



# La Salle High School Cincinnati, OH

Angie Frigge Capstone Project



Capstone Project:  
Lasallian formation for freshman students

## Why?

Students were going through 4 years of La Salle without an understanding of our Lasallian heritage and connection until their senior capstone project. This formation has been added to our accreditation proposal for the state and Archdiocese.

# Capstone Project: Lasallian formation for freshman students

## How?

Create lesson plans for Freshman Religion classes:

- ★ Leading daily prayer- Lasallian movements
- ★ Lasallian 5 Core Values
- ★ La Salle's 5 Pillars Project
- ★ St. John Baptist de La Salle's life
- ★ Creating goals on and living La Salle's 5 Pillars
- ★ La Salle's history and Lasallian connections

## Timeline

- ★ 1st week of every quarter students sign up to lead the start of class prayer
- ★ Prayer must be said in the Lasallian movements
- ★ Students are graded on completion of assignment and leading of prayer on assigned date

Freshman Lasallian Brother  
Opening Prayer Template

Name \_\_\_\_\_ Bell \_\_\_\_\_

This prayer will be given during Quarter 2 and is worth 20 points.  
5 points- correct movement 1  
5 points- correct movement 2  
5 points- correct movement 3  
5 points- Theme connects between movements

**Movement 1:** Remembering God's presence  
Let us remember... that we are in the Holy Presence of God

Pause to collect your thoughts with a moment of prayer

Explain theme: My theme for this prayer service is \_\_\_\_\_  
I picked this theme because \_\_\_\_\_

**Movement 2:** Reading and reflection on why you selected the reading

I selected the following reflection:  
\_\_\_\_\_  
\_\_\_\_\_

**Optional- Extra Credit- 5 points**  
Pick a song that connects with your theme. It must be school appropriate and clean lyrics.  
Paste youtube link here: \_\_\_\_\_

**Optional- Prayer request/intentions**  
For whom and for what shall we pray for?  
After the last intention is stated, say, "for all those intentions we hold in the silence of our hearts, let's pray (pick a prayer) together."  
Prayer can be Our Father, Hail Mary, Glory Be, or any other prayer you would like to say.

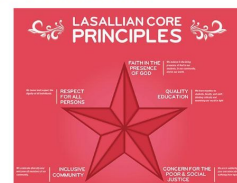
**Movement 3:** Pray for Jesus' guidance  
St. John Baptist de La Salle... pray for us  
Live, Jesus, in our hearts... Forever  
We are... called to serve

## Timeline

- ★ August- Lasallian core values
- ★ Connect the 5 Lasallian core values with our La Salle 5 pillars
- ★ Lecture/notes
- ★ [https://docs.google.com/presentation/d/1YK--rOTbQCq0Xp1Aqd1LGxIZFgJ6pbrMv9fG5\\_Ty4bM/edit#slide=id.p](https://docs.google.com/presentation/d/1YK--rOTbQCq0Xp1Aqd1LGxIZFgJ6pbrMv9fG5_Ty4bM/edit#slide=id.p)

### La Salle Connection with Lasallian Core Principles

1. Faith in the presence of God- FAITH
2. Quality education- SCHOLARSHIP
3. Concern for the poor and social justice- SERVICE
4. Inclusive community- COMMUNITY
5. Respect for all persons- LEADERSHIP



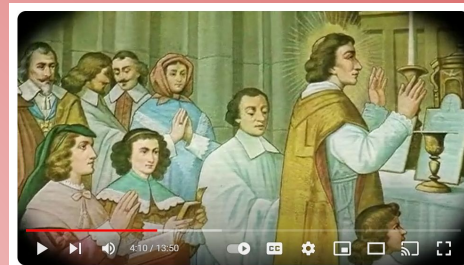
## Timeline

- ★ September- La Salle 5 pillars
- ★ Lecture/notes
- ★ Video in class project
- ★ Each group is assigned a pillar
- ★ Students must show an understanding of the pillar
- ★ Groups need to define the pillar and show good and bad examples of living the pillar
- ★ <https://youtu.be/JOqxxdNoWk4?si=y4BQUDrusdezQ0hn>



## Timeline

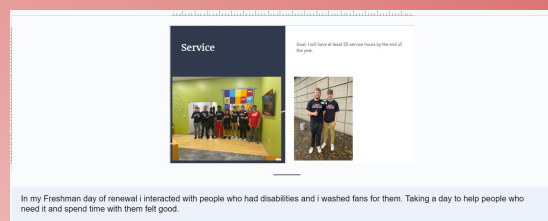
- ★ September- De La Salle's Life
- ★ Beyond Statues and Doors
- ★ Youtube video about De La Salle's life made by 2 Lasallians
- ★ They follow his life footsteps in France
- ★ Q&A sheet classroom activity
- ★ [https://www.youtube.com/watch?v=BDB3Qo\\_8r2g](https://www.youtube.com/watch?v=BDB3Qo_8r2g)



Beyond Statues & Doors

## Timeline



- ★ October- Goal Log Book and living the 5 Pillars Google Slides project
- ★ Every student is assigned a 5 Pillars Google Slides to work on the project over several years
- ★ Freshman write a Goal for each of the 5 pillars
- ★ Find a photo for each pillar (we do this after their Freshman retreat, fall sports and fall play)
- ★ Write a short reflection for each pillar on how they have lived the pillar so far
- ★ [https://docs.google.com/presentation/d/1uOKNnhQ6GAtIJT7dX9jIphs cv9eF76\\_hqTJSwWSQoIw/edit#slide=id.g14554ba1184\\_0\\_0](https://docs.google.com/presentation/d/1uOKNnhQ6GAtIJT7dX9jIphs cv9eF76_hqTJSwWSQoIw/edit#slide=id.g14554ba1184_0_0)



# Timeline

Service

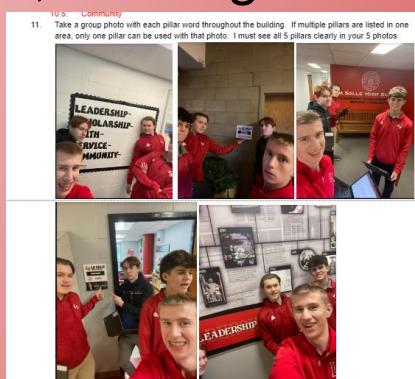
Goal: I will have at least 20 service hours by the end of the year.



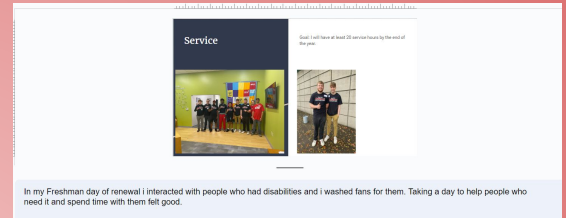
In my Freshman day of renewal i interacted with people who had disabilities and i washed fans for them. Taking a day to help people who need it and spend time with them felt good.

# Timeline

- ★ January- La Salle's history and Lasallian connections
- ★ La Salle Scavenger Hunt
- ★ In groups of 3-4, students complete a scavenger hunt around our building
- ★ Questions are about our Lasallian heritage, building history and La Salle history
- ★ Students must submit photos of answers
- ★ <https://docs.google.com/document/d/1xDy4rZQwukhgCGudChDDY-bX1vR-fubhez9wvLpfZk0/edit>



## Timeline



- ★ May- Goal Log Book and living the 5 Pillars Google Slides project
- ★ Revisit their goals from the start of the year
- ★ Write an update on their experiences in each of the 5 pillars for the year
- ★ Did they meet their goals? Why or why not?
- ★ [https://docs.google.com/presentation/d/1uOKNnhQ6GAtIJT7dX9jIphs cv9eF76\\_hqTJSwWSQolw/edit#slide=id.g14554ba1184\\_0\\_0](https://docs.google.com/presentation/d/1uOKNnhQ6GAtIJT7dX9jIphs cv9eF76_hqTJSwWSQolw/edit#slide=id.g14554ba1184_0_0)

## Capstone Project:

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## What's next?

As part of our accreditation process proposal, Lasallian formation will be added to each class level's religion classes.

- ★ Reading De La Salle writings
- ★ Goal Log Book quarterly updates
- ★ Deeper understanding of De La Salle's life experiences