WEEK AHEAD

WEEK OF SEPTEMBER 28TH

UPCOMING WEEK

MONDAY - A Day
Shadow Day!
Uniform 1 or Spirit Day Teacher vs Student Volleyball @ Grove 5:00 PM
Cross Country Meet @ The Carmel 4:45 PM
Hot Lunch: Corn Dogs $1

TUESDAY - B Day
Uniform 1
Saint Michael's Feast Day
Mass with Bishop Coffey @10:30am
Hot Lunch: Jersey Mikes

WEDNESDAY - A Day
Uniform 2 or Decades Day
Technology Club @2:45pm
Hot Lunch: Chick-Fil-A

THURSDAY - B Day
Uniform 2 or Color Day
Hot Lunch: Panera Bread
Gaming Club at 2:45
Bingo 4-10pm
sign up: https://tinyurl.com/4bbr44nu

FRIDAY - A Day
Uniform 2 or Spirit Wear with Jeans
Hot Lunch: Papa John's

SATURDAY
Bingo 8 - 2pm & 3-8pm
sign up: https://tinyurl.com/4bbr44nu
Football Game @Bishop McNamara

UPCOMING DATES

- **October 5th - 9th :** Prolife Catholic Schools Week
- **October 12th:** NO SCHOOL Teacher Work Day
- **October 13th:** School Day SAT 8am
- **October 14th:** School Day PSAT 8am
- **October 14th:** End of Quarter 1
- **October 16th:** Report Cards
- **October 19th:** Picture Day
- **October 21st:** Open House 5pm
- **October 30th:** Fall Festival/Bonfire
- **November 11th:** Quarter 2 Progress Reports
- **November 12th :** College Fair @2pm
- **November 16th:** Fall Retakes

JOIN US FOR MASS

Parents and families are warmly invited to join us on Tuesday, September 29th at 10:30 a.m. for a special Mass celebrated with Bishop Coffey, a longtime donor and supporter of Saint Michael the Archangel Catholic High School.
Following Mass, we will have a brief social in the gymnasium. We would love to have our families join us for this special celebration!

WEEK AHEAD

WEEK OF SEPTEMBER 28TH

PSAT/SAT PREP!

Students should complete their weekly practice sheets each week. Sheets can always be found for the upcoming week and are due to Mrs. Baker by Friday. The October testing schedule is posted on this week ahead!

PROLIFE SCHOOLS WEEK

Saint Michael the Archangel Catholic High School is excited to participate in Pro-Life Catholic Schools Week, a new initiative being launched by American Life League! We are especially excited to welcome Dr. William Lile to Saint Michael's! Dr. Lile will be speaking to our high school students, our Saint Michael's families, and middle school students from our partner schools, Saint Patrick and Holy Cross.

You may recognize Dr. Lile from social media, where several of his videos have gone viral as he shares the truth about the dignity and sanctity of human life.
We already have so many families, students, and supporters excited about this incredible opportunity! We are looking forward to a powerful week filled with faith, education, fellowship, and a variety of pro-life activities throughout the school.

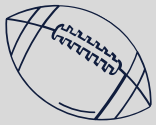
Stay tuned for more details about Pro-Life Catholic Schools Week at Saint Michael's!

FALL SPORTS

Practice Shchedules:

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

FOOTBALL
Monday - Friday Practice, 3:30–5:30 PM



VOLLEYBALL
Monday, Tuesday, Wednesday:
Practice, 6:30–8:30 PM
Friday: Open Gym, 6:00–8:00 PM

ATTENDANCE

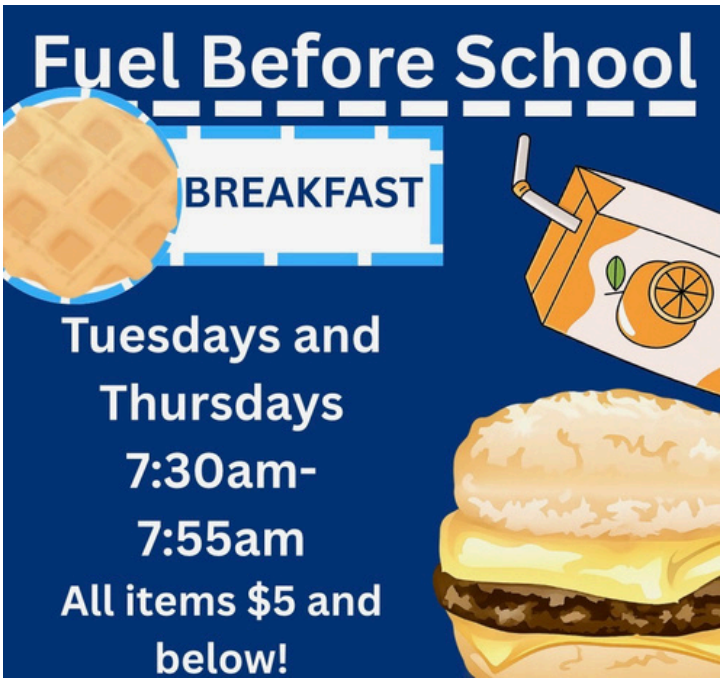
Please email Ms. Du Plessis for attendance matters
splessis@saintmichaelhs.org

WEEK AHEAD

WEEK OF SEPTEMBER 28TH

SGA

Below are all of the student activities SGA is sponsoring! All contributions will go towards Winter Formal, Prom, and any student events!



SAINT MICHAEL THE ARCHAGEL CATHOLIC HIGH SCHOOL

MEET THE PROLIFE DOC

ProLifeDoc

The ProLife Doc," is a board-certified OB/GYN. In 1999, he took over Pensacola's largest abortion provider, and, from day one, ended all abortion services. Today, he travels the country sharing real medical knowledge, powerful visuals, and unapologetic biblical truth in a quest to equip the next generation to defend LIFE.

DR. WILLIAM LILE

7 OCTOBER 2026

1:00 - 2:00 PM

6301 Campus Drive
Fredericksburg, VA 22407

CELEBRATING 20 YEARS
SAINT MICHAEL THE ARCHANGEL
EST. 2006
CATHOLIC
of Faith, Formation, & Future Leaders

Name: _____ **Date:**_____

SAT PRACTICE GUIDE #4

Use this practice guide to become more familiar with the types of questions you may encounter on the SAT. These questions are slightly more challenging than the previous mini guide and require you to pay close attention to details, relationships between ideas, and mathematical reasoning. As you work, pay attention not only to the questions you answer correctly but also to the questions that require you to slow down or review a concept. Regular practice with a variety of SAT-style questions can help you become more confident and prepared for test day.

SAT Reading & Writing

1. Main Idea

For decades, scientists assumed that urban heat islands were caused primarily by the abundance of concrete and asphalt in cities. More recent research, however, suggests that the arrangement of buildings, the availability of vegetation, and the movement of air through urban spaces can also significantly affect local temperatures. As a result, some city planners are designing neighborhoods with tree-lined streets, reflective surfaces, and strategically positioned buildings to reduce heat accumulation.

Which choice best states the main idea of the text?

A. Concrete and asphalt are the primary causes of higher temperatures in cities.
B. Researchers have determined that vegetation is the only reliable way to reduce urban temperatures.
C. New research has expanded understanding of the factors contributing to urban heat, influencing how cities are designed.
D. City planners are increasingly replacing buildings with parks and other natural spaces.

2. Vocabulary in Context

The scientist's conclusion was initially met with skepticism because the evidence supporting it was **tenuous**, consisting primarily of observations from a small number of experiments.

As used in the text, "tenuous" most nearly means:

A. complicated B. limited or weak C. unexpected D. convincing

3. Grammar and Sentence Structure

The students had carefully documented the experiment's results, **the researchers were able to compare their findings with those of previous studies.**

Which choice best completes the text according to the conventions of Standard English?

A. NO CHANGE
B. and the researchers were able to compare their findings with those of previous studies.
C. allowing the researchers to compare their findings with those of previous studies.
D. the researchers, therefore, were able to compare their findings with those of previous studies.

4. Transitions

Researchers once believed that memory worked much like a recording device, storing experiences that could later be retrieved accurately. _____, modern studies suggest that remembering is a more active process in which memories can be altered as people recall and reinterpret past experiences.

Which choice completes the text with the most logical transition?

A. Nevertheless,
B. Similarly,

C. For example,
D. Consequently,

5. Rhetorical Synthesis

A student has taken the following notes:

- The peregrine falcon can reach speeds of more than 200 miles per hour during a hunting dive.
- The hunting dive is called a stoop.
- Peregrine falcons use the stoop to capture other birds in flight.
- Peregrine falcons are found on every continent except Antarctica.

The student wants to emphasize **the exceptional speed of peregrine falcons**.

Which choice most effectively uses the notes to accomplish this goal?

A. Peregrine falcons are found on every continent except Antarctica and hunt other birds while in flight.
B. The peregrine falcon uses a hunting technique called a stoop to capture birds in flight.
C. During a hunting dive known as a stoop, the peregrine falcon can reach speeds exceeding 200 miles per hour.
D. Although peregrine falcons are found throughout much of the world, they are absent from Antarctica.

6. Data Interpretation

Researchers studied the relationship between the amount of time students spent reviewing material and their average scores on a test.

Which choice is best supported by the data?

A. Each additional hour of studying increased the average score by exactly 5 points.
B. Students who studied for 5 hours scored more than twice as high as students who studied for 1 hour.
C. The increase in average test score became smaller as study time increased from 1 to 5 hours.
D. Studying for more than 3 hours caused students' scores to decrease.

7. Inference

Some species of plants produce flowers that open only at night. These flowers often release strong scents after sunset, when certain nocturnal insects become active. Because these insects can carry pollen from one flower to another, the timing and scent of the flowers may increase the likelihood of successful pollination.

Which choice most logically follows from the text?

A. All nocturnal insects are attracted to strongly scented flowers.
B. Some plants may have evolved characteristics that correspond to the activity patterns of their pollinators.
C. Plants that bloom during the day cannot be successfully pollinated.
D. Nocturnal insects are more effective pollinators than daytime insects.

8. Grammar

The collection of artifacts from the archaeological site **were displayed** in the museum's new exhibit.

Which choice completes the text so that it conforms to the conventions of Standard English?

A. NO CHANGE
B. was displayed
C. have been displayed
D. are displaying

SAT Math

9. Linear Equations

A school purchases notebooks for $3.25 each and pens for $1.50 each. The school purchases a total of 80 items and spends $190.
If x represents the number of notebooks purchased, which equation can be used to determine x?
A. 3.25x + 1.50(80 − x) = 190
B. 3.25x + 1.50(80 + x) = 190
C. 3.25(80 − x) + 1.50x = 190
D. 3.25x + 1.50x = 190

10. Percent Change
A school's enrollment increased from 80 students to 104 students over a two-year period.
What was the percent increase in enrollment?
A. 20% B. 24% C. 30% D. 35%

11. Systems of Equations
At a fundraiser, adult tickets cost $12 and student tickets cost $8. A total of 45 tickets were sold, generating $460.
How many adult tickets were sold?
A. 20 B. 25 C. 30 D. 35

12. Quadratics
The function $f(x) = x^2 - 10x + 21$ has two x-intercepts.
What is the sum of the x-values of the two intercepts?
A. 7 B. 10 C. 21 D. 31

13. Quadratic Word Problem
The height, in feet, of a ball thrown into the air is modeled by $h(t) = -16t^2 + 64t + 5$ where t is the time in seconds after the ball is thrown.
What is the maximum height of the ball?
A. 64 feet B. 69 feet C. 128 feet D. 133 feet

14. Geometry
A rectangular field has a perimeter of 52 meters. Its length is 4 meters greater than its width.
What is the area of the field?
A. 144 square meters B. 156 square meters
C. 165 square meters D. 168 square meters

15. Ratios and Proportions
A school fundraiser sells small and large gift baskets. The ratio of small baskets sold to large baskets sold is 5:3. If the school sells 24 more small baskets than large baskets, how many baskets are sold altogether?
A. 48 B. 64 C. 96 D. 128

16. Challenging Percent Problem
A jacket is discounted by 25%. During a special sale, the discounted price is reduced by an additional 20%. If the original price of the jacket was $160, what is the final sale price?
A. $88 B. $96 C. $100 D. $104

Saint Michael the Archangel Catholic High School

October – SAT & PSAT Testing Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
28 – A Day	29 – B Day	30 – A Day	1 – B Day **Warrior Block:** SAT Prep 12th & 11th grade	2 – A Day
5 – B Day	6 – A Day	7 – B Day **Warrior Block:** SAT Prep 12th & 11th grade	8 – A Day	9 - B Day
12 **Teacher Workday**	13 – A Day **School Day SAT 8am**	14 – B Day **National PSAT 8am**	15 – A Day **Make Ups**	16 – B Day
19	20	21	22	23
26	27	28	29	30

SAT/PSAT Staff

- Emily Baker – Test Coordinator
- Tina Bruggeman – Test Registrar
- Tina Bruggeman – Technology Coordinator
- Niki Swann – Proctor
- Angela Payne – Proctor
- Steve Sinnott – Proctor (backup if needed)
- Ben Funny – Hallway Monitor

Tuesday October 13th – SAT Students in room 105 at 8am with Ms. Swann

Wednesday October 14th- Students split in room 105 & room 102 testing at 8am