



**October 16, 2024**

**Morning Prayer:**

Jesus, son of the living God, thank you for being with us. Show us your presence this weekend as we go about our days, and help us to reflect your love in the way we live our lives. We offer You our successes and failures today, so that You might use them for something bigger than us. In Your holy name we pray, Amen.

**Announcements:**

Do you love Greek mythology and dream of visiting Athens? Would you enjoy a sunset dinner on the iconic island of Santorini? You're in luck! Join us for an info session about the Greece Tour in summer 2026 on Tues, Oct. 22, @ 6:30. Scan the QR code on one of the Greece posters around school to RSVP.

The fall play, Robin Hood and His Merry Men will be performed in the DCHS auditorium on October 24, 25, and 26th at 7:30 pm. Come and support our performing arts department!

**Service Hours Opportunities**

People to People is hosting a Diaper drive for the Young Women's Resource Center the entire month of October. Bring 10 diapers or one package of unscented wipes for one service hour - 5 hours max. Diapers size 5 & 6 and pull-ups are preferred Donate in room 900.

Chick-Fil-A club will be coloring bookmarks on Tuesday the 22nd after school, or packing books on Wednesday the 23rd after school in the 700s hallway.

Volunteer with a club or sport to host a Trunk or Treat for Moulton Elementary on Oct. 24th. Sign up using the QR codes posted around school or contact Mrs. Scharf or Ms. Meendering with more information!

**Clubs and Groups:**

MOOOOOOO! Don't forget about the Chick-fil-a book drive competition! Keep bringing in your old books!

**Athletics:**

Boys and Girls JV and Varsity XC Conference Meet @ SEP - 3:00 PM

**HAVE A GOOD FALL BREAK...SEE YOU ON TUESDAY**



**October 15, 2024**

**Morning Prayer:**

Lord, you who have called us to know, love, and serve you in this life, please grant us the grace to do what is pleasing to you even when no one else is watching. We thank you Lord for giving us the opportunity to have another day, let it be filled with chances to make good choices, Amen.

**Announcements:**

Hi Maroons! Come to the home volleyball game tonight against Waukee Northwest. The big game is at 7:30 pm. The theme is maroon/white out. Best dressed will win a mystery prize. Come cheer the team on while they take on the Wolves. Roll Roons!

Picture retakes are tomorrow during Primetime. Deadline to sign up is today.

Attention all students interested in auditioning for IHSSA Musical Theater Competition: Auditions will be held on Tuesday, October 29th in room 1001 at 3:30pm. Please see Mrs. Raymond to sign your group up, or if you have questions!

**Service Hours Opportunities**

People to People is hosting a Diaper drive for the Young Women's Resource Center the entire month of October. Bring 10 diapers or one package of unscented wipes for one service hour - 5 hours max. Diapers size 5 & 6 and pull-ups are preferred Donate in room 900.

Chick-Fil-A club will be coloring bookmarks on Tuesday the 22nd after school, or packing books on Wednesday the 23rd after school in the 700s hallway.

Volunteer with a club or sport to host a Trunk or Treat for Moulton Elementary on Oct. 24th. Sign up using the QR codes posted around school or contact Mrs. Scharf or Ms. Meendering with more information!

**Clubs and Groups:**

Bee club will BEE meeting Tuesday after school in Rm 804. We will be discussing tshirt designs and service hours at the Pancake breakfast. All bee lovers are welcome.

MOOOOOO! Don't forget about the Chick-fil-a book drive competition! Keep bringing in your old books!

**Athletics:**

Boys State Golf Round #2 @ Briarwood Golf Course

Middle School XC @ SEP - 4:00 PM; 8th Grade Football @ SEP - 4:30 PM; Girls Swim & Dive vs Johnston @ Summit Middle School - 5:30 PM; Volleyball @ home vs Waukee NW - 9A/B 4:45 PM; JV/10th 5:45 PM; Varsity 7:30 PM



If you are interested in basketball, wrestling, boys swimming or bowling this winter and are not currently on the coaches distribution list, stop in the athletics office by October 16th to make sure you are registered. Pre-season workouts and parent meetings for winter sports are starting!

**Lunch:**

Assorted Entrees

Assorted Pizza

GF: Oven Roasted Chicken

Cauliflower/ Cheese Sauce

Applesauce

Milk



**October 14, 2024**

**Morning Prayer:**

Blessed are you, Sovereign God, creator of all, to you be glory and praise for ever. You founded the earth in the beginning and the heavens are the work of your hands. In the fullness of time you made us in your image, and in these last days you have spoken to us in your Son Jesus Christ, the Word made flesh. As we rejoice in the gift of your presence among us let the light of your love always shine in our hearts, your Spirit ever renew our lives and your praises ever be on our lips. Lord, Jesus, bless our sophomores today as they gather to worship you in the Mass. May they grow in unity. And we ask for your blessing and protection for all who are suffering from the hurricanes. May resources reach them quickly and may we be among those who are moved to help them. AMEN

**Announcements:**

All students attending this weekend's Kairos retreat have a short mandatory meeting at 3:16 today in room 100. Come straight to room 100 after prayer.

Picture retakes will be Wednesday during Primetime. Sign up with your Primetime or Homeroom teacher by tomorrow.

A big thank you to all the students who participated in the St. Joseph Fall Project. Kudos to the senior team members for their hard work and leadership. Go Maroons!!

**Service Hours Opportunities**

People to People is hosting a Diaper drive for the Young Women's Resource Center the entire month of October. Bring 10 diapers or one package of unscented wipes for one service hour - 5 hours max. Diapers sized 5 & 6 and pull-ups are preferred. Donate in room 900.

Chick-Fil-A club will be coloring bookmarks on Tuesday the 22nd after school, or packing books on Wednesday the 23rd after school in the 700s hallway.

Volunteer with a club or sport to host a Trunk or Treat for Moulton Elementary on Oct. 24th. Sign up using the QR codes posted around school or contact Mrs. Scharf or Ms. Meendering with more information!

**Clubs and Groups:**

Students for life club will be meeting today after school in room 803!! All are welcome!

Attention Speech and Debate team members: All Speech and Debate team members should report to Room 1001 right after school today for a short meeting.

"Do you enjoy the gift of music? Looking for a riveting Monday night? Come to the choir fall concert tonight at 7:00 PM at Sheslow auditorium down at Drake. Admission is free! Be there or be square."

Bee club will be meeting Tuesday after school in Rm 804. We will be discussing tshirt designs and service hours at the Pancake breakfast. All bee lovers are welcome.



MOOOOOOO! Don't forget about the Chick-fil-a book drive competition! Keep bringing in your old books!

**Athletics:**

Boys State Golf @ Briarwood Golf Course; 10th/JV Football @ Urbandale - 6:00 PM  
If you are interested in basketball, wrestling, boys swimming or bowling this winter and are not currently on the coaches distribution list, stop in the athletics office by October 16th to make sure you are registered. Pre-season workouts and parent meetings for winter sports are starting!

Girls wrestlers - listen up! There will be a preseason parent/athlete meeting at Urbandale High School in the commons area on today, October 14th at 6 PM. Anyone who is interested in participating this coming season is encouraged to attend as the coach will cover important dates, expectations, needs and he will also field all of your questions.

**Lunch:**

Breaded Chicken Sandwich  
Lasagna Rollups Marinara  
GF: Chicken Wings  
Romaine Salad  
Peaches  
Milk



**October 10, 2024**

**Morning Prayer:**

God of life and love, you created us in your image and sent your Son to bring us life. Empower us to work for justice for the poor. Inspire us to cherish the fragile life of all humans. Strengthen us to bring comfort to the chronically ill. Teach us to treat the aging with dignity and respect. Bring us one day into the glory of everlasting life. We ask this through Christ our Lord. Amen.

**Announcements:**

Tomorrow night we wear white! Tomorrow will be a white out, not a pj out, because it will be hot, just like our team!! Come to Urbandale, wear white & cheer on our #1 ranked Maroons!

Tomorrow is a sweats day for the Pancake Breakfast, cost is \$2.

Picture retakes will be next Wednesday, Oct. 16. Sign up with your Primetime or Homeroom teacher before Wednesday.

Students - if you have lost something, please take a look at the lost and found. There are shoes, water bottles, lunch boxes and more. We will be donating all items left tomorrow.

**Clubs and Groups:**

One Dowling Family will meet today after school in room 603.

Chess Club will be meeting in Rm 804 after school Today. All are welcome. See Dcn. Heinrich if you have any Questions.

Fall Project Planning Team meets today after school in room 804. This is our final meeting so please make every effort to attend.

Today is the deadline to turn in Fall Project permission slips, which can be turned into Deacon Heirnich in room 804 or Mr. Rolf in room 104. Please

FFA Meeting in room 401 today after school

Photography Club will meet today at 3:20 in room 902. Please remember to bring your cameras.

People to People's first cultural dining experience is today after school. New club members are welcome!

You have until tomorrow, October 11 to get the final stamp for C.O.R.E.'s Hispanic Heritage Month Saint Stamps activity and get your treat for collecting all four saints stamps! Available in Studio 903!

MOOOOOOO! Chick-fil-a Leadership Academy is hosting a book drive now through the 16th! Bring in those old books you'll never read and help benefit our community! The homeroom who brings in the most books will get a tasty reward!



Do you love Greek mythology and dream of visiting Athens? Would you enjoy a sunset dinner on the iconic island of Santorini? You're in luck! Join us for an info session about the Greece Tour in summer 2026 on Tues, Oct. 22, @ 6:30. Scan the QR code on one of the Greece posters around school to RSVP.

**Athletics:**

Girls & Boys JV + Varsity Cross Country @ Lakeside Municipal Golf Course in Ft Dodge - 4:00 PM; Volleyball @ Urbandale - 9th: 5:45 PM & JV: 7:00 PM; 9th Grade Football @ home vs Urbandale - 6:00 PM

Attention! If you missed the bowling meeting on Tuesday, stop by and get signed up with Mr. Chelleen in room 103 afterschool. We need as many bowlers as possible! Join on in!!

If you are interested in basketball, wrestling, boys swimming or bowling this winter and are not currently on the coaches distribution list, stop in the athletics office by October 16th to make sure you are registered. Pre-season workouts and parent meetings for winter sports are starting!

**Lunch:**

Chicken Enchiladas  
Cheese Wedge Pizza  
GF: Hamburger  
Baja Corn  
Strawberries  
Milk

DOWLING CATHOLIC HIGH SCHOOL  
DAILY ANNOUNCEMENTS

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**October 9, 2024**

**Morning Prayer:**

Hail Mary full of Grace, the Lord is with thee. Blessed are thou among women and blessed is the fruit of thy womb Jesus. Holy Mary Mother of God, pray for us sinners now and at the hour of our death. Amen

**Announcements:**

This Friday night we wear white! Friday will be a white out, not a pj out, because it will be hot, just like our team!! Come to Urbandale, wear white & cheer on our #1 ranked Maroons!

This Friday is a sweats day for the Pancake Breakfast, cost is \$2.

Picture retakes will be next Wednesday, Oct. 16. Sign up with your Primetime or Homeroom teacher before Wednesday.

New loaner chromebook policy: Attention students you are now restricted to 12 loaner chromebook checkouts per semester. Your parents will receive a notification when you have reached 6 and 9 checkouts. Please see the media center with any questions.

If you need service hours we have the event for you. The Dowling Bishop Drumm group will be making Halloween and Fall decorations for the Bishop Drumm Retirement center. Join us after school today in room 800. See you then.

Do you need service hours? You can get 2 service hours by bringing 2 frozen egg casseroles or 1 service hour for bringing 2 dozen hard boiled eggs to the 100 Hallway tomorrow morning 7:45 and 8:10 AM. If you need a casserole pan or a recipe sheet please stop by room 307.

**Clubs and Groups:**

Super Cool Service Club will have its first project today immediately after school in Mr. Colle's Room 404. The project will help families staying at the Ronald McDonald House. All are welcome to attend- please see Mrs. Wittstock with questions.

Fall Project Planning Team meets tomorrow after school in room 804. This is our final meeting so please make every effort to attend.

Tomorrow is the deadline to turn in Fall Project permission slips, which can be turned into Deacon Heirnich in room 804 or Mr. Rolf in room 104. Please

FFA Meeting in room 401 tomorrow after school

Photography Club will meet tomorrow at 3:20 in room 902. Please remember to bring your cameras



People to People's first cultural dining experience is tomorrow after school. Permission slips to join are located outside of room 900. New club members are welcome! Looking for quick service hours?

You have until Friday, October 11 to get the final stamp for C.O.R.E.'s Hispanic Heritage Month Saint Stamps activity and get your treat for collecting all four saints stamps! Available in Studio 903!

MOOOOOOO! Chick-fil-a Leadership Academy is hosting a book drive now through the 16th! Bring in those old books you'll never read and help benefit our community! The homeroom who brings in the most books will get a tasty reward!

**Athletics:**

Attention! If you missed the bowling meeting on Tuesday, stop by and get signed up with Mr. Chelleen in room 103 afterschool. We need as many bowlers as possible! Join on in!!

If you are interested in basketball, wrestling, boys swimming or bowling this winter and are not currently on the coaches distribution list, stop in the athletics office by October 16th to make sure you are registered. Pre-season workouts and parent meetings for winter sports are starting!

**Lunch:**

Pretzel Dogs/Cheese Sauce

Mozzarella Cheese Sticks

GF: Oven Roasted Chicken

Seasoned Green Beans

Pears

Milk

DOWLING CATHOLIC HIGH SCHOOL  
DAILY ANNOUNCEMENTS

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**October 8, 2024**

**Morning Prayer:**

God, author of all life, bless, we pray, all unborn children; give constant protection and grant a healthy birth that is the sign of our rebirth one day into the eternal rejoicing of heaven. Amen

**Announcements:**

This Friday is a sweats day for the Pancake Breakfast, cost is \$2.

Picture retakes will be next Wednesday, Oct. 16. Sign up with your Primetime or Homeroom teacher before Wednesday.

New loaner chromebook policy: Attention students you are now restricted to 12 loaner chromebook checkouts per semester. Your parents will receive a notification when you have reached 6 and 9 checkouts. Please see the media center with any questions.

Do you need service hours? You can get 2 service hours by bringing 2 frozen egg casseroles or 1 service hour for bringing 2 dozen hard boiled eggs to the 100 Hallway on Thursday October 10th between 7:45 and 8:10 AM. If you need a casserole pan or a recipe sheet please stop by room 307.

If you need service hours we have the event for you. The Dowling Bishop Drumm group will be making Halloween and Fall decorations for the Bishop Drumm Retirement center. Join us after school Wednesday in room 800. See you then.

People to People is hosting a Diaper and Formula drive for the Young Women's Resource Center the entire month of October. Bring 10 diapers or one 8 oz can of formula for one service hour - 5 hours max. Bring donations to room 900.

Students - if you have lost something, please take a look at the lost and found. There are shoes, water bottles, lunch boxes and more. We will be donating all items left on Friday.

**Clubs and Groups:**

Bee Club will be meeting today in Rm 804. A sweet activity will be taking place and tshirt designs will be considered.

Super Cool Service Club will have its first project tomorrow immediately after school in Mr. Colle's Room 404. The project will help families staying at the Ronald McDonald House. All are welcome to attend- please see Mrs. Wittstock with questions.

Fall Project Planning Team meets on Thursday after school in room 804. This is our final meeting so please make every effort to attend.

Thursday is the deadline to turn in Fall Project permission slips, which can be turned into Deacon Heirnich in room 804 or Mr. Rolf in room 104. Please



FFA Meeting in room 401 on Thursday the 10th

Photography Club will meet on Thursday at 3:20 in room 902. Please remember to bring your cameras

People to People's first cultural dining experience is Thursday, October 10th after school. Permission slips to join are located outside of room 900. New club members are welcome! Looking for quick service hours?

Attention all students interested in auditioning for IHSSA Musical Theater Competition: Auditions will be held on Tuesday, October 29th in room 1001 at 3:30pm. Please see Mrs. Raymond to sign your group up, or if you have questions!

**Athletics:**

Volleyball @ home vs SEP - 9A/B: 4:45 PM; 10/JV: 5:45 PM; Varsity: 7:30 (Senior Night); 8th Grade Football @ home vs Waukee NW - 5:15 PM; Girls Swim & Dive @ Home vs Ankeny - 5:30 PM (Senior Night)

Girls wrestlers - listen up! There will be a preseason parent/athlete meeting at Urbandale High School in the commons area on Monday, October 14th at 6 PM. Anyone who is interested in participating this coming season is encouraged to attend as the coach will cover important dates, expectations, needs and he will also field all of your questions.

Attention Bowlers: We will be signing up for the bowling team today in room 103 with coach Chelleen. If you wish to be on the team, stop by room 103 for a short informational meeting. Please be in attendance!

Congratulations to the varsity boy's golf team for qualifying for the 2024 State Golf Tournament. Also, congratulations to freshman Charlie DePhillips for placing 2nd individually.

**Lunch:**

Golden Chicken Sandwich  
Round Pizza  
GF: Seasoned Chicken Breast  
Baked Beans  
Apple Sauce  
Milk

***Ajourn will do this announcement:*** This is the final week of Hispanic Heritage Month and our last saint for CORE's Saint Stamps card is St. Manuel Morales, who was a Mexican layman and martyr, known for his unwavering faith and dedication to the Catholic Church during a time of severe religious persecution in Mexico. Born in 1898, he was a devoted husband, father, and active member of the Catholic Action movement. During the Cristero War, a conflict sparked by the Mexican government's anti-clerical laws, Morales stood firm in his beliefs and supported the Church's rights. He was arrested and executed in 1926 for refusing to renounce his faith. St. Manuel Morales was canonized by Pope John Paul II in 2000, and he is remembered as a courageous defender of religious freedom. He is the patron saint of fatherhood. Since that was the final saint CORE is recognizing for Hispanic Heritage Month - Go collect your St. Manuel Morales stamp in Art Studio 903 AND a treat for a full Saints Stamp card! Thanks for learning more with C.O.R.E. about our saints with Hispanic heritage!



**October 7, 2024**

**Morning Prayer:**

Father and maker of all, you made all creation with beauty, and fashioned human lives in your image and likeness. Awaken in every heart deep reverence for the work of your hands, and renew among your people a readiness to nurture and sustain your precious gift of life. Amen.

**Announcements:**

This Friday is a sweats day for the Pancake Breakfast, cost is \$2.

Do you need service hours? You can get 2 service hours by bringing 2 frozen egg casseroles or 1 service hour for bringing 2 dozen hard boiled eggs to the 100 Hallway on Thursday October 10th between 7:45 and 8:10 AM. If you need a casserole pan or a recipe sheet please stop by room 307.

People to People is hosting a Diaper and Formula drive for the Young Women's Resource Center the entire month of October. Bring 10 diapers or one 8 oz can of formula for one service hour - 5 hours max. Bring donations to room 900.

Students - if you have lost something, please take a look at the lost and found. There are shoes, water bottles, lunch boxes and more. We will be donating all items left on Friday.

**Clubs and Groups:**

Knitting Club will meet today from 3:30 to 4:30 pm in room 1001! Join us to learn or work on a fiber arts project of your own!

Today at 3:15, there will be a meeting in Mr. Flood's Room 704 for anyone interested in Best Buddies. We will discuss what Best Buddie is, the commitment associated, and how you can become a part of the chapter. Please email Mr.Flood or Alex Gaskell with any questions. Best Buddy members, October's event sign up is in your EMail. You must complete the form by October 11th if you want to attend.

Super Cool Service Club will have its first project Wednesday immediately after school in Mr. Colle's Room 404. The project will help families staying at the Ronald McDonald House. All are welcome to attend- please see Mrs. Wittstock with questions.

Fall Project Planning Team meets on Thursday after school in room 804. This is our final meeting so please make every effort to attend.

Thursday is the deadline to turn in Fall Project permission slips, which can be turned into Deacon Heirnich in room 804 or Mr. Rolf in room 104. Please

People to People's first cultural dining experience is next Thursday, October 10th after school. Permission slips to join are located outside of room 900. New club members are welcome! Looking for quick service hours?



Attention all students interested in auditioning for IHSSA Musical Theater Competition: Auditions will be held on Tuesday, October 29th in room 1001 at 3:30pm. Please see Mrs. Raymond to sign your group up, or if you have questions!

**Athletics:**

Boys Golf Districts @ Bent Tree Golf Club - 10:00 AM Shotgun Start; 9A/B Volleyball Quad @ Ankeny HS - 5:30 PM; 10/JV Football @ home vs Ankeny Centennial - 6:00 PM

Do you want to participate in a Winter Sport? Join the boys and girls Bowling Team! There will be a bowling interest meeting right after school in room 103 with coach Chelleen Tuesday, October 8th. Hope to see you there!

**Lunch:**

Chicken Smackers/Snack Bread  
Round Pizza  
GF: Harvestland Strips  
Sweet Potato Fries  
Pineapple  
Milk



**October 4, 2024**

**Morning Prayer:**

Loving God, As we remember St. Francis of Assisi today, we thank You for his example of humility, simplicity, and love for all creation. Help us to be mindful of the needs of the poor and the vulnerable, just as St. Francis embraced those in need with compassion and mercy. May we also grow in our respect and care for the earth, seeing in it Your handiwork, and treating all living things with reverence and love. Through St. Francis' intercession, give us the grace to be instruments of Your peace, spreading love where there is hatred, hope where there is despair, and healing where there is brokenness. May we always honor You in all that we do. AMEN

**Announcements:**

Neon Out tonight! Our football team shines bright and the student section will too, tonight! Get on your brightest neon clothing and accessories! Shine bright tonight!

This Sunday is national coaches appreciation day! We are blessed with many wonderful coaches at DCHS! If you see a coach make sure to show your appreciation and thank them for their hard work!

Do you need service hours? You can get 2 service hours by bringing 2 frozen egg casseroles or 1 service hour for bringing 2 dozen hard boiled eggs to the 100 Hallway on Thursday October 10th between 7:45 and 8:10 AM. If you need a casserole pan or a recipe sheet please stop by room 307.

**Clubs and Groups:**

Art Club will host Open Studio on Saturday, October 5th from noon-4 PM. All are welcome and some service hours will be provided. Please contact Mrs. Kane with any questions

Any students wishing to participate in this year's St. Joseph Fall Project will need a signed parent permission slip. Permission slips may be picked up from Deacon Heinrich in room 804 or Mr. Rolf in room 104. Permission slips are due on or before October 10.

On Monday at 3:15, there will be a meeting in Mr. Flood's Room 704 for anyone interested in Best Buddies. We will discuss what Best Buddie is, the commitment associated, and how you can become a part of the chapter. Please email Mr.Flood or Alex Gaskell with any questions. Best Buddy members, October's event sign up is in your EMail. You must complete the form by October 11th if you want to attend.

People to People's first cultural dining experience is next Thursday, October 10th after school. Permission slips to join are located outside of room 900. New club members are welcome!

Attention all students interested in auditioning for IHSSA Musical Theater Competition: Auditions will be held on Tuesday, October 29th in room 1001 at 3:30pm. Please see Mrs. Raymond to sign your group up, or if you have questions!





**Athletics:**

Tonight - Varsity Football @ Valley Stadium vs Ankeny Centennial - 7:00 PM; Saturday Oct 5th - JV Volleyball Invite @ Ankeny HS - 8:30 AM; 9B Volleyball Tournament @ Nevada HS - 8:30 AM

Do you want to participate in a Winter Sport? Join the boys and girls Bowling Team! There will be a bowling interest meeting right after school in room 103 with coach Chelleen Tuesday, October 8th. Hope to see you there!

**Lunch:**

Chicken Parm Sandwich

Pepperoni Wedge Pizza

GF: Chicken Wings

Peas

Mixed Fruit

Milk



**October 3, 2024**

**Morning Prayer:**

Dear God, we thank you for our wonderful grandparents and all they do for us. For their wisdom, their protection, the joy that they brought us, for the times they were there for us and helped lift us up, and for every opportunity you have given us with them. We pray for you today to watch over them and bless them with a long and joyful life. In your name, we pray, Amen.

**Announcements:**

Do you love Cane's Chicken? Want to earn FREE CANE'S CHICKEN FOR A YEAR!? Encourage your family and friends to purchase tickets to the Pancake Breakfast and attach your name when they receive their tickets! The student with the most ticket sales wins!!

Juniors! Let's get your kairos registration forms in! We have lots of spots open for the October retreat. See Mrs. Sheaff if you would like to join us.

**Clubs and Groups:**

Fall Project Planning Team meets today after school in room 804

The Investment Club will have its next meeting today in room 700 right after school. All are welcome.

Art Club will host Open Studio on Saturday, October 5th from noon-4 PM. All are welcome and some service hours will be provided. Please contact Mrs. Kane with any questions

Any students wishing to participate in this year's St. Joseph Fall Project will need a signed parent permission slip. Permission slips may be picked up from Deacon Heinrich in room 804 or Mr. Rolf in room 104. Permission slips are due on or before October 10.

On Monday at 3:15, there will be a meeting in Mr. Flood's Room 704 for anyone interested in Best Buddies. We will discuss what Best Buddie is, the commitment associated, and how you can become a part of the chapter. Please email Mr. Flood or Alex Gaskell with any questions. Best Buddy members, October's event sign up is in your EMail. You must complete the form by October 11th if you want to attend.

People to People's first cultural dining experience is next Thursday, October 10th after school. Permission slips to join are located outside of room 900. New club members are welcome!

Attention all students interested in auditioning for IHSSA Musical Theater Competition: Auditions will be held on Tuesday, October 29th in room 1001 at 3:30pm. Please see Mrs. Raymond to sign your group up, or if you have questions!

**Athletics:**

Boys and Girls JV & Varsity Cross Country @ SEP - 4:30 PM; 9th Volleyball Tourney @ Boone HS - 5:00 PM; 9th Football vs Ankeny Centennial @ Northview MS - 6:00 PM



Do you want to participate in a Winter Sport? Join the boys and girls Bowling Team! There will be a bowling interest meeting right after school in room 103 with coach Chelleen Tuesday, October 8th. Hope to see you there!

Any girls interested in wrestling this winter, please stop by the athletics office this week to make sure you are signed up.

**Lunch:**

Cheeseburger/Hamburger

Pizza Cruncher

GF: Panko Tilapia

Twister Fries

Peaches

Milk



**October 2, 2024**

**Morning Prayer:**

Angel of God, My guardian dear  
to Whom God's love commits me here.  
Ever this day, Be at my side , to light and guard, to rule and guide. AMEN

**Announcements:**

Have you bought your yearbook yet? This year's book can be purchased through OnCampus in the Blackbaud Tuition tile. See Mrs. Umstead with any questions. Don't miss out on the mems!

Senior Moments...make yours count! Email your senior photo to [yearbook@dowlingcatholic.org](mailto:yearbook@dowlingcatholic.org)! Photos are due by December 1. If we do not receive a senior photo from you, we will use your school photo.

Juniors! Let's get your kairos registration forms in! We have lots of spots open for the October retreat. See Mrs. Sheaff if you would like to join us.

Do you love Cane's Chicken? Want to earn FREE CANE'S CHICKEN FOR A YEAR!?  
Encourage your family and friends to purchase tickets to the Pancake Breakfast and attach your name when they receive their tickets! The student with the most ticket sales wins!!

**Clubs and Groups:**

Fall Project Planning Team meets tomorrow after school in room 804

Habitat for Humanity will have their first meeting tomorrow at 7:50 am in Room 107. All are welcome to attend. Please contact Mrs. Wittstock or Mrs. Cooling with questions.

The Investment Club will have its next meeting tomorrow in room 700 right after school. All are welcome.

Art Club will host Open Studio on Saturday, October 5th from noon-4 PM. All are welcome and some service hours will be provided. Please contact Mrs. Kane with any questions

Next Monday at 3:15, there will be a meeting in Mr. Flood's Room 704 for anyone interested in Best Buddies. We will discuss what Best Buddie is, the commitment associated, and how you can become a part of the chapter. Please email Mr.Flood or Alex Gaskell with any questions.

**Athletics:**

Boys JV + Varsity Conference Golf Meet @ Otter Creek GC - 9:00 AM

Do you want to participate in a Winter Sport? Join the boys and girls Bowling Team! There will be a bowling interest meeting right after school in room 103 with coach Chelleen Tuesday, October 8th. Hope to see you there!

Any girls interested in wrestling this winter, please stop by the athletics office this week to make sure you are signed up.

**Lunch:**

Spicy Tenders/ Snack bread

Cheese Filled Breadsticks

GF: Brakebush Strips

Broccoli Normandy

Mandarin Oranges

Milk

*To celebrate Hispanic Heritage Month, C.O.R.E. is sponsoring an interactive learning activity! After our weekly announcement, make time to stop by Art Studio 903 to fill your Saint Stamps card. When you have collected all four saint stamps you earn a treat! ALL ARE WELCOME TO PLAY! St. Laura Montoya, also known as Laura of Saint Catherine of Siena, was a Colombian nun and the first saint born in Colombia. Born in 1874, she was an orphan and moved from family to family; she dedicated her life to the education and evangelization of indigenous people in Colombia. She founded the Congregation of the Missionary Sisters of Mary Immaculate and Saint Catherine of Siena, focusing on bringing the Catholic faith and education to remote areas. St. Laura Montoya is remembered for her deep compassion, commitment to social justice, and efforts to bridge cultural divides. She was canonized by Pope Francis in 2013. She is the patron saint of orphans and people who suffer from racial discrimination. Since that was the third week saint for Hispanic Heritage Month - Go collect your St. Laura Montoya stamp in Art Studio 903. Thanks for learning more with C.O.R.E. about our saints with Hispanic heritage!*



**October 1, 2024**

**Morning Prayer:**

Dear God, Teach us to trust your mercy and compassion. Even in times of struggle, and hardship, grant us courage to see you working in our lives. We pray that you give us the ability to seek holiness through small acts of kindness and compassion toward one another. Give us the desire to serve you, like Theresa did. In your holy name, we pray, Amen.

**Announcements:**

Seniors - are any of you thinking about pursuing a career as a doctor? If so, we are having a guest speaker during Prime Time today talking about this topic. If you would like to come hear the speaker, email Ms. Tickel to be signed out for Prime Time today. Space is limited!

Have you bought your yearbook yet? This year's book can be purchased through OnCampus in the Blackbaud Tuition tile. See Mrs. Umstead with any questions. Don't miss out on the mems!

Senior Moments...make yours count! Email your senior photo to [yearbook@dowlingcatholic.org](mailto:yearbook@dowlingcatholic.org)! Photos are due by December 1. If we do not receive a senior photo from you, we will use your school photo.

Juniors! Let's get your kairos registration forms in! We have lots of spots open for the October retreat. See Mrs. Sheaff if you would like to join us.

Do you love Cane's Chicken? Want to earn FREE CANE'S CHICKEN FOR A YEAR!? Encourage your family and friends to purchase tickets to the Pancake Breakfast and attach your name when they receive their tickets! The student with the most ticket sales wins!!

Looking for service hours? Bake some sweet treats for the Pancake Breakfast Bake Sale! Freshman bake cake or pie. Sophomores bake cookies or bars. Juniors bake cinnamon rolls or muffins. Seniors bake chex mix or snacks. ALL donations are welcome and support DCHS clubs and activities!

**Clubs and Groups:**

Art Club meet after school today in 903 until 4 PM

Learners for Life - Academic Decathlon wants you! Our next Academic Decathlon meeting is today at 3:20 in room 106. Our topic this year is Climate Change. We still need students that have a 3.0 gpa or below! Come check out our meeting or email Ms. Tickel with questions.

C.O.R.E. meets Wednesday, October 2 at 7:40 AM in 903. Our group photo for the yearbook will take place. Please arrive on time and be ready to smile for the photo! THANK YOU!

Fall Project Planning Team meets on Thursday after school in room 804

Habitat for Humanity will have their first meeting Thursday, October 3rd at 7:50 am in Room 107. All are welcome to attend. Please contact Mrs. Wittstock or Mrs. Cooling with questions.



Knitting Club will meet on October 7th from 3:30 to 4:30 pm in room 1001! Join us to learn or work on a fiber arts project of your own!

**Athletics:**

8th Grade football @ home vs Ames - 5:15 PM; Volleyball @ Ankeny High School - 9A/B - 4:45 PM; 10/JV - 5:45 PM; Varsity - 7:30 PM

Do you want to participate in a Winter Sport? Join the boys and girls Bowling Team! There will be a bowling interest meeting right after school in room 103 with coach Chelleen Tuesday, October 8th. Hope to see you there!

Any girls interested in wrestling this winter, please stop by the athletics office this week to make sure you are signed up.

**Lunch:**

Chicken Tenders/Garlic Knots  
Stuffed Crust Pizza  
GF: Harvestland Strips  
Mash Potatoes/ Gravy  
Applesauce  
Milk



**September 30, 2024**

**Morning Prayer:**

Lord Jesus, Thank You for keeping all of us safe this past homecoming weekend. Help us to shift our concentration back to our studies today through the intercession of Your faithful servant, St. Jerome. Lord, we ask You to spread the spirit of gratefulness and focus through the halls of Dowling Catholic today. Help us to radiate Your joy to everyone here today. In Your name, we pray, Amen.

**Announcements:**

Seniors - are any of you thinking about pursuing a career as a doctor? If so, we are having a guest speaker during Prime Time on Tuesday talking about this topic. If you would like to come hear the speaker, email Ms. Tickel to be signed out for Prime Time on Tuesday. Space is limited!

Senior Moments...make yours count! Email your senior photo to [yearbook@dowlingcatholic.org](mailto:yearbook@dowlingcatholic.org)! Photos are due by December 1. If we do not receive a senior photo from you, we will use your school photo.

Georgetown University is here today from 2:00 -2:30 pm. If you are interested in coming to the meeting today, you need to contact Mrs Kelly right away

All fall sports posters have arrived and are on the rack outside of the athletic office. Come and grab them before they are gone!

**Clubs and Groups:**

Eco Club needs a new roster of Eco Warriors. If you are interested in the environment and would like to make a difference, we will meet in rm 804 today after school

Join the Outreach Club in raising awareness for National Suicide Prevention by creating impactful posters. Be part of our first meeting today after school from 3:20 to 4:00 pm in room 10. Let's make a difference by spreading kindness.

Learners for Life - Academic Decathlon wants you! Our next Academic Decathlon meeting is tomorrow at 3:20 in room 106. Our topic this year is Climate Change. We still need students that have a 3.0 gpa or below! Come check out our meeting or email Ms. Tickel with questions. AcaDec Tuesday in 106!

Fall Project Planning Team meets on Thursday after school in room 804

Habitat for Humanity will have their first meeting Thursday, October 3rd at 7:50 am in Room 107. All are welcome to attend. Please contact Mrs. Wittstock or Mrs. Cooling with questions.

People to People's first cultural dining experience is next Thursday, October 10th after school. Permission slips to join are located outside of room 900. New club members are welcome!

Any students wishing to participate in this year's St. Joseph Fall Project will need a signed parent permission slip. Permission slips may be picked up from Deacon Heinrich in room 804 or Mr. Rolf in room 104. Permission slips are due on or before Oct. 10.

Best Buddy members, October's event sign up is in your EMail. You must complete the form by October 11th if you want to attend.





**Athletics:**

Boys JV Golf Invite @ American Legion GC - 3:30 PM; Boys & Girls Middle School XC Meet @ Ames - 4:15 PM; 10/JV Football @ home vs Roosevelt - 6:00 PM; 9B/C Volleyball @ home vs Waukee - 6:00 PM

**Lunch:**

Louisiana Chicken Sandwich  
Pepperoni French Bread Pizza  
GF: Oven Roasted Chicken Breast  
Seasoned Green Beans  
Sidekick Fruit Cup  
Milk



**September 26, 2024**

**Morning Prayer:**

Dear God, Thank You for all the blessings in my life, big and small. Thank you for surrounding me with people who love and care about me. Dowling Catholic stands ready to celebrate your love and bring your kindness and gentleness to others today. We love you Lord and we want to love like you do. In Jesus' holy name I pray. Amen.

**Announcements:**

Seniors you have until 3:00 to vote for homecoming king and queen. The deadline to purchase Homecoming Dance tickets is tomorrow at 3:30 pm.

2 Peas In A Pod Wednesday had us seeing double vision! Congrats to faculty winners Mr. Hall twinning with Mr. Shay & Mr. McClain & Mrs. Thierer for twinning! Student winners were the guys dressed as boxers! Send your names to Ms. Meendering! Congrats all!

Marquette, Benedictine College, Grand View, Grand Canyon and Cornell College will be visiting DCHS next week. Sign up under events in MAia Learning!

**Clubs and Groups:**

Photography Club will meet today after school in room 902. Planned for the meeting to go until 3:45

One Dowling Family will meet today after school in room 603.

Fall Project Planning Team meets again today after school in room 804.

Book Club has a meeting today in room 606 from 3:20 to 4:00. The theme is spooky. We'll use this meeting to help everyone pick out their book for the month. Anyone is welcome to come. If you have any questions email Mrs. McGrath or stop by room 606 for help.

Chess club will meet today after school in Rm 804. Now is the time to make a move and join the chess club.

All best buddy members who signed up for this Friday's event Mr. Flood has sent you an email regarding the details of the event. You must be able to transport yourself and leave promptly at 3PM at the conclusion of the event. Students must also bring their student ID to check in.

Eco Club needs a new roster of Eco Warriors. If you are interested in the environment and would like to make a difference, we will meet in rm 804 Monday after school

**Athletics:**

Boys Golf 9/JV Invitational @ Blank GC - 8:30 AM; 9C Volleyball Quad @ Johnston MS - 4:30 PM; Varsity Volleyball @ home vs IA City Liberty & Skutt Catholic - 5:00 PM; 9th Football @ DSM Roosevelt - 6:00 PM



**Lunch:**

Walking Tacos

Cheese Wedge Pizza

GF: Harvestland Strips

Green Beans

Mixed Fruit

Milk

DOWLING CATHOLIC HIGH SCHOOL  
DAILY ANNOUNCEMENTS

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**September 25, 2024**

**Morning Prayer:**

Jesus, You see and know all things, and You have known what it means to be afraid. Help us to place all our trust in You as David once did. Grant us the faith and strength to put our lives in Your hands. Forgive us, when we choose human ways over Your ways. We ask this in your name, Amen.

**Announcements:**

Congratulations to our winners from Day 1 of Homecoming week- Wake up and smell the roses! Best dressed teacher was Mr. Tiedeman!!! Best dressed students were Edward Williams and Valentino Mendez De Lopez. Please come to rooms 200 or 201 to collect your prize. Keep up the school spirit maroons!

Hey Freshmen! Welcome to your first Homecoming week! We hope you enjoy the dress up days, attend the games, and have fun at the pep assembly. Embrace the excitement and show your school spirit. From your friends in the Admissions office. Go Maroons!

Homecoming Dance tickets are now for sale on your High5 ID app. If you are bringing a non DCHS guest, they need to fill out a guest permission slip from the Attendance Office by TOMORROW. We've received very, very few permission slips as of today.

Looking for service hours? Bake some sweet treats for the Pancake Breakfast Bake Sale! Freshman bake cake or pie. Sophomores bake cookies or bars. Juniors bake cinnamon rolls or muffins. Seniors bake chex mix or snacks. ALL donations are welcome and support DCHS clubs and activities!

Marquette, Benedictine College, Grand View, Grand Canyon and Cornell College will be visiting DCHS next week. Sign up under events in MAia Learning!

**Clubs and Groups:**

Photography Club will meet tomorrow after school in room 902. Planned for the meeting to go until 3:45

Fall Project Planning Team meets again tomorrow after school in room 804.

Book Club has a meeting tomorrow in room 606 from 3:20 to 4:00. The theme is spooky. We'll use this meeting to help everyone pick out their book for the month. Anyone is welcome to come. If you have any questions email Mrs. Mcgrath or stop by room 606 for help.

Chess club will meet tomorrow after school in Rm 804. Now is the time to make a move and join the chess club.



*To celebrate Hispanic Heritage Month, C.O.R.E. is sponsoring an interactive learning activity! After our weekly announcement, make time to stop by Art Studio 903 to fill your Saint Stamps card. When you have collected all four saint stamps you earn a treat! ALL ARE WELCOME TO PLAY! This week we recognize St. Turibius of Mogrovejo whose life took a dramatic turn when he was appointed as the Archbishop of Lima in 1580, despite being a layman at the time. As Archbishop, St. Turibius dedicated himself to the spiritual and social needs of the indigenous people in Peru. He traveled extensively throughout his vast diocese, often on foot, to reach remote communities. He was a staunch advocate for the rights of the indigenous population, defending them against exploitation and abuse. St. Turibius also worked tirelessly to reform the clergy, improve education. St. Turibius of Mogrovejo is the patron saint of native peoples rights and Latin American bishops. Now that we have introduced the 2nd week saint for Hispanic Heritage Month - Go collect your St. Turibius of Mogrovejo stamp in Art Studio 903. Thanks for learning more with C.O.R.E. about our saints with Hispanic heritage!*

All best buddy members who signed up for this Friday's event Mr. Flood has sent you an email regarding the details of the event. You must be able to transport yourself and leave promptly at 3PM at the conclusion of the event. Students must also bring their student ID to check in.

Any students wishing to participate in this year's St. Joseph Fall Project will need a signed parent permission slip. Permission slips may be picked up from Mr. Rolf in room 104 or Deacon Heinrich in room 804, and should be turned in before October 10th.

**Athletics:**

Boys JV/Varsity Golf Invite @ Copper Creek Golf Course - 9:00 AM

**Lunch:**

Grilled Chicken Sandwich  
Jalapeno Mozzarella Bites  
GF: Rib Patty  
Carrots  
Applesauce  
Milk

DOWLING CATHOLIC HIGH SCHOOL  
DAILY ANNOUNCEMENTS

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**September 24, 2024**

**Morning Prayer:**

Heavenly Father, we thank you today for both our new generation of DCHS students and for previous generations who have paved the way for us. Holy Spirit, we ask you to be with our Freshman class today as they learn and grow during the retreat. Let them open their hearts to do your will. We also ask, Lord, that you bless our alumni who have given us an example of how to be leaders for Life centered on Christ. Amen.

**Announcements:**

The media center will close today at 3:45 pm. Please Plan testing needs accordingly

Black Out tonight at the home Volleyball game vs Johnston! Wear black tonight and help the Maroons fight, fight, fight to victory over the Dragons!

Hey Freshmen! Welcome to your first Homecoming week! We hope you enjoy the dress up days, attend the games, and have fun at the pep assembly. Embrace the excitement and show your school spirit. From your friends in the Admissions office. Go Maroons!

Homecoming Dance tickets are now for sale on your High5 ID app. If you are bringing a non DCHS guest, they need to fill out a guest permission slip from the Attendance Office by 9/26. You are able to buy up to 2 tickets on your High5 ID.

Looking for service hours? Bake some sweet treats for the Pancake Breakfast Bake Sale! Freshman bake cake or pie. Sophomores bake cookies or bars. Juniors bake cinnamon rolls or muffins. Seniors bake chex mix or snacks. ALL donations are welcome and support DCHS clubs and activities!

**Clubs and Groups:**

Art Club meets after school today in Art Studio 903. All are welcome!

Bee Club will meet for a group picture in Rm 804 after school. Then we will visit the hive for a mite check at 4:00.

Interested in Climate Change? Come to Academic Decathlon this afternoon to learn more about it! All students are welcome to get involved in Academic Decathlon! The team is made up of 3 students with a high gpa, 3 with a midrange gpa & 3 students with a lower gpa. We need you! Rm. 106 at 3:20 today!

Hello Ambassadors! This is a reminder that you have a mandatory meeting tomorrow morning, Wednesday, Sept. 25th that starts at 7:40 am in the auditorium! See you there!

C.O.R.E. Meets tomorrow morning in Art Studio 903 ALL ARE WELCOME! Remember to bring your Saints Stamp card tomorrow on 9/25/24

Fall Project Planning Team meets again on Thursday after school in room 804.





Book Club has a meeting this Thursday, September 26th in room 606 from 3:20 to 4:00. The theme is spooky. We'll use this meeting to help everyone pick out their book for the month. Anyone is welcome to come. If you have any questions email Mrs. Mcgrath or stop by room 606 for help.

All best buddy members who signed up for this Friday's event Mr. Flood has sent you an email regarding the details of the event. You must be able to transport yourself and leave promptly at 3PM at the conclusion of the event. Students must also bring their student ID to check in.

Any students wishing to participate in this year's St. Joseph Fall Project will need a signed parent permission slip. Permission slips may be picked up from Mr. Rolf in room 104 or Deacon Heinrich in room 804, and should be turned in before October 10th.

**Athletics:**

Girls Swim + Dive @ Home vs Waukee NW - 5:30 PM; Volleyball @ home vs Johnson - 9A/B - 4:45 PM; 10th/JV - 5:45 PM; Varsity - 7:30 PM

8th Grade Football @ home vs Ankeny Southview - 5:15 PM

**Lunch:**

Philly Cheesesteak

French Bread Pizza

GF: Oven Roasted Chicken

Broccoli W Cheese Sauce

Peaches

Milk



**September 20, 2024**

**Morning Prayer:**

O God, you offered untold mercy as you chose Saint Matthew, the tax collector. Grant that, sustained by his example and intercession, we may merit to hold firm in following you. We want our hearts to be centered on you Lord, but the world distracts us. Stay close to DCHS today. AMEN.

**Announcements:**

Look! Up in the sky! It's a bird! It's a plane! No, it's Superman! And Friday night at Northwest is a superhero out! Come support our super team in your superhero attire! Maroons assemble!

Homecoming Dance tickets are now for sale on your High5 ID app. If you are bringing a non DCHS guest, they need to fill out a guest permission slip from the Attendance Office by 9/26. You are able to buy up to 2 tickets on your High5 ID.

The Golden Circle College Fair will take place this upcoming Sunday at Prairie Meadows- This is the largest college and career fair in the state!

A number of universities will be visiting DCHS next week - Wash U, SLU, TCU, Mizzou to name a few! Sign up to visit with the admissions counselor under events in maia learning

**Clubs and Groups:**

Art Club is hosting Open Studio TOMORROW - Saturday, September 21 from noon - 4 in Art Studio 903 ALL ARE WELCOME! Some service hours are available!

Interested in Intramural bowling? Stop by Mr. O'Neill's room 500 for more information

Attention Special Olympics coaches or bowlers. We are trying to put together a team of 5 coaches that will help with Special Olympics bowling. Practices will be right after school on Tuesdays and Thursdays starting September 24th. Contact Mr. Smith for more information.

**Athletics:**

Today: Boys & Girls Varsity XC @ University of Minnesota for the Griak Invite and Varsity Football @ Waukee NW - 7:00 PM; Saturday - 9th Volleyball @ DSM East Invite - 9:00 AM; Girls Diving @ LInn-Mar Aquatic Center - 10:00 AM; Boys & Girls JV XC @ Central College in Pella - 10:10 and 10:45 AM

**Lunch:**

Crispy Chicken Sandwich  
Pizza Cruncher  
GF: Brakebush Strips  
Baja Corn  
Pears  
Milk



**September 19, 2024**

**Morning Prayer:**

God, thank you for all that you have done for us: for hearing our prayers, for helping us, for protecting us, and for answering us. We ask you today to help us grow in our mindfulness and understanding of others so that we may continue to spread good to others throughout the community. In your name, we pray, Amen.

**Announcements:**

Tomorrow is a Sweats Day for the Art Club, cost is \$2.

Look! Up in the sky! It's a bird! It's a plane! No, it's Superman! And Friday night at Northwest is a superhero out! Come support our super team in your superhero attire! Maroons assemble!

The Golden Circle College Fair will take place this upcoming Sunday at Prairie Meadows- This is the largest college and career fair in the state!

A number of universities will be visiting DCHS next week - Wash U, SLU, TCU, Mizzou to name a few! Sign up to visit with the admissions counselor under events in maia learning

**Clubs and Groups:**

The Investment Club will have its second meeting today in room 700 right after school. Mr. Parriott will be presenting on the topic of Economics and Investing 101. All are welcome.

Fall Project Planning Team meets today after school in room 804

Any students interested in participating in this year's St. Joseph Fall Project needs to have a signed parent permission slip. Permission slips are available from Mr. Rolf in room 104 or Deacon Heinrich in room 804

To celebrate Hispanic Heritage Month, C.O.R.E. is sponsoring an interactive learning activity! After each of our weekly announcements stop by Art Studio 903 to fill your Saint Stamps card. When you have collected all four saint stamps you earn a treat! ALL ARE WELCOME TO PLAY! This week we honor Saint Martin de Porres who was born in Lima, Peru, who is often depicted as a young mixed-race friar wearing the old habit of the Dominican lay brother, along with a broom, because he considered all work no matter how menial, to be sacred. St. Martin de Porres dedicated his life to serving the poor. Now that we have introduced the first Saint of Hispanic Heritage Month - Go collect your St. Martin de Porres stamp in Art Studio 903. Thanks for learning more with C.O.R.E. about our saints with Hispanic heritage!



**Athletics:**

Boys 9/10 Golf vs Norwalk @ Willow Creek GC - 2:00 PM; Boys Golf 9/10 vs Waukee NW @ Sugar Creek GC - 3:30 PM; Boys & Girls Middle School XC Invite @ Indianola Middle School - 4:30 PM; Girls Swim & Dive @ Indianola Wellness Center - 5:30 PM; 9th Grade Football @ Home vs Waukee NW - 6:00 PM; Volleyball @ Waukee HS - 9 A and 9 B 4:45 PM; 10th and JV 5:45 PM; Varsity 7:30 PM

**Lunch:**

Pork Steak Sandwich  
Cheese Wedge Pizza  
GF:MR Sips Nuggets  
Baked Beans  
Mixed Fruit  
Milk



**September 18, 2024**

**Morning Prayer:**

Heavenly Father, your faithfulness shines through the sun every single day. This morning, I am reminded of your goodness and care for all things. I praise you, Lord. With a grateful heart, may I see your fingerprints all over my day. Prompt me to see you in the details. Amen.

**Announcements:**

Powder Puff junior and senior girls - if you paid for a powder puff t-shirt already, they are in! Stop by Mr. O'Neill's room 500 today after school to pick yours up! Be at the DCHS football field Monday night at 7:10 to warm up. Invite your family and friends to come watch at 7:30!

This Friday is a Sweats Day for the Art Club, cost is \$2.

The Golden Circle College Fair will take place this upcoming Sunday at Prairie Meadows- This is the largest college and career fair in the state!

Several universities will be visiting DCHS this week! Sign up under events in Maia Learning.

Would you like to win \$200 for your club or group!? Encourage your family and friends to purchase tickets to the pancake breakfast and tag your group when they check out! The club with the most ticket sales wins!!

Want to experience K-fashion and K-Pop culture in person? Join us on our Korea adventure in June 2025! An informational meeting about this incredible travel opportunity will take place Sunday September 22 at 4pm. Don't miss out! Contact Ms. Harlow in the Art Department with any questions.

**Clubs and Groups:**

The Investment Club will have its second meeting this Thursday September 19 in room 700 right after school. Mr. Parriott will be presenting on the topic of Economics and Investing 101. All are welcome.

Fall Project Planning Team meets on Thursday after school in room 804

Attention Special Olympics coaches or bowlers. We are trying to put together a team of 5 coaches that will help with Special Olympics bowling. Practices will be right after school on Tuesdays and Thursdays starting September 24th. Contact Mr. Smith for more information.

A Google Form has been Emailed to sign up for the Best Buddies September event on 27 September. Responses are due by September 20th. If you are interested in Best Buddies but not on the Email list please contact Mr. Flood.



To celebrate Hispanic Heritage Month, C.O.R.E. is sponsoring an interactive learning activity! After each of our weekly announcements stop by Art Studio 903 to fill your Saint Stamps card. When you have collected all four saint stamps you earn a treat! ALL ARE WELCOME TO PLAY! This week we honor Saint Martin de Porres who was born in Lima, Peru, who is often depicted as a young mixed-race friar wearing the old habit of the Dominican lay brother, along with a broom, because he considered all work no matter how menial, to be sacred. St. Martin de Porres dedicated his life to serving the poor. Now that we have introduced the first Saint of Hispanic Heritage Month - Go collect your St. Martin de Porres stamp in Art Studio 903. Thanks for learning more with C.O.R.E. about our saints with Hispanic heritage!

**Athletics:**

Boys JV & Varsity Golf vs Ankeny High School and Waukee @ Jester Park GC - 3:30 PM

**Lunch:**

Cheeseburger/Hamburger

Mac n Cheese Bites

GF:Harvestland Strips

Carrots

Strawberries

Milk



**September 17, 2024**

**Morning Prayer:**

Dear God, We ask you to help us to be loving and compassionate. Teach us how to be like you, and guide us as we learn about your sacrifices and love for us. We thank you for providing us with an example of how to live each day as people made in your image. In your name, we pray, Amen

**Announcements:**

Today is Nationals IT Professionals Day!! May sure to give thanks to our amazing IT Department for all they do! We're very lucky to have them at DCHS!!

Black Out! Tonight's home volleyball game is a Black Out! Come cheer on the Maroons in their 1st home meet of the season! Black out at 7:30 in the DCHS gym!

ALL DOWLING STUDENTS - Keep your lockers locked and closed. Your locker and its contents are your responsibility. We are having to close far too many lockers on a daily basis. Let's prevent theft and keep our school looking tidy.

Powder Puff junior and senior girls - if you paid for a powder puff t-shirt already, they are in! Stop by Mr. O'Neill's room 500 today after school or tomorrow after school to pick yours up! If you have not paid yet and have questions contact Ms. Meendering or Mrs. Scharf. Be at the DCHS football field Monday night at 7:10 to warm up. Invite your family and friends to come watch at 7:30!

This Friday is a Sweats Day for the Art Club, cost is \$2.

The Golden Circle College Fair will take place this upcoming Sunday at Prairie Meadows- This is the largest college and career fair in the state!

Several universities will be visiting DCHS this week! Sign up under events in Maia Learning.

Would you like to win \$200 for your club or group!? Encourage your family and friends to purchase tickets to the pancake breakfast and tag your group when they check out! The club with the most ticket sales wins!!

**Clubs and Groups:**

Maroons - do you have a 3.2 grade point average or below? If so, Academic Decathlon is looking for you! The Decathlon team needs all gpas, but especially students with below a 3.2 to be a part of our national qualifying team! Come check out what it's all about this Tuesday in room 106 at 3:20 pm.

Bee Club Meeting will be after school today in rm 804. We will talk about the harvest and the hives. All are welcome.



Fall Project Planning Team meets on Thursday after school in room 804

Any students interested in participating in this year's St. Joseph Fall Project needs to have a signed parent permission slip. Permission slips are available from Mr. Rolf in room 104 or Deacon Heinrich in room 804

New club alert! Are you interested in reading more? Do you have extra time after school? Join the book club. Our first meeting will be Thursday, September 26 in room 606. We will pick our book and discuss our schedule. Email Mrs. Mcgrath for more information or stop by room 606 for information.

**Athletics:**

Volleyball game - student announcers

Girls & Boys Middle School XC @ Valley Southwoods - Running starts at 4:15 PM; Boys Golf 9th/10th vs Ankeny @ Woodland Hills GC - 3:30 PM; Girls JV & Varsity Swim + Dive vs Waukee @ Waukee Natatorium - 5:30 PM; Volleyball @ home vs Ankeny Centennial - 9th A/B 4:45 PM; 10th & JV 5:45 PM; Varsity 7:30 PM

Sign up now for Intramural Flag Football! Games are played on Tuesdays and Thursday after school starting on Thursday, Sept 19th Sign up sheets are outside of Mr. O'Neill's Room 500

Athletics: If you were on the boys and girls varsity bowling team last year, there will be a brief meeting with Mr. Chelleen in room 103 right after school today at 3:20. Please be in attendance.

**Lunch:**

Breaded Chicken Sandwich  
Lasagna Roll Ups Marinara  
GF: Chicken Wing  
Seasoned Green Beans  
Peaches  
Milk

AND NOW AN ANNOUNCEMENT FROM MR. MEENDERING





**September 16, 2024**

**Morning Prayer:**

Lord, today we thank You for your endless love and grace. Your forgiveness is never-ending although we take it for granted sometimes. Help us to humble ourselves and recognize your overflowing grace and help us share it with everyone at Dowling today. AMEN

**Announcements:**

ALL DOWLING STUDENTS - Keep your lockers closed and locked. Your locker and its contents are **your responsibility**. We are having to close far too many lockers on a daily basis. Let's prevent theft and keep our school looking tidy.

Hakuna Matata - we've got no worries Tuesday night for our 1st home volleyball game! Come support the team on Disney night! Rep your favorite Disney movie or character & cheer loudly in the Circle of Life!

This Friday is a Sweats Day for the Art Club, cost is \$2.

The Golden Circle College Fair will take place this upcoming Sunday at Prairie Meadows- This is the largest college and career fair in the state!

Xavier, Creighton, Loyola Chicago, Drake, and St. Olaf College will be visiting DCHS this week! Sign up under events in Maia Learning.

**Clubs and Groups:**

Students For Life club will be meeting today right after school in room 303! Stop by and see what the club is all about!

Maroons - do you have a 3.2 grade point average or below? If so, Academic Decathlon is looking for you! The Decathlon team needs all gas, but especially students with below a 3.2 to be a part of our national qualifying team! Come check out what it's all about this Tuesday in room 106 at 3:20 pm.

Fall Project Planning Team meets on Thursday after school in room 804

Any students interested in participating in this year's St. Joseph Fall Project needs to have a signed parent permission slip. Permission slips are available from Mr. Rolf in room 104 or Deacon Heinrich in room 804

New club alert! Are you interested in reading more? Do you have extra time after school? Join the book club. Our first meeting will be Thursday, September 26 in room 606. We will pick our book and discuss our schedule. Email Mrs. McGrath for more information or stop by room 606 for information.



**Athletics:**

Volleyball game - student announcers

9C Volleyball Invite @ Waukee Timberline - 6:00 PM; 10th/JV Football @ Ankeny High School - 6:00 PM; Boys 9th/10th Golf vs Norwalk @ Willow Creek GC - 4:00 PM

Sign up now for Intramural Flag Football! Games are played on Tuesdays and Thursday after school starting on Thursday, Sept 19th Sign up sheets are outside of Mr. O'Neill's Room 500

Athletics: If you were on the boys and girls varsity bowling team last year, there will be a brief meeting with Mr. Chelleen in room 103 right after school tomorrow, September 17th at 3:20. Please be in attendance.

**Lunch:**

Assorted Entrees

Pizza Crunchers

GF: Oven Roasted Chicken

Corn

Applesauce

Milk



**September 13, 2024**

**Morning Prayer:**

Father and Protector of all, your son Jesus, suffered and died for the sins of the whole world. He suffered so greatly yet he was never quick to condemn all those who hurt him. We thank you for the opportunity to forgive those who have wronged us. Open our hearts to the abundance of your mercy, and guide us to self-reflection and avoid the judgment of others. AMEN

**Announcements:**

Our job is just Beach! Tonight at Ankeny will be a Beach Out! It will be super hot so get on your shorts, flip flops, sunnies & other beach attire and get to Ankeny to support the Maroons Friday night! No swimwear allowed! Just Beach!

Attention Dowling students. Bishop Drumm: Worship and Fun is a group that focuses on helping out the Bishop Drumm retirement community. We plan social events for the residents and organize readers, singers, and ushers for their Sunday mass. Contact Mr. Smith if you have questions.

**Clubs and Groups:**

No Pun Today. Just get those Applications in to Mr.Reid by TODAY for Chick-Fil-A Leader Academy. MOOOOO!!

Art Club is hosting the first Open Studio tomorrow from noon - 4 in the 900s art studios and all are welcome. Some service hours are available. Please contact Mrs. Kane for more information!

Attention Dowling students. The Special Olympics Club is starting to collect names. As a Special Olympics coach you will support athletes with intellectual disabilities to discover their own strengths and abilities. No experience necessary. Ask Mr. Smith or Ms. Otten for more info. Attention Special Olympics coaches or bowlers. We are trying to put together a team of 5 coaches that will help with Special Olympics bowling. Practices will be right after school on Tuesdays and Thursdays starting September 24th. Contact Mr. Smith for more information.

**Athletics:**

Friday - Varsity Football vs Ankeny @ Ankeny Stadium - 7:00 PM; Saturday, Sept 14th - 9th & JV Volleyball Invite @ Urbandale HS - 8:00 AM; Varsity Volleyball Tournament @ Iowa City West - 8:30 AM; Girls Varsity Swim Invitational @ Linn-Mar - 9:00 AM; Boys Varsity Cross Country Invite @ Olathe, KS - 9:00 PM

Sign up now for Intramural Flag Football! Games are played on Tuesdays and Thursday after school starting on Thursday, Sept 19th Sign up sheets are outside of Mr. O'Neill's Room 500

Athletics: If you were on the boys and girls varsity bowling team last year, there will be a brief meeting with Mr. Chelleen in room 103 right after school next Tuesday, September 17th at 3:20. Please be in attendance.



**Lunch:**

Gochujang Drumstick

Pepperoni Wedge Pizza

GF: Brakebush Chicken Strips

Twister Fries

Pears

Milk



**September 12, 2024**

**Morning Prayer:**

Thank you, Lord, for the blessings you have bestowed on my life. You have provided me with more than I could ever have imagined. You have surrounded me with people who always look out for me. You have given me family and friends who bless me every day with kind words and actions. They lift me up in ways that keep my eyes focused on you and make my spirit soar.

**Announcements:**


Our job is just Beach! Tomorrow night at Ankeny will be a Beach Out! It will be super hot so get on your shorts, flip flops, sunnies & other beach attire and get to Ankeny to support the Maroons Friday night! No swimwear allowed! Just Beach!

Attention Dowling students. Bishop Drumm: Worship and Fun is a group that focuses on helping out the Bishop Drumm retirement community. We plan social events for the residents and organize readers, singers, and ushers for their Sunday mass. Contact Mr. Smith if you have questions.

**Clubs and Groups:**

Rollerblading Club will have its next meeting today after school in Room 400. We will be discussing our plans for the year. See Ms. Degen in Room 400 with questions.

Fall Project Planning Team will meet today after school in room 804.

Bee Club will be having a special harvest meeting at 4:30 today. Gather in rm 804 for instructions. No bees will BEE present at this meeting. BUZZ, BUZZ, BUZZ 

Chess Club after school in rm 804. Time to make a move. All those interested in playing chess are welcome.

Do you like eating lots of delicious food and getting service hours while helping your community? Well stop by People to People meeting in room 900 today for our first meeting of the year. We will be learning about our first place to eat today!

One Dowling Family will meet in room 603 after school today!

No Pun Today. Just get those Applications in to Mr.Reid by TOMORROW for Chick-Fil-A Leader Academy. MOOOOO!!

Art Club is hosting the first Open Studio on Saturday, September 14th from noon - 4 in the 900s art studios and all are welcome. Some service hours are available. Please contact Mrs. Kane for more information!



Attention Dowling students. The Special Olympics Club is starting to collect names. As a Special Olympics coach you will support athletes with intellectual disabilities to discover their own strengths and abilities. No experience necessary. Ask Mr. Smith or Ms. Otten for more info. Attention Special Olympics coaches or bowlers. We are trying to put together a team of 5 coaches that will help with Special Olympics bowling. Practices will be right after school on Tuesdays and Thursdays starting September 24th. Contact Mr. Smith for more information.

**Athletics:**

Boys & Girls Varsity, JV and Middle School Cross Country @ Marshalltown Invitational - Marshalltown Community College, Running starts at 4:00 PM; Boys 9th/10th golf vs Valley @ Grandview - 3:30 PM; 10th Volleyball @ Iowa City High - 4:00 PM; 9C Volleyball @ Valley Southwoods - 4:45 PM; 9th Grade Football @ Home vs Ankeny - 6:00 PM

Sign up now for Intramural Flag Football! Games are played on Tuesdays and Thursday after school starting on Thursday, Sept 19th Sign up sheets are outside of Mr. O'Neill's Room 500

Athletics: If you were on the boys and girls varsity bowling team last year, there will be a brief meeting with Mr. Chelleen in room 103 right after school next Tuesday, September 17th at 3:20. Please be in attendance.

**Lunch:**

Gochujang Drumstick  
Pepperoni Wedge Pizza  
GF: Brakebush Chicken Strips  
Twister Fries  
Pears  
Milk



**September 11, 2024**

**Morning Prayer:**

God, our Creator, thank you for the beautiful day you have given us. Thank you for loving us even when we don't reflect Your love to others. As we go about our day, open our eyes to better see You in everything we do. We offer our hearts up to You, so You may change them to better reflect your love. In Your name we pray, Amen.

**Announcements:**

Our job is just Beach! Friday night at Ankeny will be a Beach Out! It will be super hot so get on your shorts, flip flops, sunnies & other beach attire and get to Ankeny to support the Maroons Friday night! No swimwear allowed! Just Beach!

Senior and Junior girls: Interested in playing Powder Puff this year? Sign up outside room 201 to join a team and order your shirt by today! The game will be held on Monday September 23rd at 7:30 PM on the DCHS football field! T-Shirts will be 12\$.

Attention Dowling students. Bishop Drumm: Worship and Fun is a group that focuses on helping out the Bishop Drumm retirement community. We plan social events for the residents and organize readers, singers, and ushers for their Sunday mass. Contact Mr. Smith if you have questions.

Do you need service hours? You can get 2 service hours by bringing 2 frozen egg casseroles or 1 service hour for bringing 2 dozen hard boiled eggs to the 100 Hallway tomorrow between 7:45 and 8:10 AM. If you need a casserole pan or a recipe sheet please stop by room 307.

Want to experience K-fashion and K-Pop culture in person? Join us on our Korea adventure in June 2025! An informational meeting about this incredible travel opportunity will take place Sunday September 22 at 4pm. Don't miss out! Contact Ms. Harlow in the Art Department with any questions.

**Clubs and Groups:**

Super Cool Service Club's meeting will be after school today in room 107. You only need to attend one meeting and all are welcome!

Attention Dowling students. The Special Olympics Club is starting to collect names. As a Special Olympics coach you will support athletes with intellectual disabilities to discover their own strengths and abilities. No experience necessary. Ask Mr. Smith or Ms. Otten for more info. Attention Special Olympics coaches or bowlers. We are trying to put together a team of 5 coaches that will help with Special Olympics bowling. Practices will be right after school on Tuesdays and Thursdays starting September 24th. Contact Mr. Smith for more information.

Rollerblading Club will have its next meeting on Thursday Sept. 12th after school in Room 400. We will be discussing our plans for the year. See Ms. Degen in Room 400 with questions.

Fall Project Planning Team will meet on Thursday after school in room 804.



Art Club is hosting the first Open Studio on Saturday, September 14th from noon - 4 in the 900s art studios and all are welcome. Some service hours are available. Please contact Mrs. Kane for more information!

Hey, Mr. Reid HERE! I have a puns too! Do not Forget to submit all Chick-Fil-A Leader Academy application items by THIS Friday!

A Google Form has been Emailed to sign up for the Best Buddies September event on 27 September. Responses are due by September 20th. If you are interested in Best Buddies but not on the Email list please contact Mr. Flood

Any students wishing to participate in the 2024 St. Joseph Fall Project will need a signed parent permission slip, which can be picked up in Deacon Heinrich's or Mr. Rolf's classrooms. Permission slips are due no later than October 10. Please see Deacon Heinrich in room 804 if you have questions.

Knitting Club is returning this year, with Dr. Pommrehn and Mrs. Raymond! Come join us in room 1001 to see what it's all about! Returning members please see either Dr. Pommrehn or Mrs. Raymond if you cannot attend!

**Athletics:**

Boys Golf vs Valley @ Willow Creek - 2:00 PM

**Lunch:**

Pork Steak Sandwich  
Mozzarella Cheesesticks  
GF: Oven Roasted Chicken  
Seasoned Green Beans  
Pears  
Milk





**September 10, 2024**

**Morning Prayer:**

Dear Lord, we thank you for the opportunity to praise you in all that we do. As we live out another day, please grant us the prudence to seek the good in every interaction and situation this Tuesday brings us. Let us learn to love others as you love us and treat others as they ought to be treated. Amen

**Announcements:**

PJ Out tonight at Valley! Come support our #1 ranked volleyball team tonight at 7:30 as they take on crosstown rival Valley! It's a PJ out so get on your comfiest, coziest pjs and come cheer on the Maroons!

Senior and Junior girls: Interested in playing Powder Puff this year? Sign up outside room 201 to join a team and order your shirt by Wednesday September 11th! The game will be held on Monday September 23rd at 7:30 PM on the DCHS football field! T-Shirts will be 12\$.

Any student interested in participating in IHSSA competitive acting and couldn't make it to this morning's meeting should see Mrs. Raymond ASAP!

**Clubs and Groups:**

Sophomore Class officer meeting in room 600 at 3:20 today.

Art Club meets today in ARt Studio 903 at 3:20 after school! All are welcome!

Bee Club will be visiting the hives today after school at 4:00. You will need a permission slip to participate. Go to Room 804 today so you are ready tomorrow. This is how we start your involvement in the bee club. The hive is walking distance from Dowling.

Would you like to make a difference in the life of a child and get service hours? Then you want to join Big Brothers Big Sisters. Please come to a meeting in room 602, Mrs. Leo's room, today after school.

The FIRST FFA Meeting of the year will be today at 4pm in room 401

Who loves to learn? All the hundreds of you that answered I do, should come to the 1st Academic Decathlon meeting of the year, today at 3:15 in room 108. Come check out the club! Email Ms. Tickel with questions!

A Community of Racial Equity is a club at DCHS that we refer to as CORE and CORE is having the first meeting of the school year tomorrow at 7:40 AM in Art Studio 903! ALL ARE WELCOME! Please contact Mrs. Kane if you have any questions!

Super Cool Service Club's first meeting will be before school (7:50am) and after school (3:20pm) tomorrow in room 107. You only need to attend one meeting and all are welcome!



Rollerblading Club will have its next meeting on Thursday Sep. 12th after school in Room 400. We will be discussing our plans for the year. See Ms. Degen in Room 400 with questions.

Fall Project Planning Team will meet on Thursday after school in room 804.

Do you like eating lots of delicious food and getting service hours while helping your community? Well stop by People to People meeting in room 900 this Thursday. We will be learning about our first place to eat then!

Hey, Mr. Reid HERE! I have a puns too! Do not Forget to submit all Chick-Fil-A Leader Academy application items by THIS Friday!

**Athletics:**

Boys 9th/10 Golf @ Grandview GC vs Ankeny Centennial - 2:00 PM; 8th Grade Football @ Dowling vs Johnston - 5:15 PM; Girls Swim & Dive @ Valley HS - 5:30 PM; Volleyball @ Valley HS - 9A/B - 4:45 PM; 10th/JV - 5:45 PM; Varsity - 7:30 PM

**Lunch:**

Pasta Meat Sauce/Garlic Knots  
Golden Chicken Sandwich  
GF: Seasoned Chicken Breast  
Peas  
Applesauce  
Milk



**September 9, 2024**

**Morning Prayer:**

Lord, we pray for your protection and safety against violence, not only in schools but also in the world. Jesus, we offer up prayers of healing for the Apalachee community, and that they may find your light in their time of darkness. And we beg you, Lord, to allow us to feel your peacefulness so strongly that it allows others to feel it too. Use us as the answer to someone else's prayer today. AMEN

**Announcements:**

Senior and Junior girls: Interested in playing Powder Puff this year? Sign up outside room 201 to join a team and order your shirt by Wednesday September 11th! The game will be held on Monday September 23rd at 7:30 PM on the DCHS football field! T-Shirts will be 12\$.

Freshmen- you have until September 12th to submit your campaign video to Ms Meyer. If you have any questions see Mr Ferguson in the Student Activities Office

DO YOU NEED SERVICE HOURS? You can get 2 service hours by bringing 2 frozen egg casseroles or 1 service hour for bringing 2 dozen hard boiled eggs to the 100 Hallway on Thursday, September 12th between 7:45 and 8:10 AM. If you need a casserole pan or a recipe sheet please stop by room 307.

Villanova, Iowa State, Central College, University of Rochester, Iowa, and the University of St. Thomas will be visiting DCHS this week! Please sign up under events in Maia Learning. All grade levels are welcome to sign up!

Any student interested in participating in IHSSA competitive acting should meet in room 1001 on September 10th at 7:30 am. Any student who is interested but cannot make the meeting should see Mrs. Raymond ASAP!

**Clubs and Groups:**

The students for life club will be holding their first meeting of the year today in Mr. Podolski's room right after school. Stop by room 803 to see what students for life club is all about! We hope to see you there!!!

Any students wishing to participate in the 2024 St. Joseph Fall Project will need a signed parent permission slip, which can be picked up in Deacon Heinrich's or Mr. Rolf's classrooms. Permission slips are due no later than October 10. Please see Deacon Heinrich in room 804 if you have questions.

Art Club meets Tuesdays in ARt Studio 903 at either 7:40 AM OR at 3:20 after school! All are welcome!

Bee Club will be visiting the hives Tuesday after school at 4:00. You will need a permission slip to participate. Go to Room 804 today so you are ready tomorrow. This is how we start your involvement in the bee club. The hive is walking distance from Dowling. See Dcn. Kurt Heinrich for details



Would you like to make a difference in the life of a child and get service hours? Then you want to join Big Brothers Big Sisters. Please come to a meeting in room 602, Mrs. Leo's room, tomorrow, September 10th after school.

The FIRST FFA Meeting of the year will be tomorrow the 10th, at 4pm in room 401

Who loves to learn? All the hundreds of you that answered I do, should come to the 1st Academic Decathlon meeting of the year, tomorrow at 3:15 in room 108. Come check out the club! Email Ms. Tickel with questions!

Super Cool Service Club's first meeting will be before school (7:50am) and after school (3:20pm) this Wednesday, September 11th in room 107. You only need to attend one meeting and all are welcome!

Fall Project Planning Team will meet on Thursday after school in room 804.

Do you like eating lots of delicious food and getting service hours while helping your community? Well stop by People to People meeting in room 900 this Thursday. We will be learning about our first place to eat then!

A Community of Racial Equity is a club at DCHS that we refer to as CORE and CORE is having the first meeting of the school year on Wednesday, September 11 at 7:40 AM in Art Studio 903! ALL ARE WELCOME! Please contact Mrs. Kane if you have any questions!

A Google Form has been Emailed to sign up for the Best Buddies September event on 27 September. Responses are due by September 20th. If you are interested in Best Buddies but not on the Email list please contact Mr. Flood

**Athletics:**

10th/Jv Football @ Dowling vs Valley - 6:00 PM; 9C Volleyball Invite @ Valley Southwoods - 6:00 PM

**Lunch:**

Chicken Smackers/Corn Crunch  
Round Pizza  
GF: Harvestland Strips  
Sweet Potato Fries  
Peaches  
Milk



**September 6, 2024**

**Morning Prayer:**

Heavenly Father, the Source of all wisdom and strength, As we take on the mantle of leadership, we recognize the weight and responsibility it carries. Grant us the wisdom You gave Solomon to discern Your will in every choice, And the courage You blessed upon David to stand firm in the face of challenges. Fill our heart with the humility of Christ, Who, though King, came to serve and not to be served. May our leadership reflect Your justice and mercy, Guided by a spirit of love, compassion, and a deep desire to uplift others. In moments of uncertainty, be our guiding light, Strengthen our trust in Your providence, And remind us that true greatness lies in serving others And in walking humbly with You each day. AMEN

**Announcements:**

Attention All Students: It is your responsibility to come to school every day with a charged chromebook. If you have lost your charger you need to purchase one in the business office. They are \$40 and you can pay with cash or check.

Back in black!! Tonight is the Dowling Valley showdown and it will be a blackout! Get on your black Beat Valley shirt and get to the stadium early to get your spot in our student section! Black Out Friday night!

Senior and Junior girls: Interested in playing Powder Puff this year? Sign up outside room 201 to join a team and order your shirt by Wednesday September 11th! The game will be held on Monday September 23rd at 7:30 PM on the DCHS football field! T-Shirts will be 12\$.

Freshmen- you have until September 12th to submit your campaign video to Ms Meyer. If you have any questions see Mr Ferguson in the Student Activities Office

DO YOU NEED SERVICE HOURS? You can get 2 service hours by bringing 2 frozen egg casseroles or 1 service hour for bringing 2 dozen hard boiled eggs to the 100 Hallway on Thursday, September 12th between 7:45 and 8:10 AM. If you need a casserole pan or a recipe sheet please stop by room 307.

Villanova, Iowa State, Central College, University of Rochester, Iowa, and the University of St. Thomas will be visiting DCHS next week! Please sign up under events in Maia Learning. All grade levels are welcome to sign up!

Thank you to all the Dowling 101 students who sent in selfies. Congratulations to Molly Austin for being selected to win a chick-fil-a gift card!

**Clubs and Groups:**

Today is the first Seeking Above of the semester during PT! Come hear our new campus minister, Ms. Parks, speak on what it means to seek what is above and keep our eyes on the prize. Sign out with a teacher or like you would for Mass!

Would you like to make a difference in the life of a child and get service hours? Then you want to join Big Brothers Big Sisters. Please come to a meeting in room 602, Mrs. Leo's room, Tuesday, September 10th after school.

The FIRST FFA Meeting of the year will be Tuesday the 10th, at 4pm in room 401



Who loves to learn? All the hundreds of you that answered I do, should come to the 1st Academic Decathlon meeting of the year on Tuesday, Sep. 10th at 3:15 in room 108. Come check out the club! Email Ms. Tickel with questions!

MOOOVE on up and be the next leader at Dowling! Join the Chick-Fil-A Leadership Academy! Look out for an email from Mr. Reid or stop by room 701 for more info!

**Athletics:**

Friday - Varsity Football vs Valley @ Valley Stadium - 7:00 PM Saturday - Boys and Girls JV and Varsity XC @ Urbandale Middle School - running starts at 8:30 AM; 10th Volleyball @ Norwalk High School Invite - 8:00 AM; Varsity Volleyball @ Valley High School - 8:30 AM

**Lunch:**

Pork Street Tacos  
Grilled Chicken Sandwich  
GF: Chicken Wings  
Baked Beans  
Mixed Fruit  
Milk



**September 5, 2024**

**Morning Prayer:**

Lord, we are grateful for all the times you have helped us. In times of great difficulty and darkness, you have given us your hand and helped us out of those times. We ask for you to help us center ourselves as times may become difficult so that we can help others as you have done for us.

**Announcements:**

Attention All Students: It is your responsibility to come to school every day with a charged chromebook. If you have lost your charger you need to purchase one in the business office. They are \$40 and you can pay with cash or check.

This Friday is a sweats/jeans day, cost to be out of dress code is \$2.

Back in black!! Friday it's the Dowling Valley showdown and it will be a blackout! Get on your black Beat Valley shirt and get to the stadium early to get your spot in our student section! Black Out Friday night!

Everyone who pre-ordered a Beat Valley t-shirt - listen up! Your shirt will be ready for pick up tomorrow during lunch! Look for the tables against the windows - that's where you'll pick up your shirt!! If you didn't pre-order a Beat Valley shirt, a few extras will be for sale, first come, first serve. Shirts will be for sale in the Campus Store beginning at 11am on Friday. Once they're gone, they're gone! Good luck Maroons! Let's shatter those tiger stripes!

TODAY is our first PRIMETIME MASS of the year!! Start a new habit and join us for Mass at the end of the day. Sign up on OnCampus by the end of the lunch period or have a teacher add you to flexisched.

Freshman students - if you HAVE NOT signed a mirror tile for the Class of 2028 cross, please let your HR teacher know.

Villanova, Iowa State, Central College, University of Rochester, Iowa, and the University of St. Thomas will be visiting DCHS next week! Please sign up under events in Maia Learning. All grade levels are welcome to sign up!

DO YOU NEED SERVICE HOURS? You can get 2 service hours by bringing 2 frozen egg casseroles or 1 service hour for bringing 2 dozen hard boiled eggs to the 100 Hallway on Thursday, September 12th between 7:45 and 8:10 AM. If you need a casserole pan or a recipe sheet please stop by room 307.

**Clubs and Groups:**

Chess club will begin the 2024-25 season. We will meet in RM 804 TODAY after school. All those interested in Chess are welcome to come and CHECK us out. Yes, that was a chess pun. The first move is yours.

One Dowling Family will meet after school today in room 603.



If you have any interest in the Amazing game of Dungeons and Dragon, regardless of previous experience, stop by room 800 TODAY, after school for an informational meeting about Dungeons and Dragons Club and a cookie!

The Fall Project Planning Team will meet TODAY after school in room 804.

Investment Club will meet TODAY. Anyone interested in learning more about the world of investing join us in Room 700 after school. There is no cost to participate, no experience necessary, and everyone is welcome.

Tomorrow is the first Seeking Above of the semester! Come hear our new campus minister, Ms. Parks, speak on what it means to seek what is above and keep our eyes on the prize. Sign out with a teacher or like you would for Mass!

The FIRST FFA Meeting of the year will be Tuesday the 10th, at 4pm in room 401

Who loves to learn? All the hundreds of you that answered I do, should come to the 1st Academic Decathlon meeting of the year on Tuesday, Sep. 10th at 3:15 in room 108. Come check out the club! Email Ms. Tickel with questions!

**Athletics:**

9th Grade Football vs Valley @ Valley Stadium - 6:00 PM

Congratulations to the varsity boys golf team for placing 2nd at the Ankeny Invitational yesterday. Low for the Maroons was senior Henry Ferrari who placed 8th individually.

Also, congratulations to the JV boys golfers who placed 2nd in the JV portion of the Ankeny Invitational. Low JV players were sophomore Jack Mickelson (3rd), senior Johnny Ruan (4th), and senior Eli Wees (7th).

**Lunch:**

BBQ Beef  
Pizza Cruncher  
GF: Panko Tilapia  
Twister Fries  
Peaches  
Milk





**September 4, 2024**

**Morning Prayer:**

Dear God, Help us in these stressful times as we transition into the school year. Help us to perform to the best of our abilities in every way that we possibly can, and help us to live our lives as you would. We trust that you are here in our school and guiding our thoughts and choices. We will work hard today to stay open to your word. In your holy name we pray, Amen

**Announcements:**

This Friday is a sweats/jeans day, cost to be out of dress code is \$2.

Juniors!! It is time to sign up for KAIROS. Look at your schedule. Talk to your friends and get a registration form turned in. Already the lists are beginning to fill. Don't miss out!

TOMORROW is our first PRIMETIME MASS of the year!! Start a new habit and join us for Mass at the end of the day. Sign up on OnCampus by the end of the lunch period or have a teacher add you to flexisched.

Freshman students - if you HAVE NOT signed a mirror tile for the Class of 2028 cross, please let your HR teacher know.

Villanova, Iowa State, Central College, University of Rochester, Iowa, and the University of St. Thomas will be visiting DCHS next week! Please sign up under events in Maia Learning. All grade levels are welcome to sign up!

Freshmen- you have until September 12th to submit your campaign video to Ms Meyer. If you have any questions see Mr Ferguson in the Student Activities Office.

**Clubs and Groups:**

Chess club will begin the 2024-25 season. We will meet in RM 804 tomorrow after school. All those interested in Chess are welcome to come and CHECK us out. Yes, that was a chess pun. The first move is yours.

If you have any interest in the Amazing game of Dungeons and Dragon, regardless of previous experience, stop by room 800 tomorrow, after school for an informational meeting about Dungeons and Dragons Club and a cookie!

The Fall Project Planning Team will meet again tomorrow after school in room 804.

Investment Club will meet tomorrow, September 5th. Anyone interested in learning more about the world of investing join us in Room 700 Thursday after school. There is no cost to participate, no experience necessary, and everyone is welcome.

MOOOOVE on up and be the next leader at Dowling! Join the Chick-Fil-A Leadership Academy! Look out for an email from Mr. Reid or stop by room 701 for more info!



Any student interested in participating in IHSSA competitive acting should meet in room 1001 on September 10th at 7:30 am. Any student who is interested but cannot make the meeting should see Mrs.

Raymond ASAP!

Knitting Club is returning this year, with Dr. Pommrehn and Mrs. Raymond! Come join us in room 1001 to see what it's all about! Returning members please see either Dr. Pommrehn or Mrs. Raymond if you cannot attend!

**Athletics:**

Boys JV + Varsity Golf @ Otter Creek - 9:00 AM

**Lunch:**

Lasagna Roll Up Alfredo  
Cheese Filled Breadsticks  
GF: Brakebush Strips  
Broccoli Normandy  
Mandarin Oranges  
Milk



**September 3, 2024**

**Morning Prayer:**

Father, you guide your people with kindness and govern us with love. By the prayers of Saint Gregory give the spirit of wisdom to those you have called to lead your Church. May the growth of your people in holiness be the eternal joy of our shepherds; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

**Announcements:**

Freshman students - if you HAVE NOT signed a mirror tile for the Class of 2028 cross, please let your HR teacher know.

Freshmen- you have until September 12th to submit your campaign video to Ms Meyer. If you have any questions see Mr Ferguson in the Student Activities Office

University of Chicago and University of Notre Dame will be visiting DCHS this week. Please sign up under events in Maia Learning or ask Mrs. Koppes or Mrs. Kelly in Student Services how to sign up.

Villanova, Iowa State, Central College, University of Rochester, Iowa, and the University of St. THomas will be visiting DCHS next week! Please sign up under events in Maia Learning. All grade levels are welcome to sign up!

**Clubs and Groups:**

Bee Club will be meeting in Rm 804 after school today. All are welcome. We will be discussing the honey harvest and we will prepare for our hive visit next week. Come and see what all the buzz is about.

Calling all Roller Skaters! Roller Skating Club's first meeting is today right after school in Room 400. We will be discussing our plans for skating this year. Please see Ms. Degen with questions.

Art Club starts today at 3:20 in the Art Studio, RM 903 with Mrs. Kane! Bring a friend and try Art Club!!

Eco Club will be meeting in Rm 804 today after school. This group is striving to raise awareness and affect a positive change in our environment, here at Dowling and beyond.

If you have any interest in the Amazing game of Dungeons and Dragon, regardless of previous experience, stop by room 800 on Thursday, after school for an informational meeting about Dungeons and Dragons Club and a cookie!

Mooove on up and be the next leader at Dowling! Join the Chick-Fil-A Leadership Academy! Look out for an email from Mr. Reid or stop by room 701 for more info!

The Fall Project Planning Team will meet again on Thursday after school in room 804.



**Athletics:**

Boys 9th/10th Golf@ Blank GC vs Urbandale - 2:00 PM; Volleyball @ Urbandale - 9A and 9B: 4:45 PM, 10th and JV: 5:45 PM, Varsity: 7:30 PM; Girls Swim & Dive @ home vs SEP - 5:30 PM

**Lunch:**

Pulled Pork

Pepperoni French Bread Pizza

GF: Oven Roasted Chicken

Corn

Jolly Fruit Cup

Milk



**August 29, 2024**

**Morning Prayer:**

Loving Father, touch me now with your healing hands, for I believe that your will is for me to be well in mind, body, soul, and spirit. Cover me with the most precious blood of your Son, our Lord, Jesus Christ from the top of my head to the soles of my feet. Cast out anything that should not be in me. And use me today, Lord, to bring your comfort and peace to everyone I meet.  
AMEN

**Announcements:**

Yee haw! This Friday night's Football Game will be a Western Out! Get on your cowboy hats, cowboy boots, flannel and come ready to cheer on our team! Let's have a loud, spirited and respectful student section! Giddy up, Maroons!

Freshmen interested in running for class office should sign up in the Student Activities Office this week.

University of Chicago and University of Notre Dame will be visiting DCHS next week. Please sign up under events in Maia Learning or ask Mrs. Koppes or Mrs. Kelly in Student Services how to sign up.

**Clubs and Groups:**

One Dowling Family will meet in room 603 briefly after school today. Please see Mr. McGuire if you have any questions.

Fall Project Planning Team meets today after school in room 804.

Calling all Roller Skaters! Roller Skating Club's first meeting is Monday Sep. 2nd right after school in Room 400. We will be discussing our plans for skating this year. Please see Ms. Degen with questions.

Art Club starts Tuesday, September 3rd! All are welcome in Art Club! You only have to have a love of art to join! You may attend either the 7:45 AM meeting OR the 3:20 PM meeting in Art Studio 903 with Mrs. Kane! Bring a friend and try Art Club!!

**Athletics:**

Boys Varsity Golf Invitational @ The Legacy - 10:00 AM; 9C Volleyball Quad @ home - 6:00 PM

Next Friday, we play Valley. It is tradition we wear Beat Valley t-shirts for this game. Now, this is important - pre-order your Beat Valley t-shirt before midnight tonight. Only a few extras will be available so you may miss out if you don't pre-order. Order at [dchscampusstore.com](http://dchscampusstore.com)



**Lunch:**

Crispy Chicken Sandwich

Quesadillas

GF: Rib Patty

Seasoned Green Beans

Pears

Milk



**August 28, 2024**

**Morning Prayer:**

Holy Spirit, source of inspiration, you led St. Augustine and influenced his timeless writings. As the Dowling community comes together to pray today, we ask that you inspire us to cultivate a deep and enduring love for God, as St. Augustine had. We offer you our hardships today so you might turn them into something better. In Your holy name, Amen.

**Announcements:**

Freshmen interested in running for class office should sign up in the Student Activities Office this week.

University of Chicago and University of Notre Dame will be visiting DCHS next week. Please sign up under events in Maia Learning or ask Mrs. Koppes or Mrs. Kelly in Student Services how to sign up.

HELLLLLLLO seniors! The time is here! Be sure to email your senior picture to [yearbook@dowlingcatholic.org](mailto:yearbook@dowlingcatholic.org)! This picture will be used in this year's yearbook. Come talk to Mrs. Umstead in room 609 if you have any questions or see the poster outside her room for more details.

**Clubs and Groups:**

One Dowling Family will meet in room 603 briefly after school on Thursday. Please see Mr. McGuire if you have any questions.

Fall Project Planning Team meets on Thursday, August 29th after school in room 804.

Knitting Club is returning this year, with Dr. Pommrehn and Mrs. Raymond! Come join us in room 1001 to see what it's all about! Returning members please see either Dr. Pommrehn or Mrs. Raymond if you cannot attend!

Calling all Roller Skaters! Roller Skating Club's first meeting is Monday Sep. 2nd right after school in Room 400. We will be discussing our plans for skating this year. Please see Ms. Degen with questions.

Any student interested in participating in IHSSA competitive acting should meet in room 1001 on September 10th at 7:30 am. Any student who is interested but cannot make the meeting should see Mrs. Raymond ASAP!



**Athletics:**

Next Friday, we play Valley. It is tradition we wear Beat Valley t-shirts for this game. Now, this is important - pre-order your Beat Valley t-shirt before midnight tomorrow (Thursday) Only a few extras will be available so you may miss out if you don't pre-order. Order at [dchscampusstore.com](http://dchscampusstore.com)

**Lunch:**

Chicken Alfredo/ Garlic Knots  
Cheese Wedge Pizza  
GF: Brakebush Chicken Strips  
Broccoli  
Mixed Fruit  
Milk





**August 27, 2024**

**Morning Prayer:**

Loving and gracious God, you have given Saint Monica perseverance through her hardships. Just as she gave glory to you by doing Corporal Works of Mercy and by praying for her wayward Son, let us also care for and pray for those around us who are in a time of need. May no one walk away from us today feeling unloved or unwanted. AMEN

**Announcements:**

HELLLLLLLO seniors! The time is here! Be sure to email your senior picture to [yearbook@dowlingcatholic.org](mailto:yearbook@dowlingcatholic.org)! This picture will be used in this year's yearbook. Come talk to Mrs. Umstead in room 609 if you have any questions or see the poster outside her room for more details.

Freshmen interested in running for class office should sign up in the Student Activities Office this week.

The media center will be closed on Wednesday August 28th from 8:15-approximately 1:00 pm for the Bishop's luncheon. Please plan accordingly.

University of Chicago and University of Notre Dame will be visiting DCHS next week. Please sign up under events in Maia Learning or ask Mrs. Koppes or Mrs. Kelly in Student Services how to sign up.

**Clubs and Groups:**

Bee Club will BEE meeting today after school for a brief meeting to discuss the honey harvest and plans for the year. All are welcome, BEE curious.

Anyone interested in joining the Speech and Debate team should stop by Room 1001 to see Dr. Sheaff after school today!

Any student who is unable to audition today after school for the fall play should see Mrs. Raymond ASAP! If you cannot stop in to 1001, please email [sraymond@dowlingcatholic.org](mailto:sraymond@dowlingcatholic.org)

Fall Project Planning Team meets on Thursday, August 29th after school in room 804.

Knitting Club is returning this year, with Dr. Pommrehn and Mrs. Raymond! Come join us in room 1001 to see what it's all about! Returning members please see either Dr. Pommrehn or Mrs. Raymond if you cannot attend!

Any student interested in participating in IHSSA competitive acting should meet in room 1001 on September 10th at 7:30 am. Any student who is interested but cannot make the meeting should see Mrs. Raymond ASAP!



**Athletics:**

All girls interested in playing basketball this winter...there will be an informational meeting tomorrow morning at 7:45am in room 300. See Coach Meyer if you are unable to attend.

Volleyball @ Norwalk - 9A: 5:00 PM; 9B: 6:00 PM; JV: 5:00; PM; 10th: 6:00 PM; Varsity: 7:30 PM; Boys 9/10 Golf @ Jester Park - 2:00 PM

**Lunch:**

Chicken Alfredo/ Garlic Knots  
Cheese Wedge Pizza  
GF: Brakebush Chicken Strips  
Broccoli  
Mixed Fruit  
Milk