



PALMA SCHOOL
KNOWLEDGE • SERVICE • LEADERSHIP

919 Iverson Street, Salinas, CA 93901 | 831.422.6391 | palmaschool.org



Palma School Newsletter

A monthly newsletter for the parents of Palma

JUNE 2023



- Letter from the Principal
- CSF Life Membership
- Chieftain Athletics
- Guidance Department
- 2023-24 Academic Calendar
- Summer Reading List
- Summer School
- Freshman Football
- Free Student-Athlete Physicals
- Cross & Shield

SUMMER @ PALMA SCHOOL

CO-ED SUMMER SCHOOL
FOR GIRLS AND BOYS
ENTERING GRADES 6-12

SEE PAGE 10

SAVE THE DATE Yearbook Pickup and Signing Party June 28th

Look for detail updates
in your email

Easy Ways To Support Palma

- **Include Palma in your prayers**
Prayer is the driving force behind many positive outcomes. Pray for our boys and our school.
- **Tell your friends, neighbors and co-workers**
The most effective voice for Palma is yours. Talk to people about Palma and invite them to events.
- **Shop on Smile.Amazon.com**
It is the same Amazon website except 0.5% of your purchase dollars will be donated to Palma.
- **Include Palma in your estate plans**
Leave a lasting legacy for future generations of Chieftains by including Palma in your estate planning or as part of a charitable IRA rollover gift.

Be powerful. Be a Chieftain.



Questions, comments or suggestions: please email marketing@palmaschool.org



From the Principal

Have a safe
summer vacation
filled with many
opportunities for
recreation!
God bless you and
your families.

June 1, 2023

I hope that the summer days ahead bring our Chieftains much peace and rejuvenation as they prepare for **knowledge, service and leadership** in the fall 2023. "Time off" is good for our growth and maturity; it affords opportunities for our young men to exercise some freedoms and responsibilities, and to earn trust for good decision-making. It should also be noted, however, that our sons need to be guided on how to spend that down time. As parents we should know where and with whom they are. We should know their friends and their families. They need to be encouraged to keep busy about good and purposeful work.

Please consider some important realities* to which our sons are exposed today and especially during summers:

- 40% increase in first-time use of marijuana during June and July; the number of drinkers and cigarette smokers also jumps during the summer
- 10,000,000 American junior and senior high school students admit to drinking monthly
- 79% teens report that being drunk/high feels good
- 67% teens say drinking/drug use helps them forget problems
- 66% teens succumb to peer pressure ("others do it")
- 47% teens say they have nothing better to do
- the best predictor of risky sexual behavior is alcohol and/or drug use
- many teens who drink report that they buy their own alcohol or get it from mom/dad
- nearly 50% of teen fatalities from car crashes involves alcohol
- 30% of California 11th graders reported either driving a car after drinking or being in a car driven by another who had
- car crashes are the leading cause of death for young people aged 15-20; when combining most teens' inexperience on the road with risk-taking behavior and any use of any drug or alcohol, this results in a high risk for disaster

There are even more staggering statistics and research on the exponential growth of vape pens, and other drug-laced tobacco burning devices that create interest among our youth.

Illicit use of controlled substances, alcohol, and narcotics are, for some people, a very attractive means to social gains, popularity, parties, and attention from the opposite sex. Our sons need to be reminded of the empty illusions that these substances portray. They need to have conversations with parents, mentors, teachers, and coaches who can call their attention to the regrets, the mistakes, lack of motivation, insidious behaviors, even illegal activity that so often accompany inappropriate / illicit use of such substances.

Do you have an adolescent in your life about whom you suspect there might be a problem? Have a conversation about what you are observing — do NOT wait until the issues become life altering. You can help by simply asking the questions. Asking for help is really the hardest step. A healthy soul frees and forms a healthy mind; and a healthy mind disciplines a healthy body. Have a safe summer vacation filled with many opportunities for recreation! God bless you and your families. *Go Chieftains!*

Yours in Blessed Edmund Rice,

Mr. David J. Sullivan
Principal

**2010 statistics by the Community Hospital of the
Monterey Peninsula's Clint Eastwood Youth Program*



CSF *California Scholarship Federation*



Congratulations to these graduates who met the requirements for CSF Life Membership!

Kyle Abendano-Real	Salvatore Cina	David Hodges	Owen Sargenti
Marc Asuncion	Matthew Cortez	Matthew Iverson	Anthony Secondo
Pierce Balestrieri	Henry Cremers	Adan Magaña	Sebastien Trinidad
Henry Brown	Jhovanni Cruz-Chavez	Carl Nielsen	Logan Umbarger
Blake Butler	Elias Farotte-Kruchas	Suyesh Niraula	Brendan Watson
Uriel Chavez	Aidan Freeman	Noah Olszanowski	Daniel Westing
Caleb Chung	Logan Guerini	Tatum Sanders	

Life Members have qualified and applied for membership to CSF based on grades earned during four of their sophomore, junior, and senior semesters, one semester of which must be during senior year. CSF Life Members were able to wear gold CSF cords at the graduation ceremony and also have the official CSF gold seal affixed to their diplomas.

High school students should watch for the CSF membership drives in September and February of each school year. Students become eligible to apply after the first semester of freshman year and must reapply for membership each semester.

Class of 2023 Palma High School Distinguished Scholars

After a review of spring-semester grades and other criteria, Palma is pleased to announce that the following graduates have met the requirements to be recognized as Distinguished Scholars of the class of 2023. These students were recognized at graduation with plaques and honor cords. Their diplomas have also been affixed with a special seal, and their custom transcripts, which are being sent to colleges, clearly indicate their stellar efforts.

STEM+ Scholar Program

Marc Asuncion
Henry Brown
David Hodges
Matt Iverson
Carl Nielsen

Excellence in the Humanities Scholar Program

Marc Asuncion
Caleb Chung
David Hodges
Matt Iverson
Suyesh Niraula
Brendan Watson

Certified Bilingual Scholar Program

Marc Asuncion
Caleb Chung
Elias Farotte-Kruchas
Suyesh Niraula

The scholar programs recognize qualifying students for their mastery of a rigorous curriculum as indicated by the courses they take, the grades they earn, and their passage of Advanced Placement Exams. The programs are distinctions beyond the high achievement that already signifies a Palma High School diploma. Those interested in learning more about the scholar program should contact Mr. Viarengo.



Chieftain Athletics

Mr. Rob Bishop

x229

bishop@palmaschool.org

Go Chieftains!

Time to light up the night again

Last year a whole lot of volunteers had a whole lot of fun working our fireworks booth. This is a good fund raiser to start out the new school year and gives us great visibility in the community. Please consider signing up for a short, three-hour shift. The booth will be open from noon until 9:00pm on Wednesday, June 28th, then from 9:00am to 9:00pm Thursday, June 29th through Tuesday, July 4th. The booth will be located on North Davis in the Carl's Jr. parking lot.

Sign up for a shift

Celebrate the 4th of July
Support Palma Athletics



**with Fireworks from the
Palma Fireworks Booth!**

June 28th-July 4th
Carl's Junior Parking Lot
North Davis Avenue, Salinas
open daily until 9 pm

Volunteer and have some fun

This summer, Palma Athletics will be returning to satisfy the tri-tip cravings of fans at the California Rodeo, July 20th through 23rd. I will be sending an email with more details and sign up opportunities. Please consider helping on a shift.



Sports schedules — get the app

How do you keep up with all of the schedules and scores with so many varsity sports? Download the app, of course! Download the *GoChieftains* app from the Apple App or Google Play stores. The app will provide schedules, rosters and the most up-to-date scores.

Palma Athletics on Instagram

Did you know Palma Athletics has an Instagram page? View photos from our athletic games and fund raisers. Check it out at [instagram.com/palmaathletics](https://www.instagram.com/palmaathletics).



For all of your daily athletic updates please follow me on twitter at [@Coach_Rbishop](https://twitter.com/Coach_Rbishop).

I tweet upcoming game times for all sports each week as well as results and other fun information regarding Palma Athletics.

My heart-felt thanks to all of the volunteers who gave their time to make the 2022-2023 sports season happen. Your involvement with athletics is appreciated by our faculty, staff and especially our student-athletes.

— Mr. Rob Bishop

GET YOUR OFFICIAL PALMA GEAR HERE



Guidance Department

Ms. Irina Short, Chair

x242

short@palmaschool.org

Have a great summer!

The class of 2023 is off to college!

Another year is nearly in the history books! It's time for our graduates to begin the experiences of life after high school. Once again, Palma graduates are continuing their education across the nation. This year's class has selected a truly diverse collection of colleges and universities. Our 2023 grads can be found on a total of eight different CSU campuses: Chico, Cal Poly San Luis, Monterey Bay, Sacramento, San Jose, Cal Maritime, Stanislaus and San Marcos. Our students will also be attending four different UC campuses: Davis, Los Angeles, Santa Barbara, and Santa Cruz. Palma grads are also on their way to other great colleges across the country like: Arizona State, Butler University, High Point University, Menlo College, Montana Tech University, Northeastern, Pepperdine, Purdue, Saint Mary's College, Seattle University, Simpson University, SMU, U.S. Air Force Academy, University of Arizona, University of Montana, University of San Diego, University of San Francisco, and the University of St. Thomas. Our students will also be attending several community colleges: Cabrillo College, College of the Sequoias, Gavilan College, Hartnell College, Monterey Peninsula College, San Antonio College and West Valley College.

The keys to success

In the fall, returning students and parents should continue to take advantage of Palma's outstanding web-based guidance program called SCOIR. It is an online research and planning tool for Palma students, parents, and guidance counselors. The website manages individual students as they move through the entire college planning, application, and decision process. Through SCOIR, counselors and students can communicate about pending deadlines and receive important notices directly. SCOIR is an important resource for college and career planning and can assist the student in making informed decisions about his future. SCOIR allows you to search for colleges, compare academic stats, research careers and find

scholarship opportunities. In addition, SCOIR allows you to see how you compare with Palma alumni who applied to your favorite colleges in the past, monitor your applications, prepare a resume, ask for letters of recommendation, and find scholarships. Parents are encouraged to create their account in SCOIR to link to their son's account.

D's in college prep courses just won't cut it

Four-year colleges and universities will only accept grades of "C" or better to meet college prep course requirements for admission. If your son is planning to attend a four-year college, he must make-up any deficiencies prior to graduation. Students taking summer school courses to make-up D's and F's are reminded that passing a 5-credit course during summer school will only replace one 5-credit semester grade (not the entire year). In other words, a student failing both semesters of Algebra would need to register for (and pass) 10 credits of Algebra prior to graduation. Also, remember that universities require that incoming college freshman need at least two years of credit in the same foreign language. This means that a student who completed one year of Latin and one year of Spanish has not met that requirement. The CSU and the University of California require completion of one year (10 credits) of a visual or performing art prior to graduation. Palma students have a number of options for accomplishing this requirement.

Junior monthly reminder

- Continue to explore colleges and financial aid opportunities
- Look into summer programs, workshops, internships, or jobs
- Continue to work on your common application and essays
- The Common Application opens up on August 1st for private and out-of-state applications
- The UC Application opens up on August 1st

2023-2024 PALMA SCHOOL ACADEMIC CALENDAR

Doctor appointments, college visits, family vacations, etc. should take place outside of school times or on school holidays — not during scheduled school days. This academic calendar is provided to assist families with vacation schedules so as not to conflict with school attendance. All of these dates are official as of June 1, 2023.



AUGUST 2023						
Su	M	T	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
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27	28	29	30	31		

SEPTEMBER 2023						
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OCTOBER 2023						
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NOVEMBER 2023						
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DECEMBER 2023						
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24/31	25	26	27	28	29	30

SPECIAL EVENTS

Th Aug 10 Attendance Mandatory: ALL Grade Levels Orientation
 F Aug 11 First Day of Classes
 S Aug 12 Red & Gold Family Day
 T Aug 15 Solemnity of Assumption of Mary Mass, per. 1-3
 F Aug 18 Taste of Palma Mixer for Parents & Staff, 6-8pm
 W Aug 30 Back-to-School Night in BDH, 6pm
 W Nov 1 All Saints Mass, per. 1-3
 Su Nov 5 Palma Admissions: Open House
 Su Nov 12 Fall Sports Awards Program in the Gym
 T Nov 28 Giving Tuesday
 F Dec 8 Feast of the Immaculate Conception Mass, per. 1-3
 T Dec 12 Misa de La Virgen de Guadalupe, BER Chapel, TBD
 M-W Dec 18-20 Fall Semester Final Exams; Special Schedule
 S-Su Jan 28-Feb 3 National Catholic Schools Week
 T Jan 30 Fall Semester Honor Roll Program, 5:30pm
 W Feb 14 Ash Wednesday Mass, per. 1-3
 Th May 2 Founder's Day Mass & BBQ / Chieftain Giving Day
 Su May 19 Winter & Spring Sports Awards Program in the Gym
 T-Th May 21-23 Spring Semester Final Exams; Special Schedule
 Th May 23 8th Grade Graduation Mass in BER Chapel, 5pm
 F May 24 Senior Baccalaureate Mass at Madonna Del Sasso, 9am
 F May 24 Junior High Graduation in the Gym, 5pm
 Su May 26 Senior High Graduation at Sherwood Hall, 10am

NOTABLE DATES

W Sep 13 First Quarter Progress Reports
 F Oct 10 End of First Quarter
 W Oct 11 First Quarter Report Cards
 W Nov 8 Second Quarter Progress Reports
 Th Dec 21 End of Second Quarter/Fall Semester
 Th Jan 11 Second Quarter Report Cards
 W Feb 14 Third Quarter Progress Reports
 F Mar 8 End of Third Quarter
 W Mar 13 Third Quarter Report Cards
 W Apr 17 Fourth Quarter Progress Reports
 M-F May 6-17 AP Exams
 F May 24 End of Fourth Quarter/Spring Semester
 F May 31 Fourth Quarter Report Cards

NO CLASSES DAYS

M Sep 18 Professional Growth Day
 M Oct 9 Indigenous Peoples Day / Quarter Break
 M-F Nov 20-24 Thanksgiving Week Vacation
 Th Dec 21 Exam Correction Day
 F Dec 22 Christmas Vacation (through Jan. 5, 2024)
 Th-M Feb 15-19 Winter Break
 W Mar 13 St. Patrick's Luncheon
 F Mar 29 Easter Vacation (through Apr. 5)
 F May 3 Founder's Day

SCHOOL CLOSED

M Sep 4 Labor Day
 Th-F Nov 23-24 Thanksgiving
 M Dec 25 Christmas Day
 M Jan 1 New Year's Day
 M Jan 15 Dr. Martin Luther King, Jr. Day
 M Feb 19 Presidents Day
 F Mar 29 Good Friday
 M May 27 Memorial Day

JANUARY 2024						
Su	M	T	W	Th	F	Sa
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FEBRUARY 2024						
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MARCH 2024						
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APRIL 2024						
Su	M	T	W	Th	F	Sa
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MAY 2024						
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

2023 Summer Reading List

Page 1 of 3

Students entering the following grades in the fall of 2023 are **required** to read the books listed under classes they will be taking.

All students will be assessed early in the first quarter. Books can be purchased at online booksellers either as physical books or e-books, unless otherwise stated. This summer reading list (covers are linked to purchase on Amazon.com) can also be found on the

Palma website under Quicklinks. All students entering grades 6 through 9 read the same books for their grade level.

Students in grades 10 through 12 read the same book for social studies at their grade level but should note the English class on the hard copy of the list of course requests mailed home in April to make sure they read the correct book(s) for that class.

**Books may be purchased from other sources. Covers may not match those shown here. Match ISBNs to ensure correct book and/or edition.*

Language Arts 6



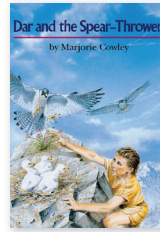
Grade 6

City of Ember

Jeanne DuPrau

ISBN 9780375822742

History 6



Grade 6

Dar and the Spear Thrower

Marjorie Cowley

ISBN 9780395797259

Language Arts 7



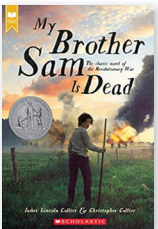
Grade 7

Theodore Boone: The Activist

John Grisham

ISBN 9780142423097

American History 7



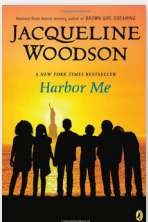
Grade 7

My Brother Sam is Dead

James Lincoln Collier & Christopher Collier

ISBN 9780439783606

Language Arts 8

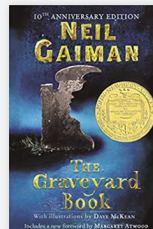


Grade 8

Harbor Me

Jacqueline Woodson

ISBN 9780525515142



Grade 8

The Graveyard Book

Neil Gaiman

ISBN 9780060530945

English IA and English I Honors

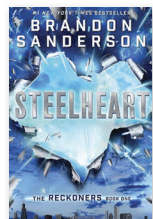


Grade 9

Fahrenheit 451

Ray Bradbury

ISBN 9781982102609



Grade 9

Steelheart

Brandon Sanderson

ISBN 9780385743570

2023 Summer Reading List

Page 2 of 3

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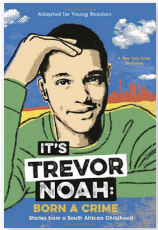
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English II



Grade 10

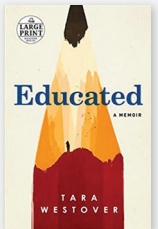
***It's Trevor Noah —
Born a Crime***

(Adapted for Young Readers)

Trevor Noah

ISBN 9780525582199

English II Honors



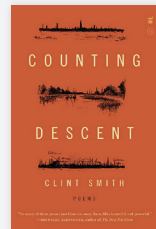
Grade 10

***Educated:
A Memoir***

Tara Westover

ISBN 9780399590504

Please purchase a physical copy of this book; it will be used in class



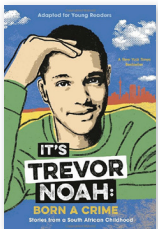
Grade 10

Counting Descent

Clint Smith

ISBN 9781938912658

World History



Grade 10

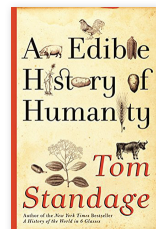
***It's Trevor Noah —
Born a Crime***

(Adapted for Young Readers)

Trevor Noah

ISBN 9780525582199

AP World History



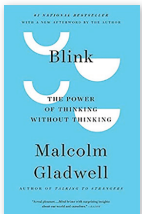
Grade 10

An Edible History of Humanity

Tom Standage

ISBN 9780802719911

AP Psychology



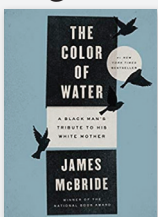
Grade 10

Blink

Malcolm Gladwell

ISBN 9780316010665

English III



Grade 11

The Color of Water

James McBride

ISBN 9781594481925

2023 Summer Reading List Page 3 of 3

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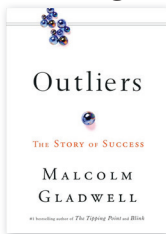
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AP English Language and Composition



Grade 11

Outliers: The Story of Success

Malcolm Gladwell

ISBN 9780316017930



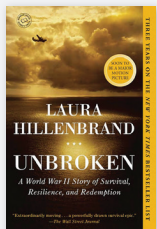
Grade 11

Scythe

Neal Shusterman

ISBN 9781442472433

U.S. History and AP U.S. History



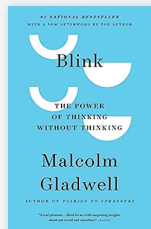
Grade 11

Unbroken

Laura Hillenbrand

ISBN 9780812974492

AP Psychology



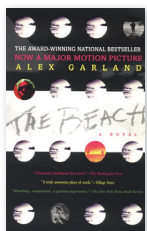
Grade 11

Blink

Malcolm Gladwell

ISBN 9780316010665

English IV



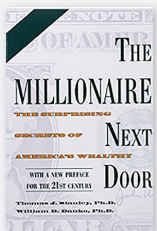
Grade 12

The Beach

Alex Garland

ISBN 9781573226523

Gov't/Econ and AP Gov't & Pol.



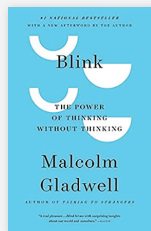
Grade 12

The Millionaire Next Door

Thomas J. Stanley & William D. Danko

ISBN 9781589795471

AP Psychology



Grade 12

Blink

Malcolm Gladwell

ISBN 9780316010665

AP English Literature and Composition

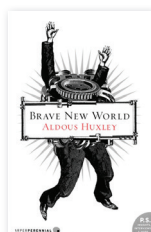


Grade 12

One Flew Over the Cuckoo's Nest

Ken Kesey

ISBN 9780143105022



Grade 12

Brave New World

Aldous Huxley

ISBN 9780060850524



Summer School 2023

Summer school classes will begin on Monday, June 5th and run through Friday, July 7th.

There are two daily sessions

Session I is scheduled to run Monday through Friday from 8-10:30 am and Session II is scheduled from 10:35 am-1:05 pm. Most summer classes award five units (one semester's worth) and are designed to allow students who struggle in a given subject to make up grade deficiencies or to work on improving skills. Geometry Honors allows students to earn 10 units (two semesters' worth) and advance to Algebra II/Trigonometry in the fall. This class runs throughout both daily sessions. Enrollment in Geometry Honors is limited and requires

approval from a student's current math teacher. Theology-review courses are independent study, with periodic meeting times arranged with the instructor; other course offerings may also be available as independent study per arrangement with the summer school director and the individual instructor.

Classes are coed and are open to all students in our community. Courses are offered pending student interest and sufficient enrollment.

To see the complete list of classes or to register, please click on the links below.

[Click here for the summer school information](#)

[Click here to register](#)



First Day of Frosh Football

Saturday, August 5th, 9:00-11:00am

Please wear T-shirts, shorts, and football cleats to the first practice.
Equipment will be handed out after practice that day.

FRESHMEN DO NOT GET CUT FROM THE FOOTBALL TEAM

All freshmen are invited to take advantage of the summer strength and conditioning program at Palma!

Summer Conditioning (Mon-Wed-Fri beginning May 31st)

Session 1 — Linemen/TEs/LBs/Summer School Students

6:00-7:00am - Strength in the weight room

7:00-8:00am - Speed/Conditioning

8:00-9:00am - Practice

Session 2 — QBs/RBs/WRs/DBs

7:00-8:00am - Strength in the weight room

8:00-9:00am - Practice

9:00-10:00am - Speed/Conditioning



MSJ Holding Series of Free Student Athlete Physical Exams Starting on June 10th



Monterey Spine & Joint (MSJ) will be hosting a series of free sports physical exam events for our local community student athletes. These exams are aimed at helping them prepare for the upcoming school year and ensuring their overall athletic success.

Date and Location: The first event will take place on Saturday, June 10th at the Physical Therapy Clinic at Ryan Ranch – South Campus, located at 21 Lower Ragsdale Drive, Monterey.

Attending Physicians: Our experienced Sports Medicine Physicians, Dr. Anderson, Dr. MC Howard, Dr. Gularte, Dr. Patibanda, Dr. Bernstein, and Dr. Farac, will be present to conduct these physical exams.

Importance of Sports Physical Exams: Not only are these exams required for team sport participation, but they are also highly recommended. The primary goal of the exam is to identify any physical conditions that may pose a risk of injury during the sports season. By detecting such conditions early on, we can take preventive measures to avoid potential injuries.

Event Dates and Times: We have scheduled a series of five student athlete exam events throughout the summer. The dates for these exams are as follows:

Saturday, June 10 | Saturday, June 24 | Saturday, July 15 | Saturday, July 29 | Saturday, August 5

Each event will run for three to four hours, providing ample time for examinations.

Open to All Student Athletes: These exams are open to student athletes from all academic sports teams in the area, as long as they bring their sports physical form with them.

SIGN UP FOR A SPECIFIC DATE

We encourage you to secure your preferred date early, as slots are expected to fill up quickly.

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