November 2026

crusader connection

KAPAUN MT. CARMEL CATHOLIC HIGH SCHOOL













Congratulations to the theatre department for its rendition of "Black Comedy" by Peter Shaffer in October. Photos by Brody Dorris and Lael Wetta '27.

On Wednesday, October 21, Fr. Charles Polifka, of the Order of Friars Minor Capuchin, a religious order of Franciscan Friars stationed here in Wichita, celebrated the Holy Mass with us. Fr. Charles, a former President of Thomas More Prep-Marian Catholic High School in Hays, was extremely complimentary of our student body and was overjoyed to celebrate Mass with the KMC community.

Fr. Charles' homily was extraordinary, building on the theme of the Gospel of the day. Fr. Charles' message of responsible stewardship was a great lesson to our students, and to all of us who practice our faith in a diocese which lives out the spirituality of stewardship so uniquely. Reprinted below are excerpts from Fr. Charles' notes for his homily. Let us all be mindful of the abundant responsibility-bearing gifts with which God has blessed us, and may God's peace and blessings continue to rain down on the KMC community.



In today's Gospel [Lk 12:39-48], Peter asks Jesus a very straightforward question: "Lord, is this parable meant for us or for everyone?"

- *It is a remarkably human reaction (like Peter usually does). When Jesus talks about remaining watchful, being ready, and keeping our house guarded against theft, Peter essentially asks, "Are you talking to the crowd, or are you looking at us, your inner circle?"*
- *Jesus does not answer with a simple "yes" or "no." Instead, He turns the mirror right back onto Peter and onto us: "Who, then, is the faithful and prudent steward whom the master will put in charge of his servants to distribute the food allowance at the proper time?"*

Jesus shifts the focus from privilege to responsibility. *Being close to Jesus - being a disciple, a leader, or a baptized Christian who sits in these pews week after week - is not an exemption from accountability. It is the very source of it.*

Jesus ends [this Gospel passage] with a principle that cuts through all self-complacency: "Much will be required of the person entrusted with much, and still more will be demanded of the person entrusted with more."

- *It is easy to hear those words and feel a wave of anxiety, as if God were an exacting auditor just waiting for us to do something wrong.*
- *Not so. That is not who God is. God does not entrust us with much in order to trap us; He entrusts us with much because He trusts us.*

Think for a moment about what you have been entrusted with:

- *You have been given the light of faith in a world that often struggles in darkness.*
- *You have been given access to the Sacraments, the living Word of God, and the presence of Christ in the Eucharist.*
- *You have been given the privilege to be a part of Kapaun Mt. Carmel, one of the most (if not THE Most) prestigious high schools in the state.*
- *You have been given time, talent, material resources, relationships, and opportunities to love.*
- *These are not private possessions; they are spiritual "capital." You are not owners of these gifts and privileges; you are stewards. The food allowance that the faithful steward is asked to distribute in the Gospel is an image of the love, mercy, patience, and truth you received. Your job is simply to pass it along at the proper time to the classmate who needs encouragement, to the family member who needs forgiveness, to the neighbor who needs a helping hand.*

The danger Jesus warns against is "delay" and distraction the subtle temptation to say, "My master is delayed in coming," and so we let down our guard, turn inward, or treat others harshly.

- *Living as a faithful and prudent steward doesn't mean living in constant fear of the master's sudden return. He comes so often: daily in the Eucharist; in answer to prayers in a classroom; with protection on the playing field. He comes all the time and everywhere.*
- *It means living in such daily alignment with His will and heart so that whenever He appears, He simply finds us doing what we love to do:* ***serving*** *His household.*

As we approach the altar [daily] let us ask the Lord for the grace of gratitude and fidelity. Think of all you have received. Accept it all not as a privilege but as a responsibility. The gifts are not given as privileges to hoard, but as a "trust" to share with a world in need.

Photo by Devin Ricke '29

advancement news

THE CRUSADER FUND
Your Annual Gift

Scan QR code to donate now to the 2026-27 Crusader Fund!

Thanks to all who have donated this fiscal year! We have already raised $186,000 of our $560,000 goal this fiscal year. (July 1-June 30).

In the next few weeks, you will receive your formal invitation to The Crusader Fund. You can find additional information at Kapaun.org or contact Rachael Stewart, Director of Advancement, at 316-636-9612 or rstewart@kapaun.org.

Thank you to the following KMC parents who have already donated to the 2026-27 Crusader Fund through October 26, 2026:

Meaghan and Ryan Adams
Brian and Sarah Bachman
John and Donna Baldessari
Daniel and Kimberly Ball
Brenna and Mike Barlow
Marcin and Andrea Bielarczyk
Travis and Amanda Blackburn
Amanda and Scott Boyd
David and Andi Byers
Gregory and Jennifer Byrd
Ryley and Ryan Clem
Katie and Christian Coffey
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Mike and Kenzie Corley
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Brent and Kimberly Cronister
Hung and Karen Dao
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David and Laura Mayans
Ryan and Margaret Meier
Susan Michaelis
Andrew and Jamie Mies
Monica and Shawn Moravec
Laura and Scott Mossman
Ted and Andrea Naldoza
Carter Nguyen and Thaihoa Huynh
Hung Nguyen and Lyem Pham
Kieu Nguyen and Garth Herrmann
Tuan and Thuy Nguyen
Emily and Kary Nye
Courtney and John Perry
Dung Pham and Thanh Nguyen
Dane and Andrea Pletcher
Katie and Jacob Rowell
Sara and Eddie Santiago
Clint and Katherine Schneider
Eric and Brekke Simmons
Shawn and Charmaine Simmons
Jim and Debra Smith
Jennifer and Charles Soebbing
Nicole and Clarence Sponsel
David and Joy Stephenson
Rachael and Hoss Stewart
Noah and Heather Swank
Emily and Andrew Thengvall
Ann-Marie and Justin Thompson
Adrienne and David Timler
Hiep and Kaylee Vu
Ryan and Lindsey Wasinger
Matthew and Chrissa Webster
Patrick and Mollie Wetta
Leslie and Edward Williamson
Michael and Colleen Young

Kapaun Mt. Carmel CATHOLIC HIGH SCHOOL
A Tradition of Excellence

Cash for Cans Drive



The Cash for Cans Drive to benefit Our Daily Bread Food Pantry at Catholic Charities of Wichita will run November 2-20. St. Aloysius Gonzaga and St. Clare of Assisi houses are leading the donation drive efforts. Monetary donations will be collected during CAP. No cans will be accepted this year. The school goal is $9,000. Each CAP family's donation goal is $190. Each house will be awarded HOTY points according to their donation levels. Additional donation incentives and prizes will be announced soon. Please contact Mrs. Katie Hull khull@kapaun.org or Mr. Jim Vanek at jvanek@kapaun.org with any questions.

Pull Tab Drive

KMC is hosting a pull tab drive benefiting the Ronald McDonald House Charities of Wichita. RMHC is a national organization that seeks to provide affordable and comfortable housing to parents and families who have to travel to receive medical care for their children. A drive like this is an opportunity to collect an item that would be otherwise thrown away and turn it into a monetary donation for the organization. These funds benefit those families who use the Ronald McDonald House in Wichita.

Pull tabs will be collected in CAP families. Each teacher who has a CAP family has been given a container to collect these tabs which will be pooled together by house. Every house has an overall goal of 30 pounds of pull tabs to be collected by April 15, 2027. HOTY points will be received based on the percentage of the 30 pound goal reached. Thank you for your participation and remember to keep your pull tabs!

Veterans Day Mass

All veterans are invited to join us for our Veterans Day Mass on Wednesday, Nov. 11, beginning at 9:20 am in the KMC gym. Please join us for a small reception immediately following Mass.

Veterans, you are welcome to attend either in or out of uniform. Either way, your presence at this special Mass will honor all of us. Please RSVP to Andrea Naldoza at (316) 634-0315 ext. 112 or andrea.naldoza@kapaun.org.

Service Hours Due

The KMC Stewardship Program's first semester service hours are due for all students on Wednesday, Dec. 2. Each student may complete their required service hours at KMC, their parish/feeder school or in the community. These hours are a required part of each student's religion class grade. Students should have the following hours completed on Dec. 2:

Freshmen = 5 hours
Sophomores = 8 hours
Juniors = 10 hours
Seniors = 20 hours

Volleybrawl

Volleybrawl is an annual tournament style volleyball competition available to all KMC students. The competition will take place on Wednesday, November 11 immediately after school. The winner of this competition will play a team composed of teachers and coaches on Friday, November 13 during an extended CAP.

- Student teams can be coed and may contain up to eight players with no more than two of these players having been players on the KMC volleyball teams.
- Teachers are also invited to play on a student team.
- Prizes will be available for best dressed teams.
- There are no restrictions as to which house each team's members are in as HOTY points will be awarded based on the overall participation of a house's students.
- The cost is $2 per player.

Even though this event is scheduled for dead week between fall and winter sports, student athletes are responsible for verifying with their coaches their eligibility for play. Registration forms will be provided by the deans of Katharine Drexel and Peter Claver.

Enrollment Fee Balance Due

All enrollment fee balances are due Friday, November 20. Reminders will be sent out to parents. Please check your student's PowerSchool account for the balance due. All outstanding balances must be paid in full in order for students to take finals in December; this includes the lunch accounts and library fines. Payments may be turned in to the school office or paid online through e~Funds at kapaun.org.

Contact KMC bookkeeper, Amy Marshall, at amarshall@kapaun.org or call 634-0315 ext. 115 with questions or concerns regarding fees.

Lunch Account Balances

Parents, please check your student's lunch account balances often and keep a positive balance. For more information, check out the "Crusader Café" section under the Student Life menu at kapaun.org. Students with a negative balance won't be permitted to take finals in December until the balance is paid.

Notifications are sent out via email and text message, so please be sure to have current contact information in your student's PowerSchool account.

To make a payment, you can choose one of the following options:

1. Simply send cash or a personal check with your student to the Crusader Cafe as needed during breakfast or lunch.
2. Load money online. On the home page at Kapaun.org, use the "pay fees online" button to replenish a student lunch account; there is also a link within PowerSchool. This system ties directly into PowerSchool MBA Cafe. You can view an account balance or check a student's transactions in PowerSchool by choosing Balance/Meal Transactions. There is a fee for using e-Funds: checking account - $1.00/transaction; credit or debit card - $2.75 per every $100.

Free/Reduced Meals

Families whose income decreases for any reason may apply for free/reduced meals online at any time during the school year. Apply here: https://schoolmealsapp.ksde.org/Home/welcome/X0625.

Math Lab

The KMC Math Lab is back this year! If your student wants or needs some extra help in their math classes, the Math Lab is open Monday - Thursday from 3:00 - 4:00 in room 202. All students are welcome and encouraged to come in for help.

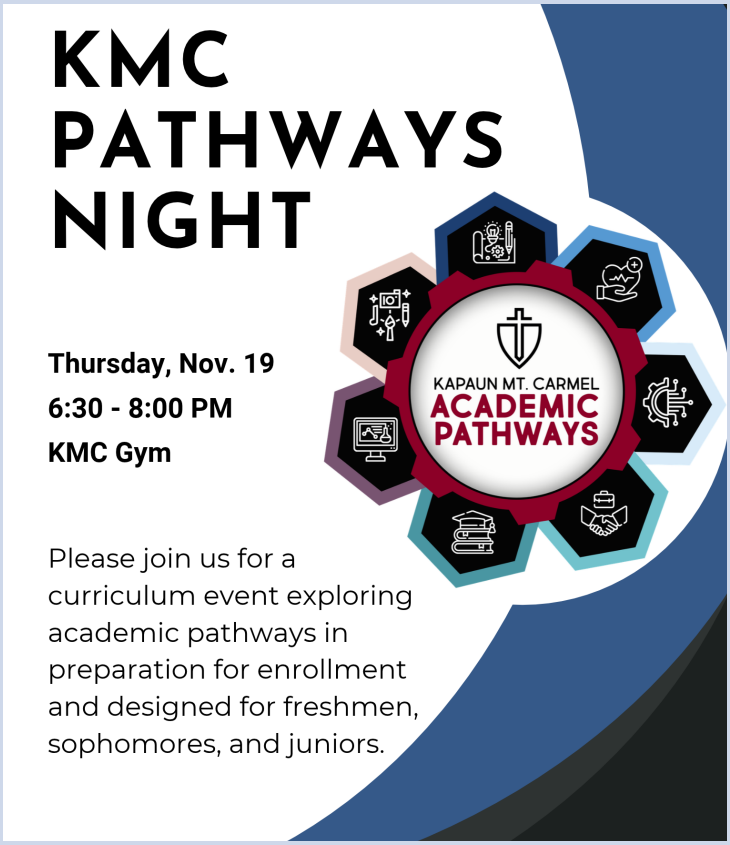
National Letter of Intent Signing Day

KMC will host signing day ceremonies for seniors, dates to be determined. Any senior planning to sign with a college or university who would like to have a ceremony at KMC must sign up once dates are communicated. Contact Pam Simonitsch at psimonitsch.

Winter Sports Parent Meeting

The Winter Sports Parent Meeting will be held on Tuesday, Nov. 10 at 7:00 pm in the KMC Gym. Everyone will meet in the main gym for a general session and will later split up per sport to meet with coaches. Please plan on attending if your student would like to participate in winter sports.

Winter practices/tryouts begin on Monday, Nov. 16. All student athletes must be registered in Bound and have the following forms uploaded into the parent Bound account to participate on that day: KMC Parental Consent Form, KSHSAA Pre-Participation Physical Evaluation Form, and the KSHSAA Concussion Release Form. All these forms and Bound instructions may be found at the bottom of the KMC athletics webpage at www.kapaun.org. If your student participated in fall sports, your forms are already on file.



KMC Pathways Night is an opportunity for students and parents to see the various pathways and programs KMC offers for career exploration. Pathways include: St. Patrick Engineering, St. Gianna Healthcare, St. Joseph WSU Tech, St. Margaret Business, St. Kathleen Gilbert, BVM Education, and St. Catherine of Bologna Fine Arts. The event is Thursday, Nov. 19 at 6:30 pm in the KMC Gym.

counseling news

2026-27 National ACT Test Dates

Test Date	Registration Deadline	Late Registration *Late Fee Applies*
February 27, 2027	January 22	February 9
April 10, 2027	March 5	March 23
June 12, 2027	May 7	May 25
July 10, 2027	June 4	June 22

Counselor Assignments

Our students are assigned a counselor alphabetically, based on their last name. Counselors are available to meet with students on an as-needed basis; students should contact their counselor to set up appointments.

A-G: Gina Stewart, gstewart@kapaun.org

H-O: Ashley Clark, aclark@kapaun.org

P-Z: Taylor Mires, tmires@kapaun.org

Social/Emotional Counselor: Maria Bergkamp, mbergkamp@kapaun.org

ACT Subject Specific Tutoring at KMC

A group of KMC teachers have recently become certified to tutor their respective subjects for the ACT. These sessions are built for students who have taken the ACT and would like to work on improving specific subject scores. Interested students should complete this form and watch their email for additional information: https://forms.gle/yRUNPn9WTM3aaEpU6.

Free Application for Federal Student Aid (FAFSA)

FAFSA is the free federal application that determines student financial aid such as grants, scholarships, and loans for college bound students. Follow these steps to complete your application:

1) Create a FAFSA ID - it is best to do this as soon as possible to avoid any delays.

2) Log into FAFSA - become familiar with the FAFSA website and ask questions.

3) Complete FAFSA application - the application is live. It is best to complete the application as soon as possible to be able to prepare for tuition costs.

Xello Scholarship Information

Scholarships are in Xello under the "College Planning" link.

- Scholarships in Xello provide students with the tools and information they need to make the search process easier and more efficient.
- Scholarships in Xello consist of a combination of national, institutional, state, and school-added scholarships. Students will be given an initial set of scholarship matches, based on their state and grade. Once they complete a short profile, they'll be matched with more scholarships.
- For more information visit this link: https://help.xello.world/en-us/Content/Knowledge-Base/Xello-6-12/College-Planning/LS_Students-Find.htm

Each month seniors and their parents will receive an email from KMC Counselor, Taylor Mires, with a list of scholarships as well. If you have any additional scholarship questions, please contact your counselor.

Individual Plan of Study

All KMC students have created an Individual Plan of Study (IPS) using Google Spreadsheets. The purpose of their IPS is to help students track their educational goals, post-secondary assets, and discern their future career goals. Their IPS consists of:

1. Post-Secondary Plan
2. High School Course Tracker & Planner
3. Assessment Log
4. Post-Secondary Assets
5. Transcripts
6. Experiences
7. Additional Content
8. Advisor Notes

Teachers and counselors will be working with students to complete their IPS and to adapt it as they learn more about themselves and the opportunities available to them. Parents are encouraged to review their student's IPS as a family. If you have any questions, please contact your student's CAP teacher or counselor.

PowerSchool App

Did you know that PowerSchool has an easy-to-use app, providing instant access to grades, attendance, and meal balances? Look for PowerSchool Mobile in Google Play or the App Store.

- Fr. Kapaun, pray for us! -

Mental Health Focus

Practicing Gratitude

Saying thank you is nothing new, but practicing gratitude regularly can become a powerful and healthy habit impacting one's physical, mental, and emotional health. Continually practicing gratitude is associated with:

- decreased symptoms of depression and anxiety
- better sleep quality
- strong social relationships
- a more optimistic outlook
- a protective factor against daily stressors or challenges in life that could lead to things like depression, anxiety, or substance use
- improved immune system
- increased self-esteem



Being grateful does not necessarily mean feeling thankful for everything or ignoring your personal problems. Instead, it can involve taking a few minutes out of your day or week to acknowledge what you are thankful for in the present moment despite the stress around you.

Unsure of where to start? There are easy ways you can start today including:

- **Say "thank you"** all the time. It may sound simple, but saying "thank you" and meaning it can boost your mood. Not only is it polite, it will also make the person you're thanking feel good too. You can thank someone who holds the door for you, the person at the cash register, or a friend calling to say hello.
- **Write down what you appreciate most and savor the "little things".** Try not to focus on material possessions, but instead focus on things like your family, a healthy and functioning body, the sunshine, having clean water to drink, or the beautiful color of fall leaves.
- **Sharing your gratitude.** Send a quick note or message telling someone why you are thankful for them or encourage your family to share something they're grateful for each night at dinner.
- **Practice one act of kindness per week**. People of any age can practice acts of kindness… volunteer, pay for the person behind you, offer someone a compliment or simply a smile!

Practicing gratitude as a part of your daily life can have many mental, physical, and interpersonal benefits. Anyone can practice gratitude and reap the benefits. The more consistently you practice counting your blessings, the more aware and thankful you may become!

More mental health resources can be found on the Counseling page of the KMC website.

KMC Social/Emotional Counselor, Maria Bergkamp, is a licensed therapist at the school and available to meet with students who face mental health challenges. If you have any questions, concerns, or are interested in more community mental health resources, email mbergkamp@kapaun.org.

Kriwiel Classic









A big thank you to all the participants and sponsors of the 18th Annual Kriwiel Classic. The golf classic was held at Crestview Country Club on October 16 in honor of Ed Kriwiel. The tournament sold out and raised approximately $46,000 for the students of KMC, hosted by the KMC Alumni Association.

Special thanks to event chairs: Kurt Cornejo '99, Jeff Engel '99, Joey Krsnich '05, Pete Krsnich '01, Steve Rothwell '98, John Rupp '98, Joe Fernandez '95 and Brian Stockton '00.

2026 Sponsors

October 16, 2026 | Crestview Country Club

Thank you for your generous support!

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Golf Sponsor

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Crusader Sponsors

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Prioritizing Campus Safety: Insights from Recent Security Research

A recent report titled *The Role of Locked Doors and Access Control in School-Based Active Shooter Events,* supported by a grant from the Security Industry Association (SIA) Endowment Program and published by Campus Resilience and Security (updated July 7, 2026), examines how physical security measures impact safety outcomes during school emergencies.

Key Findings:

- **The Protective Value of Secured Doors:** Analysis of 54 school-based active shooter incidents between 2000 and 2025 shows that properly secured doors were associated with significantly fewer casualties (16.7% of incidents) compared to unsecured doors (50%).
- **The Compliance Gap:** Attackers rarely defeated locking hardware themselves. Instead, nearly two-thirds of doors involved in the studied incidents were left unlocked or propped open, demonstrating that inconsistent compliance with procedures is a greater vulnerability than inadequate hardware.
- **Age-Specific Threat Patterns:**
    - **Elementary schools:** All studied attackers entered from outside the campus, making secured exterior perimeters and controlled visitor entry points vital.
    - **Middle and high schools:** Most attackers were current students already inside the building, making rapid classroom lockdown capabilities especially critical.
- **Glass and Glazing Vulnerabilities:** While solid-core doors with functioning locks were never successfully breached, glass panels (particularly in aluminum-frame doors) were the weakest point when attackers attempted mechanical breaches.
- **Speed Saves Lives:** Rapid lockdown initiation significantly delays intruders, providing crucial time for occupant warnings and law enforcement response.



Key Recommendations for School Communities:

1. Ensure all classroom doors can lock quickly from the interior.
2. Keep exterior doors securely locked during school hours.
3. Limit building access to designated, controlled entry points.
4. Strengthen glass and glazing protections.
5. Improve maintenance and repair reporting processes.
6. Conduct regular compliance checks and security audits.
7. Empower staff to initiate immediate emergency lockdowns.
8. Tailor security strategies to the school's specific threat profile.

Therefore, as a key component of our safety protocols, it is imperative that our staff and students work to ensure that both interior and exterior doors remain closed and locked. Parents can also help by not propping open doors for events, such as team dinners. This is something that is checked and maintained every day, especially on Mass days. It is an element of security that is definitely within our control. While this might inhibit a degree of convenience for our guests and visitors, it is the simplest way to maintain a physical barrier within the building and a degree of security for our staff and students. In addition, it speaks to the need for students to always have their IDs to gain access to the building while limiting access to outsiders. We encourage you to speak to your students about the role of locked and closed doors and the element of safety that it provides for them.

-----Source Credit: Summarized from "The Role of Locked Doors and Access Control in School-Based Active Shooter Events" (Updated July 7, 2026; supported by a grant from the Security Industry Association [SIA] Endowment Program).

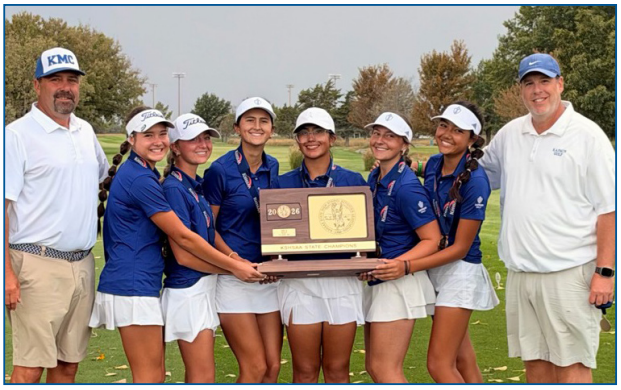
fall sports update

Congratulations to the fall sports teams for their successes this season.

Information regarding all post-season competitions and results for all teams may be found at kshsaa.org, under the "Activities" menu.

Girls Golf

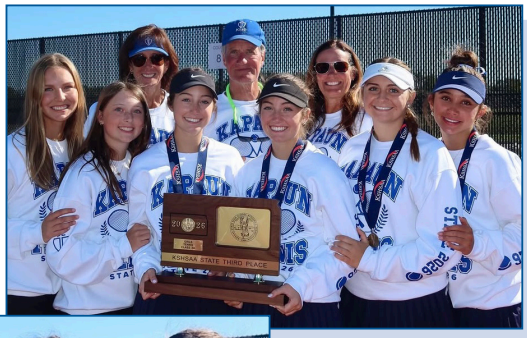
The girls golf team is the 2026 5A State Championship, giving them their seventh consecutive state title. Their team score was 635 with medalists: Ximena Sarinana tied for fourth place, Reese Christenson in sixth, Emma Nguyen-tied for ninth, and Remi Hartley-15th. The team won 5A Sub-State at Crestview Country Club on October 12, with a team score of 313. Ximena Sarinana was the individual sub-state champion, Remi Hartley in fourth, Emma Nguyen-fifth, Reese Christenson tied for sixth, Avery Hamilton-13th, and Lucy Keller tied for 16th.



The team is also the 2026 GWAL Champions. Ximena Sarinana is the individual city league champion, Reese Christenson finished in fourth, Remi Hartley-fifth, Emma Nguyen-sixth, Avery Hamilton-11th, and Lucy Keller-13th.

2026 Wichita Eagle All Metro Golf Team
First Team: Reese Christenson, Ximena Sarinana, Coach Corey Novascovne
Second Team: Remi Hartley, Emma Nguyen
Third Team: Avery Hamilton

2026 KGCA 5A All-State Team
First Team: Reese Christenson, Ximena Sarinana
Second Team: Remi Hartley, Emma Nguyen





Girls Tennis

The girls tennis team finished in third place at the 5A State Tournament. Caroline and Chloe Hocker finished in first place in doubles, Julia Judkins-7th place in singles, and Maddy Youssef-11th in singles. The state medalists also received All State Team recognition.

The team won 5A Regionals at Riverside Tennis Complex, with Caroline and Chloe Hocker as the regional doubles champions, Brooklyn Allen and Adalyn Johnson-fourth in doubles, Julia Judkins-third in singles, and Maddy Youssef-sixth in singles.

The team is also the 2026 GWAL Champions. Caroline and Chloe Hocker are the GWAL #1 double champions, Brooklyn Allen and Adalyn Johnson-first in the #2 doubles, Julia Judkins-second in #1 singles, and Maddy Youssef-second in #2 singles.

2026 Wichita Eagle All-Metro Tennis Team
First Team: Caroline and Chloe Hocker
Second Team: Julia Judkins, Coach Kathy Schulte
Third Team: Brooklyn Allen, Adalyn Johnson, Maddy Youssef



Flag Football

The inaugural season for KMC Flag Football was a great success. The team is the 2026 GWAL Champion, and finished the regular season with a 9-1 record. They lost in the regional championship game to St. James Academy.

2026 Wichita Eagle All-Metro Team
First Team: Stella Fury, Hope Garner, Sophia Penaloza, Rilynn Simmons
Second Team: Calais Hickerson, Jaedyn Jones, Brynnley Lerch, Ashtyn Rocha, Kynlee Swank, Coach Taylor Mires

fall sports update



Football

Crusader football finished 8-0 in regular-season play and they are the 2026 GWAL Champions. The Crusaders will play Newton in Week 9 competition October 30 at Heights High School at 7:00 pm.

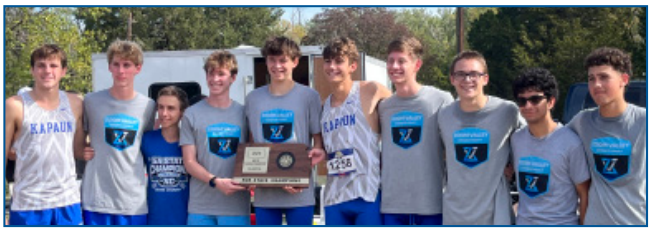
Volleyball

KMC volleyball won the 2026 5A West Sub-State Tournament, beating Eisenhower and Andover.

The 5A State Volleyball Tournament begins on Friday, Oct. 30, where the Crusaders will play Bishop Carroll at 10:00 am.

The team finished the regular season in second place in GWAL with a league record of 7-3.







Cross Country

The boys cross country team won the 2026 5A Sub-State on October 24. Jack Sauer is the individual champion, Koelton Erwin finished in second place, Kolbe Meyer-third, Nathan Milligan-sixth, Dane Christy-10th, Max Kappelmann-11th.

The girls team also won the 2026 5A Sub-State. Ava Claassen is the individual champion with a new course record and a national ranking of 10th, Maddyx Erwin finished in fifth, Abigail Bird-seventh, Caitlyn Bruening-15th.

These top 15 runners qualify for the 5A State Meet at Rim Rock Farm in Lawrence on Saturday, October 31. These runners also received All-Region Team recognition.

The boys team are the GWAL Champions for the third year in a row. The girls team finished in second place.

Individual medalists from the GWAL meet are: Jack Sauer in first place; Koelton Erwin in third place, Nathan Milligan-fourth, Kolbe Meyer-fifth, Dane Christy-11th, Max Kappelmann-15th. Ava Claassen finished in first place for the girls, with a new GWAL and course record; Mary Larson-sixth, Maddyx Erwin-eighth, Lilly Marietta-ninth, Abigail Bird-12th, Mila Claassen-13th, Caitlyn Bruening-14th.

The GWAL medalists also received All-City Team recognition.

Boys Soccer

The boys soccer team finished the regular season in a three-way tie for first place in GWAL with a 13-2 league record. The team beat Valley Center 3-0 in the first round of regionals October 27. They advance to the regional final October 29, where they will play Goddard at Stryker Sports Complex at 6 pm.



SCHOOL UNIFORM
DRESS CODE CHANGES



2027-28 SCHOOL UNIFORM

THE ¼ ZIP WILL NO LONGER BE ALLOWED. THE PIECES SEEN IN THIS PHOTO ARE THE ALLOWED UNIFORM IN THE 2027-28 SCHOOL YEAR.



2026-27 Mass Attire

The cardigan, v-neck sweater, vest, and blazer pieces, along with the ¼ zip, may be worn by boys and girls on non-Mass days in 2026-27. Boys must wear the KMC tie.





2026-27 Non-Mass Attire

The oxford dress shirt alone or with the sweater pieces, crewneck sweatshirt, or ¼ zip may be worn by boys and girls on non-Mass days in 2026-27.





2027-28 Mass Attire

Boys: blazer and tie

Girls: cardigan, v-neck sweater, or vest



See the full dress code policy in the student handbook, online at kapaun.or. Purchase KMC uniform pieces at Schoolbelles.com, using school code S2804, or in store at 2021 N. Amidon, Ste. 125.

Kapaun Mt. Carmel
CATHOLIC HIGH SCHOOL

calendar of events

NOVEMBER

11/1		All Saints Day
11/2		B Day
11/3		A Day
11/4		B Day
	9:20 AM	All School Mass
11/5		A Day
11/6		B Day
11/9		A Day
11/10		B Day
	12:00 PM	Early Dismissal
	7:00 PM	Winter Sports Parent Meeting in KMC Gym
11/11		A Day
	9:20 AM	All School Mass - Veterans Day Mass
11/12		B Day
		Kairos Retreat
11/13		A Day
		Kairos Retreat
11/14		Kairos Retreat
11/16		B Day
		Winter Sports Begin
11/17		A Day
11/18		B Day
	9:20 AM	All School Mass
11/19		A Day
	6:30 PM - 8:00 PM	Pathways Night in KMC Gym
11/20		B Day
11/23 - 11/27		No Classes - Thanksgiving Break
11/24	3:30 PM	Boys V/JV Basketball Jamboree at KMC
11/29		Advent Begins
11/30		A Day

Lunch Menu

November

DATE	ENTRÉE
2	Chicken Fried Chicken
3	Italian Pasta Bake
4	Chicken Fried Rice
5	Chicken Strips
6	Pulled Pork Sandwich
9	Popcorn Chicken
10	*Noon Dismissal - Breakfast Only*
11	Chicken Shawarma
12	Country Fried Steak
13	Bosco Sticks
16	Chicken & Waffles
17	Pork Carnitas Tacos
18	Penne w/ Meat Sauce
19	Hot Ham & Cheese on Croissant
20	Nachos Supreme
23-27	*No School - Thanksgiving Break*
30	Orange Chicken & Veggies

A hot sandwich option (chef's choice) will also be available each day.

The ***Crusader Connection*** is a Kapaun Mt. Carmel Catholic High School monthly parent newsletter. Information deadline is the 10th of the month. Due to limited space and press deadlines, we reserve the right to edit information submitted for publication. Email information to Julie Arnold at jarnold@kapaun.org.

The *Crusader Connection* is an online publication. Notification of its posting is sent via KMC News email blast each month. To add your email address to the notification, send an email to jarnold@kapaun.org with the words "Crusader Connection" on the subject line with your name.

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