

MAY 2023

# T-BIRD FLYER



5.5.23

## Principal Newsletter

Dear Parents and Guardians,

Today we will conclude our annual Positive Addiction Week by celebrating Mass, hearing from a speaker, participating in the race and hosting our annual talent show, just to name a few events. As your student(s) go through high school, we know that you are concerned about their wellbeing, both physically and mentally. While we often hear about the dangers of addiction, it's important to encourage positive addictions, which was the vision of the two women who began Positive Addiction 40 years ago: Mary Brinkman and Diana Ireland.

Positive addictions are habits that have a positive impact on a person's life, both physically and mentally. They are habits that add value to a person's life and can help them achieve their goals. Some examples include: exercise, reading, writing, and learning a new skill.

This week was founded with the intent to highlight how students can benefit greatly from developing positive addictions. These habits can help them manage stress, improve their focus, and increase their overall wellbeing. In addition, positive addictions can help students develop a strong sense of discipline and perseverance, which are essential skills for success in all areas of life.

I would like to encourage you to talk to your children about the benefits of positive addictions and help them identify habits that they can develop. Whether it's signing up for a new class, joining a team/club or reading a book for fun, there are many ways that your child can develop positive habits that will benefit them for years to come.

Thank you for your continued support in helping your children lead healthy and fulfilling lives.

Blessings,

Ms. Williams

## SAVE THE DATE:

May 5

Positive Addiction Race

May 6

Hall of Fame Induction -  
1:00 New Gym Lobby

May 12

Baccalaureate Mass and  
Senior Awards Breakfast -  
8:00 am, St. Johns Church

May 13

Graduation -7:00, New Gym

## FOLLOW US:



## Purse Bingo

Tickets are available for purse bingo on June 8th. [CLICK HERE](#) to purchase tickets!



## May Crowning and Mass

We celebrated May Crowning and our last mass with the Class of 2023!



## NHS Book Drive

The NHS book drive was a success. We were able to collect and drop off 6 big boxes of books for the students at St. Rose, St. Charles and St. Gerard's to enjoy. This is recycling at its best!!!



## Mulcahy receive WOW Award

Congrats to 2023 BSN SPORTS WoW Senior Award Winner - Bridget Mulcahy! Bridget won by encompassing what it means to be a Women of Will Student Athlete: Will to Win, Excellent Athletic Performance, Superior Academics, Positive Sportsmanship, Strong Leadership & Impactful Community Service.



PRESENTED TO

# Bridget Mulcahy

BSN SPORTS AND UNDER ARMOUR ARE HONORED TO RECOGNIZE THE ABOVE RECIPIENT FOR THE SENIOR AWARD.

**BSN SPORTS AND UNDER ARMOUR 2023 WOMEN OF WILL**



## Bruno awarded St. Rita's Scholarship

Congratulations to Oli Bruno for earning the St. Rita's Mercy Health Scholarship! He was one of 12 students out of 150 applicants who won this distinction.



## Bruno and Scheckelhoff recognized by Shawnee Optimist Club

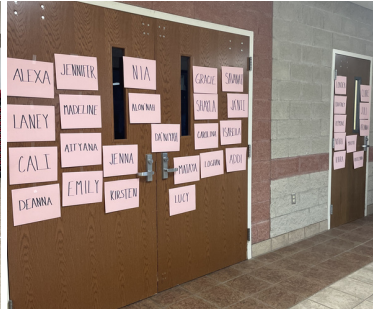
Congratulations to Oli Bruno and Aidan Scheckelhoff for being recognized by the Shawnee Optimist Club! Oli Bruno earned 2nd place for his essay about his dad as his optimistic hero for the Shawnee Optimist Essay Contest. Aidan Scheckelhoff was awarded a scholarship for his entrance into the Shawnee Optimist Scholarship Competition. Impressive, gentlemen!





## ROX Day

Freshman girls participated in ROX day complete with a career speaker from Health Partners and learning physical self-defense. Great job ladies! If you would like to learn more about our ROX program please visit <https://rulingourexperiences.com/>.



## Talbert wins Scholarship

At the 2023 Spring Open House at UNOH, 150 students could choose to take a scholarship test in 1 of 3 subject matters: General Business, Medical Technology or Information Technology. Each category had 5 winners. Malachi Talbert got 4th place in the General Business test. (\$1000 scholarship). Next fall, as seniors at our next Open House students can retest for a chance to win up to a \$40,000 scholarship to UNOH.



# EMERGENCY TRAINING DAY

For High School Students

**LEARN THE BASICS OF CPR AND UTILIZING AN AED INCLUDING A HANDS ON STOP THE BLEED TRAINING!**

**Wednesday, May 31st**

**8:30a - 11:30a**

**GME Building**

**Across from St. Rita's Medical**

**Center - parking in lot**

**surrounding GME**

**THERE IS NO FEE ASSOCIATED WITH THIS EVENT**

**REGISTER @ ESMITH1@MERCY.COM**

# 2023-2024 Sports Physicals Provided by Mercy Health



## Physicals:

We, at Mercy Health, recognize the importance of having sports physicals completed by your child's primary care provider. However, we know there can be extenuating circumstances. We want to ensure your student-athlete is able to be seen conveniently to have their sports physicals completed.

These sports physicals will be offered in 2 convenient locations to any student-athlete that will be between 7th and 12th grade in the 2023-2024 academic year. Please have your child bring a completed and signed OHSAA Physical Form for the academic year 2023-2024. The physical forms are easily accessible via the QR code to the right. No appointment necessary. Services are provided at no costs to you.

### **Lima Central Catholic High School:**

Friday, June 2nd, 2023 1p-4p  
770 S. Cable Rd., Lima, OH 45805

### **Allen East High School:**

Thursday, June 8th, 2023 1p-4p  
9105 Harding Hwy., Harrod, OH 45850



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