

'TIS THE SEASON AT  
SACRED HEART



*Coteau Courier: Winter Edition*

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### *Editor's Note*

Dear Readers,

The Publications class is happy to bring you the second edition of the 2017-2018 Coteau Courier! We have been hard at work since October to bring you the best works we possibly can. We hope these articles bring you joy and light in this holiday season while also keeping you informed of Sacred Heart's events.

I would personally like to thank Ms. Guillory for all of the advice and help she gives us all. It makes not only myself, but everyone in Publications, happy to work alongside a woman as hardworking as she.

I would also like to thank Mrs. Hargrave for providing us with so many opportunities for improving the school's marketing! The class has had so much fun planning our new posts on social media and organizing events such as the Spirit Shoppe Renaming Contest.

Lastly, I would like to thank our readers for the wonderful feedback that you have provided us. Your feedback has helped us greatly improve the content we give you all. Thank you for helping us give you our best!

I hope you all have a fantastic holiday season filled with joy and love.

- Camille Hollier   
Managing Editor

## Fall School Events

By Addy Perkins

So far this year, we have had a great fall season here at ASH! We are lucky to have some cool weather come our way, but even with the nice weather, it wouldn't have been as great of a season without the fun activities and events put on by our ASH community!

Throughout this fall season, we have had some super fun dances held for our high school. To kick off the fall season, Berchmans Academy held the annual homecoming dance, planned by the Berchmans juniors. Later on in October, the high school students were fortunate enough to have the seniors plan the Senior Slam dance. In preparation for Halloween, students were invited to dress up in costume. There were several costume contests at the event; however, choosing the winners proved to be quite difficult because everyone had such great costumes! As the month went by, early November came around, and the time came for the annual Father Daughter Dance, hosted by the ASH 9<sup>th</sup> grade class. The theme of the dance was *The Academy Awards*, and the 9<sup>th</sup> graders did a great job of rolling out the red carpet. The night was full of food, dancing, photos, and great music. ASH dads and daughters really know how to have fun!

Along with these exciting dances came the famous *Dancing with the Stars*. Here, several adult couples performed the dances they had practiced and prepared so hard for. There were extravagant props and stage sets added to the excitement of the already amazing performances. The couples were judged on both talent and fund-raising abilities and did not disappoint, as the crowd was left speechless! The winners for the Mirror Ball Contest were Jim Keaty and Allyson Martin, and the fan favorite winners were Scotty Muller and Lauren LaFosse! Congratulations on this huge honor!



Fall Carnival was another super fun fall event hosted by our ASH 6<sup>th</sup> and 7<sup>th</sup> graders. The students and faculty had a great time! There were tons of games, as well as a costume contest, in which our students got to have fun and dress up. The winners of the costume contest were Emmylou Falgout and

*Falgout and Lilly Chandler, who dressed up as salt and pepper.*



*All of this Carnival fun was for a good cause, with the money our students donated going to needy children around the world to support our school in Uganda. The carnival was filled with several exciting booths, including lemon lips, Twister, nail painting, a cake walk, Plinko, fish pond, and more! We were so lucky to be able to participate in this super fun event.*

*The school also performed service with this event, as all of the money raised was sent to help a fellow Sacred Heart school in Uganda. Overall, the 2017 Fall Carnival was a huge success!*

*Throughout all of the festivities held by our students and faculty, we can't help but highlight our amazing athletes who worked so hard this season. First off, the Berchmans football team won the state championship against John Paul the Great with a 24-14 victory, ending with a perfect record of 8-0. The volleyball team did great as well, ending with an overall record of 18-17, a district record of 8-0, and making it to the second round of the playoffs. The cheerleading squad cheered on the football players and the volleyball players, and at every game at which they cheered, the Saints achieved victory. Two members of the cross-country team went to state. The swim team also made it to state this season and placed second in district. All of our sports teams have worked hard this season, and their hard work paid off!*

*In addition to all of these events, the high school has had some pretty great House Competitions this fall! The first competition held was a scavenger hunt throughout the school. Each house had a list of tasks they needed to complete, and once they finished doing everything on the list, they were given Popsicle sticks with letters on each stick that they had to decipher to figure out*

where the letters went and determine the message. Another fun activity was when the high school gathered in the auditorium to watch the classic Halloween episode of *The Suite Life of Zack and Cody*, which everyone really enjoyed. Later on in November, the houses joined together again to eat popcorn and watch *A Charlie Brown Thanksgiving*. The most recent competition was a relay race, involving candy and pie. This relay required lots of balance and team effort and turned out to be super fun. Now that December is upon us, it is time to get our holiday spirit on!

Fall is turning out to be a very exciting time at ASH with all the events for our community. Wonderful memories have been made, and there are plenty more to come!

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## Thanksgiving- The Celebrity Way

By Victoria Broussard

We might not always think of them as people, but celebrities have lives just like most Americans, and although those lives are much more comfortable, celebrities and average Americans alike enjoy celebrating holidays such as Thanksgiving. By definition, Thanksgiving is the one day of the year where people show their gratitude for their family and possessions and celebrate this

gratitude. It is the designated day for all Americans to count their blessings and be even more thankful for them. Here are some celebrities who, like the average American, get together and celebrate in their own way.

The Kardashians are some of the most well-known reality TV stars, not only in America, but around the world. *People (TV)* reveals that for the 2017 Kardashian Thanksgiving celebration, Kylie Jenner hosted the Kardashian family's event at her home in Calabasas, California. Kylie hosted her mother, Kris Jenner, the "momager" of the family. Kylie also hosted nearly all her sisters (Kendall, Kim, and Kourtney) as well as her brother, Rob. Kendall is most known for her appearance in the 2016 Victoria Secret Fashion Show. Kim is a huge figure on social media and is married to popular rapper, Kanye West. Kourtney is the Kardashian who is most involved in service and finds it important to teach her kids about giving back. Khloé Kardashian hosted her own Thanksgiving celebration at her boyfriend, Tristan Thompson's, home in Cleveland, Ohio for the second year in a row. Kylie, who is now 20 years old, documented much of the event via Snapchat, where she showed off her pink-toned dining room as well as a grand selection of appetizers and desserts, including donuts, cake pops, gingerbread whoopie pies, and adorable turkey-shaped Rice Krispie treats. For the main meal, the family had some of the

classic Thanksgiving courses such as turkey, ham, stuffing, mashed potatoes, mac and cheese, cranberry, sauce, sweet potato casserole, and crispy Brussel sprouts.

If you haven't heard by now, Donald Trump is the current president of the United States. Before the actual day of Thanksgiving, the White House has what is called the Turkey Pardon, in which the president chooses to save either one of two white turkeys or save both. In 1989, in the White House Rose Garden, President George H. W Bush made the tradition official, announcing that the bird he received would be pardoned. Drumstick, described as a classic 47-pound bird with a "tall and proud" strut, was dubbed 2017's National Thanksgiving Turkey, beating Wishbone in an online pole, with 60-40 percent win. For their Thanksgiving Day Celebration, the Trump family's menu included: turkey, stuffing, mashed potatoes and gravy, sweet potatoes marshmallows, a variety of baked goods, local produce and cheeses, red snapper, Florida stone crab, and an assortment of various cakes and pies.

It is easy to see that although the traditions of celebrities are lavish and luxurious, they still follow many of the same traditions that the average American does. Now, let's look forward to the fun events that will come forth this Christmas season from both celebrities and people like us!

# STUDENT EXPRESSIONS

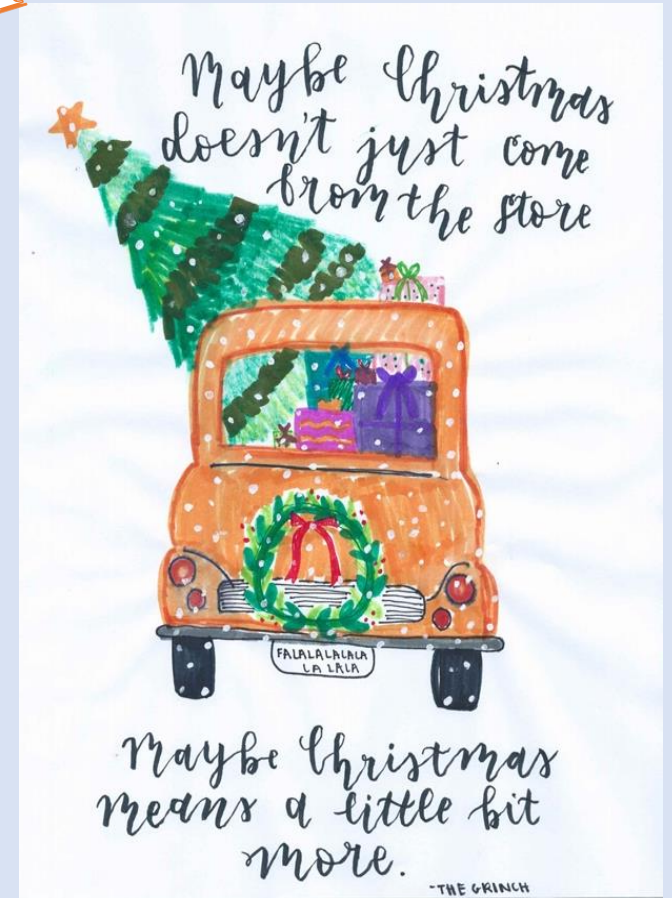


Image by Jolie Hubbell

“Roses”

It's a green scene,  
The flowers, some decaying,  
Some sprouting with life.  
Both are overflowing the seemingly small  
pot,  
Each bud having its own presence  
Having their own identity among the rest.  
Some understand this as beauty,  
Some see it as hectic.  
Some see this as white noise  
Some see this as inspiration.  
The ones who do see this as inspiration,  
Although few,  
Are the people who see beauty,  
They see it everywhere.  
Even with their own demons  
They can see the angels shining through,  
And that is beautiful to me.

- Anonymous

## *Restoring the Spirit of the Holidays: Remembering Tradition and Lessening the Importance of Gift- Giving*

*By Jada Venable*

*Over the years, holidays and celebrations have turned into competitions and painful relationships regarding our wallets, and they have become less and less anticipated with joy. Surrounding the winter solstice, many holidays have passed, are occurring, and are in the near future. Often times, the excitement of a holiday is almost unbearable and then, soon before Christmas, Easter, Valentine's Day, birthdays, Thanksgiving, and other holidays, there is a subtle feeling of dread, anxiety, and pressure. For individuals with birthdays during this time, expectations run high, and the pressure is on. Children dream of the gifts they'll receive and what they should give to others. People often ask themselves questions such as, "What gift would be useful? Am I paying more for this gift than I will receive in their gift? Is this an appropriate gift? Will this person like this gift?" Our holidays have become selfishly stressful and consumed by questions like these. People have become victims of overly high expectations, superficiality, consumerism,*

*ignorance of traditions, the pressure of money, and family obligations that have veiled the true meaning and nature of these celebrations. Instead of being centered on familial interactions and festivities, they are centered on gift cards and the excitement of a new iPhone.*

*Because holidays now usually fail to be centered on the unity of family and the recognition of humanity and history, it is easy to forget that we are celebrating important customs and events like the birth of Christ, the arrival of the pilgrims in America, Christ's resurrection, those who have passed, and those whom we love. Christmas, a religious holiday and a cultural marvel, perfectly represents the abandonment of traditions. It has been a continuous worldwide celebration for many years, and for most of those years, businesses have used it to make millions of dollars. For many years, people around the world have been celebrating Christ with traditions and practices that are both religious and secular in nature. Popular rituals include exchanging gifts, decorating Christmas trees, attending church, sharing meals with family and friends and, of course, waiting for Santa Claus to arrive. Since 1870, people around the world have been celebrating and, after years of celebration, the tradition has changed and gift giving has become prioritized. After asking several children about what Christmas is about, they all replied with the idea*

*that the holidays are for getting presents. When I asked one child about Christmas, he innocently replied, "It's about enjoying our Christmas presents and Santa Claus helping our parents out so we can get things we want." This was very upsetting for me to hear because I've witnessed this child's family talk about what Christmas is and how it originated from Christ's birth, yet with all the focus on gifts and being bombarded by questions about what it is kids WANT this Christmas, he forgot the culture that IS Christmas. After the gifts are given and the decorations are taken down, the materialistic quality of Christmas leaves an emptiness. By acknowledging the true essence of holidays and the whole-ness of faith, family, and joy, holidays are bound to return to their significant character and restored to their old nature.*

*With commercialism and the forgotten essence of traditional holidays, it is easy for a family or a person to fall into the superficiality of human nature during this time, but with the help of others, one can learn to spread the knowledge of the traditions and ways to give love and friendship and to help to those in need. It is important to reflect and appreciate life because many people are not as fortunate as we are. During the holidays, it can be especially hard and sad for those without family who miss all the joy and activities of this time of year. In order to share our excess and privileges so that others might join in*



*the Christmas cheer, there are many organizations and opportunities to contribute to. Simple acts of kindness like visiting the sick or elderly in nursing homes who sometimes are forgotten by their families or donating in any kind of way can make a crucial impact on the lives of others, contributing to the benevolently cheerful season. To spread the spirit of the holidays, one can volunteer time at local soup kitchens and donate goods and change to organizations. There are also dozens of charities and food drives that can be contacted via Facebook,*

*Not only does volunteering and donations help others to take part in holidays, but it also helps people to remember the significance and meaning of holidays. Spirits are lifted by the good things people are capable of doing and the emphasis on giving time and resources to the needy instead of buying and gifting the newest fad. For example, many Christmases ago, I visited the nursing home with fellow Beta students, and the girls were asked to paint the older ladies' nails while the boys colored with the older men. As I painted a lady's nails, I was at first nervous because I was afraid for some reason that she might feel insulted because she was glaring at me with a look that made me uneasy. I began to make conversation and soon, I realized that the lady was actually very nice and maybe only felt that I was there out of obligation. As*

*soon as I began asking about the jewelry she was wearing, I suddenly knew her whole life story and the birthstones of all the children she had that didn't come to see her. In a way I was sad when we left because of the condition she was in, but I was also happy that, though it was small, I truly did a good deed. For a moment, she had someone to talk to, to nervously paint her nails, and to just be her friend.*

*At times like holiday seasons, many are overcome with happiness and anticipation, but there are also those who approach holidays with dread and sadness. During this holiday season, I challenge those who read this article to to enhance the holiday experiences of others. It is easy to fall into the new traditions of superficiality, but with the help of others, you can learn and spread the knowledge of the true traditions of the holidays we celebrate. Sometimes we forget the power we have and the impact we may have on the lives of others. It is easy to get caught up in the false hype of the season, but it is important to be aware and to be festive in more fulfilling and selfless ways. Any good deeds this holiday season are better than no good deed. Spread the word of giving love and laughter, and spread the meaning behind the holidays we celebrate.*

*HAPPY HOLLIDAYS! ☺*

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## 12 Tips to Survive Midterms Week

By Addy Perkins

We all love December, right?! That means Christmas time! Along with the fun of December comes the dreaded midterms week, so here are some tips that will hopefully be helpful to you as mid-terms approach us! Of course, we all should study hard and make sure we are prepared, but here are more tips that will hopefully help to get you through these next few weeks.

### 1. Get lots of sleep (if you can).

One of the most important things to do to prepare for mid-terms is to get lots of rest so that you can be ready for whatever exam you have the next day. Though this may be hard to fit into your schedule with all of the studying you have, you can take power naps in between your studying time, which may give you boosts of energy.

### 2. Set up a study group.

Try and put together a study group so you can go over notes and study guides with friends rather than alone. Your friends may have different perspectives on how to look at something that you may not have thought of.

### 3. Avoid Interruptions.



"To feel big and contented, look down more gratefully and up less longingly. And to feel small but ambitious, look down less gratefully and up more longingly."

Things like phones can often act as huge distractions when trying to study, so either turn off your phone or put it away. This may help you accomplish more than you are expecting.

### 4. Take quick breaks.

Taking small breaks can give you some breathing time so you do not get burnt out. In this time, you can get some fresh air, enjoy a small snack, and rest your brain before getting to the next big section.

### 5. Study comfortably and quietly.

Find a comfortable and quiet spot, either in your house or in public, because this is helpful when studying so you can focus but still be comfy at the same time. Research has actually shown that having multiple spots to study is good for retaining information, so don't be afraid to try new places as well!

## 6. Use flash cards to study.

Using flash cards and also using different colors to write things out are helpful in helping you retain information. These strategies allow the information to be learned in an easy and interesting way.

## 7. Make a mid-term study schedule.

It is helpful if you make a midterm schedule by setting a certain amount of time to spend on each subject. This would help with prioritizing and would allow you to get your work and studying done in an efficient amount of time.

## 8. Test yourself.

Making a practice test for yourself will help you to be prepared for the actual test, rather than just reading notes to study. If you study and then have someone either call out the information or you rewrite it yourself, it will improve your memory and better prepare you for the test.

## 9. Eat a good breakfast.

Make sure you eat a decent-sized breakfast the mornings of your exams so your belly will be nice and satisfied when you get to class because you don't want your stomach growling during a test. Be mindful to not eat a very heavy breakfast because this could potentially make you groggy.

## 10. Do last minute scans.

Try not to cram in large amounts of information before the test, but before the test starts, do a quick review of your notes or study guide for some reinforcement. Quickly scanning before the exam will allow the material to be fresh in your mind.

## 11. Take your time.

To make sure you understand what you are being asked to do, take your time and slow down during exams when reading the directions and answering questions. You definitely don't want to get an answer wrong just for not reading the directions carefully.

## 12. Use your time wisely.

Manage your time when studying and when taking a mid-term. Set a certain amount of time for each subject so you can be prepared for each test. When taking the test, if you get stumped on a question, skip it and go back so you do not spend all of your time on one question.

Hopefully these tips will help you when studying and preparing for your midterms. Study and be as prepared as you can be, and remember, once you get past this, it's time for a well-deserved Christmas break!

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# The Bicentennial Celebration of St. Rose Philippine

## Duchesne

By Bella Godchaux

Starting in November 2017, Sacred Heart Schools all over North America began to celebrate the pioneer missionary of the Society of the Sacred Heart, Saint Rose Philippine Duchesne, who traveled to North America in 1818 and started the convent in America. Saint Rose Phillipine traveled from France to St. Charles, Missouri, and she founded the Academy of Sacred Heart in St. Louis in 1818. In 1821, the Academy of the Sacred Heart in Grand Coteau was founded. St. Rose Philippine Duchesne was born in Grenoble, France, on August 29, 1769. She was one of eight children. She was educated by the nuns at "Sainte Marie- d'en Hut", which is a convent in Grenoble. St. Philippine Duchesne felt called to a religious life at an early age. Her father didn't want her to enter into the Visitation convent, but she went against his wishes at age 18. Philippine spent 11 years living by the rules of her convent, all while serving others. In December 1800, St. Madeleine Sophie Barat founded the Society of the Sacred Heart and wanted St. Philippine to join. She entered the society and traveled to America in 1817. She spent her time running the school in St. Charles, even though some days, she felt like she

wanted to be back home. What was so significant about the school she founded was that it was the first free school west of the Mississippi. She spent the last decade of her life in St. Charles and died on November 18, 1852. She was beatified in 1940 and canonized in 1988. Her Feast Day is November 18.

To celebrate her life, each Sacred Heart school came up with ways they saw fit to best celebrate her life. In Grand Coteau, we started the year off

with a feast day mass and a Day in the Life of Philippine. The whole school got to experience what her life was like for one day. To make the day extra fun we could wear jeans, a school

### Major 2017-2018 events include:

#### NOVEMBER 2017

Kickoff Celebration - November 17)

Feast Day Mass of St. Rose Philippine

Duchesne. Featuring a *Day in the Life of*

*Philippine* including games and activities for all ages across the Sacred Heart campus

Alumnae/i and parents are invited to attend. See a schedule of events [here](#).

#### DECEMBER 2017

Christmas at Coteau (Dec. 1 & 2)

#### JANUARY 2018

Dinner at Steamboat Warehouse (Jan. 29)

#### FEBRUARY 2018

Day of Recollection (Feb. 22)

#### MARCH 2018

Evening under the oaks\*

Student picnic under the oaks\*

#### APRIL 2018

Lecture on the life of Philippine\*

#### MAY 2018

Month with Philippine - Daily quotes

#### JUNE 2018

Feast of the Sacred Heart (June 8)

#### AUGUST 2018

Back to School Picnic\*

#### SEPTEMBER 2018

Global Day of Service (Sept. 15)

#### OCTOBER 2018

Carnival\*

Year of Philippine Video\*

#### NOVEMBER 2018

Closing Mass - St. Philippine Feast (Nov. 16)



polo, and closed-toe shoes. The activities included churning butter, riding in carriages, seeing colonial wear, story-telling, and playing old-fashioned games. For lunch, we had beef stew and bread rolls. It was delicious, and it made for a great day! There was also a live nativity put on by the students. Thanks to Ms. Joubert, campus ministry, and anyone else who helped plan this event. See the image on the previous page for upcoming celebrations.

## 7 Things You Didn't Know About Christmas

By Jada Venable



Tell me more about how you didn't know the ins and outs of Christmas tradition

And how you've been celebrating Christmas for thousands of years.

*Rudolph has a blue nose... and he isn't actually named Rudolph.*

Rudolph the red-nosed reindeer is a popular Christmas character created by Robert L. May in partnership with Montgomery Ward Enterprises.

Originally, the oddball reindeer was named Reginald the blue-nosed reindeer,

and it was to be included in Montgomery Ward's holiday coloring books.

Montgomery Ward didn't approve of Robert's creation because "Reginald's" red nose was viewed as a sign of alcoholism. It was determined that Rudolph's/Reginald's nose was better off being blue. Good thing the decision was rejected somehow along the way because "Reginald the blue-nosed reindeer" just doesn't cut our Christmas standards.

*Don't sing Jingle Bells... Thanksgiving is over.*

Contrary to popular belief, the song "Jingle Bells" was originally called "The One Horse Open Sleigh," and it was written and performed by James Lord Pierpont at his church's Thanksgiving concert. In 1857, the song was renamed and began its new journey as a Christmas song. (Fun fact- "Jingle Bells" was also the first song broadcasted from space in 1965 after the Gemini 6 crew claimed to see a "red-suited" astronaut.)

*Santa has his own zip code.*

Sometimes Santa feels far away, even non-existent, but indeed he is not! Every year, Santa is flooded with Christmas letters from all over the world thanks to the "Santa Letter-Writing Program." If you ever need to reach Santa, join the club and send a letter using his zip code! The zip code is "HOH OHO".

## *Santa Claus? A saint? What?*

*Before you cheerfully bake Santa Claus cookies this Christmas, it is important to know just who this man with the snow flaked beard and jolly belly really is.*

*Santa Claus is a figure spawned from St. Nicholas, a generous Christian bishop of 400 AD. St. Nicholas was, and still is, a glorious model of generosity who gave away his entire inheritance in order to aid those in need. In his lifetime, he gave his life to saving women from prostitution to pursue nunnery instead, providing genuine counseling, defending wrongly accused "criminals," and giving all that he had in hopes of creating peace and joy among the most burdened. He is the patron saint of unmarried women, prisoners, thieves, and pawnbrokers and, in his time, was known for giving secret gifts to people who were in need. For years after St. Nicholas' death, the tradition of gift-giving extended and broadened. After the reformation during the 16<sup>th</sup> century, though, St. Nicholas became unpopular and was replaced with other names like "Father Christmas," "Pere Noel," "Old Man Christmas," and "Kris Kringle." Finally the various names and stories of St. Nicholas' legend spread and morphed into "Santa Claus". How's that for a generous, jolly gentleman!*

## *The entire world is celebrating Christmas on the wrong day.*

*Christ's birth is celebrated on Christmas Day. December 25<sup>th</sup> is acknowledged as Christmas Day, but that would signify that Christ was born on the 25<sup>th</sup>.*

*This, as a matter of fact, is untrue. Many scholars believe Christ was born in the spring, and there is no mention in the Bible that Christ was born on the 25<sup>th</sup> day of December. Many argue that the reasoning for the chosen date of the Christmas celebration was that it coincided with the pagan festival of *Saturnalia*, a public holiday celebrating pagan god Saturn that similarly includes feasting, goodwill, decoration of trees and gift-giving. So basically, Christmas could actually be celebrated on the first day of summer, in March, in October or any other month because we don't have any infallible evidence of the true date.*

## *Santa Claus's suit is also traditionally blue, white, and green.*

*Santa Claus is known for his distinctive red attire, but traditionally, Santa*



*Claus wore a variety of colorful suits. Some people credit Coca-Cola's advertisement in the 1920s for Santa's "red"*

image, but in January of 1863, *Harpers' Weekly* magazine published the first illustration of Santa/St. Nicholas, which was drawn by Thomas Nast. Santa was drawn wearing a stars and stripes outfit. This developed over the years into the big-bellied man in red and white that we know today.



*About your Christmas tree skills- well, you should thank Prince Albert of Germany for that even being a thing.*

Every year, Christmas trees are lit up and decorated with creativity, but if it weren't for Prince Albert, the Christmas season would have taken a completely different turn. Who knows? Families might have decorated life-sized gingerbread houses as the centerpiece of their homes during the season. Instead of these gingerbread houses though, we decorate evergreens, a tradition implemented in the 1830s. Prince Albert introduced the tree to his wife, Queen Victoria, who decorated the tree with charm and elegance for all to follow for years to come.



## Christmas- The Student Way

by Bella Godchaux

People celebrates Christmas in their own ways. Each family has certain traditions, and each person has favorite songs, movies, books, foods, and even favorite Sacred Heart Traditions. Publications has a video about some students' favorite traditions, but we decided to kick it up a notch and ask some

of the juniors and sophomores a little bit about themselves AND about Christmas. We definitely got some interesting responses.

The following girls were asked about their general likes and dislikes, with a little bit of Christmas mixed in.

**Jordan Russo:**

*What are some of your favorite things?*

- Movie: "Depends on the mood I'm in."
- Quote: "Our lives are defined by opportunities- even the ones we miss."
  - *The Great Gatsby*
- Song: *Dive* by Ed Sheeran
- Food: "My Pawpaw's spaghetti."

*What is your favorite Sacred Heart tradition?*

- "The Father- Daughter Dance is my favorite."

*What is your favorite thing about Christmas?*

- "Being with family is the best."

**Paula Seuss:**

*What are some of your favorite things?*

- Movie: "Kingsman"

- Quote: "The world is a book and those who do not travel read only one page." - Anon.

- Book: *The Round House*

- Song: *For Elise* by Saint Motel and *Wir Sind Gross* by Mark Forster

- Food: Goulache

*What is your favorite Sacred Heart tradition?*

"Spirit Week!"

*What is your favorite thing about Christmas?*

"The food, the presents, and getting together with the whole family are my favorites."

The following girls brought out their full Christmas spirit in their answers.

**Jillian Lemaire:**

*What are some of your favorite Christmas things?*

- Movie: *Elf*
- Song: "Jingle Bell Rock"
- Tradition: "Having a big family dinner and making cookies."
- Food: "Pizza because it tastes good and is easy to eat."



*What is your favorite tradition?*

*"Secret Santa."*

*What is your favorite thing about Christmas?*

*"My favorite thing about Christmas is spending time with my family and friends."*

**Mackenzie Wolfe:**

*What are some of your favorite Christmas things and why?*

- *Movie: Elf*
- *Song: "Jingle Bell Rock"*
- *Traditions: "Having the whole family over on Christmas Eve for dinner, then on Christmas day, we all get back together again and talk about how our Christmas morning went."*
- *Food: Ham*

*What is your favorite Sacred Heart Christmas tradition?*

*"Every year, as a class, we get to have a Christmas party where we exchange gifts and talk to each other."*

*What is your favorite thing about Christmas?*

*"During Christmas, everyone always seems to be happier."*

*It is clear that Christmas is a happy time for many girls at Sacred Heart. We hope these interviews made you smile, and we hope you have a happy holidays filled with many fun traditions!*

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## *What It's Like to Be an International Student*

*By Amy (Yingying) Deng*

*The Academy of the Sacred Heart has many international students from different countries, and I am one of them; I am an international student from China. Being a Sacred Heart student makes my life very different. Ever since I came here, I have experienced an extremely different school life compared to my life at my old school in China, and I have summed up some of the major differences so that people can learn more about the educational cultures of other countries.*

*The most obvious difference between my old school and Sacred Heart is our class and classroom arrangement. In China, we do not have an "A" day or "B" day. Instead, we get a weekly schedule at the beginning of the*

*semester, and we will follow that schedule throughout the rest of the school year.*

*Students in my old school were separated into different classrooms at the beginning of the year, and they would stay in the classroom all day for the rest of the school year. Moreover, teachers had their own offices instead of their own classrooms, and they would come to each individual classroom for class. Here, all students have different schedules; students change classrooms each class period according to what class they are taking, since one classroom is assigned to only one teacher.*

*The second major difference is the teaching method. In China, learning is different from the ways of teaching here at Sacred Heart. English, math, science, and Chinese are mandatory classes starting in primary school, meaning that we have to take them every day; textbooks cover more sophisticated information, and we have lots of homework every day in order for us to practice the knowledge we learned in class. Here at Sacred Heart, students only have one year of biology, physics, and chemistry unless they want*

*to take another year, and they get to choose their classes more freely. Although we are not allowed to pick classes or to make decisions on which classes we want to take in China, the schedules and teaching methods benefit us in many ways. They have built Chinese students a stronger base in the basic knowledge in each subject through the tons of practice problems we do for homework.*

*The two schools also treat students' personal privacy differently.*

*Sacred Heart has more privacy than schools in China, especially in students' grades. Here, each student has their own Netclassroom account, and people know that it is not right to see other people's grades without their permission. Teachers respect students' grades, and they do not talk about their grades in front of other students. However, in China, we have a "ranking" list of all students' grades after every test, from the person who has the highest total to the person who got the lowest grade. Every student's grade is opened publicly in schools in China, and people can freely talk about each other's grades since they can compare each other easily on the "ranking" list.*

*Overall, there are many differences between school at Sacred Heart and school in China. Regardless, I am happy to have the opportunity to study and learn at a place so different from my home, as that will give me many opportunities for the future. Thank you, Sacred Heart!*

### *Winter Concert*

*Every year when school goes back in session, Mrs. Lorenzen and the Academic Chorus begin preparing for the most wonderful time of the year: Winter Concert. As the girls choose individual songs for solos or small group performances, Mrs. Lorenzen works on finding beautiful group numbers and putting together the medleys. Because of all the preparation throughout the first semester, when the night of the concert finally comes, it is a relief to everyone involved.*

*The first half of the show takes place in the chapel; it is filled with gorgeous compositions that are mostly traditional. The opening number was an all-choral, acapella song sung from the choir loft that's titled "Let All Mortal Flesh Keep Silence," which is a Eucharistic chant that dates back to at least 275 AD. This was followed by "Noel Nouvelet," a traditional French Christmas and New Year carol performed by the Academic Chorus. Once the haunting French carol finished, Eugenie Pflieger sang an old Welsh lullaby, "Suo-Gan," which was followed by "Gloriana Alleluia." After that song's swelling ending came "Virgin Slumber Song," a sweet, melodic duet sung by Emma Catherine Rader and Molly Sager. Then, Emma Bush, Amielle Gomez, Julianne Hymel, and Emma Catherine Rader, who have all been in the chorus since their freshmen year, sang a song from their first year in Chorus, "Candlelight Carol." After this endearing throwback, the rest of the chorus joined them for a haunting Spanish lullaby, "A La Nanita Nana." As the first half of the concert drew to a close, Emma Catherine Rader sang from*

the balcony a beautiful traditional carol, "I Wonder as I Wander," and then Caroline Roth sang Faith Hill's "A Baby Changes Everything" with choral accompaniment. . The last number in the chapel was an Italian Christmas carol from the early 1900's, "Gesù Bambino." The high angelic harmonies seemed the perfect way to end this beautiful portion of the concert, but then it was time for some laughs.

After a 10 minute intermission, a lot of rushed changing and makeup back stage, and some nice refreshments for the guests, the second half of the Christmas Concert began with Amielle Gomez in skeleton form as Jack from Tim Burton's *Nightmare Before Christmas* singing about all of Jack's laments. The humorous medley ended with an equally funny and heartwarming connection between Sally, played by Julianne Hymel, and Jack. As the curtains closed, Smile Ma made her way to the piano to play Mozart's "Sonata No. 11 in A Major." Then, Wendy Wu sang "Once Upon a December" from the Disney classic, *Anastasia*. A duet from Lindsay

Council and Ella Hammond followed with their emotional rendition of "Jesus Take the Wheel," and that song was followed by a stunning fan and ribbon dance by Joy Chen. Then the seniors performed a hilarious take on "Nuttin' for Christmas," which was followed by a gorgeous solo sung in Mandarin by Christina Ding. Another comedic piece entitled "Ding, Fries are Done," an artistic take on the everyday life of a Burger King worker, amused the audience. Then, Christina Ding, Wendy Wu, Claire Chen, Chloe Zhu, and Smile Ma, sang together in Mandarin and mesmerized the crowd. "Something About December" followed as a duet sung by Julianne Hymel and Emily Boone, and the concert concluded with the crowd joining the Chorus for traditional Christmas carols, including an acapella performance of "Have Yourself a Merry Little Christmas."

If you weren't able to attend this concert, don't worry; Spring Concert is already beginning to be prepared! Look forward to some fantastic songs and great fun coming next semester.