



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.



NGUZO SABA

The Seven Principles of Kwanzaa

Umoja (Unity)

Unity in the family, community, nation and race.

Kujichagulia (Self-Determination)

To define ourselves, name ourselves, create for ourselves and speak for ourselves.

Ujima (Collective Work and Responsibility)

To build and maintain our community together

Nia (Purpose)

To make our collective vocation the building and developing of our community

Ujamaa (Cooperative Economics)

To build and maintain our own stores, shops and other businesses

Kuumba (Creativity)

To leave our community more beautiful and beneficial than we inherited it.

Imani (Faith)

To believe with all our heart in our people, our parents, our teachers, and our leaders.

Important Events

- Dec 4** Social Savvy for Seniors
- Dec 4-5** Xavier Basketball Tournament in Austin Place
- Dec 5** MS Speech Tournament at St. Augustine
- Dec 5** HS Speech and Debate Tournament at Riverdale
- Dec 15** End of the Quarter
- Dec 16** Christmas Program
12:00 dismissal for Middle and High School Students
- Dec 17-22** Mid-Term Exams
- Dec 23-Jan ss6** Holiday Break
- Jan 7** Classes Resume



St. Mary's Academy
Motto

No
Excellence
Without
Hard Labor!

Unwrapping Alternative Gift Ideas

HO! HO! HO! The holiday season is here, and many of us are rushing out to find just the right holiday gifts for our children.

We want to purchase things that our children will enjoy, but what about shopping for the gifts that they need?

Here's a list of gift ideas for the child who has everything except for either the ideal grades or the ideal behaviors:

- ❖ Nintendo DS has educational games like *Brain Boost* and *My English Coach*,
- ❖ Sony Playstation 2 offers *Civil War* and *The Bible Game*,
- ❖ www.flocabulary.com has music which prepares students for SAT,

more on **2**

Get a good night's sleep the night before the exam.

Eat a healthy breakfast.

Use flashcards to review vocabulary and important dates or events.

Study with a partner or in a group.

Visit with teachers to ask questions that you have.

Mid-term Exam Study Tips



Take regular study breaks.

Keep study guides neat and organized.

Visit www.studygs.net for more tips.

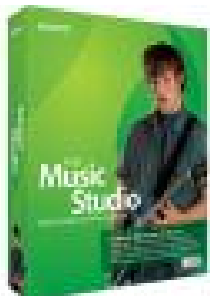


Beating the Holiday Blues

Got the holiday blues? Here are a few tips to get you through this busy, chaotic and sometimes depressing time of year:

- Remember that the season of Christmas is a time to reflect on the blessing of the Child Jesus, our Lord and Savior;
- **Choose** to be happy during the season and **choose** to bring joy to others' lives;
- Eat and drink in moderation – remember that alcohol is a depressant;
- Exercise for at least 30 minutes a day. Exercise can produce endorphins in the brain that deliver happy feelings to our bodies;
- Participate in social events or in programs for the hungry, the homeless or the sick;
- For those who are grieving, honor your loved one by celebrating his/her life during the holidays with love and positive energy.

Even small efforts in these areas can help you feel better physically and mentally. If you find nothing seems to help fight holiday depression, talk to a counseling professional. They're trained to help you work through and cope with these feelings. (ACA website 2008)



- ❖ Graphic design and Music composition software for children with these interests, additional one-on-one help.
- ❖ Cookbooks for students who enjoy cooking or need to prepare their own meals,
- ❖ A tutor for students who need
- ❖ Novels, short story collections, or books of poetry that students might enjoy reading outside of school.