



The Messenger

For alumni, friends and families of All Saints Catholic School

Fall 2014

All Saints Catholic School

CATHOLIC SCHOOL FACTS

- ◆ *In the 2011 Dept. of Education National Assessment test (NAEP), Catholic Schools outscored public schools by 20 points in Reading, and 13 points in Math (and have consistently for 20 years).*
- ◆ *35% of U.S. Catholics are Hispanic, but only 3% of school-aged Hispanic children go to Catholic school.*
- ◆ *Children who attend a Catholic elementary school are over 6 times more likely to attend mass weekly as adults.*

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FL State Representative Showcases All Saints Art



Florida State Representative MaryLynn Magar, Principal Jill Broz, and All Saints artists Igrid Corpus, Christopher Mee, Erin Miller, Grant Taylor, and Tristen Ladika

The Florida State House is a little brighter thanks to Representative MaryLynn Magar and All Saints Catholic School students. Ms. Magar proudly hangs All Saints student artwork in her office in the State Capitol in Tallahassee. Each December, the ASCS art teacher chooses the pieces from student submissions and forwards the selections to MaryLynn, who then has them framed and displayed for the current legislative session. All Saints art remains until the session ends, and then in May is returned to the students with a certificate of appreciation recognizing their art, and noting that it was displayed in the State Capitol. This year's artists were: Ingrid Corpus, Christopher Mee, Erin Miller, Grant Taylor and Tristen Ladika.

MaryLynn Magar has always been an advocate of Catholic education in our community. As a parishioner of St

Jude's in Tequesta she often prayed for and promoted the idea of a local Catholic School. In 2001 those prayers were answered when the Bishop announced the first school to be built since the formation of the Diocese of Palm Beach would be All Saints Catholic School in Jupiter. Father Tom Vengayil was named as Pastor, and MaryLynn Magar was appointed by Fr. Tom as an original member of the ASCS Advisory Board.

The art on her office walls often leads to a conversation about the merits of Catholic education with visiting state leaders. "I will continue to be an advocate of school choice and Catholic education." Magar said, "ASCs challenges the minds of students and nurtures the spirit. That combination of first-class education and an emphasis on Catholic teachings sets students on a path that will continue to benefit them long after graduation."

Graduating Leaders

To help the formation of leadership skills in our eighth grade students, All Saints Catholic School, the Home and School Association, and Dale Carnegie have developed a plan to incorporate the Dale Carnegie Generation Next program into our eighth grade curriculum.

Founded in 1912, Dale Carnegie has evolved from one man's belief in the power of personal development to a global workplace learning and performance organization with offices in over 80 countries. Dale Carnegie is known for producing leaders of substance.

In recent years, Dale Carnegie has realized the skills taught in their adult programs have great potential for impacting the lives of younger people.

The course developers have worked to create a course in Teen Leadership and Communication called Genera-



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tion Next. The curriculum was developed with feedback from students. It is highly interactive and includes real-life scenarios and role-playing. Generation Next is designed to prepare young people for the real world. It gives them the skills needed to reach their goals and live up to their full

potential in school, home, sports, service, and work. At Dale Carnegie Training®, they call the skills taught "skills that will last a lifetime." The course content focuses on five key areas that are critical for future success:

- * Building Self-Confidence
- * Enhancing Communication Skills
- * Interpersonal Skill Development
- * Teamwork and Leadership Skills
- * Effective Attitude Management

Generation Next can help teens become more confident and better able to cope with the pressure and stress adolescents face. With the generous donation from our Home and School Association, All Saints Catholic School will graduate confident leaders of tomorrow.

Time Shows What is Important in Life

A key way in life to evaluate what is important to us is to examine where we spend our time. Where focus goes, energy will flow. Actions truly do reveal our priorities. How much time is truly spent on faith formation to deepen our relationship with God, our Father? Catholic education is focused and committed to an integrated education. It is not just a factory model of education. Catholic education is driven by the principle that a sound education program is intentionally directed to the growth of the whole human person, spirit, mind, and body. Learning is faith-centered while incorporating strong



All Saints students JC Weeks, Alicia deFabrique, Jake Tuschman, Kayla Neeld

core subjects, the arts, and physical education. Catholic education truly prepares children for the future and beyond.

*"The goal of education is the advancement of knowledge, and the dissemination of truth." -
John F. Kennedy*

In the Community

All Saints Graduate Gives to Haiti

Marcello Bertuzzelli, a 2012 graduate of All Saints Catholic School, spent six days on a mission trip to Haiti this past summer. Marcello, along with nineteen others, traveled to three different remote villages by foot and donkeys, bringing medical, school, and sports supplies to the people. While there, Marcello visited orphanages where they painted classrooms, built benches and desks, helped in the medical clinics, and played sports with the local children. Marcello left behind most of his belongings returning home only with the clothes on his back. One young boy received a pair of shoes from Marcello – the first pair of shoes he has ever had. Marcello traveled to Haiti with his eyes wide open embracing the limitations the country would offer and realizing just how good life is here in Jupiter, Florida.

ASCS Alumni Dance in Cuba

This summer, the world got a little bit smaller for All Saints Catholic School alumni Gianna Matarese and Katherine Zele. They took their ballet shoes and dance talent to Cuba as part of Ballet Palm Beach's Ballet Ambassadors International Outreach Program. The girls joined 13 other student dancers and ballet company members on the seven-day mission trip.

Gianna and Katherine obtained religious visas to travel throughout Cuba, dancing in theaters, churches and orphanages, and working with children living in remote villages. "It was incredible to see the way their culture embraced the arts. It was amazing to



Marcello Bertuzzelli in Haiti

me. It felt so good to perform for them." Gianna said.

In addition to sharing their gift of dance, the students brought donations of vitamins, medicines, and other items that are scarce in Cuba. "There are so many things that we take for granted that the Cuban people don't have," Gianna said.

Traveling across Cuba, Gianna and Katherine gained a new perspective on the country. With no use of cell phones

or Internet services, due to the government's strict regulations, the girls were cut off from all communication with home. It was a rare glimpse into the reality of living in a communist country where freedoms are limited.

The girls started the trip in Pinar del Rio, a small farming community and then traveled to the peninsula of Varadero, and then on to nearby Cardenas. They ended their trip in Havana, where they stayed at a convent run by the Brigettine Sisters.



Gianna Matarese and Katherine Zele in Cuba

The Art of Learning

Ongoing research and efforts to improve testing performance in Math and English have revealed a somewhat unexpected outcome. Extensive data analysis now supports that students who receive more music and arts education perform better in all testing categories, including math and language arts. The arts, it seems, are more than they appear to be, and their beauty much deeper than first thought.

“It has become a mantra in education that No Child Left Behind, with its pressure to raise test scores, has reduced classroom time devoted to the arts.....but the reality is more complex. Arts education has been slipping for more than three decades, the result of tight budgets, an ever-growing list of state mandates that have crammed the classroom curriculum, and a public sense that the arts are lovely but not essential.” said Fran Smith, writer for Edutopia.com, part of the George Lucas Educational Foundation. David Sousa, former school administrator, and author of *How the Brain Learns*” has also written extensively about the importance of arts in education. “In modern cultures, the arts are rarely thought of as survival skills, but rather as frills,” he said in an article titled “How the Arts Develop the Young Brain.”

Sousa went on to clarify how arts education is essential even in young children. “The arts are not just expressive and affective, they are deeply cognitive.” “During the brain’s early years, neural connections are being made at a rapid rate. Much of what young children do as play – singing, drawing, dancing – are natural forms of art. These activities engage all the senses and wire the brain



Katelyn Sheehan, Sean Sheehan, Conor Kenny, Nate Sheehan, and Ronan Kenny show their art

for successful learning.”

Ironically, the cut-backs in arts and music education in many schools to focus funds and efforts on improving test scores may have had the opposite effect. “Of all academic subjects, mathematics is most closely connected to music. Counting is fundamental to music because one must count beats, count rests and count how long to hold notes. Music students use geometry to remember the correct finger positions for notes or chords on instruments. Reading music requires an understanding of ratios and proportions so that the whole notes are held longer than half notes.” Sousa continued, “In addition, numerous studies have shown that musical training improves verbal memory.”

As arts have been cut back in public schools, they have remained an integral part of Catholic education. Recognized long ago for their academic and spiritual value, artistic practice, both musically and otherwise, is considered to be one of many God-given

talents that we have a duty to use. According to the Catholic Education Office in St. Louis, Missouri, “Catholic Fine Arts Education originates with the recognition that each of us has the capacity for thinking and living artistically. It is based on the belief that God has endowed each of us with talents and gifts which God expects us to develop and use to the best of our ability. Through our artistic endeavors, we become active participants in continuing God’s creation in ourselves and in our society.”

The fact that arts education improves test scores in math and English is a welcome bonus. Perhaps Gary Vikan, Director of the Walters Art Museum in Baltimore said it best: “When you’re doing art, your brain is running full speed.”

*“An investment in knowledge
pays the best interest.”*

-Benjamin Franklin

Alumni Spotlight

All Saints Graduate on a Pre-Med Track at Johns Hopkins University



Stephanie England at Johns Hopkins University

2010 All Saints Graduate Stephanie England just started her freshman year this fall at Johns Hopkins University. She's excited to be living in Baltimore and studying neuroscience on a pre-med track.

Stephanie was deeply involved in St. Peter Catholic Church while at All Saints, having been a dedicated altar server for the Spanish Masses for the past 9 years. One of the first things she did when she moved to Maryland for college was to start attending Mass there at Saint Philip and James Catholic Church. She also became involved with the Catholic community at Johns Hopkins College.

After graduating from All Saints, Stephanie attended Jupiter High School and was a stand-out student in the Medical Academy program there. She graduated at the top of her class in medical and 7th overall at Jupiter High School. Her experience in the Medical Program helped plant the seeds for her choice of study at Johns Hopkins.

During her senior year at Jupiter High School, she interned with a thoracic surgeon and was able to closely observe an open heart surgery. The internship, and her passion for helping others, cemented her interest in pursuing a career in medicine. After finishing her undergraduate degree at Johns Hopkins, Stephanie would like to go on to become a surgeon. She'd then like to donate time each year to Doctors Without Borders, a charity group that offers medical care to the needy in third world countries.

Stephanie speaks, reads, and writes fluently in Spanish, and found these valuable skills have enabled her to give back to her community. In her last year of high school, she donated time to the El Sol immigrant center to teach immigrants first aid and CPR classes, and was able to help many in their native language of Spanish. She found her desire to do the same with Haitian immigrants was inhibited by her inability to communicate with them well, so she started taking classes in French at Palm Beach State



College. She has continued her French language studies at Johns Hopkins and hopes to become trilingual.

Stephanie thoroughly enjoyed her years at All Saints and misses all of the teachers who helped lay the foundation for her success. She endeavors to be kind to all, and describes her greatest gift as "being humble."



Stephanie England while at All Saints

Send someone The Messenger! To add someone to our mailing list, email their contact info to:

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The Messenger



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Concussions in Youth Sports

Heightened awareness of the effects of concussions, or Traumatic Brain Injury (TBI), has been raised by the media attention given to the number of NFL players suffering from the condition. While professional sports injuries certainly warrant concern, it is important to remember the long term risks to our youth of brain injury from sports, and its effects on development and learning. Sports participation offers valuable experience on many levels, and given the right safety precautions, is an important addition to a student's academic education.

With most of the talk of concussions in the media focused on football, it is important to note that the danger of suffering a concussion is much broader, is present in many sports

other than football, and applies to both young men and women. "Female high school basketball players suffer 240% more concussions



than males" according to Clearedto-play.org, a New York based website with a focus on youth sports safety. Injuries in a game setting seem to garner more attention, but the same website also noted that "62% of organized sports-related injuries occur during

practices."

Even with the best safety precautions, we will never make youth sports injury-free. What we can do though, is minimize the long term effects of concussions and other sports injuries by addressing them with proper treatment, and allowing adequate time for recovery and healing. Clearedto-play.org asserts that "50% of "second impact syndrome" incidents – brain injury caused from a premature return to activity after suffering an initial injury (concussion) – result in death." With that in mind, the best medicine when it comes to concussions in sports is a lot of time, and an abundance of caution.

*Principal
Jill Broz*