



St. Mary's Academy

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St. Mary's Academy of New Orleans, Louisiana, admits students of any race, color, national, and ethnic origin to all the rights, privileges, programs and activities generally accorded or made available to students at the school. We do not discriminate on the basis of race, color, national or ethnic origin in admissions' policies or in the administration of programs concerning scholarship or work study assistance, athletics or any other school administered program.



" I know well the plans I have in mind for you- plans to give you a future full of HOPE- when you call me, I will listen and when you seek me- you will find me – Yes when you seek me with all your HEART you will find me with you and I will change your lot."

Jereremiah 29:11

****Important Reminder****

Parents must be sure to update changes in home, cellular, and work telephone numbers in order to receive SchoolReach messages and in case of emergencies.

Important Events

- Jan 7** School Resumes
- Jan 13** Report Card/PTA Zulu Visits 10am
- Jan 16** Band Trip Jackson, MS
- Jan 18** Martin L. King Holiday-No School
 Band Trip Biloxi, Ms
- Jan 19** Yearbook Drive Ends
- Jan 21** Poetry Open Mic 4:00pm
- Jan 25-29** Catholic Schools Week
- Jan 27** NAACP Youth Non-Violence Forum
- Jan 29** Red Carpet
 Chorus performs @Lakeside 10:30am



St. Mary's Academy
 Motto

**No
 Excellence
 Without
 Hard Labor!**

New Year's Revolution

With the mayoral election quickly approaching, now is a great time to talk with young ladies about the importance of community service and involvement. Many people may not realize that the history of St. Mary's Academy is rooted in the pursuit of social justice. Henriette Delille saw a wrong in her society and worked to make it right. She taught slaves in New Orleans to read, not caring

that the penalty under law was death.

Under President Obama's administration, there has been a call to youth as well as to other citizens to become more involved in political and social change. Encourage your child to join service organizations, volunteer, and develop an interest in politics and news.

While the above activities can also help

ON BLACKS IN AMERICA

(From Birmingham jail, 1963):
"Before the Pilgrims landed at Plymouth, we were here. Before the pen of Jefferson etched across the pages of history the majestic words of the Declaration of Independence, we were here. If the inexpressible cruelties of slavery could not stop us, the opposition we now face will surely fail. We will win our freedom because the sacred heritage of our nation and the eternal will of God are embodied in our echoing demands."

Martin Luther King Jr.



January 15, 1929-April 4, 1968

If a man hasn't discovered something that he will die for, he isn't fit to live. □□

Detroit, Michigan, June 23, 1963.

ON HIS OWN FUTURE (April 3, 1968): "We've got some difficult days ahead. But it really doesn't matter with me now. Because I've been to the mountaintop. I won't mind. Like anybody, I would like to live a long life. Longevity has its place. But I'm not concerned about that now. I just want to do God's will. And he's allowed me to go up to the mountain. And I've looked over, and I've seen the Promised Land. I may not get there with you, but I want you to know tonight that we as a people will get to the Promised Land. So I'm happy tonight. I'm not fearing any man. Mine eyes have seen the glory of the coming of the Lord. "

Visit with teachers to ask

BEHOLD I MAKE ALL THINGS NEW (Rev. 21:5)

It's a new year- so what are YOU going to do? A lot of us start off the New Year making a list of resolutions and after one week we have already forgotten what we wanted to work on for the new year. The good news is that God can make us NEW!

He can open our world to new possibilities, opportunities, dreams, relationships, and experiences- IF we but allow Him to be in control. The biggest problem we have is ourselves- we have to be willing to CHANGE. A wise person once said that the definition of insanity is doing the same thing over and over again and expecting a different result. In other words, **"If I always do what I've always done, I'll always get what I always got."**

We must set reachable and specific goals and write them down as a reminder of what we are committing ourselves to. Many of us say we want to be healthy and lose weight which is a great goal- but take that a step further.

Create action steps to help us achieve our goals- It's not enough to say "I want to lose weight"- we need to ask ourselves- how much weight do I want to lose? How do I plan to lose this weight?

Here are some options for actions:
Steps: Step 1- Pray and ask God to help you become healthy and make better choices so that you can serve him and the people as the best version of yourself.

Step 2- Avoid fried food & eating unhealthy fast food

Step 3- Do some form of cardiovascular activity 4x a week for 25 minutes

Step 4- Do some weight lifting 2 or 3x a week for 35 minutes

Step 5- Drink a lot of water and avoid carbonated and sugar-filled drinks (Crystal Light is a great alternative)

Remember that in order to experience the NEW YOU- you must CHANGE something. Remember that God's plan for you is always full of HOPE- now it's time to step up and be the HOPE each and every day.



Visit
www.communityservice.org
to find volunteer
opportunities in the Greater
New Orleans Area.

students earn service hours, they also introduce students to important lessons about their own communities and those of others. They learn how government works or does not work.

Civic engagement is in the spotlight right now, but it is not a passing fad.

Colleges and universities are implementing service-learning institutes and degree programs right now in an effort to get more people involved in the development of ideas and actions that can change society as a whole. Henriette Delille and Barack Obama did it, so can your daughter!