



Saint Agnes School

Arlington Catholic
High School

Alumni Newsletter

June 2025

Parent and Alumni Engagement Manager Jake OKeefe '16 '20



Questions? Reach out!

If you have any questions or would like to learn more about Alumni Relations, contact Jake OKeefe, Parent and Alumni Engagement Manager at jokeefe@achs.net or 781-777-7030.

Thank you and Go Cougars!

Greetings Cougar Alumni!

As we plan future editions of the Alumni Newsletter, we want to hear from you! Please take a moment to fill out the short survey below and tell us what content you'd love to see—whether it's career news, throwback photos, or ways to get involved, let us know!

We're also exploring ideas for future alumni events and would love your feedback on what types of gatherings you'd be most interested in—pub nights, networking nights, family-friendly activities, or something new. Your input helps us create a newsletter and event calendar that truly reflects and celebrates the AC alumni community.

[Alumni Survey](#)

Alumni Spotlight: Caroline Morin Cantillon '01

When I was looking at high schools, Arlington Catholic was the only place that I really wanted to go. I remember anxiously checking the mailbox (because that's what we did back then) to see if I got in. The day the letter

came was a core memory day. I remember being so excited and feeling like a weight had been lifted. I was going to my dream school.

My time at Arlington Catholic helped to pave my way to where I am today. I was involved in several clubs and was a cheerleader for basketball and football for all four years. Being a cheerleader gave me some of my favorite memories from high school. Football games, cheering competitions, basketball playoffs and practices all stick out as some of the best times I had. I was inducted into the National Honor Society in junior year and participated in many charity and community activities. Through it all, I developed a great group of friends who I still call my closest to this day.

My favorite classes were always science classes. Biology and Honors Bio being my top. I wish AC had had Anatomy and Physiology when I was there! I for sure would have taken it. It is of no surprise that I then went into the health care field from there. Although science classes were my favorite, my favorite teacher by far was Mr. Talon from my English classes. He was an inspirational teacher who really supported his students to strive for their best every day. I know he left his mark on not only me but many others at AC.

Because of my rigorous academics at AC, I was able to get into the University of Pennsylvania nursing program. I served as treasurer and then president of the Student Nurses' Association of Pennsylvania while at Penn representing the state in many local and national conferences. I matriculated into their master's of nursing program with a concentration in pediatrics in my junior year. I graduated Summa Cum Laude with a bachelor's in nursing and a minor in clinical nutrition.

After Penn, I moved home to Boston to start a job as a new graduate nurse in the Cardiac Intensive Care Unit at Boston Children's Hospital. I transferred my credits from Penn to Boston College to complete my master's degree. I graduated in 2010 while I was pregnant with my first son and started as a pediatric nurse practice in the Cardiac ICU shortly after my maternity leave ended. I have been a nurse practitioner in the CICU for 14 years now. Additionally, I am one of the advanced practice nurse educators for the unit and the Heart Center at Boston Children's. I have had the opportunity to speak at national and international conferences, developed educational programs for nurse practitioners in cardiac care, and even helped write a book on congenital heart disease. Even after all this time, I continue to truly love my job.

As I said, I got married in 2007 to my husband Jeff. We now have two sons aged 14 and 11 and a daughter age 7 who keep us very busy. On any given weekend, you will find us at a hockey rink, soccer field, or dance studio with them. We also love Disney and vacation there yearly. AC has been instrumental in the trajectory of my life. My time there is cherished. We are very excited that our oldest son, Cole, will be joining the incoming class of 2029 in the fall. I know that he will have the same community and support that I had while I was at AC. I know the future is bright for him because of this step that he is embarking on and we could not be happier for him.



We are committed to featuring SAS/ACHS alumni and their lives after graduation in future editions of our alumni newsletter. Do you know of fellow alumni living the mission of SAS/ACHS in their professional or personal lives who would be open to being interviewed by Sister Barbara McHugh and featured in a future alumni publication? Please email Sister Barbara directly at sbarbara@achs.net to nominate an alum or yourself!

Campus Happenings

Graduation

On Thursday, May 22nd, the Class of 2025 officially concluded their

journey at Arlington Catholic High School with this year's Commencement Ceremony. CONGRATULATIONS to the Arlington Catholic Class of 2025!



8th Grade Moving Up Ceremony

On Thursday, June 5th, the Saint Agnes School Class of 2025 had their 8th Grade Liturgy and Award Ceremony at Saint Agnes Church. Following the celebration of Mass was the presentation of diplomas and Saint Agnes School Alumni pins to each graduate, as well as the recognition of award and scholarship recipients.

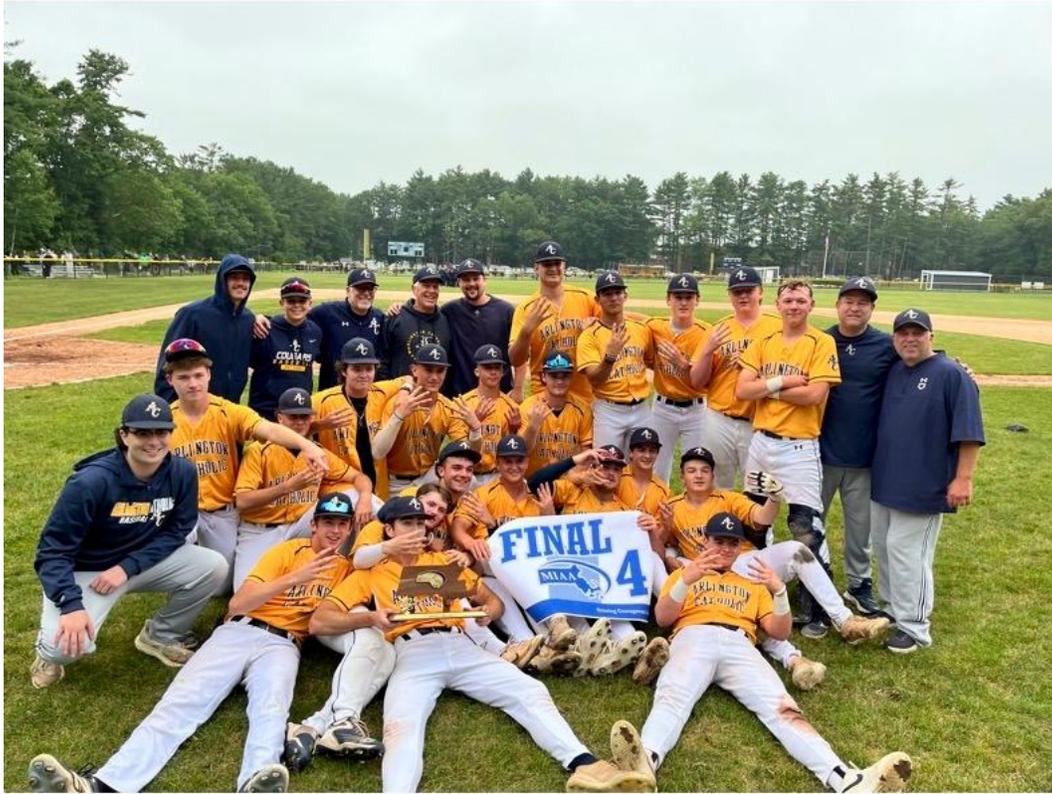
CONGRATULATIONS to the Saint Agnes School Class of 2025!



MIAA Tournament: Baseball

On Friday, June 13, the Boys Varsity Baseball Team competed in the MIAA Division 3 State Championship against North Reading High School at Polar Park in Worcester, MA. Although the game didn't end in our favor, we couldn't be prouder—join us in congratulating our Cougars on an incredible achievement. No team in AC history has ever made it to

the State Championship Game!



Reunions

Class of 1975 - 50th Reunion

Date: Saturday, November 1, 2025

Time: 6:00 PM to 11:00 PM

Location: Concord Colonial Inn, 48 Monument Square, Concord, MA 01742

Contact: Joseph Giurleo at joeg@baystatewiring.com or 978-667-9300

CLICK HERE for additional details!

1985 - 40th Reunion

Date: Saturday, November 8, 2025

Time: TBD

Location: The Ford Tavern, 61 Locust St, Medford, MA 02155

Contact:

2005 - 20th Reunion

Date: Saturday, November 22, 2025

Time: 4:00 PM to 6:00 PM

Location: Common Craft, 75 Middlesex Turnpike, Burlington, MA 01803

Contact:

o's and 5's...It's your reunion year!

Reunions are run by members of each class and are held every five years. If your graduation year ends in a '0 or '5 your reunion year is 2025!

CLICK HERE to view a message from our Alumni Relations Ambassador, Sister Barbara McHugh, CSJ about planning for your upcoming reunion.

Class Notes and In Memoriam

Submit your class note for the next edition of Fidelitas!

This is a great chance to let your fellow alumni know what is happening in your life. Whether you've just hit a major life milestone, recently traveled somewhere new, or began a new business venture, we want to hear about it!

Click below to submit a class note today!

[Submit a Class Note](#)

In Memoriam

If you are aware of a graduate of Saint Agnes School or Arlington Catholic High School who has passed away, we would be most grateful if you would email Sister Barbara McHugh at sbarbara@achs.net.

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