

Students,

I pray that you all had a restful Spring Break and spent some quality time with your family. I commend all of you for your work ethic and adaptability during this difficult time. Your teachers will begin to post new lessons on Monday and will we move our Virtue Day to Friday for the rest of our virtual school time.

Our virtue for this week is Respect. Respect is the strength to show kindness toward others and recognizing their talents. In honor of Earth Day, we will have our virtue activities revolve around doing good for nature. More information will be given before Friday.

As I talked about in a previous bulletin, I began to read the book "The Obstacle is the Way" by Ryan Holiday. This book shares many insights in how to handle adversity and overcome obstacles. One thing I wanted to share was the idea that when we have obstacles, we need to focus on the day-to-day. Author Chuck Palahniuk puts it best when he says, "The trick to forgetting the big picture is to look at everything close up."

To put this into perspective, think about a time you were involved in a musical, sport, or other extra-curricular activity. To think of the entire production or season on day 1 could be overwhelming. Instead, you focus on getting better daily and in the end you have a masterpiece you can be proud of. Nick Saban, the national championship coach of the Alabama Crimson Tide, famously talks about "the process." Coach Saban said, "Don't think about winning a conference championship or a national championship. Think about what you need to do in this drill, on this play, in this moment. That's the process: Let's think about what we can do today, the task at hand."

In this new virtual learning time, take it an assignment at a time. If you think smaller picture and work on improving each day, you will avoid becoming overwhelmed. That will give you the final result you are after.

As we are defeating this obstacle before us, always remember to strengthen your faith life. Know that many people are praying for you and God will always be there. Responsorial Psalm 118:13 says, "I was hard pressed and falling, but the Lord came to my help." No matter what you are going through, God is there for you and it is important to continue to talk to him daily.

I am proud to be your principal and blessed that God put me where I am. As always, please reach out if you need something and know my prayers are with you and your family.

Go Panthers!