WEEK AHEAD

WEEK OF OCTOBER 5TH

UPCOMING WEEK

MONDAY - B Day - Mass Day Schedule
Uniform 1 or blue or pink shirts w/ jeans
Kick-Off Assembly Pro-Life School's Week
Cross Country Meet @Williamsburg
Hot Lunch: Corn Dogs $1

TUESDAY - A Day - Mass Day Schedule
Uniform 1 or jeans & pro-life tee
Mass with Father Andrew @10:30 am
Hot Lunch: Jersey Mikes

WEDNESDAY - B Day
Uniform 1
Guest Speaker at 1 pm
Home Volleyball Game Williamsburg @5pm
Hot Lunch: Chick-Fil-A

THURSDAY - A Day - Mass Day Schedule
Uniform 2
Volleyball Game @ Richmond Christian 5pm
Hot Lunch: Panera Bread
Gaming Club at 2:45 pm
Bingo 4-10 pm
sign up: https://tinyurl.com/4bbr44nu

FRIDAY - B Day
Uniform 2
Football Game @St. Chris
Hot Lunch: Papa John's

SATURDAY
Bingo 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 23rd:**
- **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 always invited to join us for Mass. On Tuesday October 6th Father Andrew from Saint Patrick will celebrate Mass for us at 10:30am in our gym.

WEEK AHEAD

WEEK OF OCTOBER 5TH

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.

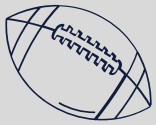
You may recognize Dr. Lile from social media, where several of his videos have gone viral as he shares the truth about the dignity and sanctity of human life.
We already have so many families, students, and supporters excited about this incredible opportunity! We are looking forward to a powerful week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

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 OCTOBER 5TH

PROLIFE SCHOOL'S WEEK

All this week, we will be celebrating Pro-Life Schools Week!

Here's what we have planned:
Monday: Kick-Off Assembly & Rosary
Tuesday: Pro-Life T-Shirt Day & Mass
Wednesday: Guest Speaker
Thursday: Learn About Two Modern-Day Heroes
Friday: Deck Out Our School!

All Week Long:
House Contest - Donations for Mary's Shelter
👶 Guess the Staff Baby Photos
Enter the National Pro-Life Essay Contest

We're excited for a week of learning, prayer, service, and celebrating the dignity of every human life!

Learn more about Pro-Life Schools Week:
all.org/prolifeschoolsweek

VOTING IN NOVEMBER

Please review these links from the Virginia Catholic Conference, including messages from Bishop Burbidge and Bishop Knestout, explaining why they are encouraging Catholics to vote NO this November.
https://vacatholic.org/amendment/
https://catholicsvoteno.com/

HOUSE DONATION CONTEST

DONATIONS FOR MARY'S SHELTER
The house with the most donations will earn 50 points AND A FREE LUNCH!

- Gift cards to Target and Walmart
- Pack-and-play bedding sets
- Toddler sheet and comforter sets (Crib sized)
- Twin size women's feminine comforter sets
- Twin size plastic mattress covers
- Twin size mattress protector
- Ladies towel and washcloth sets
- Tupperware
- Water glasses
- Kitchen/dish towels
- Toilet paper
- Paper towels
- Laundry detergent
- Size 4, 5 and 6 diapers
- Tall kitchen trash bags
- All purpose cleansers
- Murphy's Oil Soap
- Multi purpose degreasers
- Dish washing soap
- Dish washing machine detergent
- Bottles of liquid hand soap
- Sponges
- Scrub pads

Mary's Shelter

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

Staff Weddings!

We have two staff weddings to celebrate this fall! We would like to celebrate them on Thursday, November 5th. Students are welcome to bring gifts that day as we celebrate together after lunch!

KATE & ERIC

Mr. Eggerts Registry:
https://www.theknot.com/us/kate-martin-and-eric-eggert-oct-2026/registry

ANGELA & GABRIEL

Ms. Payne's Registry:
https://www.amazon.com/wedding/guest-view/3I69S0P8WIGG9?tag=zola0c-20

Name: _____ **Date:**_____

SAT Mini Guide #5 – All Students

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 many years, scientists studying coral reefs focused primarily on the effects of rising ocean temperatures. More recent research, however, has shown that water quality, pollution, changes in ocean chemistry, and the availability of food can also influence coral health. As a result, conservation efforts increasingly address several environmental factors rather than focusing on temperature alone.

Which choice best states the main idea of the text?

A. Rising ocean temperatures are the only major threat to coral reefs.
B. Scientists have abandoned research into the effects of ocean temperatures on coral reefs.
C. New research has broadened scientists' understanding of the factors that affect coral health and conservation.
D. Conservation efforts have successfully eliminated most threats to coral reefs.

2. Vocabulary in Context

The professor's explanation was **plausible**, but researchers requested additional evidence before accepting it as a reliable account of the discovery.

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

A. believable
B. complicated
C. unusual
D. incomplete

3. Grammar and Sentence Structure

The research team collected data from several coastal communities, **the scientists then compared the results to historical records.**

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

A. NO CHANGE
B. and the scientists then compared the results to historical records.
C. allowing the scientists then compared the results to historical records.
D. the scientists, then comparing the results to historical records.

4. Transitions

The first electric cars were developed more than a century ago. _____, improvements in battery technology have made electric vehicles increasingly practical for everyday transportation.

Which choice completes the text with the most logical transition?

A. Nevertheless,
B. In contrast,
C. More recently,
D. For example,

5. Rhetorical Synthesis

A student has taken the following notes:

- The axolotl is a type of salamander native to Mexico.
- Unlike most salamanders, axolotls retain juvenile physical characteristics throughout adulthood.

- Axolotls can regenerate certain body parts.
- They are commonly studied by scientists investigating regeneration.

The student wants to **emphasize the axolotl's unusual physical characteristics**.

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

A. Axolotls are native to Mexico and are frequently studied by scientists.
B. Scientists study axolotls because the animals can regenerate certain body parts.
C. Unlike most salamanders, axolotls retain juvenile physical characteristics even after reaching adulthood.
D. Axolotls are a type of salamander that can regenerate certain body parts.

6. Data Interpretation

A researcher recorded the number of books read by students during a summer program.

Hours Spent Reading	Average Books Completed
2	1.5
4	3.0
6	4.1
8	4.8

Which choice is best supported by the data?

A. Students completed exactly 0.75 additional books for every two hours of reading.
B. The average number of books completed increased as reading time increased.
C. Students who read for 8 hours completed twice as many books as students who read for 4 hours.
D. Reading for more than 6 hours caused the number of books completed to decrease.

7. Inference

Some desert plants have developed extensive root systems that spread horizontally near the soil's surface. These roots allow the plants to absorb water quickly after brief periods of rainfall. In contrast, plants in regions with frequent rainfall often have less need to spread their roots so widely.

Which choice most logically follows from the text?

A. All desert plants have shallow root systems.
B. Plants may develop physical characteristics that help them obtain resources in their particular environments.
C. Plants in rainy environments cannot survive periods of drought.
D. Desert plants require more water than plants in rainy environments.

8. Grammar

The group of students **were preparing** a presentation about renewable energy.

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

A. NO CHANGE B. was preparing C. have been preparing D. are preparing

SAT Math

9. Linear Equations

A school purchases calculators for $18 each and notebooks for $4 each. The school purchases 35 items altogether and spends $430.

If **x** represents the number of calculators purchased, which equation can be used to determine **x**?

A. $18x + 4(35 - x) = 430$
B. $18x + 4(35 + x) = 430$
C. $4x + 18(35 - x) = 430$
D. $18x + 4x = 430$

10. Percent Increase

A school's enrollment increased from 240 students to 276 students.

What was the percent increase in enrollment?

A. 12% B. 15% C. 18% D. 20%

11. Systems of Equations
At a school event, adult tickets cost $15 and student tickets cost $9. A total of 50 tickets were sold, generating $630.
How many adult tickets were sold?
A. 20 B. 25 C. 30 D. 35

12. Quadratics
The quadratic equation
$x^2 - 13x + 36 = 0$
has two x-intercepts.
What is the sum of the x-values of the two intercepts?
A. 6 B. 9 C. 13 D. 36

13. Quadratic Functions
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 garden has a perimeter of 60 meters. Its length is 6 meters greater than its width.
What is the area of the garden?
A. 192 square meters B. 216 square meters
C. 224 square meters D. 234 square meters

15. Ratios and Proportions
The ratio of freshmen to sophomores attending a school event is **3:5**. If 24 more sophomores than freshmen attend the event, **how many students attend altogether?**
A. 48 B. 60 C. 72 D. 96

16. Challenging Percent Problem
A laptop originally costs $800. During a sale, its price is reduced by 15%. The store then applies an additional 10% discount to the reduced price.
What is the final sale price of the laptop?
A. $600 B. $612 C. $680 D. $720

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