



VERBUM DEI
HIGH SCHOOL

Fall 2015

Verb in Action

Verbum Dei Alumni

On September 11th, Dr. Starnes traveled to Minnesota to visit the campus of College of St. Benedict / St. John's University. Over the years, we have sent dozens of our graduates to this esteemed university. As one would expect, there is a stark contrast between our community here at Verbum Dei and this place where so many of our alumni call home. The hospitality was amazing and both campuses are beautiful. (Our guys live on the campus of St. John's Univer-

sity – the men's campus – but have access to resources and classes their campus as well as the campus of the College of St. Benedict – the women's campus.)

Currently, we have 13 Eagles studying at St. John's and the best part of the trip for Dr. Starnes was catching up with all of those guys, especially the freshmen, who were completing their second week of college. The only student she was unable

to visit with is Greg Warner, a junior, who is in China, studying abroad. Congrats Eagles!



New AP Courses

In keeping with our commitment to creating and maintaining a college-going culture, Verbum Dei is excited to announce the launch of three additional AP courses to our curriculum this year!

In addition to our AP Spanish Language course, taught by Mr. Max Olmedo, and our AP Government & Politics course taught, by

Ms. McDonald, we have added AP US History, taught by Mr. Jesse Jovel, AP Calculus, taught by Mr. George Chahroui, and AP Literature, taught by Mr. Ken Favell.

For more information on how your son can participate in an AP course, please contact the Deans: Mr. Jesse Jovel – Dean for grades 9 & 10, or Ms. McDonald – Dean for grades 11 & 12.

Congratulations

Our very own George Teodoro, SJ will be ordained to the diaconate Saturday, October 24, 2015 at Oakland Cathedral by Bishop Michael Barber. This is a joyous celebration for George and the Verbum Dei community. Please join with us in prayer for Rev. Mr. George Teodoro, SJ and his ministry.

LMU- Verbum Dei Collaboration!!

Loyola Marymount has signed on for another year of collaboration with Verbum Dei Math and Science teachers. This collaboration is a component of the Verbum Dei Math and Science Initiative (MSEI) created to support students in being STEM proficient and preparing them for post-secondary study in Science, Technology, Engineering, and Math. Our Math and Science Department Chairs, Mrs. Jessie Shorr and Dr. Lorenza Della Donna are leading the department in incorporating best research-based practices for teaching Math and Science. We are extremely thankful for the collaboration of our friends at LMU!





In front of the hogan - traditional Diné home

Navajo Service Immersion Trip: March 27 - April 3, 2015

Each spring we take twelve students on our week-long Navajo Service Immersion Trip. We drive to southeast Utah, stopping to sightsee at the Grand Canyon on the

way. On the return trip, we camp for a night at Zion National Park. During our time in Utah, students are exposed to Navajo culture while at the same time getting to know community members through acts of service.

This last year, we spent our first night in Utah in a "hogan," which is a traditional circular Navajo home made of wooden poles, tree bark, and mud. We rolled out sleeping bags on the ground, and kept ourselves warm by using the wood-burning stove in the middle of the one-room dwelling. When we first arrived at the hogan, an elder of the community, Nelson, talked with us about the sacred ceremonies that take place in the hogan, in addition to telling us a traditional Navajo story. We also learned why it is more appropriate to say "Diné" than "Navajo," as Navajo is a derogatory term given to them by outsiders, while Diné is what they call themselves, which means "the people."

In addition to the night in the hogan, we were also able to experience a sweat lodge. The sweat lodge is a place for prayer and reflection in the Diné culture. Students helped heat the rocks in a fire, transfer them with pitchforks to the small sweat lodge - made mostly of mud - and then took turns huddled in small groups in the sweat lodge, where Nelson prayed for us in his native Diné language. Students came out feeling cleansed and spiritually refreshed.

Not only did students immerse themselves in the culture, but they also performed service, both in a small Diné village called Westwater, which does not have running water or electricity, as well as with a care center for adults with special needs called Transitions. Students had a blast singing and dancing with the clients at Transitions and playing board games with them. Even students who went in hesitantly, left with large smiles on their faces asking when we could see them again. One student, Anthony Sanchez, said, "I didn't realize that such a small gesture as meeting them, talking to them, and interacting with them, would

make such a huge impact."

Finally, we spent our last day in Utah doing a 9 mile hike through Natural Bridges National Park. Students were in awe as we traveled away from civilization into the natural beauty of the land. Seeing ruins and rock paintings along the way, students felt accomplished after completing the long hike.

Unfortunately for those reading this article, the best part of this trip and its true essence cannot be expressed in words or even pictures. Students learn about themselves, each other, and a new culture. They work together. They build bonds. They walk in another's shoes and their eyes are opened. It is truly an experience that will not be forgotten. The trip is open to sophomores, juniors, and seniors. Applications will come out in Campus Ministry in early second semester for our 2016 trip!

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Playing Uno at Transitions



With Westwater community members

Computer Lab Hours Added to After School

In an effort to more effectively contribute to our students' academic success, the school has increased accessibility to its computer lab to all students. After PM homeroom, students may use the computer lab to work on homework assignments, research course work on the internet and/or print assignments.

The lab is open every school day for three hours after school (normally 3:00 pm to 6:00 pm). It is managed by staff member and former Verbum Dei graduate Shaquille Manley, who is available to assist students with any questions/concerns students may have.

As always, Verbum Dei has the computer lab open every morning from 7:00 - 7:30 am.

Verbum Dei Admissions

Applications for the 2016-2017 school year will be available starting October. Application deadline for families requesting tuition assistance is December 1, 2015. All other applications are due January 22, 2016.



From the Counseling Office...

Study Tips

Effective study is impossible without self-confidence in one's ability to succeed, belief in using abilities to your fullest to achieve high-quality results and outcomes and a positive attitude toward work and learning. We call this a Study Mindset. To achieve this mindset you should:

- Aim to think positively when you study, and remind yourself of your skills and abilities.
- Avoid catastrophic thinking. Instead of thinking, "I'm a mess, I'll never have enough time to study for this exam," look at it like, "I may be a little late to study as much as I'd like, but since I'm doing it now, I'll make the most of it."
- Avoid absolute thinking. Instead of thinking "I always mess things up," the more objective view is, "I didn't do so well that time, what can I do to improve?"
- Avoid comparing yourself with others, because you usually just end up feeling bad about yourself.

Verb Fall Sports

ARE YOU READY FOR SOME FOOTBALL!

As of this week the Varsity is 1-2 falling to La Canada and Gardena in the first two weeks of the season. The JV is undefeated and has been impressive in victories over La Canada, Gardena, and Bassett. The Varsity broke through with the first win of the season by beating Roybal Learning Center 40-0. Future games include Ontario Christian, Compton Centennial, Cathedral, and Malibu before starting South Catholic League play. The league schedule will include Cantwell Sacred Heart of Mary, St. Bernard, and finishes the regular season with homecoming against Bishop Montgomery. The Eagles will be defending their shared 2014 South Catholic League Championship.

CROSS COUNTRY

Coach Finn has the boys working hard preparing for competition. The first League Meet is set for Wednesday, September 23rd at La Mirada Park. The boys will then run in the Bell-Jeff Invitational at Griffith Park on Saturday, September 26th. On Saturday, October 3rd, the boys will compete in the Palos Verdes Invitational, followed by the Santa Clarita Invitational on Saturday, October 10th. The 2nd league meet will take place on Wednesday, October 14th. On Friday, October 23rd, the boys will be running in the Mt. SAC Invitational. We will end the regular season with the League Finals on Wednesday, November 4th at the Santa Fe Dam. Coach Finn has our boys running for the greater glory of god!

The Characteristics of a Verb Gentleman Student-Athlete
Competitive Greatness
(Fight with Integrity)

Team Spirit
(Commitment, Loyalty, Cooperation, and Self-Control)

Condition
(Optimum Physical Condition which Breeds Discipline Poise, Confidence, and Skill)

AMDG
(Ad Majorem De Gloriam - For The Greater Glory of God)

CWSP

The Corporate Work Study Program has new Corporate Partners! Thank you to the following organizations for partnering with the Verb to provide an opportunity for our young men's skills development and personal growth.

- ◆ Aon Hewitt Los Angeles
- ◆ C2 Imaging
- ◆ Catholic Charities of Los Angeles
- ◆ Coach Art
- ◆ Harley Ellis Devereaux
- ◆ LA Metro
- ◆ Lease Advisors
- ◆ Panish Shea & Boyle LLP
- ◆ Trash for Teaching
- ◆ USC Public Safety
- ◆ Wedgewood, Inc.





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Applications for the 2016-2017 Academic School Year AVAILABLE NOW*

*Tuition assistance is available for applications received before December 1, 2015

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