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# THE PROVE

PROVIDENCE CATHOLIC SCHOOL STUDENT PUBLICATION

## Fridays Relunched

By Tatyana Ramon, Faith Rogers, Palak Wadhwa, Andrea Zuniga

All schools in San Antonio needed to adapt to the changes brought about by COVID-19. Providence changed by modifying the traditional five-day per week schedule to two-A and two-B days a week, with Friday as an A/B day. This A/B became the virtual day, used for tutoring, for activities, for meetings. Is this new schedule working for all? Reports vary.

In the weeks of the first semester, Fridays became a tutoring day and a time for extra classes for students. Teachers came up with creative ways to help the students. Teachers also scheduled extra activities, some even using the time for exams, so as not to take class time. Each student and/or teacher uses Friday to her/his own benefit.

Fridays for students are a great opportunity to get extra help in any area they are struggling. Some teachers created Sign-Up Genius sheets and students can sign up for either 30 or 15 minutes of tutoring. During these sessions the student can clear up any doubts she might have or go over a concept she is struggling with. These sessions are benefiting the students, because they can have a better understanding of the concept. These sessions also allow the student to go over an exam with the teacher. All together, a student's performance can be improved by attending this one-on-one session because if the student understands either her mistake or a concept better then she is less likely to make the same mistake.

CONTINUE ON PAGE 3



The freshman class takes a socially distanced picture before they head to Castroville for their retreat.

## Victory Over COVID:

### Providence makes wise choices

By Nina Gay, Faith Hernandez, and Miranda Perez

The COVID 19 pandemic has been in full-force in Texas for nine months now. As of November 17, Texas Public Radio reported that San Antonio had a daily average of 297 new cases, and that there were 1,027,889 confirmed coronavirus cases in Texas. The news sounds dire indeed. However, Providence Catholic School seems to have the pandemic under control among her ranks of students and faculty/staff.

Dr. Alicia Garcia, principal, states that the Archdiocese of San Antonio has given schools guidance but each school is responsible for coming up with its own protocols. Garcia states as a Providence community, "We have our own secret weapon: Elise Denoux. We call her the COVID-encyclopedia." Assistant Principal Denoux has done extensive research during the summer studying COVID, and referencing organizations like the Center for Disease Control (CDC) which helped us draft protocols for health safety. Life after pandemic? Garcia stated, "I don't know we ever will be the same but Providence will be stronger because of it. But it definitely will be different." Garcia shared that there is a hotline for a student who has COVID to call. A student has to notify AP Denoux and tell her any information she needs. The student must quarantine and the information is kept confidential for the privacy of the family.

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Mrs. Elsa Rodriguez, receptionist, serves on the front lines of PCS COVID defense, taking everyone's temperature

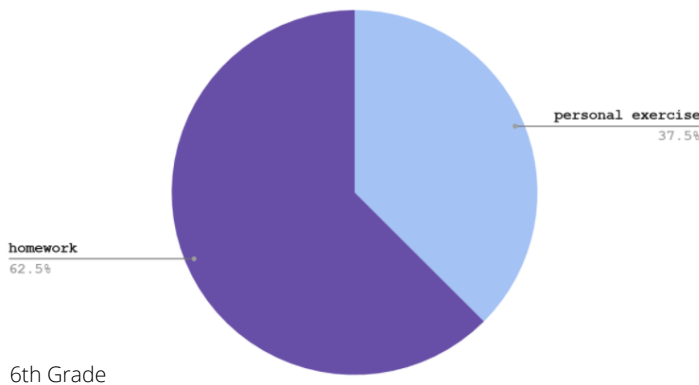
# Shape it up! Health is a Boon – Care for it...

By: Palak Wadhwa

“Take care of your body. It’s the only place you have to live.”– Jim Rohn.

Mental and physical health are both important to lead a healthy lifestyle. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. On the other hand, physical activity or exercise can improve health and reduce the risk of developing several diseases like type 2 diabetes, cancer, and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits. Most important, regular activity can improve your quality of life.

How active are Provets



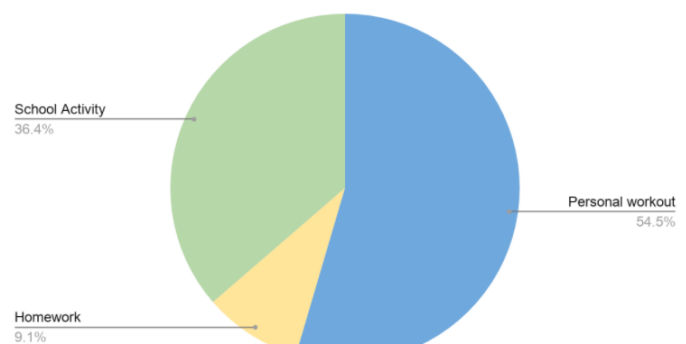
health is an integral and essential component of health. The WHO constitution states: “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” Mental health is important because it is a vital part of our lives and impacts our thoughts, behavior, and emotions. Being emotionally healthy can promote productivity and effectiveness in activities like work, school, or caregiving. Mental health offers well-being and inner strength. Just as you take care of your body by eating right and exercising, you can do things to protect your mental health especially during COVID-19. John Hopkins Medicine states that estimated 26% of Americans ages 18 or older – about 1 in 4 adults – suffers from a diagnosable mental disorder each year. Approximately about 18% of people ages 18– 54 each year have an anxiety disorder each year. In fact, eating right and exercising can help to maintain good mental health. “It is very important to balance both the mental and physical health because failing to practice healthy habits in either category will end in imbalances, injuries, poor performance, and other negative results,” said PCS Coach Daniele Delgado

Physical wellness promotes proper care of our bodies for optimal health and functioning. Good physical health can help to reduce the risk of a heart attack, lower blood cholesterol level, build strong bones, muscles, and joints. Some of the ways to improve physical health are to exercise every day, eat healthy food, and drink more water than sugary drinks. According to WHO children and adolescents aged 5–17 years should do at least 60 minutes of moderate to vigorous physical activity daily and adults aged 18–64 years should do at least 150 minutes of moderate physical activity throughout the week, or do at least 75 minutes of vigorous activity throughout the week.

The COVID-19 pandemic may be stressful for people. Fear and anxiety about the new disease and what could happen can be overwhelming and cause strong emotions in adults and children. COVID-19 has affected both physical and mental health. A lot of people do not have a means of exercising because of quarantine and are gaining weight or other health-related diseases. Moreover, people are lonely because they are not able to interact and have no social life especially for the people who moved to a new place. Coach Delgado said, “It has been difficult for people to stay indoors and there are specific mental health issues that are complicated by the inability to be outdoors or to be with others. There seems to be more complaints of loneliness, sadness, depression, and loss of purpose/motivation due to being in isolation/quarantine for an extended time. Additionally, feeling ‘bored’ and ‘unmotivated’ has provided reason for people to increase their eating/snacking. Without working out regularly, this has caused some to gain weight during this time.”

Both physical and mental health are important to lead a healthy lifestyle. If you are physically fit but not mentally fit or vice versa, then you are not leading a healthy life. Take care of your body and yourself because it feels good.

How are Provets stayed active?



Juniors

## Fridays Relunched

Continued from page 1

Moreover, class meetings and retreats take place on Fridays which prevents the student from wasting any class time. Students have extra time after school to complete work. Furthermore, for some of the AP courses the teachers require the student to be there and practice AP exam questions, helping students to know what an AP exam looks like. This helps to focus and finish the required concepts on time because the students are not devoting their class time to AP exam prep.

The new schedule has allowed teachers time to plan for the next week and to catch up with grading. Friday is not a day that requires teachers to have a lesson to teach, but to make time available for students to attend tutoring. The time for tutoring is between 9 am to 12 pm. Students who are struggling can be on campus and move between classes to get help. Warren Christilles, high school Religion teacher, uses Friday to assign tests to students and makes them due by 3:00 pm. He also uses his time to grade papers which he feels takes three times as long electronically. Beth Lamy, high school mathematics teacher, said, "I do like the current schedule even though it required a bit of rescheduling to get everything to fit because there are a

few less days in the first semester. I use Fridays for tutoring. I have specific drop in times for classes and then students can also schedule individual times for one-on-one help. While I wait for students on Google Meets for tutoring, I am able to get a lot of grading, planning, and creating materials accomplished. Fridays have really helped me not take as much work home with me for the weekend. I also use the time on Fridays for remediation and retakes for students who got below an 80% on a test." Lamy has 5 to 20 students for tutoring on Friday, depending on the difficulty of the topics that week.

Parent teacher conferences have been scheduled on Friday when needed between 1 pm to 4 pm, to allow teachers not to have to stay too late. This also includes their faculty and staff meetings which are held from 8 am to 9 am.

The new schedule can benefit both students and teachers.. The goal is to keep this schedule even when all students return to campus. There may be small changes, such as tutoring not happening on Fridays only, but overall the schedule change has been positive for Providence.

## Victory Over COVID: Providence makes wise choices

Continued from page 1

Assistant Principal Elise Denoux explained that early on in the summer she and the teachers got together to discern what worked for online learning, and training occurred every week. Not only Providence but the whole of the San Antonio was contributing protocols and tips for a safe school environment, including local medical centers, and names of parents who worked in the medical field.

Guidelines the CDC and the Archdiocese sent out for schools keep students as safe as if they were at home. Practices that have helped Providence as a community are the daily health screening and hourly sanitation everyone does. Denoux states, "No one being forced to be in a situation he or she is not comfortable in has really helped as a community."

Students can take part in distance learning or in-school learning. Some have stayed at home 100% of the time; some have gone to school 100% of the time; and some have decided to come back and forth between school and home, in a kind of hybrid plan. Regan Carlton, sophomore student class treasurer, is one of these students. She returned to school to "go to rehearsals in person but also so I could stay focused better" in her classes; "When you're at home you can lose focus and go on your phone and not pay attention at all to class." Students are taking precautions and wearing masks everywhere but their own homes.

Teachers spritz students with sanitizer before and after class. "I spray the students before they enter and after they leave. I spray their desks before they enter and after they leave," says Rosemarie Mayhan, chair of the Science department. "As a school community and a city, we are doing the best we can to control it within our small cosim of people. As a family, we are proponents of mask wearing. As a school community, the same holds true." And with COVID cases spiking, precautions are more important than ever.

Fr. Moye championed educating young women, and the Providence community took the lead in educating students and community on how to defend themselves from the coronavirus. The rest is in the hands of the Provident God. "We should rely so much on Providence," Fr. Moye states, "that we do not know and do not even want to know what will happen to us in the future...We must not worry about all that."

## Sport Short: JROTC

By: Faith Hernandez

Provets in Junior Reserve Officers' Training Corps - JROTC - participated in the Wagner High School Skills meet on Saturday, October 1st. They never disappoint, representing core values very well. As a community, Providence is proud of our JROTC Provets. We recognize our Provets for their accomplishments as Ms. Denoux, Vice Principal, states in the community newsletter "We are proud of our Provets in JROTC!"



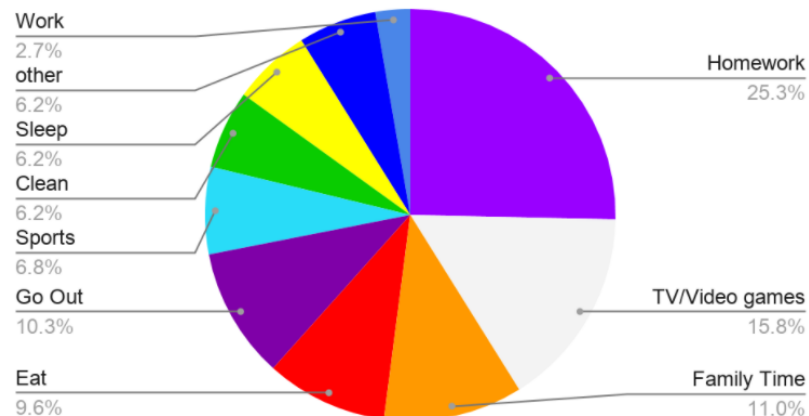
## Sport Short: Track

By: Tatiana Ramon

The track season is coming around the corner and this is what track runner, Maria-Salome Gonzalez '22, has to say about this upcoming season. While she doesn't know the exact number of people on the team, she does know that there are a lot of freshmen joining the team this year. Maria predicts that the season will "start off rough but will end well when they finish in State." According to Gonzalez, pre-season for track will start November 16 and she is excited to start practice again.



## How People Spend Their Saturdays From 1-4



Eat, do homework, run errands with parents, sleep: Provetts gave these insights about their Saturdays between the hours of 1:00 to 4:00. Other answers included eating breakfast, spending time with a boyfriend, and going to work with a parent. Regardless of what Provetts are doing on a Saturday, one thing is certain - their activities are as diverse as they are! Go, Provetts!

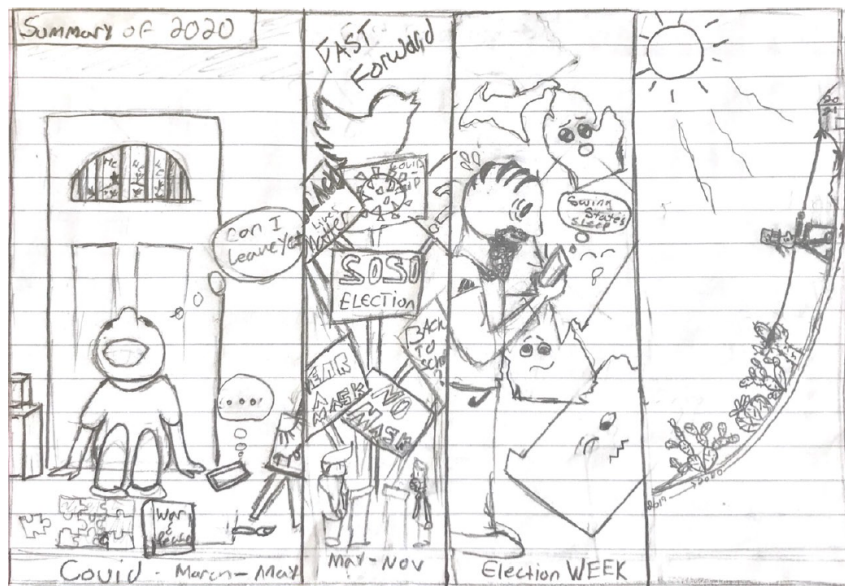
## Sport Short: Basketball

By: Palak Wadhwa

Let the Baskets Do Your Talking Providence Catholic School offers high school and middle school basketball as one of the team sports. For high school basketball the players participate in the TAPPS 5-5A District from October - March. The players can compete at the JV and Varsity levels. The varsity players can qualify for playoffs for TAPPS State Championship.

For middle school basketball the players participate in the AIAL-AA (Large Schools) District from November - February. The players can qualify for playoffs and AIAL-AA Championship. For year 2020-2021 the basketball team have about 21 varsity games schedule and 4 junior varsity games schedule. PCS Coach Alex De La Garza expects the team to build on the success that they had for the last few years, by continuing to work hard and work as a team showing Sisterhood and teamwork. Moreover, for this year's strategies De La Garza said, "We plan on relying heavily on the 6 seniors we have returning from last year's team to use their leadership skills to help bring the new freshmen along and up to the level of play that is expected on this team."

On the other hand, COVID-19 has affected everyone and have changed everyone's plan. COVID-19 has for sure affected the athletes and the way the practice. For year 2020-2021 basketball athletes are required to wear a mask when they are on the bench "We put our players through an additional layer of screening daily that is separate from the screening process that they do for the regular school day," said De La Garza.



# Climb to 2021- It has to be better!

### The Provue

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