



Dear St. Andrew's Family,

In January, the school watched and wept through the film [Just Mercy](#) together. Last Wednesday, Onyx and Essence, St. Andrew's black male and black female student affinity groups, treated us to [a Chapel service celebrating Black History Month](#). In the words of Dean of Teaching & Learning, Elizabeth Roach, this service "...taught us—through song, dance, stories, poetry, and readings—about suffering, courage, resilience, the power of the arts and storytelling, and the importance of remembering the truth of our past and present as we strive for a better, more equitable, and inclusive world today." In such moments, suffering stirs compassion, which liberates the mind from its default-mode petty concerns, and we feel the vibrancy and vitality of living in a body, with a heart and a purpose.

Last summer, I traveled to upstate New York to sit for my first meditation retreat. I have been trying to understand the Buddhist concepts of impermanence, unsatisfactoriness, and no-self since I first learned about them at St. Andrew's a quarter-century ago. And, though I know my memory is fallible, I feel like I have been fascinated by these themes (especially impermanence and death) as early as I can remember. It is completely unsatisfactory that all of us will one day die. This fact is among the most horrific of all the facts that I know. And yet, paradoxically, this fact has so much to teach us about love, peace and happiness. Buddhist monk and peace activist [Thich Nhat Hanh](#) introduces a helpful analogy about suffering:

Everyone knows we need to have mud for lotuses to grow. The mud doesn't smell so good, but the lotus flower smells very good. If you don't have mud, the lotus won't manifest. You can't grow lotus flowers on marble. Without mud, there can be no lotus. Without suffering, there's no happiness. So we shouldn't discriminate against the mud. We have to learn how to embrace and cradle our own suffering and the suffering of the world, with a lot of tenderness.

It is only by looking at suffering and death that we get the beauty and vitality associated with life. By confronting the fact of suffering directly and often, it is possible to have a richer, happier, more compassionate connection with the living (and dying) amongst us, including ourselves. Unless we understand this at a deep level—unless we confront directly the suffering of all the rest of the world—there can be no true happiness. The single-minded pursuit of pleasure can, at best, provide an illusion of happiness; it is like trying to grow a

lotus flower on a marble floor without the mud. True purpose—purpose worth living and dying for—comes from both witnessing and developing the compassion to respond to the suffering and setbacks of other people and concerns. Rhonda Magee, author of [*The Inner Work of Racial Justice*](#), writes about this dynamic. We hope, she says, "to inspire the more heartfelt path of turning gently toward the particular and unnecessary suffering caused to so many and exacerbated by the very ways that we go blind to the operation of race and racism in our own lives and in those of our fellows in the world."

Today, students left campus for Spring Break, and, in less than three months, the Class of 2020 will depart school for the last time. I once found it unbearable to dwell very long in these final moments of separation. I left parties without saying goodbye, and even silent pauses in conversations made me uncomfortable. Though I still struggle with life's mud, I have learned to turn toward these moments. They offer a priceless gift: when we contemplate endings, we are presented directly with the power, the immediacy, and the ineffability of our moment-to-moment conscious experience. How magical is it that we have life at all?

Over Spring Break and beyond, let's seek out moments to turn *toward* the pain of racism, of separation, and of the innumerable deaths throughout our lives. For, in these moments, we get a glimpse of how full our lives can become. As we contemplate impermanence with compassion, we become a little less attached to ourselves and our wishes, a little less afraid and a little more free. In the process, we practice opening up to opportunities to remake the world.

All my best,
Harvey Johnson
Dean of Math & Science

In The Classroom

Math teacher Eric Finch looks on as his AS Differential Calculus students work to derive the general formula for a hyperbola—"one of the classic conic sections!" Mr. Finch notes.



Students in Spanish 2 with Mr. Miller (aka Profe) discuss the life and legacy of Roberto Clemente. "We talked about how brilliantly he played baseball and how he also worked to combat racism and discrimination," says Profe, who is also Head Coach of St. Andrew's varsity baseball team. "As an Afro-Latino man hailing from Puerto Rico, he encountered many injustices during his career that he sought to confront and eliminate. Emblematic of his service to others, he died while taking supplies to Nicaragua shortly after a devastating earthquake there."



Dr. Hyde's AS Physics students work on a bungee challenge, in which "they have to make a bungee cord out of elastic bands and drop a force sensor without it hitting the ground," explains Dr. Hyde. "They aren't allowed to test it in advance, and the group whose bungee drop gets closest to the ground, without touching, wins!"

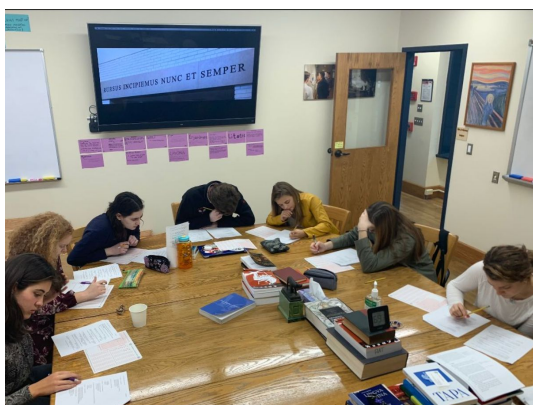


Teachers participating in the University of Delaware's Khabrat Program (a one-year professional development program for K-12 teachers from Saudi Arabia) visited St. Andrew's campus last week to observe classes and meet with students and faculty. Seen here are some of our Saudi visitors in Religious Studies and History classes.





Greek and Latin students took the National Greek and National Latin Exams (respectively) this week. They are pictured in St. Andrew's new classics classrooms, which are located in the building that previously housed the Student Center, just across the road from the northern end of Founders Hall.



Onstage at SAS

Last weekend, St. Andrew's Theatre Program put on a hilarious, high-energy performance of



The Addams Family for their winter musical production. "The winter musical is always an essential part of the school year at St. Andrew's," wrote Head of School Tad Roach after the performance. "[Theatre Program Director] Ann Taylor '86 has always explored, strengthened, and embodied this tradition, first as an incredible

performer [as a student] in the Hoover Sutton era and today as the person who takes that tradition and raises it to new heights each year. Together with [fellow faculty members] Peter Hoopes, Quinn Kerrane, Jenn Wilson, Dave Myers, and Avi Gold, Ann and our incredible students brought such vitality, laughter, joy, and beauty to the stage of Forbes. I loved this play and found it so inspiring and remarkable. The theatre was alive, dynamic, and electric."





.... meanwhile, back in Engelhard: over the weekend of February 15, students performed in *Love, Loss, and What I Wore*, as directed by fellow SAS theatre alum and current faculty member Jenn Wilson '03.



Go Saints!

St. Andrew's co-ed indoor track team competed at the DIAA Indoor Track State Championships on February 22. Seen below are our relay teams and Phineas Hunt '22, who competed in shotput. He was the only sophomore competing with Flight 4, the furthest throwing group, at a meet of 60 teams. "He went into the day seeded ninth overall with his far throw on the year going 42' 2.5", said Assistant Coach Pat Moffitt. "He must have been playing coy all season; he went out and absolutely demolished his PR mentioned above by

throwing almost a full 2 1/2 feet farther than he has all year with a monster throw of 44' 8.25". This catapulted him into a fourth place finish in the state of Delaware as a sophomore." Phineas is the first St. Andrew's athlete in the history of the school to meet the qualifications for a field event for the state championship.



The boys and girls varsity squash teams competed at the 2020 U.S. High School Team Squash Championships, held in Hartford, CT this past weekend. "The girls team [seen below] moved up to Division IV this year after their strongest season in many years, and ended up making it all the way to the finals after wins against Mercersburg Academy (PA), Shipley School (PA), and Berkshire School (MA), before losing a close match to Brooks School (MA)," said Head Coach Taylor Foehl. "The boys competed in Division V, and matched last year's finish with a third place finish following wins against University High School (OH), New Haven High Schools (CT), and Wakefield School (VA)."



Saints wrestling (aka the "mat men") took home five medals the Independent Conference Championship this past weekend. In their respective weight classes, Tyler Wood '21 placed 4th, Theo Taylor '21 placed 5th, Graham Abramo '22 placed 8th, Ibrahim Kazi '23 placed 6th, and Nick Osbourne '23 placed 7th. "The Independent Conference is now the biggest wrestling conference in the state with 17 teams," notes Head Coach Phil Davis. "The above wrestlers had to battle with stiff competition to earn a spot on the podium. Great job men." Tyler, Theo, and Nick will go on to represent SAS at the state championship meet.



The boys and girls varsity basketball teams celebrated their seniors at their final home games of the season on February 18. The boys beat Wilmington Friends School 45-33, while the girls beat Indian River High School 45-39.







On the same afternoon, our JV basketball squads also came out on top, with the boys (seen below) besting Wilmington Friends 22-19 and the girls besting MOT Charter 31-12. The JV girls finished their 2019-20 season with a 10-4 record, the first winning JV hoops season since 2011-12. Over their last eight contests, these JV hoopers went 7-1 and outscored their opponents by a score of 219-117!



Lamar Duncan '20 was [named to play in Delaware's Blue-Gold basketball game](#), which will be held in the 76ers Fieldhouse in Wilmington on March 21; the Blue-Gold game showcases the state's top seniors in the sport. In his final home game on February 18 (noted above), Lamar scored 18 points and became the fifth Saints boys basketball player in school history to eclipse 1,000 career points. Head Coach Terrell Myers presented Lamar with the game ball at School Meeting last Thursday.



Meanwhile, elsewhere on campus...

St. Andrew's [competed against 25 other Delaware high schools in the Delaware Mock Trial Championships](#) over the weekend of February 21. Over the course of the competition, Griffin Pitt '21, Arvin Vanikar '21, and Ben Butcher '22 received Best Witness Awards, with Griffin receiving the award in two separate trials, and Austin Daly '22 took home a Best Attorney Award. "The Saints gave some of the strongest performances I have seen in my nineteen years coaching Mock Trial," said Head Coach Dan O'Connell at the end of the weekend. "Please congratulate them for their hard work, guts and passionate performances." The Mock Trial team is seen below conducting its dress rehearsal in the Gahagan Room on February 16.





This past Sunday, SAS lacrosse players welcomed athletes from Harlem Lacrosse Philadelphia to campus. "Our students were amazing leading a clinic and sharing the love of the game," said JV boys lacrosse Head Coach Will Robinson. "Harlem Lacrosse's mission is to empower children who are most at risk for academic decline and dropout to rise above their challenges and reach their full potential. It was a beautiful day filled with camaraderie, uplift, and fun, and hopefully the first of many between us."



On Monday, the St. Andrew's Medical Society and the SAS Dance Program collaborated to share the magic of dance with patients at A.I. DuPont Children's Hospital in Wilmington. St. Andrew's dance students performed for children who are on extended inpatient stays at the hospital, as well nurses, doctors, and staff (including SAS Health Center nurse Amy Wolf!). "We had a great audience that smiled, bopped and danced along with us," said Director of Dance Avi Gold. "It was a truly rewarding experience for all of us."



St. Andrew's Model UN team competed at the North American Invitational Model UN (NAIMUN) Conference, held at Georgetown University over the weekend of February 13-16.

Griffin Pitt '21 and Isabel Hwang '20 (seen in the second photo below) were awarded Honorable Mention recognition (the MUN equivalent of third place) for their work as South Africa in the conference's largest committee, which was comprised of more than 300 students.





In a recent prom fundraiser raffle organized by the Class of 2020, Sallie England '21 won a nacho party hosted by Associate Director of Admissions Lou Berl. Sallie and her pals enjoyed nachos and games on the Wii in the Berls' living room on Sunday afternoon.



Jazz guitarists Michael Kwashie '20 and Owen Pinto '20 led a "Pop Up Chapel" in the Main Common Room on Valentine's Day. They shared their musical inspirations and, of course, held a jam session.





In other Chapel-related activities, VI Form girls recently helped Chaplain Jay "Hutch" Hutchinson bake communion bread.



It's that time again... time for another round-up of recent student and faculty email selfies. Seen from top to bottom below are Lila Feldmann '20 and Logan Cameron '20 advertising their peer counseling services on Valentine's Day; Jack Cross '23 and John Teti '23 alerting the SAS community to a found AirPods; Ellison Baker '23 and Helen Heuer '23 celebrating the return of Ellison's lost HydroFlask; Nicole Saridakis '20, Bobbi Cooke '20, and Owen Pinto '20 also repping their shift in the peer counseling office; and the inimitable Kristin Honsel, Associate Director of Admission, begging students to pick up their packages in the Central Services Office (in what is admittedly not a selfie).

News & Notes

Don't Miss Our 2020 Coast to Coast Toasts

Please join us on Thursday, April 16 for our annual Coast to Coast Toasts. On this day, St. Andreans all around the world are invited to gather together to celebrate St. Andrew's, and the great spirit of our School. For a full list of 2020 Toast locations, [visit our website](#), and [RSVP](#) for an event in your area.

Please RSVP for Grandparents & Special Friends Day!

If you a grandparent, relative, or family friend to a current student, please join us for Grandparents & Special Friends Day on Saturday, March 21. For more info on the day's events, [visit our website](#), and RSVP [here](#) by March 13.

2020-2021 Course Selection Guide Now Available

Students should have picked up a [2020-2021 Course Selection Guide](#) on their way off campus for Spring Break, but if your child did not, the guide is also available [on our website](#). Please review and discuss your student's course selection plans over the break!

Admissions Parent Callers

Admission decisions will be going out to dozens of excited potential new St. Andreans on March 10. Thank you to all current parents who have volunteered to contact parents of accepted students after spring break. If you are interested in connecting with potential parents and sharing your and your child's SAS experience, please email Director of Admission & Financial Aid Matt Wolinski at mwolinski@standrews-de.org.

Confirmation Classes

There's still time to enroll your child in confirmation classes! Our confirmation service will be held in Chapel on Sunday, April 19, with Bishop Brown leading the service. Parents, contact Chaplain Jay Hutchinson at jhutchinson@standrews-de.org if you would like your child to be confirmed at this service.

Upcoming Events

Sat, Mar 21 – [Grandparents and Special Friends Day](#)

Thurs, Apr 16 – [Coast to Coast Toasts](#)

Fri, Sat & Sun, May 8-10 – Arts Weekend

Sat & Sun, May 23-24 – Commencement

Fri, Sat & Sun, June 5-7 – Reunion

[2019-2020 Events](#) | [All-School Calendar](#)

[2019-20 School Calendar](#) | [2020-21 School Calendar](#)

We leave you with this...

A gorgeous morning on the retention pond, as snapped by Marie Ueda '21.

