

Hello everyone,

It was so nice to see so many of your smiling faces last week during our class Google Meets with Mrs. Valdez and me along with the mini virtual college fair, which went very well for our juniors.

**Seniors:** Just a few reminders that the seniors have received an email through the grade level coordinator (GLC) to submit to me by email the list of colleges they have been accepted to and the names and dollar amounts of each scholarship they have received. The names of the scholarships will go in the commencement program, and we want to have them all correct. I have about 39 responses so far, so if you haven't sent me that email please do as soon as possible at [t.bonini@frassaticatholic.org](mailto:t.bonini@frassaticatholic.org). If you have given me this list prior to now, please do so again as I do not have those responses at home. Also, be on the lookout for more virtual senior posters going up on social media. We want to be able to put all of them up in the coming weeks to celebrate our seniors, so I need your college commitments as soon as you can get them to me.

**Juniors:** Many of you have inquired about the March SAT school day test and The College Board has just sent an update:

“Due to the coronavirus, guidance from public health organizations, school closures across the country, and discussions with local education leaders, the College Board is unable to reschedule the March 25 SAT® School Day administration or provide the April 14 and 28 administrations.

If you have any questions, please contact Customer Service at [SATSchoolDay@collegeboard.org](mailto:SATSchoolDay@collegeboard.org) or 855-373-6387.

The College Board will provide future additional SAT testing opportunities for students as soon as feasible in place of canceled administrations. We'll be flexible in making the SAT available as soon as the public health situation allows. “

The business office would like to offer two options for the SAT registration fee you paid:

- Donate to the Frassati Fund for tuition assistance to help those in need and experiencing difficulties related to COVID-19
- Reserve for the students' senior class gift next year (the students will decide on their gift after the start of next school year).

If you would like to do choose either of these options, please email Mr. Rob Martin and indicate your preference. If you prefer to have your SAT registration fee refunded to you, please contact Mr. Martin at [r.martin@frassaticatholic.org](mailto:r.martin@frassaticatholic.org).

**All Students:** I know and appreciate all the hard work you are doing to work through the impact of learning and working in remote and online environments. Your commitment to learning and to all your success, both inside and outside of your new “classroom” are above and beyond what we could have expected. This is certainly an unprecedented time for each of us, but the Frassati Catholic community has risen to the occasion.

I wanted to share an article I recently read from Harvard Business Review (<https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>), which suggests that we are all feeling loss in different ways right now. The article offers useful tips for dealing with loss, techniques for staying present when we can, and recommendations for how to move through and beyond disappointments. Even more than in other years, I encourage parents and families to celebrate the joy of admission letters and to take time to help students work through the disappointment of denials. Look ahead and prepare to deal with other losses likely to follow: the senior year (or the freshman year, for that matter), graduation ceremonies, sports seasons, plays, concerts, time with friends, summer orientation, etc.

**We can and will make it through this to better times.** We've been told to practice “social distancing,” but in another article by the Washington Post experts point out that a better term is “physical distancing”. Now, more than ever, we need to stay socially connected to one another. We can talk, text, write, chat by video, create art, bake, exercise, enjoy nature, etc. If you would like to read the whole article please follow this link

[https://www.washingtonpost.com/lifestyle/wellness/social-distancing-coronavirus-physical-distancing/2020/03/25/a4d4b8bc-6ecf-11ea-aa80-c2470c6b2034\\_story.html](https://www.washingtonpost.com/lifestyle/wellness/social-distancing-coronavirus-physical-distancing/2020/03/25/a4d4b8bc-6ecf-11ea-aa80-c2470c6b2034_story.html)

Stay connected with the people you love. Stay engaged in classes and work when you can. Know that you're not alone, even if you are physically alone. The whole world is with you. I am here to help in any way I can, and you may email me at [t.bonini@frassaticatholic.org](mailto:t.bonini@frassaticatholic.org).

God Bless You,

Mrs. Bonini