

# St. Mary's School

Morning Memo – Week of May 21, 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. Upcoming Events
  - Monday –No school
  - Tuesday-
    - Cos Club – second half of lunch
    - Grade 7 Trip to Elkwater
    - Grade 9 FA to St. Michael's
  - Wednesday – City Track
  - Thursday –
  - Friday –
    - Math PAT Field Testing
    - Disney Day- dress like your favorite Disney character
    - Pizza day \$3.00/slice, Frozen Yogurt \$2 and Kernels Popcorn
4. 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).
  - Student word – kindle - to light as fire
  - Staff word – mollify- implies softening of hurt feelings or anger.
5. This week’s article reminds us of the importance of resiliency and twelve habits that teachers can work on to build and protect resiliency. Enjoy....

## Twelve Ways Teachers Can Build Resilience

“When talking about a profession that loses 50 percent of its workforce in the first five years of their careers, it would be an understatement to say teaching is challenging,” says Jennifer Gonzalez in this *Cult of Pedagogy* article. “It traps us in small rooms with an unpredictable assortment of personalities, energies, and needs. It forces us to make hundreds of small, exhausting decisions every day. And over and over again, it puts us in predicaments that test our confidence, wear out our patience, and break our hearts. You can learn all the techniques, plan outstanding lessons, and

set up a watertight classroom management system, but to do this work and stick with it long enough to get good at it, you need a level of emotional resilience most other jobs will never require.”

Fortunately, says Gonzalez, there is helpful advice in Elena Aguilar’s just-published book, *Onward: Cultivating Emotional Resilience in Educators* (Jossey-Bass, 2018). “The best way to make all twelve of these habits stick,” says Gonzalez, “is to work through them slowly, over the course of the year. Even better, do it with a group of committed colleagues.”

- *Know yourself.* “Being really anchored in your purpose, being really clear about what you want to be doing in life, helps you deal with challenges and setbacks,” says Aguilar.
- *Understand emotions.* It’s important to examine the way feelings influence our thinking (and vice-versa) and work with them instead of against them.
- *Tell empowering stories to reframe classroom events.* For example, when a student rolls her eyes at you, the story could be, “This student doesn’t respect me,” but it could also be, “This is very typical behavior from 12-year-olds, and I’m going to move on to the next part of the lesson.”
- *Build community.* Nurturing relationships with colleagues, students, parents, and administrators strengthens resilience. The beginning of the school year is an ideal time to focus on this.
- *Be here now.* Mindfulness – focusing on what is happening right now without judgment – can help prevent unhelpful “triggered” reactions to daily challenges. Daily meditation or brief moments of focusing on our breathing can help bring us to that place of calm.
- *Take care of yourself.* “I think people know what to do,” says Aguilar. “We know we should be eating more leafy greens and exercising more and so on, but why is it so hard?” Finding out why can help develop healthier habits.
- *Focus on the bright spots.* “Our brains have a negativity bias,” says Aguilar, “so everything that is challenging, that is potentially a threat, appears really vividly and clearly to us, because of the way our brains are wired, and so one of the skills that we need to hone is the ability to see all the things that are going well or even just okay.”
- *Cultivate compassion.* We can get out of the drama of the moment by empathizing with others’ points of view and seeing the big picture.
- *Be a learner.* “Resilient people experience a challenge and turn around and say, *Wow. That was really hard. That pushed me to my limits. What can I learn from that?*”
- *Play and create.* “I think it’s a human right to be creative, to create, enjoy, and appreciate art,” says Aguilar. “Playing and creating can unlock inner resources for dealing with stress, for solving problems... It can help us see different things and find different approaches to tackle problems.”
- *Ride the waves of change.* Slow down, face and deal with fear, and ask how we can direct our energy to the actions that make the biggest difference.
- *Celebrate and appreciate.* Savor our own accomplishments and those of our students and colleagues.

“12 Ways Teachers Can Build Their Own Resilience” by Jennifer Gonzalez in *The Cult of Pedagogy*, May 6, 2018, <https://www.cultofpedagogy.com/resilience/>

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# Important Dates 2017-2018

## May

22	Grade 7 Reg. Field trip to Elkwater
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
31	World No Tobacco Day

## June

1	Pizza \$3/slice, Kernels Popcorn \$2 and Frozen Yogurt \$2
4-7	Star Search at Lunch
4	Parent Council Meeting 6:30 PM in the Library
5	Social 9 Field test 9:00 to 11:18
6	English Language Arts Part B Field Test 9:00 11:18
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
7	Library Books are due
8	PD Day
11	Assembly
11	Rehearsal for the Spring Show
12	Spring Show at the College
14	School Mass 10:00 AM – Holy Family Parish
15	Neon Day
15	LAST Pizza \$3/slice, Kernels Popcorn \$2 and Frozen Yogurt \$2
17	Father's Day
20	Grade 9 French Language Arts Achievement Part B Exam, Grade 7 and 8 French Language Arts Part B
20	Art Club 3:18-4:30PM
21	Year End Picnic (tentative)
22	Grade 9 Farewell
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 & 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 & Humanities Exam
28	Grade 9 Science Achievement Exam, Grade 8 Math Exam, Grade 7 Science Exam
29	Last Day for Teachers