EXCELSIOR NEWS

A Quarterly Newsletter from the Office of the President

August 2022

WELCOME freSHAmen!
YOUR
Senior SZN
HOLY COW! IT'S SENIOR YEAR!
The Beginning of the End 2023
YOUNG ... AND ... 2023
RESPECT YOUR ELDERS!
WELCOME HOME S·H·A
RESPECT YOUR 2023 ELDERS
ROLL SHA

"Life starts all over again when it gets crisp in the fall." – F. Scott Fitzgerald

The beginning of each school year sparks all sorts of emotions. Among the wistful memories of long summer days is a hum of excitement and anticipation of new experiences. As we embrace the new academic year, I can't help but feel excited about what's in store for our students and our school community.

The incoming Class of 2026 is the largest freshman class we have welcomed in four years. These young women hail from towns near and far including Clinton, Southington, Durham, Milford and Seymour. There are five students who are joining their older sisters here at SHA, and thirteen legacy students (including twin sisters) whose mother, grandmother, aunt or older sister are SHA alumnae.

From accomplished athletes, to seasoned equestrians, Irish and Pilipino dancers, to a young song writer whose music has been played on the radio, these students bring with them diverse interests and experiences that will enrich our community for which we feel so blessed.

Fredericka Franco '26 writes "Sacred Heart stood out to me the moment I stepped into the building. The warm, rich, and loving atmosphere made me feel as though I had been in the school many times already."

Our school community is thrilled to welcome this new generation of *Excelsior* women and all our returning families, as we embark on another year of growing intellectually and deepening our spiritual connections.

Sr. Sheila O'Neill, ascj

SHA
SOCCER
iCan Bike
CONNECTICUT HOOPSTERS FALL LEAGUE CHAMPIONS 2021
CHAMPIONS
CHAMPIONS
SHA
25

Charism is the Heart of SHA

Reflections on the Charism leadership retreat from Cassandra '23 - a student's perspective

Over the summer, some juniors and seniors came together to participate in a three-day retreat to learn more about leadership skills and more specifically, about how to become 'SHA leaders' and share Blessed Clelia's charism. This was a special three-day retreat beginning on campus and culminating at the Clelian Retreat Center on the lake in Higganum, where we spent our last day. During our time together, we learned about the true meaning behind charism, we watched videos, conversed with our peers, and listened to the faculty and staff share their experiences and their deep personal connections with Clelia's charism.

I was moved by the prayer service and reflection time, during which we immersed ourselves in guidance questions alone or with friends. I loved this opportunity because it allowed me to connect with some of my friends on a deeper level. Throughout this activity, we all became more open and willing to share our understanding of the SHA virtues of courage, generosity, compassion, and integrity. Throughout our years as SHA students, we are taught these virtues daily; however, being able to take a deeper look at them by having our faculty and staff guide us and offer their perspective helped us all to see how these virtues are lived out and why they matter. We ended the first day with a prayer of Thanksgiving, and I left with a feeling of gratitude and excitement for the following days.

Community Building Programs at SHA

In the spirit of continuing to strengthen community across all grade levels, we will be introducing a system of Houses at SHA this year. Each grade will be divided into four homerooms with one homeroom from each grade joining together to create a House. The Houses will meet once a month at a dedicated time to host guest speakers, engage in fun school spirit activities, and participate in “big sister” mentoring. This will be an exciting opportunity for all students to learn from each other and to build relationships outside of their grade level.

We will also return to a schedule where students start each day in a grade-specific homeroom for the first 10 minutes of the day. Homerooms will provide an opportunity for students to slow down, pause and reflect and start the day feeling calm, confident and supported. We will also continue our Friday Assembly program which allows us to get together as a school community on Fridays and continue our education and learning on leadership, social justice and wellness.

We are looking forward to another year of growing and learning and empowering our SHA girls to find their voices, forging strong friendships and making memories in and out of the classroom!

Introducing New Board Members

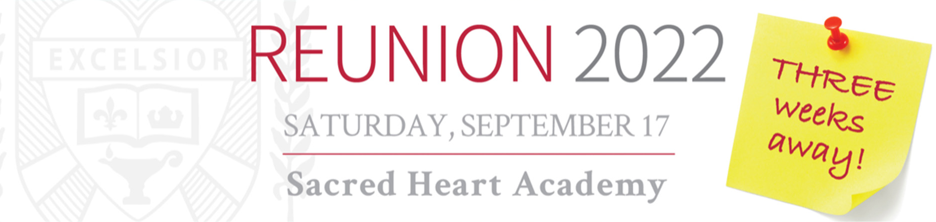
This academic year we are excited to welcome three new alumnae to the Sacred Heart Academy Advisory Board. The purpose of the Board is to promote and advance the mission of the School by offering expertise, and guidance in key areas of school leadership. We are grateful for the commitment, time and talent that our Board members bring to this leadership role in support of the Academy.

We gratefully welcome: **Joyce Comer ‘70**, **Renata Paterson ’95**, and **Sara Harris ’97**. To read each one of these new board members full bio's, please **click here**!

Philanthropy Spotlight: Planned Giving

Planned giving not only supports the future of SHA for years to come, but also allows families to leave a legacy at SHA. We recently received a generous planned gift from the estate of **Amalia Jomini P'69** that will go towards supporting our endowment. We are most grateful for these special gifts that celebrate the past, present, and future of our school and community.

When you include SHA in your estate planning, you become a part of our Heritage Society, which is Sacred Heart Academy's Legacy Society. To view our current Legacy Society members, please **click here**. If you have included Sacred Heart Academy in your will or have questions, please contact alumnae@sacredhearthamden.org to learn more.



DID YOU SEND IN YOUR RSVP YET?

SHA alums from classes ending in 2's and 7's - have you registered for Reunion on September 17th yet? Don't miss out on the opportunity to visit with old classmates over great food and SHA-Ritas and take a trip down memory lane with campus tours led by current students.

Click here to see who from your class is already planning to come and **click here** to register yourself!

Young Alum Spotlight

FINISHER
UNITED Airlines
NYC HALF
NEW YORK ROAD RUNNERS

Erin Albright ’20, a junior at Loyola University Chicago studying economics has a bright future ahead including running the New York City Marathon this November.

Erin will be achieving this lifetime milestone of running the marathon at just 20 years old to raise funds for **The Get In Touch Foundation** charity team with a goal of raising $15,000.

The Foundation works to promote breast health awareness and early cancer detection in women worldwide. Erin values her experience at SHA, explaining "it was very influential in developing my character and instilling in me the values and determination needed to undertake this challenge. I feel that what Get In Touch does for women is very relevant to the SHA community as it advocates and works tirelessly for women."

Outside of this incredible 26-mile run, and raising thousands of dollars this fall, Erin has a passion for writing and recently completed an internship for WTNH News 8 in New Haven and is currently an intern at NewsNation in Chicago.

Aside from these accomplishments, SHA remains in Erin’s heart, as she supports Sacred Heart and is a member of the Young Alumnae Leadership Council. We wish Erin the best this November.

To Support Erin, Click Here!

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Sacred Heart Academy

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