

St. Mary's School

Morning Memo – Week of June 25, 2018



1. Follow us on Twitter: @stmarys_mh, Instagram , and Facebook
2. Open registration is on now. We are still accepting applications for spots in all programs including the Fine Arts Academy. If you know anyone who is looking for a school for their child for next year, encourage them to call the school and arrange to meet with administration. We accept both Catholic and non-Catholic students.
3. **It is June and we still have some outstanding chocolate money that needs to be collected.** The funds raised go to support Blue Day, Fun days and pay for many student activities. If you have not paid your chocolate money yet, it is not too late. Please send money, chocolates or a combination of both into the office ASAP.
4. As we complete the school year, and as you begin your back to school shopping this summer, please keep St. Mary's Dress Policy in mind:

DRESS POLICY

Students' appearance and dress is to reflect a standard of modesty and courtesy that is appropriate and fitting for an educational environment of the school and for making a smooth transition to the work place. Clearly not appropriate for school are extremes of style including, but not limited to, the following: exposed under-garments, open side shirts, "see-through" attire, clothing that shows buttocks, obvious cleavage, and/or excessive waist/midriff, and clothing with symbols, insignias, and printed messages that are inconsistent with the District Mission Statement. Facial and body ornaments (e.g. protruding spiked jewellery) that may endanger safety are unacceptable. All dress and attire should reflect Catholic values.

The Principal or the Vice Principal shall make the final decision on the acceptability of any style of dress. All violations will be dealt with on an individual basis. Students in violation of the dress code may be required to cover up or change their clothing, or may be sent home to do so. If parents come in with proper clothing, the student will remain in the office until the parents arrive and the change in clothing has occurred. Subsequent violations may result in a suspension.

Students may not wear hats or headwear including hoods and bandanas in the school .

5. Exam Schedule
 - Monday
 - Grade 7 -English Language Arts-Part B
 - FA 7 No School
 - Grade 8- Science- all programs
 - Grade 9- Social Studies-all programs
 - Tuesday
 - Grade 7 -Math- all programs
 - Grade 8- Social Studies
 - Grade 8-Humanities

- Grade 9- English Language Arts- all programs
- Wednesday
 - Grade 7 -Social Studies-all programs
 - Grade 7 FA Humanities
 - Grade 8- English Language Arts
 - Grade 8 Humanities No School
 - Grade 9- Math- Part A and B - all programs
- Thursday
 - Grade 7 -Science- all programs
 - Grade 8- Math- all programs
 - Grade 9- Science all programs
- Friday – No School for students
- **ALL WEEK – IF YOUR CHILD TAKES LONGER TO WRITE THEIR EXAM AND CAN'T MAKE THE BUS YOU ARE REQUIRED TO PICK UP YOUR CHILD FROM THE SCHOOL**

6. With final exams just around the corner today's article is about stress, and the importance and benefits of some stress.

The Upside and Downside of Stress

"We hear that stress can lead to everything from depression to cancer," says psychiatrist Richard Friedman (Weill Cornell Medical College) in this *New York Times* article. "But the right kind of stress can actually be beneficial. And it's particularly important for young people, whose brains and bodies are uniquely sensitive to the impact of experience. Stress is really just our body's response to a challenge. The key to good stress is that the challenge be something you can manage and even master."

That's why teachers who give students difficult but do-able work, producing a moderate amount of anxiety, are more effective than teachers who are permissive or tyrannical. "Good teachers know how to push students without making them so anxious that they give up," says Friedman. "They have found the sweet spot for stress: Too much or too little and people don't do their best."

Brain studies have given us new insights into this dynamic. Moderate amounts of stress stimulate the production of adrenaline and cortisol, which enhance the growth of neurons and boost learning, memory, performance, and resilience. But when pressure is too intense, or when people are stressed for long periods of time, the same hormones wreak havoc, shrinking neurons, harming performance, and creating health problems like sleep deprivation, obesity, diabetes, and high blood pressure.

Friedman reports another insight from cognitive science: when people feel in control of a difficult situation, stress doesn't impair their performance – even if they're actually not in control. "The idea," he says, "is that our attitude about stress – something that's pretty easy to change – can influence whether we experience it as manageable or noxious."

"The Stress Sweet Spot" by Richard Friedman in *The New York Times*, June 2, 2018, <https://www.nytimes.com/2018/06/01/opinion/stress-students-kids-brains-sleep.html>

Important Dates 2017-2018

June

25	Grade 9 Social Achievement Exam, Grade 8 Science Exam, Grade 7 English Language Arts Part B
26	Grade 9 English Language Arts Achievement Part B Exam, Grade 8 Social Studies and Humanities Exam, Grade 7 Math Exam
26	Grade 6 Orientation 1:00 pm
27	Grade 9 Math Achievement Exam, Grade 8 English Language Arts Part B exam, Grade 7 Social Studies and Humanities Exam
28	Grade 9 Science Achievement Exam, Grade 8 Math and Grade 7 Science Exam
29	Last Day for Teachers