

NEWS *from the*

SPRING 2024 VOL. 40, NO.1

SERVICE.
SPIRITUALITY.
SISTERHOOD.



IMMACULATE HEART ACADEMY

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Our Mission

Immaculate Heart Academy is a college preparatory high school in the Archdiocese of Newark which has as its purpose the complete education of young women. By both cultivating the traditional Christian values of the Roman Catholic Church and by upholding exceptional academic standards, IHA offers a unique educational experience for the young women in our community. Immaculate Heart Academy strives to develop every aspect of the individual by educating the mind, nurturing the spirit, and promoting a healthy lifestyle. By instilling in its students a sense of responsibility, confidence, justice, peace, and compassion, Immaculate Heart Academy prepares its students for life throughout the twenty-first century.



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Students celebrating during Catholic Schools Week pep rally

President's Corner



Dear IHA Community,

It is hard to believe that we are approaching the conclusion of another school year. While it feels like each year moves faster than the previous, it is important to be present in each moment and to celebrate our impressive students as a community.

Whether cheering for student-athletes, dancing with the cast of *Mamma Mia!*, celebrating service award recipients, acknowledging the DECA chapter on their incredible run to nationals, or recognizing the achievements of their fellow classmates, our inspiring student body shows up for one another in visible displays of support and solidarity. This powerful union of sisterhood continues to set us apart, and is one of the reasons 175 rising freshmen chose Immaculate Heart Academy to be their home for the next four years. We welcome this remarkable group of young women into the sisterhood, and cannot wait to see you in the fall.

As we invite our newest members to this sisterhood, we also prepare to bid farewell to our seniors. The Class of 2024 is an impressive group of women, and in the coming days, they will embark on a new journey outside the walls of our beloved school. The resounding echo of a dynamic sisterhood will continue to be with them as they move through college, young adulthood, and beyond. The support of their alma mater will always remain with them, as will the memories and friendships they have formed during their time here.

May God continue to bless us all and give us a summer of peace and relaxation before we head into the 2024-25 academic year.

Jason Schlereth
President P'27, '28



IHA Eagle Ambassadors welcomed members of our newly accepted Class of 2028 at Accepted Students Night. Congratulations! We can't wait to see our new sisters in September.

IHA Presents: MAMMA MIA!™



IHA was proud to present its 2024 spring musical, *Mamma Mia!* on March 22-24. This sold-out, entertaining musical highlighted hit songs from ABBA and had everyone in the audience wanting more!

Cast and crew members creatively told the story of Sophie, a bride-to-be who wants to find her father. Through music and dance, Sophie discovers the true meaning of friendship, life, and most importantly, the joy of what love can bring. The vibrant and colorful set,

incredible singing, and dynamic dancing made this musical one of the best musicals ever performed at Immaculate Heart Academy!

Thank you to everyone involved in this amazing production, including *Mamma Mia!* producer and artistic director Ms. Elizabeth Scully '15, coordinator for the performing arts; director Jodi Capeless P'22; choreographer Kimberly Galberaith P'22; and music director Edward Ginter. We would also like to extend our heartfelt thank you to the rest of the production





team, including IHA crew members; our set designer Vincent Gunn; lighting designer Nikki Belenski; costume designer Nancy Reynolds; sound designers Steve Kolakowsky and Concert Audio; faculty moderators; parent and student volunteers; the orchestra; IHA administration; and Mrs. Maureen Layng.

This year's musical featured a large cast of principal characters and supporting cast members, all of whom were brilliant on stage! A special thank you to Madeline Heinimann '24, Isabella Falletta '24, Maeve Murray '24, and Ava Previzi '24 on their final magnificent performance at Immaculate Heart Academy. Also shining on stage from Immaculate Heart





Academy: Tara McCarthy '26, Kaylie O'Connell '27, and Katherine Ryan '25. We would also like to call attention to our featured dancers, Clara Byrnes '26, Ellie Daniels '26, Megan McCarthy '25, Lucyann Tappan '25, and Alyssa Torres '24; and our IHA ensemble, Nell Burczon '25, Jenna Circelli '27, Sophia Cremona '24, Genesis Dagdayan '27, Marley Digby '27, Kate Hujsa '26, Madison Les '26, Olivia Pantano '25, Lola Rose Projahn

'25, Gianna Valente '27, Samantha Vaz '27, and Ella Vrtis '26.

In addition to students from Immaculate Heart Academy, students from St. Joseph Regional High School and Westwood Regional High School performed in the musical. We couldn't have done it without you. Congratulations on another amazing production from IHA's Performing Arts Department!







Girl, Arise! “Be who God meant you to be and you will set the world on fire.”
—St. Catherine of Siena

HA students attended our inspiring Catholic Women’s Leadership Conference March 9-11, 2024, at Kalahari Resort in Pocono Manor, Pennsylvania.

At this year’s conference, 85 students celebrated their sisterhood and participated in prayerful reflection, inspiring discussions, and so much more! Over the course of three days, students strengthened their relationship with God through prayer and thought-provoking workshops, and at the same time built on the strong bonds of their sisterhood. Our students were also able to attend Mass and Eucharistic Adoration, listen to touching guest speakers, and of course take advantage of the beautiful facilities at Kalahari Resort.





“ The BELIEVE. 2024 conference was an eye-opening weekend that gave each girl the opportunity to grow in her faith with her sisters. The conference featured several keynote speakers, sisterhood activities, Adoration, Mass, and more. BELIEVE. 2024 was nothing short of amazing and is truly something I hope every IHA girl can experience. ”

–Grace Guglielmetti '25, social media chair for the Campus Ministry executive board





Part of the BELIEVE. conference also included a special dinner that focused on the gifts of community and sisterhood. Students decorated their own gift bag with their name on it so that their fellow sisters could write a note describing the amazing gifts and talents they see in their sister. By the end of the night, everyone had a bag full of affirmations!

Another favorite activity at the conference was the Sisterhood Circle which is meant to provide the students with a space to verbally affirm each other. Students volunteer to enter the center of a circle to call out the good that they see in a specific sister. According to Ms. Emily Ash '19, theology teacher and service coordinator, "The girls would have kept the Sisterhood Circle going all day if we let them! We emphasized that the circle is not the only chance they get to do this, they can do it everyday in the halls of IHA. We do not have to be in the Poconos for the girls to treasure the sisterhood and friendships God has given them."

Another captivating part of the conference was the keynote speeches from Miss Kerry Carroll '04, principal; Ms. Lauren Rhein '09, director of admissions; Ms. Emily Ash '19; Samantha Povlock, founder and CEO of FemCatholic; and Ms. Lauren Meyers, former teacher at IHA.

Ms. Meyer shared with students what it means to believe in the love that God has for each one of us and to then live that out in the world each day. She highlighted different stories from women in Scripture who believed in God's love for them and used that love to become the women they were created to be with courage, compassion, and service.

Thank you to the IHA administration and Ms. Emily Ash '19, for this inspiring Gospel-centered weekend! We are also grateful for the many chaperones, and keynote speakers who devoted their time to help foster this amazing community of sisters.

“ BELIEVE. 2024 was a moving experience where IHA students were given the opportunity to grow in their relationship with God and their sisters. During the weekend, girls listened to speakers from Catholic organizations, attended Mass and Adoration, and participated in activities that encouraged friendship and sisterhood. BELIEVE. 2024 was a wonderful experience that will continue to have an impact on me after my years at IHA and has helped me grow in my faith in so many ways. I encourage every IHA girl to experience BELIEVE. as it has truly changed my life.”

-Hannah Hart '24, president of sisterhood for the Campus Ministry executive board



Did You Know...

DECA Chapter News

IHA Headed to Nationals!

Congratulations to Victoria DellaCroce '24, Marisa Flores '24, and Emily Magee '24 for their outstanding achievement! These IHA seniors placed sixth overall at the DECA State Career Development Conference! This remarkable accomplishment earned them a spot to compete nationally in California with over 22,000 high school students.

Thirteen IHA founding DECA members competed in marketing and entrepreneurship events at the state conference alongside 120 other NJ high schools from March 4-6, 2024, in Atlantic City.

In the marketing event, juniors Caitlyn Capizzi '25, Grace Guglielmetti '25, Aileen Mahoney '25, Emma Neyland '25, Ella Turnamian '25, and Francesca Velardo '25 showcased their skills through written and oral presentations. Lilé Policastro '25, earned her spot at states by excelling in the role play event for principles of finance from the district competition held at Ramapo College in January.

Seniors Victoria DellaCroce '24, Claire Donohoe '24, Anna Gallucci '24, Sofia Giannella '24, Marisa Flores '24, and Emily Magee '24, demonstrated their entrepreneurial prowess with written and oral presentations in the entrepreneurship event.



We couldn't be prouder of these students for representing IHA with excellence! Special thanks to our dedicated chapter advisor, Mrs. Christine Capizzi '89 P'25, for

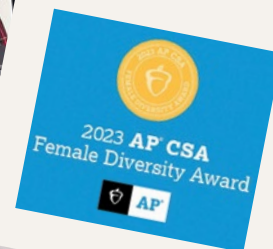
her guidance and support throughout this journey!

2023 Female Diversity Award

Immaculate Heart Academy once again earned the 2023 College Board's AP® Computer Science Female Diversity Award. IHA received the award for achieving high female representation in AP Computer Science A (CSA). Congratulations to Mrs. Theresa Seymour Dolan '95 P'26 for achieving this honor once again! IHA also received this award in 2018, 2019, 2020, 2021, and 2022.

Schools honored with the AP Computer Science Female Diversity Award are recognized for having expanded girls' access to AP computer science courses, and serve as an inspiration and model for all U.S. high schools. In 2023, IHA was one of 225 schools recognized nationally in the category of AP Computer Science A.

Mrs. Dolan said the school is honored by this recognition. "As a teacher, I could not be prouder of the commitment of our students in their study of AP Computer Science." She continued, "I look forward to seeing our young women pursue their passions and achieve success as computer science and STEM professionals."



Model United Nations (UN) Club

Nine students from the Model UN Club participated in a two day conference at Bergen Academies in February, 2024. Victoria DelJuidice '25, Harper Eddy '27, Maila Hamilton '27, Maureen Hennelly '26, Madelyn Hryniw '26, Samantha Kerrigan '26, Lara Piccitto '27, Marcelle Seckin '25, and Samantha Venn '27 did a wonderful job representing Immaculate Heart Academy at the conference. Victoria DelJuidice was awarded Honorable Mention for representing Italy in the Economic and Financial Committee. Congratulations and a special thank you to science department chairperson and club moderator, Mrs. Helen DeMartini P'21, '23.





New Book by Patrice McDonough

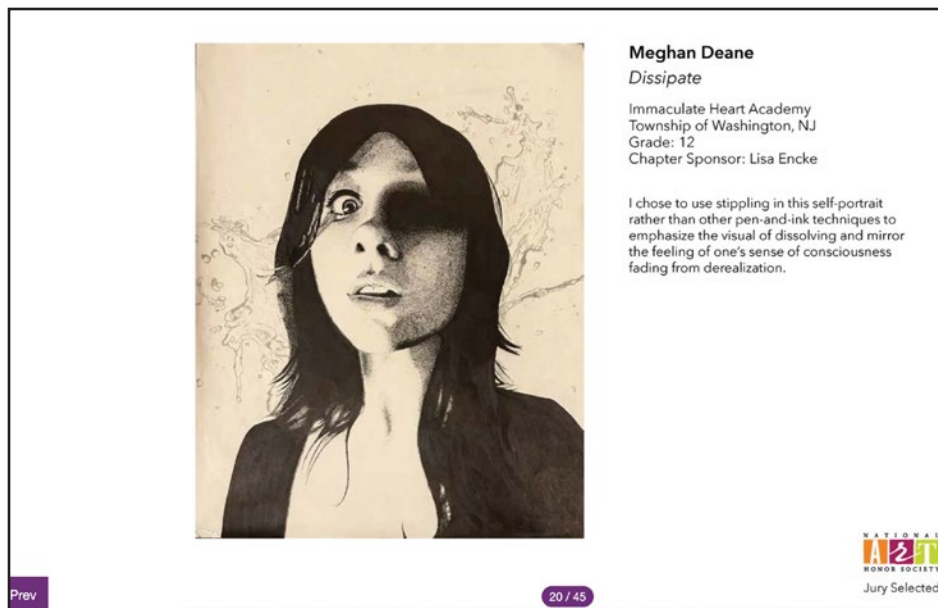
Congratulations to former IHA teacher Ms. Patrice McDonough on her new book! Set in Victorian London, *Murder by Lamplight* is a historically rich mystery that vividly takes readers through a gruesome series of murders. One of Britain's first female physicians, Dr. Julia Lewis, teams up with a skeptical inspector from Scotland Yard to investigate the murders in this enthralling, historical series debut. Ms. McDonough taught social studies at Immaculate Heart Academy for more than three decades before retiring as department head in 2018 to begin her second career writing historical mysteries. She currently splits her time between New Jersey and Florida, spending her leisure hours traveling, sailing, playing golf, watching classic movies, and of course reading histories, mysteries, and historical novels! She recently attended an author's luncheon at BookTowne Bookstore in Manasquan, where she met up with former student Sandra (Azzollini) McKinley '93 pictured above. Join Ms. McDonough for a book signing at our IHA Summer Reading Bookfair at Barnes & Noble in Paramus on June 12 at 12:00 PM.



HOBY AMBASSADORS

Congratulations to three IHA sophomores for being chosen as our 2024 Hugh O'Brien Youth Leadership (HOBY) ambassadors. Kathleen Brancato '26, Kathleen Hahn '26, and Elliot Daniels '26 were chosen to attend the HOBY New Jersey Leadership Conference this year for IHA. The three sophomores were selected by faculty

and staff to represent Immaculate Heart Academy at the conference this summer at Drew University. The annual seminar hosts high school sophomores from across the state for three days of inspiring speakers, skill-building activities, and community service. Kathleen, Elliot, and Kathleen were presented their certificate at our Catholic Schools Week liturgy earlier this year. Congratulations!



Meghan Deane '24 Honored

Congratulations to National Art Honor Society co-president Meghan Deane '24! Meghan's artwork was selected for inclusion in the 2024 National Art Honor Society (NAHS)/National Junior Art Honor Society (NJAHS) juried exhibition. Nearly 3,000 students submitted artwork to the exhibit, and Meghan was one of only 124 students selected! The artwork of these talented students will take place virtually through the end of August on the National

Art Education Association's website: arteducators.org. These students represent 82 schools from 24 states and countries outside the United States. Submissions were selected by scoring in five categories: Visual Communication, Execution, Formal Elements, Originality, and Artist Statement. According to Mrs. Lisa Encke P'20, director of The Arts and moderator of NAHS, "Meghan's dedication to her development as an artist is truly commendable, especially evident is her commitment to building her portfolio for

AP Studio Art. Over the past four years at IHA, her journey as an artist has been marked by significant growth. Moreover, her leadership role as co-president of the NAHS showcases her ability to inspire and guide others in their artistic pursuits. This recognition at the national level not only highlights her artistic talent but also her commitment to fostering a thriving artistic community here at IHA." Congratulations to Meghan on this prestigious honor.



Ava Evans-Munoz '27

Congratulations to Ava Evans-Munoz '27! The competitive gymnast competed in the USAG NJ State Level 8 competition in March and won All-Around State Champion (37.925), State Bar Champion (9.7), and State Vault Champion (9.575) in her age group. Ava also finished second in the state overall for Level 8 in all age groups combined! This impressive ranking placed her on the NJ State Super 8 Team representing all ages. Ava will now compete against the other state teams at Regionals later this year. At the age of just three years old, Ava started in gymnastics and then was competing by eight years old!

She is now training more than 20 hours per week with a goal of competing in the NCAA. Congratulations to Ava on this tremendous accomplishment!



Italian Class Field Trip

IHA's Italian classes took a field trip on March 12, 2024, to the New Brunswick PAC to see *SEMPREVERDE*, a bilingual

edu-musical by Incanto Productions. Thank you to Mrs. Maria Daly-Valls, world language teacher and Italian Club

moderator, and Ms. Ellen Donoghue '76, guidance counselor, for taking the students on this incredible experience!



Welcome Cillian Patrick Layng to the IHA Family

Mrs. Maureen Layng, English and Theatre Arts teacher, and her husband George, welcomed Cillian Patrick Layng on Sunday, March 31, at 6:56 p.m. Mom

and Dad are overjoyed with their Easter blessing and can't wait for Cillian to meet his extended IHA family!



Living Stations of the Cross



Before Easter, IHA Campus Ministry and members of the Christian Service Board put together an inspiring Living Stations of the Cross ceremony for IHA staff and students. A special thank you to Ms. Heather Christman, theology teacher, for coordinating this touching ceremony. We would also like to thank the IHA Praise Choir, as well as Hannah Hart '24, Carson Bielen '24, Eleanor Quinn '24, Emily Magee '24, Kaitlyn LeSuer '24, Kathleen Reck '25, and Isabella Ragone '26 for their beautiful performance and narration.





IHA Campus Ministry Service Events

Forming students as young women who embody the Gospel is at the center of Immaculate Heart Academy's mission. During their four years, students are continuously invited to dive deeper into their Catholic faith, further their relationship with God, and use their gifts in service to others. Our Campus Ministry program, under the direction of Ms. Emily Ash '19, is off to a busy start this year.

In January, students participated in a benefit for all those affected by the war in the Middle East. IHA students and staff were asked to donate money to help World Central Kitchen, whose volunteers provide meals and access to food for all those impacted by the ongoing violence. In total, the IHA community donated over \$3,000 to help World Central Kitchen continue their mission.

During Catholic Schools Week, IHA traditionally participates in a school-wide charity drive. This year, we collected school supplies for the organization, Pencils for Pula. The drive was led by Emily Magee '24, Giavonna Scialpi '25, and IHA Campus Ministry. The IHA Community provided over 1,000 school supplies in February 2024 to help support fellow students and teachers in need. Thank you to all those who donated.





Also in February, Operation Gratitude made 36 paracord bracelets for our soldiers, bringing the total number of bracelets made over the past four years to more than 1,000! In addition to the bracelets, students write letters to the soldiers and then send everything to Operation Gratitude in California. The paracord bracelets can be attached to a carabiner clip or worn on the wrist of soldiers so they can be kept within reach in the event of an emergency. Paracord bracelets, also known as survival bracelets, are considered a survival tool because paracord is extremely strong and can hold more than 500 pounds and provide one foot of rope. Bracelets made by IHA students are sent to deployed troops, recruit graduates, veterans, and first responders. According to Luella Yatko '24, "Operation Gratitude is so important to students because it enables us to give back to our country and show the community outside our school how important they are to IHA."



March was also a busy month for Campus Ministry. The Mission Smiles team made cards and gift bags for pediatric patients at Memorial Sloan Kettering Cancer Center. In total, the group of students made over 100 bags and cards! Additionally, students from C.A.R.E (Christian Actions Reaching Everyone) made blankets for patients at Hackensack Hospital. The students made 20 blankets to give comfort to patients in the transplant center at Hackensack Hospital.

Campus Ministry students also attended a Midnight Run in New York City

in March, providing food, clothes, and conversations with individuals experiencing homelessness. Finally in March, Campus Ministry held its annual Easter Drive for Sacred Heart School in Jersey City. IHA students delivered 170 Easter baskets to the school. Thank you to the entire IHA community for your help in bringing Easter joy to the Sacred Heart students!

Our students truly embrace IHA's commitment to service. We are so proud of all that our students have accomplished as they continue to use their amazing gifts in service to others.



Catholic Schools Week



The theme of this year's Catholic Schools Week was "Unity in Faith and Community." What unites our community at IHA is the shared Christian vision of our Faith. As we focused on the value that our Catholic education brings to our students, we used the week to highlight the importance of our entire community. We began with a beautiful Mass presided by Fr. AJ DeSilva and then later in the week, the IHA community joined together for a pep rally hosted by the Student Council. Students had a blast playing relay races, teacher trivia, and musical Hula-Hoops. We also gathered together for an exciting volleyball game between students and faculty. Finally, at the end of the week, we celebrated Faculty/Staff Appreciation Day and Student Appreciation Day. Faculty and staff were treated to an amazing lunch from Park Wood Deli in Midland Park. Thank you to the IHA Parents' Club for coordinating this special day! The IHA administration was happy to deliver cookies at lunchtime to our well-deserving students to round out the end of Catholic Schools Week.





SCENE

Around IHA

Hot Cocoa Bar for Midterms!

IHA administration and the Parents' Club partnered together to offer a hot cocoa bar to students during the week of midterms! What a sweet treat to help students unwind and get ready for the next exam!



Alma Mater Sing-Off Competition

The Class of 2027 hosted an alma mater sing-off competition in February! Each homeroom performed the IHA Alma Mater and was evaluated by a panel of judges on accuracy, respect, school spirit, memorization, and performance. Tied for first place were homerooms 201 and 208! Congratulations and thank you to the freshman class moderator, Mrs. Maureen Layng, for organizing the event!





Easter Treat

IHA students are never too old for an Easter egg hunt! Special eggs were hidden around Immaculate Heart Academy in March with inspiring messages. Collected eggs were then returned to the guidance office for delicious candy! Ella Feola '25, Olivia Nini '25, Zoe Sarno '25, and Marley Digby '27 were the four lucky winners who found a golden egg and earned a special prize! Thank you to the Guidance Department and College Counseling Department for this fun treat!



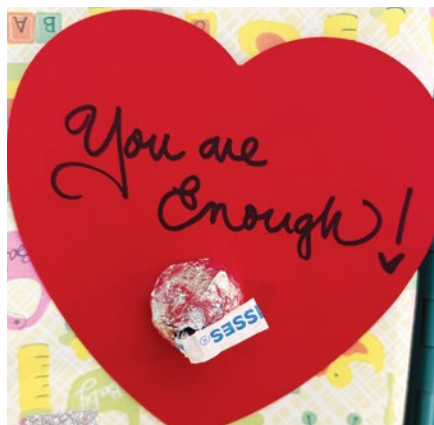
Tri-M Music Honor Society Event

On January 11, 2024, Tri-M Music Honor Society held a Master Class with actor and singer Ciarán Sheehan. Mr. Sheehan starred in *The Phantom of the Opera* on Broadway and in Toronto, Canada, singing the coveted role of the Phantom in over 1,000 performances during the course of two and a half years. Mr. Sheehan is the husband of Mrs. Kerri Sheehan P'20, '24, chairperson of the English Department. IHA students were honored to work with Mr. Sheehan and loved hearing Tri-M moderator and choral director, Mrs. Stephanie Foti, sing "All I Ask of You" with the Broadway star. The interactive performance also included a Q&A session with students.



Valentine's Day Messages

On Valentine's Day, inspiring messages and candy were left on every student's locker to show them how much they are loved and appreciated! Thank you to our amazing Parents' Club; Mrs. Sarah Frasure '07, director of advancement & alumni relations, and Mrs. Kelly Tweed '93, assistant director of admissions, for this heartfelt treat!



Speed Dating With Greek Gods and Goddesses

In English I Honors, taught by Mrs. Donna Sandt P'20, '23, '24, students continue to explore different genres of literature throughout the year. During the mythology unit, students adopted the roles of the Greek gods and goddesses of Mt. Olympus and created dating profiles for each. Using the individual online dating profiles, students participated in a "speed dating with the gods" activity that introduced them to the gods and identified the realm, characteristics, and important qualities of each in a unique and fun manner. With this comprehensive background, students are able to think critically while making strong connections and predictions as they read *The Iliad* and *The Odyssey*.

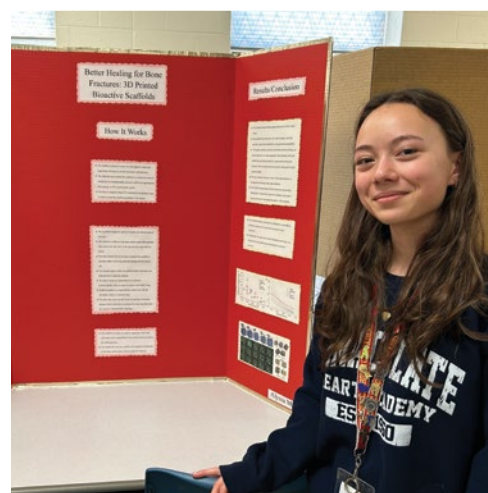
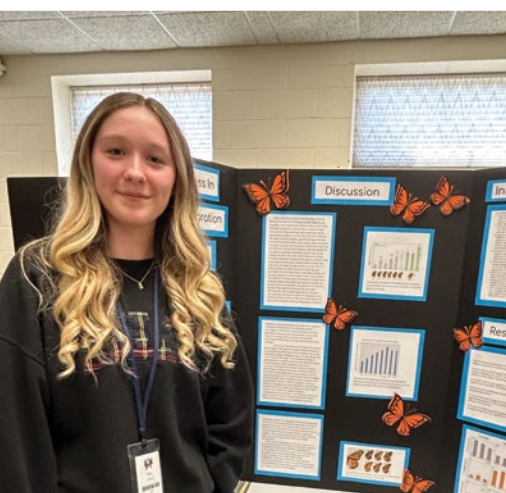
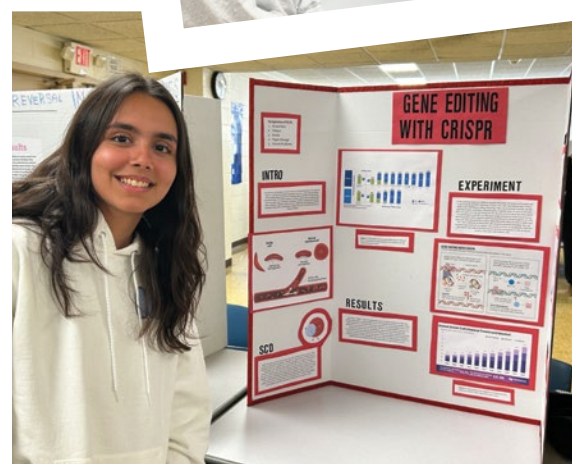
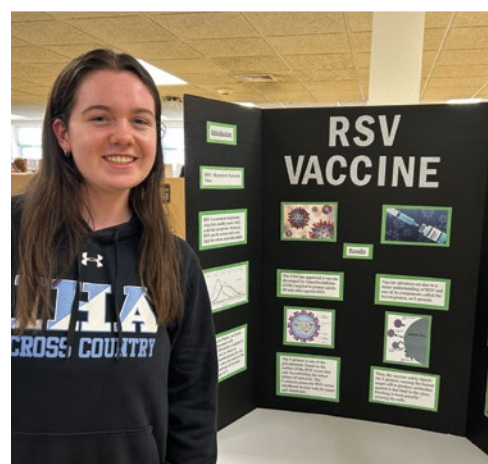
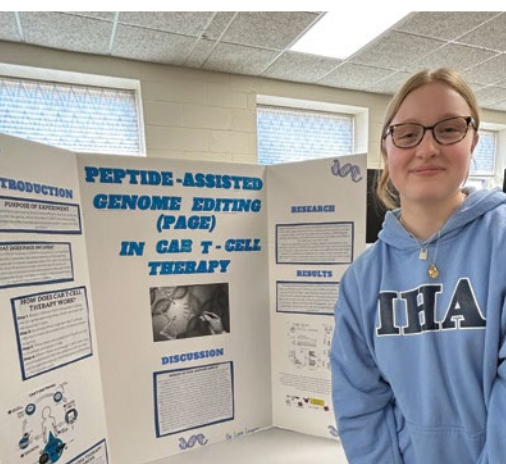
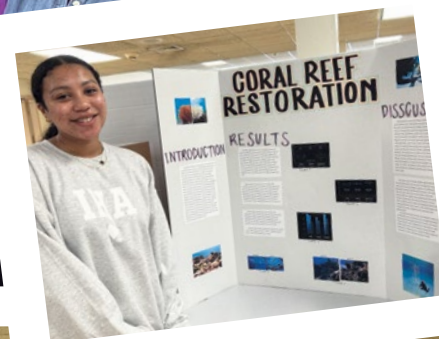


Science National Honor Society Poster Session

The Science National Honor Society (SNHS) hosted its annual Scientific Research Poster Session on March 13, 2024, in IHA's cafeteria.

Members of SNHS, moderated by Mrs. Angela (Holuba) Roberts '05 and Mrs. Lauren Tereshko, selected a recent scientific advancement of great interest to them and composed a poster of their findings.

During the session, students delivered mini-presentations on their research as they would at a scientific conference later in their academic and professional careers. Their fellow presenters and the IHA faculty and staff were invited to view the poster presentations.



Women of Valor Among Us

As part of our celebration of Women's History Month in March 2024, Immaculate Heart Academy recognized a group of students in a lobby display entitled "Women of Valor Among Us: IHA Women Making History Today."

IHA celebrated 13 students who continuously use their unique gifts and talents to make history during their time at The Heart. The featured young women were honored throughout the month of March and were celebrated at a special reception with their families on February 29, 2024.

Each featured student was displayed on a poster that read "We love to see women who ...," highlighting their special characteristics and achievements. Thank you to each of these students who continue to strengthen their Catholic values and grow into empowered, confident, young women prepared to embrace the world beyond Immaculate Heart.



Women of Valor Among Us: IHA Women Making History Today We Love to See Women Who ...

Face Challenges With Grit — Brooke Bjerke '24 (Grit)



Raise the Bar for Character in Our Community — Isabelle Bertussi '25 (Moral Character)



Take Leadership to a New Level — Sophia Reina Ditchfield-Agboh '24 (Leadership)



Make Excellence a Way of Life — Meaghan Keating '24 (Academic & Athletic Leadership)



**Build the Community They Wish They Had —
Samantha Tauber '25
(Community Building)**



**Make Kindness and Inclusivity Their Highest Priority —
Brooke Rodriguez '25
(Kindness & Inclusivity)**



**Are Committed to Sharing Their Passions —
Marisa Arone '24
(Learning & Leading)**



**Dream Up Solutions Through Service —
Kaitlyn Klaus '24
(Servant Leadership)**



**Pioneer a Culture of Blue Eagle Pride —
Alexandra Barry '24 (School Spirit)**



**Make Their Home at the Heart, Then Make the Heart a Better Home —
Lily Schwedhelm '24
(Service to the IHA community)**



**Are Bold Enough to Seek the Truth —
Kathleen Brancato '26 (Spirituality)**



**Exemplify Servant Leadership —
Kathleen Reck '25
(Servant Leadership)**



**Make Friendship an Art Form —
Arianna George '27 (Friendship)**





International Women's Day & Day of Giving

IHA celebrated both International Women's Day and our Day of Giving on March 8, 2024. Students were greeted when they first arrived at the school with signs reminding them that at IHA, every day is women's day!





We then started the morning with an inspiring assembly for the entire school. IHA was thrilled to welcome back alumna Kathleen (Donohue) Wright '07 on this important day to speak to the student body about female empowerment, the value of women's inclusion, and the importance of recognizing the incredible achievements of the women of previous generations. Kathleen, who is currently director of production operations at Macy's, stayed after the assembly to talk with students at a breakfast provided for everyone by the IHA administration and office of advancement.

Later in the afternoon of International Women's Day, IHA also hosted our annual Day of Giving Phone-a-Thon. We are incredibly appreciative of all our student callers who did such an amazing job calling the IHA community. We are

also grateful for our generous alumnae, current families, parents of alumnae, faculty, staff, board members, and friends who helped us surpass our donor goal! We are proud to announce that thanks to 619 donors, we raised more than \$103,000. A special thank you to Mr. Thomas Murphy P'24, who generously matched every gift dollar for dollar up to \$50,000.

March 8, 2024, was an amazing day honoring and recognizing the many women who make up IHA's unique and unmatched sisterhood!





Poster by
Samantha Tauber '25

“Hearts and Harmony” Cabaret

The International Thespian Honor Society hosted an amazing cabaret for the IHA community!

On February 8, 2024, IHA's International Thespian Honor Society (ITS) hosted “Hearts in Harmony” Cabaret. ITS was joined by students from the Tri-M Music Honor Society and St. Joseph Regional High School.

Congratulations to the cast and crew for this amazing performance! Thank you to Ms. Elizabeth Scully '15, artistic director and ITS moderator for coordinating this event; and to Mr. Edward Ginter, music director; and Mr. Scott Hornak on drums.





IHA Theatre Arts Class Performed for Catholic Grammar Schools

Members of IHA's Performing Arts Department were pleased to produce and perform *Cinderella!* as this year's Children's Theatre show for area elementary school students on January 10, 2024.

The IHA Theatre Arts class and their teacher, Mrs. Maureen Layng, produced and directed this special performance for our grammar school friends. After the show, IHA students signed autographs for the children.

Thank you to the students and teachers of the Academy of Our Lady of Mount Carmel, Our Lady of Mercy Academy, and Christ the Teacher Academy for joining us! We loved sharing our performance with you.

Cast

Old Lady/Prince – Brooke Rodriguez '25
 Master Harold the Herald – Gabriella DellaVolpe '26
 Prunella – Catalina Martinez '26
 Crudella – Kathryn Williamson '26
 Cinderella – Samantha Tauber '25
 Tom Cat – Morgan Connell '26
 Lady Lotta Bonbon – Lily Rickli '26
 Fairy Godmother – Chloé Peña '26

Crew

Sound: Marisa Arone '24 and Alyssa Torres '24
 Lighting: Samantha Andersen '24
 Backstage: Kristen Ohmacht '25 and Addison Olsen '25



ART@theheart Exhibition

IHA celebrated the creativity and artistic talent of local sixth and seventh grade students at its Art@theheart Exhibition on March 7, 2024. Art@theheart enables middle school students to participate in a regional competition, curated by IHA's National Art Honor Society (NAHS), while also offering exposure to Immaculate Heart Academy's outstanding arts program.

Thank you to all our exhibiting artists and art teachers from the following local schools for submitting your beautiful artwork:

Academy of Our Lady
Academy of Our Lady of Grace
Academy of Our Lady of Mount Carmel
The Epiphany School
Immaculate Heart of Mary
Notre Dame Academy
Queen of Peace
St. Anthony
Sacred Heart School



Fifty-two judges juried the exhibition and the following winners were announced at the reception:

6th Grade

1st Place: Jason Chu - Notre Dame Academy
2nd Place: Yuna Lee - Notre Dame Academy
3rd Place: Isabella Lindo - Sacred Heart School

7th Grade

1st Place: Miranda Dye - Academy of our Lady
2nd Place: Cecilia Rose Sullivan - Queen of Peace
3rd Place: Elyse Cantillo - Sacred Heart School

Congratulations to all the 2024 Art@theheart winners! A special thank you goes out to Mrs. Lisa Encke P'20, director of the arts and NAHS moderator; Ms. Lauren Rhein '09, director of admissions; and the NAHS executive board members for planning this event.



Narrative Medicine Inaugural Class

What is Narrative Medicine? This topic was explored in the first semester of an inaugural class taught by social studies teacher Dr. Sue Kenney. The course is designed with the intention of increasing students' emotional intelligence and to raise awareness regarding their empathic connection with others. More than 60 students signed up for this initial class and was therefore limited to seniors for the first year. Narrative Medicine will be offered to additional grade levels in subsequent years.

Dr. Kenney earned a Certificate of Professional Achievement in Narrative Medicine from Columbia University in 2021. She said her inspiration for pioneering Narrative Medicine at IHA came from her value of compassion in the healthcare field stating "this class was so important for me to bring to IHA because I knew students would understand the need for compassionate healthcare. I didn't know how students would react to a class like this, but they rose to the challenge and exceeded my expectations in spectacular ways." Topics studied in the course include the effects of chronic loneliness on health, unsung



Summer VanWyckhouse '24 shared that her inspiration to pursue a career in nursing came after she lost her aunt to cancer when Summer was eight years old. In her final reflection paper, Summer shared,

“ Being open minded, having empathy for others, challenging things you see as morally incorrect, and being motivated to help others with your whole heart can truly change the lives of those whom you are serving. ”

–Summer VanWyckhouse '24

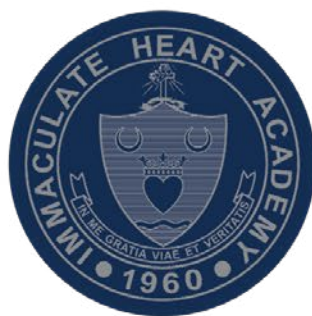
In her final paper, Alexa Luna '24 demonstrated her understanding of treating patients with humility.

“ Understanding your patient as a human being and not a problem to be fixed is prominently the most effective piece of advice taken from my research and work in the course. ”

–Alexa Luna '24

heroes in healthcare, and the effects of war on medical personnel.

Over the course of the semester, students listened to stories from current healthcare professionals, read and discussed literary and visual texts, and used creative writing to share opinions and personal healthcare experiences with one another. Each student had a personal interest in joining the course, and had the opportunity to reflect on personal experiences that fostered their interest in the medical profession. IHA is proud of the work of this inaugural class of Narrative Medicine and look forward to future semesters!



SAVE THE DATE

FOR A CELEBRATION OF
IMMACULATE HEART ACADEMY'S

65th Anniversary
(1960 - 2025)

NOVEMBER 14, 2024

– SEASONS –

TOWNSHIP OF WASHINGTON, NEW JERSEY

Black History Month



Immaculate Heart Academy observed Black History Month with an inspiring exhibit.

Members of IHA's Black Culture Club created an impressive display in the school's main lobby for the month of February to celebrate Black History Month. This year, the theme was Black Excellence: Achieving Greatness and Establishing a Legacy. The featured women highlighted in the exhibit include, Josephine Baker, Coco Gauff, Michelle Obama, Claudette Colvin, Oprah Winfrey, Misty Copeland, and Beyoncé.

Thank you to the club members who curated the lobby display, especially executive board members: Ella Bosse '24, Cassandra George '24, Alayna Bellevue '24, and Amandagrace Smith '24; and club moderator and physical education teacher, Ms. Shemayne Williams.



Senior Dance

HA's Senior Dance for the Class of 2024 was held on the evening of January 26, 2024.

Our seniors had a great time, dancing the night away! Thank you to senior class moderator, Mrs. Liz Kearns P'05, '08, '11, and all of the volunteers who helped to make the night fun and memorable!



WINTER | sports wrap-up





TRACK & FIELD

The IHA Winter Track and Field Team had another spectacular season, filled with championships and school records. For the fourth consecutive year, IHA clinched both the League Championships and County Relay Championships. Abigail Romero '24 was awarded the Most Outstanding Performer of The County Relays, a meet which includes every school in Bergen County. In addition, Abigail broke school records in both the long and triple jump, and teamed up with Piper Portacio '25, Paige Burgess '25, and Sophia Reina Ditchfield-Agboh '24 to break the school record in the 4x200 at The Nike Indoor Nationals. The 4x400 team of Elizabeth Burgess '25, Paige Burgess '25, Veronica Costello '25, and Piper Portacio '25 also placed sixth in the Emerging Elite 4x400 and recorded the second best 4x400 time in North Jersey. Additionally, Julia Sobilo '25 placed fourth at the Non Public A State Championships. The IHA Winter Track and Field Team was also named the Non-Public Bergen County Team of the Year for the 2023-24 season. Congratulations to IHA Track and Field!

Big North Conference All-League Honors:

First-Team

Piper Portacio '25
Sierra Tofts '25
Riley Cannon '26
Sofia Barrera '27
Kaitlyn McCormick '27
Mary Mahoney '26
Isabella Fungaroli '27
Maura Hesler '24
Marcelle Seckin '25
Sophie Morales '24
Abigail Romero '24
Katelyn Mikros '25

Second-Team

Emily Wunsch '25
Kate Shepler '24
Zoe Dephillips '26
Sophia Reina Ditchfield-Agboh '24

Honorable Mention

Julia Sobilo '25
Reagan Scarpelli '25

Coach of the Year

Matt Joyce

BCWCA All-County Honors:

First-Team

Abigail Romero '24

Third-Team

Piper Portacio '25
Mary Quinn '26
Paige Burgess '25
Elizabeth Burgess '25
Veronica Costello '25

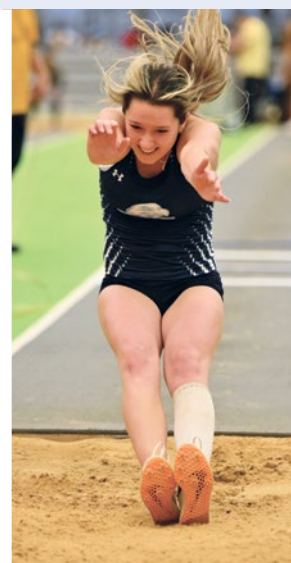
All North Jersey

1st team

Abigail Romero '24

2nd Team

Elizabeth Burgess '25
Paige Burgess '25
Veronica Costello '25
Piper Portacio '25





SWIMMING

The IHA Swim Team had another successful season in 2023-2024, finishing with an 11-0 record. The team captured its thirty-third consecutive league title, and its twenty-fifth consecutive Bergen County title. In the NJSIAA State Tournament, the team defeated Pingry 102-68 to win the Non-Public North Sectional Title and Trinity Hall 87-69

to capture the team's twenty-seventh state title. The team finished #2 in the NJ.Com Top 20 ranking of the 2023-24 season. Congratulations to Coach Lia Kunnapas on being named Girls Swimming Coach of the Year for the 2023-24 season by NJ.com. In addition to being the head coach of IHA's swim team, Ms. Lia Kunnapas '09, is also a history teacher at IHA and the freshman soccer coach.



Big North Conference All-League Honors:

First-Team:

Madison Assanah '25
Kimberly Zhang '26
Isabella Piccinich '25
Kayla Rodriguez '25
Isabelle Santos '26
AvaGrace Zettler '25
Mariana Builes '26
Sinead Cook '24
Alia Ureta '24
Kathleen Brancato '26

Second-Team

Harper Eddy '27
Alia Ureta '24
Madeline Schlereth '27
Julia Haemmerle '24
Maya Henriquez '27
Kimberly Zhang '26
Molly Casey '24
Adrianna Rispoli '26
Nirvana Ramoutar '24
Halle Emr '24
Abigail Hoffman '24
Daniella Villafuerte '24
Mikayla Sticco '26

Honorable Mention:

Alexa Gentile '24

BCWCA All-County Honors:

First-Team:

Kimberly Zhang '26
Kayla Rodriguez '25
Madison Assanah '25
Isabella Piccinich '25

Second-Team

Sinead Cook '24
Kayla Rodriguez '25
Isabella Piccinich '25
Madison Assanah '25
Isabelle Santos '26
Mariana Builes '26

Third-Team

Isabelle Santos '26
Mariana Builes '26
Madison Assanah '25

Honorable Mention

Sinead Cook '24
Madison Assanah '25
Kayla Rodriguez '25
Isabelle Santos '26
Mariana Builes '26

Northjersey.com All-North Jersey Honors:

First-Team:

Kayla Rodriguez '25
Kimberly Zhang '26
Kayla Rodriguez '25
Madison Assanah '25
Isabella Piccinich '25

Second-Team:

Sinead Cook '24 (200 Freestyle)
Isabella Piccinich '25 (50 Freestyle)
Madison Assanah '25 (100 Butterfly)
Mariana Builes '26 (100 Freestyle)
400 Freestyle Relay





BASKETBALL

IHA Varsity Basketball was ranked #3 in North Jersey for the 2023-2024 season! Once again our girls took on all competitors with grit and determination in a highly competitive schedule. A few of our highlights included impressive wins over Morristown, Ramapo, Teaneck, and St. Rose. We recorded another Big North United Championship win, with a 6-0 record in the division. Our State Tournament win versus AHA was one for the ages. IHA was down 18 points late in the second half, but our girls forged ahead to earn the program's twelfth straight trip to the section final. The season ended with a one-point loss to Pope John. The Junior Varsity Basketball Team also had an impressive season, ending with a 14-2 record and the Freshman Basketball Team ended with a 7-3 record. Congratulations to all of our basketball players!



Big North Conference All-League Honors

First-Team

Sofia Valente '25
Selena Cieszko '24

Second-Team

Gianna Modica '25
Olivia Valente '26,
Samantha Grella '26

Honorable Mention

Tess Gambale '24
Angelina Escobinas '24

BCWCA All-County Honors

First-Team

Selena Cieszko '24

Second-Team

Sofia Valente '25

North/South All Star Game & Bulls All Star Classic

Selena Cieszko '24



SKI TEAM

The IHA Varsity Ski Team took a huge step forward in 2023-2024. The team was ranked fifth overall in the state, and landed a third place finish in Giant Slalom and Slalom at the State Championships. The Team was able to capture the Non-Public State Girls Championship title and was recognized as the Freedom League Girls Champions. The IHA Ski Team also had three athletes qualify for the Race of Champions, a competition that honors the top 30 athletes from the season. The team was led by Emily Magee '24, Darcy Moore '24, and Amelie Wilday '24, who earned All-League Honors, in addition to Shelby Quiles '26 who earned Honorable Mention. Emily Magee '24 also qualified for the NJ State Team which competed at the Eastern Regional High School Championships held in New Hampshire. The Junior Varsity Ski Team also had a great season, winning the JV State Championships! IHA Ski is looking forward to another successful season. Go Blue Eagles!



NJISRA All-League Honors

First-Team

Emily Magee '24
Darcy Moore '24
Amelie Wilday '24

Honorable Mention

Shelby Quiles '26

NJISRA All-State Honors

Emily Magee '24





ICE HOCKEY

The IHA Ice Hockey Team finished the 2023-24 season with a 7-7 overall record after moving up into the top division. League playoffs ended in a hard fought 4-3 loss to PDS in the semifinals.

The team caught fire at the right time and made it all the way to the state championship game at Prudential Center, for the first time in program history. The game ended in a 2-1 loss to Pingry, but the team played amazing and is eager to get back to Prudential in the future. Congratulations to Coach Jochen Reimer on being named Girls Ice Hockey Coach of the Year for the 2023-24 season by NJ.com!



Big North Conference All-League Honors

First-Team

Claire Chanfrau '26

Honorable Mention

Julia Foglia '25

Gabriella Shadek '25

Northjersey.com Honors:

All State All Groups First-Team

Claire Chanfrau '26





BOWLING

It was another amazing year for the IHA Bowling Team. The 2023-24 season included 19 students — the largest number on the team ever. The highlight of the season was winning various tournaments to be named State Sectional Champions! The Bowling Team defeated competitors we have never won against before and also placed second in the Big North League. The girls on the team were always competitive, but more importantly displayed outstanding sportsmanship. They developed their skills so much throughout the year that by the end of the season all of the team members were elevated to varsity status. Congratulations to all of our IHA bowlers on an awesome and memorable season!



Big North Conference All-League Honors

First-Team

Jaylene Hernandez '26
Casey Urban '24

Second-Team

Meghan Long '26
Madison Hawryluk '26
Lilé Policastro '25

Honorable Mention

Camila Quevedo '24

Northjersey.com Honors All State All Groups

State Sectional Champs





DANCE TEAM

The IHA Dance Team experienced tremendous success in the 2023-24 season, competing both locally and nationally. Despite a new coach and 75 percent of the team being underclassmen, IHA Dance reached unprecedented heights! The team secured a top 20 placement for Medium Varsity Jazz at Dance Team Union Nationals and achieved second place overall in Varsity Jazz and third place overall in Varsity Pom at various regional competitions. A heartfelt congratulations to all our talented dancers for an exceptional season!



Quarter Two Soaring Eagles



The Soaring Eagle Program recognizes the distinctive accomplishment of one student from each discipline at Immaculate Heart Academy four times a year. Teachers nominate students for achievements that are benchmarks in their academic career or for demonstrating classroom leadership, perseverance, or growth as a student.

Quarter Two Soaring Eagle Award recipients celebrated their achievement with their families, nominating teachers, and IHA faculty and staff at a special reception held on February 2, 2024, in IHA's Information Commons.

Soaring Eagle Quarterly Award recipients are more than students with an impressive GPA; they are students who have distinguished themselves by embodying the ideals of an IHA education. They are enthusiastic, compassionate, creative, and intelligent young women dedicated to personal and academic growth.

Miss Kerry Carroll '04, principal, presented Soaring Eagle Awards to the following teacher-nominated students for demonstrating excellence and working to the best of their ability in a particular subject area (standing left to right in group photo above)

Lily Chap '27
(Science/Technology -
Ms. Marnie McGuirk)

Ella Matts '26
(Physical Education - Mrs. Terry Skjold)

Marta Weglarz '24
(Theology - Ms. Heather Christman)

Madison Venditti '25
(The Arts - Mrs. Ana Sullivan)

Kathleen Brancato '26
(Social Studies - Ms. Caitlin Bonanno)

Grace Hopkins '24
(English - Mrs. Maureen Layng)

Gabriella Napolitano '24
(Mathematics - Mrs. Liz Kearns)

Zoe Giacomini '25
(World Languages - Mrs. Angie DeLima)

Kelsey Brooks '27
(Communications - Mr. David Lee)



Quarter Two

Distinguished Scholars

Congratulations to the following students who have been named Distinguished Scholars by earning an average of 95 or better for the second quarter of the 2023-24 academic year:

FRESHMEN

Kristina Ahn
Sofia Barrera
Elizabeth Cetina
Elysia Chae
Ana Chalfin
Lily Chap
Keira Collins
Zaria Degenhardt
Kimberly Marie Deyro
Harper Eddy
Madeline Edelson
Ava Evans-Munoz
Juliet Fisher
Sophia Freire Lafuente
Arianna George
Ava Gershenhorn
Carolina Guardascione
Abigail Gulczynski
Cayleigh Heffernan
Mackenzie Hesser
Ellie Higgins
Alexandra Jacobsen
Shayla Kaufman
Anne Maciejewski
Riley Marino
Rachel Mathew
Clare McCarthy
Madison Nese
Gabriella Nucifora
Riley Piscitelli
Madeline Schlereth
Addison Valdez
Luisa Vogel

SOPHOMORES

Daniela Ayala
Emma Bossbaly
Kathleen Brancato
Mariana Builes
Riley Cannon

Elliott Daniels
Gabriella DellaVolpe
Bridget Dooley
Christina Festa
Alana Flores
Sofia Ghomi
Ashlyn Gillespie
Angela Giuliano
Kathleen Hahn
Jaylene Hernandez
Anna Kuchar
Sophia Kuzma
Madison Les
Danica Libanan
Meghan Long
Catalina Maglicic
Ella Matts
Roisin McLaughlin
Anne Moore
Etain Moore
Diya Moorjani
Katelyn Negrete
Mary Quinn
Isabella Ragone
Aiva Reid
Adrianna Rispoli
Gabrielle Rivera
Grace Sciortino
Alexandra Sosa
Olivia Valente
Sophia Wilson
Victoria Zalewski

JUNIORS

Ileana Asencio
Madison Assanah
Elizabeth Burgess
Lauren DeLuccia
Caitlin Donovan
Allison Egan
Lana Langevin
Karina Linzan

Emma McElroy
Lauren Mulry
Victoria Nizioł
Rachel Paton
Isabella Piccinich
Piper Portacio

SENIORS

Samantha Andersen
Alexandra Barry
Ella Bosse
Caitlin Carr
Angelica Cece
Selena Cieszkowski
Ella Crane
Meghan Deane
Natalie Deegan
Avangelia Emporellis
Isabella Falletta
Giana Fontanetta
Emily Gelewski
Ava Ghomi
Julia Grzybowski
Hannah Hart
Meaghan Keating
Sydney Kropiewnicki
Alexandra Kucharz
Chloe Mazzola
Samantha McGee
Casey McGrath
Reagan Pace
Lindsay Probst
Eleanor Quinn
Katelyn Rader
Abigail Romero
Bryana Saenz
Kiera Stevenson
Julia Tumino
Adrianna Uykan

Rho Kappa Induction

The Silent Sentinel Chapter of Rho Kappa National Social Studies Honor Society inducted 12 new members on March 12, 2024.

Congratulations to the following inductees from IHA's Class of 2024:

Ella Bosse
Ella Crane
Giana Fontanetta
Ava Ghomi
Hannah Hart
Ellie Kim
Alyssa Mack
Rose Martin
Elizabeth Ogden
Isabella Pizzi
Lily Schwedhelm
Adrianna Uykan

Thank you to the Rho Kappa Executive Board: Meghan Deane '24, Kiera Stevenson '24, Casey McGrath '24; and our Rho Kappa moderators: Ms. Linda Chelotti '76, social studies department chairperson, and Dr. Sue Kenney, social studies teacher, for coordinating a beautiful ceremony to honor the inductees.



Student-Artists Inducted Into Three Honor Societies



Newly Inducted Members of the National Art Honor Society

The National Art Honor Society (NAHS), Tri-M Music Honor Society, and International Thespian Society (ITS) celebrated their newest inductees on January 9, 2024. Congratulations to all the talented student-artists on this accomplishment! A special thank you goes out to the moderators of these societies, including Mrs. Lisa Encke P'20, director of The Arts and moderator of NAHS; Mrs. Stephanie Foti, coordinator of special events and moderator of Tri-M Music Honor Society; and Ms. Elizabeth Scully '15, coordinator for the performing arts and moderator for ITS.

New National Art Honor Society Members

Grade 10

Elyse Batmaz
Veronica Brenner
Kylie Bryan
Mariana Builes
Clara Byrnes
Alliana Campana
Isabella Carbone
Gabriella DeMarco
Zoe DePhillips
Ava DiGiacomo
Dani Dominguez
Bridget Dooley
Brynn Eitner
Lily Filippazzo
Sofia Ghomi

Samantha Grella
Mackenzie Handy
Madison Hawryluk
Dahlia Iuliano
Ella Kovalcik
Mary Mahoney
Ella Matts
Morgan Murray
Sophia Nemeth
Jaelynn Paretti
Gianna Polino
Shelby Quiles
Aiva Reid
Ashley Sarkar
Alexandra Sosa
Kylie Sullivan
Clare Wenzke
Grayson White
Keira Wymbs

Grade 11

Gabriella Capano
Grace Dalessandro
Elizabeth Macejka
Elizabeth Marino
Megan McCarthy
Amelia Meade
Kaitlyn Mulligan
Samantha Parker
Estefania Pogue
Evelyn Roman
Kathleen Sciabica

Grade 12

Norah Farber
Julianna Gruber
Kaelie Mannion
Payton Murphy
Katelyn Rader
Amandagrace Smith

New Tri-M Music Honor Society Members

Grade 10

Kate Hujsa
Lilith Roman
Mary Quinn

Grade 11

Nell Burczon

New International Thespian Society Members

Grade 10

Tara McCarthy
Daniela Oliveri
Mia Severino

Grade 11

Kristen Ohmacht
Addison Olsen
Samantha Tauber

Grade 12

Angelina Escobinas

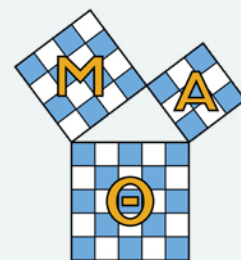


Newly Inducted Members of the Tri-M Music Honor Society



Newly Inducted Members of the International Thespian Society

Math and Science Students Inducted Into Honor Societies



Newly Inducted Members of the Science National Honor Society

Mathematics and science are just two of the numerous subjects in which students excel at IHA. To honor their hard work and dedication, the school hosted an induction ceremony on February 15, 2024, for the Science National Honor Society and Mu Alpha Theta National Mathematics Honor Society.

Congratulations to the 53 inductees on their well-deserved honor! Thank you to Mrs. Liz Kearns P'05, '08, '11, mathematics department chairperson and moderator for Mu Alpha Theta; and Mrs. Angela (Holuba) Roberts '05 and Mrs. Lauren Tereshko, science teachers and moderators of the Science National Honor Society.

At the induction assembly, students were addressed by Miss Kerry Carroll '04, principal of Immaculate Heart Academy, and Dr. Lisa Castelluber '04, assistant principal of academics.



Newly Inducted Members of Mu Alpha Theta

Congratulations to all of the inductees:

New Mu Alpha Theta Members

Grade 11

Madison Assanah
Allison Egan
Alexa Harding
Lana Langevin
Emma McElroy
Lauren Mulry
Victoria Niziol
Marcelle Seckin

Grade 12

Alexandra Barry
Caitlin Carr
Natalie Deegan
Julia Grzybowski
Meaghan Keating
Elizabeth Ogden

New Science National Honor Society Members

Grade 11

Ileana Asencio
Madison Assanah
Elizabeth Burgess
Paige Burgess
Lauren Deluccia
Caitlin Donovan
Allison Egan
Ella Feola
Lana Langevin
Megan McCarthy
Emma McElroy
Hailey McGrath
Katelyn Mikros
Riley Mills
Clodagh Moore
Gianna Muliero
Lauren Mulry
Alessandra Nazor
Emma Neyland
Olivia Nini

Victoria Niziol
Kristen Ohmacht
Addison Olsen
Rachel Paton
Isabella Piccinich
Oliwia Piwowarski
Kathleen Reck
Reagan Scarpelli
Sarah Schiller
Marcelle Seckin
Julia Sobilo
Bergen Sollecito
Lucyann Tappan
Sierra Tofts

Grade 12

Isabella Bedoya
Brooke Bjerke
Casey McGrath
Payton Murphy
Abigail Romero



100+ Students Inducted Into National Honor Society and Foreign Language Honor Societies



Newly Inducted Members of the National Honor Society

On the evening of January 31, 2024, induction ceremonies were held for IHA's chapters of the National Honor Society, the French National Honor Society, the Italian National Honor Society, and the Spanish National Honor Society.

Thank you to the IHA administration, in addition to the moderators and executive board members of the various prestigious honor societies including Mrs. Melissa O'Sullivan, director of college counseling and National Honor Society moderator; Mrs. Eileen Ingoglia, world languages teacher and French Honor Society moderator; Mrs. Angie DeLima, world languages teacher and Italian Honor Society moderator; and Ms. Ana Echeverría P'05, world languages teacher and Spanish Honor Society moderator. Thank you also to Steven and Madeline Savas P'17, '24 for the donation of refreshments prepared by ShopRite of Oakland.

New NHS Members

Grade 11

Samantha Baldomir
Isabelle Bertussi
Elizabeth Burgess
Paige Burgess
Caitlyn Capizzi
Grace Coster
Victoria DelJuidice
Lauren DeLuccia
Keira DeMicco
Victoria DeVirgilio
Caitlin Donovan
Allison Egan
Emerson Focht
Grace Guglielmetti
Alexa Harding
Anne Marie Kelly
Lana Langevin
Megan McCarthy
Emma McElroy
Hailey McGrath
Riley Mills
Clodagh Moore



Gianna Muliero
Lauren Mulry
Alessandra Nazor
Emma Neyland
Riley Ng-Knepper
Victoria Niziol
Kristen Ohmacht
Addison Olsen
Olivia Pantano
Rachel Paton
Isabella Piccinich
Oliwia Piwowarski
Reese Polakowski
Maggie Polchin
Lil  Policastro
Piper Portacio
Lola Projahn
Kathleen Reck
Brooke Rodriguez
Zoe Sarno
Sarah Schiller
Marcelle Seckin
Rylee Smith
Julia Sobilo
Sierra Tofts
Madison Venditti



Newly Inducted Members of the French Honor Society

Grade 12

Carson Bielen
Brooke Bjerke
Molly Casey
Alyzza Chino
Claire Donohoe
Isabella Falletta
Angelina Fowler
Anna Gallucci
Alexa Gentile
Julianna Gruber
Mary Hahn
Kate Heffernan
Madeline Heinemann
Maura Hesler
Ellie Kim
Alexa Luna
Amber Luna
Rachel Lyons
Alyssa Mack
Casey McGrath
Payton Murphy
Maevie Murray
Gabriella Napolitano
Camila Quevedo
Samantha Roberts
Emily Sabino
Hannah Sengul
Madeline Sullivan

Newly Inducted Members of the Spanish Honor Society

New French Honor Society Members

Grade 11

Caroline Boufford

Grade 12

Emily Caton
Natalie Deegan
Lauren Hroncich
Elizabeth Ogden
Madeline Sullivan

New Italian Honor Society Members

Grade 12

Mina Cocca
Livia Iuliano

New Spanish Honor Society Members

Grade 11

Michelle Camano
Ciara Leahy
Angely Medina
Estefania Pogue
Marcelle Seckin

Grade 12

Luciana Amerio
Alexandra Barry
Brooke Bjerke
Caitlin Carr
Molly Casey



Newly Inducted Members of the Italian Honor Society

Alyzza Chino
Claire Donohoe
Karina Folwarski
Giana Fontanetta
Angelina Fowler
Emily Gelewski
Cassandra George
Sofia Giannella
Jill Gonzalez
Julia Grzybowski
Katherine Grzybowski
Hannah Hart
Maura Hesler
Milana Indyk
Sydney Kearney
Ellie Kim
Emily Magee
Samantha McGee
Katherine Mir
Francesca Mormile
Sophie Morales
Alyssa Pena
Camila Quevedo
Evangeline Savas
Paula Sarango
Daniella Villafuerte
Marta Weglarz
Eileen Wynne



Wellness Wednesdays at The Heart

Wellness Wednesdays are off to a great start at IHA! As part of our ongoing commitment to wellness, the Guidance Department introduced Wellness Wednesdays this school year during each lunch period. Monthly activities include yoga, meditation, therapy dogs, and guest speakers who address topics pertinent to mental health.

IHA's coordinator for the performing arts, Ms. Elizabeth Scully '15, hosted a yoga class for students; Michael Tozzoli, MSW and LCSW from Bergen Mental Healthcare, spoke about ways to combat stress and anxiety with self-care and healthy living; and Ms. Clarissa Torres performed a Sound Bowl Meditation for students.

Our Wellness Ambassadors (pictured in the photo below) help foster a culture of acceptance, support, and compassion within Immaculate Heart Academy. According to Mrs. Tara Maka '02, director of guidance, "Our Wellness Ambassadors promote and participate in all Wellness Wednesday offerings at IHA. Their primary mission is to foster a culture of wellness, promote healthy lifestyle choices, and empower their fellow students to adopt habits that contribute to their overall health and well-being."



Young Alumnae Panel

Young Alumnae PANEL



Welcoming back...

Kristen Cali '23
Katie DeMartini '23
Lauren Grae '23
Madison McKay '23
April Ramsey '23
Carrie Sandt '23

We were thrilled to welcome back members of the Class of 2023! IHA hosted a young alumnae panel for freshmen on January 4, 2024. The alumnae shared how their experience at IHA prepared them for college and offered insight to help guide their freshman sisters to success. The Class of 2023 also highlighted the importance of self-care and taking advantage of all that IHA has to offer. Thank you to Ms. Lauren Rhein '09, director of admissions and Mrs. Sarah (Hill) Frasure '07, director of advancement & alumnae relations, for organizing this amazing event.



St. Brigid Alumnae Career Panel

IHA Graduates Return Home to Speak With Their Fellow Sisters



Nine impressive IHA alumnae visited their alma mater for an Alumnae Career Panel on February 7, 2024.

After joining the IHA administration, directors, and counselors for lunch, the panel of alumnae spoke to St. Brigid students about their wide variety of careers and what they learned at Immaculate Heart Academy. The alumnae also gave the students advice on how to follow their dreams and find the right career path. Thank you to Ms. Ellen Donoghue '76, guidance counselor and St. Brigid Society moderator, for coordinating this event!

We were thrilled to welcome the following alumnae back home to IHA:

Danielle (Lug) Menken '12

Danielle is the assistant nurse manager of the Heart and Vascular Continuum at Hackensack University Medical Center. She oversees seven cardiac units on the night shift including the cardio thoracic intensive care unit. Danielle is involved in direct patient care, quality improvement, patient experience, and nursing research.

Dr. Angelica Otiepka '09

Angelica is a veterinarian at Banfield Pet Hospital in Paramus. Her current position is in the general practice of the veterinary field. She sees pets for wellness visits, which include exams, routine blood work, and vaccines. She also diagnoses and treats illnesses, performs anesthetic dentals, including extractions, and also performs soft tissue surgeries.

Lauren Foote '17

Lauren is the head athletic trainer at Sarah Lawrence College in Bronxville, New York, an NCAA Division III school in the Skyline Conference. In her role, Lauren provides sports medicine care for 11 NCAA-recognized teams and equestrian. As an athletic trainer, she works with student-athletes to prevent, examine, diagnose, treat, and rehabilitate emergent, acute, and chronic injuries or medical conditions. Lauren has a bachelor of science degree in athletic training from Duquesne University and a master's degree in sports leadership, with a concentration in professional sports administration and collegiate sport administration from Northeastern University.

Kelly Murphy '17

Kelly graduated from Seton Hall as a psychology major. After a brief stint back at IHA to cover for a maternity leave replacement, Kelly went back to Seton Hall to obtain a master's degree in school counseling. She completed her internship at Columbia High School in Maplewood, New Jersey, which subsequently led to her being hired as one of the school's freshman counselors this year. She performs an equal amount of mental health and academic counseling for her students, and is also helping to develop the school's new Freshman Academy Program.

Stephanie Doheny '15

Stephanie is assistant director, Broadcast Operations at Yale University. She produces, directs, and technical directs twenty-two live D1 Sports for ESPN+ and Regional Sports Network, NESN. She also assists in Media Days, creating pre-produced content and coach and athlete interviews. In addition, Stephanie owns a small photography and videography business that focuses on weddings and engagements.



Amanda (Griffiths) Solimando '01 P'27

Amanda is a writer and also a paid essayist for the website Medium. She is currently working toward getting one of her five novels traditionally published.

Madison Kilduff '14

Madison is an experienced communications and marketing professional who has had success in creating strategies to effectively develop and increase brand awareness. She graduated from Rutgers University with a master's degree in communications and public relations, and a bachelor's degree in sports journalism. Madison is currently the manager of Alumni Engagement at Montclair Kimberley Academy. She is responsible for cultivating the interest, engagement, volunteerism, and philanthropic support of approximately 6,000 active alumni. Her main job duties include email marketing, social media, alumni networking, and event planning. Additionally, Madison is a freelancer for the NFL and works on game day production for the New York Giants and New York Jets.

Molly Dudas '15

Molly Dudas is a product design engineer on the Hard Product Innovation Team at Harry's, designing and engineering next-generation razors. She also has experience in designing electric toothbrushes and automated external defibrillator (AED) medical device products at Philips. Molly studied manufacturing and design engineering at Northwestern University.

Ann Marie (Kelleher) Hembrough '89

Ann Marie received a bachelor's degree from Manhattan College in 1993 and then graduated from the physician assistants program at SUNY Stony Brook in 1996. She worked in internal medicine for two years before she transitioned to thoracic surgery at Brigham and Women's Hospital in Boston. Ann Marie moved to Sweden in 2001 and then returned to the United States in 2006 to work in her current field of dermatology.



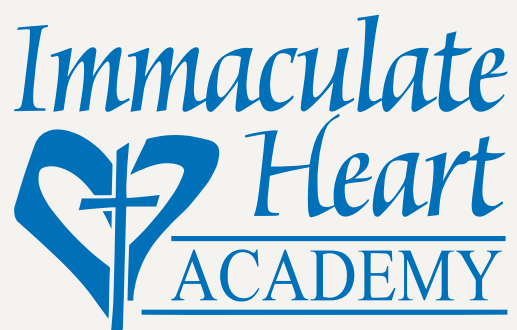
Mother/Daughter Galentine's Brunch

On Sunday, February 4, 2024, Immaculate Heart Academy hosted a Mother/Daughter Brunch at Il Villaggio in Carlstadt.

The Galentine's Brunch included a fun-filled afternoon of food, dancing, games, and prizes! Two hundred and seventy-five mothers and daughters attended this amazing event.

Thank you to the IHA Advancement Team for organizing the brunch and to Mrs. Stacy DeMicco P'21, '24, '25, Mrs. Christina Guirland P'26, Mrs. Carol Soranno P'26, and Mrs. Gerri Minichetti P'26, the chairs of the brunch, for the beautiful decorations and candy table!





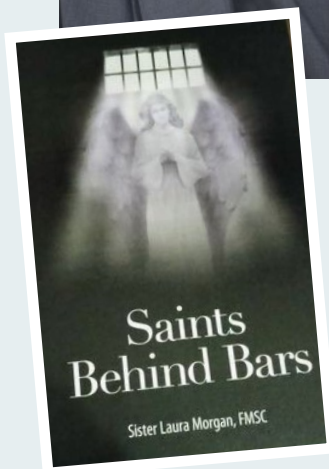
CLASS notes

'69

Sr. Laura Morgan,

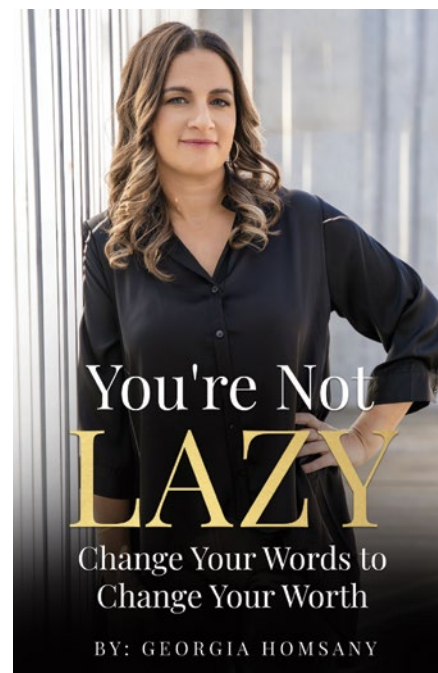
Franciscan Missionary
Sisters of the Sacred Heart
(FMSC), recently had her
book, *Saints Behind Bars*,

published by TAU Publishing. The book is an account of Sr. Laura's many years of ministering in New York State prisons. *Saints Behind Bars* takes readers on a journey to meet some of our incarcerated brothers and sisters who have responded to the opportunity to experience the healing touch of Jesus. Sr. Laura writes, "The powerful words of the Gospel in Matthew 25, 'For I was ... in prison and you visited me,' enables people to break through the stigma of being a 'criminal' and begin to live the promises that Jesus offers to all." *Saints Behind Bars* is available for purchase at taupublishing.com, or you can get an autographed copy by contacting Sr. Laura directly at slmfmsc@mail.com. Congratulations Sr. Laura on your new book!



'71

Anne Curtis received the Dr. Carolyn McCue Woman Cardiologist of the Year Award in February during the Annual Heart Health in Women Symposium at the Pauley Heart Center at Virginia Commonwealth University (VCU) Health.



'99

Georgia Homsany

recently published her
book, *You're Not Lazy*
— *Change Your Words to*
Change Your Worth. In her

book, Georgia explores the impact our words have on our self-esteem, showing readers how self-talk can destroy self-worth. It is said that the average person has 60,000 thoughts per day. Even more surprising is that 80% of those thoughts are negative! In *You're Not Lazy*, learn how to reframe self-talk to boost confidence and live a more empowered life. Georgia is also the founder and CEO of Daily Dose Wellness, a corporate wellness company that provides virtual "wellness breaks" for employees. Congratulations Georgia! *You're Not Lazy* is available for purchase on Amazon or at georgiahomsany.com.

'04

KristaLee (Gentile) Mellott was recently inducted into Bucknell University's Athletics Hall of Fame Class of 2023.

A four-year starter, her career in Division I soccer had highlights such as being a four-time all conference honoree, only the second in Bucknell's history, and graduating in the top three of the program's all-time leaders for points, goals, and assists. When asked for her favorite career moment, KristaLee said, "It was scoring a hat trick on a penalty kick in the eighty-eighth minute against Navy to earn a bid to the conference tournament. That team would then go on to be the first number four seed team to win a conference championship in Patriot League history."



'09

Dr. Angelica Otiepk and Patrick Glasson (SJR '08) welcomed their first born, Davina Kai, on May 5, 2023. She was christened in November at St. Joseph's Parish in Bogota.



'05

Janel Sipala married Matthew Weiss on June 17, 2023, at Church of the Presentation in Upper Saddle River, followed by a reception at Edgewood Country Club in River Vale. The couple later honeymooned in Hawaii. In attendance were IHA sisters **Michele Siska** and **Lisa (Sinkovitz) Virgilio**.



'10

Diana (Tortorello) Watson and her husband, David Watson, welcomed their second child, Wyatt David, on May 4, 2023. Wyatt joins big sister Scarlett Alexa.



'10

Caroline Jones and **Zoya Segelbacher** teamed up on a business podcast called Rep Matters. After reconnecting a few years ago and realizing they both ended up in the same industry, working in sales and enablement roles, Caroline and Zoya created the show which can be found online at: marketersindemand.com/rep-matters. The podcast features conversations with Software as a Service (SaaS) sellers, with the goal of helping listeners learn best practices and become top performers.



'14

Maria (Economou) DiDomizio and her husband, Thomas DiDomizio, welcomed their daughter, Evelyn

Blair DiDomizio, on November 22, 2023. Maria and Thomas are so excited that Evelyn is the family's first grandchild and great-grandchild, and couldn't be happier with their new bundle of joy.

'14

Alexa Tortorello was engaged to Dr. Jonathan Zirnheld on April 15, 2024. Alexa and Jonathan met at the University of Scranton. Alexa is a licensed occupational therapist working in early intervention with children. Jonathan is in his surgical residency at Jefferson Einstein Hospital in Philadelphia, where Alexa and Jonathan are currently residing. An August 2024 wedding is planned in New Jersey.



'14 Katie McCrudden was recently selected to ring the closing bell at the NASDAQ in Times Square. Katie is the associate director of strategic initiatives and newly appointed AI project manager at Talkspace. This online and mobile therapy platform connects clients with licensed mental health providers in their states. Congratulations Katie!



'15 Amanda Marie LoBianco-Colombo married Nicholas Colombo at the Zorvino Vineyards in Sandown, New Hampshire on September 3, 2023. The bride and groom later honeymooned in Costa Rica. Amanda is the daughter of IHA world language teacher, Martha LoBianco.



'19

Bea Franchesca Chin was named to the dean's list at Rochester Institute of Technology for the 2023 fall semester.

'20

Casie Burke was named to the Centennial Conference Academic Honor Roll for fall 2023 at Muhlenberg College.

In order to be named to the academic honor roll, a student-athlete must be a sophomore or higher in class standing and carry at least a 3.40 cumulative GPA. In addition, Casie was named to the Academic All-Centennial team for earning spots on both the academic honor roll and the All-Centennial Conference team for Soccer. Casie is a senior and is majoring in neuroscience.

Would you like to be featured in IHA's Class Notes?

Please send your life update to AnneMarie Vaughn P'22, at avaughn@ihanj.com. Visit ihanj.com to view our IHA Newsletter Content Guidelines

Melanie Harrigan was named to the dean's list at Stonehill College for the 2023 fall semester.

Allie Sandt was named to the dean's list at SUNY Oneonta for the 2023 fall semester. Allie is a music industry major who was recently highlighted in the February 2024 edition of *In Tune Monthly* magazine, an online publication distributed to more than 45,000 middle and high school music teachers and their ten million students. As one of nine students from across the country quoted in the magazine's "Best in Music Schools" section, Allie stated, "My dream job is to do what I do now on a bigger scale! I love writing, recording, and performing my own music, and I would love to be able to do that as a full-time job. With the experience I've had through Oneonta's local music scene, playing with *Seeing Double*, and working with some of my favorite musicians, professors, and mentors here, I am looking forward to graduation in May." Allie is very involved in Oneonta's local music scene, having played with a few bands at local venues. During freshman year, she started a band called *Seeing Double* with other students. While the band is no longer playing together, *Seeing Double* surpassed five million streams of its music on Spotify and Apple Music. Allie has also been the lead singer in a funk ensemble, participated in a few on-campus rock ensembles, and is currently recording her debut EP under the name Allie Sandt with the help of her fellow music industry majors. Congratulations Allie!

Giavanna Baquerizo, **Elizabeth Murphy**, and **Grace Whittam** were named to the dean's list at The University of Scranton for the 2023 fall semester.

Brittany Graff was named New Jersey Athletic Conference (NJAC) player of the week in February after leading Kean University to a pair of NJAC wins in basketball, while scoring her 1,000th career point in the process. Brittany is a senior guard at Kean. Congratulations Brittany!

Julia Ficon was named to the dean's list at Muhlenberg College for the 2023 fall semester.

Mary Patricia Sayre was named to the dean's list at College of the Holy Cross for the 2023 fall semester.

'21

Emmy Mazzacano was named to the dean's list at College of the Holy Cross for the 2023 fall semester.

'22

Deanna Whelpley was named to the dean's list at The University of Scranton for the 2023 fall semester.

Jessica Kielur was named to the dean's list at College of the Holy Cross for the 2023 fall semester.

'23

Marie Baldwin was named to the dean's list at The University of Scranton for the 2023 fall semester.

Kristen Cali was named to the dean's List at Sacred Heart University for the 2023 fall semester.

Maria Mathew was named to the dean's list at SUNY New Paltz for the 2023 fall semester.

Isabella Asencio was named to the dean's list at Adelphi University for the 2023 fall semester.

Jessica Sundlin was named to the dean's list at College of the Holy Cross for the 2023 fall semester.

IN MEMORIAM

Your prayers are requested for the following members of the Immaculate Heart Academy community who recently passed away:

**Roseanne Aileen Hauck-Devito,
Class of 1974**

November 4, 2023

**Veronica McChesney Deluise,
Class of 1981**

December 26, 2023

Julia (Earls) Sutton, Class of 1986

January 13, 2024

*Mother of Samantha Sutton '16,
Hannah Sutton '18, and Bridget
Sutton '20*

**Denise (Ullmer) Oskvarek,
Class of 1968**

February 8, 2024

*Sister of Mary Ellen (Ullmer)
Bolton '65*

**Danielle Koppenaal,
Class of 2013**

March 26, 2024

*Sister of Kerri (Koppenaal)
Lucarelli '05*

Rocco Ferranti

October 5, 2023

Father of Kathryn Ferranti '95

Arthur Carney

December 24, 2023

*Father of Ellen (Carney) Switzer '76,
Anne Carney '84, and Kathleen Marie
(Carney) Matier '88; and longtime
sponsor of the Gregory Joseph Villone
Memorial Award*

Mariana S. Lopez-Oña

December 30, 2023

*Mother of Mariana Lopez-Oña
McCroskey '72*

Richard D. Koppenaal

January 10, 2024

*Father of Kerri (Koppenaal)
Lucarelli '05 and the late
Danielle Koppenaal '13*

Thomas Gaggin

January 19, 2024

*Father of Kathleen (Gaggin) Byrne '84,
Colleen (Gaggin) Manke '79, and
Nancy (Gaggin) Volk '81; and
grandfather of Emily Byrne '15 and
Erin Byrne '16*

Robert DeVito Jr.

January 25, 2024

*Husband of the late Roseanne
Hauck-DeVito '74*

Jacqueline Flanagan

January 27, 2024

Mother of Regina Flanagan '82

Robert Townsend

February 4, 2024

Father of Jacqueline Townsend '18

John Michael Donovan

March 20, 2024

*Brother of Kathleen Donovan '65 and
Michele (Donovan) DiPiano '69; and
uncle of Meaghan DiPiano '07*

Howard P. Cantor

March 22, 2024

*Husband of Pam Lewis-Cantor,
former faculty member of IHA*

Anthony Verrone

April 10, 2024

*Father of Michele Verrone '88 P'21,
'24, former faculty member of IHA,
and the late Toni-Marie (Verrone)
Hals '89, former faculty member
of IHA and Hall of Fame Class of
2018; and grandfather of Samantha
Manning '21 and Madeline
Manning '24*

WELCOME

Class of 2028 Legacies!

Sisters of Past/Present Students and Daughters of
Alumnae to Attend IHA

The extraordinary members of the Class of 2028 were selected
from more than four hundred applicants.

The procedures for those seeking admission to Immaculate Heart Academy require more than simply completing an online application. In addition to taking the HSPT exam in November, prospective students also submit their grades from their last three years of elementary school.

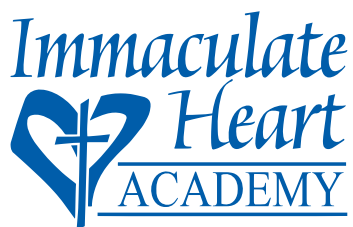
The incoming Class of 2028 includes 25 sisters of past and/or present students, as well as 14 daughters of

alumnae, who will one day share the title of “IHA alumna” with their moms! Additionally, this year we welcome the granddaughter of an IHA alumna — Riley Martucci '28, is the granddaughter of Patricia Killeen '68 and the niece of Patricia Martucci '97.

We cannot wait to welcome our newest students and their families into our sisterhood!

The following members of the Class of 2028 are daughters of alumnae:

Nina Cardella, daughter of Lore (Schmit) Cardella, Class of 1997
Claire Dargan, daughter of Denise (Carolan) Dargan, Class of 1996
Katie Eckes, daughter of Jennifer Kennedy, Class of 1991
Isabella Fitzsimmons, daughter of Yesenia (Chabur) Fitzsimmons, Class of 1995
Margaret Hahn, daughter of Eileen (Barnes) Hahn, Class of 1985
Molly Hardin, daughter of Susan (Machorek) Hardin, Class of 1996
Paige Hesler, daughter of Kerry (Finnegan) Reasoner, Class of 1997
Reagan Jareck, daughter of Dana (Sanzari) Jareck, Class of 1999
Catherine Lauro, daughter of Monica (Walsh) Lauro, Class of 1997
Antonella Malone, daughter of Jennifer Alampi, Class of 1996
Mia McNeil, daughter of Fara (D'Angelo) McNeil, Class of 1995
Marissa Montalbano, daughter of Jennifer (Concilla) Montalbano, Class of 1991
Addison Porod, daughter of Leigh (Criscione) Porod, Class of 1993
Ava Wolcott, daughter of Michele (Bauer) Wolcott, Class of 1994



500 Van Emburgh Avenue
Township of Washington, NJ 07676
Change Service Requested



If this is not you, or if your daughter no longer lives at home, please reach out to Sarah Frasure '07, director of advancement & alumnae relations, at 201.445.6800, ext. 185 or sfrasure@ihanj.com with updated information.

UPCOMING EVENTS

SEP
23

Blue Eagle Open

Registration and brunch at 10 a.m., followed by 12 p.m. shotgun start at Edgewood Country Club in River Vale.

NOV
08

HSPT for Class of 2029

Class of 2029 prospective students are required to take the Archdiocesan high school entrance exam.

OCT
20&24

Fall Open Houses

Tour the impressive IHA campus and ask questions of faculty, staff, coaches, and our knowledgeable student Eagle Ambassadors.

NOV
14

Immaculate Heart Academy 65th Anniversary Gala

The IHA community is invited to Seasons in Township of Washington as we celebrate our sixty-fifth year at Immaculate Heart Academy during the 2024-25 school year.

NOV
02-03

Class of 1974 50th Reunion

Luncheon at Madeleine's Petit Paris in Northvale on Saturday, November 2, followed by a Memorial Mass in IHA's Sisters' Chapel and Brunch on Sunday, November 3.

DEC
01

Class of 2029 Application Deadline

Applications to be a member of IHA's Class of 2029 are due by December 1, 2024.