

# St. Mary's School

## Morning Memo – Week of January 22, 2018



1. Follow us on Twitter: @stmarys\_mh, Instagram , and Facebook
2. Internal registration (students already enrolled in MHCBE) for the 2018/19 school year, will take place January 22 to February 2. Students will bring home “prepopulated” registration forms January 22 and return them by February 2. Space in the Fine Arts Academy is limited, so please return your registration forms promptly to avoid disappointment. St. Mary's students and staff will be visiting our feeder schools' grade 6 classes this week. Open house for new and prospective students is planned for February 6 from 6:00 to 8:00.
3. Upcoming Events
  - Monday – Assembly
  - Tuesday – Homework Club 3:30 to 4:30
  - Wednesday - Homework Club 3:30-4:30
    - Art Club 3:30-4:30
  - Thursday – Friday's Schedule
    - Grade 9's to McCoy in the pm
  - Friday – PD Day
4. Sports Events this Week
  - Monday – Girls B at MH Christian-5:30
  - Tuesday- Boys B2 at Home-4:15
    - Boys B1 at Home-5:30
  - Wednesday – Girls B at Wilson- 5:30
  - Thursday - Boys A at Alexandra- 5:30
  - Friday/Saturday –Tournaments
    - Girls B at Brooks
    - Boys A at CHHS
    - Boys B2 at JT Foster, Nanton
5. Congratulations to all students and staff who participated in our “Word of the Week” program last week. We will continue this week.
  - a. 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 – intrepid- characterized by a resolute fearlessness, fortitude and endurance.
    - ii. Staff word- extenuate- to lessen or try to lessen the seriousness or extent by making partial excuses. To lessen the effect. May use extenuating...
6. We have bagged up all the lost and found items. If your child is missing something please have them look through the bags at the office. Otherwise these items will be donated to a charity.
7. Today's article is on self-awareness. This is a never-ending journey that all of us embark on daily...

## Self-Awareness 101

In this *Harvard Business Review* article, organizational psychologist Tasha Eurich says that people with good self-awareness are more confident and creative, communicate more effectively, build stronger relationships, make sounder decisions, and are less likely to lie, cheat, and steal. These insights came from four years of research with almost 5,000 subjects. An initial takeaway: although most people believe they are self-aware, only 10-15 percent really are. This led the researchers to look more closely at the whole subject. Three major findings:

- *There are two ways of knowing ourselves.* The first is internal self-awareness – how clearly we see our own values, passions, aspirations, fit with our environment, reactions (thoughts, feelings, behaviors, strengths, weaknesses), and impact on others. People with good internal self-awareness have higher job and relationship satisfaction, personal and social control, and happiness. Those with poor internal self-awareness are more prone to anxiety, stress, and depression.

The second is external self-awareness – understanding how other people view us on the dimensions above. Those with good external self-awareness are better at showing empathy and taking the perspective of others, and their colleagues have better relationships with them, feel more satisfied with them, and see them as more effective.

Surprisingly, the researchers found virtually no relationship between internal and external self-awareness. Teasing out the permutations, they defined four types of leaders:

- *Seekers* (low internal and low external self-awareness) – They don't yet know who they are, what they stand for, or how their teams see them, and may feel stuck or frustrated with their performance and relationships.
- *Pleasers* (low internal and high external self-awareness) – They can be so focused on appearing a certain way to others that they could be overlooking what matters to them, and over time make choices that don't serve their own success and fulfillment.
- *Introspectors* (high internal and low external self-awareness) – They're clear on who they are but don't challenge their own views or search for blind spots by getting feedback from others.
- *Aware* (high internal and high external self-awareness) – They know who they are, what they want to accomplish, and seek out and value others' opinions.

“The bottom line,” says Eurich, “is that self-awareness isn't one truth. It's a delicate balance of two distinct, even competing, viewpoints.” The most effective leaders consciously cultivate both types.

- *Experience doesn't improve self-awareness.* Quite the contrary, as leaders became more experienced and powerful, their self-awareness became less and less accurate. “Contrary to popular belief,” says Eurich, “studies have shown that people do not always learn from experience, that expertise does not help people root out false information, and that seeing ourselves as highly experienced can keep us from doing our homework, seeking disconfirming evidence, and questioning our assumptions.”

Why does this happen? First, as people rise in the hierarchy there are fewer people above them who can provide candid feedback. Second, the more powerful a leader is, the less comfortable people are giving critical feedback (for fear of their own status). And third, as one's power increases, one's willingness to seek out and listen to feedback shrinks.

“But this doesn't have to be the case,” says Eurich. The most successful leaders in the study pushed back on all three tendencies: they actively sought feedback, encouraged those around them to speak honestly (they actually loved their critics!), listened, checked in with others when they got critical feedback, and continuously improved their internal and external self-awareness.

• *Introspection doesn't always lead to self-awareness.* It turns out that navel-gazers “are *less* self-aware and report worse job satisfaction and well-being,” says Eurich. But the problem isn't with introspection itself; it's that most people are doing it wrong. A prime example: asking “why” to understand our emotions:

- *Why don't I like this person?*
- *Why did I fly off the handle?*
- *Why am I so against this idea?*

“As it turns out,” says Eurich, “‘why’ is a surprisingly ineffective self-awareness question. Research has shown that we simply do not have access to many of the unconscious thoughts, feelings, and motives we’re searching for. And because so much is trapped outside our conscious awareness, we tend to invent answers that *feel* true but are often wrong... We tend to pounce on whatever ‘insights’ we find without questioning their validity or value, we ignore contradictory evidence, and we force our thoughts to conform to our initial explanation.” Sometimes anger or self-doubt is the result of something as simple as low blood sugar, but people caught in a self-awareness loop may obsess about their fears, shortcomings, and insecurities.

A better self-awareness question than *Why?* is *What?* “‘What’ questions help us stay objective, future-focused, and empowered to act on our new insights,” says Eurich. A manager who hated his job didn't ask himself, “Why do I feel so terrible?” Rather, he asked, “What are the situations that make me feel terrible, and what do they have in common?” The answers led him to quit his job and pursue a far more fulfilling career in another field.

Eurich's conclusion: “Leaders who focus on building both internal and external self-awareness, who seek honest feedback from loving critics, and who ask *what* instead of *why*, can learn to see themselves more clearly – and reap the many rewards that increased self-knowledge delivers. And no matter how much progress we make, there's always more to learn. That's one of the things that makes the journey to self-awareness so exciting.”

“What Self-Awareness Really Is (and How to Cultivate It)” by Tasha Eurich in *Harvard Business Review*, January 4, 2018, <https://hbr.org/2018/01/what-self-awareness-really-is-and-how-to-cultivate-it>

## Important Dates 2017-2018

### January

22	2018/19 Internal Registration Begins
22	Assembly
24	Art Club 3:18-4:30PM
25	Friday's Schedule
25	Grade 7 Sot to Esplanade for “Mistatim” performance
25	Grade 9 McCoy orientation – Modified timetable 2341567 – Grade 9 lunch at 11:36
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	Open Registration begins
2	Pizza \$3/slice, Kernels Popcorn \$2 and Frozen Yogurt \$2
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	Pep Rally for Basketball
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
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	Attending McCoy "Back to the 80's" at MHC Theatre
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
21	Year End Picnic (tentative)
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