

# gruntgazette

"No greater love than this; to lay down one's life for one's friends."

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Father Vincent Capodanno High School

August 2021



## Principal's Corner

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# Welcome back students!

By Michael McKee

Welcome back, new and returning Grunts of Capodanno High! I don't know about you, but the summer flew by. Surprisingly these past few weeks I couldn't wait for the school year to begin. Those of you who know me are probably shocked by that statement, so was I when I realized it. Nevertheless, it is true!

The 2021-2022 school year will be very different from the past years and will probably look a lot different for most of our new students. Why? We have grown, and I am guessing that over the summer, you have grown too. And if you haven't already noticed, we aren't your average everyday traditional high school.

We are different. Unique. We embrace fun and exciting service opportunities within our community. We enjoy and attend Mass every Wednesday. We build and make things; sometimes, we destroy things. And we are always looking for unique and fun ways to serve others.

Our teachers are always open to helping with the leadership development of each student here. It's hard to imagine that just four years ago, this school started with just four students. And this school year, we have 32 students! The school has doubled in size in just two short years and with that growth comes change.

Change is good. God has a plan, and we all get to be part of something special.

I pray that this school year continues to develop your education and all of us as leaders in Christ as we continue to seek His purpose in our lives. So, let's embark on this fantastic journey together. Are you ready? I am! Let's go, Grunts!

Father Vincent Capodanno, pray for us!



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## New Students: Nervous?

By Isabelle Klotz

When you're little, all you want to do is grow big and strong. You look at the big kids walking down the hall and wonder if you'll ever get that big. Then when you get to middle school, and you're just trying to get to high school. You have painted this picture in your head that it's everything you could possibly want. The grass is always going to look greener on the other side, I know that's a lame cliché but it's true.

There will be a moment in your high school career when all you want to do is get out of here and start a life in the "real world," but this is the most real as it is going to get. Enjoy high school while you can, because you're going to miss it one day, and you're going to wish you hadn't only lived for the future. It's going to work out, you're going to meet some amazing people, and there's really not as much homework as you think. Live in the moment and ask for help when you need it; someone is always willing to listen. You're going to love it here, I promise!



## Football with Coach Hartley

By Aaron Hartley

Football is beginning at Father Vincent Capodanno High School! After a Summer of conditioning, our football players are putting on pads, lacing up their cleats, and preparing to hit the field to play the first game of Capodanno football ever. As a first year program, our first priority is to field a team competent to play at least 4 games. Next year, we will be joining the premier 8-man football conference in North Carolina fully prepared to qualify for conference play and potentially playoff victories. If you are a young man looking for a place where you can refine your physical condition, build brotherhood and camaraderie, and learn how to hit, find Coach Hartley and find out how you can be a part of the first ever Capodanno Football Team. Go Grunts!



First official Football Practice of the school year.

## Grunt's "grunts": What to expect, tips, & more!

Contributors Sam Attar & Logan McKee

Sharing a few words of wisdom from students in your sophomore class on expectations for INDOC week, retreat week, & starting FVCHS as a new student.

**Presentations & Public Speaking.** The first presentation is the hardest. It's easy to say this now, looking back but RELAX & don't stress over it. No one is judging you. Every student & teacher cares. And I promise you, everyone (no matter what grade) feels the same exact way you do!

**Get comfortable with being uncomfortable.** The school is going to challenge you. They are going to put you in positions where you will be uncomfortable. I've learned looking back now, that's how we grow.

**Be kind & make friends.** Be open to meeting new people and making new friends (even if they are different than you!). Try to learn a little something about everyone and try to meet everyone. **Be accountable.** Keep up with your agenda, work & books. Stay organized. It's a simple thing to do that will help you stay less stress (and avoid demerits!)

**Be respectful & kind to each other. And to yourself.** Kindness to others goes a long way. Sharing your confidence and helping when others are struggling goes a long way to someone else having a good day. And it will make you feel good too.

Everyone is nervous, anxious, and a little stressed these first few weeks. Be yourself & keep a positive attitude. It may not feel like it now, but we are all one big family! Go Grunts!

# Principal's Corner

By Joe Skillman

This past summer has been a season of change for the Skillman family. In June, after months of packing and preparation, we loaded into our SUV and departed the Pacific Northwest for our three-week vacation/relocation adventure. Six thousand miles later, after visits to Yosemite, New Orleans and as many other sites as we could squeeze in between, we pulled up to our new home in the Sandhills. After meeting a few of our neighbors, we realized that the military is what brings many families to the Sandhills area.

When my wife and I are asked, "What brings you to North Carolina?" Our response is, "Father Vincent Capodanno High School." We uprooted our family and moved 2,900 miles across the country because we believe in the mission and vision of Capodanno High.

Our mission is to develop resilient leaders, armed with the clarity and courage to pursue God's purpose for their lives. God has a purpose for each of our lives. To live out His purpose we must be attentive. When we train our eyes to see God's actions, and our ears to hear God's voice, so we can have the clarity to know God's calling.

Clarity alone is not enough. We are called to be doers of the Word and not just hearers (James 1:22). In the Gospel of



Matthew, Jesus tells his disciples, "Whoever wishes to come after me, must deny himself, take up his cross, and follow me." To follow Jesus requires courage. It takes courage to stand up for what we know is right when modern culture disagrees with us. It takes courage to see evil and name it. It takes courage to speak the truth in the face of lies.

To be courageous we must practice doing hard things. To build up courageous leaders we must encourage one another. To live out the call God has for us requires us to live courageous lives. Our eyes clearly focused on the Lord.

I pray that God grants you the clarity to see his purpose for your life and gives you the courage to take up your cross and follow Him.

Fr. Vincent Capodanno, pray for us!





# Meet Your Homeroom Teacher

Your homeroom teacher is a critical part of the school year, for both the students and the parents. Homeroom teachers are the core of communication, counseling, and student development at FVCHS. The role of the homeroom teacher is threefold: teacher, counselor, disciplinarian. Here are your 2021-22 superstar homeroom teachers!



Mr. Aaron Hartley is returning to FVCHS teaching Theology and Literature. He lives in Sanford with his wife of 7 years, Kelsie, and their 5 children, Ellie, Peter, Thomas, Annie, and Mary. When he was 15, he went inside the 30 kilometer Chernobyl Exclusion Zone outside of Pripjat, Ukraine!



Ms. Michaela Loomis is excited to be teaching Algebra 1 and Chemistry this year. She is from sunny California and she lived for a year in Ireland. She's a huge fan of Lord of the Rings and the San Francisco Giants.



Mrs. Heidi Brinkmeyer is joining us this year in the English Department. She is a native Iowan, but as a military spouse has been fortunate to call many places stateside and overseas, home. She has been married for almost 23 years. She has six children, three dogs, and one bearded dragon. She is looking forward to an exciting new year with FVCHS!



Mr. Jim Vandenberg is brand new to FVCHS but has been a Catholic middle and secondary teacher for twenty-five years. He has most commonly taught as a math specialist but also taught science, theology, and foreign languages. He grew up in the Pacific Northwest. Ask him about the time he slept overnight in a graveyard.

## Frequently Asked Questions:

**Q: What are the daily school drop off and start times?**

A: School starts at 7:40 am. The building will be open for drop-off at 7:15 am. On Wednesdays, please drop off at Sacred Heart Parish in Pinehurst at 8:00 am.

**Q: What are the daily school pick up and end times?**

The school day ends at 3:15 pm. Please check with faculty/coaches for updates on any sports or activities. Any schedule changes will be announced.

**Q: What is the daily uniform?**

A: Students will start the day in PE Uniforms and will change into the daily dress uniform. See pages 28-30 of the student handbook for detailed uniform information.

**Q: When do we wear the Mass uniforms?**

A: Mass uniforms are worn for Wednesday morning Mass, field trips, for all student presentations, and for any designated additional special events (Example: Courage Night).

**Q: Where do I find the uniform information?**

A: The uniform information guidelines are located in the Student & Parent handbook on pages 28-30. There will be a parent-led locker for swapping or purchasing gently used uniforms. Please contact Amy Oats for more information.

**Q: How can I communicate with other parents?**

A: A mobile app called "Band" has been setup and is parent-led. This can be downloaded on your mobile device. The purpose is to share events, keep up to date on any last minute changes, and to have a source of communication within the parent community. Please contact Sarah Graves or Mrs. Frances Klotz for more information.

**Q: What are excused absences versus unexcused absences?**

A: These do not necessarily mean allowed or not allowed. Excused are for things like illnesses, bereavement, family emergencies, inclement weather, etc. Unexcused absences are for things like vacations, sports games, oversleeping, etc. Unexcused does not necessarily mean your student is in trouble. More details on absences can be found in the Student & Parent handbook. Please talk to your student's homeroom teacher if you have specific questions.

**Q: Where should I ask questions if I need help?**

A: Please start with your student's homeroom teacher if questions or concerns come up as they will be the core communication for the school year with students & parents.

**Q: Does my student need a sports physical from their doctor?**

A: All students require a sports physical for school and it is good for one year from issue date. A current physical will need to be provided prior to retreat week.



## Sports Practices & Game Schedules

Football practice begins Monday August 16th at Capodanno and runs from 3:30-5:00pm. Monday thru Friday. We currently have 3 scrimmage games scheduled.

- @ Sandhills Classical Christian School game starts at 3:45pm, Friday, August 27th

- @ Lawrence Academy game starts at 3:00pm in Merry Hill, NC, Thursday, September 14th

- @ John Paul II High School game starts at 6:30 pm in Greenville, NC, Thursday, September 23rd

Volleyball is in full swing; practices have already started, and the game schedule is below.

- Aug 26th (5 PM) vs Freedom Christian Academy (@ FCA)

- Sep 10th (6 PM) vs SCCS (Home) [Pending final approval of facility by SJP2]

- Sep 13th (6 PM) vs North Moore (Home)

- Sep 14th (6:30 PM) vs SCCS (@ SCCS [Sandhills Community College Gym])

### INDOC Week

August 23-27 2021 - all day  
Drop-off/Pick-up @FVCHS Campus  
PE Uniforms, Monday, Tuesday, Thursday, Friday  
Wednesday Mass uniforms, Mass will be on-campus this week. Bring PE uniform to change into after.

### Habitat for Humanity

Thursday, August 26th  
Drop-off/Pick-up @FVCHS Campus  
Juniors and Seniors will be working with Habitat for Humanity. Please sign your waiver on their website.

### Family Rosary Potluck Sendoff

Sunday, August 28th @1:00 pm - 3:00 pm  
FVCHS Campus  
Prayer, food, fellowship, & FUN!

### Retreat Week

August 30 - September 2nd  
Depart FVCHS Campus @7:00 am, Aug 30th  
Arrive FVCHS Campus @5:00pm, Sept 2nd  
See dress down policy, more details to follow

### No School - Labor Day

September 3-6  
Enjoy the end of summer!

### Field Trip Day

September 29th  
Drop off @Sacred Heart Parish  
Pick-up @FVCHS Campus  
Attend Mass and depart for field trip  
Full School Day  
October 1st - all day  
Drop-off/Pick-up @FVCHS Campus  
No afternoon classes, Oktoberfest prep

### Oktoberfest

October 2nd @ 4:00 pm - 8:00 pm  
FVCHS Campus  
12pm Prep, details & volunteer info to follow

### No School - Columbus Day

Monday, October 11th

### 1st Quarter Ends

Thursday, October 21st  
Normal School Day  
Second Quarter begins October 22nd

### Student Led Conferences

October 25th-28th  
Normal School Week  
Homeroom Teacher's & Student will coordinate with parents to schedule a convenient time

## Punny Comics

By Michael McKee

