WEEK AHEAD

WEEK OF AUGUST 31ST

UPCOMING WEEK

MONDAY - A Day
Uniform 1
Hot Lunch: Corn Dogs
Cross Country Meet @Williamsburg 4:45pm

TUESDAY - B Day
Uniform 2
Hot Lunch: Jersey Mikes
Home Volleyball Game vs. Grove 5pm

WEDNESDAY - A Day
Uniform 2
Hot Lunch: Chick-Fil-A
Home Volleyball Game vs. Cristo Rey 5pm

THURSDAY - B Day
Uniform 1
Mass at 10:30 am with Father Rich
Hot Lunch: Panera Bread
Bingo 4-10pm
sign up: https://tinyurl.com/4bbr44nu

FRIDAY - A Day
Uniform 2
Football Game @North Cross time TBA
Hot Lunch: Papa John's

SATURDAY
Double Bingo Day
sign up: https://tinyurl.com/4bbr44nu

HOT LUNCH PROGRAM

Students have been enjoying the My Hot Lunch Box lineup. Panera was just added to Thursday's.
https://saintmichaelhs.org/lunch/

UPCOMING DATES

- **September 7th & 8th:** No school for Labor Day & a Teacher Work Day
- **September 26th:** 20th anniversary Gala
- **September 29th:** 20th anniversary Mass

ATTENDANCE

Please email Ms. Du Plessis for attendance matters
splessis@saintmichaelhs.org

20TH ANNIVERSARY

Join us for a marvelous evening as we celebrate two decades of faith, learning, and community at the 20th Anniversary Gala. Discounted tickets are available for a limited time! Reserve your seats today and be part of this unforgettable celebration.
Purchase tickets:
www.saintmichaelhs.org/gala

WEEK AHEAD

WEEK OF AUGUST 31ST

PTO NEWS

Thank You, Parents!
Thank you to everyone who came out to our first Parent Social! We had such a wonderful time connecting, getting to know one another, and building our school community.
We're already looking forward to our next Parent Social in September. We hope to see you there! 💙

STUDENT SHOUT OUT

Thank you to Marina Caruso, Terrell Brown, Jabari Cox, and Bentley Wheeler for leading our school in a decade of the Rosary on Wednesday! We are so proud of these students for stepping up as wonderful faith-filled leaders and setting such a great example for our school community.

PARENT POLL

Please take a moment to respond to this quick poll:
https://forms.cloud.microsoft/r/5uNfwM2WTa
We would love to hear how you would like to receive information and support regarding the SAT Suite of Assessments, including PSAT/SAT preparation, esting dates, and helpful resources.

ART DEPARTMENT

The Art Department is looking for donated EOS Cameras for the photography classes. Please email Mrs. Merritt, pmerritt@saintmichaelhs.org if you are willing to help!

WEEK AHEAD

WEEK OF AUGUST 31ST

MESSAGE FROM THE SCHOOL BOARD

The School Board would like to welcome everyone back for a very exciting school year! We are especially looking forward to celebrating Saint Michael the Archangel Catholic High School's 20th Anniversary with our students, families, alumni, and community.

As we begin the new school year, we would also like to make families aware that our delinquent tuition account policy has been updated and will be enforced moving forward. This policy helps us maintain consistent and timely tuition payments, which are essential to keeping our school's day-to-day operations running smoothly and providing the best possible experience for our students.

We understand that circumstances can arise, and we encourage families who may be experiencing financial difficulties to communicate with the school as soon as possible so we can determine how best to assist.

Please take a moment to review the updated policy, which is attached to this week's Week Ahead email.

Thank you for your continued support of Saint Michael's and for helping us begin our 20th year with a strong and successful foundation. We are grateful for our wonderful school community and look forward to an incredible year together!

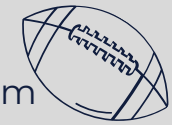
Welcome back, and God bless!
The Saint Michael the Archangel Catholic High School School Board

FALL SPORTS

Practice Shchedules:

CROSS COUNTRY
Monday, Wednesday, Fridays
6-7:15am

FOOTBALL
Monday-Friday 3-5pm



BOYS SOCCER
The season unfortunately was canceled due to low participation. We will try again next year!

VOLLEYBALL
Monday-Wednesday 3-5pm
Friday Open Gym: 6-8pm

SAT Prep Is on the Way!

We are excited to begin building our students' SAT preparation throughout their high school years! Parents, please take a moment to respond to this quick poll: https://forms.cloud.microsoft/r/5uNfwM2WTa

9th Grade: Students will take the PSAT 8/9 in the fall.
10th Grade: Students will take the PSAT 10 in the spring.
11th & 12th Grade: Students have the option to take the PSAT and/or SAT in the fall AND the SAT again in the spring.

The SAT measures student performance in Reading and Writing and Math and can play an important role in college admissions and scholarship opportunities. Our faculty and staff are also trained in SAT practices and strategies so that we can support students throughout the preparation and testing process.

As an SAT School Day school, SMHS students have the opportunity to take the SAT at school rather than traveling to a local public school on a Saturday. This makes the testing experience much more convenient for our students and families. We typically recommend that students take the SAT up to three times, as scores often improve with additional preparation and experience. Colleges may also consider a student's highest score in each section. For example, if a student earns a 400 in Math and 500 in Reading and Writing on one test, and then earns a 550 in Math and 490 in Reading and Writing on a later test, the highest scores would be a 550 Math + 500 Reading and Writing = 1050.

Weekly SAT Practice
Each week, we will provide students with SAT practice questions covering skills they will encounter on the test. Students who complete the weekly practice and submit their work to Mrs. Baker, our testing coordinator, will earn House Points!

We want to make SAT preparation a consistent part of our students' academic experience rather than something they have to cram for at the last minute. If you have any questions about SAT testing, preparation, or scheduling, please feel free to reach out to Mrs. Baker.

SAT Mini Guide #1 – Upperclassmen

Use this as a small selection of SAT-style questions to help you become familiar with the types of questions you may encounter on the SAT. Notice that the Reading and Writing and Math sections include different question styles that focus on a variety of skills and content areas. Use these questions as study and practice materials to identify areas where you feel confident and topics where you may need additional review. The more you practice different types of SAT questions, the more comfortable and prepared you will feel on test day.

SAT Reading & Writing

1. Main Idea

Researchers studying urban trees found that neighborhoods with more tree coverage tend to have lower summer temperatures. Trees provide shade and release water vapor through their leaves, which can cool the surrounding air.

Which choice best states the main idea of the text?

A. Urban trees require large amounts of water during the summer.
B. Trees can help reduce temperatures in urban neighborhoods.
C. Researchers have recently developed new methods for planting trees.
D. Summer temperatures are generally higher in cities than in rural areas.

2. Vocabulary in Context

The scientist's explanation was **concise**, allowing the audience to understand the complicated process without becoming overwhelmed by unnecessary details.

As used in the text, **"concise"** most nearly means:

A. complicated
B. brief
C. uncertain
D. persuasive

3. Grammar

The students carefully measured each ingredient before beginning the experiment. *After completing the measurements, the students recorded their results in a notebook.*

Which choice best maintains the conventions of Standard English?

A. NO CHANGE
B. After completing the measurements, their results were recorded in a notebook.
C. The measurements were completed, and recording their results in a notebook.
D. After the measurements, recording their results in a notebook.

4. Transitions

Many people assume that creativity is an ability that people either possess or lack. _____, research suggests that creativity can be developed through practice and exposure to new experiences.

Which choice completes the text with the most logical transition?

A. For example,
B. Similarly,
C. However,
D. Therefore,

5. Data Interpretation

A culinary student recorded the amount of time needed to cook vegetables using three different methods.
A school surveyed students about their preferred after-school activities.

Activity	Students
Sports	42
Clubs	28
Music	18
Volunteering	12

Which statement is best supported by the data?

A. More students prefer clubs than sports.
B. Music and volunteering are equally popular.
C. Sports are the most popular activity among surveyed students.
D. Volunteering is more popular than music.

SAT Math

6. Linear Equations

A gym charges a $15 membership fee plus $8 for each class attended. Which equation represents the total cost C for attending x classes?

A. C = 15x+8
B. C = 8x+15
C. C = 23x
D. C = 15+8

7. Solving Equations

If, 3x+7=25 what is the value of x?

A. 4
B. 6
C. 8
D. 10

8. Percents

A jacket originally costs $80. It is discounted by 25%. What is the sale price?

A. $20
B. $55
C. $60
D. $65

9. Quadratics

What are the solutions to: $x^2 - 9 = 0$?

A. x = 3 only
B. x = −3 only
C. x = 0 and x = 9
D. X = −3 and x = 3

10. Geometry

A rectangle has a length of 12 inches and a width of 5 inches. What is the area of the rectangle?

A. 60 square inches
B. 34 square inches
C. 17 square inches
D. 120 square inches

11. Ratios

A recipe requires 3 cups of flour for every 2 cups of sugar. If a chef uses 9 cups of flour, how many cups of sugar are needed?

A. 3
B. 4
C. 6
D. 12

CELEBRATING 20 YEARS

SAINT MICHAEL THE ARCHANGEL CATHOLIC

EST. 2006

of Faith, Formation, & Future Leaders

You are cordially invited to Saint Michael the Archangel Catholic High School's

20TH ANNIVERSARY GALA & SILENT AUCTION

SEPTEMBER 26TH

6 PM - 10 PM

Join us for an unforgettable evening featuring dinner, dancing, and a silent auction as we celebrate two decades of faith, formation, and future leaders while supporting the next chapter of Saint Michael's growth and success.

www.saintmichaelhs.org/gala

6301 Campus Drive
Fredericksburg, VA 22407