



Mater Dei Catholic High School WEEKLY NEWSLETTER

Calling all Alumni!

Please help us by joining our committee as we plan our

60-Year Legacy Alumni Zoom Reunion!



Class of:

1961-1965
1966-1970
1971-1975
1976-1980
1981-1985
1986-1990
1991-1995
1996-2000
2001-2005
2006-2010
2011-2015
2016-2020

Contact Andrew Balelo at
abalelo@mdchs.net



Dear Mater Dei Parents/Guardians,

Last week, Pope Francis delivered his Lenten message stating, "Lent is a time for believing, for welcoming God into our lives and allowing him to make his dwelling among us." He later mentioned that Lent is a season of hope, when we should turn back to God. To read Pope Francis' full message, click [here](#).

It's hard to believe that it has been almost one year since we received our first stay-at-home order. We remain optimistic that we have weathered the worst part of the pandemic and remain hopeful that case rates will continue to decline. Last week the California Department of Public Health issued updated guidance on Youth Sports which will take effect on Friday. Once the case rate in San Diego County goes below 14 we will be able to begin athletic competitions in many of our sports. Currently the case rate in San Diego county is 22.2 and just three weeks ago it was 49.6. We will be sending more information in the near future about how the updated guidance applies to individual sports.

Next Monday, we will be sending our acceptance letters to the Class of 2025. We are excited about welcoming another 9th grade class of 250 students to the Crusader family, and we are working on plans to celebrate the current Class of 2021 who are finishing up a very challenging end to their high school career.

We appreciate your cooperation in following safety protocols both at home and on campus. Please, let's continue to be mindful of the important practices of wearing our masks, maintaining 6-foot distancing from non-household members and frequently washing our hands.

Thank you for your ongoing support.

Sincerely,

John Rey, CPA, CFP®

President

Mater Dei Catholic High School

Mater Dei Juan Diego Academy

Important Announcements

Deadline for Scholarships – Extended

There are several need-based scholarships offered to Mater Dei students. Check out the list and apply to any that your student may qualify for. The first set of application deadlines is coming up April 16, 2021.

[Apply Now](#)

Senior Parents: Yearbook Ads for Your Grads!

Senior Parents! The time has come. You can purchase a portion of the yearbook to feature your class of 2021 graduate. Prices will remain the same until February 19th. After that date, if there is still space remaining, prices will rise one more time and remain for sale until February 29th at the latest. To order go to YearbookOrderCenter.com and use our school code 8455 (or search for Mater Dei Catholic, but be sure to select the one in Chula Vista). If you have any questions, please contact Ms. Peck (cpeck@mdchs.net).

SAT for Juniors – Deadline Extension

We will be hosting a SAT School Day test administration at Mater Dei Catholic High School on Wednesday, March 24th for MDCHS students only. This is a special opportunity that College Board has created for high schools due COVID-19 restrictions. We strongly encourage all Juniors to take advantage of this opportunity, as many colleges/universities have not yet publicized their admissions policies regarding standardized testing for the Class of 2022. Therefore, we are very excited to be able to offer this opportunity for MDCHS students ONLY.

The cost of the exam is \$52. Registration and payment for this special SAT seating is only through Mater Dei Catholic. Students **DO NOT** need to register through the College Board website to take the test. **If you would like for your student to take the SAT, please register by March 12, 2021.**

If you have any questions, feel free to reach out to your son/daughter's counselor.

[Register Now](#)



Last year our Career Day was a huge success! This year we are excited to host a Virtual Career Day on Wednesday, April 21, 2021. We are looking for volunteers who would like to participate in our event. This is an opportunity to make a difference in our school community, and to inspire and motivate our students. You will be asked to share your college and career path and give advice to our current students looking to pursue a career in your field. The commitment will be from 9:30-11:30am, and the event will be virtual. We will be communicating details and logistics of the event as the date approaches. If you are interested, please register here.

[Register Now](#)

MD Café Reminder

The MD Café offers food options for students delivered right to their classroom during snack break in 3rd or 6th block. Visit the [website](#) to place an order.

COVID-19 Symptoms

If anyone in your household is experiencing COVID-19 symptoms, tests positive for COVID-19, has been identified as a close contact, or if you have questions about sending your student to campus, please contact our Nurse, Lisa McDonald at lmcdonald@mdchs.net.

Upcoming Dates

February 29, 2021
Senior Yearbook Ads Due

March 15 and 19, 2021
(Cohort A and Cohort B)
March 17 (Online)
Junior Retreat

March 24, 2021
SAT Testing

**March 29 – April 9, 2021
Easter Break**

**April 16, 2021
Scholarship Deadlines**

**April 21, 2021
Virtual Career Day**

Important Links

[Virtual Open House Video –
Oct. 29, 2020](#)

[Student Safety Pledge](#)

[Student Expectations](#)

[Mater Dei Catholic COVID-19
Prevention Program \(CPP\)](#)

[Athletics Physical Form](#)

[100% Distance Learning
Opt-In Form](#)

[Crusader Connection](#)

[Reopening Plan](#)

[Parents in Prayer Zoom](#)

[Technology Form](#)

[Tech Information](#)

[Student Parking Pass](#)

[Winter Awards Recipients](#)

Athletic Update

Important Athletic Update

Dear Mater Dei Athletes,

Mater Dei Catholic will be implementing new requirements for student athletes, as directed by Diocese of San Diego and San Diego Dept of Education. This screening is for student athletes who have been diagnosed with the virus that causes Covid-19, regardless of time frame. This is in addition to the sports physical you may have already provided. If your student is participating in sports, they **MUST** obtain clearance from their students' healthcare provider before being allowed to participate in athletics, including conditioning.

This screening has been recommended based on studies by the American Academy of Pediatrics and American Academy of Cardiology. These studies have identified that in RARE occasions, some student athletes with a history of Covid-19 may have experienced a change in their heart health. Even though this is rare, our students' safety is our priority and we always act out of an abundance of caution. If you have any questions please feel free to contact the



school Nurse, Lisa McDonald, Paul Battillo our Athletic Trainer or Mr. Jared Izidoro, the Athletic Director. If applicable, a form will be sent to you that you can take/send to your healthcare provider for evaluation. It is also included below.

***If your student has been diagnosed with Covid-19 as described above, and you have not reported it to the school, please do so immediately, regardless of whether the student is in Distance Learning or Hybrid. Please submit the positive test to the school nurse, Lisa McDonald.

COVID Return to Play Form

ON CAMPUS SCHEDULE

**Note: Golf will practice at Bonita Golf Course.
Contact Coach Alex Valenzuela for details.**

Season 1 Practice

Cross Country, Track, Swimming, Tennis (Tryouts)

Practice is limited to sports that can begin based on CIF and county health guidelines. Athletes can participate with their teams as cohorts. You must be cleared with a physical through Mrs. Alvarado.

Monday 2/22	Tuesday 2/23	Wednesday 2/24	Thursday 2/25	Friday 2/26
Cross Country 1-3p (Lecture Hall)	Cross Country 1-3p (Lecture Hall)	Cross Country 1-3p Location TBD	Cross Country 1-3p (Lecture Hall)	Cross Country 1-3p (Lecture Hall)
Swimming 1:30-3p (Pool Deck)	Swimming 1:30-3p (Pool Deck)	Swimming 1-3p (Pool Deck)	Swimming Meet 2pm vs High Tech HS (Pool Deck)	Swimming 1:30-3p (Pool Deck)
Track & Field 1:30-3p	Track & Field 1:30-3p	Track & Field 1-3p	Track & Field 1:30-3p	Track & Field 1:30-3p
Tennis 1:30-3p (Tryouts by sign up only)	Tennis 1:30-3p (Tryouts by sign up only)			

Season 1 Conditioning

Football, Volleyball, G. Lacrosse

Conditioning is limited to sports not allowed to begin practice based on CIF and county health guidelines. Activities are limited to non-sport specific conditioning. Athletes must stay in their designated cohorts to participate. You must be cleared with a physical through Mrs. Alvarado.

Monday 2/22 Cohort A	Tuesday 2/23 Cohort A	Wednesday 2/24 Cohort C	Thursday 2/25 Cohort B	Friday 2/26 Cohort B
Football 1-3p	Volleyball 1-2:15p	Football 1-3p	Football 1-3p	Volleyball 1-2:15p
Report to Lunch Tables After School	G. Lacrosse 1-3p	Volleyball 1-2:15p	Report to Lunch Tables After School	G. Lacrosse 1-3p
	Report to Lunch Tables after school	G. Lacrosse 1-3p		Report to Lunch Tables after school

Purple Tier Sports Start Dates

G. Golf: Feb. 8
 B. Golf: Feb. 16
 Track and Field: Feb. 16
 Tennis: Feb. 22

Conditioning Start Dates

Girls Lacrosse: Feb. 23
 Baseball: Postponed until further
 notice
 Softball: Postponed until further
 notice

Make sure your physical is up to date and contact your coach!

California Department of Health and CIF San Diego Section have updated their guidelines for Outdoor Sports. The administration will be discussing these changes and will update students and parents soon. If you are interested in playing any sports, please contact the head coach.

Coaches' Contacts:

Golf: Alex Valenzuela avalenzuela@mdchs.net
 Track and Field: Carla Bray cbray@mdchs.net
 Cross Country: Carla Bray cbray@mdchs.net
 Swimming: Kevin Smith ksmith@mdchs.net
 Tennis: Jose Oropeza joropeza@mdchs.net
 Baseball: Ed Johnson ejohnson@mdchs.net
 Softball: Mike Centrullo mcentrullo@mdchs.net
 Football: John Joyner jjoyner@mdchs.net
 Girls Lacrosse: Claire Johnson cjohnson@mdchs.net
 Boys Lacrosse: Andy Barrios rbarrios@mdchs.net
 Girls Soccer: Oscar Flores oflores@mdchs.net
 Boys Soccer: Jorge Zavala jzavala@mdchs.net
 Girls Water Polo: Jennie Charlesworth jcharlesworth@mdchs.net
 Boys Water Polo: Jennie Charlesworth jcharlesworth@mdchs.net
 Girls Basketball: David Monroe dmonroe@mdchs.net
 Boys Basketball: Jason Bryant jbryant@mdchs.net
 Boys Volleyball: Marissa Ritchie mritchie@mdchs.net
 Wrestling: Justin Martin jmartin@mdchs.net

Tennis Tryouts

Monday, February 22 to
 Friday, February 26

[Sign Up Now](#)



MATER DEI COED TENNIS TRYOUTS



-MONDAY 02/22 TO FRIDAY 02/26 1:15 PM TO 3:00PM

-STUDENTS TRYOUT THE DAY OF THEIR SCHEDULE COHORT

**MON/ TUE STUDENTS IN COHORT A (A-LI)
THU/FRI STUDENTS IN COHORT B (LO-Z)
WEDNESDAY DISTANT LEARNERS**

- SIGN UP FOR TRYOUTS BY EMAIL , ONLY 16 SPOTS AVAILABLE PER DAY .

JOIN OUR INFO ZOOM MEETING ON TUESDAY 2/16 AT 6:00 PM

**MEETING ID 98251475805
PASSCODE. CRUSADERS**

Info and Tryouts : joropeza@mdchs.net

Please contact me or your coach if you have any questions.

**Jared Izidoro
Athletic Director**

Campus Ministry Update

Ash Wednesday

Last week we kicked off Lent by celebrated Ash Wednesday Mass on campus. We distributed ashes through a safe, no-touch method using Q-Tips and following all safety guidance.



Junior Retreat

Dates for the Junior Retreat have changed. Please save the dates:

Cohort A – March 15

Virtual – March 17

Cohort B – March 19

Need Prayer?

Students who need prayer, please send your prayer intentions to intentions@materdeicatholic.org.



Parents in Prayer

Mondays at 8:30am

[Zoom Link](#)

Meeting ID: 980 7359 4520

Passcode: 1L0p1P

Counseling Updates

Upcoming Course Selection Counseling Meetings

The Counseling Department will be meeting via Zoom with students to select their courses for the next school year. Meetings for Freshmen began Tuesday, January 19, 2021, Sophomores began Monday, February 8, 2021 and Juniors will begin on March 1, 2021. Juniors and their parents must schedule an appointment via Calendly with their counselor. If you have not scheduled your 11th grade Counseling appointment, please click on the appropriate link below.



Student's Last Names A-E

Please schedule your appointment with Mrs. Luna

[Schedule Your Appointment Now](#)



Student's Last Names F-Li Aquinas Students and Amerigo Students

Please schedule your appointment with Mr. Murillo

[Schedule Your Appointment Now](#)

Student's Last Names Lo-Q

Please schedule your appointment with Mrs. Meda

[Schedule Your Appointment Now](#)



Student's Last Names R-Z
Please schedule your appointment
with Mrs. Puschendorf

[Schedule Your Appointment Now](#)

Tutoring

Tutoring is available throughout the week. Please click [here](#) to see the [schedule](#).



6 Tips to Help Avoid Burnout

- 1 Be organized.** Have a planner and schedule your daily and weekly activities. This way, you can plan ahead and see what tasks you have to complete on a daily/weekly basis. By having an organized schedule, you will know all of your responsibilities for the day/week.
- 2 When you are studying, remember to take small breaks.** This will help replenish your brain and reenergize you.
- 3 Get plenty of sleep.** This will help you feel refreshed and ready to take on whatever tasks you have at hand.
- 4 Exercise.** Take at least 30 minutes per day to exercise. This will help increase your energy and sharpen your focus. Here are some ideas: take a walk, jump rope, run in place, do squats, lunges or jumping jacks, vacuum or clean your room.
- 5 Eat healthy foods.**
- 6 Make some "me" time.** Celebrate the small victories that you have accomplished throughout your day/week. This "me" time can help you rejuvenate.

Mater Dei Catholic High School • 1615 Mater Dei Drive, Chula Vista, CA 91913 • 619-423-2121 • www.mdcchs.net

OTHER USEFUL TIPS:

[Counseling Tips for Taking Tests](#)
[Tips On How to Help Manage Stress](#)



ASB Announcements



MD T-Shirt Sales

The winning t-shirt design is now on sale on the school's online store. Make sure to buy your shirt before it's too late! (Sizes XS-XXL)

Saturday, February 20th - Friday, March 5th = \$15

Saturday, March 6th - Friday, March 12th = \$20

[Shop Now](#)

The 2021 Virtual Photography Contest

All students are encouraged to join the 2021 Virtual Photography Contest sponsored by ASB. Students can submit appropriate photos in the categories

of food, nature, people and urban areas to asb@materdeicatholic.org. All photos must be submitted by February 26, 2021 at 2pm. The winner will receive a \$25 Amazon gift card.

Lenten Blanket Drive

MDCHS Junior Optimist Club and Theology department are joining efforts to support the Alpha Project with a Lenten Blanket Drive from February 17 – March 5, 2021. Students who donate blankets will receive extra credit in their Theology classes. The Alpha Project is a non-profit organization that provides goods and services to the local homeless community in San Diego. Hybrid learners can drop off blankets in their Theology classes. Distance learners will have an opportunity for a drive-thru drop off on March 3, 2021 from 1:00-2:30pm.

News from VAPA

Studio Art Students Are Amazing!



Sydney MacDonald '23



Milannia Gomez '23

Advancement News

60-Year Legacy Alumni Zoom Reunion!

60 share the love
YEARS **MD**



We are planning an evening of fun to celebrate our 60-Year Legacy with our community of Alumni. Please help us capture alumni emails so we can be sure not to miss anyone. Thanks for forwarding this link to any of your alumni friends!

[Stay Connected!](#)

Crusader Alumni in the News

Congrats to Alyssa Garcia '19 who hit her first career home run for the UCLA Bruins last week!



Amazon Smile

Please consider helping our school by making your Amazon purchases through Amazon Smile! With Amazon Smile, your everyday purchases can make a difference for other Mater Dei families who are struggling.

Help us continue to build our programs at Mater Dei through your everyday purchases. Amazon Smile will donate 0.5% of the price of your eligible Amazon purchases to the Mater Dei Catholic Fund when you use the link below. Please select Mater Dei Catholic High School of San Diego.

amazonsmile
You shop. Amazon gives.

[Shop Amazon Smile](#)

Mater Dei Family-Owned Business Shout-Out



Let us support you by promoting your family-owned business (restaurant, store, etc.) and sharing that you are “open for business” to our extended Mater Dei family. Please fill out this form:

[Sign Up Now](#)

SUPPORT OUR MISSION

We exist to inspire and educate the hearts, minds and souls of our students.
Please join us in supporting our mission.

[Give Now](#)

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[Covid-19 Update](#)

[Distance Learning](#)

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