

# The Cardinal Flyer

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## B.J.'s Corner

*From the Principal*

"The most precious thing a parent can give a child is a lifetime of happy memories."

Happy New Year and Thank you for your support during 2007. Our students returned yesterday during a downpour with lots of smiles.

I hope you made "happy memories" with your children during our recent vacation. I also hope you enjoyed the terrific Christmas Musical. I am extremely proud of our kids.

**January is enrollment time! Remember it is open to all and first come, first serve. Visit our Finance Office very soon to reserve a spot.**

A special thank you to all who gifted me with cookies, ornaments, mugs, calendars, cardinal artifacts, books, cocoa and much more. My heartfelt thanks for your extreme generosity.

Wishing you the best always,

B.J.

*continued on page 2*

## The Message: Go for It!

As the new year begins, many of us take the time to reflect and make goals for the year. As we make those goals, we should consider what characteristics we can develop that will make our lives successful. One characteristic is to have a *positive attitude*. If we think about what it takes to be successful long enough and if we are willing to discipline ourselves to the principle of success, we will experience success. Remember, that "as [a man] thinketh in his heart, so is he" (*Prov. 23:7*).

### Set Worthy Goals

You can train yourself to become a positive thinker, but you must cultivate a desire to develop the skill of setting personal worthy and realistic goals. When you learn to master the principle of setting a goal, you will then be able to make a great difference in the results you attain in this life. If you want to have success in the goal-setting process, you learn to write your goals down. Put them in a prominent place—on your mirror or on the refrigerator door.

### Develop Self-discipline

You control to a large degree your own destiny. You control your own life. Some of you might cop out by saying, "Well, you just don't understand my environment or what kind of a father I have, or what kind of a mother I have, or what kind of a this or that."

Put all of that in the back of your minds and bring forward to the front of your mind the worthy goals that you want to obtain. Then practice personal self-discipline.

Benjamin N. Woodson taught "For my part, I have concluded that the quality which sets one man apart from another—the factor which lifts one man to every achievement to which he reasonably aspires while the other is caught in the slough of mediocrity for all the years of his life—is not talent, nor formal education, nor luck, nor intellectual brilliance, but is rather the successful man's greater capacity for self-discipline. All you need to do is this: Beginning this very day, stop doing one thing you know you should not do." After you have written this one thing down, stop doing it!

Some of you will have the necessary self-discipline and courage to do this. Others of you will just sit here and say, "Oh boy." You won't pay any attention to it, and so a month from now you will still be dragging behind you the same habit that is holding you back from

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## Athletic News

**Boys Basketball Tryouts began on Monday.**

**GOOOO CARDINALS!!!!!!**

## Classroom News

### Science Fair

The Event that you have been waiting for:

The **Second Annual St. Charles Science Fair Awards Banquet** will be Thursday evening **January 24<sup>th</sup>** from 5:00pm. to 6:45 pm. The Science Fair banquet will be in the Cafeteria, advanced tickets are on sale now. **(Remember The Science Fair Expo is a Mandatory event for all Middle School students and their families).**

The Awards ceremony will begin at 7 pm. This is the time for students to “shine” and be given praise for a job well done. Please invite extended family members and friends. (See attached flier)

### Judges Needed

We are looking for a few good Science Fair judges who would like to volunteer their time on Wednesday January 23<sup>rd</sup> from 8am to 1pm. Light Breakfast refreshments, and Lunch will be provided. If you have any questions, or would like to volunteer as a judge, please feel free to contact Aline Gonzales-Saiz at 792-8982.

### Geography Bee

Just a reminder that the school Geography Bee is scheduled for Thursday, January 10, 2008 at 8:00a.m. in the cafeteria. The class winners will compete and the alternates may attend to watch. Parents are also invited to attend.

### Volunteer Needed for Special Art Project

Mrs. Gallegos is in need of a parent volunteer to help organize a special art project. She needs someone with fast typing skills and availability during the day. The work should not take more than a day or two. Call Mrs. Gallegos at 243-5788 if you can help.

January 2008 Prayer of the Month:  
Vocations

Spirit of the Living God,

Awaken in us the sense of your call.

Encourage and affirm young men and women

to be sisters, brothers, deacons, and priests,

following in the footsteps of Saint Peter Julian Eymard.

Encourage others to be faithful to the call of their baptism.

May we serve you and your people,

making known the mystery of the Eucharist.

May your eucharistic kingdom come.

# Calendar of Events

## ALL SCHOOL MASS

January 9, 2008 9:00 Academic and Young Catholic Awards will be given.

## SCIENCE FAIR AND AWARDS BANQUET

See attached flyer for details.

## CATHOLIC SCHOOLS WEEK

JANUARY 27<sup>TH</sup> – FEBRUARY 1<sup>ST</sup>

All Catholic Schools Mass January 22, 2008

10:00am Our Lady of Annunciation Parish

## MANDATORY PARENT FORUMS

February 7, 2008 Kinder and 1<sup>st</sup> gym 7:00p.m.

February 21, 2008 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> gym 7:00p.m.

March 6, 2008 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> gym 7:00p.m.

being your best self.

A few of you will stop doing that one thing today. Why? Because you are going to write it down and then you are going to discipline yourself in such a way that you are going to take a problem out of your life.

### Make Your Goals Happen

Now the second part of Mr. Woodson's suggestion is this, "Start doing each day one thing you know you should do!" Write down one thing that you are going to start doing that you have been meaning to do for a long time but that you just haven't gotten around to. I don't know what it might be, but place into your life, beginning tonight; one thing that you are going to do that is going to make you a better person.

If your goals are righteous, of God-given perspective, then go for them. Pray for the inner strength to have the discipline to do those things that will guarantee through your activity and your life that you will reach your goals. Then, I think, perhaps as important as anything, we have to have faith in the Lord Jesus Christ. And oh, how desperately we have to have faith in ourselves.

We all are the sons and daughters of God. Therefore, none of us, no not one, should ever have a low self-image. We belong to Him.

### Do Things That Make a Difference

Set clear and specific goals. When you set a goal and commit yourself to the necessary self-discipline to reach that goal, you will eliminate most of the problems in your life. Spend your energies doing those things that will make a difference. Then you can become what you think about. If you just have the simple faith that Jesus is the Christ, that He is your Savior, that He is your Redeemer, and that you love Him with all your heart and are going to do all you can to keep His commandments—then peace comes.

### Do the Right Things for the Right Reasons

Live a righteous, pure life. Do the right things for the right reasons, and in God's due time, all of the blessings of will be yours. The key to this is personal self-discipline that leads to righteousness. The key is to do and to learn to master living the gospel for the right reason, to build the inner self.

We cannot ignore keeping the commandments of God. We cannot excuse ourselves or rationalize or justify even the smallest things in our lives that we need to master. We must work to overcome them. We can become the masters of our own destinies by practicing self-discipline and by setting worthy goals that will lead to higher ground so that we can become what our Heavenly Father wants us to become.

## Yearbooks are on Sale Now!!

Our theme this year is "We Are Family" and we want our whole St. Charles Family to get a copy.

Only one book captures this year's incredible events and experiences at St. Charles- your 2008 yearbook. Order your yearbook now to ensure a copy for your family. The price of the yearbook is \$30.00. Placing your order is quick and easy:

Fill out the attached order form. Send a check payable to St. Charles and turn in the form and check to the business office.

**OR** To place a credit card order, go to [jostens.com](http://jostens.com), locate St. Charles, and click on the 2008 Yearbook link.

**Deadline for ordering your yearbook is January 18<sup>th</sup>. You may pick up order forms in the front office.** If you have any questions you can contact Mrs. Gallegos, the yearbook advisor, at 243-5788.

### May I Suggest?

Q:

A:

Q:

A:

Q:

A:

## Nurse's Niche

### The Reality of New Year's Resolutions

Over the break, I had the distinct pleasure of watching a few news programs around New Year's Day. It seems as though goals don't change much over the years. Many people still want to lose weight, get more exercise, or even overcome a terrible habit. Some people don't even make resolutions, stating that they are just setting themselves up to fail.

The more I thought about resolution making, I couldn't help but think of mental health. New Year Resolutions are a fresh start. It is a time when we set a goal for ourselves and train our mind to think differently. I believe New Year's resolutions are important for stable mental health. If we can set a goal and strive to achieve it or even fail at it, this challenges our mind and gives us a purpose. Mental health is a vital part of our daily life. We must ensure stability by challenging ourselves to obtain goals.

How do you stay motivated to keep your resolution? Reward yourself for little successes. You didn't eat that chocolate chip cookie today or you went jogging in the cold weather are achievements that should be acknowledged by yourself. Another way to stay motivated is to tell a trusted friend. When you don't feel so strong, your friend can help you through the tough times. The most important thing to remember is to celebrate yourself and that you attempted to overcome some difficulty in your life. New Year's resolutions are a friendly reminder to think outside the box. It is your excuse for self improvement.

So if you haven't made a resolution yet this year, think of one and give it a try. Make a New Year's resolution as a family to spend more time together or even eat at the table for breakfast and dinner. Whatever it may be, we all need a challenge to keep our minds astute. Make a New Year's resolution and change your life.

Nicole Sandoval RN

