



Press Release

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St. Cecilia Academy celebrates its annual tradition: Spirit Week

St. Cecilia students last week participated in Spirit Week, a cherished tradition that students remember and often reflect back on long after graduation.

St. Cecilia Academy Principal Sister Mary Thomas, O.P., said of Spirit Week: “It is a week that alumnae always talk about as they return to the school for the reunions.”

The tradition began more than 35 years ago at St. Cecilia Academy as a way to celebrate school spirit, give classes a chance to bond and teach students about teamwork, cooperation and competition.

“It is a week in which 65-70 students in each class must cooperate to accomplish tasks such as decorating hallways, organizing talent show acts, and encouraging each other on in class Olympics,” Sister Mary Thomas said. “It is the week we all love.”

Each day during spirit week is different, from super hero dress-up day to the class lip sync contest to the spirited powder puff football tournament, which the sophomores won this year. Each class has a theme for the week and this year’s themes included: The Famous Freshman, The Storybook Sophomores, The Jammin’ Juniors and The Survivor Seniors. Even the faculty and staff got in on the fun going with the theme of Flashback Faculty. The students have numerous opportunities to show their SCArab spirit through planned activities and events from decorating their respective class hallways to holding a penny war. The week culminates in a day full of class competitions leading to the Spirit Award given to the class with the best participation and spirit.

“I would sometimes forget that the classes are competing,” Director of Student Activities Heather Honeycutt said. “Their pure St. Cecilia joy is most evident in all students.”

“The seniors have shown incredible leadership – from the lip sync contest to the hallway decorating, these girls are phenomenal. Sophomore students have shown athleticism this week as they won the powder puff game Thursday night. And the freshman...you know, their ‘happy to be a part of it all’ attitudes continue to add pep in everyone’s step,” she added. “They performed to the song *We’re All in This Together* for the lip sync contest and it is apparent they care about each other and are truly together as a class. Each student has given more than 150% this week.”

“Spirit Week is also an experience in pure Christian joy,” Sister Mary Thomas said. “How many other places can you find high school girls running along the track behind one of their classmates as she triumphantly pedals to a win in the tricycle relay? By Friday afternoon, they will be tired, but they will also have learned several life lessons,

and bonded more fully with those friends who will encourage them along their Christian way.”

St. Cecilia Academy is Nashville’s oldest private high school, founded in 1860 by the Dominican Sisters of the St. Cecilia Congregation. The Academy has been named to the Top 50 best Catholic high schools in the U.S. list five times since 2004. Ninety-one percent of the Class of 2011 earned college scholarships totaling \$7.2 million.

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