

Monsignor McHugh

MMS Families,

The power of positivity Many of us post memes on social media about living a “positive” life, being “present”; thus reaping the benefits of a life void of negativity. Do we truly live our lives in this way? As neuroscientist Richard Davidson explains in his book *The Emotional Life of Your Brain*, "Emotion works with cognition in an integrated and seamless way to enable us to navigate the world of relationships, work, and spiritual growth." Therefore, if we continually turn towards the positive, our world of relationships, work, and spiritual growth will thrive.

Saying “thank you” or letting someone know they are doing a good job is imperative. Our teachers have taken this to heart this year by sending notes home to congratulate or acknowledge a student’s grades or behaviors. Our “kindness tree” continues to grow with the recognition of our students’ random acts of kindness.

We tend to only speak up when we are not happy with a situation. Imagine the changes we could make if we spoke out about the positive things in our lives. Imagine if we all lived by the memes we so proudly post.

I will go first Everyday might not be perfect, but having MMS to come to everyday is a blessing!

#whatyou matters,

Dr. T

#WhatYouDoMatters

Helping Hands

Posters are due Tuesday, January 22nd.

Box Tops

December winner is 5th grade!



Upcoming Events

January 22

Book Nook 2:15-3:30

January 24

Paid Dress Down

January 25

PK/K No classes –
Conferences

Important Announcement

Ski Club:

- January 18
- January 25
- February 8

More Important News

Fundraising News

- Included in this week's Family envelope is a letter regarding the Fundraising Credits you earned from the Gertrude Hawks Christmas Candy sale. This fundraising credit will be applied to the Fundraising charge on your FACTS agreement.
- If you have any questions regarding your fundraising account, please contact Denise Brosnan in the business office.

Yearbook

- Upload your photos of school events to community.lifetouch.com Our school code is XRQUQQ



**Celebrate
Catholic Schools
Week 2019
Jan. 27 - Feb. 2
#CSW19**

Catholic Schools Week Schedule

Sunday 1/27:

- Open House 12-2pm
- "Lion King Jr" cast performs @ 12:30 & 1:15 pm

Monday 1/28:

- 9 am Mass with Father Gregg
- K – 3rd Grade – Deputy Phil Program
- 4th – 8th Grade Career Speakers

Tuesday 1/29:

- Spelling Bee @ 9 am
- Crazy Hat/Hair Day
- Student Appreciation ice cream sundaes @ lunch

Wednesday 1/30:

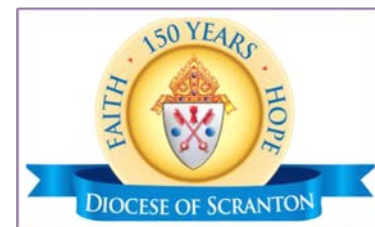
- Pajama/Movie Day

Thursday 1/31:

- Student Council reads to PreK – 5th Grade
- NED Show Assembly for ALL students
- PreK – 3rd grade – dress as your favorite character
- 6th – 8th grade Nerd vs. Jock

Friday 2/1:

- EARLY DISMISSAL @ 11am
- Sports Day – wear your favorite sports team or MMS spirit wear
- Floor Hockey - 8th vs Teachers



In the School

Bake Sale

We hold a Bake Sale for the children each month. All parents are welcome to donate baked goods for service hours, 1 dozen = 1 service hour (maximum 2 hrs).

- February 13
- March 13
- April 10
- May 8

Catholic Schools Week

During the week of January 27th - February 1st, we will be celebrating Catholic Schools Week. During this week, we will have various assemblies, activities, and fun things for the children to participate in.