



Parent Newsletter

From the Head of School

Dear SDA Parents,

Spring greetings from Saint Dominic Academy! As we head toward warm weather, sunny skies and in April our Easter recess, I wanted to share with you some exciting upcoming events here at Saint Dominic Academy. As you already know, our Parent Association is hard at work planning our Designer Bag Bingo. It will be held on April 8th at the Lodi Boys and Girls Club. More information on how to purchase tickets for this evening of fun can be found on our website, under the Parent page.

Saint Patrick's Day weekend was our Spring Thaw; our athletic fundraiser whose proceeds benefit all of the sports teams here at SDA. At the end of the month, our seniors will be heading on their overnight retreat; a wonderful bonding experience as they head into the last marking period of their high school career. On April 7th we will have our spring dramatic revue: An Evening of Broadway. Tickets will be sold at school and at the door and we would love to see you there. April will also be our Glee Club's Spring Concert-I hope you will join us on Sunday, April 30th as our young ladies partner with young men from Prep to perform selections from Les Miserables.

All of you as parents know we will hold our rescheduled First Annual SDA TRIP DAY on April 7th and April 28th. I am confident that both days will be a great success. I am looking forward to spending time with the students as we head to Pinot's Palette to create a work of art. I know I will keep it proudly displayed in my office. All of our other faculty, administrators and staff will have wonderful experiences as well and you will read more about them in our next newsletter.

As always, you will be in my daily prayers this spring and I ask that you keep all of the SDA family, our students, faculty, staff, and alumnae in yours.

Warmly,

Sarah Degnan Moje
Head of School

A message from the Academic Dean

Dear Parents and Guardians,

To say that things have been very busy from my end, from the last time I have written you, is an understatement. Happily though, it has been busy and wonderful! I have several highlights that I am excited to share with you.

At the top of my list is the Honors Parents' Breakfast that was held on March 16th. Judging from the energy of the most distinguished crowd that packed Elan that day, and the pictures that found their way onto many Facebook pages and other social media, it was an event that truly made a lot of us proud. It was another celebration of teamwork, this time between loving and supportive parents and their daughters who are inspired and determined to give their education pursuits their very best.

The time that I spent with ten of our brightest young 'Belles' (yes, they could easily be Disney princesses!) at the Walt Disney World Youth Education Series in Orlando from March 6th to the 9th, was both pleasurable and rewarding. Our girls were the epitome of *elan*. While they exuded energy, enthusiasm, and confidence, they were likewise respectful and humble. I would intently listen in on conversations they had with our program facilitators, with people while on bus rides and at the airport, and amongst themselves, and be amazed with the pep and wisdom that punctuated these interactions. They, like good ambassadors, leave people with the impression that SDA is, if I may quote a mother they spoke with on one bus ride, "a special school".

On February 27th, the entire school was treated to a *Shakespeare Live* rendition of *Julius Caesar*. The cast and crew of our highly-successful musical "Annie" were part of an hour-long stage performance workshop. It was a delight watching our students take in the flare and flavor of the great writer and pre-eminent dramatist that is Shakespeare.

You will always hear me say that "The sisterhood at SDA is real". On February 22nd, **Cheryl Higgins Wong '95**, SDA alumna and owner of Titan Engineers PC in Union NJ, invited our 8th and 10th grade STEM students to a workshop at Titan where, together with her husband Nicholas Wong SPP '94, our young ladies interacted with real-life engineers at work. They came back to school impressed and inspired to seriously consider careers in the field which is, essentially, one of the major goals of all STEM programs, that is, to encourage more women to be part of this largely male-dominated world.

Another SDA alumna, **Jennifer Valdora Baker '01**, a teacher at PS 23 (MarcAnthony DiNardo School) has, for a number of years now, invited her younger SDA sisters to be part of Read Across America, an annual reading motivation and awareness program that calls for every child in every community to celebrate reading on March 2nd, the birthday of beloved children's author Dr. Seuss. On this day this year, two Senior classes, along with Ms. Arguelles and myself, walked down Duncan Avenue to read to PS 23's pre-Kindergarteners to 3rd graders. I had a blast going from one classroom to another watching our young ladies (and Ms. Arguelles!) reading and having fun at Circle Time with their particularly bright-eyed audience.

During their English classes on March 9th, our 10th graders took turns sitting down with our "Poet for a Day" Naomi Extra, a freelance writer, poet, and doctoral student in American Studies at Rutgers University-Newark. The winners of our just-concluded Poetry Contest enjoyed lunch that day with Naomi who, in both her creative and scholarly work, explores the themes of agency and pleasure in the lives of black women and girls.

On March 13th, twelve of our young scientists/researchers made their annual trek to the Jersey City Medical Center/Barnabas Health STEM Challenge (formerly the Hudson County Science Fair) held at the Liberty Science Center where they presented their projects which included models for patellar strain, Faraday cages, studies on biogas, geothermal energy, diabetic cats, among others.

And let me not forget to thank you for the Teacher Appreciation Breakfast that was so thoughtfully prepared for us on February 3rd by the Parent Council. It was an excellent start to our day!

As I mentioned earlier, these are just highlights. We have seen quite a number of firsts this far into the school year and we are pretty proud of what we have accomplished. Kudos to you, parents, for the support and encouragement that you provide, not just for your daughters, but for the entire SDA teaching and administrative staff. We are, truly, family!

Sincerely,



Mrs. Guen Farrales
Academic Dean

A message from the 7th & 8th Coordinator

Dear Parents and Guardians,

It has certainly been a very busy year for our seventh and eighth grade students. In addition to their academic studies, they have been given several opportunities to expand their knowledge in experiences outside the classroom.

Early in the year Mr. Napoli took both classes to enjoy a production of Cinderella at NJPAC. They were thrilled when they were seated in the front row and were able to see the acting, dancing, and costuming from such a vantage point. Students described their trip as a fantastic experience.

Later in the year, both groups participated in separate retreat days under the guidance of Mrs. Simon and the Religion Department. This was a unique experience for them as they bonded with their classmates and had the opportunity to meet and interact with upperclasswomen who serve Saint Dominic Academy as dedicated peer ministers. Most important, they were able to take some time from their busy schedules to place themselves in God's presence and reflect on their spirituality. The eighth grade students had the added pleasure of touring parts of Jersey City to visit the sites where Saint Dominic Academy was originally located before coming to its current address on Kennedy Boulevard.

Recently, seventh and eighth grade students joined with the entire school community to attend a Shakespearean production of *Julius Caesar*. For many of them this was an introduction to the works of one of the world's greatest authors. Several students described the production as an awesome experience. For some students, the enjoyment did not come to an end when the actors took their final bows. Those who were cast members of our production of *Annie* were invited to join the Shakespeare troupe for a workshop at the end of the day. Their interaction with the actors allowed them to better understand the significance of this most outstanding poet and playwright.

We were very excited recently when our eighth grade students and our sophomore honors class were invited to spend the day at Titan Engineering Company. This event was hosted by alumna Cheryl Higgins (class of 1995) and her husband Nicholas Wong (SPP 1994). Eighth grade student Isabel Ramos felt the day was very productive as she had the opportunity to see engineers at work. Isabel was especially happy to note that one structural engineer was using an APP to predict the impact of an earthquake on the structure she was designing. (As a group they all agreed that the lunch they were served was GREAT!) Ms. Manuel organized this trip and we hope the day will become an annual event.

Medieval table manners caution diners not to wipe their hands on the tablecloth or to feed the dog under the table. Both cautions remain good advice for today! Our seventh and eighth graders continue to look forward to their trip to Medieval Times. Their anticipation of eating with their hands, seeing knights in armor, and enjoying a friendly joust was put on hold due to bad weather. As we know, anticipation is part of the enjoyment of a happy event and can even heighten our expectations. We will be able to enjoy the last of our out of class experiences when we celebrate our first SDA Trip Day on April 7.

As you can see, it has been a very eventful year in which students were able to combine their time in the classroom with other activities that together enhanced their learning here at Saint Dominic Academy

Sincerely,



Ms. Mary Ann McLean
7th and 8th Grade Coordinator

An Exciting Turn of Events for SDA's Poetry Contest Winners

On Thursday, March 9, students at Saint Dominic Academy, recent winners of the school's Poetry Contest, had the privilege of meeting with Naomi Extra, a representative of the Geraldine R. Dodge Poetry Program, which according to their website, offers direct engagement with poetry as a living and relevant art. As per Mrs. Dena Arguelles, SDA English teacher and creator of the Academy's Annual Poetry Contest, "The Geraldine Dodge Foundation supports poets and is the creator of "Poet Visits", where poets visit and read their poetry to a school."

Naomi Extra is a freelance writer, poet, doctoral student in American Studies at Rutgers University in Newark, and is also a Cave Canem graduate fellow. She read her poetry to the sophomores and had lunch with the winners of the SDA Poetry Contest. "She was so nice and she was really interested in what we had to say." said sophomore **Maya Pinney**.

SDA Poetry Contest entries are judged by various faculty members, for class-wide winners and then school-wide winners. According to Mrs. Arguelles, "Nearly half of our students enter this contest. Poetry is another opportunity for all students to find their voice, an opportunity that we take very seriously at SDA."

Senior **Aliya Perry** was chosen as the first place poet of the 2016 - 2017 school year. Sophomore **Julia Murphy** is the second place winner and seniors **Malia Gray** and **Isabel de Leon** are the third place winners.

Other contest winners include, 7th graders **Reagan Mattiello** and **Elizabeth Rejfir**, 8th graders **Charlotte Hennessey** and **Lila Oranchak**, freshmen **Emily Perri**, **Valentyna Simon** and **Sarah Jowett**, sophomores **Katrice Francisco** and **Renee Medina**, and juniors **Alani Spina** and **Joelle Francisco**.

All of the winning poems will be published in the Academy's Literary Magazine, **ELAN**.



Changes in Faculty

A devoted and loyal alumna who dedicated her life to Saint Dominic Academy, **Mrs. Patricia Carroll Criaris**, '72 has left Saint Dominic Academy effective January 2017 for medical reasons. The Academy's Administration has worked jointly with Mrs. Criaris to assist in this transition and we thank her for her years of **devoted service** to the mission of Saint Dominic Academy. The Board of Trustees and school administration wish her the best and she will remain in our prayers.

Dr. Malle Ponalla, of the SDA science department left Saint Dominic Academy in February for family reasons. We thank her for her service. Ms. Manuel, Mrs. Farrales, Ms. Mallon and Ms. Palmieri will take over Dr. Ponalla's classes for the remainder of the year.

Ms. Katelyn Regan has joined SDA as a part-time English teacher. Ms. Regan holds a BA in English/Education from Georgian Court University and graduated Magna Cum Laude. She is NJ-Certified as a Teacher of English and Teacher of Students with Disabilities. She was an English teacher at The Hoboken Charter School and a Substitute Teacher with Ocean Township Board of Education. She has taught internationally as well, specifically in Italy and Japan.

Parent Association News

We are in the midst of executing our **Calendar Raffle** and would like to extend 'Thank You's' to all who have returned their tickets and congratulations to our current winners. For those of you who have not returned your tickets yet, the raffle runs through May 25, 2017. As of this writing, we have 47% participation of the student body, we are hoping for a 100% participation. The earlier you return your tickets, the more chances you will have to be one of our many winners. Questions about the raffle can be directed to Mary Dowden at dowden26@comcast.net.

Our first **Designer Bag Bingo** will be held on Saturday, April 8, 2017 at the Lodi Boys and Girl Club in Lodi starting at 7p.m. You should have received details of this event in an email and via a flyer that was sent home with your daughter. Please submit your ticket/table orders to the office as soon as possible. Questions about this event, please reach out to Jennifer Bailey at [201-264-5623](tel:201-264-5623).

Our next PTA meeting will be on Thursday, May 4th, 2017 at 7p.m.

Congratulations to.....

Mrs. Dena Arguelles, teacher of British Lit Honors, World Literature, American Literature and AP English Literature, for being selected to attend the **2017 International Medieval Congress** held on July 3-6 at the University of Leeds in England. Drawing medievalists from over 50 countries, with over 1,900 individual papers and 630 academic sessions and a wide range of concerts, performances, readings, round tables, excursions, book fair and associated events, the Leeds International Medieval Congress is Europe's largest annual gathering in the humanities.

Lauren Kelley '17 was accepted to volunteer, for the second consecutive year, at the **Hugh O'Brian Youth Leadership Seminar**. She originally attended the seminar as an ambassador in 2015. This year's SDA ambassador representative to HOBY will be **Maia Bustamante '19**.

Aolanie Vargas '17 is the recipient of a \$1,000 one-time scholarship from The Comcast Leaders and Achievers (R) Scholarship Program.

Danielle Prekop '19 who broke two records at the Hudson County Swimming Championships, also trains with Scarlet Aquatic Club year round and will compete at the Arena Pro Swim Series in Indianapolis. At the end of the March, she will also compete at Speedo Sectionals, a regional championship held in Indiana. And, Danielle has further qualified to represent TEAM USA in the 2017 International Maccabi Games in Israel this summer. This event is the third largest sporting event in the world held every 4 years, with about 42 countries sending their best in each sport.



Congratulations continues.....

Student Council whose activities this year have resulted in over \$1,500 to be donated to their adopted charity, **Where Angels Play**, an organization whose mission is to “create joyful places to play. To provide hope, recovery, and a return to family values in the wake of senseless violence and tragedy.”

National Honor Society who will not only participate in Read Across America later this month but who at the holidays, packaged winter wear to donate to Women Rising, a non-profit organization on Fairmount Ave. in Jersey City that provides transitional housing and assistance for women and children who are victims of domestic abuse. They raised enough money to purchase gloves, scarves, hats, and socks for 25 individual gift bags.

The SDA Dance Team who won their second consecutive **National Championship** at the National Dance Alliance (NDA) National High School Competition in early March at Hard Rock Live in Orlando Florida.

The nine-member team defeated the ten-time National Champs from Napa Valley, California in the **Small Varsity POM division**. The SDA team had the highest score of the entire competition, which included over 350 teams, and won the Best in Category award by beating over 100 POM teams with the highest overall score.

Additionally, the team received the technical excellence award and placed second in the International POM division where they competed against teams from across the United States as well as Japan.

Members of the team include seniors **Erin Bailey, Kassandra Pardo** and **Aolanie Vargas**, juniors **Sophia Feijoo** and **Emily Gill**, sophomore **Julia Vitangcol**, freshmen **Mallory Geisler** and **Fabiana Soto-Gallego** and 8th grader **Nastasja Gunnings**. The team is coached by alumnae **Marie Pompeo Maffia’79, Amanda Herring ’06** and **Taylor Siebel’14**.

Earlier in the year, the team participated in a charity showcase for the Project Linus, a non-profit organization which provides homemade blankets to children in need. The blankets are lovingly made by adults and children from all walks of life and many different sources, one of which is donated skeins of yarn. At the event, the SDA Dance Team was recognized for having donated the most skeins of wool.



SDA Swim Team who not only placed 3rd (out of 12 high schools) in the 2017 Hudson County Swimming Championships, but set new Hudson County Records as follows:

Danielle Prekop '19: 200 IM, 2:07.28 and 200 Free, 1:55.34

Kelly Bartnett '19: 100 Free, 56.40 seconds

Other results:

200 Individual Medley: 1st place **Danielle Prekop '19** 2:07.28; 12th place **Maxine Rieder '19**

50 Free: 1st place **Kelly Bartnett '19**

100 Free: 1st place **Kelly Bartnett '19**

200 Free: 1st place **Danielle Prekop '19**; 9th place **Claire Roake '20**

500 Free: 7th place **Nicolette Racz '18**; 9th place **Claire Roake '20**

200 Free Relay: 9th place **Eilish Armitage '17, Jessica Diaz '18, Dafna Bandach '20, Claire Roake '20**

400 Free Relay: 2nd place **Kelly Bartnett '19, Nicolette Racz '18, Maxine Rieder '19, Danielle Prekop '19**

100 Breaststroke: 10th place **Maxine Rieder '19**

200 Medley Relay: 2nd place **Nicolette Racz '18, Maxine Rieder '19, Danielle Prekop '19, Kelly Bartnett '19**

Important Calendar Change



The Quarterly Coffee with the Head of School

for Junior Parents

has been rescheduled to

Friday, May 5 at 9:30

We hope to see you there!



Lent Activities



Ash Wednesday

Distribution of Ashes

Stations of the Cross

Will take place in the Chapel during Religion Class Periods throughout the day on Friday, March 24 and Friday, April 7

Wednesday Mass.....

Will be held in the Chapel at 7:45 a.m. on March 15, March 22, and April 5

Sacrament of Reconciliation..

Will take place on Wednesday, March 15 and Wednesday, March 22 following Mass. Students will be given a pass the day before in their Religion Class.

Lenten Services.....

Will take place on Tuesday, April 11 during Religion Class Periods throughout the day in the Chapel

The school-wide Easter Liturgy is tentatively scheduled for Monday, April 24 at 1:00 p.m. in St. Aloysius Church. The Induction of Peer Ministers will take place at this Mass.



SDA Glee Club/Dominoes Kick Off Spring Season with Workshop Program

On Saturday, March 11, the SDA Dominoes, under the direction of Mr. Joseph Napoli hosted a three-hour Treble Choir workshop for students of All Saints Catholic Academy in Bayonne. During the workshop, the Dominoes demonstrated the vocal techniques that have led to the choir's legendary sound. The All Saints students' voices blended seamlessly with the older Dominoes. After vocalizing, the combined choirs sang, *I'm Gonna Sing When the Spirit Says Sing*, *Shojojee* (in Japanese), *Simple Gifts and When You Believe* (in Hebrew). The students were great; a few even performed solos and received rousing ovations from the Dominoes members after their songs. Members of the Dominoes reciprocated with solos of their own from *Les Miserables*. Chris Ann Weening, the ASCA choir's co-director told Mr. Napoli, "I have received so much positive feedback from both the parents and the students who participated in the workshop. They want to know when we're going back!"

That workshop was just the beginning of a very busy spring season for the SDA Glee Club and the Dominoes who will compete on April 19-April 23 at the *Fiesta-val Invitational Choral Festival* in Myrtle Beach. This will be the 26th consecutive spring festival for the Glee Club and Dominoes who appear in the Treble Concert Choir and Treble Chamber Choir categories.

The following week, on Friday, April 28, the Dominoes will sing at the world famous Saint Malachy's Church, *The Actor's Chapel*, in the heart of the Times Square Theater District. The Dominoes performance is part of the *National Catholic High School Choral Festival* sponsored by Pueri Cantores, the official choral organization of the Catholic Church, under whose auspices members of the Glee Club and Dominoes sang at the Vatican last New Year's Day. The mission of Pueri Cantores is to provide the opportunity for Catholic singers to work with world-class conductors and receive advanced training in sacred music and the liturgy of the Church. Choirs attending the New York festival are drawn from Catholic schools in the tri-state area. According to Mr. Napoli, "The Dominoes sang at this festival in 2014 and so this will be the second time for some of our seniors." Each choir performs three numbers and then receives a critique from guest clinician Paul French, one of America's most respected conductors of liturgical music. The Dominoes will perform Mendelssohn's *Lift Thine Eyes to the Mountains*, *Psalm 23* and Randall Thompson's musical setting of the Robert Frost poem *A Girl's Garden*. The combined participating choirs will sing an Opening Anthem, *With a Voice of Singing*, and a Closing Anthem, *Kyrie from Missa Secunda* accompanied by Saint Malachy's famous restored Aeolian Skinner pipe organ and conducted by Paul French.

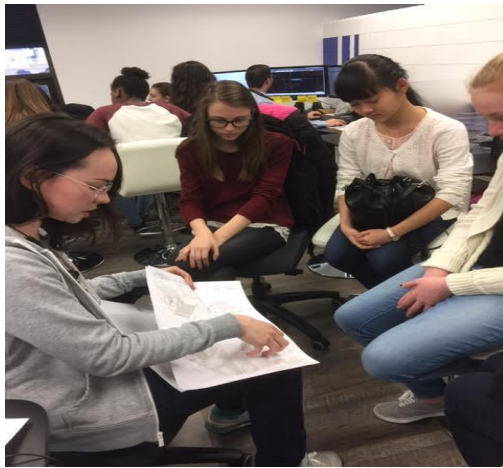
Two days later, the Annual Glee Club Spring Concert will be held at 4:00 p.m. at Saint Aloysius Church with special guests, Saint Peter's Prep VOX under the direction of Emily Fencik. The two choirs will meet again on Saturday, May 13 at 7:00 p.m. for an evening of "**Great Music at Saint Matthew's**" at Saint Matthew Lutheran Trinity Church – 57 8th Street, Hoboken.



SDA Kicks-Off Spring with “Out of Classroom” Experiences

SDA Students Explore Careers in Engineering

STEM students in both 8th and 10th grades had the opportunity to explore careers in engineering through a workshop held at TITAN Engineers PC in Union, NJ. The firm is owned by SDA alumna **Cheryl Higgins Wong '95** and her husband, Nicholas Wong, SPP '94. As part of the workshop, the girls were introduced to the various types of engineering disciplines and then had the opportunity to visit with individual engineers to learn about the projects that they were each working on. According to an 8th grader who attended the program, “I enjoyed being able to talk with the engineers and learn how they do their job, especially the women engineers! It was a really empowering experience. The presentations were well thought out.”



Shakespeare *Live!*

On February 27, SDA students had the opportunity to experience a Shakespeare *Live!* performance of *Julius Caesar*. The educational touring wing of The Shakespeare Theatre of New Jersey, *Shakespeare Live!* has performed for more than 600,000 students in New Jersey, New York and beyond. As a matter of fact, this is not their first time visiting SDA. According to their materials, while the texts are abridged to accommodate school schedules, *Live!* prides itself on keeping Shakespeare’s language intact. Following the 65 minute performance, the cast offered a ten-minute talk back with the students. Additionally, the cast and crew of SDA’s recent production of “Annie,” had the opportunity to participate in a workshop in which the cast of *Shakespeare Live!* led the students in exercises they use while rehearsing and performing Shakespeare’s works.

SDA Kicks-Off Spring continues.....



SDA Kicks-Off Spring continues.....

SDA Students attend the Walt Disney Youth Education Series Program in Orlando

So many wonderful new things have taken place at SDA this year, including the Academy's first ever participation in the **Walt Disney World Youth Education Series (YES)** program; a week-long series of workshops for high school students held throughout the WDW theme parks. 10 students in grades 9-12 were selected to take part in this endeavor in early March. The workshops they attended included *Disney Leadership Strategies and Evolution of Technology both held at EPCOT®*, and *Properties of Motion Physics Lab*, which took place at the **Magic Kingdom**. Each workshop was approximately three hours long after which the group had time to spend in the parks to witness, first hand, what they had learned in the individual workshops. Students who participated were freshmen **Sarah Jowett, Emily Perri, Claire Roake** and **Valentyna Simon**, sophomores **Jen Marie Chie** and **Evi Iordamlis**, juniors **Jennifer Chandy, Megan Dowden**, and **Katie Moody** and senior **Isabel deLeon**.

Accompanying them on the trip were **Mrs. Guen Farrales** and **Ms. Jessy Soriano**. Ms. Soriano shared, "I was so impressed with the Disney Y.E.S. Program, the facilitators, and the workshops. The lessons were very hands-on and applicable to the real world. Despite being early in the morning, the facilitators kept the girls engaged, enthusiastic, and focused. The Leadership seminar was exceptionally great and really spoke to our student ambassadors. It was so refreshing to see the girls learning and having fun. *On a side note, I'd like to say how proud I am of all the compliments our students received. Every Disney Y.E.S. facilitator we met with took notice of the girls' manners, kindness, and eagerness to learn.*"

Here's what some of the girls had to say:

I very much enjoyed my time at the WDW YES program. Of course it was fun at Disney with my friends, but the programs we participated in were better than I expected. My favorite program was the leadership program. Not only did we have great leaders, but it was such a interesting experience. I thought we would be in a classroom with others schools but we were actually in the park learning about Walt Disney. They taught us how Walt Disney was a leader and how he inspired people to continue his ideas and legacy. The best part was hearing the leadership skills from a female worker at Disney. She told us that no matter what gender you are, you can be a leader. I learned how to take someone's passion and make it my own.

- *Katie Moody*

My experience at the YES programs at Disney was incredible. The cast members at Disney really knew how to convey information to their audience and knew what they were teaching. In my opinion, the best program was the leadership program. I learned that there is so much more to being a leader than just telling people what to do. The leaders of our group would talk to us about how leadership is incorporated in Disney. We then rode a ride called "Soaring" to first hand experience how leadership is integrated throughout all the rides and events at Disney. This was a great opportunity and I'm very glad that I was able to experience it. I will definitely use the methods I learned at the YES programs in my life.

- *Jen Marie Chie*

Over the course of three days, I attended the Disney Youth Education Series Program in Walt Disney World. Going into the program, I was expecting that the seminars would be held in a classroom set up with power point presentations and speakers. However, I was very delighted to find out that we were escorted around both Epcot and

SDA Kicks-Off Spring continues.....

Magic Kingdom before the parks even opened. I gained a lot from these three seminars. Considering that I may want to do the Disney College Program, this YES Program really benefited me. The first day covered Leadership at Disney. Our tour guides explained how as a leader, you must focus on Cast Member (staff) involvement, guest experience, and finances. If the staff is happy, the guests are happy and will continue to go back to Disney. They explained it as a domino effect. We also covered Disney's four key concepts to a great guest experience. These concepts in order were Safety, Courtesy, Show, and Efficiency. If the first three concepts are followed correctly, efficiency should come automatically. On the second day, we learned about the evolution of technology. We connected math to technology and solved different equations, and talked about how technology develops such as Society, Government, Level of Technology, and Economy. On the final day, our seminar was held at Magic Kingdom instead of Epcot, and we learned about the Laws of Motion and how physics relates to the rides at Disney. Surprisingly, we got to ride many rides throughout these seminars before the parks even opened to the public! We also learned about the hydraulic and pneumatic animatronics at Disney and how they are different. Finally, we learned about centripetal (center seeking) force and acceleration that makes the rides move in circles the way they are able to. I learned a lot of useful information from these seminars, especially the Leadership one which was my favorite.

- *Valentyna Simon*

I am very happy that I had the opportunity to participate in the Walt Disney World YES program. I was able to learn many things and gain better friendships with the girls who I went on this trip with. I thought that the workshops gave new perspectives to our topics including leadership, technology, and physics. The workshops were very interesting through their balance of teaching and giving examples through their attractions in the park. I felt the leadership workshop was particularly good because it provided ways in which to relate and apply the tools used and values of such a large and successful company back to our school. The concepts that Disney included as being most important: safety, efficiency, courtesy, and show made me think differently of businesses and the variety of jobs necessary to keep it successful. I saw and heard from people with jobs that I hadn't previously thought much about. I now see so many more possibilities for myself and the types of jobs that I could look to obtain in the future. The experience also showed me that even though many people do not, it is possible to find a job that you really enjoy and can be successful at. I think the program was a very enriching experience for me.

- *Megan Dowden*

I attended the Disney YES Program, and I am so glad that I did. Besides the fact that I got to go to Walt Disney World for the first time ever, I also got to be a part of an educational program that encouraged us to think and apply things we learn at school to the real world. I think my favorite part was the Leadership Workshop. I feel like the skills and concepts we learned are some that I will be able to use to be a leader in our school and one day in my own career and life.

- *Isabel deLeon*

The Disney Y.E.S. program was quite an experience. I was impressed by the different sessions, leadership, technology, and physics and the different spokespersons. In my opinion, I enjoyed the physics session the most out of the three sessions. The spokesperson had managed to incorporate her lessons through simple machines and through the rides of Magic Kingdom. One of her small machines included a bendable metal ramp, a ball, string, and a stand. We were expected to place the ball on top of the stand while using all the equipment on the machine. By doing this exercise, we understood the concept of inertia and gravity. However, we also got a chance to test out the roller coasters of Frontierland and Tomorrowland while applying Newton's laws of motion. After applying the laws onto the dark ride at Space Mountain, we were given a sheet to fill out with our hypothesis of how high the drops were, the speed, and the duration of the ride. We got to understand that every rollercoaster made needs to apply the laws of physics such as centripetal force to determine if the customer will stay in the cart while the coaster is turning. Thus, this lesson had summarized on how safe modern coasters had been. We also had a chance to determine whether some animatronics are powered by complexity of water or simplicity of air. I had learned and enjoyed the most out of this session.

- *Sarah Jowett*

SDA Kicks-Off Spring continues.....

This trip to the Y.E.S program taught me a great deal. I was surprised with all the knowledge I acquired throughout the trip. I got the most out of the first seminar, “Disney Leadership”. I learned about being a leader in many settings, from a multi-million dollar corporation to our own school. This seminar inspired me to be a leader in my life now and in my future career. The cast members taught me this in a fun setting while walking around the park before the park opened to the public. We also experienced a fun attraction “Soarin” which was tied in with the important lesson that guest satisfaction is very important in a large entertainment company like Disney. This seminar was an amazing experience. My life was truly changed. The second seminar was just as great. We learned about the evolution of technology and how it will continue to evolve for the better. Technology will improve human lives in the future in many unexpected ways. The third seminar was truly awe inspiring as we learned the physics of roller coasters while experiencing it firsthand on the thrill rides of the Magic Kingdom.

- *Claire Roake*

Overall, this program was an amazing experience. I learned so many things, such as the qualities and skills a great leader should possess, and the laws of gravity in physics. For me personally, I found that the highlight from this trip and my favorite workshop was the technology workshop. The information I retained from this workshop, and the other two workshops, can be used in both school and in my future career plans. I learned about the advancements in technology, and as an aspiring biomedical researcher, technology will be a huge part in my career, thus this information will help me in pursuing my future plans. This seminar was a wonderful experience.

- *Jennifer Chandy*



SDA Athletics

Winter Wrap-Up/Spring Outlook

Basketball- the Blue Devils struggled through some growing pains and finished 9-16 on the season. While the win total marks a significant improvement over last season the hope is that with continued progress the team can make a significant jump in the standings next year. SDA won an opening round playoff game at Memorial before being ousted from the state tournament.

Indoor Track & Field- It was a typical winter season for the Blue Devils as they did well, locally, went on their Ivy League tour (Brown/Dartmouth and Yale) and excelled at the State meet and the Easterns. The team won the Jersey City meet for an unthinkable 32nd year in a row and finished third as a team in the State Meet. **Malia Gray '17** broke the S.D.A. record set by Hall of Famer Cheri Selby- Pearson in 1995 with **the longest Long Jump by a Hudson County athlete in 33 years**. Olympian Sydney McLaughlin was in the field that night. Gray like team leader **Celeste Aurora '17** earned All County in three events. Freshman phenom **Suhayla Johnson** made All County in two events and **Jessica Wisowaty '18** made All County in one event. All four of those girls qualified for and participated at the New Jersey Meet of Champions. Promising sophomores **Isabel DeBari** and **Megan Van Alstyne** were nominated for All County.

Swimming- The Aqua Devils had a nice season under first year coach Bence Greifenstein. The team earned a hard fought dual meet win over Paramus Catholic but saved their best efforts for the league (H.C.I.A.L.) and County championship. County records were set by **Danielle Prekop '19** and **Kelly Barnett '19** who along with **Nicolette Racz '18** and **Maxine Rieder '19** led the way for S.D.A. as they finished second in the league and third in the county. The team has potential and with continued commitment the future can be very bright.

Spring Thaw- The 20th Anniversary of our school sponsored fund raiser was held in snowy, icy Liberty Park on March 18th. The efforts of a select few have allowed this event to continue to raise needed funds for the sports program.

Outdoor Track & Field - The team which had limited (by choice) participation in the Spring Thaw will begin their competitive season on April 1. As always the goals are the same, work hard, improve, have fun, dominate locally and make an impact on state competition. The season will as usual end at the Outdoor Nationals in Greensboro, North Carolina.

Softball - The team led by new coach John Bigler has high hopes for the 2017 season. SDA won 15 games a year ago and should improve on that ledger this year. A blend of veterans and newcomers gives our team lofty aspirations for the season.



Academic Dean's List - Semester I
First Honors

Grade 7

Isabella Goncalves
Reagan Mattiello
Elizabeth Rejfir

Grade 8

Jane Eid
Mia Eid
Alyssa Fuentes
Lila Oranchak
Olivia Smith

Grade 9

Bryll Bautista
Francisca Diaz
Yasmeen Idrissi
Sarah Jowett
Mimi McVey
Annabel Payamps
Emily Perri
Claire Roake
Elyse Sanchez
Valentyna Simon

Grade 10

Amity Ajero
Meghan Anderson
Skye Archibald
Caitlin Aristizabal
Maia Bustamante
Jarrielle Cabalfin
Hannah Dobronsky
Nicole Gizzi
Alexa Gudiel
Paraskevi Iordamlis
Simran Joseph
Cassidy LoCascio
Jenna Manzo

Julia Murphy
Katelyn Pineda
Maya Pinney
Maryam Wahba

Grade 11

Kateri Arano
Jennifer Chandy
Megan Dowden
Joelle Francisco
Emily Gill
Alessandra Izaguirre
Simran Kaur
Raquel Lekic
Emily Menjivar
Kathryn Moody
Stefanie Osorio
Nicolette Racz
Amanda Ros
Isabella Trinidad
Makenna Waller
Jessica Wisowaty

Grade 12

Erin Bailey
Mariangelica DeCastro
Carolyn Delaney
Damielle Dompore
Alexandra Duran
Maegan Duran
Marina Ghobrial
Lauren Kelley
Yin-hei Lau
Alyssa Littles
Bryanna Mendez
Purnima Prasad
Pamela Reinoso
Maria Rivera
Mia Ruhlen
Aolanie Vargas

Second Honors

Grade 7

Natalia Krzanowska
Jade McAlmon
Emily Nunez

Grade 8

Elizabeth Conaty
Charlotte Hennessey
Isabel Ramos

Grade 9

Dafna Bandach
Nicole Borrero
Chyla Delima
Ykaterina Diaz
Mallory Geisler
Delaney Hartigan
Marissa Jibodh
Angelique Maniego
Aylin Molina
Victoria Nyakoni
Danielle Pinto
Natalie Pinto
Mykaela Santos
Serina Sebbio
Kayla Stewart
Audrey Tsao

Grade 10

Donna Abello
Kelsy Antigua
Kelly Bartnett
Mya Chapman
Jen Marie Chie
Amanda DeJesus
Cassandra Diaz
Malina Dundua
Katrice Francisco
Christina Lai-Le
Ava Lekic
Courtney Malden
Ashley Marrero
Chloe Medina
Emma Morris

Melanie Nunez
Nicole Ojeda
Danielle Prekop
Maxine Rieder
Cristina Sabia
Yvette Sarmiento
Gabriella Swope
Gabrielle Trimblett

Grade 11

Jessica Diaz
Sophia Feijoo
Francesca Guido
Grace Jordan
Caitlin Lum
Margaret Marano
Isabella Nerio
Isabella Pedrera
Eva Reid
Alani Spina

Grade 12

Celeste Aurora
Brianna Colletti
Isabel DeLeon
Alexa Duke
Malia Gray
Sylvanna Le Gall
Christina Little
Kassandra Pardo
Aliya Perry
Alicia Ramrikhi
Tara-Taiz Roman
Amy Sabio
Emily Torres

Mrs. Farrales Hosts an Honor Roll Breakfast

Students who achieved First and Second Honors for the first marking period of the year were treated to a breakfast hosted by Academic Dean, Mrs. Guen Farrales.

She extended the invitation to the girls' parents so all could celebrate the well-deserved achievement. The event was held in ELAN and included photos opps, accolades and a fun Q&A.



Saint Dominic Academy
2572 J. F. Kennedy Blvd.
Jersey City, NJ 07304

Phone 201-434-5938
Fax 201-434-2603



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2572 J.F. Kennedy Boulevard
Jersey City, NJ 07304

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Gaylor H. Wade—Design & Layout

Need to know what's happening?

The SDA school calendar is easily accessible
on the schools website:

<https://www.stdominicacad.com/calendar/>

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