



St. Henry's Sr. School

**STUDENT HANDBOOK
AND
CODE OF CONDUCT**

PRINCIPAL'S MESSAGE

Dear student and parents:

The administration and the staff of St. Henry's Senior Elementary School welcome you to a new academic year! We are dedicated to serving the best interests of all our students, and we wish you much success during the coming year. We, the staff of St. Henry's are committed to making our school the best that it can possibly be. We are continually striving to reach that goal and this is the roadmap with which we believe will get us there.

1) Daily Teachings of the Gospel Virtues

We believe in the importance of integrating faith into learning. We expect our students to be discerning believers who have and continue to grow within the Catholic faith community and we strive to make the Gospel virtues become a habit in them. Our philosophy is to assist our students on a daily basis in their journey to form their moral intelligence and Christian identity.

2) Instructional Excellence

We recognize the importance of a quality education. To provide that, we maintain to deliver excellent service in programming that meets your needs as a student and as a maturing human being.

3) Climate of High Expectations

We are guided by the firm belief that all students can learn. We firmly believe and demonstrate that all students can attain mastery of the essential curriculum and that we will help all students do so. It is the responsibility of the school to ensure students do learn.

4) Safe and Orderly Environment

We believe that a safe and orderly environment is critical if you are to be able to maximize learning and achieve your potential. It is the responsibility of the school to provide an environment most conducive to your learning.

5) Frequent Monitoring of Student Progress

We believe that if we are to ensure your learning is maximized, we have to know what you have mastered and what you continue to have difficulty with. Frequent monitoring of your progress – in a variety of ways – is critical if the school is to provide timely and effective intervention to support your learning.

Thank you for your commitment to and participation in Catholic education. We rely on your support as we strive to prepare you to meet the challenges of teenage life.

Steven Boucher
Principal

ST. HENRY II

973 – 1024 CE



St. Henry's Schools are proud to share their namesake with St. Henry's Church. St. Henry is best known as a Restoration Saint. His importance stems from his fidelity to the duties of our state in life. Genuine holiness can blossom anywhere. He was one of the great rulers of the Holy Roman Empire and triumphed as a Christian statesman and soldier. As soon as he was elected Emperor in 1002, he brought the disorganized and divided empire to stability and proper structure as well as restoring and advancing religion. To this end, he ensured religious leaders were worthy of that office, erected numerous cathedrals, restored churches damaged by heretics, established dioceses and promoted reform. He established foundations to support a wide variety of charitable works. He believed that monasteries were indispensable as centers of prayer and focal points for the civilization of the people. St. Henry took ill and was miraculously cured by St. Benedict. He was also married to Kunigunde of Luxembourg who is also a Saint. They are one of the rare husband-and-wife Saints in history. St. Henry brought structure and religion back to a civilization that was in disarray. We can look upon St. Henry as a man who shows us "THAT IF OUR HEART IS IN THE RIGHT PLACE, THEN HOLINESS CAN BLOSSOM ANYWHERE."

MISSION STATEMENT

As a school, our goal is to provide:

A Christ-centered, student focused, caring faith community where nurturing spiritual growth will provide guidance in striving to develop knowledge, skills, positive attitudes and responsible actions in our students which in turn will result in forming responsible decision makers and moral and well educated leaders.

SCHOOL ORGANIZATION

DAILY SCHEDULE:

8:30	School opens
8:55 – 9:05	Warning Bell and morning attendance
9:05 - 9:55	Period 1&2
9:55 - 10:45	Period 3&4
10:45 – 11:00	Recess
11:00 - 11:50	Period 5&6
11:50 - 12:40	Lunch Break
12:40	Warning Bell and afternoon attendance
12:45 - 1:35	Period 7&8
1:35 - 2:25	Period 9&10
2:25 - 2:40	Recess
2:40 - 3:30	Period 11&12
3:30- 3:35	Homeroom and End of Day Prayer
3:35	Dismissal

GENERAL INFORMATION

ACCIDENT INSURANCE

Local insurance agencies will make available accident insurance coverage for students. This is a comprehensive medical and dental plan at a very reasonable cost. Take-home information is distributed early in the school year.

ACCIDENTS AT SCHOOL

If a student is injured at school and needs medical attention, the parent will be called to come and take the child for medical treatment. If the parent is not available, the school will arrange for medical treatment by the family doctor, if available, or the doctor on call at that time. Students witnessing or involved in a serious accident should report all details to a teacher.

BICYCLES

Bicycle racks are provided for the safe storage of these vehicles during school hours. Students are required to use the racks for their bikes. Bicycles are not to be ridden, except when traveling to and from school. Bicycles should be locked, since

missing bicycles are not the responsibility of the school.

CLASSROOM EXPECTATIONS

Each teacher develops an appropriate learning climate according to his or her subject discipline and teaching practices. The teacher's expectations and classroom regulations will be explained to the students in the first few days of class.

EMERGENCY DRILLS

Fire Drill: In the event of an emergency, or practice fire drill, an alarm will sound. All students must leave the school promptly and quietly. Once outside, move well away from the building and gather in an area specified by the teacher in order that attendance may be taken. The "all clear" signal, 3 rings, directs students to return into the building in an orderly manner.
Tornado Drills: Students will move in an orderly fashion to the gymnasium and will return to class after appropriate instructions are given.

School Lock Down: These will also be practiced 2 times during the school year.

LOCKS AND LOCKERS

Each year all students in Grades 5-6-7-8-9 at the Senior Building are provided with a locker and lock at no cost. However, in the event that the lock is lost or misplaced, a fee of \$5.00 will be charged for the replacement lock. If a lock is no longer functional, a replacement will be given. Padlocks from home are not allowed to be used.

LOST AND FOUND

You are responsible for the care and safety of all your belongings. "Found" articles of major value such as jewelry are turned into the Office. Clothing is placed in a box inside the staffroom.

LUNCHROOM

Students are to sit at the tables during lunch. Inappropriate behavior may result in a loss of lunchroom privileges. All snacks and food are to be eaten in the lunchroom. Students are required to eat their lunch in the lunchroom unless having permission from an adult to eat it elsewhere in the school

MEDICATION POLICY

The Staff of St. Henry's will not dispense or administer medication unless the appropriate documentation has been completed. Details are available from the Principal's Office.

STUDENT-PARENT-TEACHER CONFERENCES

These will be held twice a year, at the beginning of November and again in mid-March. Exact dates and times will be shared in students' Progress Reports.

PUPIL ABSENCE

When a student arrives late to school or leaves the school during the day, the student is to advise the Office by signing in or out.

If your child will be absent from school, please contact the office at 728-3877 to convey the reason for the absence. If we have not been notified as to why your child is absent, it is our school policy to call and ascertain why your child is absent. Attendance is taken twice a day – at 9:00 a.m. and 12:40 p.m. Irregular attendance or lates will be monitored and parents will be contacted.

PUPIL LATE POLICY

Students are to come to class promptly with all supplies for the class. Students, who come to class late, disrupt the other students, interfere with the teaching/learning process and require

some form of remediation in order to attain what they have missed.

STUDENT PROGRESS REPORTS

First Report - Mid-November.
Second Report - Mid-March.
Third Report - On the last day of school in June.

Mid Term Reports will be handed out to students at the halfway point of each term. Students will receive an ELA, Math, Social Studies and Science report. Other subject areas may be given upon request of parents.

SCHOOL CLOSURE

St. Henry's Schools do not close during days of inclement weather. Parents are asked to use their discretion on whether to send their children to school on such days.

SCHOOL MASSES AND GOSPEL ASSEMBLIES

In conjunction with the Jr. School, mass is held at the parish nearly once a month. Parents are strongly encouraged to attend masses and/or gospel assemblies.

SCHOOL PICTURES

Early in the school year, a photographer will be at the school to take pictures of all students. A color package consisting of a number of prints in various sizes is available for purchase.

SCHOOL SUPPLY LISTS

In June, at the end of each year, each student is provided with a supply list outlining what the requirements are for the student for the next school year.

SMOKING (St. Henry's Schools are **Smoke-Free Schools)**

Smoking is not permitted on school property.

STUDENTS LEAVING SCHOOL GROUNDS

Students are not to leave the school grounds during class time unless accompanied by a parent/guardian, or written / oral permission has been given to the office. Town students leaving for lunch are to do so at the bell and are not to return to the school until 12:10 p.m. Gr 5&6 bus students are not permitted to leave school grounds during the lunch hour. Gr 7-9 bus students **MUST** have a lunch hour contract signed by their parents stating that the student is permitted to leave school grounds. This contract must be handed in to the office. Details of the school expectations are mentioned in the contract. Any violations of those expectations

may result in loss of privileges during the lunch hour.

STUDENT TELEPHONE USE

Students may use the student phone by the office. All calls must be approved by the principal or secretary. Personal calls, **unless an emergency**, will be done at break. A message will be taken during class for students, unless it is an emergency.

VALUABLE ARTICLES

These should not be brought to school. If they must be at school, the student must either store them in his/her locked locker or leave them at the Office. Students are strongly cautioned not to bring large amounts of cash to school if not for school related purchases.

VISITORS

Visitors are welcome to St. Henry's, providing they do not disrupt normal class activity. All

visitors must report to the Main Office before entering other parts of the building. Students wishing to have a friend accompany them in class should first obtain permission from the subject teacher and the Principal.

PERSONAL ELECTRONIC DEVICES

Ipods or Smartphones are permitted at school and can be used during recess breaks outside in the library or in the multi-purpose room ONLY. Students wanting to use these devices in class must get their teachers permission. We recommend that these items be stored in lockers. Cameras are not allowed at school without permission from the school. Students are not permitted to make phone calls with their Smartphones during the school day but rather after the 3:35 dismissal bell. Any violation of these expectations will result in consequences that will be communicated to parents.

PROGRAM INFORMATION

COMPUTER LITERACY

All students from Grade 5-9 will have opportunities to work with computers. In addition, a large number of computer programs are available in subject areas such as Mathematics and English to give students the opportunity of computer-assisted instruction in all grades.

CORE FRENCH

At St. Henry's Core French as a subject is offered to all students in Grades 3-9, who are not in French Immersion classes. Core French is taught, where possible, by French bilingual teachers.

FRENCH IMMERSION

St. Henry's School offers instruction in the French language. French Immersion classes are available from Grade 1 to Grade 9. All subjects, 1-3, are taught in the French Language except Religion, which is taught in English in all grades. English Language Arts and Reading are introduced in Grade 3 to French Immersion students. Until Grade 3, these students do not take Reading in the English Language. Students can only register for French Immersion at the beginning of Grade 1.

PROGRAM OFFERING

In addition to all the required English programs for Grades K to 9, and the French Immersion program for Grades 1 to 9, St. Henry's provides a variety of additional programs to enrich and expand the educational opportunities for our students. Some of these are:

- Religious Education - Grades K to 9
- Career Guidance - Grades 6,7, 8 & 9
- Practical and Applied Arts – Grade 9

LEARNING SUPPORT TEACHER

The St. Henry's staff also includes a Student Support Teacher who provides learning assistance and remedial help to students who can request or require this help.

TEXTBOOKS AND WORKBOOKS

St. Henry's provides all students with the free use of the required textbooks, and provides all students with required workbooks at no cost to the student. However, if a student destroys or damages a textbook, they will be charged a prorated replacement cost. This will include all lost and damaged library books as well.

SCHOOL ACTIVITIES

The students who are successful in school are usually those who become involved in class and school activities. St. Henry's offers a range of activities to complement the student academic workload. These programs include:

1. Athletics – cross-country, golf, volleyball, basketball, badminton, track, curling, & football.
2. Band
3. Intramurals, various clubs such as Chess club. (The number of clubs may vary from year to year)
4. Choir
5. Special Student Events –an educational field trip for each classroom and guest performances at the school
6. SRC

STUDENT AWARDS

Each term, a student is selected by teachers to receive the **St. Henry's Shield**. Consideration is given to students who continually demonstrate a positive approach to school and to teachers, who participate in school activities, and who continually keep up high scholastic standards

according to ability, not necessarily the highest average.

Each term, students are nominated & awarded a **Parable Award** based on character development and the principles portrayed by these 3 parables:

- **The Talents Award** (based on the parable of the talents)
 - to recognize students who are constantly working at their maximum potential
- **The Prodigal Son Award** (based on the return home of the younger son)
 - to students who demonstrate extraordinary improvement in academics, relationships to students and teachers, and attitude toward school.
- **The Shining Lamp Award** (based on the lamp held high, not hidden under the bed)
 - to students whose strong sense of conviction and individualism is reflected in an ability to do what is right despite social pressure.

STUDENT GUIDELINES

ASSEMBLIES

Assemblies are held at various times throughout the year for special purposes, in an environment different from the classroom.

Performers, guests and speakers must be treated with politeness and respect at all times.

Appropriate and dignified behavior from the students is expected.

Gospel Assemblies are held throughout the year but especially during Advent and Lenten seasons.

FOOTWEAR

Generally, for everyday wear student should wear the type of footwear that can easily be cleaned upon entering the school. A student may want to have some suitable footwear at school so that the student can change upon arrival at school. (This would go a long way to help keep the school a clean place.) Dirty or wet outdoor footwear should be removed at the entrances. To reduce the risk of accident, students are expected to wear clean, dry running shoes suitable for gym activity.

Note: Students in Grades 5-6- are encouraged to wear suitable gym clothing for all Physical

Education classes in the gym. Students in Grades 7-8-9 are expected to wear the St. Henry's Phys. Ed uniform.

HOMEWORK

1. Homework incorporates a wider definition than most students realize. It includes:
 - a. completion of work not finished in class,
 - b. completion of short-term and long-term assignments (don't wait until the night before they are due),
 - c. review of work taken that day (most of what you have learned will be forgotten if not reviewed within a few days), and
 - d. study for exams and tests (daily review makes this easier).
2. Students who set aside time on a regular basis for homework, studying, or reading have an advantage over those who do not. Experience shows that the most common failure is the inability to complete assignments as required.
3. Students are reminded that when you return to school following an absence they are expected to consult with their teachers to catch up on assignments and tests.

4. Every student should develop the habit of doing some homework at least every school day.
5. As much as possible, students are encouraged to study in one particular place that has good lighting, free of distracting noises.
8. Students are encouraged to prepare a schedule clearly indicating when they will be busy studying and when they will have time set aside for other regular commitments and for recreation.
9. When doing their work, students are encouraged to divide lengthy or difficult assignments into short, manageable units.
10. Students need to avoid cramming.
11. Students should make a habit to ask their teacher about something they don't understand.

LITTERING

Students are expected to help keep the school and surrounding grounds tidy. Students who litter will be referred to the Office and will be assigned clean-up duty either at lunch hour or after school.

NOON LUNCH

City students who live far from school may eat their noon lunch in the lunchroom at school during inclement weather. Teachers provide supervision during the noon lunch break. It is also expected that those students who live close to the school will go home for their noon lunch. City students who eat lunch at school may not leave the school grounds during the noon hour. Bus students may only leave the school during the lunch hour if they have the lunch contract form signed and returned to the office.

All food is to be eaten in the lunchroom unless special permission is granted by a staff member.

CANTEEN

The SRC offers a canteen to the students every day during the lunch hour. The canteen menu is created by the SRC and approved by the school SCC. A copy of the menu is posted on the school's website.

PHYSICAL EDUCATION CLASSES

All students are expected to come prepared (including attire) to participate in all Physical Education classes. Exceptions are granted when the student is not feeling well and has a note from their parent/guardian, or a medical note from a student's doctor requires the student to refrain from participation in these classes for medical reasons. Body sprays can be used after a Phys. Ed class but must be applied moderately and in the change rooms ONLY.

RECESS PERIOD

Students have 4 options on where they may go for morning, noon and afternoon recess. During the months of Sept, Oct May and June, students are asked to go outside on the playground or to the library. For the other months (Nov-April) they also have the option of going to the gym or the multi-purpose room.

WATER AND GUM

Students are encouraged to have a water bottle in the classroom to drink WATER, no other exceptions. Only clear bottles are allowed. Students are not allowed to chew gum at school.

STUDENT DRESS AND DEPARTMENT

St. Henry's students are expected to dress and act in a manner that reflects the pride and values of our school and that promotes self-respect and modesty. Students are expected to adhere to the following guidelines:

- 1) Clothing is to be seasonally and activity appropriate.
- 2) At St. Henry's we feel that appropriate dress includes the following guidelines:
 - No hats or other headgear (toques, bandannas, etc.)
 - No short shirts that show the bellybutton.
 - No tank tops or other tops that reveal too much frontage
 - No muscle shirts
 - No fishnet shirts
 - No inappropriate wording on clothing

- Shorts, skirts and dresses must be a modest length

Students who disregard these guidelines will be asked to change into something more appropriate or into their Phys. Ed clothes.

STUDENT CONDUCT AND DUTIES

REGULATIONS

1. Students shall attend school regularly and punctually.
2. Students shall provide themselves with those supplies and materials not furnished by the Board of Education but deemed necessary to his/her course of study by the Principal.
3. Students shall conduct themselves and conform to standards acceptable to the school in the following areas so that it will contribute to a good teaching and learning atmosphere in the school:
 - a. The student's tidiness and cleanliness of person and clothes.
 - b. The student's general deportment.
 - c. The student's obedience with respect to school rules and regulations.
 - d. The student's obedience with respect to teachers' instructions.
 - e. The student shall be courteous and respect the rights of others.
 - f. The student shall be diligent in his studies.
 - g. The student shall be honest and kind to others.
 - h. The student shall submit to such discipline as would be exercised by a kind, firm and judicious parent.
 - i. Students at St. Henry's School are prohibited from smoking on the school premises, or while on authorized school activities or excursions.
 - j. A student shall not consume alcohol, be under the influence of alcohol or be in possession of alcohol, while on authorized school activities, school excursions or on school premises.
 - k. A student shall not consume, be under the influence of or be in possession of illegal drugs, while on authorized school activities, school excursions or on school premises.
4. The student shall be accountable to the teacher for his/her conduct on the school premises during school hours and during such hours as the teacher is in charge of the pupils in class or while engaged in authorized school activities during out-of-school hours.
5. The student shall be accountable to the bus driver as described in the Board Policy on Student Conduct on School Buses.
6. The student shall be accountable to the Principal for his/her general deportment at any time that he is under the supervision of the school and members of the teaching staff, including the time spent in traveling between the school and his place of residence.

STUDENT CONDUCT ON BUSES

A student shall be responsible to the Principal of the school he/she attends for his/her conduct on the bus to and from school

St. Henry's Catholic School **Student Rights and Responsibilities**

St. Henry's Senior School recognizes that there is a connection between student rights and responsibilities. We also recognize that they are important in order to have a healthy balance for students in our school and community.

We believe that with every right comes a responsibility and by taking responsibility, students make our school and community better.

Here is a list of rights and responsibilities that we acknowledge every student of our school having.

Every student

- 1) Has the right to a Christian education and a responsibility to consciously have a relationship with God.
- 2) Has the right to be served by all and a responsibility to serve thy neighbor.
- 3) Has the right to learn and a responsibility to do his/her best.

- 4) Has the right to feel safe and a responsibility to look out for others.
- 5) Has the right to be heard and a responsibility to listen to others.
- 6) Has the right to be themselves and a responsibility to accept others' differences.
- 7) Has the right to use school property and a responsibility to respect it.
- 8) Has the right to get help and a responsibility to ask for it.
- 9) Has the right to excel in activities and the responsibility to be a good sport.
- 10) Has the right to frequent a clean and healthy school and a responsibility to consciously or unconsciously contribute to not harming its physical environment.

Code of Behaviour

1. BE PROUD

We are proud of our school. We respect staff, students and school property.

2. BE ON TIME

We are on time. We are prepared to learn.

3. BE READY TO LEARN

We do our best to learn at all times.

4. BE RESPECTFUL

We engage in appropriate behavior while on school property.

5. BE POLITE

We are people of integrity. We are polite and respectful in the way that we talk and behave.

6. BE RESPONSIBLE

We are responsible for our words and actions. We are also responsible to serve in areas that are needed.

7. BE PEACEFUL

We solve problems in a peaceful way.

8. BE A SERVANT

We look to help those who are in need.

WHAT CAN WE DO TO STOP THE BULLYING?

What is bullying?

Bullying is a form of aggressive behavior, which involves the deliberate use of power to repeatedly hurt or intimidate another person.

Bullying may be:

- ◆ Physical – hitting, kicking, punching, inappropriate sexual touching;
- ◆ Verbal – name-calling, teasing, threatening;
- ◆ Social – excluding an individual from a group on purpose, spreading malicious gossip or rumors;
- ◆ Computer-based – using the Internet or e-mail to ridicule, spread rumors and threaten.

Why be concerned about bullying?

Bullying must be stopped because:

- ◆ Being bullied hurts both physically and emotionally;

- ◆ Victims of bullying may suffer depression, fear, humiliation, isolation and self-hatred;
- ◆ Bullying behavior may indicate other serious adjustment problems;
- ◆ Bullying incidents may involve ganging up on one individual and may lead to the use of weapons to exact power;
- ◆ A bully may grow up to be an abusive adult.

Who is involved in bullying behaviour?

- ◆ **Bully** – a bully is an individual who deliberately tries to exclude, hurt, tease or threaten another person on a repeated basis.
- ◆ **Victim** – a victim is someone who is repeatedly excluded, hurt, teased or threatened by another person or persons.
- ◆ **Bystander** – a bystander is a person who witnesses bullying behavior and chooses not to come to the assistance of the victim.

- ◆ **Ally** – an ally is a person who observes bullying behavior and intervenes directly on behalf of the victim or gets help from an adult.

What should you do if you are being bullied?

Bullying doesn't stop when 'victims are left to deal with the problem by themselves.' Bullying often happens while other people watch, but most bystanders don't help the victim. If you are being bullied, tell an adult you can trust. Tell your parents or the Principal or a staff member at your school such as your teacher or Guidance Counselor.

Be sure to clearly describe:

- ◆ exactly what happened;
- ◆ when and how often it has happened;
- ◆ where the incident(s) took place;
- ◆ who was involved;
- ◆ who else observed it happen;
- ◆ what action you have already taken.

If you can't get anyone's attention or help, try writing it down and giving it to an adult you trust. Sometimes written reports are taken more seriously or make it easier for an adult to give you the help you need.

If you are afraid to tell an adult at school or at home that you are being bullied, try calling the:

**Kids Help Phone
(24 Hour Help Line)
1-800-668-6868)**

Bullying behaviour is unacceptable and nobody has to suffer in silence.

If you observe someone being bullied, be part of the solution not part of the problem. Tell an adult and help to stop the bullying.

THREAT - RISK GUIDELINES

The Christ the Teacher School Division requires that all threats be treated seriously. A threat is an expression of intent to do harm or act out violently against someone or something. It can be written, spoken or symbolic, such as a hand gesture. A “threat” may include words or actions to intimidate, intent to inflict harm, harass or bully other persons or damage property.

All “threats” will be assessed. The school Threat Assessment Team will determine the appropriate interventions and disciplinary actions to be taken. Please refer to school division administrative procedure AP 317 Threat Assessment Protocol for further information.

The following section of your Student Handbook is organized around Christian virtues. A virtue is a quality of good behaviour based on faith. When our thoughts and values are lived out through good actions, we are practicing the virtues. Generally speaking, all of the human virtues are attributes of God Himself. They are the characteristics of Jesus Christ, the divine Son of God in human flesh. They are the divine properties, which should be in all human persons by the gift of God in creation and salvation through Christ. In our Christian tradition, some virtues are prized highly. We feature fifteen of these in this year’s Student Handbook. We become who we are by the choices we make. If we are guided by the virtues, then it is more likely that we will become a person that not only reflects the message of Jesus, but also will enjoy a happier and more fulfilled life.

This book helps you to recognize your time. The time is always right to do what is right. Reflection on these virtues as you go through the year will help you to make this school year a good one, in many different ways.

St. Henry’s Gospel Virtues

- 1) **Forgiveness** – Being forgiving is giving someone another chance after they have done something wrong, knowing that everyone makes mistakes. It is making amends instead of taking revenge. It is important to forgive yourself, too. Forgiving yourself means to stop punishing yourself or feeling hopeless because of a mistake. Forgiveness is moving ahead, ready to act differently, with compassion for yourself and faith that you can change. Everyone does hurtful things at one time or another. If someone is not forgiving, others feel worried around that person. Without forgiveness, we judge and criticize others instead of giving each other a chance to improve. Forgiveness is the best way to encourage ourselves and others to take responsibility for our actions, to try harder and to change for the better.
- 2) **Courage** – The person with courage faces all things with strength and lives every day, in every little thing, with the power of Christ. Courage is personal bravery in the face of fear. It is doing what needs to be done even when it is really hard or scary. Courage is going ahead even when you feel like giving up. Courage is needed in trying new things. It is admitting mistakes and then doing the right thing. Courage is the strength in your heart. Without courage, people would only do what is easy. No one would try new things. Everyone would do what everyone else is doing, to avoid standing out – even if they knew it was wrong. Fear would be in charge. With courage, you can face any situation. Courage helps you to do great things.
- 3) **Gratitude** – The spiritual person is the one who is grateful for everything. He is the one who receives everything with thanksgiving, and who knows that he has nothing except what he has received from God. Gratitude is being thankful for what you have. It is an attitude of gratitude for learning, loving, and being. It is appreciating the little things which happen around you and within you every day. It is having a sense of wonder about the beauty of this world. It is being aware of the gifts in your life. Gratitude brings contentment. It helps you find the good things in whatever happens. Without thankfulness people can become negative. They wish things were different. They whine and complain when they don’t have everything their own way. They envy other people. With thankfulness, we keep a positive outlook. We can see the good in our lives and in whatever happens. To thank God in everything and for everything is the result of faith and faithfulness in God. It is the result of absolute trust in the Lord who knows best what we need for our salvation and does all that He can within the evil conditions of the world to bring us to eternal life, to peace and to joy.
- 4) **Faithfulness** – Faithfulness is staying true to someone or something. It is standing up for something you believe in without wavering. It is being loyal to your family, country, school, friends or ideals – when the going gets tough as well as when things are good. To be faithful means to be courageous and to be and to do that which one must be and do by God’s will, regardless of any rejection by others and in spite of any lack of recognition or appreciation. God Himself is perfectly faithful. He has made promises and declared covenants, keeping His word no matter what man does. When men are adulterous and faithless, God remains faithful (Cf. Jeremiah 3, Ezekiel 16); for “**the Lord has sworn and will not change His mind.**” (*Psalms 110:4, Hebrews 7:21*) When you are a loyal friend, even if someone disappoints you, you still hang in there with them. Loyalty is staying committed. You cannot count on unfaithful people to stay friends, because when problems happen, they go away. They often change their minds about what they believe to be important. When you practice faithfulness, people know they can count on you. People who are worthy of your faithfulness can trust that they will never stand alone. With faithfulness, you build friendships that last forever.
- 5) **Justice** – Practicing justice is being fair in everything you do. It is seeing with your own eyes and not judging something or someone by what other people tell you. Being just is standing up for your rights and the rights of other

people. It is taking responsibility if you make a mistake and making amends. Justice means that every person's rights are protected. Without justice, people get away with hurting or taking advantage of others, and keep on doing it. Without justice, the world can be a cruel and dangerous place. People are judged by their gender, race or religion. When justice is practiced, everyone has a fair chance to be seen for who they are. If someone is accused of something, they get a chance to tell their side. With justice, everyone gets a fair share.

- 6) **Hope** - Hope is the assurance of the good outcome of our lives lived by faith in God. Hope is the power of certain conviction that the life built on faith will produce its fruits. Hope is the confidence, that despite all darkness and sin, the light of the loving forgiveness of God is upon us to do with us and for us, what we ourselves cannot do. The opposite of hope is despondency and despair. According to the spiritual tradition of the Church, the state of despondency and despair is the most grievous and horrible condition that a person can be in. It is the worst and most harmful of the sinful states possible for the soul. It is no virtue to feel weak and helpless in the presence of the wicked. It is no virtue to consider oneself totally at the mercy of evil and sin. It is a virtue rather to be always "**rejoicing in hope, patient in tribulation**" knowing and believing that the final victory is God's. (*Romans 12:12*)
The loss of hope is the worst possible state because without hope, nothing else is possible; certainly not faith. If a person is faithless, he can be chastised and convinced. If a person is proud, he can be humbled; impure, he can be cleansed; weak, he can be strengthened; wicked, he can be made righteous. But if a person is despondent and despairing, the very condition of his sickness is such that his heart and soul are dead and unresponsive to the grace of God and the support of his brothers.
- 7) **Unity** – Unity helps people work and live together peacefully. When you practice unity, you feel connected to everyone and everything. Unity brings harmony, like the music made by different instruments in an orchestra. Unity comes when we value each person. The joy of one is the joy of all. The hurt of one is the hurt of all. The honor of one is the honor of all. Without unity, differences scare people and drive them apart. Without unity, each person stands alone. When we come together in unity, we cooperate. We work together to accomplish more than any one of us could by ourselves. We feel a sense of unity with all living things, and do our part to care for the earth.
- 8) **Obedience** - All that Jesus has and is, He has received from God the Father. From all eternity, the Son has listened to the Father in order to do His work and to accomplish His will. The will of God is that the Son should become a man, take up the sins of the world and die in the flesh in order to raise the dead that "nothing would be lost." Jesus has accomplished this in divine and perfect obedience, giving the example to all. There is no degradation in obedience to God, nothing shameful or demeaning. On the contrary, to do the will of God is glory and life. It is the highest dignity of man, his greatest joy and delight. (*Cf. Psalm 119*) It is the way of perfection for all, even for the man Jesus Himself. Disobedience to God and His Son Jesus Christ is the source of all sin. Refusal to submit to God in all things is the cause of all sorrow and death. Those who hear the Gospel and fail to enter into the eternal rest of God, do so only "**because of disobedience.**" (*Hebrews 5-6, Cf. Deuteronomy 4:29-31*) In the Catholic spiritual tradition, obedience is a basic virtue: obedience to the Lord, to the Gospel, to the Church (*Matthew 18:17*), to the leaders of the Church (*Hebrews 13:7*), to one's parents and elders, to "**every ordinance of man**" (*1 Peter 2:13, Romans 13:1*), "**to one another out of reverence for Christ.**" (*Ephesians 6:21*) There is no spiritual life without obedience, no freedom or liberation from sinful passions and lusts. To submit to God's discipline in all of its human forms, is the only way to obtain "**the glorious liberty of the children of God.**" (*Romans 8:21*) God disciplines us as His children out of His great love for us. "**He disciplines us for our good, that we might share His holiness.**" (*Cf. Hebrews 12:3-11*) Our obedience to God's commandments and discipline is the exclusive sign of our love for Him and His Son.
- 9) **Perseverance** – Perseverance is being purposeful and steadfast. It is sticking to something, staying committed, no matter how long it takes or what obstacles appear to stop you. A good example is the story of the tortoise and the hare. Even though the tortoise was slower than the hare, he won the race because he persevered – he didn't let anything stop him or distract him. He kept on going. Without perseverance, people give up on things easily. They don't keep their promises. When we persevere, people can depend on us to finish what we start and to keep our commitments. When we persevere, we stay friends even when the friendship is tested. We don't give up until a problem is solved.
- 10) **Honesty** – Being honest is being open, trustworthy and truthful. When people are honest, they can be relied on not to lie, cheat, or steal. Honesty is telling the truth. It is admitting mistakes even when you know someone might be angry or disappointed. Being honest means that you don't pretend to be something you are not. With honesty, you can trust things to be as they appear. Honesty is important because it builds trust. When people lie, or cover up mistakes, others can't trust them. When people aren't honest with themselves, they pretend that something doesn't matter when it does or they exaggerate to impress others. When you are honest with yourself, you accept yourself as you are. When you are honest, others can believe you.
- 11) **Wisdom** – Wisdom is that gift that allows us to make judgments that lead to goodness. Did you ever have a tough choice to make? We're not talking about what shirt to wear but rather those important decisions that we face that will affect what kind of person we become. Perhaps it's the friends we want to hang out with, or who will be your confirmation sponsor, or what sports we want to play. Its not enough just to know the facts, we also have to bring into consideration the quality of the choice. Making the quality choices has to do with wisdom. When we say the Hail Mary, we are also saluting wisdom in our lives. May the spirit of wisdom that guided Mary also guide our decisions. Make them quality choices that lead to goodness. The wise man is the one who sees clearly and deeply into the mysteries of God. He is the one who can give concrete advice in the everyday affairs of life, the one who can point out the will of God to man who is confronted by actual problems and decisions. He is the one, who like Jesus, knows not only what is in God, but "**what is in man.**" (*Cf. John 2:25*)

- 12) **Kindness** – Kindness is showing you care, doing some good to make life better for others. It is being thoughtful about people’s needs. Kindness is showing love and compassion to someone who is sad or needs your help. Kindness is treating yourself and others gently. It is caring about the earth and all living things. Without kindness, no one would listen when people need help. Everyone would be looking out for himself. The world is lonely without kindness. When someone reaches out to another in an act of kindness, it helps them both. People’s lack of kindness to the earth damages the air, water and the land. This causes people and animals to suffer, too. Being kind allows us to feel connected to everything and everyone.
- 13) **Patience** – Patience is quiet hope and trust, expecting things to turn out all right. Patience is being calm and tolerant when difficult things happen. It means showing acceptance when you or others make mistakes. Patience is doing something now so that later it will bear fruit, like planting a seed and waiting for it to grow. Patience is a commitment to the future. Without patience people want everything NOW. They complain when unpleasant things cannot be helped. They act mad when things don’t go their way. When people practice patience, they can wait without complaining. They forgive others and themselves for mistakes. They make the world a kinder, gentler place.
- 14) **Love** – Love is a special feeling that fills your heart. You show love in a smile, a pleasant way of speaking, a thoughtful act or a hug. Love is treating people and things with special care and kindness because they mean so much to you. Love is treating other people just as you would like them to treat you – with care and respect. Without love, people feel alone. When they don’t feel they matter to anyone, they become unhappy. Sometimes they act angry and don’t let others get close. Everyone wants to be loved. When you are being loving, you help others feel important. They become gentler and kinder. Love is contagious. It keeps spreading.
- 15) **Peacefulness** – Peacefulness is an inner sense of calm. It comes especially in quiet moments of reflection or gratitude. It is getting very quiet and looking at things so you can understand them. Peacefulness is a way of approaching conflict with others so that no one is made wrong. It is being fair to others and yourself. Peace is giving up the love of power for the power of love. With peacefulness, everyone wins. Practicing peacefulness helps to create a calm mind free from worry. When you are peaceful, you respect others and their differences. People around you feel calm and safe. Without peace, no one is safe. People get hurt. Fighting doesn’t solve problems, and no one ever really wins a war. With peacefulness, any problem can be solved. Peace in the world begins with peace in your heart.

A prayer for the St. Henry’s student

*GOD OF MERCY AND WISDOM WE GIVE YOU PRAISE
YOU HAVE GIVEN US MANY GIFTS
SO THAT WE MAY DO YOUR WILL AND
PROCLAIM AND CELEBRATE OUR CATHOLIC FAITH.*

*NURTURE YOUR LIFE
IN OUR HEARTS, MINDS, BODIES AND SOULS
SO THAT WE MAY GROW IN FAITH,
LIVE IN HOPE, AND LEARN IN LOVE.*

*TRANSFORM THIS WORLD IN YOUR IMAGE,
THAT IT MIGHT BE A WORLD OF JUSTICE AND PEACE.*

*GRANT THAT WE MAY LEARN AND GROW TOGETHER INN CHRIST
WHO LIVES AND REIGNS WITH YOU
IN THE UNITY OF THE HOLY SPIRIT,
ONE GOD, FOREVER AND EVER.*

AMEN