



Lourdes HIGH SCHOOL

October 2011 Volume 33 No. 3

MIRROR

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Dear Parents and Friends of Lourdes,

As we enter the second month of the school year, it is my hope that your students have settled into the daily routine of the academic year.

Homecoming 2011

We had a safe and fun-filled celebration of Homecoming at LHS. The text below is from an email that I sent to the teachers and staff just after midnight the night of the dance:

Good evening,

What a fun-filled high energy night in the Old Gym tonight. The last of the students are leaving the dance...a good time was had by all. The dance went very well and capped off a fun-filled Homecoming Week.

Thanks to all the members of the Student Council under the advisorship of Mr. Sam Pearson for a job well done. Truly, all of the events went well and helped build greater school spirit.

Bishop Quinn's announcement at half-time is also reason to celebrate. Yahoo...looking forward to October 18!

Have a safe and enjoyable rest of the weekend and see you back here at Lourdes on Monday.

*Sincerely,
Tom*

Update on Office Hours

Last February 2011 I requested a comprehensive review of how Office Hours are used at Lourdes. The goal of this review which was and still is being facilitated by our Continuous Improvement Committee (CIC) is to formulate processes that preserve and improve the "individual student-teacher contact outside class" and enumerate other options for the supervision of unscheduled students.

I defined the essential problem in this way:

Teacher supervised office hours serve as overflow areas for students who are not scheduled. So, while there is the opportunity for "individual student-teacher contact outside class" in an office hour setting, that contact may be occurring with as many as 15 other students in the same room. The teacher must oversee and regulate what in many ways is equivalent to a study hall while trying simultaneously to provide focused attention on a particular student. The instructional inefficiencies caused by this dual purposed environment are numerous.

Notice that the term "instructional inefficiencies" was to describe what I and the CIC saw as the essence of the problem we were trying to resolve.

The focus for the CIC was instruction and learning... but as the new model has been implemented we have a new awareness about the social dynamic that office hours provided for students.

The following excerpt is taken from an article by Cat Cojocarú posted in The Eagle Online:

Because almost every teacher's room is now closed to drop-ins, overcrowding is becoming a legitimate problem. One student I spoke with commented, "The Commons are too loud to get any real work done... and while there are now two computer resource rooms, I still have trouble finding a place to go."

Another option is the room formerly known as Quiet Study, which has been turned into a room designed for groups working together. However, a junior commented, "I don't like it. Sometimes you want to go to a place to hang out and talk, but still do work. The new group study room provides that, but I liked office hours better."

Once scheduled, some may find private appointments with teachers more conducive to studying, but many students are upset about being unable to enter their favorite teacher's room to just chat. "It's not a good atmosphere," a sophomore said. "You're cut off from your teachers. I feel like we're not a family anymore."

While I don't want to minimize the importance of casual conversation among students with their teachers, that is not the purpose of the time made available to students through office hours. Office hours provide time during the school day for individual student-teacher contact outside class. This allows a student to receive individual help with course work. And as mid-quarter reports get mailed out I am aware on many students who need the extra time made available through office hours.

Change is difficult...for the young and the not so young. And as we find ways to improve teaching and learning, I assure you that we are looking for ways to help students find avenues to communicate with each other and their teachers. As we continue to monitor and review the changes to office hours, we are open to and ready to make necessary changes that bring improvement to our educational programming.

Parent/Teacher Conferences

Parent /Teacher Conferences are scheduled for Wednesday, October 5, 2011 from 4:00 pm –8:00 pm. Details for the evening are outlined on page 2.

Thomas J. Donlon, Principal

The Minnesota Legislature passed a law called the **Parents Right to Know Act of 2000**. This law requires public and non-public K-12 schools that plan to apply pesticides specified in the law, to provide a notice to parents and employees that they apply pesticides. LHS uses an Integrated Pest Management (IPM) system that allows us to control problems of this nature. IPM is an effective and environmentally sensitive approach to pest management that relies on a combination of common sense practices. Within this program, no toxic pesticides are used. We anticipate that this management plan will satisfy the need for pest control and protect our students and faculty from exposure to unnecessary toxins.

During the past school year, the following asbestos management activities have been or are currently being completed at LHS. These activities are pursuant to the Environmental Protection Agency 40 CFR Part 763- "Asbestos Containing Materials in Schools; Final Rule and Notice."

- Semi-annual periodic surveillance inspections.
- Asbestos Repairs
- Notification of asbestos locations for short-term workers (electricians, plumbers, etc.).
- Training of district personnel.
- No response actions are planned for the 2011-2012 year.

LHS has contracted with the Institute for Environmental Assessment to assume the designated person position for our district. The Institute may be contacted at (507) 281-6664 or, in an emergency, at (800) 233-9513.

The complete updated Asbestos Management Plan can be viewed, without cost of restriction, during normal working hours at the district office or at each school office for its individual plan. Copies can be obtained for a fee of \$.10 per page. Any questions concerning this notice or a request for an explanation of our Asbestos Management Plan can be directed to Tom Donlon at 289-3991.

GUIDANCE OFFICE

Sarah Groven, Dean of Academics

Parent-Teacher Conferences

You are encouraged to attend Parent-Teacher Conferences from 4:00-8:00 pm, Wednesday, October 5. Conferences are ONE NIGHT ONLY.

Teachers will be in Alumni Hall/ Old Gym. This evening is for parents and teachers to talk privately and specifically about a child's academic performance, behavior, and study habits. Parents stand in line until the teacher is open. Individualized student reports are available.

Sometimes parents need more than 5 minutes to discuss their child's performance. If you want a longer conference with a particular teacher, tell the teacher you would like to make an appointment. There is no problem scheduling a meeting at a different time to accommodate a thorough discussion about a child. It is better to make this type of arrangement than to keep other parents waiting in line. Thank you for your consideration!

All School Test Day, Wednesday, October 12, 8:00-11:30am



All freshman and many sophomores will take the PLAN which consists of an interest inventory and academic subject tests in English, Math, Reading, and Science Reasoning. The PLAN is the next level after EXPLORE which the 8th graders took last year and a preliminary ACT which juniors and seniors will take throughout the year.

The PSAT/NMSQT (Preliminary Scholastic Aptitude Test/National Merit Scholarship Qualifying Test) will be administered on the test day. The PSAT is divided into five sections including Critical Reading, Math, and Writing. Juniors who have satisfactorily completed Algebra I and Geometry and have had consistent performances on the PLAN take the PSAT to see how their academic skills compare with college bound juniors nationally. **Sophomores who scored well on the PLAN in 9th grade may want to take the PSAT as a practice for next year.** PSAT test results are used for placement into Lourdes Honors and AP classes.

There is a \$14 fee for the PSAT. Please make checks payable to Lourdes High School. Students have received registration forms which should be turned into their Guidance Class. **Students will be dismissed from school at the completion of tests (11:00-11:30 am).**

Freshmen - PLAN

Sophomores - PLAN or PSAT

Juniors - PLAN or PSAT

All juniors are enrolled in the online self- paced ACT Preparation program in Guidance class. Students are able to take diagnostic tests, complete lessons, and take quizzes and practice tests. They will also have access to PSAT preparation materials and practice test in class .

ACT/SAT Test Dates

	Test Date	Registration Date	
ACT	October 22	September 16	Test offered at LHS
	December 10	November 4	
SAT	November 5	October 7	
	December 3	November 8	

CAMPUS MINISTRY– ON A MISSION

Rita Hendrickson, Director of Campus Ministry

Important Dates

Oct. 13, Wednesday Senior Day of Recollection , 7:15am- 1:00pm

Oct 19, Tuesday Lourdes Chapel Mass and Eucharist Adoration and Benediction, 7:30am

Senior Day of Recollection:

Companions on the Journey

The Senior Retreat will be on Wednesday, October 12 at Ironwood Springs Christian Ranch. Seniors are to meet at 7:15 am in the old gym. Transportation is provided for this day. The bus leaves at 7:30 am. This is a Jeans Day for seniors only. Pancake breakfast will be served at Ironwood Springs Christian Ranch. Please bring your own lunch and beverage. We will return to Lourdes at 1:00 pm. We need parents who would be willing to donate store purchased cookies or bars, please contact Mrs. Hendrickson if you are able to help with this, rhendrickson@rochestercatholic.k12.mn.us or 289-3991 ext 139.

Campus Ministry is planning a meaningful day of reflection with the assistance of the religion department faculty. Our speakers will be senior students, faculty and Lourdes alumni. Activities will include a prayer service, prayer walk meditation, small and large group sessions all focusing on the importance of knowing that God has sent companions on our journey for a purpose. Student attendance at an all-class Day of Recollection is a gift to your teenager as well as a requirement. Thank you!

Invitation to Mass & Eucharistic Adoration

We will celebrate Liturgy every Tuesday morning in the Lourdes High School Chapel at 7:30am unless we have All School Mass or Father is unable to be present. After Mass once a month there will be Eucharist Exposition for 7 hours during the school day for students, faculty, and parents to either sign up for a specific time period or drop by whenever convenient for personal prayer. The dates are: 10/18, 11/29, 2/20, 1/17, 2/21, 4/17 5/15.



KAIROS RETREAT FOR SENIORS

Dear Lourdes Community:

Kairos means “the Lord’s time” and it is a three-day retreat for seniors and staff who choose to sign up for the experience. We offer gender-specific retreats for the seniors. Each retreat begins late Monday afternoon and lasts until Thursday afternoon. The retreats are led by a team of 5 Lourdes staff members and 5 Lourdes seniors. Kairos is a chance to experience Christian fellowship and community through liturgy, prayer, reflection, silence, talks, discussions, recreation, and music. If a student chooses to attend, it is a time for them to think about their life, goals, values, personal relationships, and most importantly their faith life and relationship with God.

Dates for Kairos retreats for the 2009-10 school year are as follows:

Senior Girls Kairos

Monday, Nov. 7, 4:30pm -- Thursday, Nov. 10, 2011 – 3:00 pm.

Senior Boys Kairos

Monday, March 26, 4:30pm- Thursday, March 29, 2012-3:00pm.

All retreats take place at the Villa Maria Retreat center in Frontenac, Minnesota. The cost for each student is \$225. There is an application process. If your senior daughter/son is interested in attending please have them see Mrs. Hendrickson. We met with the Senior girls Wednesday September 28, 2011 and the deadline for sign up for Kairos will be Wednesday October 5, 2011.

Parents please keep us in your prayers for the Spirit to be present in the continuation of Kairos. We believe that this experience will strengthen Catholic identity of teenagers and staff that attend.

Blessings of Peace,

Rita Hendrickson, Director of Campus Ministry

Girls Kairos Team: Students: Rachel Saltness, Kiya Virgin, Angel Boeve, Danielle Freetly, Meredith Rolfs

Boys Kairos Team: Students: Ben Groteboer, Connor Nellans, Jacob Nordman, Zachary Shivers, Brian Utz

ATHLETIC DEPARTMENT

Marv Peters, Activities Director/Assistant Principal



Fall Sports Awards Night

Mark your calendar for the Fall Sports Awards Night to be held in Alumni Hall on Wednesday, November 3rd at 6:30 pm. Parents will be notified by mail if their student athlete has lettered at least a week prior to Awards Night. Remember that dress code is in effect for the lettering athletes.

GOLD CARDS for winter sports will be issued November 7-10 ONLY.

You **MUST** have a Gold Card before practice starts.

Please have your physical (done within 3 years), 2011-2012 MSHSL Eligibility form, athletic fees and concussion form ready in order to get a Gold Card. Thanks!

Boys and girls basketball \$115, Danceline \$115, Boys Hockey \$190

Reminders About Co-Op Sports

- Registration for boys swimming and girls hockey must be done at John Marshall.
- Registration for girls gymnastics must be done at Byron High School.
- Athletes need to pay the athletic fee that is set forth by District #535 when participating in a co-op sport.

Starting Dates for Winter Sports

Girls Hockey (w/JM)	registration @ JM, Oct. 31	1st practice
Girls Gymnastics (Byron)	registration @Byron, Nov.14	1st practice
Boys Hockey	Nov. 14	
Girls Basketball	Nov. 14	
Boys Basketball	Nov. 21	
Boys swimming (w/JM)	registration @ JM, Nov. 28	1st practice
Wrestling (w/JM)	registration @ JM, Nov. 21	1st Practice
Danceline	Oct. 24	



Fall Concession/Ticket Volunteers

We would like to extend a big **THANK YOU** to all of the volunteers who helped sell/take tickets and worked in the concession stand for our fall sporting events. This volunteer program helps the Athletic Department save countless dollars that can be spent on the athletes. We will soon ask for volunteers for our rapidly approaching winter sports season events. **Please call the Athletic Office at 289-3991, ext.130 if you can help us by selling tickets and/or working concessions.**

Rochester Alpine Ski Team

The Rochester High School Alpine Ski Team is holding a Parent/Skier Informational Meeting on October 13th at 7 p.m. in the Mayo High School Cafeteria. The Alpine Ski team is open to Rochester students, grades 7 - 12. The Rochester High School Alpine Ski Team's sign-up is October 18, 2011. Information and forms are available in the high school activities' offices. For more information visit: www.RHSSST.com or e-mail RHSSST@hotmail.com



Season Sports Punch Passes are still available at the athletic office. \$25 for Students, \$35 for Adults Good for (home games) football-basketball-soccer-hockey-volleyball

Important Dates

OCTOBER

- 5 Parent Teacher Conferences, 4-8 pm
- 12 All School Testing/Senior Retreat
- 14 Early Release
- 15 Fall Rummage Sale
- 20-21 Fall Break
- 28 Indoor Marching Band Concert, 7:30 pm

NOVEMBER

- 1 All Saints Mass 8:05 St. Johns
- 1 Juniors to St. Mary's University play: Letters Home
- 2 Fall Sports Awards Night
- 4 End of Quarter
- 6 Fall Choir Concert 4:30pm
- 7-10 Girls Kairos
- 11 NO SCHOOL
- 14 NO AM BUSSING
- 17-20 Fall Play
- 22 Thanksgiving Mass @ St. John's, 8:10 am
- 23-25 Thanksgiving Break- No School
- 26 Lourdes Comedy Night, Rochester International Event Center



Lourdes Baseball Comedy Night

Lourdes Baseball Comedy Night 2011 will feature Benny Ricardo with special guest Pete Borchert. Join family and friends over the Thanksgiving holiday for a night of comedy – Saturday, November 26 at the Rochester International Event Center. Tickets \$20/person.

Please look at the great journalistic work of Lourdes High School!

Check out *The Eagle Online* today!

<http://eagleonline.edublogs.org>

It's not too late to travel!

Attention current juniors and parents of current juniors! Plans for the senior trip the summer of 2012 are well underway! Students who plan to travel next summer will experience the vibrant capital cities of Paris and Madrid. Travel dates are to be determined, but we are looking at 9 days the last part of June of 2012. We held our first informational meeting on April 12, and just recently held a second meeting on September 21. But it's not too late to participate! If you were unable to attend the meetings and are interested in more information about this trip, you are encouraged to contact Madame Wendt or Mrs. Falvey. You can also find information on the RCS webpage. Just click on the "Lourdes" tab and click "Europe Trips Info" in the left column. You can also enroll directly at www.eftours.com/enroll. Our trip is Paris & Madrid June 2012 Tour # 1071770.



The LHS Drama Department presents:

Neil Simon's *The Good Doctor*. Performance dates are Friday November 18th at 7:00, Saturday, November 19th at 7:00, and Sunday November 20th at 2:00. Performances will be in the LHS Auditorium. Cost is \$10 for adults and \$5 for Students and Seniors.



LHS SPRING 2012 ALL-SCHOOL MUSICAL

=*The Boys from Syracuse*=

Words and Music by Richard Rodgers and Lorenz Hart

Book by George Abbott

May 2, 3, 4 & 6, 2012

Based on William Shakespeare's "Comedy of Errors," and boasting a score rich with songs by two of the most celebrated composers in the history of American songwriting, *The Boys from Syracuse* blends clever dialogue with fast-paced humor and exceptional farce – mistaken identities and the anxieties of love promise something for everyone.

Auditions will be held in January – watch for further announcements.

Questions or interest in assisting with the production?

Please contact [rspgardner](mailto:rspgardner@lhs.edu) at LHS @ 289-3991 ext. 302



LHS Music Notes

The Lourdes High School Marching Band is completing its competitive season! Their 2011 show, "Lunar Phases" features music that celebrates the moon. From the illuminations of the Full Moon to the Waning Crescent, the LHS Marching Band performs music from Moonlight Sonata by Beethoven, Clair De Lune by Debussy, and Fly Me to the Moon by Howard. The music was arranged by Jeremy Hegg and Lee Krueger.

Congratulations to the first place finish at the Waseca Marching Classic and the Rosemount Band Festival, plus a second place finish at the Eastview Marching Festival. The band has received honors for Outstanding Drum Majors, Soloists, Percussion, and Wind Section. Their final competition will be Festival of Bands in Sioux Falls, South Dakota on October 1st. The Rochester community is invited to any home Lourdes football game to see the LHS Marching Band perform their competitive routine during the half-time show or at the Indoor Marching Performance on October 28th.

Parents play an active role in the Music Department. Chaperoning camps, organizing fundraising sales, walking in parades, transporting instruments to field shows, hosting concerts, clinics, and competitions, and selling the Lourdes logowear from the Spirit Shop, parents are a valuable asset to the Lourdes music community. We invite all parents to attend the Lourdes Music Boosters meetings on the second Tuesday of each month beginning at 6:00 p.m. in the conference room next to the Auditorium.

Additional concerts, competitions, and activities planned for the 2011-2012 year are noted on the Lourdes calendar. We hope to see you throughout the season supporting the Lourdes Music Department and students!



LHS SPIRIT SHOP

Be ready to cheer on the Eagles with Lourdes Eagle t-shirts, sweatshirts, wind jackets and more. These items and many more will be available at RCTC October 7 and 19 for the football games.

The Spirit Shop will also be at the Tuesday, October 11, volleyball game in the LHS lobby at 6:15. Another opportunity will be the Indoor Marching Band Concert on Friday, February 28, at 7 pm in the LHS lobby.

The Spirit Shop is run by the Music Booster volunteers to support the music department by purchasing and maintaining instruments and equipment. Your business is very much appreciated. Thank you.



Music Department's Annual Fruit and Cheese Sale!!

Start Your Holiday Shopping Early! It's time for the annual Fruit Sale!! The LHS Music Department Fruit and Cheese Sale will begin on Monday, October 24th and run through Monday, November 7th. This fund raiser supports the wonderful music programs we have at Lourdes.

The fruit is incredible and arrives just in time for your holiday gift giving! Do your shopping early, give a healthy gift, all while you help support the LHS Music Department! If you are a business owner consider giving your employees a great gift of fruit or meat & cheese. You may order from any band or choir student or check out the LHS Music Dept. web site <http://www.lhsmusic.org/>

Questions? Can't find a band or choir student to order from? Call Margaret Mulligan 280-6798, mugsmulli@gmail.com

Thank you in advance for supporting our awesome music program!!



There is a limited number of student parking passes still available. Please stop in the front office if your student is in need of one.



RCS Council Meeting

The Rochester Catholic Schools Council will hold its regular monthly meeting on Wednesday, October 26, at 7:00 pm in the Lourdes High School Auditorium.

Rummage Sale



Lourdes High School

621 W. Center Street

Saturday, October 16

8:00 a.m. to 1 p.m.

Bag Sale begins at noon!

If you wish to donate items for the sale, please drop them off
between 1 pm and 6 pm on Friday, October 15.

Proceeds directed to the Lourdes Girls Softball Program

Lourdes Foundation Presents



**5th Annual Lourdes High School Sports Hall of Fame
and Athletic Fundraiser**

Sunday, December 4, 2011

Rochester International Event Center

5p.m. Social Hour/Silent Auction

6 p.m. Dinner

*3 more of LHS finest Athletes and an LHS Coach
are to be inducted in to the LHS Sports Hall of Fame.*

AND

The State Championship 1973 Boys AND Girls Basketball will be honored

Tickets \$30 or Table of 8 for \$215

All Proceeds to Lourdes Athletics

*Tickets available at Lourdes Foundation Office
or website at www.lourdesfoundation.org
or at LHS Lourdes Athletics & Scrip Offices*

*If you are unable to attend, but would like to make a donation, please contact the
Lourdes Foundation offices at 507-289-2584*