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Weekly news for current families of O'Dea High School

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# O'DEA

## FAMILY BULLETIN

**JULY 2, 2018 - JULY 8, 2018**

### Weekly Schedule

#### Monday, July 2nd

\*Frosh Weight Room Orientation, 3pm-4pm

\*Weight Room Schedule

- Football A Group 7am-8:15am
- Football B Group 8:30am-9-45am
- Football/Basketball/Wrestling 10am-11:15am
- Swim/Lax/Baseball 11:30am-12:45pm
- All Other Athletes 1pm-2:15pm
- Freshmen 3pm-4pm

#### Tuesday, July 3rd

\*Weight Room Schedule

- Football A Group 7am-8:15am
- Football B Group 8:30am-9-45am
- Football/Basketball/Wrestling 10am-11:15am
- Swim/Lax/Baseball 11:30am-12:45pm
- All Other Athletes 1pm-2:15pm
- Freshmen 3pm-4pm

#### Wednesday, July 4th

\*Weight Room CLOSED

#### Thursday, July 5th

\*Weight Room Schedule

- Football A Group 7am-8:15am
- Football B Group 8:30am-9-45am
- Football/Basketball/Wrestling 10am-11:15am
- Swim/Lax/Baseball 11:30am-12:45pm
- All Other Athletes 1pm-2:15pm
- Freshmen 3pm-4pm

#### Friday, July 6th

\*Weight Room Closed

Please click [HERE](#) to view the entire O'Dea Calendar.

### Main Office

#### Office Closed

The Main Office will be closed the week of July 16th through the 20th. Thank you!

#### 2018-2019 Tuition Payments

Tuition payments for the 2018-2019 school year will begin in July and will be processed through your FACTS account. Payments will continue through May 2019. Please note that this first payment will also include the \$200 book fee. If you have any questions, please reach out to Accounting Manager, [Joan Moore](#).

### Academics & Counseling

#### Summer Reading List

Please click [HERE](#) to view the summer reading list for all of next year's English courses. The required books for each course must be read before the beginning of the school year. If you have any questions regarding the books, or the list, please contact Assistant Principal of Academics, [Dr. Gregory Cox](#).

### Faith & Service

#### Summer Service Opportunities

**Get started on your service hours this summer!**

Each academic year all students are required to log 25 service hours to be completed by May 1st. Service hours are a graduation requirement. Get started now by beginning to fulfill your service hours over the summer. **All incoming freshmen can begin as well; please keep track of all hours manually until school begins and you receive your service learning orientation**. Please note that hours over 25 do not roll over to the next year, but do count as points towards the House Cup.

Returning students with an existed X2vol account, remember to log your hours as you go. If you have a smartphone, download the X2vol App to make it even easier to keep track of your hours right from your phone. Can't remember how to log hours? Click [HERE](#) for the tutorial video. Password trouble? Email [Barbara Verzemnieks](#) in the Main Office. Not sure what counts as service? Click [HERE](#).

#### Earn Service Hours through Altar Serving!

The Cathedral staff are offering training for all students interested in Altar serving for school masses next year on August 15th at 10 AM. Come learn all you will need to know about serving at the Cathedral! If interested please sign up for the Remind group by texting 81010 and in the body type @servemass. Ms. Curl will send a text reminder the day before.

#### Volunteer with the Youth Tutoring Program

## Volunteer this Summer

### YOUTH TUTORING PROGRAM



- Small group tutoring with youth grades 1-8 living in low income housing
- Get your service hours
- Gain job experience
- Five Seattle Locations
- Runs July 9th-August 17th



**YOUTH TUTORING PROGRAM**

#### APPLY NOW!

[volunteerytp@ccsww.org](mailto:volunteerytp@ccsww.org)  
[www.ccsww.org/ytp](http://www.ccsww.org/ytp)  
 (206)328-7643

#### Cathedral Kitchen

Serve food to those in need! The Cathedral Kitchen serves a meal every weekday evening and is always in need of volunteers. For more information, email [Teddi Callahan](#).

#### Skyline Retirement Home

Skyline retirement Home is looking for a number of volunteers to help with tasks that range from visiting the elderly residents to making playlists for the residents by music era. For more information on the kinds of volunteer work available, email [Jesse Fish](#).

#### Northwest Harvest

Help package food for those in need or participate in special events! For more information visit their website [HERE](#).

#### Bloodwork's Northwest

Bloodwork's Northwest is looking for volunteers to staff the recovery café where blood donors sit for a while after donating blood where they can be monitored. Responsibilities include observing donors for adverse reactions following the donation process, serving refreshments necessary for the replacement of vital body fluids, alerting staff immediately if reactions occur, and maintaining a pleasant and comfortable atmosphere for donors. For more information, visit their website [HERE](#).

### Athletics

#### Summer Weight Room

Below is the summer weight room schedule from **July 9th through August 1st** with Strength & Conditioning Coach, Paxton Paynter. All student athletes are encouraged to attend:

#### Monday

- Football A Group 7am-8:15am
- Football B Group 8:30am-9-45am
- Football/Basketball/Wrestling 10am-11:15am
- Swim/Lax/Baseball 11:30am-12:45pm
- All Other Athletes 1pm-2:15pm
- Freshmen 3pm-4pm

#### Wednesday

- Football A Group 7am-8:15am
- Football B Group 8:30am-9-45am
- Football/Basketball/Wrestling 10am-11:15am
- Swim/Lax/Baseball 11:30am-12:45pm
- All Other Athletes 1pm-2:15pm
- Freshmen 3pm-4pm

#### Thursday

- Football A Group 7am-8:15am
- Football B Group 8:30am-9-45am
- Football/Basketball/Wrestling 10am-11:15am
- Swim/Lax/Baseball 11:30am-12:45pm
- All Other Athletes 1pm-2:15pm

### Fall Sports

Below are some important dates to remember for those student-athletes interested in playing sports this fall. Please note that all participation forms must be completed before the below dates. These forms will be done online this year; more information on that coming soon.

#### Football

- First Frosh Football Practice - August 15th @ 2:30pm (meet @ O'Dea)
- Frosh Parent Meeting - August 20th @ 1:30pm in the Gym
- Football practices for the remainder of the month of August are on the 16th, 17th, 20th, 21st, 22nd, 23rd, 24th, 28th, 29th, 30th, 31st @ 2:30pm

#### Golf

- Golf Tryouts - August 21st and 22nd @ 10:15am - Jefferson Golf Course
- If your son will be trying out for golf, please email [Coach Vaughn](#) by August 7th.
- Bring food and water on both days.

#### Cross Country

- Practice - August 20th and 21st @ 10am (meet at O'Dea)
- Practice - August 22nd, 23rd and 24th @ 2:30pm
- Practice - August 25th @ 9am

Please direct any questions regarding Fall Sports to Athletic Director, Monte Kohler, at [odad@odea.org](mailto:odad@odea.org) or 206.624.2068.

### Looking Ahead

#### Important Dates to Remember

[August 15th](#) - Football Begins  
[August 20th](#) - Cross Country Begins  
[August 21st](#) - Golf Begins  
[August 23rd](#) - First Day of School

[Click here to view the full O'Dea calendar!](#)

# ODEA.ORG

**Character. Faith. Service.**

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