dodgeball Semi-Finals and Finals
	7:15 - 7:30	Court Games
	7:30 - 8:00	Pep Rally, Cheerleaders, Dance Team & Band perform
Friday	7:00 pm	FB Game vs Valley Heights
Saturday	9:00 - 11:00	Homecoming Dance

## Spirit Mania 2022



78 St. Mary's students participated in Spiritmania at our home football game against Minneapolis on September 10th.

# First Month Activities



Members of the SAFE Club discuss policies with Officer Little during a meeting. Pictured are seniors Shelby Mai, Tessa Junk, junior Dayne Goss, seniors Kiera Cochran, and Jace Douglas.



A "Back to School" dance was held during the first week of school. The dance was well-attended and the students had a great time.



Students in grades 8 - 12, received their 2022 Yearbooks in the cafeteria on August 26th. Pictured are a group of 8th graders signing each others books to create long-lasting memories.



Members of the Salina Catholic Schools Leadership team meet to discuss and plan 2022-2023 K-12 events and activities. Members include Supt. Geoff Andrews, AD Bryce Woodall, St. Mary's Principal Tym Bonilla, Asst. Principal Corey Ritter, Counselor Zoey Greenemeyer, Pastor Kevin Weber, Asst. Principal John Hamilton, and Principal John Krajicek.



Jace Douglas ('23) and Stevie Silverman ('23) face off in a chess match. Chess Club meetings are open to all high school students and take place every Wednesday during lunch.

# Knights Athletics



Quarterback Evan Bogart looks downfield for an open receiver against Wichita Trinity on September 2. The Knights opened the season with a 20-19 win.



Junior Hitter, Avery Eshleman, spikes the ball against Solomon on August 30th at the Sacred Heart Gym.



Sophomore, Brady Wells runs during the meet at Abilene. The Cross Country team has competed in 5 meets so far this season and travel to Beloit on September 29th.



Senior Aly Newell, serves it up at the Central Invitational. The girls tennis team next travels to Wichita Collegiate on September 26th.



The Girls High School Cross Country team took first place at the Herington Meet and have placed in the Top 3 as a team in all 3 meets so far this season. They travel to Beloit on Sept. 29.



Members of the Cheer team (Shelby Mai, Kieran Boeger, Licia Shaw and Holly Bonilla) cheer on the Knights during a home football game.



Nixon Long ('28) runs at the JH Sacred Heart meet held at Bill Burke Park on September 6th.



Addison Bogart ('27) prepares to serve against the Beloit Trojans on September 15th. The JH Volleyball team split their matches against the Trojans.



Ja'Brien Curtis ('27), drops back for a pass against the Beloit Trojans on September 15th. The Knights dropped the game 34-28 and are 2-1 on the season.

SACRED HEART HIGH SCHOOL PRESENTS



**RAPUNZEL! RAPUNZEL!**  
A VERY HAIRY FAIRY TALE

NOVEMBER 4 & 5 @ 7:00PM | NOVEMBER 6 @ 2:00PM  
FITZPATRICK AUDITORIUM - KANSAS WESLEYAN UNIVERSITY

BOOK, MUSIC AND LYRICS BY JANET YATES VOGT & MARK FRIEDMAN  
PRESENTED BY ARRANGEMENT WITH CONCORD THEATRICALS

KNIGHTLINE

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

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