



Whispering Saints Newsletter

January 7th, 2019

Important Dates

Jan. 7th

SAINT Students Return –
Beginning of 2nd Sem.

Jan. 9th

HSA Mtg. @ 6 pm.

Jan. 10th

Weekly Mass @ 10:30 am
Fr. Theo – Celebrant

Jan. 11th

Report Cards Issued

Jan. 14th – 18th

MOY STAR 360
Assessments K-6th

Jan. 17th

Weekly Mass @ 10:00 am
Fr. Martin – Celebrant

Jan. 17th

City Spelling Bee – Grades
3-8th @ Flickinger -GOOD
LUCK to our SAINT Reps!

Jan. 18th

5th & 6th Graders at the
Aristocrat Assisted Living
Center at 1:45 pm

Jan. 21st

Dr. MLK Jr. Holiday – **NO
SCHOOL**

Jan. 24th

Weekly Mass @ 10:00 am
Fr. Bedemoore – Celebrant

Jan. 25th:

St. Frances Cabrini Science
Fair – All am

Jan. 27th-Feb. 2nd

Catholic Schools Week

Jan. 31st

Weekly Mass @ 10:00 am
Fr. Juan Carlos – Celebrant

From Our Principal

The following information is published by the National Catholic Educational Association (NCEA) Parent News Section:

Helping Perfectionist Teens

Jesus says, "Be perfect, just as your heavenly Father is perfect" (Mt. 5:48). Unfortunately many understand this passage within a Western cultural notion of perfection meaning, "without flaw." Being without flaws is unattainable, yet many young people today are on a futile and potentially fatal quest to be perfect. For these perfectionistic teens, making a small mistake is the gravest of sins. As one teen told me recently after making a small error causing him to make a 98 percent on a test, "I'm better than that. I should have aced it." Translation: I must be perfect. I'll accept nothing less from myself.

The anxiety epidemic among youth is no surprise to you by now. What surprises many is that perfectionism is usually a form of anxiety in high-achieving teens. And that anxiety, left untreated, can lead to many other problems including adrenal fatigue, depression, other physical ailments, and in some cases suicide. As parents, we want our children to be good. Of course we want them to do well. We don't, however, want them to sacrifice their futures, their health and possibly their lives attempting to be perfect.

How would one, as a parent or a teacher, recognize perfectionism in a teen? • The teen who does most things absolutely perfectly (cleanliness of their room seldom falls in this category, sorry!). • The homework, worth few, if any, points must be completed with exacting standards. • A teen berating herself because she "should've gotten that one two-point question correct. I studied it for days!" • The boy who knows the answer, but won't raise his hand in class because he is afraid he'll get it wrong. • The teen who turns in an assignment with a depressed look on her face making the teacher think she is submitting subpar work only for the teacher to be blown away later by the quality of the work done. • The kid who is always seeking reassurance that he's "good" and that he "did nothing wrong" and says "I'm sorry" incessantly and unnecessarily. • The kid who is always going to confession. In religious circles this is often referred to as "scrupulosity."

In each of these cases, anxiety is the culprit. It may not seem like anxiety on the surface, but it is. Against a cultural backdrop where a growing number of teens are losing interest in academic achievement, getting their driver's licenses and religious affiliation, a perfectionistic teen might seem heroic or even saintly! That's why perfectionistic anxiety is hard to identify, because on the surface it seems good.

What do parents need to know about Perfectionistic Anxiety? • It's about the anxiety. These are often worried, chronically worried, kids whose sympathetic nervous systems are overtaxed, likely for years because of their inability to relax. • **It's not all driven by adults.** Plenty of teens drive themselves sick despite their parents and others in their lives encouraging them and attempting to give them permission to "take it easy." • **Perfectionism can be reinforced by religious beliefs.** Beliefs held from a young age can mask the anxiety as anxiety, instead of a virtuous work ethic.

How can adults help Perfectionistic Teens? • Acknowledge your own definition of "success." Complete this sentence "I'll feel successful as a parent if/when my teen _____." • **Have more frequent, shorter conversations.** Always say 50 percent less than you feel like saying. This is an important subject that needs to be talked about more frequently among parents and teens. • **Ask your teen: "What does it mean to you to be successful? What role does contribution make in your definition?"** Listen to the answers and ask follow-up questions. • **Normalize mistakes and imperfection.** When a perfectionistic teen makes a mistake this is an opportunity to help him reframe a mistake as "normal" instead of "catastrophic" and "life threatening." • **Be vulnerable.** Admit your own mistakes and when appropriate share with your teen what those are. • **Acknowledge and affirm attempts to deal with their imperfection.** "I can tell you've stopped this project at the "good enough" point so you could study another subject. I'm proud of you." • **Help teens prioritize and sequence tasks.** Though everything feels urgent, it's not all equally important nor equally time sensitive. • **Don't cater to their perfectionistic impulses.** Don't go out of your way to accommodate their perfectionism. Set boundaries. Set and enforce end times on work.

Contributed by Roy Petitfils, MS, LPC Licensed Counselor, Author, Speaker, Host of Today's Teenager podcast www.rovopetitfils.com

Open Enrollment

We continue to accept and enroll Kindergarten – 6th Grade students for the 2019 Second Semester.

We continue to provide P.E., Latin, Art, & Music
We also have weekly Mass and Daily Religious Education!

Please share your experience with anyone who might be considering joining our family at St. Frances Cabrini Catholic School.

Mr. G. and Ms. Sonia will be available to help answer questions, give school tours, etc. Contact the school at 575-437-7821 and office@fjbhcatholic.org or Mr. G. at 575-313-0851 and principal@fjbhcatholic.org.

Please enroll online via FACTS

<https://online.factsmgt.com/signin/46WTZ>

Families may apply for tuition assistance/scholarship funds on this application. You **MUST** apply online through FACTS to be considered for any financial assistance, and provide the required financial documents with a completed essay component.

*****There is NO Financial Assistance for Pre-K students.*****

CUB SCOUTS @ St. Frances Cabrini Catholic School

Cub Scout Meetings are held every Monday evening from 6 pm to 7 pm. It is **OPEN** for any Boy or Girl in grades 2nd through 5th Grade. For more information, please contact Ms. Sonia @ 575-437-7821 or Mrs. Morales @ cmorales@fjbhcatholic.org

STUDENT SAFETY REMINDER

It is our school's policy and procedure that students **MUST** be signed in or out by a parent/guardian or any **ADULT** who has been designated and/or allowed to do so, again by the parent/guardian of our Saint students. No **MINOR** can check in or out a student! This is for the safety and accountability for all our Blessed Saints! Your help, support and understanding to adhere to this procedure is greatly appreciated!!!

**FIND THE SCHOOL
ON FACEBOOK!**

<https://www.facebook.com/FJBHCatholic/>

**HS&A Meetings are held the 2nd
Wednesday's of the Month from
6 pm to 7 pm. Mark your Calendars!**



Father James B. Hay Catholic School
Community Partners Program

At Father James B. Hay Catholic School, we value the support from our community partners. The Community Partners Program is a way to ensure that the needs of our school are being met, and that the community feels connected to the school, and our students and families. The program has three tiers, Bronze, Silver, and Gold.

There is a way for individuals, families, and businesses to contribute and connect with the school.

Contact office@fjbhatholic.org for more info.

Ingold

N.L.

McLean-Delage

L.E.

Cummings

J.W.M.

COMET
CLEANERS

*Felician Sisters -
Lori Udziela*

MESA VERDE
ENTERPRISES,
INC.

Antram, PJ & AJ

MCKINLEY,
LT. COL. VIRGINIA

Vincent,
Ray & Elizabeth

Mc. Ginn Enterprises

WATERMILL EXPRESS
THE *Duchene* FAMILY