

EXCELSIOR NEWS

A Quarterly Newsletter from the Office of the President

November 2022



I love how November leads us into the holiday season with a theme of thankfulness. It is a time to reflect on the blessings we have while taking the time to give back to causes dearest to our hearts. At the Academy, I know we have much to be thankful for – especially our good health and the opportunities we have had to connect with so many in our community this year.

September was busy with the start of the academic year, welcoming our freshman class and their families, as well as celebrating Reunion with our alumnae in classes ending in 2's and 7's. In October, we were able to host a group of loyal alums to our sisters' Lake Higginum property for a beautiful retreat, as well as connecting with our alumnae in Boston. Campus Ministry held our first Kairos Retreat of the year for seniors, a special tradition at SHA. We have been able to host in-person Parents' Club meetings and every Thursday this fall, we have opened our doors to prospective families. Most recently this month, we were able to bring back a longstanding tradition of Grandparent's Day as well as return to the Shubert for another outstanding performance of our Musical, the Descendants.

At SHA we are blessed with an incredibly talented, connected and supportive community – our students, our parents, our alumnae, grandparents and friends – you all are an important part of what makes Sacred Heart Academy strong and better. Thank you to all of you for staying connected and involved.

Sr. Sheila O'Sullivan, acsj

Grandparent's Day Returns

Grandparent's Day, a beloved SHA tradition returned this fall after a hiatus due to the pandemic. We welcomed grandparents to campus on Sunday, November 6 to share what Sacred Heart is all about – our charism and our commitment to educating and nurturing the whole student as we help her grow not only intellectually but also spiritually.



We are always grateful for all the love and support we receive from our grandparent community. At this special event we celebrated **Bob and Nancy Hyde GP'19, '23** for the past eight years have really lived our motto "Excelsior" by going above and beyond in support of SHA and their granddaughters' sports teams – soccer, field hockey, ice hockey, track and softball. For each team, every season they have been a constant cheerful presence on the sidelines, greeting parents and athletes at every game! They have also taken photos, made weekly programs, highlighted players and coaches, provided snacks and truly enjoyed being part of the Sacred Heart Community, lending a hand in every way possible.

Their love and generosity have touched so many players and families over the years, making the SHA experience memorable for all.



Philanthropy Spotlight: Descendants at the Shubert

As we approach Thanksgiving and **Giving Tuesday on November 29th**, we are grateful for the various programs offered at SHA that truly make us special. Each week our students stard in a video highlighting a different SHA program they are proud of:

- First, we celebrated the Musical Program, a long-standing tradition at the Academy that brings so much nostalgia and joy to our community. The girls lit the Stage at the Shubert Theater on November 18th and 19th performing the Descendants.
- Next, we celebrated our flourishing SHA athletics with more than 20 athletic teams and over 70% of our student body participating on these teams.
- We then highlighted our unique science program, which continues to challenge and inspire countless alumnae to pursue careers in STEM, like **Dana Yakabowskas Keil '12** who spoke to our students recently about her profession as an archaeologist.
- Last week, we recognized one of our newest offerings, the Bloomberg Finance program, which introduces students to the world of Finance.

These diverse programs allow SHA to be Girl Focused and Future Ready, inspiring our students to do their best and discover their passions as they build their future. Thank you for supporting the next generation of SHA girls and the legacy of Excelsior women.

Young Alum Spotlight

Dana Yakabowskas Keil '12

Currently a PHD candidate at the University of Albany, Dana has a fascinating career working as an archeologist. She is a GIS specialists and creates maps to study Harmful Algae while working for the New York State Department of Health. SHe graduated from UCONN in 2016 with a triple major in archaeology, geoscience, and geography with a focus in Geographic Information Systems (GIS.) Most recently she spoke to our students about her love of science and what it's like to be an archeologist.

How did SHA prepare you for college and beyond?

In college, depending on your major, you are writing papers constantly. The same is true for graduate school, and in my case, also my job. I really learned how to write papers from the amazing teachers at SHA. Going to college and writing 5-page papers was a breeze because I had already been writing longer more intense papers at SHA. I also use math almost every day in some form or another and SHA set up that foundation for me.

What advice would you give a SHA student today?

When you go to college try new things! Take classes in different subjects than your major because you may find something you love more or just as much! Also try to find and apply for as many scholarships as possible so you do not have to take out as many student loans.

Why do you give back and stay connected to SHA?

I loved my time at SHA and the school will always hold a very special place in my heart. I also made my best friends at SHA. I now give back because I was always the girl with 'different' passions or interests and while still at SHA I promised myself I would stay connected and help guide students who wanted to pursue uncharted paths. I want to inspire girls to try new hobbies and find new interest regardless of what they are planning to study in college. Finding your passions is a worthy pursuit.



Celebrating Strong Bonds

On September 17th we welcomed back to campus SHA classes ending in 2s and 7s!

The celebrations began with a catered breakfast and luncheon. Activities included student performances, campus tours, celebration of Mass dedicated to the 50th Reunion class, and closing

the day with SHA-Ritas in the Alumnae Garden. The class of '72, enjoyed dinner under the tent to commemorate their 50th Reunion.

A special thank you to the classes with the highest participation in giving. The Class of '72 reached over 30% Annual Fund giving participation. The class of '82 raised more than \$100,000! Both class efforts are inspiring to us all and an incredible gift to SHA. We thank them for their generosity and for leading the way with their support.

Save the Date for Reunion 2023 – Saturday, September 16, 2023.

[Click Here for Reunion 2022 Photos!](#)

[Alumnae 3's and 8's - Help Us Plan! Zoom Schedule Available Here](#)

[Make Your 2022-23 Annual Fund Gift Today!](#)

[Home](#) | [Contact](#) | [About Us](#) | [Giving](#)

Sacred Heart Academy



[Privacy Policy](#) | [Unsubscribe](#)

[Sacred Heart Academy](#)

265 Benham Street, Hamden, CT 06514-2833