



FEBRUARY 2012

Published Monthly

# KNIGHT LINE



VOL. 6 ISSUE 6

SAINT JOHN NEUMANN REGIONAL ACADEMY

Website: [www.sjnra.org](http://www.sjnra.org)

Jr./Sr. High School Campus and Administrative Offices  
Elementary Campus  
Early Childhood Center  
East Lycoming Early Childhood Center

901 Penn Street, Williamsport  
710 Franklin Street, Williamsport  
1650 Sheridan Street, Williamsport  
75 Musser Lane, Muncy

323-9953  
326-3738  
323-0500  
546-5272

## FROM THE GOVERNANCE BOARD



Dear Parents, Alumni, Benefactors,  
Students and Friends:

As we observe the formal celebration for 2012 of Catholic Education in the United States, let me tell you that the celebration never ends, and that the SJNRA presence is as strong as ever in our great multi-county area. We are so appreciative to so many that have made our existence possible. To those that pass through the doors visiting us during the celebrations, we say thank you and want you to know that you are always welcome as part of the SJNRA Family. Our doors are open to invite the youth to come into this wonderful faith-filled Academy of learning and formation. In addition, thousands of our alumni that have passed through those doors have gone out well-prepared to make a difference in the world and to share their personal gifts to bless many people and communities.

As I hope everyone understands, we are a family here at SJNRA. We offer an outstanding academically excellent education, Christian formation rooted in the Gospel values of our Catholic Church, and tradition and extracurricular activities unsurpassed by our competition.

The Knights spirit is contagious and has brought many families to choose

SJNRA as their child's school. In our world today, more than ever it is clear that a "faith based" Academy is by far the greatest gift we can offer our youth to accompany academic excellence. We truly believe this and understand the trust that you place upon us with your youth.

We are so fortunate to have principals and administrators like Mrs. Kaiser and Mrs. Tobin, and a staff that welcomes and embraces each and every child that you entrust to our care. Their goal is to develop each student's personal gifts while empowering them in a holistic manner to become the best person they can be.

Our Chaplain and DRF, Father David Bechtel, is here for our students, and continues to make a positive impact on everyone in the Academy family. He understands, as do all of us, that our parents or guardians are the primary educators of our children and we have the highest desire to help you in every way to fulfill this wonderful call the Lord has entrusted to you with your children. We re-affirm your wise choice to send your children to our Academy.

The teachers and counselors at SJNRA understand values and morals, and diligently work to incorporate Catholic-Christian values throughout each day. Their faith is important to each of them; thus they make it important to our students. Teaching provides many of them an opportunity to give back to their faith community and only strengthens the environment of "service learning", which is so prevalent at our Academy. They work hard to help each child grow spiritually and academically. SJNRA will always provide a caring, Christian

atmosphere for each child to learn and grow. I have total confidence in our teachers and staff that they will always encourage our students to be the best they can be. Our teachers understand teaching and have a passion not seen elsewhere. The cooperation that our parents extend to them is unparalleled and the families understand the partnership that the Academy has with each of our teachers. I have witnessed that our faculty is constantly giving praise and acknowledgement to our students for their good qualities. They create this sense of caring that is deeply rooted throughout the Academy. I will go toe to toe with our group of highly motivated, qualified, and dedicated teachers as their enthusiasm and compassion has created an atmosphere unequalled anywhere! We're a family... it's not just a job for them.

Finally, to our benefactors, who have contributed so much to our success; our parishioners and pastors, our alumni, our business people, our parents, our grandparents and Godparents, and so many others, I extend a sincere and profuse thank you and heartfelt appreciation to each of you for your contributions to the next generation of leaders in our midst. On behalf of the entire Academy Family, I am forever grateful. May God bless each of you in your endeavors and may you always understand our deepest appreciation for your assistance in strengthening our mission.

Frank G. Pellegrino  
President, Governance Board SJNRA

## FROM THE SYSTEM DIRECTOR

Dear Parent(s)/Guardian(s):

*I was fortunate to read this article over the holidays and thought it had some very great advice. I would like to share this with you in my KNIGHTLINE column this month, as I find it quite appropriate for our students and parents. I hope everyone is off to an excellent start this New Year. As we conclude our second marking period, we pray that all will stay refreshed and renewed for the balance of the school year.*

### Self-Esteem in Children

By Paul J. Ashton, Psy.D., D.Min

It seems that *low self-esteem* is the number-one answer given as a root cause to most given problems that an adult may face. Bookstores are filled with guides, manuals, and how-to books focused on the subject. Now, there are many books and articles centered on low self-esteem in children. Recently, several parents have approached me and asked questions about improving their child's self esteem. In this article, I have listed some very practical information that will assist parents, teachers, and counselors in helping children to build up their self-esteem and allow them to have a solid foundation for a strong character. Through some of the following suggestions, you may find appropriate ways to assist a child to grow up with positive self-esteem.

#### What is self-esteem?

Each person is specially created and uniquely loved by God. There is only one of us in the world, and we are all very special. Children are not born feeling good or bad about themselves. They learn this from what happens to them. Self esteem is the pride that a person has in himself or herself. A person with high self-esteem feels worthwhile (good and capable). People with low self-esteem think they are not worthwhile and that what they do is not important to others or to themselves.

How we feel and think about ourselves and how children feel and think about themselves can affect our behavior and can change each day. It is important to listen to children and assess how they feel each day, and where these feelings might be coming from. Who are the important people in the lives of your children? It is important to listen for clues that will tell you the kinds of relationships your children have with these people. Listen to them when they are involved in pretend play, games, arguments, or are just talking with other people. People who are important to children have a great influence upon the development of self-esteem in children.

## FROM THE DRF AND CHAPLAIN



Catholic Schools Week is upon us and has been traditionally celebrated at the end of January/beginning of February. The week is an opportunity to celebrate our Academy and also to thank God for blessing this area with a Catholic school system with dedicated teachers, benefactors, parents, and friends.

Saint John Neumann, the Patron Saint of the Academy, is credited with the founding of the Catholic school system in the United States. During times of rampant and blatant anti-Catholicism in this country, the Catholic schools served Catholic children by giving them a traditional education within the context

## What Can You Do to Help Build Self-Esteem?

- Praise each child's success (even very small ones). Praise each child who tries hard.
- Give sincere affection. Let children know that they are loved and wanted.
- Show interest in each child's activities, projects, or problems.
- Tell children what to do instead of what not to do. This prepares them for what to do.
- Let children know that mistakes are a natural part of growing up. Everyone (including adults) makes mistakes.
- Try to ignore temper tantrums and other negative behavior as much as possible.
- Show appreciation when children cooperate, help you, say kind things to other children, obey the rules, and do other positive things.
- Remember that learning new skills takes time and practice. Children do not learn new skills all at once.
- Respond affectionately when children behave well. Tell children what you like about their behavior.
- Let children know that you believe in them and expect them to do well.
- Provide activities that offer success to your daycare children.
- When a child misbehaves, separate the misbehavior from the child. For example, say "I don't like it when you throw toys, but I still like you. I know you will do better tomorrow." Let the child know you believe in him or her.

#### Actions that May Lower Children's Self-Esteem

Try to avoid the following actions because they may lower children's self-esteem. This can be very harmful.

- Expecting too much or too little from children.
- Yelling at or criticizing children, especially in front of other people.
- Criticizing children more often than praising or showing appreciation.
- Calling children clumsy, thoughtless, stupid, lazy, etc.
- Telling children who have made mistakes that they are failures.
- Overprotecting or neglecting children.

Taken from the National Network for Child Care - NNCC. Nuttall, P. (1991). "Self-esteem and children." (Family Day Care Facts series). Amherst, MA: University of Massachusetts

Susan L. Kaiser  
Elementary & Early Childhood Principal  
System Director

of a Catholic environment. In other words, the students would receive a traditional education but the Catholic Faith would permeate every aspect of their learning. Catholicism would not be separate from education; rather education would be infused with the principles of Catholicism. In this way, the Catholic Faith, customs, beliefs and traditions would become an integral part of the student's life. The student would take this with them into their adult life and apply it as they would any other aspect of their formation and education.

The issue in our society today is not overt anti-Catholicism, but secular atheism. At best, Faith is permitted so long as it is kept private. At worst, the idea of a personal God is dismissed as

*(Continued on page 3)*

(Continued from page 2)

wishful thinking, the opium of the masses, a hangover from medieval times, something "uneducated" superstitious people believe in. God is not for the "educated" and the "scientific." These notions are all around us, and our children are exposed to them day in and day out through the media outlets and general exposure to culture. No matter how good a public school is, public schools cannot address the greater questions everyone asks: Is there a God? What is this God like? Is Truth objective? Does Truth exist? Why are we here? Are there actions which are inherently evil or inherently good, or are good and evil illusions? These are questions of meaning which require philosophical and theological tools to answer---things which cannot be openly discussed in a public school setting without risk of a lawsuit.

As we celebrate our Catholic schools, we can take time to reflect on the fact that Saint John Neumann Regional Academy can offer the students something no public school can offer: an education infused with Catholic Christian ideals and principles. Reading, writing, and arithmetic are not taught in isolation from the Catholic Faith but rather infused with it. Each school day begins and ends with a prayer. Each class begins and ends with a prayer. Each school day includes a theology lesson from Pre-K through grade 12. Our school holds weekly Mass at the Church of Saint Boniface,

where students experience first hand what it means to know, love, and serve God. Our students, in addition to receiving a primary and secondary education, will receive a foundation upon which to build their relationship with God in order that they may have life and have it to the fullest. They will be able to face whatever life throws at them because their foundation will be built upon the Rock of Jesus Christ. Saint John Neumann Regional Academy is helping each student to build upon the Rock who is Christ, and not to build upon a foundation of sand.

Please pray for the success of the Catholic Schools and their mission. Please encourage families you work with and in the community to consider sending their children to Saint John Neumann. I would like to take this opportunity to invite all families to a special Mass which will kick off our Catholic School celebration. This mass will be Monday, January 30, 2012 at the Church of Saint Boniface at 10:00 am. Here we will give thanks and praise to God for the gift of a Catholic education, and we will pray for all the families and friends of Saint John Neumann Regional Academy. May God bless you all!

In the Pursuit of Excellence,

The Reverend David W. Bechtel  
Director of Religious Formation

# GUIDANCE

Ms. Abby Brown, Guidance Counselor  
323-9953 Ext. 209 \*\*\* [guidance@sjnra.org](mailto:guidance@sjnra.org)

## CONGRATULATIONS

Congratulations are in order for two of our seniors who have been selected to represent SJNRA in scholarship competitions. **Miss Alexandra "Alie" Moran** is the nominee for the Daughter's of the American Revolution (D.A.R.) Good Citizen Scholarship program. Alie is one of eight local students who have been so honored. She and the seven other youth will each receive a Certificate and pin in recognition of their Good Citizenship. In March, one of these eight students will be honored as the recipient for this year's National Society Daughters of the American Revolution Scholarship. Alie has submitted an essay titled: ***Our American Heritage and Our Responsibility for Preserving It***. The other honor of representing our fine Academy goes to **Mr. Brock Danneker**. Brock is honored as an outstanding Catholic High School senior. This scholarship is sponsored by Fireside Catholic Publishing. The scholarship is in recognition of high school seniors who "daily put their faith into action." Brock wrote an essay encompassing **how religious education has influenced his life**. The actual scholarship winner will be notified in April 2012. As we know, both of these fine SJN students are winners! They are both exceptional, yet humble individuals who are faithful servants of God.

## FINANCIAL AID INFORMATION

On January 1<sup>st</sup>, students graduating in June 2012 can submit the Free Application for Federal Student Aid (FAFSA) form. This determines the amount of financial assistance you/your child will be eligible to receive the 2012-13 academic year. You may complete the Free Application for Federal Student Aid (FAFSA) online. Here are some government websites: [www.fafsa.ed.gov](http://www.fafsa.ed.gov) [www.ed.gov](http://www.ed.gov) [www.studentaid.ed.gov](http://www.studentaid.ed.gov)

## PROGRAMS

**Pennsylvania Free Enterprise Week (PFEW)** will again be hosted at Penn College and Lycoming College. This is a weeklong summer program where sophomores and juniors have the unique opportunity to learn about careers. The students are introduced to world

entrepreneurships. PFEW participants are supported through scholarships provided by PA businesses and organizations. There is a non-refundable registration fee which the family is responsible to pay. Financial assistance is available for families, if needed.

The **Global Entrepreneurship** (Lehigh University) and the **University of Pittsburgh Health Career Scholars Academy** (both formerly known as the Governor's School) have experiential opportunities awaiting students who are currently high school sophomores or juniors. Each of these summer programs are 4 week experiences (June-July). The criteria is intense and the educators are tops in their fields of expertise. Please see me in the guidance office if you are interested in pursuing one of these experiential opportunities.

**Summer Camp** brochures and applications have begun to arrive. Please check at the guidance office regarding these opportunities.

## THANK YOU GUARDIAN ANGEL CONTRIBUTORS!

To all the families and staff who have so generously supported the Guardian Angel Fund, thank you! Your generosity has been overwhelming! I have the blessing of bestowing your kindness on those in need. I wish you could witness the happiness you have already provided to others in our SJN family. On Christmas Day, I smiled every time I thought of the wonderful fulfillment you had given to others on that special day of the year. I am still receiving and accepting contributions to the Angel Fund, as it is a year round program. Thank you again from the bottom of my heart!

## GIRLS ON THE RUN (GOTR)

**Girls on the Run** is coming back to SJNRA! We are so blessed to have Miss Amanda Balr and Ms. Vanessa Daniele return as coaches for the GOTR program this year! In February, I will visit each 3rd, 4th and 5th grade class to present GOTR. The program will run from March 13th to May 17th. The girls will meet twice a week; Tuesday and Thursday from 3-4:30 p.m. The girls will participate in a 5K run at the completion of the program. This will be the first year all the girls in Lycoming County will join together for a unified 5K run. This will be held at the South Williamsport Pool Complex on Saturday, May 19, 2012. It will be a nice event, as all the girls from this region will feel a connection with others who share this experience! For more information, contact me in the guidance office and/or visit the website: [www.gotr.org](http://www.gotr.org).

## FROM THE HIGH SCHOOL PRINCIPAL

The beginning of the second semester at St. John Neumann Regional Academy High School brings a celebration of life as a good number of our students and faculty attend the March for Life in Washington D.C. All students are encouraged to participate in this important event at least once during their high school years. We also look forward to Catholic Schools Week, exciting basketball games, and the Senior Class Spaghetti Dinner. This year is a bit different, however, as we are intensely occupied with preparations for our Middle States accreditation site visit. We continue to notify all of our stakeholders about this important evaluation which will take place from Monday, April 16<sup>th</sup> to Thursday, April 19<sup>th</sup>, and an official *Notice Of Evaluation For Accreditation* has been placed on our school website and can be found in this edition of *The Knightline*.

Our high school has chosen the “Accreditation for Growth” protocol for our self-study and evaluation. This protocol, like all Middle States protocols, requires a school to reaffirm or revise its Mission, Beliefs, and Profile of Graduates, along with elucidating Academic Objectives that will ensure the quality of education that we provide, ensure academic improvement, and ensure that our stakeholders can be confident of our school’s performance. Our hard-working Middle States Planning Team has also established a Spiritual Objective and an Enrollment Objective upon study of the school profile and commitment to increasing enrollment.

Our objectives as determined and identified by the Planning Team are:

### Objective #1: Academic Objective

-By 2019, the students of SJNRA HS will exhibit improved academic performance as measured by:

- A. 5% increase in Median National Percentile scores in the Reading and mathematics components of the Terra Nova tests
- B. A 10% reduction of the number of students in the basic or below basic levels of the Terra Nova tests in reading and mathematics
- C. A 10 point increase in the average SAT scores for students (verbal and math)

### Objective #2: Career Development

-By 2019, 100% of students will expand their knowledge of career opportunities as demonstrated by the completion of:

- A. Career awareness in the 7<sup>th</sup> and 8<sup>th</sup> grade rotations
- B. At least one job-shadowing experience in the 9<sup>th</sup> and 10<sup>th</sup> grades.

- C. Participation in a career fair, workshop, camp, etc. in 11<sup>th</sup> and 12<sup>th</sup> grades
- D. A career awareness oriented lesson within each curriculum once per quarter

### Objective #3: Enrollment (Non-AFG Accreditation Objective)

-By 2019, increase enrollment annually by 5% as demonstrated by:

- A. A thorough understanding of the needs of our student population as gained through the implementation of an entrance/exit survey
- B. Increased community and local parish awareness of our high school and its unique offerings and opportunities

### Objective #4: Spiritual

-By 2019, the student body will exhibit a better understanding of spirituality as demonstrated by all students:

- A. Participating on a grade-level worship team established to allow students to share responsibilities for weekly worship preparation
- B. Extending service hours to include grade level projects to benefit the community

These objectives are stated in a manner consistent with Middle States protocols and for the most part, they must be data-driven. Each objective has a statistical baseline that was calculated using data from the year 2006 through 2010. We were pleased recently when the Middle States Commission on Secondary Schools approved the above objectives. We are now in the process of putting together Action Plans that will specify what must be done to achieve an objective, who will perform each action, and when each step will be put in place. Once again, our extraordinary Planning Team, along with our faculty and staff, will meet to determine the best Action Plans for our school.

A Middle States evaluation is quite an undertaking and already so many stakeholders have contributed to helping us work through the protocol. Every bit of input is greatly appreciated and helps us to reach our goal of constant and consistent school improvement in academics and culture. Our efforts are always guided by the pillars of our school and the theme of Catholic Schools Week: *Faith, Academics, and Service*. Please keep our school in your prayers as we continue to work toward a successful accreditation site visit and evaluation.

With gratitude, pride, and in service to our Catholic Community,

Denise M. Tobin  
High School Principal

# *Catholic Schools Celebration 2012*

## *Celebrating Faith, Academics and Service*

**Service Projects:** *Sheridan St. Campus students will donate items for our "Four-Footed Friends" at the SPCA. Franklin St. Campus students will assist with Flood Relief efforts. High School Campus students will read books to our preschoolers & young students, make lap blankets for residents of Rose View Nursing Home and visit patients at the Janet Weis Children's Hospital at Geisinger Medical Center. All week long, SJNRA students & staff will be participating in "Coins for a Cause" as they donate money for a needy cause. The class that donates the most at each campus will receive a special treat.*

**Saturday, January 28:** Senior Class Spaghetti Dinner: 4 pm - 7 pm at the Franklin St. cafeteria & gym, featuring Chef Francis Daniele. Take-outs from 2-4 pm.

**Monday, January 30:** Academy-wide Mass at 10:00 a.m. at St. Boniface Church. Luncheon for Pastors, Priests and Governance Board. Franklin St & Sheridan St. Campuses: Make your own sundae; Door decorating contest. Tenth graders read to first graders and have lunch with them.

**Tuesday, January 31:** JV and Varsity basketball players visit Sheridan St. & Franklin St. Campuses for "Adopt an Athlete" day. Franklin St. & Sheridan St. Campuses: Cafeteria Volunteer Recognition; Crazy Hat Day; Math Day.

**Wednesday, February 1:** All campuses: SJNRA Spiritwear Day! Franklin St. & Sheridan St. Campuses: Guest readers will read to students throughout the day. 7th & 8th graders visit Sheridan St. Campus students to read to them. Spirit Night at the Boys' JV/Varsity Basketball game vs. Millville. Students-wear your SJNRA spirit wear and get into the game for free!

**Thursday, February 2:** All Campuses: Teacher Recognition Day. High school Campus: Cafeteria Volunteer Recognition Day. Franklin St. & Sheridan St. Campuses: Pajama & Movie Day. Senior Class visits Geisinger patients.

**Friday, February 3:** High School Campus: Neumann Olympics. Franklin St. & Sheridan St. Campuses: "Surprise" Activities in the morning. Franklin St. students attend Neumann Olympics.



**St. John Neumann Regional Academy**  
*The Path to a Higher Education*

## STUDENT COUNCIL NEWS



### NATIONAL GEOGRAPHY BEE

Congratulations to 8th grade student, **Tatiana Chichilla**, who took first place at the school National Geographic Bee! The National Geographic Bee is a nationwide contest open to students in fourth through eighth grades. The purpose of the Bee is to encourage the studying and teaching of geography.

The seventh and eighth grade classes began preparing for the Bee in October. Denise Southard, the Bee Coordinator, has been conducting classroom bees to prepare the students for the competition.

The following students qualified to participate in the school wide bee:

**Esteban Arguedas**  
**Lia Bozza**  
**Grant Harrison**  
**Dominick Marrazzo**  
**Olivia Pierce**

**Leland Barclay**  
**Cassandra Crouse**  
**Amanda Lisi**  
**Jessica Mattiace**  
**Andrew Roman**

Tatiana has taken a written test to attempt to qualify for a place at the state National Geographic Bee that is to be held in March. A special thank you to **Mrs. Dean** for keeping score during the qualifying rounds and to **Amanda Southard** for acting as timekeeper.

### LOST AND FOUND

A young man's suit jacket was left behind at Park Place on January 7th and another jacket was taken home by accident. Please check your son's suit to be sure it matches. We have a Docker's suit jacket (size 18) that has not been claimed. Please contact Denise Southard if you find you have a mismatched suit.



## Junior Class February Soup Sale

The Junior Class will be having a soup sale in February. It will be \$7.00 per quart.

Cream of Potato

Chicken Noodle

Watch for more information!



## Notice of Evaluation for Accreditation

St. John Neumann High School, Williamsport, Pennsylvania, is scheduled to be evaluated for accreditation by the Middle States Commissions on Elementary and Secondary Schools. An evaluation visit is scheduled for April 16-19, 2012.

The Commissions on Elementary and Secondary Schools of the Middle States Association of Colleges and Schools will accept comments from those with first-hand information regarding this institution's ability to meet the Middle States Standards for Accreditation. Such comments will be considered in the course of the evaluation. The Middle States Commissions on Secondary and Elementary Schools' Standards for Accreditation can be viewed at <http://www.css-msa.org/pdfs/Standards for Schools with Indicators.pdf>.

To be considered, comments must be in writing, include the printed name, address and telephone number of the writer, and must be signed by the writer. Anonymous comments will not be considered.

Comments must be received not later than 30 days prior to the first day of the visit by the Evaluation Team and must be mailed to:











President  
Middle States Commissions on Elementary and Secondary Schools  
3624 Market Street, 2 West  
Philadelphia, PA 19104

# ST. JOHN NEUMANN REGIONAL ACADEMY

## Events/Activities

### February 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30 ACADEMY-WIDE SCHOOL MASS @ ST. BONIFACE 10:00 AM 	31 ADOPT AN ATHLETE (BASKETBALL PLAYERS VISIT SHERIDAN ST. AND FRANKIN ST. CAMPUSES) 	1 SJNRA SPIRITWEAR DAY SPIRIT NIGHT AT BOYS BASKETBALL GAME SHERIDAN STREET SCHOOL MASS @ ST. ANN'S 8:45 AM Gr. PK & K	2 TEACHER RECOGNITION DAY 	3 NEUMANN OLYMPICS 	4
<b>CATHOLIC SCHOOLS WEEK</b>						
5	6 SPRING RAFFLE TICKETS WILL BE SENT HOME DURING THIS WEEK 	7 NPAA MEETING (NEUMANN PARENTS ATHLETIC ASSOCIATION) HS LIBRARY 5:30 PM	8 SHERIDAN STREET SCHOOL MASS @ ST. ANN'S 8:45 AM Gr. PK & K	9 GERTRUDE HAWK EASTER CANDY SALE BEGINS 	10 SCHOOL MASS @ ST. BONIFACE 10:00 AM Gr. 1-12 	11
12	13	14 	15 SHERIDAN STREET SCHOOL MASS @ ST. ANN'S 8:45 AM Gr. PK & K	16	17 <u>NO SCHOOL</u> (Possible Snow Make Up Day)	18
19	20 <u>NO SCHOOL</u> (Possible Snow Make Up Day) 	21	22 ASH WEDNESDAY SHERIDAN STREET SCHOOL MASS @ ST. ANN'S 8:45 AM Gr. PK & K SCHOOL MASS @ ST. BONIFACE 10:00 AM Gr. 1-12	23	24 	25
26	27	28	29 SHERIDAN STREET SCHOOL MASS @ ST. ANN'S 8:45 AM Gr. PK & K			



## FROM THE A. D.'S DESK

We are now into the middle of January and half way through our basketball season. The Boys' Varsity team is off to a fast start at this point and are 9 and 1, with four tough games scheduled during the next two weeks with Sullivan County, Bloomsburg, South Williamsport and Muncy. The Girls' Varsity team started the season winning their first 3 games and then slipped a little and are now at 6 and 5. The boys only need to win two more games to enter the District Playoffs while the Girls need to pick up five more wins. The Boys' Junior High Basketball team, with only 7 players, are doing very well and are winning the majority of their games.

**SIGN-UP FOR SPRING SPORTS:** We are only about 5-6 weeks away from the start of practice for our Spring Sports. Individuals interested in playing the following sports should sign up in the Athletic Office:

Baseball  
Boys Tennis  
Varsity Softball  
Boys Jr. High Soccer  
Girls Jr. High Soccer  
Varsity Boys & Girls Track & Field (Co-Op With South Williamsport)

We may not have enough boys to field a Jr. High Boys Soccer team and therefore, we may have to have a Co-Ed team and schedule schools that are willing to play us.

**WINTER SPORTS AWARDS:** The recognition for all the athletes that participated in the Winter Sports Programs (Girls & Boys Jr. High Basketball, Girls & Boys Varsity Basketball, Swimming and Wrestling) will be held on Thursday, March 22, 2012 at 2:00 PM in the school gym. Coaches will recognize their players and present awards to the various team members. In addition, each individual that played in their first sport this year will receive a SJN Tee Shirt, which was donated by the Neumann Parents Athletic Association (NPAA). Parents and relatives are invited to attend the awards ceremony.

**NEUMANN PARENTS ATHLETIC ASSOCIATION (NPAA) MEETING:** The next meeting of the NPAA will be held on Tuesday, February 7, 2012 at 5:30 PM in the school Library. This is your opportunity to get involved in the various activities of the NPAA that provides major support to all the School Sports programs. Your involvement only requires a few hours of your time throughout the entire sports season. For any questions, contact Mr. Greg Forsburg at 660-5211.

**BASKETBALL SCOREBOARDS REPLACED:** After old age and many unforeseen problems, both our new scoreboards have been installed during the Christmas break. The scoreboards have many updated software features built into the system and should give us many ulcer-free years. We would again like to thank the NPAA for donating \$1,000 towards the cost and also a Neumann family that contributed the majority of the remaining \$5,700 balance.

### **ACTIVITIES DURING CATHOLIC SCHOOLS WEEK (JANUARY 29 - FEBRUARY 4):**

The following are some of the activities that are planned during Catholic Schools Week:

February 1 will be Spirit Night at the boys home game with Millville:

1. Students will get in free if they are wearing a spirit wear shirt
2. Students with a spirit wear shirt will receive a free hotdog
3. There will be special drawings during the Millville game for various items - a basketball signed by the players, shirts and other items.

Also, the Boys' and Girls' Varsity Basketball team members will visit the Elementary School on either January 31 and visit the classrooms to talk to the students and also put on an exhibition game.

### **FREE USE OF THE FITNESS FACTORY FOR HEALTH & PHYSICAL CONDITIONING:**

Any students or athletes (grades 7 thru 12), teachers or staff members that are interested in improving their health and physical fitness and want to work out at the Fitness Factory Physical Conditioning Center across the street from the High School, can pick up an authorization form from Mr. Lupacchino in the Athletic Office. There is no charge to use their facility and individuals can work out as often as they desire, 7 days a week. If an individual is 16 years or older, they can work out on their own. If under 16, they must be accompanied by an adult (18 or older). If the adult is not a member of the Fitness Factory, then the adult cannot use the equipment, but for safety reasons, must be present while the student works out. However, if the adult desires to use the equipment, they can pay \$5.00 for the day rate or they can sign up for a monthly or yearly membership. This is an opportunity for all our students to improve their health and physical condition and they should take advantage of this free opportunity.

**SPECTATOR SPORTSMANSHIP REMINDER:** We are getting into the thick of our basketball schedules. We have many competitive games still to play that may have a bearing on our League standings or District Playoffs. Therefore, some games can become heated and players, coaches and spectators may get upset with how the game is progressing, especially towards the officials. You have to remember that if you are sitting in the stands, you are NOT A PLAYER, COACH OR AN OFFICIAL and therefore you are only there as a spectator to observe and cheer on your team - with favorable comments - and not there to direct criticism towards anybody. I have never seen and will never see an official change his call based on the comments of a spectator in the stands. You are just wasting your time directing comments at the official and if anything, may be hurting your team as the official, in a close call, may direct his feelings against our team.

We all know that parents or spectators are more knowledgeable of the rules than the officials or know how to use the players better than the coaches, but unless you get PIAA certified as a "Spectator Official" (there are no certifications available as a Spectator Official) or put on the staff as a coach, then you are only there as a spectator with the right to only cheer and support your team.

So please keep your inappropriate comments to yourself or save them until you get home and pass them on to your mother-in-law and see if she agrees with the calls that you wish were made at the game. Unacceptable conduct will not be tolerated and may result in removal from the gym and restriction from attending future games at home or away.

**CURRENT & UP TO DATE SPORTS SCHEDULES:** Again as a reminder, due to the constant changes in our sports schedules and weather related conditions, if you need to have accurate information on any of our scheduled sports teams, please go to the following website:

"highschoolsports.net" and click onto the State (Pennsylvania) and then click onto our school name and then you are into all our sports information and you can pull up any details that you need. Do not rely on the Sun-Gazette newspaper for accurate information.

**OUR WRESTLERS & SWIMMERS DOING WELL:** You may not be aware, but we have 3 individuals wrestling in Co-Op with Loyalsock and 2 swimmers in Co-Op with Montoursville.

In Wrestling, Junior Cody McCracken is doing extremely well and has won 9 of his first 10 matches. His brother Crae McCracken and Grant Harrison, both seventh graders are also competing on the Jr. High Team and are doing well.

The swimmers are Sophomores Allison Lavalley-Harris and Erin Heckman and they are doing very well with the Montoursville Swim team. If you want to watch a home meet, they swim at the Lycoming College Pool.

**COACHING POSITIONS:**

We may have a need to fill the following coaching positions:

- Girls Varsity Soccer
- Girls 7th/8th Grade Soccer
- Boys 7th/8th Grade Soccer
- Varsity Softball

If anyone is interested, please submit a resume or contact Mr. Lupacchino at 323-9953, ext. 217 or email to athdir@sjnra.org.

**MANY THANKS TO THE FOLLOWING INDIVIDUALS:**

**Alexis Griess** - for singing the National Anthem and announcing the starting lineups at the basketball games.

**Olivia Pierce** - for singing the National Anthem and announcing the starting lineups at the games

**Emily Sheleman** - for announcing the starting lineups at the games

**John Eastlake** - for keeping the scorebooks for the girls home and away games

**Tom Crouse** - for operating the clock at the girls varsity games

**Wendy Trenholm** - for keeping the scorebook at the various games

**Matt Henderson** - for keeping the scorebook for the Boys Jr. High games

And to **all the parents** that have volunteered to work in the Concession Stand and have brought in those delicious homemade soups

That's the news for this month! Come out and support all our basketball teams, wrestlers and swimmers, as we have some exciting and competitive games and meets coming up during the last month of the season.

See You At The Games,

Frank Lupacchino  
Athletic Director

# St. John Neumann Fundraising Update

## Spring Shopping Spree Raffle

Spring Raffle tickets will be sent home to families in early February. Each family is required to sell or buy \$250 in raffle tickets as part of their fundraising commitment to the Academy. The Spring Raffle drawing will be held on March 29, 2012.

## Gertrude Hawk Easter Candy Sale

Our Gertrude Hawk Easter Candy Sale will run from February 9-March 2. Candy delivery will be March 21.



## Boxtops for Education

Thanks to your help, we received a check for \$888 in December for the Boxtops that were sent in by our Academy families and friends. Please continue to send in your Boxtops. The next redemption date is in the spring.

# ST. JOHN NEUMANN REGIONAL ACADEMY

## Sports

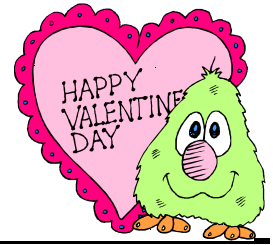
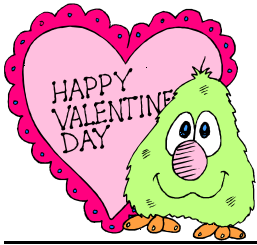
### February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>ALL GAMES AT 6:00 PM UNLESS OTHERWISE NOTED *= LEAGUE EVENT</p>			<p>1 BVBB MILLVILLE Spirit Night  B JH BB @ MILLVILLE</p>	<p>2 GVBB @ MUNCY 7:00 PM</p>	<p>3 B JH BB MEADOWBROOK CHRISTIAN</p>	<p>4 B JH BB SULLIVAN COUNTY 12:00 PM  BVBB* @ MONTGOMERY</p>	
<p>5</p> 	<p>6 BVBB CMVT  B JH BB* @ BENTON</p>	<p>7 GVBB SULLIVAN COUNTY Senior Night 7:00 PM</p>	<p>8 BVBB* SULLIVAN COUNTY</p>	<p>9</p>	<p>10 B JH BB MONTGOMERY  GVBB @ BLOOMSBURG 7:00 PM</p>	<p>11 BVBB* @ BLOOMSBURG 1:00 PM</p>	
	<p>13 B JH BB NORTHUMBERLAND CHRISTIAN</p>	<p>14 GVBB* @ SOUTHERN COLUMBIA 7:00 PM</p>	<p>15 B JH BB SULLIVAN COUNTY  BVBB @ SOUTH WILLIAMSPORT 7:30 PM</p>	<p>16</p>	<p>17 BVBB BUCKTAIL Senior Night</p>	<p>18</p> 	
<p>19</p>	<p>20 DISTRICT PLAYOFFS START</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>		
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>				<p>This schedule is subject to change. Check "highschoolsports.net" for the most current schedule.</p>


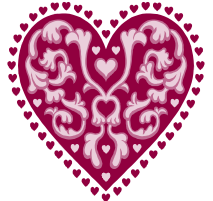





# ST. JOHN NEUMANN REGIONAL ACADEMY

## Menu

### February 2012



Sun                      Mon                      Tue                      Wed                      Thu                      Fri                      Sat

<p><i>ALA CARTE ONLY AT HIGH SCHOOL</i></p> <p><u>ALA CARTE SANDWICHES:</u></p> <p>Assorted Sandwiches Daily                      Prices vary                      Assorted Soups Daily                              \$0.75                      Monday - Grilled Cheese                         \$1.00                      Tuesday - Salad Bar                                 \$2.00                      Wednesday - Chicken Patties                     \$1.25                      Thursday - Hot Dogs                                 \$1.00                      Friday - Chef's choice                                Prices vary</p>		<p><i>ALA CARTE ONLY AT HIGH SCHOOL</i></p> <p><u>ALA CARTE PLATTER</u></p> <p>Ala Carte may be purchased as a <u>lunch platter</u> with milk and dessert for \$2.00. This <u>must</u> be ordered in the morning by 8:30 AM. Includes: Sandwich, soup, milk &amp; dessert</p> <hr/> Student's chef salad                                 \$ 2.00 Teacher's chef salad                                 \$ 2.55		<p> <b>MILK: \$0.40</b></p> <p>2% white                      Skim                      1% chocolate  <u>Milk served with every lunch</u></p>		<p><u>LUNCHES:</u></p> <p>Student:        \$2.00                      Reduced:      \$0.40                      Teachers:     \$2.55</p>	
1	30	31	1	2	3	<p>HIGH SCHOOL STUDENTS:                      BUY A TICKET FOR THE WEEK!                      YOU <u>MUST</u> ORDER YOUR LUNCH BETWEEN 7:15 AM &amp; 8:30 AM</p>	
	Hot dog on roll tater tots veggies mixed fruit cup	Hot ham and cheese sandwich french fries veggies assorted fruit	Spaghetti with meat sauce dinner roll tossed salad applesauce	Chicken fries french fries corn assorted fruit	Pepperoni cheese jammers dipping sauce salad or veggies fruit cup		
5	6	7	8	9	10		
	Cheeseburger or hamburger on roll sun chips celery and carrots fruit	Taco salad cheese with salsa nacho chips chocolate pudding	Chicken Alfredo over noodles green beans dinner roll baked apples	Hot turkey sandwich / gravy mashed potatoes cranberries mixed veggies applesauce	Chicken fajita salad cheese with salsa nacho chips vanilla pudding	<p></p> <p>HIGH SCHOOL STUDENTS ONLY:</p> <p><u>BREAKFAST ITEMS</u>                      7:30 - 7:55 AM</p> <p>Apples, bananas, or oranges</p> <p>Toast, english muffin, plain bagel</p> <p>White milk, chocolate milk, hot chocolate, juice</p>	
12	13	14	15	16	17		
	Chicken nuggets french fries dinner roll seasoned green beans peaches	 Goulash with meat sauce italian bread salad cookie	Chicken bowtie noodle soup dinner roll carrot sticks, pears or applesauce	Cheesy pizza salad or veggies assorted fruit strawberry sundae	NO SCHOOL		
<p></p> <p><b>MENU IS SUBJECT TO CHANGE</b></p>	20	21	22	23	24		
	NO SCHOOL 	Cheeseburger or hamburger on roll sun chips celery and carrots fruit	Macaroni and cheese dinner roll seasoned green beans applesauce	Meatball hoagie pretzels or chips veggies peaches	Grilled cheese tomato soup veggies pears		
	27	28	29	1	2	<p><b>\$1.00</b>                      Cereal / milk</p> <p></p>	
	French toast sticks sausage patty potato smiles fruit cup	Beef BBQ on roll tater tots peas jello with whipped topping	Chili breadstick salad or veggies applesauce	Chicken patty on roll chips veggies peaches	Cheese cosmo on hoagie roll lettuce and tomato assorted veggies fruit		

# KNIGHTLINE

ST. JOHN NEUMANN REGIONAL ACADEMY  
JR./SR. HIGH SCHOOL CAMPUS AND ADMINISTRATIVE OFFICES  
901 PENN STREET  
WILLIAMSPORT, PA 17701

Non-profit Organization  
U. S. Postage Paid

PERMIT No. 98  
WILLIAMSPORT, PA

*Mission Statement: St. John Neumann Regional Academy, a Catholic Diocesan system serving Lycoming County and surrounding areas, was founded in the life and teachings of Jesus Christ and educates the hearts and minds of students, Pre-K through 12th Grade. SJNRA provides a Catholic, faith-centered community dedicated to academic excellence, fostering personal and spiritual growth, the promotion of a life of faith, and the development of leadership expressed in service to others. This is accomplished in partnership with our families, parishes and community.*

*Celebrating Our Catholic School*

Faith. Academics. Service.

**Catholic Schools**