



St. Xavier Catholic School
200 N Washington
Junction City KS 64411
785-238-2841
www.saintxrams.org



October 1, 2018

Fr. Kyle Berens, Priest/Superintendent...Shawn Augustine, Principal

Welcome to St. Xavier Catholic Schools' Newsletter published by the High School Mass Communication Class. The Newsletter will be published several times a year with our purpose to inform you concerning personnel, students, and events at St. Xavier Catholic School.

Time to have Quiet Time



St. Xavier Catholic School high school students will participate in a Spiritual Retreat at the Knights of Columbus Hall on November 15. The Spiritual Retreat is about offering students a chance to step back from the chaos of life and take a deep spiritual breath. In America, people get so focused on task fulfillment, good grades, expectations, and so much more that we rarely take the time to stop worrying and simply be with God and with friends.

The Retreat is meant to help students recognize the need of intentional breaks from work for the sake of personal and spiritual fulfillment.

Students will work in large group and small group activities and have time for reflection and sacrament of reconciliation. Like last year's Spiritual Retreat, the Retreat will be lead by students from K-State and Fr. Gale. They've not selected a specific theme for the retreat. In the retreat, God wants your attention. Everything else can wait. A retreat is all about seeking, finding and loving Christ. As you spend time in silent reflection and examination of conscience, the Holy Spirit will prompt you to confess your sins to a priest.

Fr. Kyle stated "The retreat is like a day off from school for the purpose of intentional spiritual formation. We often want days off to do whatever we want . . . this is a day off to discover what God wants! I hope it will be a time of rejuvenation and spiritual renewal." --Nara M.

Many Amazing Changes are Happening Around The School and The Church



Since summer, the school and the church have had some changes. The school is getting a new walkway connecting Buildings A and B. The church is getting new stairs, landscaping in the front of the church, a new confessional, and a new beautiful wall with stained glass windows to separate the gathering space from the worshiping space.

The goals for these projects are a walkway for students and staff to use without going across the stage or the gym floor. For the church, there is a larger platform area for people to gather after mass, funerals, and weddings. The steps will be heated from below in the winter to help keep snow and ice from making them treacherous. The wall will provide a gathering space as you enter the church for people to mingle before and after Mass. The confessional is now a larger space and was moved so that it's not in the gathering space; it is in the worship space. These projects are not only a facelift for our school and church but also will provide more accessibility and beauty to our campus. All projects should be completed this fall.

Some projects that are planned for the future are a new roof over Building A this summer and possible renovations to the Building C cafeteria. Also, administrators are looking at options to provide a better cooling and heating system for the gym, Building B, and Building C. These and future projects will improve the St. Xavier campus appearance. --Joanna C.

Saint Xavier Cross Country: One Hill at a Time



The Cross Country team's season is currently under way. The season lasts two months--from the middle of August when they started until they finish in the middle of October. There are seven meets during the season including Regionals.

There are 7 high school and 6 middle school athletes out for Cross Country. Tyler Engstrom and Brady Sexton-Snow have been the top runners at the high school level. Heston Jahnke and Daniel Wilson have been the top middle school runners. In Coach Pfiefer's opinion, all the athletes have been doing very well, but she's been pretty impressed with 7th grader Heston Jahnke. She says he's been working really hard, posting some great times, and even placing in the first meet. Coach has also been impressed with the work ethic and improvement of senior Jacob Berry.

The goals for the year are for everyone to achieve a personal record each meet. Coach Pfiefer hopes every athlete leaves XC knowing the importance of working hard and staying positive. She also hopes that the athletes form strong friendships throughout the season and are in shape for the next sport they wish to play. Her favorite part of the season is the meets.

Coach enjoys getting to know the athletes outside the classroom and also enjoys cheering them on throughout their races. The road trips have been the best bonding moment along with the team doing yoga together. --Jacob B.

Chess Club Resets the Board



The goals of the St. Xavier Chess Club are to offer students who have never played chess before an

opportunity to learn the game and to offer more experienced players an opportunity to sharpen their skills. It also allows interested students to challenge themselves in a tournament setting.

The Club is open to all students seventh grade and above. Last year, the Club was primarily composed of high school students; but Mr. Becker, sponsor, is excited by the level of interest shown by this year's seventh grade class. It would be great to have competitive teams at both middle school and high school levels.

For now, practices will be before school on Tuesdays, Wednesdays, and Thursdays. That may change throughout the season if other times work better. They will try to participate in at least one tournament per month from October through March including the state tournament in March.

For the new players, Mr. Becker hopes that they learn to enjoy the game and play with solid strategy. For the more experienced players, Mr. Becker's hope is that they can improve their skills throughout the year and build upon what they already know.

The main skill that chess can develop is a sense of problem-solving. This kind of strategic and analytical thinking can be useful in a variety of situations, both in academics and in life.

Mr. Becker learned how to play when he was four and began attending tournaments in third grade. "I don't really have a preference, but I do have stronger strategies while playing as white." stated Mr. Becker. He generally plays at least one or two games a day against the computer, and whenever possible, with students. Chess Club is currently open to all, so become a member today! --Julian A.

FBLA Journeys to Manhattan Area Technical College



FBLA stands for Future Business Leaders of America. Future Business Leaders of America-Phi Beta Lambda (FBLA-PBL) is the largest career student business organization in the world. Each year, FBLA-PBL helps over 230,000 members prepare for careers in business.

FBLA-PBL's programs focus on leadership development, academic competitions, educational programs, and community service. The officers of FBLA at Saint Xavier Catholic School are Nara Moon, President and Minseo Park, Vice President.

FBLA is important because a student can become more confident in their skills by participating in regional and state competitions. Also, a student can

become more aware of different career paths because of the speakers that come to meet with us. The benefits of FBLA can be helpful to a member as they continue their post-secondary activities.

FBLA-PBL members and advisers should develop an awareness of the image one's appearance projects. The purpose of the dress code is to uphold the professional image of the association and its members and to prepare students for the business world. Appropriate attire is required for all attendees-advisers, members, and guests, and general sessions of conventions as well as competitive events including regional. Acceptable attire for FBLA: Business suit with blouse or collared dress shirt and neck or bow tie. Dress pants or skirt with blouse or collared dress shirt and neck or bow tie. Blazer with dress pants and blouse or collared dress shirt and neck or bow tie. Dress shoes/dress boots.

FBLA members usually meet at least 2 times a month. The lunch meeting is for conducting business and inviting some of the staff members to speak to members about their business experiences. The other meeting during seminar time is used for guest speakers from the community to visit with the members.

Good News: FBLA members are planning at least one field trip this year. They are visiting the Manhattan Area Technical College to see other options for career/education planning. --Minseo P.

High School Volleyball Girls Spiking Their Way into the Season



Strengthening individual skills, communication skills, and their teamwork as a whole as well as giving our best despite facing many adversities are all things that Coach Kellie wants to improve for the goals this fall season. With five high school students and two middle school students on the team, the girls are playing well and showing incredible amounts of teamwork. This season the most challenging teams to play have been Rural Vista, Wakefield, and Chapman.

Coach Kellie expects our girls to be open-minded and cooperative during practices and competitive during games. Coaches Kellie and Madison really try to inspire the love of the game and passion for the sport.

Both Tamia S. and Audrey L. have taken on leadership roles. They do a great job of directing our younger players.

The girls are friends on and off the court, so it gives them an advantage on the court where teamwork is concerned. Coaches Madison and Kellie both enjoy coaching very much. "It has given us a chance to be involved in a game that we were once so passionate about," stated Kellie. "We hope that the girls learn how to work hard for what they want and to see that everything does not come easy. They must rely on themselves to make things happen." --Tamia S.

Art Teacher Helps Students Find Their Artistic Sides



The Art Club goals are to encourage creativity, to discover and refine art skills, and to explore a variety of art techniques and traditions. Ms. Vieyra, art teacher, stated, "When we prepare, practice, and refine art work, we can better understand and appreciate ourselves, others, and the natural and

constructed world in which we live. We will work on both independent and collaborative projects." Every third Thursday of the month from 8:20-9:00 am beginning on September 20, Art Club will work on projects. On September 20, members worked on Ceramics. There were also be two-dimensional project stations for Nota designs (Japan) and Huichol Yarn Art (Mexico). A collaborative work is planned for the school Auction.

There will be two Art Club field trips. In October, the Club plans to visit Lucas--the Grassroots Arts Capital of Kansas. The members will tour this phenomenal little town near Wilson Lake which boasts several indoor and outdoor art environments including sculptor S.P. Dinsmoor's "Garden of Eden," the world's best restroom, and an arts center which houses folk art from self-taught artists across the nation who work in many media including pop tabs and chewing gum. In the spring, the plan is to attend a juried art show in the region.

Ms. Vieyra hopes that members deepen their appreciation for art from different time periods and cultural traditions, find an art form that makes them tick, see the world in new way, and have fun making art with other artists. --Sungpil M.

Rams Check Out Post Secondary Schools at College Fair



The College Fair was on September 19, 2018. Every high school student from our school and junior and senior students from Flint Hills Christian High School had the opportunity to attend the College Fair. Seniors had time with the representatives at the College Fair from 1:30 to 3:30 pm, Juniors from

2:00 to 3:30 pm, Sophomores from 2:30 to 3:30 pm, and Freshmen from 3:00 to 3:30 pm.

Colleges that participated were Baker University, Benedictine College, Central Christian College of Kansas, Emporia State University, Kansas State University, McPherson College, MidAmerica Nazarene University, University of Kansas, Washburn University, Wichita State University, Allen County Community College, Barton County Community College, Cloud County Community College, Flint Hills Technical College, and Flint Hills Job Corps Center. The College Fair benefited the students by giving them an opportunity to explore the colleges in their state and to ask all the questions they have of a real person that actually works there instead of researching online or asking Mrs. Cantiello.

Some of the questions that the representatives answered for the students were about admissions test scores, the size of the campus, what faith based opportunities they have on campus, and what types of scholarships and aid are available. If students want to contact a specific college later, then they can call the admissions counselor they had an opportunity to meet. If the students have had the opportunity to visit with representatives from some schools, they can continue to reach out with further questions. They can set up campus visits in order to see the campus in real life and meet some students that attend. If they still want to explore schools outside the state of Kansas, they can continue to look online, contact admissions to ask questions, and go see Mrs. Cantiello.

Mrs. Cantiello was satisfied with the turn out for the College Fair. She said she was so proud of the student body for getting out of their comfort zones and talking to “strangers.” Some other activities planned for students concerning

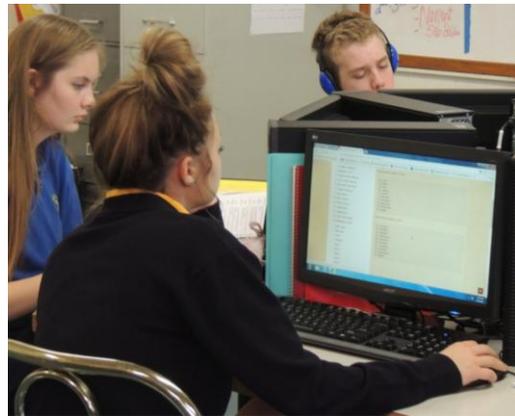
college and school selection or preparation for post-secondary education are learning how to fill out the FAFSA, scholarships, and also learning about the schools around the country that are participating in the brackets during March Madness.

The advice that Mrs. Cantiello has for the students as they plan for career and education consideration is to make sure to pick a school that feels like a home to them. She feels that students should definitely have the major that they are interested in pursuing. She also emphasizes to keep an open mind when they are thinking about school choices because going for the big name that everyone knows isn't always the best fit for them. --Yujin S

St. Xavier Catholic School's Photo Gallery



The Cross Country Team introducing themselves at Pep Rally—Go Rams!!



The Spanish Class working hard to learn another language.



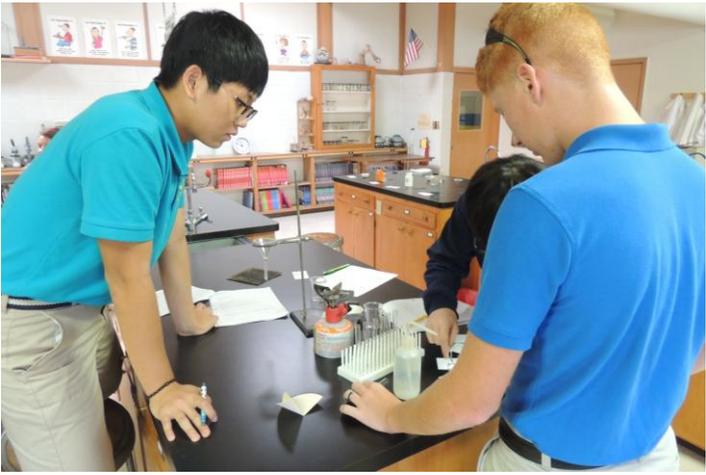
Mrs. Cantiello, St. Xavier Counselor, talking to a student about the College Fair.



The St. Xavier Band playing our favorite songs at our pep rally.



Ms. Vieyra helping elementary students use their artistic skills on a project.



Students increasing their understanding of physics principles with an experiment.



Cross Country member, Tyler E., introducing himself at the pep rally.



Minseo P. figuring out the new yearbook camera.



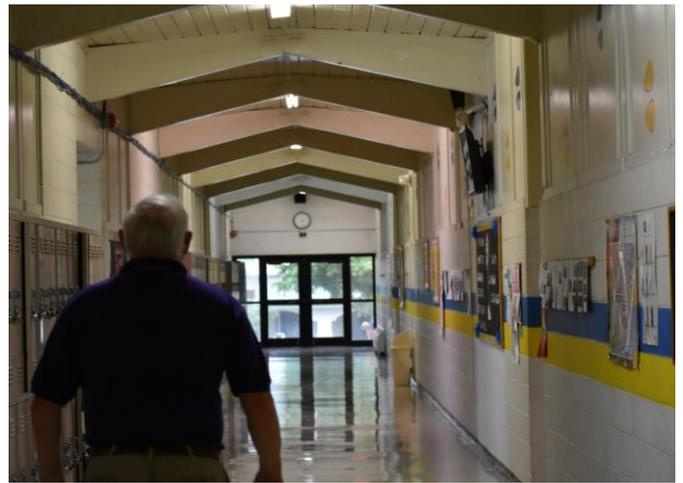
Fr. Kyle supporting the St. X Rams Activities Committee enjoying the spaghetti feed.



Time spent with children is an important part of our Family.



Julian A. getting details about the plans for the FBLA year during a lunch meeting.



Mr. Case working on completing another project for the school.



Volleyball player, Selina A., introducing herself at the pep rally.



Father Kyle serves soul food to the Rams.



Lady Rams having a great time talking with each other after school.

Educating the whole person—body, mind, & spirit—in Christian values in accordance with our Catholic faith tradition.