



SCHOOL TALK

NEWS FROM PRINCIPAL PERALES

March 27, 2020

Dear Nolan Catholic Families,

We had great celebrations throughout our community for the Solemnity of the Annunciation this past Wednesday. Here is one moment from the day: Fiona Rowe enjoying her waffles (and some chicken) on Our Lady Day (aka Waffle Day).



There were (and still are!) so [many fun and delicious things you could do](#). If you missed out on the March 25th celebration, well, there is always Incarnation *Day Three (or Four or Five)* to celebrate. Keep that in mind as we go forward through these days of 2020. It is important that we have feasts, fun, play, and recreation time in our families, however modified that is these weeks with staying at home.

Today's Special Papal Blessing

Later today, Pope Francis will be giving a special address to the world, culminating in the possibility of a plenary indulgence. We invite you to participate virtually in this extraordinary event. Here are [the details](#):

[Pope Francis] will preside over a moment of prayer on the sagrato of St Peter's Basilica, the platform at the top of the steps immediately in front of the façade of the Church. 'I invite everyone to participate spiritually through the means of communication', he said. The ceremony will consist in readings from the Scriptures, prayers of supplication, and adoration of the Blessed Sacrament; and will conclude with Pope Francis giving the Urbi et orbi Blessing, with the possibility of gaining a plenary indulgence for all those who listen to it live through the various forms of communication. The blessing 'to the City [of Rome] and to the World' is normally only given on Christmas and Easter.



How special and rare is this? Well, outside of Christmas and Easter it may be [that this has never happened before ... at least until today](#). You can join in and view the event live at 12 noon with [Vatican News Media Live](#) or with [EWTN Live TV Stream](#).

Indulgences

The Pope is granting an indulgence? What are indulgences? Does the Church still “do” those? Yes, and here are some explanations on indulgences, including plenary indulgences:

[What is a plenary indulgence?](#)

[Primer on Indulgences](#) from Catholic Answers

[How to explain the doctrine of indulgences](#) video (7 minutes)

[Vatican document on special Indulgence during this pandemic of coronavirus](#)

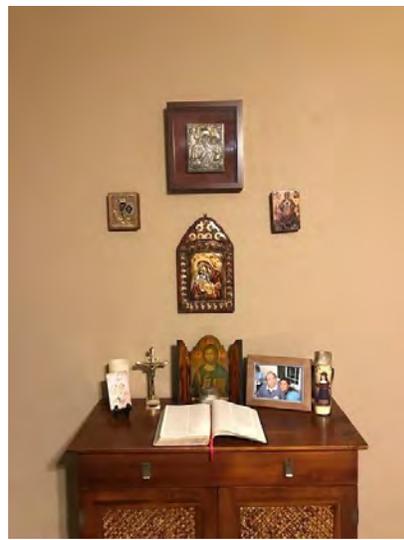
NCHS Christian Ministry Resource Page

Please continue to check in at <https://www.nolancatholic.org/vr-christian-ministry> for all faith-based posts and spiritual resources during this time.

The Domestic Church

During the past couple weeks, our families have had a lot of time together with schools closed. Some have incorporated our school's prayer schedule into their family schedule. Some have incorporated our bell schedule with breaks and lunch throughout the day into their home distance learning schedule. There are many ways to make this work. Throughout, what we have seen and heard is that the family now has much more time together and thus has more opportunities to do things together with each other and for each other, increasing the life and love of the family, which is what the Church calls the domestic church: "the family home is rightly called 'the domestic church,' a community of grace and prayer, a school of human virtues and of Christian charity." (CCC, 1666)

Here are some recommendations for living one aspect (family prayer life) of this domestic church in your home:



A **family altar**. Pick a place in your home where you can have a small table that is separate from other distractions but still within the regular flow of family traffic and then include some of the following:

- An image of Jesus centrally placed on the table and then possibly one of Mary and Joseph or other favorite saints. Maybe have a patron saint for your family.
- If you have other religious images special to your family, place them here or on the wall behind the table.
- Place the Bible on the table and read from it as a family at least once a day, even if it's just a few verses in the morning or a chapter after dinner. Start with reading one of the Gospels or the Psalms.
- Keep rosaries here for each member of the family (in addition to the one each member keeps near their bed) or for guests to join you when you pray the rosary.
- Place pictures of deceased family members on the table. This is a great way to remember that family member in your prayers and teach your children to keep alive their memory and to pray for and to the dead.
- Lastly, have a candle (or two) on the table and then light it each time you gather to pray.

As you get started, meet as a family here a few times a day. Let the family altar become a special and sacred place in your home. Meet in the morning before breakfast for a morning prayer. The Morning Offering is always a good prayer to begin the day. At noon, come here again to [pray the Angelus](#). If you have a favorite prayer or other devotion like the [Divine Mercy Chaplet](#), meet at the family altar for that in the afternoon (maybe 3 p.m.) or evening. At 6 p.m., meet again to pray the Angelus and then the Blessing before Meals prayer as you get ready to sit down and eat dinner. Ending the day with a family rosary is always a blessing. Each member could lead a decade. Some pray this at the altar, standing or kneeling, or sit on a sofa to close out their day together.

As you conclude your prayers and your day, it is such a beautiful and memorable gesture for the children to receive [a parent blessing](#) along with their "Good night." Something as simple as the sign of the Cross on a child can leave a lasting impression:

---I shall never forget the devotion and heartfelt care with which my father and mother made the sign of ---the Cross on the forehead, mouth, and breast of us children when we went away from home, especially ---when the parting was a long one. This blessing was like an escort that we knew would guide us on our --way. It made visible the prayer of our parents, which went with us, and it gave us the assurance that -----this prayer was supported by the blessing of the Savior. The blessing was also a challenge to us not to ----go outside the sphere of this blessing. Blessing is a priestly gesture, and so in this sign of the Cross we ----felt the priesthood of parents, its special dignity and power. I believe that this blessing...should come ----back in a much stronger way into our daily life.

-----Joseph Cardinal Ratzinger (Pope Benedict XVI), [The Spirit of the Liturgy](#), 184

There are many more prayers and ways to increase the family faith life and build up your domestic church so pick the ones that work for your family and start there.

THANK YOU!

We thank you for your continued support and prayers during these times. Know that you and your family remain in our prayers daily. Please keep reading below for further resources and updates.

In Christ and Our Lady,
William Perales
Principal

Be sure to check out the resources below!

Many of our educators and administrators have also been working to offer supports and sample lessons to partner schools and other districts in an effort to share resources and instructional practices with fellow educators.

[LEARN MORE](#)



DISTANCE LEARNING



Our hope is to continue embracing the Viking spirit generated on our virtual campus! We are working to keep all previously scheduled items on the calendar as we continue to move forward virtually.

[LEARN MORE](#)

VIRTUAL EVENTS

Father Moon and the Christian Ministry department are working to continue our Thursday school-wide Mass days virtually with either Mass or prayer.

[LEARN MORE](#)



CHRISTIAN MINISTRY



Counselors are reaching out to all students to students through email to open the line of communication and offer accessibility.

[LEARN MORE](#)

GUIDANCE DEPARTMENT

In athletics, the coaching staff has been working daily on trying to maintain and grow the team culture in a positive way.

[LEARN MORE](#)



ATHLETICS



ACADEMICS & DISTANCE LEARNING

CATHOLIC MATH LEAGUE – MATHFAX

Nolan Catholic High School participates in the Catholic Math League's Mathfax competition which consists of a set of four difficult multiple choice tests that are taken in honors math classes and in Mu Alpha Theta meetings in November, December, February, and March. We compete with several other Catholic schools in the nation.

Under the supervision of Mr. Standerfer, Mr. Freese, and Mr. Nguyen, our Advanced Math students placed second in our division. The top three Advanced Math students this year were Trisha Jimenez, Dante Vidaurri, and Annabelle Sauer. We especially commend Tricia Jimenez. She achieved the highest individual score of all Advanced Math students in our division!

Under the supervision of Ms. Jermann-Rabito and Ms. O'Brien, our Algebra II Honors students placed first in our division for the fifth time! The top three Algebra II students this year were Ryan Jimenez, Zhijin He, and Noelle Poquiz. We especially commend Ryan Jimenez. He achieved the highest individual score of all Algebra II students in our division!

Congratulations to these students for their outstanding achievements.



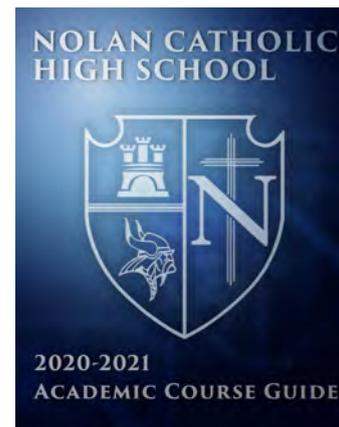
NATURE BREAKS

Outdoor Learning Specialist, Mrs. Emily Breclaw, has organized daily prompts to get outside and discover the beauty around you.

Check www.nolancatholic.org/vr-outdoor-learning for your daily inspiration to enjoy the outdoors.

2020-2021 COURSE GUIDE

The 2020-2021 Academic Course Guide will be available on our website later today.



VIRTUAL ACTIVITIES

PROJECT GRADUATION '20

Senior Parents! Something to do while you're home!
Check your email for a request for photos for the Senior Video and Senior Wall.

If you didn't get the event or need more information, contact Pat Pierret at ppierret@nchstx.org.

ROYELLE AUDITION INFORMATION

Royelle Auditions are April 15-17!

If we cannot have in person auditions, we will conduct them virtually.

Please email Ms. Peffers (tpeffers@nchstx.org) and Ms. Yarmchuk (ryarmchuk@nchstx.org) for more audition information. Can't wait to hear from you!



UPCOMING EVENTS

**MAR
27**

Spring Pep Rally
3:00 p.m.
Follow Us on Social Media



**APR
2**

Mass with Father Moon
9:20 a.m.
Live on [Facebook.com/nolancatholics](https://www.facebook.com/nolancatholics)

**APR
3**

Pray the Rosary
12:15 p.m.
Live on Instagram (@nolancatholics)

CHRISTIAN MINISTRY

Dear Nolan Families,

As we all settle in to our new routines, let us turn to our Heavenly Father for protection, peace and perseverance. If we are finding it difficult to practice social distancing, let us turn to God in prayer for help. Perhaps, if we just call it "physical distancing" instead, we can remember that we can still be "social" by using our technology for the greater good; try using Facetime to connect with a grandparent, or schedule regular times to join friends and family online via video chat rooms! May this special time with your loved ones at home be abundantly blessed.

In Christ,
Olga Watson

URBI ET ORBI BLESSING

Join Pope Francis for a special Urbi et Orbi (*to the city and world*) blessing on Friday, March 27 at 12:00 p.m. CST through www.VaticanNews.va or www.nolancatholic.org/vr-christian-ministry

- Word of God
- Adoration of the Blessed Sacrament
- Urbi et Orbi Blessing
- Opportunity to receive a plenary indulgence

Prayer for Social Distancing

We are confused and afraid
We feel the weight of the world
And we aren't sure how to pray

We have filled our cupboards
But it has not satisfied our deeper need
We come to you, the God who sees
And provides manna in the wilderness

For the many who must work, keep them well / Lord, have mercy

For the little souls who are home, keep them nurtured / Christ, have mercy

We pray for those who heal and help / Lord, have mercy
We pray for those who refuse to listen / Christ, have mercy

We thank you for our daily bread
And pray for tenderness and tenacity
To dream creative ways to love our neighbors
And love the children right in front of us
Let us see the glory in their eyes
Help us to find pockets of joy together
And give us renewed energy for the journey ahead
Even when the path is clear

Lord, have mercy / Christ, have mercy
Amen

LEARN MORE

www.praymorenovenas.com/pandemic-novena

UPCOMING EVENTS

MAR
27

Urbi et Orbi Blessing
12:00 p.m.
www.VaticanNews.va

APR
2

Mass with Father Moon
9:20 a.m.
Live on [Facebook.com/nolancatholicichs](https://www.facebook.com/nolancatholicichs)

APR
3

Pray the Rosary
12:15 p.m.
Live on Instagram (@nolancatholicichs)

COMING SOON ON SOCIAL MEDIA

Shroud of Turin and Divine Mercy
Stations of the Cross

CHRISTIAN MINISTRY SERVICE HOURS

During this time of Distance Learning, Nolan students will be given the opportunity to earn Christian Ministry service hours from home! Please review this presentation for more information!

LEARN MORE

PRAYER REQUESTS

Father Moon continues to offer the holy sacrifice of the Mass daily, and is praying for our Nolan community. On Thursdays, the Prayers of the Faithful will include any special intentions from our Nolan community. Please visit www.nolancatholic.org/vr-christian-ministry to submit your prayer requests. Blessings to you and your families.

GUIDANCE DEPARTMENT

CLASSICALU ONLINE FREE RESOURCE

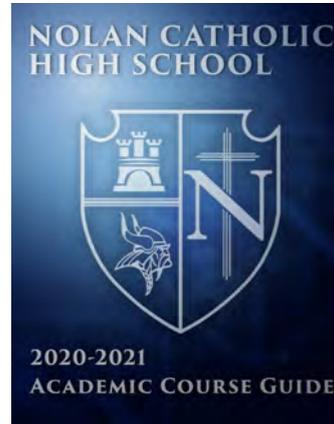
ClassicalU is an online collection of courses on classical education, its overall philosophy, and many courses on specific subjects often studied in classical or liberal arts schools.

If you are interested in having this free access to ClassicalU, visit <https://www.classicalu.com/code/> and enter code "3weeks". This is a great resource to learn more about classical education and many of the great works studied in the liberal arts tradition.

[Here is an overview with a listing of what they offer.](#)

2020-2021 COURSE GUIDE

The 2020-2021 Academic Course Guide will be available on our website later today.



COUNSELOR INFORMATION

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SCHEDULE PLANNING MEETINGS

Counselors continue to meet with students to discuss schedules for the next school year. While these meetings look different, students are receiving emails from their designated counselors to continue moving forward with planning for the 2020-2021 school year.

ATHLETICS



NOLAN CATHOLIC ATHLETICS WELCOMES NEW CHEER DIRECTOR

Please welcome, our new Nolan Catholic Cheer Director, Bailey North!

Ms. North comes to us with over 15 years of experience at all levels of competition. She cheered at North Texas Cheer and has been an instructor with the National Cheerleaders Association for the past 5 years. We are excited to welcome her leadership and see how she can grow the NCHS Cheer program!

TAPPS UPDATES – 3/24/20

Please continue to refer to tapps.biz/covid19 for more information and updates regarding TAPPS Competition. The Athletic Department will address more of your questions in their monthly newsletter next week.

[PRACTICE GUIDELINES](#)

[FINE ARTS UPDATE](#)

DAILY WORKOUTS

Follow along with Coach Williams for your daily workouts and challenges!



MEN'S SOCCER AWARDS

RYAN ROSS
District Coach of the Year

VINCENT ALVES
All-District Honorable Mention

JAKE BECAN
All-District First Team
All-State Second Team

PJ BESSMAN
All-District First Team
Academic All-State

WILL BIRBECK
All-District First Team
Academic All-State

COLIN BRYANT
All-District First Team
Academic All-State

JOSH GOULET
All-District Second Team
Academic All-State

CAM KITOWSKI
District Defender of the Year
All-District First Team
All-State First Team
Academic All-State

GABRIEL ORTIZ
All-District Honorable Mention

ETHAN PARTIDA
All-District First Team
All-State Second Team

DOM PRIMAVERA
All-District Honorable Mention

JASON RUSSELL
All-District Honorable Mention

PAYTON SULLIVAN
District Most Valuable Player
All-District First Team
All-State First Team
Academic All-State

MATTHEW TUCKER
All-District Second Team
Academic All-State