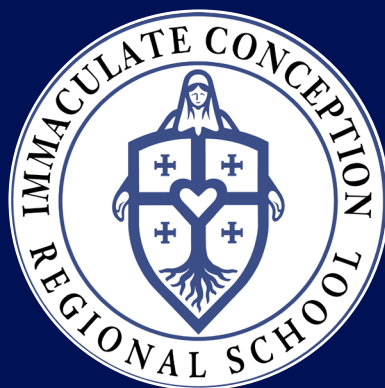


ICRS LINKS

VOL. 2 Issue 1

February 2021



A Message From The Principal

Dear ICRS Families and Friends,

Welcome to our 2nd annual alumni LINKS newsletter. The year has been an extraordinary one for the world, the community, and our school. When schools had to pivot to remote learning in March, Immaculate Conception Regional School (ICRS) did not skip a beat. Our teachers provided continuous learning from the get-go and epitomized our theme, "Growth Mindset." They learned new ways to deliver instruction on Zoom and how to use online resources to support student learning. ICRS was one of the few schools in the Skagit Valley offering continuous learning. We were very fortunate that we adopted a one-to-one device program at the beginning of the school year which equipped students for remote learning. Almost a year later, we are proud to say that all of our students will be back on campus four days a week by February 22.



Our theme this year is "Love thy Neighbor." ICRS students have demonstrated love for their neighbors by sending over 100 letters and cards to local seniors and grandparents isolated during COVID. Classrooms sent cards of appreciation to local health care providers, fire fighters, local police, and grocery store workers. During Advent students brought over fifteen boxes of canned goods to the Tri-Parish Food Bank at St. Charles. This COVID year needed us to love our neighbors and to be a glimmer of Christ's hope in our community.

2021 is also made extraordinary with young alumni on staff. We reached out to those taking a gap year to help their alma mater in support positions. Read more about these wonderful alumni on page 6 of this magazine.

We have been challenged in new ways and found creative solutions to continue our mission. In fact, we are being very creative with our biggest fundraiser. The 2021 ICRS auction, "Mask-querade," will be hosted online. See the link on the last page of this newsletter to sign up to bid on items for this year's auction. Bidding opens up at 10:00 AM on Monday, February 22nd, and remains open until 10:00 PM Saturday night, February 27th. We hope you can join us at our virtual auction.

Thank you for your continued support for ICRS. Enjoy the LINK.

Peace and Joy,

Principal Rodrigues

We look forward to celebrating our wonderful traditions and our school endowment fund at our 71st Anniversary Gala May 21, 2021. Over \$600,000 from endowment has been used toward the ICRS general operating budget in the last six years. This fund benefits all school families.

Teachers

This year two of Immaculate Conception Regional School's incredible teachers; Colleen Wade (Kindergarten) and Sarah Rutherford (7th Grade), have been named recipients of the SMAPE William Dahlgren Award for 2020.

The William Dahlgren Award recognizes outstanding K-12 teachers for inspiring students in math, science, and engineering fields, particularly classes directed towards learning the field of plastics and general entrepreneurship activities.

SAMPE recognizes teachers who exemplify:

- Excellence:** Motivating students to achieve their best.
- Integrity:** Consistently thinking, doing more than what is required.
- Respect:** Treating each student as valuable and full of potential.
- Innovation:** Inspiring students to explore and create on their own from what is taught.



Colleen Wade



Sarah Rutherford

Colleen Wade has been a teacher at Immaculate Conception Regional School for the past 20 years. She had two children attend ICRS as well.

Mrs. Wade is kind and patient with her kindergarten class. She is also very organized and detailed. She runs a tight ship in the kinder class and transitions the students to a full day academic setting through her consistent routine and clear objectives to her students.

"Colleen has been spearheading the technological age in her classroom for the past 10 years. She procured a financial donation to purchase iPads for the classroom. These iPads are used for educational purposes in a variety of ways for both math and reading. Her focus with the iPads is to teach, enrich, and remediate math and the language arts," said ICRS Principal Gwen Rodrigues.

Sarah Rutherford has been a teacher for 29 years. She has spent the last 14 of them at ICRS. She is an ICRS Alumni and she also sent all four of her children here. She currently teaches 7th grade and English Language Arts.

Mrs. Rutherford is passionate about challenging and motivating her students to reach their potential. She guides them daily to strive for success in her classroom. She teaches from the motto "Don't let children choose to fail." Mrs. Rutherford believes that children need to feel respected, loved, and safe to achieve their academic potential. She operates her classroom off this belief, leading by example in the way she works with her students. She stresses the importance of respecting her and each other in her classroom.

"An innovation that Sarah has developed in the 7th grade classroom is a Washington State History/ Engineering Road trip. Each year she takes her students on a 4-day, 3-night trip around the State of Washington. The idea is to give the students firsthand knowledge about the wonderful state history here in Washington as well as the many different engineering projects we have," said Principal Rodrigues. "However, that is not all. This trip is also used as an opportunity to develop and nurture the class's leadership skills."

Mrs. Rutherford does this by having the students be 100% involved in the planning of the trip. Students make hotel reservations, locate food stops along the way, figure out the best route from one stop to the next, decide which historical stops the class will make, and decide which engineering marvels they will visit. Then the students are required to do a research assignment on the historical and engineering venues they will see prior to the trip so that the students are familiar with these places once they arrive.

Congratulations to Mrs. Wade and Mrs. Rutherford on this well-deserved award!

About SAMPE: In 2006, the Society for the Advancement of Material and Process Engineering (SAMPE) established its philanthropic arm, the SAMPE Foundation. **Their mission:** to instill interest and passion for advanced materials and process in the next generation of leaders. In order to realize this vision, the SAMPE Foundation promotes education and innovation in the fields of materials and processes on a global basis, particularly at the kindergarten through the 12th-grade level.

Spartan Links

Do you have an ICRS alumni update you would like to share with us? Please let us know. Send information and pictures to bveltri@icrsweb.org



Luke Pusateri '16

Currently a freshman at the University of California San Diego (UCSD), Luke is a member of the collegiate swim team and competes in the Big West athletic conference. He is majoring in Real Estate and Development and has already been named to the Academic All-American team for his academic accomplishments.

Luke's swimming journey is a little different than most college freshman. Since both of Luke's parents, Melvin and Rowena, were born in the Philippines, Luke holds dual citizenship. This has allowed Luke to qualify for the Philippines Junior National Team, where he had the opportunity to travel and compete in the Philippines. It is on this team where Luke met some of his current UCSD teammates and led him to eventually decide to attend UCSD for his collegiate career.

Luke has been swimming since he was 6 years old. Growing up in Mount Vernon, he was a member of the YMCA Chinooks Swim Team under the tutelage of Coach Carroll Mockatell since the 1st grade. When he was a senior at Mount Vernon High School, Luke finished 2nd at State in the 200 individual medley and 5th in the 100 breast stroke; Luke finished in 1st place at Districts that year in both events.

Though this freshman season has been anything but normal and Luke's first Big West season was canceled due to COVID, the team is still in the pool daily working hard. Luke and his fellow UCSD teammates were able to compete in his first U.S. Open swim event this past November at the 2020 Toyota U.S. Open Championships in Irvine, CA. Luke qualified for the Open in his best three events, where he finished 66th in the 100 breast stroke, 69th in the 200 breaststroke, and 93rd in the 200 individual medley. Considering he was competing against swimmers who have already won Olympic medals and NCAA Champion titles, as a first-time U.S. Open circuit participant Luke was very pleased with his results.

Luke is looking forward his next opportunity to compete. His next chance will be in March when his team will host an official time trial to work towards qualifying for the U.S. Olympic Trials. Currently the U.S Trials are scheduled for June, right in time for this summer's Olympic Games in Tokyo (which were postponed from 2020).

Luke's clearest path to the Tokyo games could be as a member of the Philippines National Team. If he can shave just 3 seconds off his current time in the 200 individual medley, he will qualify on that team for this year's games. If it doesn't happen this summer Luke is already looking to the future; he feels he has a great chance to make the 2024 games in Paris, France as he will just be hitting his swimming prime.

When Luke returns to Mount Vernon, he and his family attend Immaculate Conception Church where he and his parents are Eucharistic Ministers and his younger brother, Peter, is an altar server.

Good Luck, Luke, from your friends at Immaculate Conception Regional School – we will be rooting for you!



ICRS Family Tree

Showcasing Generations of ICRS Families

Holt/Cully Family Tree



Jackie Holt
Teacher 1972-1991



Fred Holt '75



Jackie Holt '78



Daniel Holt '80



Robin Cully '00



Allison Cully '04



Ryan Cully '05



Adelaide Cully '27

If you would like your family featured on the ICRS Family Tree and your family has more than one generation of ICRS alumni, please let us know. Send information and pictures to bveltri@icrsweb.org

Service

Thank you to these current school parents and all of our essential and front-line workers who have been at the forefront of this pandemic. As these faces show, they are thrilled to have received their COVID vaccine as they continue to support our community.



Giving Back

Isaac Pereira (Class of 2015) answered the call to help us serve lunch, support the Extended Care program and help with yard duty. Egann Willis (Class of 2016) wants to be a PE teacher and during this college gap year offered to help as a teacher's aide in 4th and 5th grades. He also helps with yard and lunch duty.

Sierra Mierzeski (Class of 2016) is an aide in 1st and 2nd grades and is working side by side with her former teachers. Anna Rutherford (Class of 2016) spent her winter break supporting 1st, 2nd, and 3rd graders. She returned to the University of Notre Dame in January. We are grateful for the support our alumni give us; thank you Mr. Isaac, Mr. Egann, Ms. Sierra, and Ms. Anna. God bless you for sharing your time and talent with us!



Isaac Pereira '15



Egann Willis '16



Sierra Mierzeski '15



Anna Rutherford '16

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<https://www.icrsweb.org/about-us/alumni/>

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