



# SCHOOL TALK

✝ NOLAN CATHOLIC HIGH SCHOOL

2023-2024

September 15, 2023

Edition no. 5

*“All the different sports have different movements, but it all comes together. The vertical jump, the timing, the footwork - that's from basketball. I wouldn't be half the athlete I am, if I didn't play all those sports.”*

- Haylie McCleney, Team USA Softball

Dear Viking Families,

Jim Thorpe, Bo Jackson, Deion Sanders, Allen Iverson, Tim Tebow, Abby Wambach, Dwayne “The Rock” Johnson, Ronda Rousey, Sheryl Crow, Snoop Dogg, Lil Wayne....Why am I listing these famous people? What do they have in common?? They are, or were, among the many, who played multiple sports in high school or were involved in many different activities in their high school or college career.

At Nolan Catholic we want to continue to promote the “**AND**” athlete! “I play baseball, **AND** I play soccer.” “I march in the band **AND** play football.” “I am in the school musical **AND** I play volleyball **AND** softball.” Our example starts with our coaches: Coach Brown (volleyball, basketball), Coach Mechalske (soccer, golf), Coach Dover (football, basketball, baseball), Coach Blessing (basketball, tech theater), Coach Booth (baseball, football, soccer, basketball).

We live in an age where club teams, select teams, and even some high school coaches desire to have their athlete's year-round. This is not in the best interest of the student athlete.

College coaches desire athletes to be involved in multi-sports; college admissions directors love to see the multi-talented student apply to their university. Not all athletes desire to play in college, and quite frankly only 2% of high school athletes receive college scholarships. But multi-sport athletes have much to offer: they are experienced in varied coaching styles, they can adapt to listening and observational skills, they become well rounded, coachable athletes. It is beneficial and critical to an athlete's development that they receive feedback from multiple sources.

Texas A&M's head baseball coach targets multi-sport athletes when recruiting scholarship players. The head football coach at The University of Michigan has athletes field baseballs

and play soccer in order to evaluate them at his training caps. At Duke University the lacrosse coach wants his players to have played football in high school. Bottom line? At this time in our students' lives, they should be involved in as many activities as their schedule allows, whether that be sports or fine arts or another passion. Playing multiple sports helps to develop character, overall athleticism, prevent injuries, and find joy in the pursuit of their dreams!

Coach Aaron Mattox

Football, baseball, track, lacrosse, actor, musician

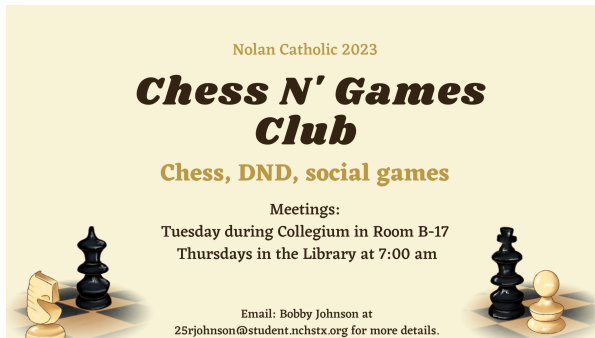
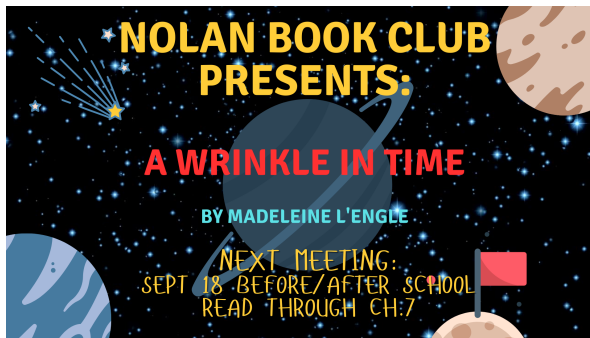
*(Thank you mom and dad for encouraging me to try everything, and for teaching me to stick with my commitments!)*

## Let's Go! Get Involved!



### Vikings for Life

If you are interested in joining the Pro-Life Club, please email Mrs. Thompson or the Pro-Life President, Sydnie Lovato, and we will add you to our contact list!



The Nolan Catholic Art Club is a group of students who enjoy art and fellowship. As a group, we work on collaborative projects that help to beautify our campus and art-related community service. The group meets once a week on WEDNESDAYS after school in the art studio. Active members enjoy field trips to museums and other art-related activities. To inquire about membership please contact Ms. Hamende, [vhamende@nchstx.org](mailto:vhamende@nchstx.org).

### POOR YORICK'S CORNER

Do you love music? Do you play an instrument or love to sing with others? Then join "Poor Yorick's Corner," a folk music club, where we will learn and jam to historic folk songs. We'll have fun and prepare for all-school winter bonfires (Surprise! More details on bonfires coming soon!).

**When:** Collegium period

**Day:** TBD

**Where:** Classroom TBD

**What to bring:** Your voice (if you are a singer), guitar, fiddle, banjo (if you have one), or small percussion instrument.



If interested, email [principal@nchstx.org](mailto:principal@nchstx.org).



**NOLAN CATHOLIC  
HIGH SCHOOL**  
**2023-2024 ADMISSIONS EVENTS**

**COFFEE TALK - 9:15 AM**

SEPTEMBER 22	DECEMBER 15
OCTOBER 20	JANUARY 26
NOVEMBER 17	

**CAMPUS TOURS - 6:00 PM**

OCTOBER 5	DECEMBER 7
NOVEMBER 2	JANUARY 11

**PARENT INFORMATION NIGHTS**

SEPTEMBER 27	NOVEMBER 8
OCTOBER 25	

**OPEN HOUSE**

DECEMBER 3

**SIGN UP FOR AN EVENT OR TOUR AT [NOLANCATHOLIC.ORG/EVENTS-AND-TOURS](https://www.nolancatholic.org/events-and-tours)**



[www.nolancatholic.org](https://www.nolancatholic.org)

**ADMISSIONS OFFICE**  
admissions@nchstx.org  
817.451.7486

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On your phone or tablet, navigate to the App Store or Google Play Store and search for "Nolan Catholic High School." After installing the app, you will be prompted to create an optional "User Profile." The Nolan app has an up-to-date official calendar, recent issues of *School Talk*, and portals. The app also provides a convenient link to our social media accounts, guidance office updates, frequently used forms, and much more.



## CAMPUS MINISTRY



# MOTHERS' MASS

**DATES:**  
 FRIDAY, SEPTEMBER 22, 7 AM  
 FRIDAY, OCTOBER 27, 7 AM  
 FRIDAY, NOVEMBER 17, 7 AM  
 FRIDAY, DECEMBER 15, 7 AM

Mass will be in our Nolan chapel, followed by baked goods, fruit, and coffee.

All mothers or grandmothers of students are invited and encouraged to attend. This is an opportunity for our mothers to come together, worship, and build relationships as a Nolan Catholic Community.

### Student Service Opportunities

All Service hours can be logged through x2Vol. Freshmen will be trained during their theology classes in September and will have an updated summer hours due date.

#### Viking Club Volunteering

- Service hours can be logged via x2Vol
- Use [this link](#) to sign up

#### Viking Pantry (Ongoing)

- Help stock snacks and water for your fellow Vikings! Donations can be delivered to Mrs. Bunt / Campus Ministry in room C20.
- Click [this link](#) for more information on what you can bring.

#### Partner School Volunteering

##### St George Catholic School

- [SGCS Fall Festival](#) – Sunday Oct. 8, from 8:00 AM – 4:00 PM.
- [SGCS GYM - Volleyball Tournaments](#) – Thursday Oct. 12<sup>th</sup> – Saturday Oct. 21<sup>st</sup>

##### St Andrew Catholic School

- [SAS Fall Festival](#) -Sunday Oct 8, from 11:00 AM - 3:00 PM

## Students: Check Points with the PBIS Rewards App

1. To check for personal points, students should download the **PBIS Rewards Student app** onto their phone or device.
2. Come to Mrs. Bunt room in c20 before or after school with your device to get your log in code. with your device to get your Teacher Code to log into the app
3. More details to follow about how parents can check their student's points!



## Parent Point Opportunities

### Viking Club Volunteering

- 5 Points towards your student's house for each event where you volunteer
- [Sign up here](#)

### Friday Adoration- 9/22, 9/29

- 5 Points towards your student's house for each day you volunteer
- [Sign up here](#)

*Know of a service opportunity? Want student volunteers at your non-profit?  
**Fill out this form.** Thank you!*

# NOLAN CATHOLIC FAITH LIFE

**DAILY MASS** -- Chapel  
Mondays & Thursdays - 2:50pm  
Fridays - 7:00am

**ALL SCHOOL MASS** -- Harnett Arena  
Wednesday's  
& Holy Days of Obligation - 10:20am

**CONFESSION** -- Fr. Metzler's Office  
Mondays, Wednesdays,  
& Thursdays - 11:30am-1:00 pm

**ADORATION** -- Chapel  
Every Friday  
Exposition - 7:30am      Reposition - 2:20pm



## Mark Your Calendars!

- **School Picture Retakes:** Wednesday, September 20th
- **Senior night for Volleyball:** Thursday, September 21
- **Future Viking Night (Middle School Night):** Friday, September 22
- **Mass for Mothers (Grandmothers too!):** Friday, September 22 at 7:00am
- **Class of 2024 Retreat:** Monday, September 25, 2023
- **Class of 2025 Retreat:** Tuesday, September 26, 2023
- **Fall Play Performance:** Thursday, October 5-Saturday, October 7
- **4th Annual Viking Club Golf Tournament:** Friday, October 6
- **First Quarter Ends:** Friday, October 6

See our full calendar [here!](#)

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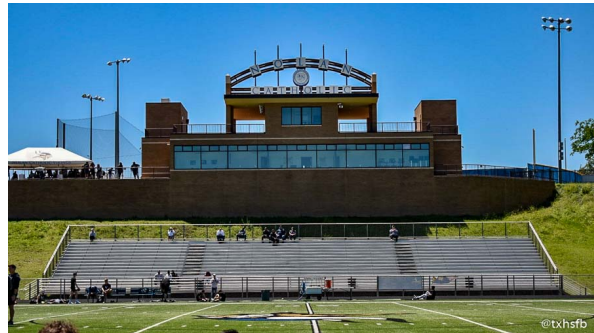
**Communications policy:** *Our Nolan Catholic Administration prides itself in always responding within two business days. For pressing needs, please contact [principal@nchstx.org](mailto:principal@nchstx.org).*

## SCHOOL RESOURCES



### Press Box Suites

Want to sit in a private suite at a home football game? There are 2 suites available for each of the games: September 22, 2023 October 7, 2023 November 3, 2023. Each suite holds 6 people and snacks and drinks are included. Cost is \$250 per game.



[Click Here](#) to purchase today



[Class of 2024 September College Newsletter](#)

[Class of 2025 September College Newsletter](#)

### Guidance

Break out those family calendars! College visit forms must be submitted to the Dean's office no less than one week prior to an absence for the visit to be approved and coded such that it will not count as an absence.

Seniors: please be sure you are keeping up with your responsibilities regarding the college checklist as you embark on your last year of high school!

### Senior Portraits

Please schedule an appointment directly with Glamourcraft's studio by calling the following number: 817-292-8989 or by going to [glamourcraft.com/seniors/](http://glamourcraft.com/seniors/). If you don't schedule a session with Glamourcraft, you will not have a formal portrait in the Senior Section of the yearbook. The deadline for Senior Portraits to be made is **November 24**. Senior Ads: November 24 is also the deadline to create your Senior Tribute ad! The ad must be paid for and finalized **BEFORE** the Nov. 24 DEADLINE.

**Celebrate  
Your Student  
WITH A YEARBOOK AD!**



Walsworth yearbooks

*Ads started but not paid/submitted will NOT be available for us to print in the yearbook and cannot be submitted late.*





## Lunches by ECI

Need to add funds to your student's account for cafeteria purchases? You can do so by [clicking here](#). For new families, you can locate your student's ID number listed on the Student RenWeb dashboard. Click on the "Add Student/Patron" button on the upper left menu and follow the prompts.

[Click here for next week menu](#)

## NY Fine Arts Trip

The fine arts department is taking students to New York this spring, March 12-15.

If you are a student or parent who would like to go and/or need more information for a payment plan setup, please reach out to Ms. Collard ([mcollard@nchstx.org](mailto:mcollard@nchstx.org)) or Ms. Hamende ([vhamende@nchstx.org](mailto:vhamende@nchstx.org)).



## Mum's The Word

It's that time of the year again! Nolan Band fundraiser ...MUMS the word of the day! Get your mums for Homecoming, October 20, 2023. Order early because prices will increase as we get closer to HOCO 2023. We offer CM hours for students who help! Middle schoolers are welcome to help with parental supervision in attendance.

[Click here](#) to order your HOCO Mum!

## NATURE NOTES



### Smells Like Rain

*By Emily Breclaw*

What a blessing to enjoy rain this week after the long, hot, dry summer! Standing outside to enjoy the first few drops (and the cooler temperature), I could easily imagine all the plants in my yard heaving a sigh of relief. And the smell!! Isn't it odd how we can "smell" rain, even though water is odorless? The smell is actually caused by chemicals from bacteria in the soil. As the raindrop hits the dry ground, air pockets form around the soil. When they collapse, the smell, called petrichor, is catapulted into the air. You can smell it before the actual rainfall sometimes because the increased humidity in the air causes the same effect.



*Cenizo in my neighborhood*



*Cenizo in Mary's Courtyard*

By the way, the name "petrichor" comes from the Greek roots "petra", meaning stone, and "ichor", a word used to describe the golden fluid running through the veins of the immortals in Greek mythology. So perhaps humans have known throughout time that rain is something special, a gift from God. Did you know that some plants can sense rain coming just like we can smell it? One of my favorite plants, [Cenizo](#) (or Texas Sage) also has the nickname "barometer bush" because the shrub explodes in purple blooms just before or just after a rain.

I'm not sure the Cenizos in our courtyards are very perceptive, as they barely bloomed at all. But I noticed many around town blooming profusely, several days before we even had a hint of petrichor in the air.

If you're taking advantage of the cooler weather to refresh your home landscape, September and October are the perfect months for adding new shrubs like Cenizo. Planting them in the fall gives them enough time to develop strong roots before summer's scorching heat returns.

# SCHOOL HIGHLIGHTS



## Catholic Bowl, Ping-Pong, & Painting Big!



Catholic Bowl and “Painting Big” marked the end of last week, setting us up for an exciting fifth week of school! Pictured above you can see not just our amazing Band, Color Guard, and fearless leader, Mr. Ortiz at the press box, but our Nolan AP Art & Design students working on their projects out on the lawn. Their objective was to experiment with mark-making based on a set of painting commands given by Ms. Hamende. Indoors, we witnessed lots of activity among students during lunch and Collegium, but you will never guess what’s become the number one attraction at this time? With long lines waiting for their turn, our students are enjoying a new hobby: Ping pong!



# UPCOMING ATHLETIC EVENTS



The Fall Semester **Season Pass** is on sale now! Season passes are valid for all Nolan Catholic home sporting events through December 24, 2023 (playoff games excluded)

Purchase your Fall Season Pass online at [nchsvikings.com/ticket-info](http://nchsvikings.com/ticket-info)



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# THE VIKING CLUB



## GOLF TOURNAMENT UPDATES

### 4th Annual Viking Club Golf Classic is in 22 days!

If you have not registered your team yet, please do so as soon as possible. This event will sell out, and you don't want to miss your chance to come out and have a lot of fun with your fellow Viking parents, alumni, and supporters! We also have some sponsorship opportunities available as well. For more information on those and to register your team, please click [HERE](#).

We are also still accepting bottles of whiskey for the Whiskey Pull through September 29. Donations can be left at the front desk.



**Raffle Tickets** – Raffle tickets are now on sale!!! Here is your chance to win a table of 10 at Nolan's Gala on Friday, February 2, 2024!! Only 100 raffle tickets are available, so get yours before they are gone! There will not be a physical ticket. Your purchase of the raffle ticket is your proof. You do not have to attend the golf tournament to enter/win. Click [HERE](#) to purchase.

**Register to Sponsor and Play** - If you have not registered your team yet, please do so as soon as possible. This event will sell out, and you don't want to miss your chance to come out and have a lot of fun with your fellow Viking parents, alumni, and supporters! We also have some sponsorship opportunities available as well. For more information on those and to register your team, please click [HERE](#).

## Upcoming Volunteer Opportunities

**VOLUNTEERS NEEDED:** We have a lot of volunteer opportunities coming up this week and next!! Click [HERE](#) to view the upcoming events and sign up. All proceeds from concession sales go directly to the Viking Club, which in turn supports our NCHS-approved athletics/organizations, and we can't do it without YOU!

*Upcoming* **VOLUNTEER OPPORTUNITIES**

- SEPT 14** JV FOOTBALL  
Press Box Concession Stand
- SEPT 19** VOLLEYBALL  
Arena Concession Stand
- SEPT 21** VOLLEYBALL  
Arena Concession Stand
- SEPT 21** MIDDLE SCHOOL FOOTBALL  
Press Box Concession Stand
- SEPT 22** VARSITY FOOTBALL  
Press Box Concession Stand & Field Level
- SEPT 23** TAEKWONDO TOURNAMENT  
Arena Concession Stand

**VIKING CLUB FAN PACKAGES:** It's not too late to get your Viking gear, premium parking spots at football games, all-you-can-drink tumbler/mug, and more!!! Click [HERE](#) for more info and to purchase.

## PROMOTING OUR COMMUNITY



St. Rita Catholic Community will hold our 45th Annual International Fair on **Sunday, October 15, 2023 from 10 am to 4 pm**. This day-long event honors our multi-cultural identity with a festival of ethnic foods, live entertainment, a silent auction, raffle, games, prizes and activities for all ages! Proceeds from the festival will go toward improvements to our gym. The fair will be held on our campus at 5550 East Lancaster Avenue.



**St. Michael Feast Day 2023**  
**Diverse in Culture,**  
**United in Faith**  
**Saturday, September 30**  
**10:30 AM to 3:30 PM**

Our [St. Michael Feast Day Festival](#) is an event for the whole family and will bring our community together for a day of celebration, fellowship, entertainment, food, and games! For the children there are bounce houses, clowns, a train, a petting zoo, and many more age-appropriate games. You will not want to miss the Marshmallow Longest Drive, Cake Walk, Silent Auction or Bingo! And don't forget about our online raffle!



All Saints Catholic School is a proud member of the Boston College TWIN-CS (Two-Way Immersion Network for Catholic Schools). TWIN-CS is a national initiative to share dual language research, ideas, and resources with the goal of supporting students in becoming bilingual, bicultural, and biliterate. All Saints' Dual Language began in 2015 and goes through the 5th grade with students learning classically in both English and Spanish.



**NOVEMBER 3 - 5, 2023**

*Vocations Weekend Retreat for Men  
in High School and College  
Ages 16 and Older*

MASS

COMMUNAL  
PRAYER

DISCERNMENT  
STORIES

SEMINARY  
TOUR

NO COST. Transportation provided to and from seminary. Please register no later than October 27, 2023. For those who are or will be 18 years of age at the time of the event, you will be required to register and complete the Safe Environment training.



For more information, please email or call the vocations office. ☎ 817-945-9321  
✉ Vocations@fwdioc.org

**Sign Up TODAY!**  
**Come and Throw with us and give to a good Cause!**

**FOOD BOOTHS**

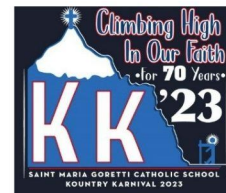
- Loaded Nachos
- BBQ Ribs
- Jerk Chicken Kabobs
- Beignets
- Texas Tornados
- Turkey Legs
- Authentic German Food
- Egg Rolls
- Fajitas
- Hamburgers
- Drinks and More!!!

**VENDOR SHOW**

20+ Vendors

**BINGO!**  
**WITH CASH PRIZES**  
**SATURDAY 12-5**  
**SUNDAY 11-3**

**BREAKFAST SUNDAY MORNING**  
7:30am-10:30am  
Breakfast Tacos



St. Maria Goretti Catholic School \* 1200 S Davis Dr. Arlington, TX 76013  
Call-817-275-5081 Website-smgschool.org



Holy Trinity Catholic School's 5K Fun Run/Walk is a wonderful event for families and running enthusiasts! Sign up today and join in the fun!  
[Fun Run Registration](#)

**ST. JOHN THE APOSTLE**

**FALL FEST**

Food - Music - Games - Bounce Houses - Beer  
Garden- Silent Auction and Much More

October 6th & 7th      7341 Glenview Drive  
North Richland Hills

Friday 4 - 9pm Sat. 11am- 9pm

**SAVE THE DATE**

SAINT ANDREW CATHOLIC SCHOOL  
**THE AMAZING FALL FESTIVAL**  
2023



FUN | FOOD | GAMES  
& SAS TRADITION

**SUNDAY, OCTOBER 8**

**11:00AM - 3:00PM**  
Church & School Campus and Athletic Grounds  
Open to the Community - Activities for all ages

**Chairs: Amanda Jimenez & Lisa Gallegos**  
amandarj2011@yahoo.com      lisagallegos@gmail.com

CAKE WALK \* TELEGRAMS \* INFLATABLES \* FACE PAINTING  
TRAIN \* HAUNTED HOUSE \* MAZE \* GAMES \* PETTING ZOO  
LOCKHEED MARTIN FLIGHT SIMULATOR \* 3 ON 3 BASKETBALL  
\* FOOD \* DRINKS \* AND MORE



**HOLY FAMILY CATHOLIC COMMUNITY**

OCTOBER 22, 2023  
1:00 - 5:00 PM  
HORNETS' NEST

*Fall Festival*

CLICK OR SCAN FOR DETAILS



SAINT MARTIN DE PORRES  
CATHOLIC SCHOOL

**RUNNIN' WITH THE NIGHTHAWKS**  
5K AND FUN RUN




**REGISTER NOW!**

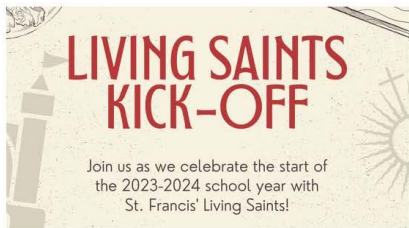
**Saturday, September 23, 2023**

Scan the QR code or visit the website below:  
[https://secure.getmeregistered.com/get\\_information.php?event\\_id=136989](https://secure.getmeregistered.com/get_information.php?event_id=136989)



# Coming up at St. Francis

GRAPEVINE, TX



Don't forget to register your 9th, 10th, 11th and 12th graders for our thriving high school ministry and join us for our high school kick-off on Sunday, September 10th featuring a dunk tank, inflatables, and adoration! Register at <https://www.sfalivingsaints.com/>



Looking to build community with other high schoolers within the Parish? Join us on Tuesday and Thursday evenings from 4:30-6:30pm starting Sept. 19th for Savio Nights. Come for the snacks, activities, study tables, or just to hang out with friends. The goal of these nights is to allow students to come and go with their availability to come to know St. Francis as their second home. *St. Dominic Savio, pray for us!*



**Jose Salazar**  
Director of High School Ministry  
[jsalazar@sfatx.org](mailto:jsalazar@sfatx.org) | 469-789-1769



Nolan Catholic High School is a ministry of the Diocese of Fort Worth providing a college preparatory education and evangelizing students to be tomorrow's servant leaders through

EDUCATION IN FAITH | FORMATION IN HOPE | PERSEVERANCE IN CHARITY

4501 Bridge St.  
Fort Worth, TX 76103  
817-457-2920

