



# Cougar Connection

*In Fide et Lenitate*  
(In faith and gentleness)

Weekly Newsletter for the  
St. John the Baptist School Community

V2 i8

September 28, 2025

Dear Cougar Nation,

As we conclude the first month of the school year and settle deeper into the fall season, it is natural to look back. Reflection is important—especially as we consider how our school year has begun. September can be a challenging month for many students, who transition from the freedom of summer into the high academic expectations set by both our dedicated faculty and our supportive parents.

Although while reflecting on the past is valuable, there is also a danger in dwelling on it. In *Back to the Future Part III*, Doc Brown wisely says: “*You don’t want to crash into a tree that existed in the past.*” At first glance, it may seem like a throwaway line, but it reminds us that living too much in the past can keep us from moving forward.

Disney’s *The Lion King* puts it another way in a memorable exchange between Rafiki and Simba: “*Oh yes, the past can hurt. But the way I see it, you can either run from it, or learn from it.*” As we look ahead to the rest of this school year, may we take the lessons of the first month and learn from them - focusing not on our failures but on our successes.

Above all, Scripture calls us to look forward. Jesus consistently teaches His disciples to live in the present and carry out God’s mission without hesitation. As He says in Luke 9:62: “*No one who puts his hand to the plow and looks back is fit for service in the kingdom of God.*” Isaiah 43:18 reminds us to “*forget the former things; do not dwell on the past.*” And in 2 Corinthians 5:17, we hear the powerful truth: “*If anyone is in Christ, the new creation has come: The old has gone, the new is here!*”

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## Feast of the Guardian Angels

Tomorrow, September 29<sup>th</sup>, we celebrate the Feast of the Guardian Angels, especially St. Michael, St. Raphael, and St. Gabriel.

- St. Michael is the great protector, defending us in spiritual battle.
- St. Raphael is the healer, guiding us on journeys and offering God’s help in times of need.
- St. Gabriel is the messenger, who announced God’s plan of salvation to Mary.

May these Guardian Angels continue to watch over and protect us each day. This feast also reminds us of a moment of deep sorrow in our community. Just over a year ago, we lost our beloved Bella Trezza in a tragic car accident. For those of us who were here last year, that loss remains heavy on our hearts. I often pause at her locker during my daily walks to say a prayer. We continue to pray for Bella and her family, trusting in God’s presence both with her and with us in our ongoing healing.

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## A Year of Vocations

Our Diocesan theme this year focuses on vocations. On Friday, our young men will have the special opportunity to meet with some of our incredible priests and learn more about discerning a call to the priesthood. Please continue to keep all our students in your prayers as they seek God’s will for their lives.

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## Closing Thoughts

As we move into October, I encourage you to take time for family, prayer, and a little Fall joy. Whether it’s an apple cider donut or a slice of apple pie, may you find moments of sweetness in the days ahead.

Have a blessed week!

Mr. Vincent Albrecht  
Principal

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## PLEASE NOTE.....

- **FRIDAY, OCTOBER 3<sup>RD</sup> IS NOT A SPIRIT FRIDAY.** Special guests will be visiting on that day, therefore, everyone should wear their grade-level polo shirt with uniform pants or skirts.
- **School Photo Re-Takes for Grades 9, 10, 11 will be held on Thursday, October 2<sup>nd</sup>.**
- **School Calendar and this year's Previous Newsletters** – can be found on the SJB website under *News and Updates* tab.
- **Homecoming Decoration Drive** for hallway decorating contest – donations being collected September 22<sup>nd</sup> through October 3<sup>rd</sup>. Seniors – Pink; Juniors – Blue; Sophomores – Purple; Freshmen – Yellow.
- **Save the Date – Homecoming Dance – Thursday, October 9<sup>th</sup>** – SJB Student Only Event. Check out flyer in portals.
  
- **Senior Yearbook Photo Re-Takes will be held on Friday, October 17<sup>th</sup>.**
- **The SJB Parent Association – see message and links below:**

Dear Parents and Caregivers,

We would like to invite you to become a member of the SJB Parent Association. We are so excited to be part of a community that is both thriving and welcoming—grounded in our shared faith and commitment to our children.

The link below will provide you with access to the **Parent Association Membership Form** for the 2025–2026 school year. The membership fee of \$20 per family goes directly toward supporting events that foster community, such as teacher appreciation initiatives and fun, family-centered activities. Becoming a member will provide you with regular updates as well as opportunities to volunteer.

Looking forward to a great year ahead!

The SJB Parent Association

<https://share.google/Ro6VzGoFEsFUech1G>

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SJB PARENT ASSOCIATION PRESENTS



St. John the Baptist DHS

# HOMECOMING DANCE

★ 2025 ★

Don't Miss It!

**Thursday, October 9th : 7 PM - 9:30 PM**

Arrival check-in for the dance starts at 7:00 PM and the doors close promptly at 7:30 PM.

**TICKETS \$15**

\*Exclusive event for SJB students only\*

**Location:** SJB High School Gymnasium

**What to Wear:** Sports-themed casual attire encouraged! Dress up to represent your favorite professional or college team, or show your Cougar school spirit. All outfits must be appropriate with the school's dress code of conduct.

Scan or tap  
the QR code to  
buy your ticket!



- Dance & Celebration
- Desserts, snacks, and soft drinks will be served.

<https://stjohnthebaptistdhs.net/homecoming-dance>

*Ticket sales end on Tuesday, October 7th.*  
Tickets can only be purchased through the SJB website.

Any questions please contact:

**[sjbdhsparentassociation@gmail.com](mailto:sjbdhsparentassociation@gmail.com)**

# September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> LABOR DAY No SCHOOL	<b>2</b> D.O.E PD Day Elementary Schools at SJB SJB & Trinity Faculty @ SJB	<b>3</b> Class of 2029 Orientation Noon Dismissal	<b>4</b> E.M. Training 10 a. m. Class of 2029 Orientation Transfer/Intl Student Orientation Noon Dismissal Senior BBQ 1:00-3:00 p.m.	<b>5</b> First Full Day Opening Day Mass for all Students Special Schedule Day 1	<b>6</b>
<b>7</b>	<b>8</b> NHS Mtg. Day 1	<b>9</b> Day 2	<b>10</b> 9/11 Assembly - TBD School Mass 8:00am Girls' Night Soccer Day 3	<b>11</b> 9/11 Assembly Boys' Night Soccer Day 4	<b>12</b> Night Football 7:00 p.m. Day 5	<b>13</b> TACHS PREP
<b>14</b> Class of 1970 Reunion Mass 11 a.m.	<b>15</b> Day 6	<b>16</b> Pictures - SS Class Day 1	<b>17</b> Mass Day Senior Assembly MSI Introduction Day 2	<b>18</b> Back to School Night 6 p.m. No Late Buses Day 3	<b>19</b> Day 4	<b>20</b> TACHS PREP
<b>21</b> Class of 1975 Reunion Mas 10:30 a.m.	<b>22</b> Club Fair 3:00 p.m. Day 5	<b>23</b> Day 6	<b>24</b> Mass Day Junior Assembly MSI - Human Resources Dev. Mtg. & PA Mtg. Day 1	<b>25</b> Senior Parent Guidance Night 7:00 p.m. Day 2	<b>26</b> Day 3	<b>27</b> TACHS PREP
<b>28</b>	<b>29</b> Day 4	<b>30</b> Sophomore Retreat Day 5				
		Important Reminders Class of 1970      55 year Reunion Weekend      9/12/25-9/14/25 Class of 1975      50 year re Reunion Weekend      9/19/25-9/20/25 Class of 1985      40 year Reunion Weekend      9/26/26-9/27/25				

# October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Mass Day Sophomore Assembly MSI - Panel 1 College Fair Day 6	<b>2</b> Underclass Picture Retakes Sophomore Retreat Day 1	<b>3</b> Day 2	<b>4</b> TACHS PREP
<b>5</b>	<b>6</b> Homecoming Mass Day  SPIRIT WEEK Day 3	<b>7</b> SPIRIT WEEK Day 4	<b>8</b> SPIRIT WEEK Day 5	<b>9</b> Fall-Themed Homecoming Dance SPIRIT WEEK Day 6	<b>10</b> Pep Rally Noon Dismissal SPIRIT WEEK Special Schedule	<b>11</b> Homecoming Blessing of the Teams Football Game TACHS PREP
<b>12</b>	<b>13</b> Columbus Day	<b>14</b> Winter Uniforms Begin Day 1	<b>15</b> PSAT DAY for Juniors & Sophomores Freshman Assembly No Classes for Seniors Noon Dismissal	<b>16</b> Mass Day Day 2	<b>17</b> Senior Picture Retakes Day 3	<b>18</b> TACHS PREP
<b>19</b>	<b>20</b> Day 4	<b>21</b> Sophomore Retreat Day 5	<b>22</b> Mass Day MSI Panel 2 Day 6	<b>23</b> Freshman Retreat Herff Jones Junior Ring Order Girls Day 1	<b>24</b> Herff Jones Junior Ring Order Boys Day 2	<b>25</b> Open House 10 a.m. - 1 p.m.
<b>26</b> Home Football	<b>27</b> No Class For Students	<b>28</b> Freshman Retreat Day 3	<b>29</b> Mass Day MSI Panel 3 Applications Due Honors Convocation 7:00 p.m. Day 4	<b>30</b> PTA mtg Development Board MTG Day 5	<b>31</b> Day 6	
Important Reminders 22 Class of 1980                      45th Reunion Weekend      10/10/25-10/11/25						