



Cougar Connection

In Fide et Lenitate
(In faith and gentleness)

Weekly Newsletter for the
St. John the Baptist School Community

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June 15, 2025

Dear SJB Community,

Celebrating an Amazing Year and Discovering Our Greatness!

What an incredible year it has been, St. John the Baptist! As we approach our final day of full classes, I want to congratulate each and every one of you on an amazing year of growth, learning, and discovery. All year long, we've explored what it means to **"Discover Our Greatness,"** and this theme has truly resonated throughout our hallways and classrooms.

This year I have been focusing my prayer life on the Gospel of St. Matthew. The reading that I have come back to time and time again during the school year comes from (Matthew 9:36-10:8). This passage reminds us of Jesus' compassion for the crowds, seeing them as "sheep without a shepherd," and then commissioning his disciples to go out and heal, proclaim the good news, and serve. This call to action, to step beyond ourselves and minister to others, beautifully connects with our understanding of greatness. It's not about comfort or ease; it's about embracing our call to make a difference. As **Pope Benedict XVI** famously said, **"We were not made for comfort. We were made for greatness."**

This powerful quote perfectly encapsulates our school's slogan. True greatness isn't found in avoiding challenges or seeking the path of least resistance. Instead, it lies in recognizing the unique gifts God has given us and using them to serve, to learn, and to grow in our relationship with Christ. It's about understanding who we are in Him and living out that identity boldly. Every day, through your studies, your service, and your interactions, you have exemplified this pursuit of greatness.

A New Chapter for the Church: Welcoming Pope Leo!

We are also filled with excitement as we reflect on the recent election of **our new Holy Father, Pope Leo!** It was a truly moving experience to witness the Church come together in prayer and discernment, leading to the selection of our new spiritual leader. We eagerly anticipate growing in faith under his guidance and leadership.

Pope Leo has already shared inspiring words that resonate deeply with us. He recently stated, **"Let us build bridges of hope, not walls of division."** This powerful message challenges us to continue fostering unity, understanding, and love in our community and beyond.

A Heartfelt Thank You and Looking Ahead

To all of you – our amazing students, dedicated teachers, and supportive staff – thank you for making my first year as your principal truly memorable. You have welcomed me into this family with open arms, and I am incredibly grateful to be a part of the St. John the Baptist community. I eagerly look forward to continuing our work together, helping SJB excel in every possible way.

As a special thank you to all our students for the amazing year that we have had, tomorrow, Monday, June 16, 2025, will be a FREE Dress Down Day for students. Please follow Dress Down Day guidelines in the Student Handbook. SJB gym shorts are permitted. Although this is a free Dress Down, free-will offerings will be accepted to reach our goal for our planned Athletic Training Facility!!!

Important Information: Summer Newsletter Schedule & Regents Exams

Please note that our weekly newsletters will transition to a **bi-weekly format until the end of August**. So, be sure to keep an eye out for the latest updates and news from us throughout the summer! Also keep your eyes peeled for our Social Media postings and our RISE and Shine Videos! They will be coming at you all summer and who knows where I might broadcast from!

We hope you have an amazing last day of school tomorrow! We know you will **rock your Regents Exams** in the coming days. Study hard, get good rest, and trust in all you've learned. We look forward to another incredible school year when we return.




Summer Newsletter Schedule

Sunday June 29, 2025

Sunday July 13, 2025

Sunday July 27, 2025


Weekly again starting - Sunday August 10, 2025

 Uniform Update – Same Spirit, New Style!   As we look ahead to September, we're streamlining our Fall/Spring Uniform to keep things simple, cost-effective, and cool (literally!) for our students. Beginning Fall 2025, we're launching a Two-Color Polo Program—say goodbye to the four-color mix!

Here's the breakdown:


FRESHMEN & SOPHOMORES (2025-2026)


 Wear **Red Polos** only.

 Sophomores: This year's red polos are still approved!

JUNIORS & SENIORS (2025-2026)

 Wear **Navy Blue Polos** going forward.

 Nothing else in the uniform is changing right now—so if you hear rumors, just smile and nod.

Please remember we no longer have stock of polo shirts in the School Store. You need to purchase through Flynn and O'Hara!  We'll take a closer look at school shoes this fall based on the helpful feedback many of you have shared. Thanks for helping us make SJBDHS look sharp and stay comfortable!

Looking ahead to 2026-2027:


 Freshmen & Sophomores = Red

 Juniors & Seniors = Blue

Calling All Cougar Parents!

As we gear up for an exciting new school year, we're looking for a few great parents to help make our school community shine even brighter! Please consider joining our Parents' Guild by contacting our Parent Liaison, Mrs. Maryann Dumas, at maryannedumas@yahoo.com.

Help Us Bring Back the Homecoming Dance!

We're also exploring the return of a **Homecoming Dance this fall**, and we need a team of energized, creative parents to help us make it happen. From planning to chaperoning, we'd love your ideas and support.  **Interested? Let us know!**

Did You Know?

St. John the Baptist Diocesan High School currently offers more AP and college-level courses than any other Catholic high school on Long Island! That means more opportunities for our students to earn college credit, challenge themselves academically, and prepare for success beyond high school—all while staying rooted in faith and community.

At SJB, we don't just prepare students for college - **We prepare them for greatness!** 

Pope Leo's Quote of the Week

"May the strong wind of the Spirit come upon us and within us... open the borders of our hearts, grant us the grace of encounter with God, enlarge the horizons of our love and sustain our efforts to build a world in which peace reigns."

– Pope Leo XIV, Pentecost Sunday homily, June 8, 2025, St. Peter's Square

Peace,



Mr. Albrecht, Principal
and the Administration of St. John the Baptist DHS

AROUND COUGAR NATION

| Day | Date | # Day | Around the School |
|-----|---------|-------|--|
| Sun | 6/15/25 | | Father's Day |
| Mon | 6/16/25 | 5 | End of the 4 th Quarter – Last Day of Classes Free Dress Down Day for Students |

Please be sure to check the Regents Exam Schedule that was previously sent for dates and times of exams.