

St. Mary's School

Morning Memo – Week of December 18, 2017



1. Follow us on Twitter: @stmarys_mh, Instagram, and Facebook
2. St. Mary's School is once again offering "Homework Club" every Tuesday and Wednesday from 3:30 to 4:30. During this time, a Math/Science teacher and a Humanities teacher are available to help the students with their homework, or to provide them with a quiet place to work and computer access. Several teachers are also offering drop in help before school and at lunch.
3. Upcoming Events
 - Monday – Assembly - Period 1
 - 9Van caroling at Cypress View
 - Tuesday – Homework Club 3:30 to 4:30
 - School Mass at Holy Family Parish 10:00 am
 - Wednesday – Christmas Caroling 12:15
 - Homework Club 3:30-4:30
 - Art Club 3:18-4:30
 - Thursday – Pajama Day
 - Friday –No school for students
4. Sports Events this Week
 - Tuesday – Boys A-NDA @ 4:15
Boys B2-Dr. Wilson @5:30
Boys B1- AMS @5:30
5. Chocolates & Chocolate covered pretzels, are due back as soon as possible (October 31). For convenience, chocolates can be paid for using School Cash Online. Profit on these chocolates (50%) is used to run student activities at the school. Prizes are offered as an incentive for sellers.
6. Congratulations to all students and staff who participated in our "Word of the Week" program last week. We will continue this week.
 - Staff and students are encouraged to be "caught" using the word of the week. If this happens they will be given an entry form for a draw to be completed on Friday mornings during announcements (Staff draw will occur monthly).
 - i. **Student Word- Ostracize** v. Exclude (someone) from a society or group. "She felt ostracized by society."
 - ii. **Staff word- Irascible** adj. Characterized by or arising from anger. (of a person) Easily made angry. "He was always irascible and quick to get into a fight."
7. This week's article discusses the desire all humans have to belong and be liked or loved. Here is another way of looking at how others view us... Enjoy!

Dealing with the Desire to Be Liked

In this article in *The Cut*, Cari Romm writes about her “deep-seated, seemingly unshakable need to be liked” by everyone she encounters. Checking in with friends, she’s found that this is a pretty common affliction. It’s not very helpful to tell yourself it doesn’t matter if people like you, says Romm. Better to heed advice she’s gathered from psychologists:

- *Think of yourself as a Rorschach inkblot.* “What a person sees says more about them than it does the inkblot,” says Roger Covin, a clinical psychologist and author of *The Need to Be Liked*, “and the same thing is true interpersonally. The very qualities that make you likable to one person are the exact same qualities that will make you unlikable to another person.” Confidence can be seen as bossiness; honesty as rudeness; hilarious jokes as annoying. The key variable, psychologists have found, is how much your inkblot is like the other person’s. “Like attracts like,” says Romm, “– or, perhaps more accurately, like *likes* like. And while you can control your side of a conversation, you can’t control the personality, or the preferences, of the person on the receiving end.”

- *Consider all the things you don’t know.* “Someone might be having a bad day at work or a bad week at home, or they might just be distracted by a growing to-do list and eager to turn their attention back to it,” says Romm – or they might just be hungry. “All, again, are factors beyond your control and likely beyond your knowledge – and while they may influence how people respond to you, they’re not *about* you. Sometimes it’s soothing to remind yourself of your own relative insignificance.”

- *Pinpoint your biases.* All of us have what psychologists call “cognitive distortions” – problematic thought patterns as we interact with others. Some examples:

- Mind-reading – assuming another person is thinking negative thoughts about you;
- Personalizing – making something about you when it isn’t;
- Catastrophizing – imagining the worst-case outcome.

We’re mostly unaware of these thought patterns, but they can generate a lot of anxiety. The key to overcoming them is being aware of what’s going on in our heads. “Pay attention to where your mind goes before, during, and after conversations,” Romm suggests, “and then be honest with yourself about anything that may have skewed your perception of what took place.”

- *Remember the difference between negative and neutral.* Plenty of totally neutral encounters – the other person is minding their own business or texting – end up being interpreted as negative. This is especially common among people who are high in “rejection sensitivity” – anxious that others are going to shut them out.

- *Do the math.* Romm conjectures that about 30 percent of the people on the planet, if they got to know us, wouldn’t like us. So the chances of running into some of those people in everyday life are very high – servers in a restaurant, clerks in a bank, people at work. “You’re going to be disliked by people,” she concludes. “A lot of people. And that means there’s nothing left to do but suck it up... Just tell yourself the odds are crushingly against you...”

“How to Get Over the Need to Be Liked by Everyone You Meet” by Cari Romm in *The Cut*, November 8, 2017, <http://bit.ly/2yHVzEq>

Important Dates 2017-2018

December

18	Assembly
18	9Van Christmas Caroling at Cypress View Seniors Centre
19	School Mass 10:00 AM – Holy Family Parish
21	PJ Day- PM for classroom clean up/lockers and movie in the gym.
22	PD Day

January

8	Return to School
8	Assembly
9	Grade 9 Immunizations
10	Art Club 3:18-4:30PM
12	Pizza \$3/slice, Kernels Popcorn \$2 and Frozen Yogurt \$2
12-13	Girl's B Basketball Tournament
16	Alberta Opera
16	Parent Council meeting at 6:30 PM in the Library
18	Ski Trip/Activity Day
19	Pizza \$3/slice, Kernels Popcorn \$2 and Frozen Yogurt \$2
19-20	Girl's A Basketball Tournament
22	Assembly
24	Art Club 3:18-4:30PM
25	Friday's Schedule
25	Pizza \$3/slice, Kernels Popcorn \$2 and Frozen Yogurt \$2
26	PD Day
31	Twin Day
31	First Day of Semester II (options change only)

February

2	Pizza \$3/slice, Kernels Popcorn \$2 and Frozen Yogurt \$2
2	Pep Rally for Basketball
2-3	Boy's B Basketball Tournament
5	Assembly
6	St. Mary's Orientation 6:00-8:00PM
7	Art Club 3:18-4:30PM
9	Pizza \$3/slice, Kernels Popcorn \$2 and Frozen Yogurt \$2
9	Fine Arts Silent Art Auction and Wine Gala
9-10	Boy's A Basketball Tournament
13	Shrove Tuesday
13	Red/Pink Day
14	Valentine's Day
14	Ash Wednesday

16	Pizza \$3/slice, Kernels Popcorn \$2 and Frozen Yogurt \$2
19-21	PD Days – No School for students
22-23	Teacher’s Convention – No School for Students
26	Assembly
28	Pink Shirt Day

March

2	Pizza \$3/slice, Kernels Popcorn \$2 and Frozen Yogurt \$2
5-6	Choral Music Festival
7	Face to Face Retreat
7	Art Club 3:18-4:30PM
9	Pizza \$3/slice, Kernels Popcorn \$2 and Frozen Yogurt \$2
11	Daylight Savings Time Begins
12	Assembly
13	Friday’s Schedule
13	Pizza \$3/slice, Kernels Popcorn \$2 and Frozen Yogurt \$2
13	Parent Teacher Interviews 4:00-7:30PM
14	Band Music Festival
15	Green Day
16	PD Day
20	Parent Council Meeting 6:30 PM in the Library
21	Art Club 3:18-4:30PM
22	PARTY Program- 9 Law
23	Pizza \$3/slice, Kernels Popcorn \$2 and Frozen Yogurt \$2
26	Assembly
29	Holy Thursday Celebration
29	Find The Bunny Activity
30	Good Friday

April

9	First Day back after Easter
11	Art Club 3:18-4:30PM
13	Pizza \$3/slice, Kernels Popcorn \$2 and Frozen Yogurt \$2
16	Assembly
17	Parent Council Meeting 6:30 PM in the Library
20	Zoo Day
20	Pizza \$3/slice, Kernels Popcorn \$2 and Frozen Yogurt \$2
23-27	Madagascar Jr. Production
25	Art Club 3:18-4:30PM
26	Students will attend Madagascar Jr. Production at 1:00PM
27	PD Day
30	Assembly

May

3	Track Day
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4	Fake An Injury Day
4	Pizza \$3/slice, Kernels Popcorn \$2 and Frozen Yogurt \$2
8	Grade 9 English Language Arts Achievement Part A Exam
9	Art Club 3:18-4:30PM
10	Grade 9 French Language Arts Achievement Part A Exam
11	Pizza \$3/slice, Kernels Popcorn \$2 and Frozen Yogurt \$2
13	Mother's Day
14	Assembly
15	Gr. 9 Immunizations
16	Friday's Schedule
16	Pizza \$3/slice, Kernels Popcorn \$2 and Frozen Yogurt \$2
17	PARTY Program- 9 Rus
18	PD Day
21	No School
23	Art Club 3:18-4:30PM
25	Disney Day
25	Grade 9 Practice Math PAT- period 1-3
25	Pizza \$3/slice, Kernels Popcorn \$2 and Frozen Yogurt \$2
28	Assembly

June

1	Pizza \$3/slice, Kernels Popcorn \$2 and Frozen Yogurt \$2
4	Parent Council Meeting 6:30 PM in the Library
6	Art Club 3:18-4:30PM
7	Friday's Schedule
7	Pizza \$3/slice, Kernels Popcorn \$2 and Frozen Yogurt \$2
7	St. Mary's Dance 6:00-9:30 PM
8	PD Day
11	Assembly
11	Rehearsal for the Spring Show
12	Spring Show at the College
13	School Mass 10:00 AM – Holy Family Parish
15	Neon/80's Day
15	Pizza \$3/slice, Kernels Popcorn \$2 and Frozen Yogurt \$2
17	Father's Day
20	Art Club 3:18-4:30PM
22	Grade 9 French Language Arts Achievement Part B Exam
22	Grade 9 Farewell
25	Grade 9 Social Achievement Exam
26	Grade 9 English Language Arts Achievement Part B Exam
27	Grade 9 Math Achievement Exam
28	Grade 9 Science Achievement Exam
29	Last Day for Teachers