



# Shepard Prep Spirit/ Feb 2026

## Principal's Corner- Mrs. Gove

Welcome February! Happy to share this last month of what has been a cold and snowy winter here at Shepard Prep. This month brings Black History Month, Cupid, school holidays for President's Day, and the beginning of the third marking period on January 26th. So much to celebrate as we inch closer to Spring! We had an inspiring assembly with Truth Speaks 365. The speaker, Christine Conti talked to the students about facing fear. February also brings our Awards Ceremony where we acknowledge the academic and social/behavioral efforts of our students from the first half of the school year. It is always a rewarding experience, where we all, as a school community, appreciate our students' successes. Keep up the hard work and dedication. I am so proud of you all!



## *Congratulations to our*

## Students of the Month!!

### Upcoming Events

2/6 - Level 3 Pizza

2/11 - Student of the Month  
Lunch

2/12 - Ice Cream Social

2/13 - Half Day In-Service  
(no lunch)

2/16, 2/17- Closed (winter  
recess)

2/19 -Level 3 Bagels

2/26 - Ice Cream Social

2/27 - Staff Dress Down Day



Monte T.  
Michael B.  
Jeremy A.  
Sebastian  
Rich L.  
Owen M.



### **Mr. Acitelli**

I can't believe that we are halfway through the 2025-2026 school year. February brings us winter break and perhaps some snow. As of yet, we have not used any snow days. I prefer not to use the snow days and get out a little earlier in June. Finally, let's talk some football. We are in the thick of the NFL playoffs. I predict the Seahawks will beat the Texans in the Super Bowl. Once football is over, we can focus on baseball. Only 9 days until pitchers and catchers report to spring training. Can't wait for baseball to start!!

# Teacher's Corner

## Mr. Waller

What an excellent start to 2026! The math and science classes are off to an exciting start to the new year, with projects and progress across the board. Having completely finished their work counting capybaras, cookies, and crickets, our math classes have moved on to work on a number of different topics, ranging from area and perimeter models for complex shapes, to quadratic functions and their graphs, to systems of equations and inequalities. Students continue to make progress, and will be completing some unit assessments over the next couple of weeks. Chemistry students have begun our unit on hydrocarbons by building several molecular models that they then compare to structural formulas and diagrams for each. This process will lead us into our upcoming unit on polymers; the carbon-based building blocks of hydrocarbons closely match the units that build up to make polymers. The Physics group just completed our annual rotational inertia competition. In a surprising upset that really contrasted the cylinder group's poor performance throughout the competition, Right Guard decisively defeated Steel Ball in the final match, ending a 2-year run of victories by the Team Sphere. We'll be looking forward to next year's competition, with new competitors, old favorites, surprises, heartbreaks, and of course a lot of learning, too!



## Mr. Boncales

We're one month into the new year and, even though it's been cold, things are heating up on the basketball court! JV basketball has been off to a good start with an impressive win against Calais. Varsity basketball continues to improve as the season continues as well. In PE, we're mirroring some winter Olympics event in honor of the 2026 Winter Olympics in Italy. Students will be partaking in a hockey shootout competition, a team ski event, CURLING, and a modified bobsled competition! Students will be put into teams and will be able to select a country to "represent" complete with a torch bearer. I'm looking forward to seeing who comes out on top of the podium. In Health, students have been hard at work on projects to help enhance their understanding and knowledge of the topics we've been covering. Health 12 will be working on a project about budgeting for a family while Health 11 works on a drug research project to understand the dangers and side effects of drug use. Driver Ed keeps working hard to prepare themselves for the written test and Health 9 is learning about relationships with family, friends, and the general public. All we need to get through is one more month of winter and we'll get to the warm, sunny light at the other end of the cold, dark tunnel! Special congratulations to our Room 6 student of the month for February, Jeremy A.!!

## Ms. Wintermute

As we continue the new year, excitement and joy rouse motivation in our students as they are halfway through the year. I can see a lot of students making their best efforts to get their work done, participate actively in class, and challenge themselves to challenge themselves. We are showing 2026 who's boss! In 9th grade, we are reading "Lord of the Flies" by William Golding. We will be analyzing character development, themes, and engaging in comprehension and critical thinking skills. We will discuss how to move forward despite obstacles and challenges presented to us, and work on how to be the best versions of ourselves. We will focus on themes of order and rules and how society operates without structure. In 10th grade, we are reading "Fahrenheit 451" by Ray Bradbury. We will analyze character development, theme structure, and critically look at the text to devise our own opinions and reflections on the text. We will discuss the importance of literature and the effects ignorance and censorship have on our society. In 12th grade, we will continue reading Dracula and begin devising discussion questions into potential essay topics or creative project points. We will continue analyzing character and theme development as well as undergo perspective taking. I am very proud of all of Room 8's accomplishments. I can see amazing effort and care within a lot of our students in the classroom. Room 8 is ecstatic to announce... Congratulations, Chris! We are so proud of your ability and determination in overcoming obstacles. We appreciate the light-heartedness and humor you bring to the classroom. Keep inspiring others to share their light and show up every day with a positive attitude! "A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort." ~ Herm Albright

## BLACK HISTORY MONTH

## Ms. Stack

Whether you can believe it or not, the month of January has already gone by. Students have started working on their 3rd Marking Period grades, and there's much to be accomplished in Spanish class. Spanish 1 and 2 students continue to progress on their individual work on Duolingo. We have some students who are learning the very basics of the language and we have other students who are advanced on the course. Students in Spanish 2, particularly those in Mr. Boncales' class, are working hard on the Asi se Dice Spanish textbook. We work on listening and writing exercises and combine those with their individual learning on Duolingo. I am very proud to report that, as of this writing, 7 out of 8 students in Room 7 are in Level 3 or Level 3 Gold. That is quite an accomplishment! Room 7 would like to congratulate Sebastian C. as our Student of the Month. Sebastian has worked really hard since September to do better academically and behaviorally. He has maintained Level 3 for the last 3 weeks on a row. Sebastian's quote is "I wouldn't be where I am without the people who helped me along the way."



## Ms. Zaniewski

World History classes are moving forward in their studies. World History is wrapping up their studies on Ancient Rome. Looking ahead we will be traveling to first Indian Empires and the development of silk trading. U.S. I moves steadily forward in their map skills and growth of the U.S. Westward. We are comparing the presidencies and changes in political parties during the Madison and Jefferson eras. Soon students will begin learning about the age of Jackson and how the U.S. came to expand from the Atlantic to the Pacific. Meanwhile U.S. II has a lot to digest when studying the U.S. becoming a world power in the 19th century. In the coming weeks we will understand the changing ways of thinking in the Progressive Era of the 19th century. Congratulations to Owen M. for being Student of the Month in Mrs. Zaniewski's homeroom. He is consistent in work effort, motivation and attitude. Continue to do your best and it will not go unnoticed.

"An investment in knowledge pays the best interest." - Benjamin Franklin

## Ms. Marak

Everyone is ready for the winter to end and warm weather to reappear in Mrs. Marak's room. The class has been working on independence and self-care in relation to our resolutions for the new year. In English we started Macbeth by William Shakespeare and are excited to explore the play format. We are learning that Shakespeare wrote for the masses and are trying to imagine how his plays would look today.

In General math classes the students are working on measurement, fractions and financial literacy. Everyone is working hard to master new formulas and processes. Geometry is learning about triangles. Algebra 2 is studying inequalities. And Algebra 1 is learning about linear equations. All the students are looking forward to starting new concepts with the new year. Science has been very busy as well. Physics is mastering the laws that Newton gave us to explain motion and forces, while Chemistry has almost completed an understanding of the periodic table.

Environmental Science is learning about climate change and how to possibly mitigate it. Finally Biology is learning about cells and the differences between plants and animals. In History, US1 is just starting the Revolutionary War. US 2 is heading into World War 1 and the seniors are excited to start financial literacy. The World history classes are largely focused on the different regions in Asia and their development. Mrs. Marak, Ms. Reynolds, Mr. Wyche and Mrs. Wahba would like to congratulate Monte T. as our student of the month. Hopefully, he will continue with all his good work.

"If you believe in science, like I do, you believe that there are certain laws that are always obeyed." -Stephen Hawking



## Ms. Delli Santi

In Mrs. Delli Santi's English/Language Arts classes, we explored the powerful persuasive appeals: ethos, logos, and pathos. Students identified these techniques in speeches, movie clips, and advertisements, analyzing how each appeal influences the audience. Ultimately, they were able to connect these appeals with real-world examples and are now, hopefully, aware of the tips and tricks meant to affect some of the decisions they make when it comes to buying the newest pair of sneakers or voting in the next election! Next on the agenda, they will continue applying their knowledge by analyzing the 2026 Super Bowl ads — a perfect way to see persuasive appeals in action! Students will then create their own pitches for an upcoming Shark Tank-style project, using ethos, pathos, and logos. Meanwhile, in the 21st Century Life and Career classes, the students took a deep dive into financial literacy. The students learned the essentials of managing bank accounts, building positive credit, and budgeting wisely for needs versus wants. Coming up, students will be putting their financial skills to work in everyday scenarios. From spotting great sales to calculating restaurant tips and budgeting for a comfortable lifestyle, they'll gain practical experience that will serve them well beyond the classroom.

Our February Student of the Month is Rich L. Congratulations, Rich!

"It's not whether you get knocked down, it's whether you get back up." - Vince Lombardi

## Mr. Wille

Mr. Wille's homeroom has embraced both winter and the beginning of the second half of the school year, which has just started. Although it is cold and the daylight is short, we are focusing on the endgame, in a few months' time. Psychology classes are finishing a unit on Learning and the likes of B.F. Skinner, Ivan Pavlov and Operant conditioning. They were conditioned to salivate at the sound of a bell similar to Pavlov's dog experiment in Classical Conditioning. In Sociology, we are heading into a unit on Deviance and Behavior, where we will analyze statistics about prisons. The US Government class is starting fresh, with second semester seniors, and will begin by taking the citizenship test to see how we stand as current citizens. Lastly, 21st century students are continuing the Pathful platform and learning about career opportunities. Room 5 student of the month is Michael B. who has stayed on Gold level for more than a month. Congratulations, Michael.

## Ms. Drazek

Our winter this year is wonderfully passing along, and we are starting to think of spring already.

With this new spirit, there are new concepts to be discovered in our science classes. Students in General Biology will start on a chapter about Reproduction, Growth and Development. Throughout their lessons they will answer questions like where life comes from, how organisms reproduce, and how they grow and develop. In our College Prep Biology classes, we will go over the History of Life and Evolution. Some of our discussions will include Fossil Evidence and Natural Selection. In General Science classes we will look into research and explore topics related to Global Warming, and how these topics relate to Biology, Chemistry and Physics. Our Environmental Science students will go over Economics, Environmental Policy, and Earth's Environmental Systems. The College Prep Chemistry students will distinguish between acids and bases, and they will talk about pH scale. During their lessons they will concentrate on their properties and involvement in reactions.

"I believe that every person is born with talent" Maya Angelou



# Counselor's Corner

## Ms. Haber & Mx. Liegner

How crazy that we are already halfway through the school year! In group counseling sessions this February, we will focus on building positive relationships and the importance of effective communication. Students will explore how strong, respectful communication skills can improve interactions with peers, teachers, and future colleagues. By understanding the value of clear, kind, and open communication, students will gain valuable tools to navigate social settings, school environments, and the workforce. These skills will help foster a supportive, collaborative atmosphere both now and in their future careers.

## Mr. Kays

You know what I like about January? It feels like a fresh start where you feel empowered to make positive changes. You know what I like about February? I'm drawing a blank here. Anyway, welcome to February! In group counseling, Mr. Boncales's and Ms. Drazek's classes have been weighing some important concepts: incorporating connection and community when envisioning what we each want to accomplish in 2026. Did you know the most common resolution in our country in the 1940s was "improve my disposition, be more understanding, control my temper"? Moving into February, group counseling will be shifting the focus to love, but in a very broad and general sense. What do you respect about those around you? Why might you want to communicate that with them, and how? Maybe we can find something to like about February after all.



## Ms. Burgoyne & Ms. Quade

Hopefully everyone has been staying warm and cozy this winter! Last month, we wrapped up our unit on personal values—exploring why they are important, how they are shaped, and how they relate to students both in and out of the classroom. The students were thoughtful, engaged, and shared great insights throughout our discussions. This month, we will be transitioning into a new topic on drug prevention and awareness. Students have been actively participating and offering meaningful contributions, and we look forward to seeing that same level of engagement throughout February.



## Mr. Bruce

With the arrival of February we take one step closer to Spring. I am sure we are all looking forward to the return of warmer weather and longer days. In the Delli Santi homeroom, we have been working with modeling quadratic functions. Moving forward, we will refine strategies related to solving quadratics. Wintermute's homeroom has been evaluating concepts related to outliers and will soon shift our attention to correlation. The Zaniewski homeroom has been working with concepts related to surface area and is working towards more advanced structures such as spheres and cones. Finally, the Wille homeroom has been wrapping up their studies of financial literacy with concepts related to budgeting and consumer skills. The Wintermute homeroom will begin financial literacy with a look into how human psychology impacts financial decision making. "Limits are self-imposed. But there are no limits to human energy nor the goals you can achieve." - Mike Shanahan

## Mrs. Cruz

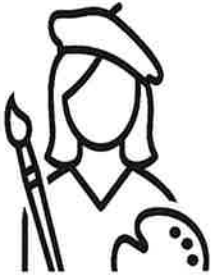
We're halfway through the year! In February, Mr. Wille's group counseling class will discuss positive relationships. Building relationships with peers, coworkers, and teachers is important to nourish independence. This will also help students to practice empathy, respect, and trust. Fostering genuine connections is important for our students to grow as an individual and doing this appropriately is crucial. I look forward to working with Mr. Wille's class this month!



## Mr. Vanecek

Shepard Prep has been a busy place lately. Another marking period has passed. We have had many great events and activities including Ice cream socials, Level three Pizza and Bagel Bonanza's as well as Student Appreciation Days. Our awards assembly was last month and it was great to recognize everyone's great achievements and hard work. Student council has been hard at work. If anyone has any suggestions for future projects just let your class representative know. Many great ideas are being talked about and the Student Council hopes to finalize them soon. Some ideas include a canned food drive and spirit week. Your class representative will let you know all about them. Thanks again.

# MUSIC AND THE ARTS



## Mr. LaFalce

Happy New Year! Coming off of our fantastic concert, followed by a nice long relaxing break is very difficult. However, musicians are built different. Everyone is still pumped about the success we had and ready to move on to the next thing - our spring show! Before choosing our setlist for the spring performance we'll get back to basics for a while and work on some fundamentals. Get ready for some serious growth this marking period.

## Ms. Castellano

Shepard artists have been busy. Many new art pieces have been created. A few masterpieces that you will soon see on display are the "Mona Lisa Reimagined", "Non-Objective Paintings", "Floral Pastels" and "Pixilation Creations"! I would also like to thank the Art Club Members for creating many exciting new independent works that are currently on display in the hallway. Congratulations to Art Student of the Month Kate M.!!

## Trivia Questions

1. Does the date of Valentines ever change?  
a. Yes                      b. No
2. What does the word Valentine mean?  
a. Heart                      b. Sweetheart                      c. Love
3. What fruit is also known as the "love apple"?  
a. Tomato                      b. Grape                      c. Apple
4. What is the winged child shooting arrows at unsuspecting Valentines called?  
a. Cupid                      b. Cherub                      c. Claude
5. Who are Shakespeare's "star-crossed Lovers"?  
a. King Tut & Cleopatra                      b. Romeo & Juliet                      c. Fred & Wilma
6. What type of bird symbolizes Valentine's Day?  
a. Robin                      b. Dove                      c. Swan
7. Do doves mate for life?  
a. Yes                      b. No                      c. Maybe
8. What flower is most commonly symbolic of Valentine's Day?  
a. Red Rose                      b. Poinsettia                      c. Lilly
9. What do you need to kiss to turn it into a Prince?  
a. Gerbil                      b. Frog                      c. Snake







## Shepard Prep High School

Default (9-12)

Lunch, February 2026



Monday	02	Tuesday	03	Wednesday	04	Thursday	05	Friday	06
General Tso's Chicken <sup>⚠</sup> Vegetable Fried Rice Steamed Broccoli Apple		French Bread Pizza <span>🟢</span> Cucumbers Applesauce Cup		Breaded Chicken Fillet on a Bun <sup>⚠</sup> Corn Orange		Pizzeria Pizza Corn & Black Bean Salad Apple Slices		Super Bowl Sampler <sup>⚠</sup> Tater Tots Baby Carrots Banana	
Monday	09	Tuesday	10	Wednesday	11	Thursday	12	Friday	13
All-Beef Hot Dog on a Bun Sweet Potato Fries Apple		3-Cheese Cavatappi <span>🟢</span> Garlic Bread Steamed Broccoli Applesauce Cup		Chicken & Waffles <sup>⚠</sup> Baby Carrots Orange		Pizzeria Pizza Cucumber & Tomato Salad Apple Slices		Closed	
Monday	16	Tuesday	17	Wednesday	18	Thursday	19	Friday	20
Closed		Closed		National Pancake Week Pancakes <span>🟢</span> Syrup Turkey Sausage Patties Tater Tots Orange		Pizzeria Pizza Corn & Black Bean Salad Apple Slices		Beef Nachos Salsa Scoops & Brown Rice Black Beans Banana	
Monday	23	Tuesday	24	Wednesday	25	Thursday	26	Friday	27
Popcorn Chicken & Mashed Potato Bowl <span>🟡</span> <sup>⚠</sup> Dinner Roll Corn Apple		Cheeseburger on a Bun <span>🔴</span> Steamed Broccoli Applesauce Cup		Homemade Baked Ziti <span>🟢</span> Dinner Roll Peas Orange		Pizzeria Pizza Tossed Salad Apple Slices		French Toast Sticks <span>🟢</span> Yogurt Parfait Baby Carrots Banana	

\* Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subjected to change, notice posted when available. This institution is an equal opportunity provider.