Dear Ursuline Families and Friends,

Thank you to the parents, alumni, and friends of Ursuline who made our annual Celebrate Our Legacy Auction a magnificent success. Although there are still a few bills to be paid, we expect a profit of $115,000. The parent participation in this year’s auction was phenomenal and we can’t be more grateful to the parents who donated gifts, volunteered, and/or attended the auction. Thank you also to Carolyn Korenic and Beth Detec who coordinate the auction and go above and beyond, tending to every little detail to make the night a success. Next year’s auction will take place November 6 or 7, depending on the finalized high school football playoff schedule.

Mark your calendars for Saturday, February 1 for a new event, Casino Night. The night will include craps, poker, roulette, Texas Hold ‘em, black jack, great prizes, appetizers, and drinks. Game winners receive chances to win a variety of prizes. All parents will receive an invitation, but if you are interested in volunteering during the night, please contact Miss Carolyn Korenic at 330-744-4563. We hope it will be a fun night out for parents as we approach Lent and raise money for the students of Ursuline. All money raised will support our STEM programs and continued investments in technology for all courses.

I want to wish the families and friends of Ursuline a blessed Christmas full of love and great joy. We thank you for your continued support and remain grateful for the fantastic students who walk the hallways of Ursuline. In less than a semester, they have added to the legacy of our great school through their many academic, artistic, and athletic accomplishments. We look forward to a prosperous new year. Merry Christmas & Happy New Year! Soli Deo Gloria.

Go Irish!

Matthew Sammartino
Principal
-freshmen Gabriella Howe and Allison Riddle, sophomores Nina Dill and Samantha Smit and junior Della Toliver (right) for their role in the Ballet Western Reserve production of “The Nutcracker.” Samantha, Gabby, and Nina are members of the Junior Company. Allison and Della are members of the Senior Company. Gabby played the role of a snowflake, maid, and the Spanish Quartet, Allison was a snowflake, flower, and Merlaton, Nina was a candy cane and a flower, Samantha was a flower and party parent and Della played the role of Lyda Fitzgerald, a snowflake, and a flower.

-seniors Calder Lenhart and Rocco Shasho (left) for winning CityScape Beautification Awards for their Eagle Scout Projects. Both Calder and Rocco’s projects beautified the downtown Youngstown area: Rocco’s on Federal Square and Calder’s along the Mahoning River.

-freshmen Lena Dill (right) for her starring role in “Frozen: The Musical.” Lena played the lead role of Anna in the Disney hit musical staged by The Youngstown Playhouse on December 6, 7, and 8, 2019 to sold out houses. Bravo, Lena!

-junior Elizabeth Chrobak, sophomores Nina Dill, Van Hoang, and junior Samantha Smit (left) who are attending Youth Leadership Mahoning Valley. This year-long program provides opportunities to practice constructive leadership, committed involvement, and responsible participation in the future of the community.

-Ursuline students who attended the annual YSU Department of Mathematics and Statistics MathFest. While at YSU the group participated in interesting workshops and competitions including the Mixed Team Competition and the Challenge of Champions test. Ursuline participants included Luke Martinucci, Keona Wilkie, Ben Blasko, Lanna Dellick, Phil Yan, Cody Clark, and Padraig McCarthy. The group was advised by Math Teacher, Mr. Mark Uerling.

-Missing from photo: Haylee Kim, Jessica Zhu, Sharon Zhang
Kudos To…

Ursuline Fall Sports Honors

Girls’ Soccer (left)
Front Row:
Marisa Fiorini - 1st Team All County
Maria Fusillo - All District Honorable Mention
Olivia Puhalla - 1st Team All County
Back Row:
Cara McNally - 1st Team All District
Lucia Rohrbaugh - 2nd Team All District
Taylor Tomlinson - All State Team / State Academic Award
Tanner Schade - All County Honorable Mention

Boys’ Soccer (right)
Front Row:
Greg Morgione - State Academic Award / All County Honorable Mention
Mario Ruano - All District Honorable Mention
Griffin Barton - 1st Team All County
Back Row:
Brady Leugers - State Academic Award
Johnny Rowland - 2nd Team All District / State Academic Award
Calder Lenhart - 1st Team All County
Jacob Coman - All State Team / State Academic Award
Missing: Camden Forsyth - 2nd Team All District

Football (left)
Front Row:
Trenton Hill - All SVC Team, All District First Team, All State Honorable Mention
Dante Walker - All SVC Team, All District Honorable Mention
Rhyan Pegues - All SVC Team
Back Row:
Brian Frasco - All SVC Team
Zach Simon - All SVC Team
Matthew Reardon - All SVC Team, All District First Team, All State Third Team
Andrew Barkett - All SVC Team

Volleyball
Maris Barbato - 2nd Team All District

Congratulations Irish!
Ursuline High School is gifted with many talented musicians. Students have the opportunity to express their musical talents through a variety of organizations, in particular the Ursuline High School Band. The Ursuline High School Band, under the direction of Mr. John Peplowski, provides numerous ways for students to perform and showcase their musical talents. The marching band performs at football games, pep assemblies, band nights, OMEA state sanctioned competitions, parades, and basketball games. During the second quarter, the marching band segues into concert band and performs the annual Christmas Concert and late Advent Prayer Service. During the second semester, the band functions as a concert band. Their talents are showcased during the Fine and Performing Arts Assembly, the annual spring concert, awards day, and competitively during the annual spring trip. Congratulations to the following Ursuline students for several recent musical accolades!

Senior **Rocco Shasho** represented Ursuline as part of the Ohio Music Education Association District 5 Honors Band. The band is made up of outstanding musicians from Mahoning, Trumbull, and Ashtabula counties. The band rehearsed for 10-12 hours and held an outstanding concert at Stambaugh Auditorium.

Senior **Ian Jones** auditioned and was accepted to perform as a member of the 2019-2020 Youngstown Youth Symphony Orchestra. He is the principal player in the percussion section. Junior **Emily Smith** has earned first chair for the violin and sophomore **Paige Ogden** plays the second chair for the violin ensemble. This elite ensemble is made up of students from all over Northeast Ohio and Western Pennsylvania.

Seniors **Ian Jones** and **Rocco Shasho** and juniors **Eli Lewis** and **Alexander Watson** were accepted to perform with the 2019-2020 Stambaugh Youth Concert Band with students from our region.

Thank you to Dr. Daniel Ricchiuti MD, Director of Surgical Services, Marisa Brazer, and Southwoods Health for hosting our Merici Med Prep Students for a tour of the operating room. Students toured the operating room and saw the robotic surgical equipment, the da Vinci Robot, utilized in the Southwoods Operating Rooms. Students also learned about a variety of careers and the educational requirements needed to work in the operating room. What an incredible experience for our future medical professionals!

One of the goals of the Merici Med Prep Program is to expose future medical professionals to the wide array of medical careers available in the field. Students attended a lecture presented by Certified Registered Nurse Anesthetist (CRNA) Mrs. Jenna Sammartino. Mrs. Sammartino encouraged the future medical professionals to “never give up” in their schooling and continue to be dedicated students. She explained her role in the anesthesia process as well as the operating room.
Catholics in the Community

Ursuline High School has teamed up with John F. Kennedy High School and Cardinal Mooney High School to support the ministry of Catholic Charities. The diocesan elementary schools in Mahoning and Trumbull County are also a part of the project. To kick off Catholic Schools Week 2020, an indoor rummage sale will be held at Ursuline High School on Saturday, January 25 beginning at 9 a.m. Catholic Charities clients will be given the opportunity to shop for needed family items. In addition to shopping, Catholic Charities clients will be given a bag of hygiene essentials, such as toothbrushes, body wash, and shampoo. Hygiene essentials will be donated by the families in the diocesan elementary schools. The sale will be open to the public at 11:00 a.m.

High school families are asked to contribute gently used items listed for the benefit of the sale. **Items may be delivered to UHS on January 23 from 1-6 p.m. and January 24 from 9 a.m.-2 p.m.** Donations may be brought to the cafeteria.

All monies raised will be donated to Catholic Charities in the name of the Catholic Schools of Mahoning and Trumbull Counties. Items not sold will also be donated.

Ursuline Students of Stewardship will sort the items as they arrive at UHS and will staff the event on Saturday. If you have any questions about the event or donations, please contact Maggie Matune at mmatune@youngstowndiocese.org.

Thank you for supporting the great work of Catholic education and Catholic Charities in the Mahoning Valley!

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**Needed Items**

- **Youth Clothing (All Sizes)**
- **Miscellaneous**
  - New Bedding & Pillows
  - School Supplies
  - Baby Products

- **Pants / Shirts / Shorts**
- **Athletic Equipment**
- **Shoes / Boots**
- **Socks**
- **Gloves**
- **Hats**
- **Layettes**
- **Uniforms**
- **Sweats**
- **Athletic Apparel**
- **Formal Wear (i.e. prom dress)**
- **Cleaning Products**
- **Hygiene Products**
- **Furniture**
  - *Must be wooden*
  - Tables
  - Chairs
  - Bed Frames

**Unfortunately, we are not able to take the following items:**

- Cribs
- Water Beds
- Mattresses
- Upholstered Furniture
- Toys
- *Car Seats*
- *Sofa Beds*
- *Couches*
- *Stuffed Animals*

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Thank You!

During Ursuline - Mooney Week, the Ursuline Interact Club sponsored a food drive for the Saint Vincent DePaul Society and the Ursuline Food Ministry. At the conclusion of the week, Ursuline students, alumni, and friends donated over 1,000 pounds of food to the organizations. Ursuline Student Council’s most recent project is creating The Ursuline Food Ministry, a food pantry in our building to support Ursuline families and friends in times of need.
5th and 6th graders are invited to join the Ursuline Student Ambassadors for a Pizza Party on Friday, January 10, 2020 in the school cafeteria. The party begins at 5:30 and precedes the Ursuline - Cardinal Mooney Boys’ Basketball Game. Tip-off is at 7 p.m. in the Ursuline gym. Guests are reminded to bring their basketball season pass for free entry into the game. If your child is interested in attending, please RSVP by January 7, 2020 by visiting www.ursuline.com/calendar and selecting January 10.

Semester One Exams will be given January 15-17, 2020. A special block schedule will be followed to permit adequate test taking time. Students will be dismissed at 12:15 p.m. on Friday, January 17. There is no school on Monday, January 20 in observance of Dr. Martin Luther King, Jr. Day.

School closings due to inclement weather will be announced on local TV stations. Parents and students will also receive a text alert via the school app, Ursuline Irish. If you do not have app login credentials, please contact the school. Ursuline High School is NOT automatically closed if Youngstown City Schools close due to weather.

Families in the following school districts are eligible to apply for the EdChoice Scholarship (Voucher), a $6,000 tuition grant from the state, that can be used at UHS for the 2020-2021 and subsequent school years: Boardman, Champion, Liberty, Lowellville, Niles, Salem, Struthers, and Youngstown. If you are a new applicant, you will be mailed more information after the first of the year. Please contact Maggie Matune with any specific questions.

Frequently Asked Questions About Shadow Days

What is the purpose of a Shadow Day?
A shadow day is an opportunity for eighth grade students to spend the day at Ursuline and experience firsthand what it’s like to be a member of the Ursuline family. It is a great way to experience a typical school day at Ursuline.

With whom will I shadow?
Students are encouraged to shadow with a current freshman. Students are paired by mutual academic and extracurricular interests. A student may also request to shadow a student that he/she knows.

What do I wear for my Shadow Day?
Students shadowing at Ursuline may dress casually. Ursuline asks that students do not wear ripped pants, sweatpants, leggings, or yoga pants. Athletic wear is not appropriate for a Shadow Day. While the shadowing students are not required to wear their current school uniform or the Ursuline uniform, they are asked to dress appropriately.

Where do I report when I arrive at Ursuline?
Please park in the Bryson Street parking lot and report to the Ursuline Main Office at 7:50 a.m. Your shadow day partner will be waiting for you.

What do I need to bring for my Shadow Day?
All materials that you will need throughout the day will be provided for you when you arrive at Ursuline. You will be given a lunch ticket to be used in our cafeteria, but you may pack a lunch if you prefer.
It’s December; tis the season to be jolly. That’s easier said than done for many people, adults and teens alike. All the hustle and bustle can worsen the symptoms of those who already suffer from anxiety and depression. And for others, the holidays can create the perfect storm for the onset of symptoms.

Holiday parties, family gatherings, the overabundance of social media pictures and posts, the loss of a loved one, divorce or other family separation, financial concerns, less sleep, indulging in unhealthy foods and drinks are all contributing factors to people of all ages feeling overwhelmed, anxious, and many times depressed this time of the year.

For some teens, feeling depressed can cause them to withdraw and avoid social interactions, which oftentimes leads to further sadness and loneliness – a downward spiral that can easily spin out of control. These feelings, which may be more easily managed during other times of the year, may be intensified in the midst of the holiday season.

As parents and other caregivers of young people, it is vital to be aware of the many signs and symptoms of teenage depression (according to HelpGuide: Parent’s Guide to Teen Depression): irritability, anger, or hostility, sadness or hopelessness, tearfulness or frequent crying, withdrawal from friends and family, loss of interest in activities, poor school performance, changes in eating and sleeping habits, restlessness and agitation, feelings of worthlessness and guilt, lack of enthusiasm and motivation, fatigue or lack of energy, difficulty concentrating, unexplained aches and pains, or thoughts of death or suicide.

If you feel your child is at risk or exhibiting these signs or symptoms, please communicate with us at Ursuline. We are here to offer resources and support. Ursuline contracts with ALTA Community Counseling and has a teenage mental health counselor on-site two days a week. Working together, we can best serve and care for our students. Please contact Maggie Matune, Assistant Principal, with questions or to arrange counseling services.
“Once Upon a Mattress” is based on the famous fairy tale, “The Princess and the Pea.” Because of her noble birth, the Princess is unable to sleep on a bed of many mattresses when a tiny pea is placed underneath the bottom mattress. The show was directed by Mrs. Lisa Devlin. Kudos to the Cast and Crew on a wonderful performance! See more pictures from the play at www.ursuline.com.