WEEK AHEAD

WEEK OF SEPTEMBER 14TH

LAST CALL

🎉 LAST CALL FOR GALA TICKETS! 🎉

We have just 30 seats remaining, and we would love to have a big turnout as we celebrate 20 incredible years of Saint Michael!

Join us for a marvelous evening as we celebrate two decades of faith, learning, and community at the Saint Michael the Archangel Catholic High School 20th Anniversary Gala. Enjoy a wonderful evening with dinner, music, a cash bar, and a silent auction—all while helping support the future of our school.

🎟️ Don't miss your chance to be part of this unforgettable celebration! Reserve your seats today before we sell out!

🎟️ Purchase tickets: www.saintmichaelhs.org/gala

WEEK AHEAD

WEEK OF SEPTEMBER 14TH

UPCOMING WEEK

MONDAY - A Day
Uniform 1
Hot Lunch: Corn Dogs $1
Volleyball @Grace 5:00 PM.
Cross Country Meet @Richmond Christian 4:45 PM

TUESDAY - B Day
Uniform 2
Hot Lunch: Jersey Mikes

WEDNESDAY - A Day
Uniform 1
Rosary @10:30am
Progress Reports go home
Hot Lunch: Chick-Fil-A
Parent PSAT/SAT Info Night @6pm
Technology Club 2:45-3:45pm

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

FRIDAY - A Day
Uniform 2
Hot Lunch: Papa John's

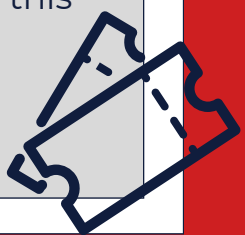
SATURDAY
Homecoming Football Game 5pm @Riverbend
Bingo 2:30 - 8:30
sign up: https://tinyurl.com/4bbr44nu

UPCOMING DATES

- **September 21st:** Mass at 9am with Father Beres
- **September 26th:** 20th anniversary Gala
- **September 28th:** Shadow Day
- **September 29th:** 20th anniversary Mass with Bishop Coffey
- **October 12th:** NO SCHOOL Teacher Work Day
- **October 16th:** Report Cards
- **October 19th:** Picture Day
- **October 21st:** Open House 5pm
- **October 30th:** Fall Festival/Bonfire

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 SEPTEMBER 14TH

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! 💙

WARRIOR OF THE MONTH

Each month, our staff votes to recognize a student who has demonstrated outstanding leadership, service, knowledge, and faith throughout our school community.

For the month of August, Izzy Kelly was nominated and selected for this special recognition!

Congratulations, Izzy! We are so proud of you and grateful for the wonderful example you set for our school community. Keep up the great work!

STUDENT SHOUT OUT

Congratulations to our SGA Officers!

President - Izzy K
Vice President - Cash
Treasurer - Izzy D
Secretary - Zahrah
Freshmen Rep - Bella K & Chesneigh
Sophomore Rep- Marina & Chandler
School Spirit - Megan Scott

Thank you to the students who attended Mass at Saint Patrick on Friday! We are grateful for the opportunity to worship together, and we will continue to offer this opportunity periodically throughout the year.

WEEK AHEAD

WEEK OF SEPTEMBER 14TH

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.

Our Parent Information Night will be held on Wednesday, September 16, at 6:00 p.m. We look forward to seeing you there!

SWIM

Please respond to this form if your student is interested in joining the swim team!

https://forms.cloud.microsoft/r/27A9jycU8g

FALL SPORTS

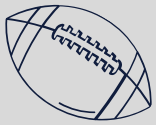
Practice Shchedules:

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

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 #2 – All Students

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

A study of honeybees found that bees can communicate the location of food sources to other members of their colony. Through movements known as a "waggle dance," a bee can indicate the direction and approximate distance of a food source. Other bees then use this information to locate the food.

Which choice best states the main idea of the text?

A. Honeybees prefer certain types of flowers over others.
B. Honeybees use a specific movement to communicate where food can be found.
C. Scientists have recently discovered how honeybees build their nests.
D. Bees travel farther when searching for food alone.

2. Vocabulary in Context

The chef's instructions were *precise*, giving each student the exact measurements and cooking times needed to complete the recipe successfully.

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

A. confusing
B. exact
C. flexible
D. unusual

3. Grammar

The culinary students prepared the vegetables carefully. *Before serving the meal, the students checked each dish for proper seasoning.*

Which choice best maintains the conventions of Standard English?

A. NO CHANGE
B. Before serving the meal, each dish was checked by the students for proper seasoning.
C. Before serving the meal, proper seasoning was checked in each dish by the students.
D. Before serving the meal, checking each dish for proper seasoning.

4. Transitions

Some students believe that studying for a test the night before is the most effective approach. _____, research has shown that studying material over several days can improve long-term memory.

Which choice completes the text with the most logical transition?

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

5. Data Interpretation

A culinary science class tested three different methods for cooking the same type of vegetable. Students recorded the average cooking time and the percentage of students who rated the finished vegetables as having an "excellent" texture.

Cooking Method	Average Cooking Time (minutes)	Excellent Texture (%)
Boiling	8	54%
Steaming	12	78%
Roasting	25	86%

Which choice is best supported by the data?

A. Steaming takes twice as long as boiling and produces a higher percentage of excellent texture ratings.
B. Roasting produces the highest percentage of excellent texture ratings, but it requires more than twice the cooking time of steaming.
C. Boiling produces excellent texture ratings for more than half of the students while requiring the longest cooking time.
D. Roasting requires approximately three times as much cooking time as boiling and produces less than 30% more excellent texture ratings.

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SAT Math

6. Linear Equations

A school sells tickets to a fundraiser for $12 each. If a student buys x tickets, which equation represents the total cost C?

A. $C = x + 12$ B. $C = 12x$ C. $C = 12 + x$ D. $C = x \div 12$

7. Solving Equations

If $5x - 8 = 27$, what is the value of x?

A. 6 B. 5 C. 8 D. 7

8. Percents

A restaurant bill is $50. A customer leaves a 20% tip. What is the total amount of the bill including the tip?

A. $55 B. $58 C. $60 D. $70

9. Quadratics

What are the solutions to: $x^2 - 16 = 0$

A. $x = 4$ only B. $x = -4$ only C. $x = -4$ and $x = 4$ D. $x = 0$ and $x = 16$

10. Geometry

A triangle has a base of 10 inches and a height of 6 inches. What is the area of the triangle?

A. 16 square inches B. 30 square inches C. 40 square inches D. 60 square inches

11. Ratios

A recipe uses 4 cups of flour for every 3 cups of milk. If a baker uses 12 cups of flour, how many cups of milk are needed?

A. 6 B. 8 C. 9 D. 16

12. Proportions

A car travels 180 miles using 6 gallons of gasoline. At the same rate, how many miles can the car travel using 10 gallons?

A. 260 miles z B. 370 miles C. 360 miles D. 300 miles

Mondays, Wednesdays, and Fridays. Starting September 9th.

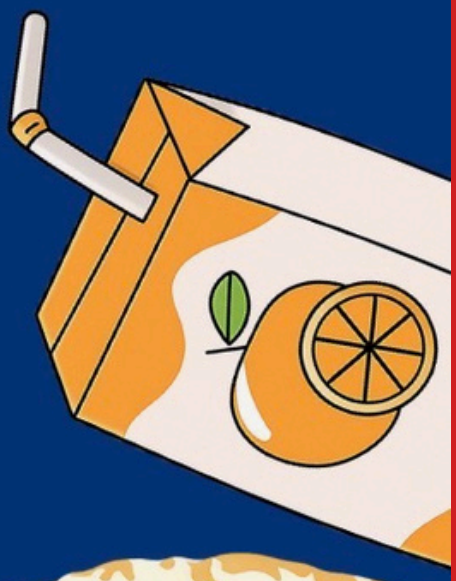
SAINT MICHAEL THE ARCHANGEL CATHOLIC

SNACK CART!

All items $5 and below!

Fuel Before School

BREAKFAST



Tuesdays and Thursdays

7:30am-7:55am

All items $5 and below!

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