WAUWATOSA, WI

SAINT JOSEPH CATHOLIC SCHOOL

Faith Centered. Future Focused.

Dear St. Joseph Families,

What a week – Brewer excitement and late nights for many, I know! Unfortunately, Wisconsin sports fans aren't getting a break with a Thursday night Packer game and of course Halloween festivities this weekend! I hope you are all staying extra caffeinated!

An unplanned focus within the school lately has been on "the power of words". Many of my conversations with students have revolved around the idea that our words can either build a bridge to others or create a barrier between ourselves and others. As a society we have become extremely lax in the way we speak to one another, be it in person, via social media, through text or email, video games or public forums. Kids today are inundated with negative words, phrases, self-talk, lyrics, etc. and this is taking a toll on their relationships and growth as young men and women of God.

I find that we (not just students, but adults as well) are becoming numb to the impact that our words have on one another. Whether we haphazardly throw out a comment or phrase as a light-hearted joke, as a frustrated reaction, or as an intentional insult, we are causing harm, intended or not.

Children are not oblivious to this. Children are sponges. They soak in every interaction. They have daily interactions with friends, adults, influencers, commercials, tv shows, reels, athletes, actors, singers, etc. Now more than ever, there are so many outside influences. As much as I would love to shield them from this in our Catholic school, we cannot bury our heads in the sand and turn a blind eye. We need to hold ourselves, as adults, accountable for what we say, especially in front of our children. We need to live our faith, starting with how we talk to and about others. We need to be a positive example in a world full of negative ones. We need to do better, at the very least, for the sake of these children.

I pray you all have a safe, at least somewhat relaxing weekend. Rest up, enjoy the extra hour of sleep and let's make an extra effort to show up strong for our children.

Bryanna Van Vreede