

CATHEDRAL NEWS

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CALENDAR REMINDERS

**FEB 20 & 21
NO SCHOOL
NO EXTENDED CARE**

**FEB 22
ASH WEDNESDAY, 8:30AM MASS**

**FEB 24
8:30AM MASS, 7TH GRADE
RECONCILIATION, 7TH & 8TH
GRADE
HOT LUNCH - CHEESE PIZZA**

**FEB 27
HOT LUNCH - SUBWAY**

**FEB 28
TOKEN GOAL FREE DRESS**

**MARCH 3
8:30AM MASS, 6TH GRADE
RECONCILIATION, 5TH & 8TH
GRADE
HOT LUNCH - BURRITOS
TUITION CONTRACTS SENT HOME**

**MARCH 5
9:00AM FAMILY MASS, 3RD & 4TH
GRADE**

HAPPY FEBRUARY

Dear Cathedral Community,

It was wonderful seeing so many of you at our family mass last Sunday. Special thank you to the 1st and 5th grade students who lead mass, as well as our student choir lead by Mrs. Goodwin. Our next **Family Mass is on Sunday, March 5 at 9:00am**, lead by 3rd and 4th grade. Please mark your calendar, all are welcome!

On Tuesday, February 14, St. Mary's Cathedral celebrated 97 years since they opened their doors. A special dedication mass was held as well as a party following mass. We are so proud to have such a strong and long-lasting history in Portland. Please take a few minutes to view [a special video from Msgr. O'Connor](#) inviting us all to join him in worship.

Next week we have a short week with **no school on Monday, February 20 for Presidents Day and Tuesday, February 21** for a teacher in-service day. There will be no extended care offered on those days.

Looking ahead, we look forward to the start of Lent on **February 22 with Ash Wednesday and mass at 8:30am** lead by 8th grade, all parents are welcome to attend!

Finally, we love seeing the Tag signs all over the city as well as your photos from our **"Tag You're It" game**. Keep it up!

Thank you and God Bless,
Amy Biggs, Principal

Tag You're It

Are you ready to play tag?! On Monday, the School Advisory Council will kick off a fun, month-long community game called "Tag You're It." The goal is easy.....secretly leave the "Tag You're It" yard sign at the home of another current Cathedral family. The recipient will have 24-48 hours to take that sign and secretly leave it at another current Cathedral family's home. Then that recipient has 24-48 hours to leave it at someone else's house, and so on and so on. If you get "tagged" please take a picture with your sign and send it to marketing@cathedral-or.org or "tag" us in your photo on social media. We can't wait to see your pictures and see where the signs end up!



Accepting Applications for 2023-2024

We are **accepting applications for the 2023-2024** school year. Be sure to let your friends, family, and colleagues know that now is the time to submit applications for all grades. Applications can be found on our [home page here](#).

We are actively looking to fill spots in Pre-Kindergarten, Kindergarten and Third grade for the 2023-2024 school year.

Additionally, if you have a younger child who will be attending Cathedral next year please make sure and fill out an application as we are accepting students and filling up for next year.

Word of mouth continues to be one of our most successful marketing tools. Thank you for your referrals, nothing represents our Cathedral School community better than the advocacy of our Cathedral families.



ACCEPTING APPLICATIONS
FOR THE 2023-2024 SCHOOL YEAR!
Premier Pre-Kindergarten - Eighth grade Catholic school in NW Portland.
Small class sizes, 1:1 iPad to student ratio, before/after school care, and welcoming all faiths!



VISIT WWW.CATHEDRAL-OR.ORG FOR MORE INFORMATION AND TO REQUEST A TOUR!

 **CATHEDRAL SCHOOL**
110 NW 17TH AVE PORTLAND OR 97209

Honored Cougars

Students are given "Honored Cougar" tickets throughout the school day from teachers and staff for showing positive behavior. Each Friday, the tickets get entered into a drawing for special recognition.

Congratulations to our Honored Cougars last week!

Tilly in PK, Wally in K, Cordelia in 1st, James in 2nd, Emmett in 3rd, Enzo in 4th, Harper in 5th, Colin in 6th, Kaien in 7th and Peter in 8th grade.

Congratulations to our Honored Cougars this week!

Henry in PK, Dane in K (not pictured), Capri in 1st, Lulu in 2nd, Bowe in 3rd, Evans in 4th, Ellie in 5th, Lucy in 6th, Eden in 7th and Charlotte in 8th grade.



Hot Lunch

We are looking to add an additional day on Wednesdays for hot lunch!

In order to do this we need parent volunteers secured. Please contact Mrs. Hatley if you are interested in serving hot lunch on Wednesdays from 11am - 1pm.

We will also be offering another Called to Protect training in the next few weeks and will communicate details on this soon. Thank you for your support!



Screenagers NEXT CHAPTER

In place of hosting an in person viewing of *Screenagers: NEXT CHAPTER* at the school and to provide families more flexibility, we have been able to secure a live link to enable all Cathedral Parents to view this movie over a period of 2 weeks.

The live link will be accessible to Cathedral Families between February 26th through March 15th.

Our Middle School Classes will be viewing the movie on March 3rd. The date range was set to enable parents to view the movie before or after their student views the movie, if applicable, to promote great family discussion. Please note that this documentary is valuable for all of our families, regardless of the age of your student(s).

About *Screenagers NEXT CHAPTER*

In *Screenagers NEXT CHAPTER*, we follow Delaney as she finds herself at a loss on how to help her own teens as they struggle with their emotional wellbeing. She sets out to understand these challenges in our current screen-filled society, and how we, as parents and educators, can empower teens to overcome mental health challenges and build emotional agility, communication savvy, and stress resilience.

We witness Delaney as she finds her way from ineffective parenting to much-improved strategies. We follow other personal stories of families from an array of backgrounds with a spectrum of emotional challenges. We also observe approaches in schools that provide strategies relevant beyond the classroom setting. Interwoven into the stories are surprising insights from brain researchers, psychologists, and thought leaders that reveal evidence-based ways to support mental wellness among our youth.

The impact of social media and other screen time is incorporated in all the topics raised in *Screenagers NEXT CHAPTER*, how it may be impacting our teens' mental health, and what we can do to help foster youth in the face of struggles.



From our Partners...

University of Portland Reading Fair & Summer Learning Program



Kappa Delta Pi, the School of Education honor society, is once again hosting their annual **Reading Fair and Family STEM Day on Sunday, February 26th from 10-1pm** at the University of Portland Chiles Center. This FREE event is an opportunity for families and children to come spend an afternoon together and share their love of reading and STEM. Children of all ages are welcome to participate in fun hands-on activities.

Summer Learning Program

We have begun accepting applications for our annual Summer Learning Program! In this program, the learning focuses on the Oregon State Benchmarks appropriate for each child in mathematics, language arts (reading, writing, and speaking), and any other subjects in which the student needs help. Our Master of Arts in Teaching (MAT) candidates tutor/teach students according to their learning needs. There are usually 4-5 students per 2-3 MAT candidates.

This year's program will run July 5-August 3, Monday-Thursday, 9:30am-11:30am, and we welcome students entering grades 2-11 in 2023-24. The cost of the program is \$125, though scholarships are available.

Online registration is now available here. To request a printable PDF or registration packet via postal mail, please contact Amy Kwong-Kwapisz atk Wongkwa@up.edu or 503-943-7752.

CYO Track & Field and Camp Howard

- Registration is open for **Summer 2023 at Camp Howard**. Attending camp, experiencing open-air fellowship, engaging in activities with friends, and having fun make camp such a special time for the kids. [Click here](#) to learn more. **Family Camp weekend** registration is now open (June 30 - July 3). [Click here](#) to learn more and register online!
- Registration is open for **CYO Track & Field**. [Click here](#) to learn more and register online.
- We are hiring summer camp staff, and we are hiring officials for CYO Track & Field! [Click here](#) for summer camp staff opportunities. [Click here](#) for officiating CYO Track & Field.
- CYO Swim championship gear is available in our online store. [Click here](#) to order.

