



# Kougar Cub News

an online newsletter for Future Kougars and their parents

## Who's making the news at R-K?

**9/26:** R-K junior selected for Youth Leadership St. Louis

**10/10:** R-K senior joins Congressional Youth Cabinet

**10/14:** R-K students participate in World Food Day

**10/17:** R-K Voices record a song for Catholic Charities video

## 7th Graders - Shadow Visits Coming Soon

Shadow visits are a great way to learn more about R-K. 7th grade visits will begin in February, and scheduling will begin in January.

## R-K Extracurriculars Update

R-K clubs and organizations were hard at work (and play) this fall. Here is just a sampling of what they were up to:

- The **Science Club** participated in a variety of activities, including archery at Forest Park, geocaching at Queeny Park, and a midnight canoe trip.
- **Kougars for Life** held a bake sale for the American Cancer Society.
- Senior Lizzie Sextro was selected to the **District Honors Choir**, and Junior Samantha Manno and Freshman Christine Siampos were selected to the **St. Louis District #8 Honors Orchestra**.
- The **National Honor Society** inducted 42 new members.
- The musical "**Oliver!**" debuted on the R-K stage on Nov. 2, 4, and 5.
- **Kougars Kare Through Prayer**, a student-led faith support/sharing group, has met every Friday morning before school.
- **StuCo** planned the homecoming dance with the theme of "Light the Night".



## Kougar Athletics

The winter sports season is off to a roaring start for the swimming & diving, basketball, and dance teams, as well as the cheerleading squad. Fall sports ended with many successes:

- **Softball:** The varsity team placed 2nd in the State District Tournament.
- **Tennis:** The team won their 2nd consecutive district title, and 5 players also competed in the state tournament.
- **Field hockey:** The varsity team ended the regular season with a winning record.
- **Cross Country:** The team won 1st place in districts, and 7 Kougars ran in the state tournament.
- **Volleyball:** The varsity team won 1st place in districts. Both JV and varsity teams showed their R-K service spirit by volunteering on 9/11 and playing "Pink" games vs. Bishop DuBourg.



\*The purple underlined phrases throughout the newsletter are links to a story.