



St. Francis Cathedral School



From the Desk of Principal Kathleen Dalton

September 10, 2025

Dear Parents,

Welcome back to school! We are off to a wonderful start. Our classrooms are filled with energy and exciting learning experiences. The teachers have worked diligently preparing their classrooms and lesson plans. We are excited and ready for a great year.

I would like to share how communication will take place this year. You will receive a school newsletter every second Wednesday of the month which will be attached to the e-velope. I will send any urgent or time sensitive information through *Constant Contact*.

We had a beautiful Opening Mass last Friday. Father Christy commissioned the teachers and students “go out” and bear witness to the Gospel. I would like share with you my address to the teachers and students:

Dear Faculty,

It is a great privilege to stand with you as a Catholic School teacher today. I hold dear all that you do. My first love is the classroom and the daily work that you accomplish there. You are admired and loved for your dedication to your profession. You could teach anywhere, but you choose St. Francis Cathedral School to carry out your sacred mission as teacher and we are so blessed that you do.

Every day counts. Each day you arrive ready and willing to enter into the great mystery of forming the heart and mind of a young person who belongs to God. The children entrusted to your instruction will be here only a short while. They will quickly grow beyond your classroom and hallway. They are with us for such a short time, and yet these days, months and years will form the foundation of their whole life. As a teacher you will be part of their life as they prepare for their mission on earth and ultimately their destiny to heaven.

Your teaching skills, class preparation and classroom management are all critically important. Your professional development and attention to being a lifelong learner must be evident. However, your inner striving for holiness, your own journey as believer in Christ and His Church will have the greatest lasting impact on your learners. Never underestimate the value of your witness. Remember a child is always watching.

I am in awe of my grave responsibility to serve you as principal. You are my priority to equip you to be the best you can be for our students. My support and prayers are my daily promise. I also have the duty to call us all to the accountability demanded by the Gospel to be daily followers of Christ, to fulfill our responsibility with justice and charity and to be women and men of service not only to our students, and parent community, but very importantly to one another. We must fulfill Christ’s command when He said: “Love one another, as I have loved you.” This is what we are called today to begin here at St. Francis Cathedral School.

From the Desk of Principal Kathleen Dalton

Dear Students

Today we officially place our new school year under the protection and guidance of the Holy Spirit. There is a great deal of excitement as we start off together, almost as an adventure, to see what God has in store for us in these coming months.

We are all here today because of God's grace and a bigger plan for all of us. In the heart of God, He has us here so that we may all help each other to become our very best selves; our mind and intellect, our will and ability to choose the good, in the face of obstacles. Always remember how much God loves you. Always remember how much your administrators and teachers love you. Let us work hard, be kind to one another, and be the men and women God has called us to be. We are so proud of you.

Know that my door is always open. Please feel free to reach out to me at any time. Together, and with God's grace, we will make this a wonderful year for your children.

*Respectfully,
Ms. Kathleen Dalton
Principal
daltonk@stfranciscathedralschool.org*

From the Desk of Dean of Academics Dr. Stephanie Macaluso

The Importance of Maintaining Balance for Your Child

A balanced lifestyle is essential for a child's healthy development. At the heart of this balance is Faith. A strong spiritual life teaches discipline, patience, and purpose—qualities that support both academic and personal growth. When Faith is first, it helps guide daily decisions and shapes a child's character. Wellness encompasses more than academic success. It includes mental, emotional, physical, and spiritual health. When children are overwhelmed, overstimulated, or under constant pressure, their focus, motivation, and well-being can suffer. This is why it is important to make time for prayer, family, rest and proper sleep, alongside school responsibilities. A balanced routine helps reduce stress, builds resilience, and fosters a joyful, healthy life. Parents play a vital role in helping children maintain this balance.

Academic success for every child is important. It is important to identify that homework reinforces classroom learning and builds responsibility. Establishing a quiet, dedicated space for homework encourages focus and seriousness toward schoolwork. Limiting screen time, especially during study hours, allows for better concentration and more meaningful connections at home.

contribute to physical health, social development, and self-confidence. Encouraging children to do their best in all areas supports emotional strength and inner peace.

If any concerns arise, please feel free to reach out. Open and respectful communication between home and school creates a strong support system for every child. We are on this journey together.

I wish you and your family a successful and fulfilling school year.

Dr. Stephanie Macaluso
Dean of Student Academics
macaluso@stfranciscathedralschool.org

<p>From the Desk of Director of Student Life Shira Barbone</p>

Tips for great start to the school year:

- 1. Establish routines. Predictability helps students feel secure and encourages them to be available for learning.**
 - a. Bedtime routine. Prepare in the evening for a great day ahead! Pack lunch, lay out clothes and pack your backpack. Don't forget your homework!**
 - b. Sleep. Establishing a bedtime ensures students are well rested.**
 - c. Eating breakfast. Food is fuel for our brains and bodies.**

Mrs. Shira Barbone
Dean of Student Life
barbones@stfranciscathedralschool.org

<p>Mark Your Calendars!</p>

- **Middle School "Back to School Night" - Wednesday, September 10th**
 - **6:00-7:00-8th grade parent meeting on high school applications located in the CCR**
 - **7:00-9:00-Middle School meeting held in the CCR**
- **Grades Kindergarten-Fifth grade -"Back to School Night" - Wednesday, September 17th**
 - **7:00-9:00-located in the CCR**
- **8th grade-HS placement test prep class - September 11th - held in the CCR**
- **Color Run fundraiser-September 26th - 4:30-6:00 - held in the school parking lot**
- **MAP Testing - the week of September 29th**