

Principal's Newsletter
January 30, 2014

**"We are what we repeatedly do. Excellence, therefore, is not an act but a habit."
Aristotle**

The month of January signifies the halfway point in the school year. It must be every student's goal to improve as the year moves on, to build on accomplishments from the previous quarter. Report cards will be mailed out in just a few days and our Parent Teacher Interview session will be held on **Thursday, February 6th, from 6:00 to 8:00pm.**

January Highlights:

- Our State Championship Girls' Volleyball Team continues to receive prestigious awards: Jackie LaForgia was named All New York City Player of the year by MSG Varsity and the Tablet. Nicole Tong, Caroline Gorecki, and Stephanie Sokolich were named the All New York City first team by the Tablet. Nicole Tong was named All-City 1st Team by MSG Varsity and Caroline Gorecki was named to the 2nd Team All-City. Kevin Colucci was named New York City Coach of the Year by MSG Varsity and the Tablet. [View the Slideshow](#)
- At our 6th successful NEA's Poetry Out Loud competition, 19 students memorized two poems each and recited them with emotion and poise in front of their peers on Jan. 16th in the Prep library. Our two winners were sophomore Jillian Spence and freshman Renee Grasso, and they will be representing us at the NYC Regional in February. The winner of that competition goes to Albany for the State Regional, and the winner of States goes to D.C. for the National Finals to win \$20,000. English teacher, Mr. Eric Hafker ('86), is our Poetry Out Loud coordinator, and is so proud of our students who have shown such a passion for poetry. A special thank you to Dr. Marino, Mr. Paccione, Ms. Prohaska, and Ms. Lynch for helping to judge the competition. [View the Slideshow](#)
- Ms. Prohaska's English Class: There were 90 students, parents, and student siblings at the Lincoln Center production of Macbeth on Jan. 11th in conjunction with her sophomore class finishing the play in class.
- Alumni News: Connor Kennedy, SFP class of 2010, was appointed Captain of the USMMA Football Team this year.
- Boys' Track: the Varsity Track & Field team placed 2nd and the freshman won the Brooklyn Queens championship on January 26th at the Armory. [View the Slideshow](#)
- On Saturday, January 25th, the Boys' Basketball Program held a free clinic for boys grades 5 to 8. The clinic was attended by 75 players from various programs in Brooklyn and Queens. Our Varsity and JV players gave up their free time that afternoon to work with the players on their fundamentals and to answer questions about what it is like to play high school basketball.



- Ski Club: Ms. Donovan, Mr. McLaughlin Jr., and Mr. Wagner took 48 students on Sunday, January 26th, to Windham Mountain on a ski and snowboard trip. It was a great way to enjoy the snow and cold weather!
- On Saturday, January 18th, 2014, St. Francis Preparatory School's Model United Nations, moderated by Mr. Jardines, hosted its 7th annual conference. It was attended by 150 delegates from approximately 10 schools. The conference was student run by the leadership of our Secretary-Generals Alex Seyad '14 and Lily Jardines '14. We had 5 different committees chaired by the following Prep students:

Security Council: Eric Cabrera '14 and Javen Williams '14
 UN Committee on the Peaceful Uses of Outer Space: Steven Romanello '14 and Isabella Loarte-Ciudad'16
 World Health Organization: Angel Michelli '14 and Samantha Saade '15
 UN Women: Theodore Gallucci'14 Samantha McNamara '16 and Selina Darmalingum '14
 General Assembly: Robert Shea '14 and Rosemary Wolf '16

We had numerous Prep students who volunteered their time to make the conference run smoothly.

- Faculty Visitation to the Soup Kitchen: Megan Sullivan, Science teacher, coordinated a Christmas dinner at the Soup Kitchen. It was a great way to put everyone in the Christmas spirit. The night was a huge success. Because of everyone's generous donations, Presentation Soup Kitchen was also able to put aside some food that can be used on future dates. Those who were able to attend that evening did a great job in decorating, cooking, serving, and cleaning.



- Alumni Visitations: Our heartfelt gratitude to the all the Prep graduates who volunteered their time to participate in our Alumni Career Day. Alumni from the recent classes to those who graduated up to 25 years ago participated. Providing students with the opportunity to ask questions and to learn more about a wide variety of professional experiences, career paths, and education opportunities is a great benefit to our students. Every year the Guidance Department, in particular Ms. Barell, Sr. Barbara, and Ms. Armon, coordinate this great activity for our juniors and seniors. The following is a list of the Alumni Day 2014 participants: [View Slideshow](#)

Professional Alumni

Joseph Pantaleo
 Henry Chamorro
 Daniel Soares
 Angelica McKessy
 Judge William Viscovich
 Robert Marietta

Kathleen Sciortino
Felicia Varlese

College Alumni

Jamie Reinah
Daniel Bloncourt
Emir Fils-Aime
Aishvarya Arora
Maria Panepinto
Deirdre Malloy
Stefanie Wolf
Julia Anastos
Emily Grasso
Richard Hauser

- Please see the attached information regarding influenza and the importance of getting inoculations. New York State requires that this educational material is posted in schools in accordance with Public Health Law section 613. The Department of Health has strongly urged all of our schools to provide this information.

[Flu Posting Requirement](#)
[Seasonal Flu Guide for Parents](#)
[Influenza Bulletin](#)

- Super Sharing is a National Football League Super Bowl community impact project that puts books, sports equipment, and school supplies into the hands of local children and schools in need. The Super Kids Super Sharing project has been implemented in Super Bowl host communities for the past fourteen years and has collected hundreds of thousands of books and pieces of sports equipment. Participating schools ask their students to donate lightly used (or new) books, sports equipment, and school supplies. School collections begin following the Christmas holiday break. This year, the NFL Environmental Program is teaming up with the NY/NJ Super Bowl Host Committee, the New York Jets, the New York Giants, and local public and private schools for Super Kids-Super Sharing. The SFP Key Club along with Campus Ministry participated for the first time this year. Representatives went to deliver all of the donated goods to Riverbank State Park. We had a blast meeting members of the military, Kevin Boothe of the New York Giants, Jaiquawn Jarrett of the New York Jets, as well as Flight Crew Cheerleaders. We also participated in the Huddle Shuttle. We even got interviewed by Shelby Holliday from Channel One News!!!!



- Students currently enrolled in Regents Chemistry were required to grow crystals at home. The Crystal Growing Lab took almost 3 months of research, planning, preparation, and execution. The students researched articles and labs to come up with their own procedures that were safe to do at home. They also had to use the Ipads to create their own Infomercial. The students were then

given the opportunity to present their crystals and show off their infomercials in a science fair setting.

- The Times Ledger Newspaper recognized St. Francis Prep as the #1 Athletic Program in NYC this year. The paper reports, " No school has won more across the board than the Terriers. " Also, the paper gave individual honors to Brandon Silva, All Queens boys' soccer player of the year and Franco Purificato, boys' soccer coach of the year.
- Over the Holidays, 3 of our senior Biotechnology students, accompanied by Mrs. Ashkenazy had the unique opportunity of attending a series of lectures at Rockefeller University by Dr. David Allis. Dr. Allis stands at the center of the emerging field of epigenetics, the study of heritable changes in gene activity that occur without changes in DNA sequence. Dr. Allis's investigations, which hold significance for the understanding and treatment of many forms of cancer, have already led to a therapeutic breakthrough for certain leukemias. His work provides insights into how to switch on genes that suppress tumor growth and switch off genes that support it. Our students were given the opportunity to ask questions, and be quizzed by Dr. Allis, as well as interact and meet with Dr. Agata Smogorzewska (recipient of a Doris Duke Clinical Scientist Development Award). After attending the lectures they were each presented with a Certificate of Completion.

