



ACADEMY OF THE HOLY FAMILY

PRINCIPAL'S NEWSLETTER MARCH 2026

Dear AHF Families,

As the snowbanks from our recent blizzard finally begin to retreat, I want to personally assure you that the safety of our students remains our highest priority. Our resident students were kept warm and safe within the Motherhouse and dormitory walls throughout the storm—thanks to our diligent facilities crew and the Sisters of Charity, of Our Lady, Mother of the Church. For our local day students, thank you for your patience as we ensured the campus was clear before resuming classes. We continue to monitor the melt-off to ensure everyone's commute remains safe.

This year, the entire month of March falls within the Holy Season of Lent. While the world outside may still feel frozen, Lent is our spiritual springtime—a time for the "thaw" of the soul. At the Academy, we are emphasizing the Lenten renewal of our faith through increase in prayer, fasting, and service. We instill the benefits of not only increasing the quantity, but also the quality of our prayer. We challenge our students to fast beyond food, to "fast" from social media and negativity. Our girls are also learning that true leadership is found in giving of oneself to others in service, as evidenced by Kindness Week this month, which includes preparing and sharing food with the less fortunate in our area. We also host the Stations of the Cross, with our students leading this traditional reverent service every Friday during Lent.

We are uniquely blessed to be led by the Sisters of Charity of Our Lady, Mother of the Church. If you want to see "faith in action," look no further than the Sisters. Whether they were leading us in prayer during the storm or running their Food Pantry and Homeless Shelter, they are the ultimate role models for our young women.

Please pay close attention to the attached calendar and important dates, especially in securing travel arrangements for the upcoming April break well in advance. Speaking of the April break, early in the school year, Bishop Richard Reidy visited our campus and left our students with a wonderful gift: a "free day off" to be used at the principal's discretion. After consulting with my esteemed Vice Principal, Sr. M. Rafael, we have decided to extend the April vacation by one day, Monday, April 13. This addition allows our boarding students and travelers an extra day to settle back in and rest before classes resume on Tuesday. Also this month, we proactively have a national Catholic School mental health expert present to our students and faculty on preventing and dealing with anxiety issues. She has come annually since I have been here and is always well received by our students and faculty alike.

My prayer for you this month is that we ask for God's graces as we continue to be living models of our faith during this Holy Season of Lent for our students, your daughters and granddaughters. In this way, we are ensured to follow Jesus' direction of "teaching them to observe all that I have commanded you". (Matthew 28:20)

God Bless!

Henry Fiore, Jr.

Principal

PLEASE SEE THE IMPORTANT INFORMATION ABOUT TRAVEL ARRANGEMENTS FOR THE SPRING BREAK ON THE NEXT PAGE

March 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Kindness Week →→	2 3:30- 5:00 Drama	3 3:15-5:30- Basketball 6-7pm Fitch High School College Fair	4 3:30- 5:00 Drama	5 3:15-5:30 Basketball	6	7
8	9 9am – former Harlem Globetrotters -St. Michael Center 3:30- 5:00 Drama	10 Money Madness Financial Literacy Conn. College Jrs. &Srs. 3:15-5:30 Basketball	11 3:30- 5:00 Drama	12 8am-2:30pm Student Retreat Enders Island 3:15-5:30 Basketball	13 Service Hours Due End of 3 rd Quarter	14 Pi Day SAT Tests TOP LIFE CAFÉ 5-8pm
15	16 Half day of classes Anxiety presentation 3:30- 5:00 Drama	17 Graduation Photos Report Cards Sent 3:15-5:30 Basketball	18 CT Eastern Career Expo 3 Rivers College CT March For Life 3:30- 5:00 Drama	19 3:15-5:30 Basketball	20	21
22	23 3:30- 5:00 Drama 5:00 pm Board Meeting	24 3:15-5:30 Basketball	25 3:30- 5:00 Drama	26 3:15-5:30 Basketball	27 Final Yearbook submissions	28
29	30 3:30- 5:00 Drama	31 3:15-5:30 Basketball				

Travel Arrangements For Easter Break

Easter break runs from 3pm on Tuesday, March 31 to Monday April 13. Please begin travel arrangements early. We provide transportation only on March 31 and April 1 directly to TF Green International Airport in Providence (Warwick), RI, and Bradley International Airport in Windsor Locks (Hartford), CT. For flights departing from Logan International Airport in Boston, the students will need to board the Logan Express bus for Framingham, MA. We only provide transportation to Framingham, not Logan airport. Please be sure to email all travel arrangements from Easter Break to AHF and for the end of the year departures to Sr. Rafael (smraf@ahfbaltic.org). Please note: all residents must arrive no later than Monday, April 13 and classes resume Tuesday, April 14. There will be no travel arrangements from the school on, April 14, as no drivers will be available due to the classes beginning. Please be aware that any travel arrangements outside of the dates provided will be the responsibility of the parents and guardians, and other transportation methods (Uber, taxi, etc.) must be made. Please contact Sister Rafael at the email address above at your earliest convenience. Thank you to those who have already sent the plans in.

"Lord, help us to see in your
Crucifixion and Resurrection an
example of how to endure."

– Mother Teresa



A Prayer for Lent

Please, Lord, guide my mind
with your truth.

Strengthen my life by the humble,
obedient example of Jesus.

He fulfilled your will by becoming
human and suffering with us.

He died so that I would no longer
be separated from you.

Help me to feel how close you are
and to live in union with you.

