

Catholic High Parentlines

Supporting our parents in their role as the primary educators of the Catholic faith

Owensboro Catholic High School

April 2020

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**Jody
Mitchell, MD
OCHS 2002**

Our current situation is unlike any of us could have imagined just a few months ago, as we celebrated Christmas with our families. The worst public health crisis in over 100 years is unfolding before us, and the world is gripped with fear. Shelter-in-place orders are challenging our kids' education, our jobs, and our faith traditions. Dinner time discussions have changed from "Where are we going on vacation next?" to "Is it safe to go buy more groceries?" and "Can we afford those groceries?" Make no mistake about it. We are in a war. Our enemy is severe acute respiratory syndrome coronavirus 2 or SARS-CoV-2, and the disease it causes, coronavirus disease 2019 or COVID-19. This highly-contagious respiratory virus has infected millions, and its disease has claimed thousands of lives. However, I write to you today from the front lines at Owensboro Health with confidence in a better tomorrow. I write with confidence because of how we are transforming health-care to wage this war. I write with confidence because of how our community is engaging partners to implement the battle plan. I write with confidence because as we embrace technology and unite together, we will not only prevail over this virus, but we

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We will become stronger, more resilient, and more appreciative

At this moment in time, we continue to experience many things that none of us have ever been through in our lives. The health and safety of the students, staff and Catholic School Community are always at the forefront of all the decisions we make at Owensboro Catholic High School. And now, there are great concerns with not only those families who may have been affected by the Coronavirus, but also those who may have been affected from an economic standpoint, and our prayers are with those in either category.

As we have all heard, those who work in jobs in any type of health care or service industry and those who deal with the public and have continued to serve despite the risk deserve our thanks and respect for the jobs they continue to perform each day to keep our communities functioning. They also deserve our cooperation in complying with requests and guidelines put in place to help stop the spread to others, but especially the most vulnerable for which the result could be death.

As tough as it may be to stay away from others and stay home, we should all be selfless instead of selfish. After all, most of us are not being asked to sacrifice that much. A t-shirt I saw the other day talked about our sacrifices and put it into perspective. Approximately 75 to 80 years ago, all young men and women of the greatest generation were asked to sacrifice. Young women, one of them being my mother, were asked to do a variety of things at home to support the war effort. The young men of that time, my father being one of them, were asked to storm the beaches of Normandy and machete through the jungles in the South Pacific to preserve our freedoms and way of life.

Today, the sacrifice we are being asked to make is stay home, sit on the couch, watch TV, snack, work around the house or yard and find ways to entertain ourselves. Seems pretty trivial for us to complain when compared to what the greatest generation sacrificed.

With regards to our school, a major

**Gates Settle,
Principal**



disruption has taken place, and as much as we would all like our students to be in school, participating in activities and being recognized in whatever they are involved with, it doesn't look like it is going to happen this school year. And, as much as we want to show our support and try to figure out some way to make up for all the missed things that go on in school this time of year, we will abide by the guidelines that our local and state leaders have in place and accept that things will just be different this year.

At some point, we will get back to some type of normal, but in the meantime, there is a huge lesson in this for our students, especially our seniors, and maybe for all of us. And that is that things in our lives don't always go as planned: Life can sometimes teach us some difficult lessons, disappointment is a part of life, and things could always be worse.

Personally, while I feel terrible for the Class of 2020, I think it's important to put things in perspective when dealing with this year's end-of-school events. The changed plans, disappointments, and missing out are small when it comes to life and death issues. As all of our students have heard many times throughout their high school years, we are not always in control of what happens to us. We learn to deal with, adjust and find the best we can when things don't turn out as planned. As Christians, we know that God's plans may be different than what we have had planned and anticipated.

I sent the Senior Class of 2020 a letter

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Student service group converts extra t-shirts into bags for local food pantry and shelter

Catholic High's SCRUBS (Students Creating Respect Using Better Solutions) are staying very busy this year. Before the coronavirus outbreak, members were meeting weekly to discuss teen issues and gather for work sessions. Work sessions are new to the club this year. Students have painted posters and organized projects for their own school events. In addition to school projects, members have gathered frequently to work on projects to serve the greater community. They gathered early before school to work on hand-made placemats for Thanksgiving dinner at Twin Rivers Nursing Home, they made individual Christmas cards for senior citizens in rest homes, and they wrote cards to offer hope and encouragement to foster children. Before the current break in school, SCRUBS members held several work sessions to make bags from t-shirts for CrossRoads, Inc. CrossRoads provides a food pantry and shelter to the community in need, and they use these bags to send canned food and other needed items home with those they serve. Last year when SCRUBS dropped off donations, they met with a CrossRoads volunteer who showed them one of these t-shirt bags and mentioned that they were hoping to re-use them. However, people often times do not return them. The t-shirt bags are much sturdier than plastic bags and easy for people to carry or hang



Catholic High SCRUBS (Students Creating Respect Using Better Solutions) members, left to right, Tess Hayden, Natalie Krampe, Abby Boarman, Brooke Boarman, Grace Hauke, Claire Hauke show off their newly-made t-shirt bags.

on their bikes as they transport their items home. This March, SCRUBS members delivered a few boxes of t-shirt bags the club had made to CrossRoads, along with blankets and toothpaste. Crossroads uses about 100 of these bags a week and very grate-

ful for the t-shirt bags, warm blankets, and extra toiletries donated by Catholic High. SCRUBS members plan to continue making t-shirt bags in the future since CrossRoads says there is a great need for them.

Sisters of Charity of Nazareth Memorial project report



Elizabeth Field (Corr), OC '63

Elizabeth Field (Corr) is a Catholic High alumna (Class of '63). As a member of the Sisters of Charity, she taught in the Religion Department at OCHS during the 1980-81 school year.

The work of establishing a memorial to the SCNs at Owensboro Catholic High is slowly making progress according to Mr. Tom Lilly, with whom I am in contact. The Sisters, whose presence used to be felt at OCHS and are no longer there, are con-

tinuing to make a difference in the lives of many in KY, and throughout the world – U.S.A., India, Belize, Nepal, Botswana, and soon, Kenya. The motto of the Sisters, "The love of Christ impels us," continues to motivate Sisters to spread the Gospel of Jesus Christ which sends them forth to states in the U.S. and to unknown lands. This motto drives them and gives them the passion to serve with love, care and knowledge wherever they sense the Spirit is calling. The Sisters continue to serve in the areas of education – children, teens, and adult literacy - health care, immigration at the border, spiritual direction, catechetical training, empowerment of women, attending sessions of the United Nations, working everywhere to bring social justice! All of the time, efforts that are making a differ-

ence in the lives of those most in need, and care of the earth. The spirit of the Sisters of Charity of Nazareth--their dedication to serve, delivery of quality education, deep love of God and neighbor--continue in the halls and classrooms of OC, despite their physical presence being absent.

If you would like to know more about the history and current work of the Sisters of Charity of Nazareth, go to <https://scnfamily.org/contact-us/>, or, info@scnfamily.org. Or, you may still send a donation to help fund this important project. Send to: Owensboro Catholic, Attn: Tracy Miller, 1524 W. Parrish Ave., Owensboro, KY 42301; Subject line: SCN Monument Fund.

Thank you for your continuing interest, donations, prayers and support of the Sisters and OCHS! God bless you!

Mitchell: COVID-19 and sharing confidence in the future

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will be better equipped to serve our community for years to come.

This war is different than other recent wars. The unique tactics we are using to win against COVID-19 will transform our healthcare system forever. In this war, we are not using precise GPS-guided missiles or reckless IEDs to distance and kill people. We are weaponizing science and technology to connect and heal. Antiquated, doctor-centric care has transformed overnight to a 21st century, patient-centered care delivery model. The regulatory red tape, previously keeping us from partnering with the most advanced technology companies in the world, is gone. Patients that used to sit for hours in a waiting room are now using smartphones to access their appointments from the comfort of their own homes—or even their own beds! Going to the doctor no longer requires taking a day off work for diagnosis, but simply requires taking a 15-minute break to get direction. In addition to this telehealth revolution, innovations such as drive-thru testing, home monitoring of vital signs and lab values via smart devices, and virtual hospitals have added convenience for patients. While the safety that these social distancing solutions provided will not be necessary as treatments and vaccines are discovered, the convenience will not be forgotten. Most certainly, our industry will be forced to meet that demand. True patient-centered healthcare has finally arrived, and it's here to stay! We win, COVID-19!

Though the transformation in healthcare is quite impressive, our communication as a community has been equally remarkable. The number of programs we've been able to plan and implement in just a few weeks has been incredible. However, the importance of WHAT we've been able to accomplish pales in comparison to the importance of HOW we have accomplished it. Artificial silos have been shattered. Name calling and politics have been checked at the door. Leaders may have made wrong decisions at one point or another in this rapidly changing battlefield, but they have not been wrong for long. By seeking input from engaging citizens and organizations, our leaders have effective-

ly and efficiently adapted our armor and weapons. Local government, first responders, non-profits, for profits, and our health system are all working together to defeat a common enemy. I'm confident when we step back and realize all we have been able to accomplish, we won't rebuild our silos any time soon. True community engagement has finally arrived, and it's here to stay! We win, COVID-19!

While much of the media attention is on the negative of this pandemic, I want you to share in my confidence by focusing on the positives. Yes, it is a horrible disease, but its negative effects on society are only temporary. Already, scientists are developing treatments and vaccines so that our enemy cannot hurt us ever again. Much like Coach John Calipari "likes his team," I very much like our army. We will defeat COVID-19. Further, the transformations in our healthcare system and our learned abilities to engage community stakeholders will last for years to come. We will prevail, and we will go on to achieve things in Owensboro that were unimaginable just a few months ago.

Dr. Jody Mitchell is a native of Owensboro. He graduated from Owensboro Catholic High School in 2002. He obtained his undergraduate degree in Chemistry from Transylvania University before completing his medical school, residency, and fellowship training at the University of Kentucky. Dr. Mitchell is a sports medicine physician in the Owensboro Health Medical Group (OHMG) Orthopedics & Sports Medicine clinic. He serves our community as a team physician for Daviess County, Apollo, and Muhlenberg County high schools and Kentucky Wesleyan College. Dr. Mitchell also hosts weekly injury clinic for athletes at the Brescia University athletic training room. In addition to his clinical duties, Dr. Mitchell serves as the medical director of outpatient services for OHMG and the medical director of the Owensboro Health Healthpark. His wife, Kate, a kindergarten teacher turned stay-at-home mom, and he have invested most of their married life in the Owensboro community. They have two children, George (3) and Annie (1). They are excited to welcome their third child in July!

Settle: Stronger, more resilient, more faithful

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last week. As hard as it is for 18-year-olds to reconcile, my goal was to get them to focus on what they got to do, what they did get to accomplish and to appreciate the time they did get at Catholic High.

There is no doubt that we will continue to be disappointed, especially the seniors, but we will all get past this, and there will be something to be gained from this experience, even though we may not know what it is right now.

As we enter the last weeks of this school year, regardless of where we are spending them, I hope that everyone is progressing, adjusting, and coping well with this disruption in our lives.

As the days seem to slowly go by, we as adults all know this is just a small moment in time, because we have experienced just how fast it all gets by--and this will too.

We continue to work on how to close the school year if we continue to be out, and how to adequately recognize these seniors while following what guidelines we are given, so some decisions will not be made until we receive more information.

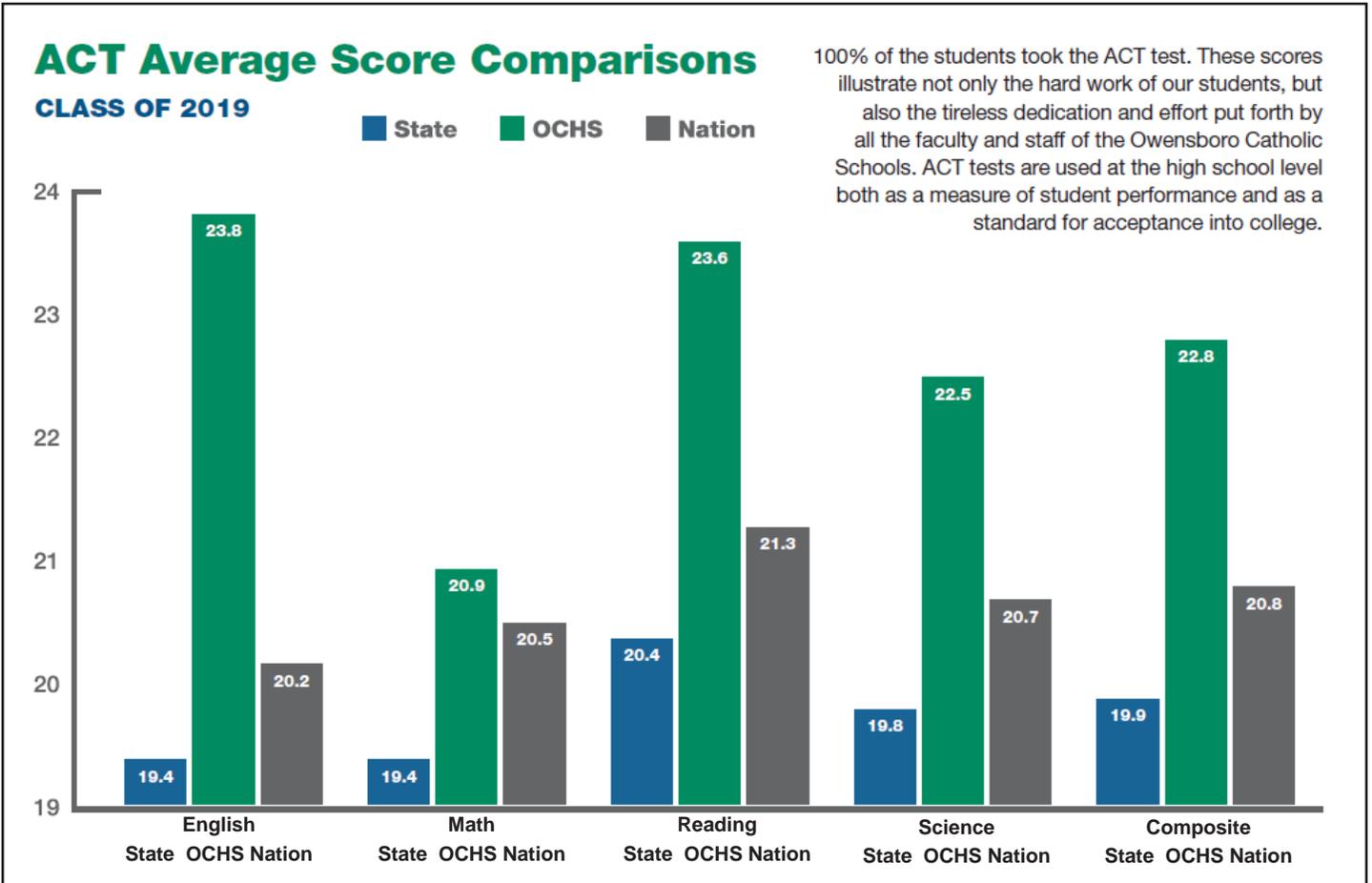
In the meantime, I continue to be inspired by the teachers' willingness to work through this pandemic and the students' dedication, commitment and responsibility to carry on with their studies.

I firmly believe that all of our students, but especially the Class of 2020, rather than dwell on what was missed, will become stronger, more resilient, more appreciative and more faithful by focusing on what they experienced at Owensboro Catholic High School this year!

Academic Excellence

When we say Owensboro Catholic Schools are academically excellent, we have many measures on which to stake this claim.

On the average, Catholic school students perform above the national norm for the particular tests chosen. Owensboro Catholic Schools go well beyond that measure as evidenced in the accompanying charts.



Each year, OCHS administers a series of standardized tests in an effort to prepare students for the ACT and SAT, which are the standard choices for admission and scholarship for colleges and universities.

OCHS Testing Schedule:

- Freshmen – Pre-ACT
- Sophomores – Pre-ACT
- Juniors – ACT District Choice & PSAT
- Seniors – ACT & SAT

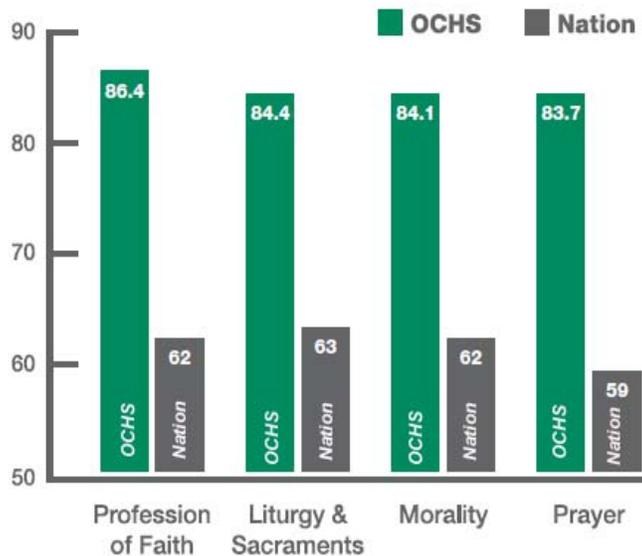


Preparing Leaders, Achievers, Believers

ACRE Average Scores

CLASS OF 2019

The ACRE (Assessment of Catechesis Religious Education) test is an assessment of religious education, proficiency, and practices given by the Owensboro Catholic Schools to students in grades 5, 8, and 11.



Advanced Placement (AP) and Concurrent Enrollment Courses

The following AP classes are offered at Owensboro Catholic High: English Literature AP, US History AP, European History AP, General Biology AP, AP Environmental Science, Calculus AP, French AP and Spanish AP. Students are required to take the AP Exam of the course for which they are enrolled.

OCHS also offers concurrent enrollment classes with Brescia University. These classes will be taught on OCHS campus by OCHS faculty and will count for both high school and college credit through Brescia University. Concurrent enrollment classes are offered in Writing I and II, US History I and II, World History I and II, and College Algebra and Trigonometry.



Owensboro Catholic Schools

1524 W. Parrish Ave.
Owensboro, KY 42301
270-686-8896

Co-Curriculars/Athletics

- Academic Team
- Acettes
- Annual Staff
- Archery
- Art Club
- Band
- Baseball
- Basketball
- Bass Fishing
- Book Club
- Cheerleading
- Cross Country
- Emerald Productions
- Fast-Pitch Softball
- Fellowship of Christian Athletes
- Future Farmers of America (FFA)
- Flag Corp
- Football
- International Club
- Golf
- Habitat for Humanity
- Kentucky United Nations Assembly
- Kentucky Youth Assembly
- National Honor Society
- Peddler Staff
- Pep Club
- Right To Life
- Student Council
- Scrubs
- Soccer
- Softball
- Swimming and Diving
- Tennis
- Thespians
- Tight Knit Club
- Track And Field
- Volleyball
- Y Club

Owensboro Catholic High School

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"I'm recalling weighing our options for a Catholic education and then receiving five different hand written letters from students encouraging our girls to come to Owensboro Catholic. Ever so many people reached out to sing OC's praises. Our girls have flourished in the OC environment. They felt accepted and loved from day one and have made friendships that will see them through life. Thank you, Owensboro Catholic. You have provided our daughters an environment where they can thrive and excel academically, athletically, socially and spiritually."

Kevin and Karen Morris, OCS Parents

Class of 2019 Highlights

- 115 Diplomas Received
- 38% earned the Honors Diploma
- 48% earned the College Prep Diploma
- 14% earned the Standard Diploma
- 97% will continue education
- 69% will attend 4-year college
- 29% will attend 2-year college
- 3% will enter the workforce
- 68% were offered scholarships at a total of \$3.7 million (in addition to KEES money)