



DEPAUL CATHOLIC HIGH SCHOOL

Spartan Sentinel

Welcome to the Spartan Sentinel, our bi-weekly electronic newsletter for all things DePaul Catholic.

Principal's Corner

Mr. Russell Petrocelli
Principal

Dear Spartan Community:

A new school year is upon us and, as one of my favorite sayings goes, ***Nothing Changes if Nothing Changes!*** We opened the doors of the 2018-2019 School Year on September 4 with some new faculty members and new course offerings. This promises to be a great year. Please visit this newsletter on a regular basis to be brought up to speed on the happenings across the campus. If you are a graduate and are in the neighborhood, please stop in and say hello.

We are looking forward to our **Back to School Night on Tuesday, September 18 at 7:00 PM.** This is always an enjoyable evening when parents can put a face to the teacher's name and receive an overview of the academic program planned for their students. We look forward to seeing you on the 18th.

St. Vincent DePaul...Pray for Us!

A Message From The President

Dr. Robert Stickles
President

Greetings, Friends of DePaul Catholic !

Our year is off to a fine start. As a newcomer, I am particularly impressed with the dedication our faculty and staff bring to our mission, to give the children of hard working families a quality, faith-based education in a safe and caring environment. Our students, too, are facing the new year with enthusiasm.

I invite you to come visit us, and see for yourself.

Best regards,

Dr. Robert Stickles, Ed.D., J.D.

Moving Forward...

Mr. John Merritt '71
Vice Principal, Student Life

The Path Of St. Vincent de Paul

A guide to a happy and faith-filled high school life.

During your years at DePaul Catholic, these 5 steps may help you, and us, to guide your progress.

The 5 Step Approach

Faith

You are not going through life alone. Faith and humility are very good things. They allow us to: ask for help, be grateful for the gifts we have, place our trust in God.

Remember, prayer works!

Learning

You should have a lifetime of learning. The more we learn, the more we want to learn. The more we learn, the more tolerant and understanding we become. The human mind, when open, offers a world of possibilities. The human mind, when closed, stagnates. Learn something new each day. Talk to your teachers. Talk to your friends. Read a book. **Find your gift.**

Participation

Challenge yourself and enjoy yourself. Participate in sports, clubs, and/or theater. High school is not the time to specialize. Being well rounded helps you smooth off your rough edges. High school is a time to investigate all positive possibilities. **Find your gift.**

Personal Discipline

Boundaries offer freedom. These words seem to be opposites until you think them through. Following simple rules on attendance and behavior allow you to be free to pursue your goals. Think of all the time wasted when having to deal with discipline issues. You could be using that time to do the things that are important to you.

Personal Well Being

Take care of your mind and body. Personal well being starts with a renewed sense of self confidence. Be the best **you** can be. Stop comparing. Stop listening to the negative people. Be careful with social media. It can be destructive and hurtful. Be patient! Be nice! Be grateful! Exercise helps to relieve stress and brings about a positive attitude.

P.S.

Nobody's perfect. It's the road to perfection that is important. Do the best you can...every day!

St. Vincent de Paul.....Pray for us

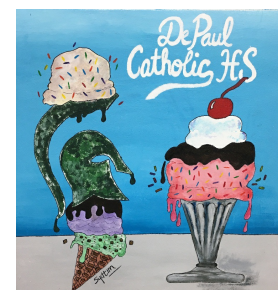
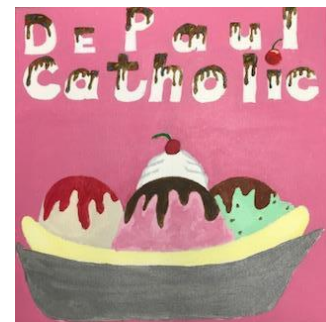
Have a great year.

A Sweet Addition

Submitted by [Mr. Lombardi](#)

Gelotti Ice Cream has been a sweet institution in Paterson, New Jersey since 1984, offering a wide range of ice cream, frozen yogurt and Italian ice to an always hungry community. Recently, renovations to the building called for something fun! The organization reached out to local schools last May to design the ceiling tiles for the new room, requiring an "ice cream" theme. Sydney Timorason '18 (bottom) and Michelle Fondacaro '18 (top) rose to the challenge and created the tiles you see pictured.

I don't know about you, but right about now I'm thinking about a mint chocolate chip cone with extra sprinkles ...



Celebrate!

Submitted by: [Mrs. Meza](#)

Each year between September 15 and October 15, America celebrates Hispanic heritage month to remember the



contributions that the Hispanic culture brings to the United States. The World Language Department honors this celebration by sharing every morning with the DP community prayers and important facts about Latin countries. This information is communicated in English and Spanish. ¡Feliz mes de la herencia hispana!

College Guidance

Ms. Christine McGovern '90

Director of Guidance

College season is in full swing in the Guidance Department. We kicked off the school year with the Senior College Night presentation, which provided parents and seniors with information about the college application process, along with important deadlines. The Guidance Department also brought in a guest speaker to inform senior parents about college financial aid and how to fill out the FAFSA.

Starting **Monday, September 17th** the Guidance Department will be having numerous colleges visiting to speak with our juniors and seniors throughout the next couple months.

Admissions News

Ms. Anne Rotundo

Director of Admissions

Come Join Us
for an
OPEN HOUSE

The Office of Admissions is excited to welcome 172 new students to DePaul Catholic this fall!

We continue to see growing interest overseas, which allowed us to welcome 17 freshmen from Beijing. In just a short time these students have brought a tremendous amount of cultural diversity to DePaul.

Our current student body represents 69 different

towns and 11 countries. We continue to be impressed by how active and involved our student body is across our athletic and extracurricular offerings.

Coming off of a busy summer, we are switching gears as we prepare for Fall events and visit opportunities for prospective students. These will include Open House events which will be held on **Sunday, October 14, at 12:00PM** and **Tuesday, October 30, at 6:00PM**. All prospective students and families are welcome. Choosing which high school to attend is an important family decision. Here at DePaul Catholic we invite all current 8th grade students to Spend a Day as a Spartan. Parents are invited to attend a Discovery Day event, which will provide the opportunity to meet with our Administration, Faculty, and current students. Registration for all events can be found on the [Admissions page](#) of the DePaul Catholic website.

If you know a family who is interested in enrolling at DePaul Catholic High School, please refer them to the Office of Admissions. On behalf of the Office of Admissions we wish our school community a wonderful academic year.

Spartan Nation

Coach Joe Lennon

Athletic Director

Athletic Training News

This Spring Nancy Keil, our Athletic Trainer, began the process of streaming most athletic medical forms to an online system. This Summer and Fall, this became a reality. With the use of the RSchool Activity Registration system, 261 student-athletes registered to participate in a Fall Sport. **That's 52% of our student body!**



While the State still requires some forms to be filled out hard copy, coaches now have access to their team's emergency information via an app on their phone. This app allows for quick access to call or text a parent in an emergency, and even holds insurance card information to be used at the hospital.

Unfortunately, this app has already been put to the test, when a student-athlete was taken from a competition via ambulance this Fall. Parents were contacted quickly, and insurance was processed at the hospital before the parents arrived to the Emergency Room. Luckily, the student-athlete has made a full recovery, but we are grateful to have been able to get the process started so quickly using the new app.

Fall Sports

All of our Fall Sports are underway. To see a full competition schedule, please [click here](#). We hope to see you at a game.



Nine & Dine
Nine holes of golf and a BBQ
dinner benefiting Spartan Sports!

Thursday, September 20
4:30pm Start
Preakness Valley Golf Club

\$100 registration fee

7:00pm Dinner
The Barnyard, Totowa
Dinner only: \$50

[Register today!](#)



Homecoming
...an all-class reunion

September 21, 2018
Friday, 5:30 PM to 7:30 PM
At DePaul's Info Commons

Food & Drink, Tailgate-style light buffet
\$15 per adult, \$10 per child or DP student
(Football game ticket included)

4:30 PM Homecoming is preceded by a
Memorial Mass at the Chapel honoring
our fellow Spartans who have passed.

7:00 PM Kick-off. Spartans vs. Delbarton

RSVP: <http://weblink.donorperfect.com/Homecoming2018>

Info: raitic@dpchs.org



Sunday, October 21, 2018

DePaul Catholic High School

9am - Mass

9:30am - Check-in

10:15am - Start

This color walk/run features a designated FUN 2.2 mile course. During the race, participants are doused with color at various color stations ending with one final color celebration at the finish line.

Register Today: <https://secure.getactivefundraising.com/event/DPCHS>

Questions?

Christine McGovern, '90

Director of Guidance

mcgovern@dpchs.org

WHAT'S THE SCOOP!

Submitted by the Parents' Association

Parents' Association Executive Board
will meet in The Commons at 7pm
on the following dates this year.

October 17, 2018

November 14, 2018

December 5, 2018

January 15, 2019

February 12, 2019

March 12, 2019

April 16, 2019

May 14, 2019

All are welcome to attend! Come out and see
all the exciting things going on at DePaul!

Our school has the opportunity to participate in and earn CASH from A+ School Rewards through your local Stop & Shop! This isn't just for DPCHS families, but for friends, neighbors and grandparents too. Please encourage your family members and friends to support DePaul Catholic.

Visit stopandshop.com. Log into your account and choose **DePaul Catholic High School ID#: 08465** under REWARDS AND SAVINGS! Thank you for your support!

Volunteers WANTED!

We are looking for volunteers to help out with our first ever Spartan Color Run! This is going to be a fun event but we can't do it without YOUR help! We need people to man water stations, color stations and help check in our participants. If you are interested, please contact the Parents' Association team at DePaulCatholicPA@gmail.com. We look forward to seeing you there!

DePaul Catholic High School | 973.694.3702 | www.depaulcatholic.org

STAY CONNECTED

