

PRINCIPAL'S NEWSLETTER

St. Michael the Archangel High School



MISSION STATEMENT

Formed in Catholic tradition, the mission of St. Michael High School is to foster the spiritual, intellectual, and personal development of young people as committed disciples of Christ.

March 2026

FROM OUR PRINCIPAL

Dear Warrior Families,

February was a busy month on campus, and March is not slowing down. In the midst of the activity, the Church invites us into a different rhythm. Lent calls us to slow down, to reflect, and to prepare our hearts for the joy of the Resurrection. Even as our calendar fills, we remember that Easter is coming.

February began with our St. Michael Dance and Cheer teams competing at nationals in Orlando. We celebrated the conclusion of indoor track and girls basketball, while welcoming the start of bowling, golf, baseball, softball, and tennis seasons. It is always inspiring to see our students competing with excellence and representing our school with pride.

We also welcomed over 170 new Warriors from the Class of 2030 for Incoming Student Scheduling Night. Watching our future grow is a powerful reminder that we are part of something bigger than ourselves.

On February 24, our students participated in a presentation from Sweethearts and Heroes, centered on anti-bullying and the message of H.O.P.E., Hold On Possibilities Exist. The message was simple and profound: every student matters, and every interaction has the power to build up or tear down. That same week, our sophomores experienced a meaningful retreat focused on deepening their relationship with the Lord. It was a day set apart for prayer, reflection, and growth, something we need more than ever during this Lenten season.

March brings even more opportunities.

We begin the month with boys basketball playoffs and our spring musical, Shrek the Musical, running March 5 through 7. Tickets may be purchased at [i2Tickets.com](https://www.i2tickets.com). We will see the start of track season and our newest sport, girls flag football. Our test preparation sessions will continue as we approach March 16, when freshmen and sophomores will take the Pre ACT and juniors will take the ACT. These standardized tests provide valuable data that will help us strengthen our academic programming and better prepare students for the future.

This month also marks a particularly meaningful milestone for our community, the opening of our new chapel. In the midst of this busy month, we will dedicate a sacred space at the heart of our campus. There

is no better time for this gift than during Lent.

It will be a place of

quiet in the noise, prayer in the rush, and light in every season. Be on the lookout for invitations to come view this new home for Christ on our campus.

On March 27, we will host Career Day, welcoming alumni and friends of St. Michael to share their experiences and insights with our students. That afternoon, our campus will come alive with Warrior Olympics, where each grade will compete for bragging rights and the Warrior crown. Community events such as Moonlight and Jazz, Taste of Warrior Tailgate, and the Alumni Softball Tournament will continue to strengthen the bonds that unite our families across generations.

We will also host our Junior Retreat this month, with separate retreats for our young men and young women, providing focused time for spiritual formation. On March 29, we look forward to our Father Daughter Evening, a special opportunity to celebrate the gift of family.

In addition to these events, I want to remind all of our families about the Hallow app. Parents may log into their student's account and join in praying the Lent Pray40 challenge together. Lent is not meant to be walked alone. Praying as a family, even for a few minutes each day, can transform this season from something we simply endure into something that truly changes us.

The calendar is busy. The days are full. There are practices, rehearsals, games, meetings, and deadlines. Yet in all of the hurry, we cannot forget why this season exists. Lent prepares us for victory. It prepares us for hope. It prepares us for Resurrection.

Easter is coming.

May these weeks be filled not only with activity, but with prayer, sacrifice, and renewed faith. Let us walk together toward the empty tomb, confident that in Christ, life always conquers death.

*God Bless You and Go Warriors!
Mr. Jared Cavalier, Principal*

UPCOMING DATES AT A GLANCE

5-7: Shrek the Musical

13: Junior High MP3

13: Registration for Junior-Senior Prom closes

16: Pre-ACT/ACT

18: Mass

21: Taste of Warrior Tailgate

21-22: Campus Ministry Hike

25: Junior Retreat

27: Career Day/Warrior Olympics

28: Sensory MP3

29: Father Daughter Evening

31: Tuxedos to Geaux

Tax Return Information

To access a payment summary of tuition and fees for your tax return, login to your FACTS tuition account, click *View Details* on the login page, click the *View Payment Summary* button. You will be able to print your payments for the year, including the school tax ID number.

Student Council

Student council executive packets are available on Moodle beginning **today**. Class officer paperwork will be uploaded on Moodle **March 23**.

Stations of the Cross

All are welcome for Stations of the Cross **Fridays during Lent after school** in the Our Lady of Perpetual Help Chapel which is NOW OPEN!

Junior High MP3

Come “glow” in the dark at JHMP3 on **Friday, March 13** in the St. Sebastian Gym. The event is open to 6th-8th graders and will take place from 6:30-9:30pm. The cost is \$10 at the door and registration is available [here](#).

Freshmen and Sophomores: Pre-ACT

On **Monday, March 16** all *Freshmen* and *Sophomores* will take the Pre-ACT.

- Students MUST bring sharpened No. 2 pencils, a calculator, and a snack/water bottle for the break.
- Students should leave their school laptop at home.

- No lunch vendors will be on campus this day.
- Freshmen and sophomores will be dismissed at 11:15 AM. EBR Parish school buses and the St. Michael shuttle bus will run at 11:15 AM.
- There will be no aftercare program this day. Freshmen and sophomores who do not drive or ride a bus must be picked up at 11:15 AM.

Juniors: ACT

On **Monday, March 16** all *Juniors* will take the ACT.

- Students MUST bring their laptops fully charged, their charger, an approved calculator, and a snack/water bottle for the break.
- Students may bring pencils for scratch work.
- No lunch vendors will be on campus this day.
- Juniors will be dismissed at 11:15 AM. EBR Parish school buses and the St. Michael shuttle bus will run at 11:15 AM.
- There will be no aftercare program this day. Juniors who do not drive or ride a bus must be picked up at 11:15 AM.

Senior Service Day

Seniors do not report to school on Monday, March 16, as all other grades are taking the PreACT and ACT. On this day, Seniors are encouraged to work on their Senior Social Justice Projects and their service hours.

ACT & SAT Dates

The next ACT dates are **Saturday, April 11; Saturday, June 13; and Saturday, July 11**. Please visit www.act.org to register.

The next SAT dates are **Saturday, March 14; Saturday, May 2; and Saturday, June 6**. Please visit <https://satsuite.collegeboard.org/sat> to register.

Celebration of Mass

An all-school mass will be held **Wednesday, March 18 at 8:47 AM in the St. Sebastian Gym**. Bishop Duca will be our celebrant. Parents are invited and must check in at the school office prior to the Mass start time. Students must wear their dress uniforms.

Campus Ministry Hike

Students are invited to take part in an overnight hike event on **Saturday, March 21 to Sunday, March 22**. We will depart at 8:00 AM on Saturday to hike Red Bluff in Mississippi. We will start the night at a retreat center in Mississippi, attend Sunday mass at Mater Dolorosa parish in Independence, LA and then return to school by 2:00 PM. Transportation and meals are provided. The cost is \$40 per person. The deadline to sign up is March 13. Turn your [form](#) and check (made out to SMHS) to Campus Ministry.

Junior Retreat

The Junior Retreat is scheduled for **Wednesday, March 25**. Girls will report directly to The Mercedarian/Cypress Springs Center and will conclude by 2:45 PM. Boys will report to the SMHS Multipurpose Building by 7:10 AM. They will be bused to the St. Joseph Abbey in Covington and will return to school by 4:00 PM (please make arrangements for this late arrival). More information will be given to students and emailed to parents. Forms for the retreat should be turned in to the student's theology teacher.

- Girls' retreat form can be found [here](#).
- Boys' retreat form can be found [here](#).

Career Day/Warrior Olympics

Our Annual Career Day and Warrior Olympics will take place on **Friday, March 27**. Look for more information soon.

Sensory MP3

St. Michael Leadership and Faith in collaboration with the All are Welcome Ministry will host a Sensory MP3 on **Saturday, March 28, 6:00 - 7:30 PM for students in grades 6-12** with special needs. The event will take place in the St. Sebastian gym. There is no charge but families need to sign up [here](#). A flier with more information can be found [here](#).

Father Daughter Evening

Join us **Sunday, March 29 at 6:00 PM** in the St. Sebastian Gym for an evening that includes a delicious catered meal, music & dancing, and a witness. Tickets are \$20 per person. Register at this [link](#) by **March 24**.

St. Michael Theater Department Presents



The poster features the DreamWorks logo at the top. The title 'SHREK THE MUSICAL' is written in large, stylized green and orange letters. Below the title, it says 'St. Michael High School St. Sebastian Gymnasium'. The showtimes are listed as: Thursday March 5 @ 7:00pm, Friday March 6 @ 7:00pm, and Saturday March 7 @ 2:00pm and 7:00pm. At the bottom, there is a brown banner with the text 'Scan Here Purchase Tickets' and a QR code.

Senior Projects

Parents of seniors, your children have been working throughout this school year on their Senior Social Justice Project, which culminates in a formal research presentation that will be done in front of classmates, parents, and other adult mentors. This presentation is the capstone to their educational formation at St. Michael and is intended to help them bring together and demonstrate all of the skills they have gained during their time here. **Parents will receive a formal invitation to attend in late March.** You may contact your child's theology teacher with any questions. Please plan ahead to ensure that you will be able to attend this most important milestone of their senior year. **Presentations will begin April 1.**

Presentation of the Passion

Members of the Senior Class will present the Passion on **Holy Thursday, April 2**, in the main gym.

Last ACT Date for Seniors to Qualify for Full TOPS

The last ACT date to qualify for all 8 semesters of TOPS for current seniors is **April 11**. Students may qualify on a test taken after the ACT national test date in April, but prior to August 1, by using June, and/or July test scores, including scores from a special ACT or SAT, but your period of eligibility for the award will be reduced by one semester or two quarters. You may qualify for a higher award using a score achieved after the national ACT test date in April and before July 1. Please refer to www.osfa.la.gov for a full understanding of TOPS eligibility requirements.

Christian Service Hour Deadline

The final deadline for students to turn in all Christian Service Hours is **April 13** for award consideration. The Christian Service Award Mass is on **Friday, April 17**. The final deadline for turn in is **April 27**. Students will not be allowed to take any final exams until service hours are completed and turned in. There are MANY opportunities on the [ongoing and upcoming service page](#) and students can serve at any [approved non-profit](#). You can review the [service policy](#) at any time and send questions to our service coordinator Mrs. Wetzel (hwetzel@smhsbr.org). Please encourage your students to complete their hours now to avoid the frustration of last-minute obstacles. Nursing homes and other nearby service sites are often put in a position of having to say no to the influx of last-minute requests for service opportunities. We must all remember that serving in these organizations is a privilege and not a right, and these organizations exist to meet the needs of their clients, not to help our students meet their service requirements. Challenges almost always center on those students who attempt to complete a large number of hours in a short amount of time. On the other hand, St. Michael students regularly do amazing work in organizations across the city, and we hear many comments about the good work they do. A special thanks to parents for all you do to support our mission to form our young people as committed disciples of Christ.

Steubenville South

All are invited to attend the **Summer Steubenville Conference in Alexandria, Louisiana - June 26-28!** This is an amazing weekend with outstanding speakers and experiences of God's presence!

- The cost is \$295 per person.
- To register, complete registration form and mail with \$100 deposit to St. Michael High School by March 9. Space is limited. Sign up now!
- If you have any questions, please contact our Campus Minister, Emily Froeba (efroeba@smhsbr.org).
- Students will be transported by school bus and stay in a local hotel for the weekend. All meals, housing, and transportation are included in the price.

Click [here](#) to download the full flyer with the sign-up sheet attached.

Completing Registration at LSU

In order to complete registration at LSU, students must log into their myLSU accounts and accept all desired financial aid awards or scholarships. According to LSU's website, students must accept all scholarships on their myLSU account by **May 1**. Any scholarship offer not accepted on or before **May 1** will be declined. **May 1** is also the deadline for the enrollment deposit. This deposit is collected to know which students will actually attend. Reinstatements are based on available funding and are not guaranteed. On myLSU, from the menu on the left side, select Financial Services, Financial Aid, Financial Aid & Scholarships. For more information regarding LSU Financial Aid and Scholarships, please go to www.lsu.edu/financialaid. Students must pay their fee bills by the beginning of **August** on their myLSU account to complete registration. Failure to do so will result in classes being purged.

Junior-Senior Prom

The Junior Class will sponsor the Junior-Senior Prom on **Saturday, April 25 from 8:00-11:00 PM at Lauryn Hope Venue in Prairieville**. Information regarding proper dress and guests can be found in the Student Handbook. Tickets are not sold for prom; therefore, every junior and senior will register for prom. Any student bringing a guest from another school must complete a guest contract. Tickets and guest contracts will be distributed to the students. Students will need to register for prom [here](#) and the due date to register is **March 13**. *All guest contracts are due March 31.*

Tuxedos to Geaux

Tuxedos to Geaux will be at SMHS on Tuesday, March 31 to measure those needing a suit, blazer, or tuxedo for prom. All items will be in before prom.

Tuxedos To Geaux

3400 16th Street | Metairie, Louisiana 70002 | 504-455-5393
tuxedostogeaux@gmail.com | www.TuxedosToGeaux.com

Tuxedos To Geaux is a formal wear store that offers your students and their families a cost-effective and time-saving service. Our motto is "DON'T RENT IT, OWN IT!"

Your convenience is our priority. We come to the school and measure any student who is interested in purchasing a tuxedo, suit, or blazer. Our experienced alteration team tailors the items to fit perfectly. We then return to school with the altered items and deliver them to the students. All purchases from our store come with free lifetime alterations. We return to school each year to see if any alterations are needed at no charge.

ALL PURCHASES INCLUDE FREE LIFETIME ALTERATIONS!

Tuxedos	#1: Tuxedo, Shirt, Tie, & Cummerbund \$179+tax = \$196.45
	#2: Tuxedo, Shirt, Tie, & Vest \$199+tax = \$218.40
	#3: Tuxedo, Shirt, Tie, Cummerbund, & Vest \$209+tax = \$229.38
Blazers	Blazer, Dress Pant, Shirt, & Tie \$179+tax = \$196.45 -Or- Blazer Only \$129+tax = \$141.58
Suits	Suit, Dress Shirt, & Tie \$179+tax = \$196.45

No deposits are required.

We accept cash, credit cards, debit cards, checks, and Venmo @TuxToGeaux.

Thank you,
Mel Grodsky & Sarah Grodsky
Owners

Reminder to File the FAFSA

Seniors and senior parents, please remember to complete the FAFSA, the Free Application for Federal Student Aid, in order to receive any financial assistance and/or to apply for TOPS and other scholarships per the instructions of colleges and universities. Your FAFSA must be filed by **June 30** in order to receive TOPS. The earlier the FAFSA is completed may enable a student to receive more financial assistance. The colleges wait for completed fafsa's to do their award packages. Visit <https://studentaid.gov/h/apply-for-aid/fafsa> to get started or to finish your application. The student and parent must apply for an FSA ID before the fafsa can be filled out. If you need assistance completing the FAFSA, please call the FAFSA Helpline at 1-800-433-3243. If you wish to fill out the application for the TOPS scholarship only, you may do so on the Louisiana Office of Student Financial Assistance, LOSFA, website at <https://mylosfa.la.gov/applications/award-system/>. By filling out the LOSFA application only, and not the FAFSA, your student will not qualify for loans, grants, or work study. In

addition, LOSFA requires an official ACT score be sent to them by **June** to qualify for the TOPS Scholarship.

◆ A PRESENTATION FOR PARENTS BY MCCALL DEMPSEY



A PRESENTATION FOR PARENTS: RAISING BODY CONFIDENT KIDS IN A DIET OBSESSED WORLD

Presenter: McCall Dempsey, Mental Health Speaker, Writer, and Advocate
Founder/Director of Southern Smash, a program of the National Alliance for Eating Disorders

ABOUT THIS PRESENTATION

Kids today face constant pressure about how they should look, eat, and move – starting as early as elementary school. These messages can affect self-esteem, mental health, and lifelong relationships with food and exercise. Parents and caregivers play a powerful role. What you say and model can protect children from harmful messages or reinforce them. This presentation offers tools to help raise confident, resilient kids in a body-focused culture.

DATE AND LOCATION

March 25th, 2026 at 6:00 pm
Tracey Center Ballroom, Catholic Life Center
1800 S. Acadian Thruway

YOU WILL LEARN:

- 🗨 How body image develops in children
- 🗨 How media, sports, and school environments impact self-worth
- 🗨 Why boys and girls experience body pressure differently
- 🗨 What "diet culture" looks like in everyday family life
- 🗨 How to be a healthy role model without perfection or pressure

About the Presenter

McCall Dempsey, founder of Southern Smash, is a nationally recognized speaker on body image and eating disorder prevention. She brings evidence-based education, real life experience, and practical tools that students and parents can actually use.

After a 15-year battle, McCall sought treatment in December 2010. Since then, she has made eating disorder awareness and prevention her life's work and passion. McCall travels the country, sharing her story of hope and healing with audiences everywhere.

McCall also writes the popular blog, Loving Imperfection. Her writing has been featured in various national television, print and online publications, including Today Show, Women's Health, Southern Living, and Huffington Post. A Baton Rouge native, McCall now resides in Ponte Vedra Beach, Florida, with her husband, Jordan, and her two children, Manning and Marjorie.



Featured In



Contact

mdempsey@allianceforeatingdisorders.com
mccaldempsey.com
mccaldempsey.substack.com

Click [here](#) to register for the presentation.

Presentation of the Senior Class of 2027

An informational email about this event was sent to parents on **November 17 and December 8**. The Presentation of the SMHS Class of 2027 will be held **Friday, May 8 at 6:30 PM** in the St. Sebastian Gym. There will be **no practice this year**.

Juniors wear their dress uniforms and should arrive at the main gym no later than 5:50 PM and parents should be seated by 6:20 PM. ***Any student unable to attend this mandatory event, must be excused by Mr. Kegan Keller.***

ADVANCEMENT NEWS & IMPORTANT EVENTS



We invite you to join us in advancing our mission by considering a personal and meaningful gift to the Fund for St. Michael. Your tax-deductible donation

allows us to provide qualified families with tuition assistance, strengthen faith formation, and support our extracurricular activities and programs. In essence, your gift to this fund improves the overall student experience. Please use the link below to learn more about our fund and how you can help us attain our goal of **\$150,000** for the 2025-26 school year.

Questions? Contact Teri LaRose at tlarose@smhsbr.org.

[The Fund for St. Michael - St. Michael the Archangel High School \(smhsbr.org\)](https://www.smhsbr.org)

Sponsorship Opportunities

Formed in Catholic tradition, the mission of St. Michael High School is to foster the spiritual, intellectual, and personal development of young people as committed disciples of Christ. To achieve such a worthy goal, St. Michael gratefully relies on the meaningful involvement of many generous people. If you own a business or know a business, we invite you to discover the numerous ways you can partner with St. Michael High School by visiting our [website](https://www.smhsbr.org) or contacting Haleigh Gautreaux at 225-753-9782, ext. 26 or hgautreaux@smhsbr.org.

2026 Taste of Warrior Tailgate

St. Michael is excited to be hosting the 4th Annual Taste of Warrior Tailgate event on **Saturday, March 21, 2026**, in the SMHS St. Sebastian Gym. Get your friends together and come out and enjoy a night of sampling food and drinks from some of the city's best caterers and restaurants, listening to live music performed by Category 6, and bidding on items in our silent auction! We can't wait to see you there! This year's event will be a NEON theme!!!

Event Details (subject to change):

Date: March 21, 2026

Time: 6:00 - 10:00 PM (Band starts at 7:00 PM)

Where: SMHS St. Sebastian Gym

Cost: \$75/ticket

Come prepared to take part in our Silent Auction and more fun

Ticket Link: <https://qtego.us/1/smhsbr/tickets>





St. Michael Prayer

*St. Michael the Archangel, defend us in battle;
be our protection against the wickedness
and snares of the devil. May God rebuke him,
we humbly pray; and do Thou, O Prince of the Heavenly Host,
by the divine power of God, cast into hell, Satan
and all evil spirits, who roam about the world seeking the
ruin of souls.*

Amen

Alma Mater

*All hail to you, St. Michael High,
The black and gray and red.
Our glory and our honor
To thee do we pledge.*

*Years will pass and roads divide;
Memories remain.
St. Michael, we proudly pledge
Our honor, our love, and fame.*

