



Lumen News

March 2nd, 2023

Our Mission:

As a ministry of St. Benedict Parish,
Lumen Christi High School provides a rigorous Catholic education in a Christ-like environment!

Our Core Values:

Living Faith, Celebrating Family, and Achieving Excellence

Important Upcoming Dates

- March 2-4:** Regions BB Tournament (@Lumen)(details and sign ups below)
- March 3:** All School Mass, 7:45am
- March 6:** Stations of the Cross, 1pm
- March 9:** Esto Vir Men's Group, 6-8pm (see details below)
- March 10:** Inservice Day/No School (start of Spring Break)
- March 15-18:** 1A/2A Alaska State Basketball Championships
- March 20:** Return from Spring Break/Stations of the Cross, 1pm
- March 23-25:** 4x4x48 Extreme Retreat (details below)
- March 28:** Lenten Reconciliation Service (High School), 1-2pm
- March 28:** Spring Speaker Series, 7pm (College Planning—details below)
- March 29:** Lenten Reconciliation Service (Junior High), 1-2pm
- April 4:** 40 Cans for Lent and House Bowl complete
- April 6:** Holy Thursday/Stations of the Cross, 1pm
- April 7:** Good Friday (No School)(Archdiocese Faith Walk)
- April 9:** EASTER SUNDAY
- April 10:** Easter Monday (No School)
- April 16-22:** CLOSE UP Trip to Washington DC
- April 18:** School Board Meeting, 6pm followed by Townhall meeting to discuss move to 3A sports, 7:15pm
- April 19:** JH PSAT Testing/HS "Day of Service" (details to follow)
- April 20:** Principal-Parent Forum, 7pm followed by Townhall meeting to discuss move to 3A sports, 8pm
- April 28:** Community Talent Show, 6-8pm (details below)
- April 29:** High School Prom—Viking Hall, 8-11pm
- May 5:** Last Day with Class of 2023 (Transfer of the Light of Christ Mass @ 7:45am)
- May 10:** Class of 2023 Baccalaureate Mass, 7pm
- May 11:** Class of 2023 Graduation, 7pm
- May 22-23:** Final Exams (dismissal at 1pm)
- May 23:** Students Last Day/Summer Break Begins!

Principal's Update

Congratulations to our Lumen junior high volleyball teams for winning both the Gold and Silver divisions of last weekend's jamboree! And although the members of our Debate team didn't place as well as they hoped, they are proud to have represented Lumen at the State DDF championship's over the weekend.

This week, Lumen hosts the Peninsula Conference Regions Basketball Tournament. Two teams for both boys and girls will earn berths to the State championships. Our teams have been working hard this season, so let's fill our bleachers with spirited Lumen families! Many thanks also to those who have volunteered to man the gate table, sell concessions, and host the hospitality room. Our Student Leadership Board has challenged the student body to attend at least two games and earn a casual day at school next week! So come on out and cheer on our Archangel teams!

On a more serious note, I encourage you to talk with your son or daughter about the rapid rise and popularity of Artificial Intelligence (AI) programs like ChatGPT among our youth in just the past couple of months. What is AI and how is it impacting our educational system? You can do a quick web search on the topic, but I found this article (among many others) helpful:

<https://thehill.com/policy/technology/3816348-what-is-chatgpt-ai-technology-sends-schools-scrambling-to-prepare-learning/>

While AI, like many forms of technology, is useful and can often support our efforts in the classroom and educational/work setting, unfortunately, we have recently seen an increase in its use by some students on assignments, tests, homework and papers. In essence, autogenerating entire essays (or large portions thereof) or autogenerating answers to question prompts on assignments (two recent examples) is intellectually lazy as well as dishonest. While we are working to clarify the language for this new phenomena in our Academic Honesty policy (found on page 18 in our Parent Student Handbook here: <https://lumenchristiak.org/wp-content/uploads/2022/11/LCHS-Parent-Student-Handbook-2022-23.pdf>), please know that our entire faculty view these incidents as violations of academic integrity and we are handling them accordingly.

Over the past week, we have addressed this new form of academic dishonesty with our students, and we will continue to do so. As we partner together to help raise our students with virtue, integrity, and honor in all that they do, I encourage you to discuss this topic with your son or daughter and help us reinforce the following:

- Honesty in academic work is a fundamental requirement in our Catholic school setting (indeed, in any setting) where living a life of integrity and virtue is paramount.
- Just as there are AI programs to autogenerate answers to school assignments, there are also programs to determine with a high degree of accuracy whether a student's work is AI generated.
- Further, one of the many beautiful things about the small class sizes at Lumen Christi is that our students are known here. In this case, we know when a student's writing or work is atypical from what that student usually completes (better or worse). This is normally an indicator that something has changed and our teachers make an effort to "connect the dots" with our students. Unfortunately, in recent days in some cases, this has meant that a few students have used AI to do their work for them.
- Finally, Lumen Christi prides itself on developing graduates who communicate effectively, think critically, and solve problems. While technology can assist us with these skills, we must still rely upon the greatest supercomputer the world has ever known—the human brain.

Thank you for your assistance and support as we navigate this "brave new world" with your son or daughter. As always, if ever you have any questions, please feel free to contact me at bross@lumenchristiak.com. Blessings on your weekend!

Virtue of the Week



Please click here for more information on the virtue of the week:

<https://virtuestrength.org/sites/default/files/newsletter-assets/Kindness%202022-2023%20MINI%20PDF.pdf>

Front Office News

Kitchen Helpers Needed!

We are looking for 2 more kitchen helpers aka kitchen angels for our Wednesday Hot Lunch!
Be part of the reason why students LOVE hot lunch AND earn some parent share hours while you're at it!

If you would like more information, feel free to contact:

Michelle Hohmann at

206-550-0107

between 9:30am- 1pm.

College, Career, and Vocation Information

Please click on the link for the most current information from our Dean of Academics and Senior Advisor, Mrs. Brewer. This is great information not just for our current seniors and their families, but juniors and their families too - it's never too early to start planning for your time after high school!

[News From Mrs. Brewer](#)

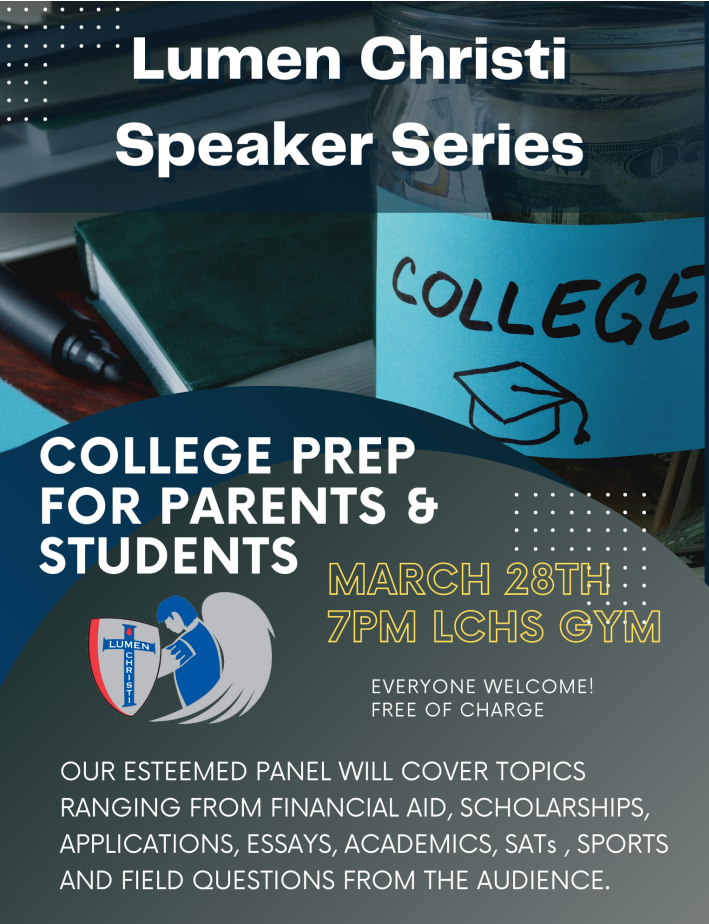
Announcements from NHS:

National Honor Society tutoring is expanding from every Wednesday during 7th period AND ALSO after school from 2-3pm.

NHS is asking for volunteers to help at the St. Francis Food Pantry on Friday March 3 after school until 3pm. Lumen transportation will be provided and sign up will be on the Faith in Action Board.

NHS will begin an ongoing donation drive for AARF (Alaska Animal Rescue Friends) that are in need of gently used pet supplies. These supplies include sheets and towels (or other pet bedding), dishes, leashes, toys or even food. Please look for the donation trash can popping up soon near the office. Note we are not asking for new items, used is preferred and this will not be a competition among houses. Please bring in items as you come upon them over the next few months.

Speaker Series



**Lumen Christi
Speaker Series**

**COLLEGE
PREP
FOR PARENTS &
STUDENTS**

**MARCH 28TH
7PM LCHS GYM**

EVERYONE WELCOME!
FREE OF CHARGE

OUR ESTEEMED PANEL WILL COVER TOPICS RANGING FROM FINANCIAL AID, SCHOLARSHIPS, APPLICATIONS, ESSAYS, ACADEMICS, SATs , SPORTS AND FIELD QUESTIONS FROM THE AUDIENCE.

Archangel Sports

Track and Field

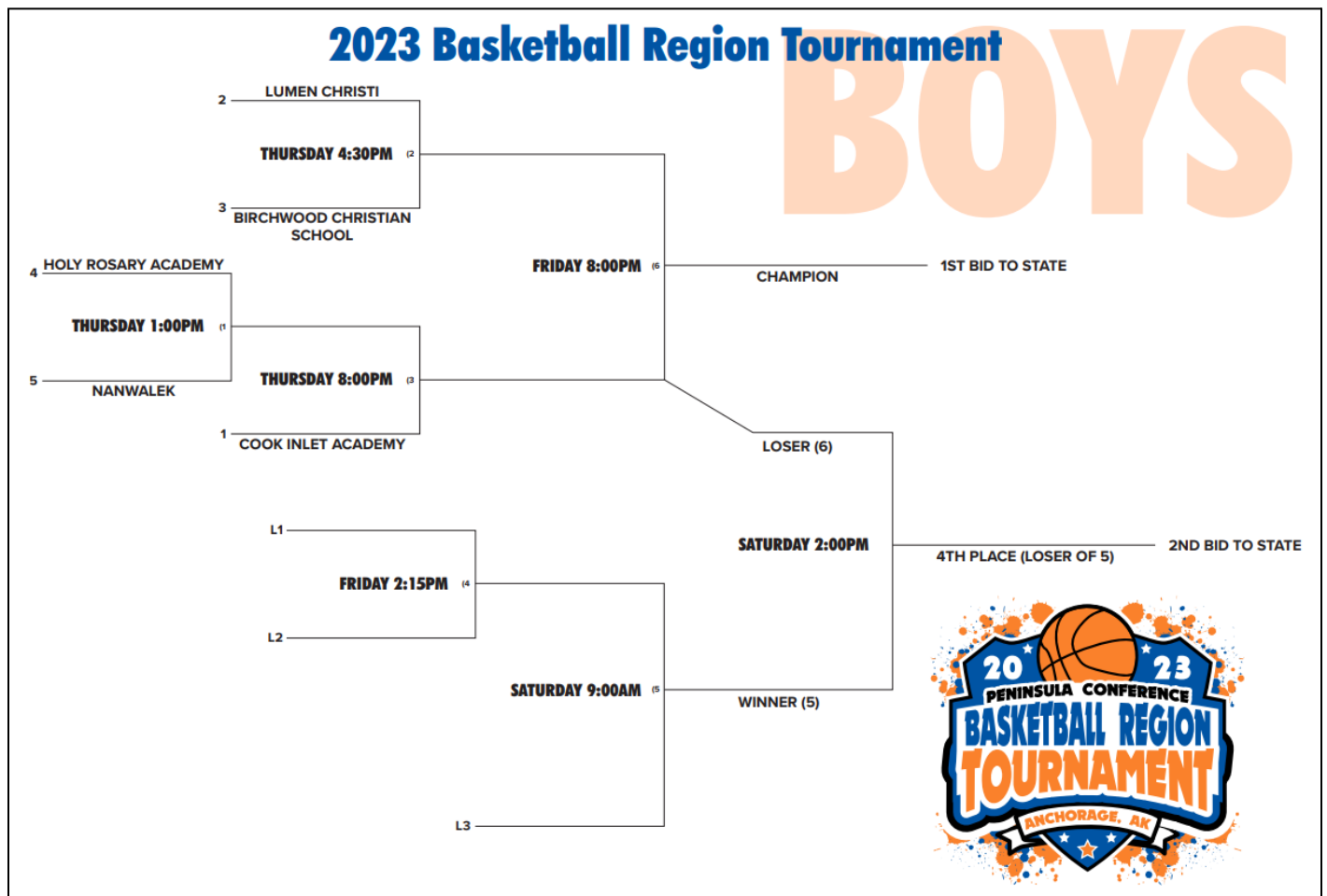
Practice begins March 21, 2023 after school at 2:45 pm.

With Coach Wallace Wilson

Wally is a physical therapist and exercise physiologist who has been working in healthcare since 1992. He has been working with athletes of all ages over the past 30 years as a therapist, coach, fitness instructor and mentor. For many years he was the race director for the Anchorage Run Fest Kidsv2K and The Anchorage Mile. Since 2016 he has also worked with the Alaska Sports Hall of Fame/Healthy Futures as the Director of PLAAY. Wally's wife, Shelby, is also a pediatric physical therapist and they have two teenage daughters who will be in ninth and 11th grade next school year at Service High.

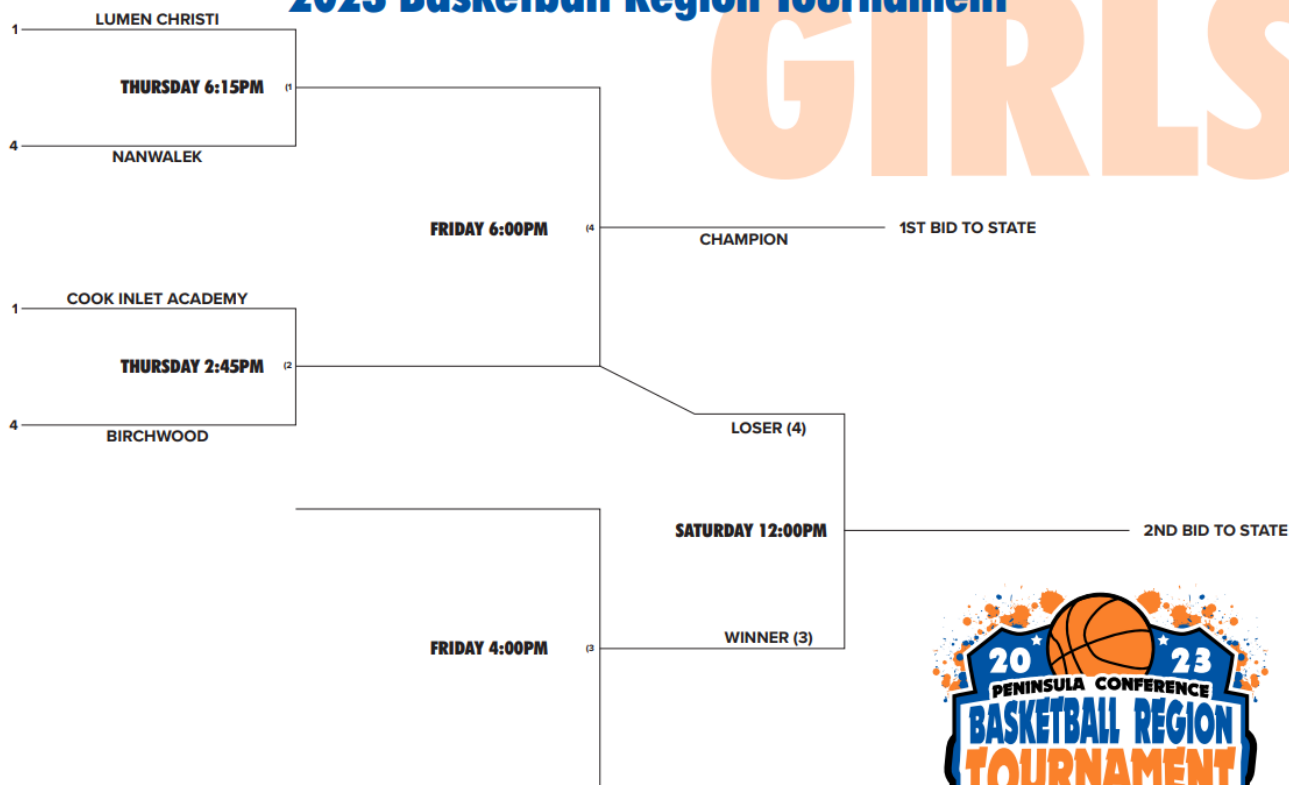
HS Basketball

 [2023 Brackets -Pen. Conference basketball \(1\).pdf](#)



2023 Basketball Region Tournament

GIRLS



March 2nd - 4th

Fill ins needed:

Sat. Mar. 4th

Concession Stand // 8:30 am - 10:30 am (1 person)

Sign up here if you would like to volunteer for Parent Share Hours:

<https://signup.com/go/snpjEEv>

Campus Minister Thoughts



On Monday I participated in my first ever In School Stations of the cross. Admittedly I was skeptical that it would be as solemn as it "should" be.

I was wrong.

The spaces transformed as much as the students transformed. As each House traveled to the stations, the seniors reverently led the stations. I was humbled. Stations will be happening in the halls each Monday of Lent, at 1pm, starting the gym. If you

would like to participate with us, please do! Just come to the office at 12:45 and get buzzed into the school.

The students were all encouraged to find when the Stations of the Cross are happening in the local parishes and to attend them if possible.

We have also started up the time honored tradition of the Staff making soup / pasta (meatless) on Fridays and selling it for \$2 (cash) per bowl. All the proceeds go to charity. It was well attended last week, and I am sure this week will be no different!



The students will be organizing, and running the Talent show on April 28th. We have our first organizational meeting on 3/2/23. I am excited to work with them on this event! More to come.....

Extreme Retreat 4X4X48

March 24th 7:30 pm until March 26th 6:00 pm

We will gather in the upper room in the gym for a PROMPT 8pm Start.

You will then *choose* one of two paths. Every 4 hours you complete 4 miles (Run / Walk) or do 4 Rosaries in the prayer corner in the upper room. At the next 4 hour mark (12:00am) we will do that again.

This is an EITHER / OR retreat, *NOT flip flop between*. It is an EXTREME event that will test your ability to fight through lack of sleep. During *your limited down time*, we will remain in the upper room in community (Unless you are a Seminarian who has other duties). You can use *your limited down time* to rest, nap, play games.....

The showers in the locker rooms will be available during *your limited down time*.

You will be providing your own nutrition during the event, so bring what you will need to consume on *your limited down time*.

This is NOT a chaperoned event, so if your child is participating, then you must participate with them. The adults participating will need to focus on themselves to see it through.

Due to the extreme nature, *not ALL will finish*. It is usually at 40% completion rate.

Those who do see it through will have a pizza fest at 5:30pm on Friday March 26th, also in the upper room.

Please reach out to Doug Berry at DBerry@LumenChristiak.com or 907-350-0495 if you will be joining him, or if you have more questions.

St. Benedict Parish News & Invitations

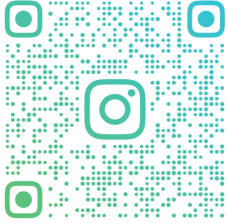
Super Sunday Fun for All Ages!

Contact Gabe O'Lena: golena@stbenedictsak.com for a schedule of events and activities!

Esto Vir Mens Group

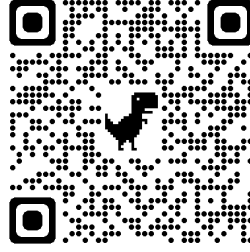
Esto Vir- Our next Esto Vir will be on Thursday, March 9th at 6 PM. Fr. Madison Hayes will give a presentation on praying with the Scriptures. We will have corned beef, Irish Nachos, and some other great food.

Follow Lumen Christi on Instagram and Facebook!



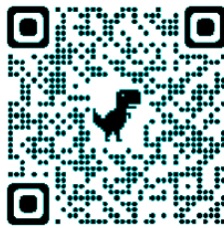
LCHS_STUDENT

https://www.instagram.com/lchs_student/
@LCHS_STUDENT



<https://www.facebook.com/lumenchristiak>

Stay up to date on things at St. Benedict's Parish!



<https://stbenedictsak.com>

Share Hour Opportunities

Basketball Games

<https://signup.com/go/snpjFEv>

Archangel Attic

<https://signup.com/go/MjHfAVB>