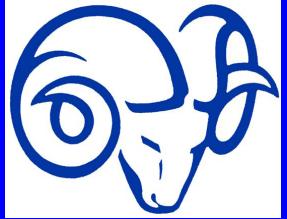




*St. Francis Xavier Catholic School
200 N Washington
Junction City KS 64411
785-238-2841
www.saintxrams.org*



May 1, 2020

*Fr. Gnanasekar Kulandai, Priest/Superintendent
Shawn Augustine, Principal*

Welcome to St. Xavier Catholic Schools' Newsletter published by the High School Mass Communication Class. The Newsletter will be published several times a year with our purpose to inform you concerning personnel, students, and events at St. Francis Xavier Catholic School.

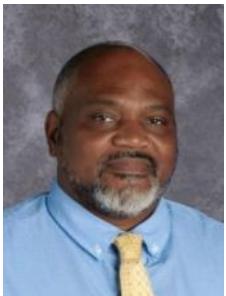
This issue will share with you some "words of wisdom" that the staff of St. Francis Xavier Catholic School shared for our students. The goal of the "words of wisdom" is to help make our St. Xavier students become happy, successful, contributing members of society. Thank you to the staff members for their contributions.

Words of Wisdom For St. Xavier Students

A Message From Mr. Augustine

First of all, I want to thank all students for working hard to do their best during this different time of education. I know that it has been an adjustment for all, but I am happy to see that we are all working together to move forward and have a successful end to our school year. I want to also thank all of our St. Francis Xavier staff for making the continuous learning plan possible to finish up the 4th quarter. I couldn't ask for a better staff and all you have done to meet the needs of our students. That being said, I want to give a shout out to our all day preschool class on their upcoming graduation from preschool. You have grown so much over this school year, and I know you will do well as you transition to kindergarten. Way to go preschoolers! 8th graders: You have come a long way since the beginning of the year. I am looking forward to you being promoted to high school. Keep working

hard, and I know you will finish out this school year well and begin strong next year as 9th graders. Finally, seniors, I cannot believe how quickly time flies by. You are an amazing group of people, and I look forward to your high school graduation and your future endeavors as you move on. I wish you all the best. You will be missed.



I will be responding to this as though the students are Seniors.

The advice that I would give to the students of Saint Xavier will be as such. Always do your best in whatever you may do. Even if it's something temporary, give it your all. Having good work ethics is a very important thing. I would also advise you to be kind to everyone. Have a forgiving heart, but don't just forget and fall for the same thing. If you have the opportunities to see new places, I say go for it. Experiencing different cultures will help you relate to others. To become a contributing member of our society, become an active voter in your community. It is our civil duty to vote when we can. As I conclude, always keep a strong foundation in God. Know that God is always with you and that he will order your steps. –Mr. Cavitt



To be happy, successful, and contributing members of society, you must go after what you want. I encourage you to step out of your shells and find the passion in your life that is a driving force as you move from this school year into next school year. Get involved with your school and help out your community. It is important to have goals and focus on them but to also give back to others who are in need. Always be persistent in everything you do. Build strong relationships as you journey forward to the next chapter in your lives. I encourage you to take what you have learned from your St. Francis Xavier staff and know that we are always here for you. Most importantly, always look to your faith knowing that God will be with you always in whatever you do and wherever you go. St. Francis Xavier - Pray for us. –Mr. Augustine

You, the St. Xavier students of today, our brothers and sisters in society tomorrow. Your Catholic education illumined by faith is your key to unlock the many doors that will appear before you. My hope is that you remember and use your Catholic education to bring human wisdom into an encounter with divine wisdom, to cultivate in you not only in your intellectual but also the creative and aesthetic



human faculties. Continue to develop within you the ability to make the correct decision, prudent behaviors, and promote this cultural heritage you have known as St. X. Take on the responsibilities to serve society and the church, for the evangelization of Catholic culture and for the common good. Imbued with this light of faith, instill (in yourself) a sense of responsibility that encourages strength and perseverance in the quest for knowledge. Thank you for letting us get to know you and for now: "Goodbye, good luck and farewell my friend for time will tell how well we prepared thee." –Daniel "Mr. C." Culbertson



Consider your individual strengths. We have all been blessed with unique talents. Use them to do something you love, that you enjoy, that challenges you and feeds your soul. It is then that you will find your life to be rewarding and meaningful, and you will be an inspiration to others to find the path that God has intended for them.
–Mrs. Jahnke



You have to be able to accept correct criticism and learn from it. Be friendly to all people; never think you are better than they are. We are all created equal, and some day they might be interviewing you for a job. People don't forget when someone has been treated ugly. Always be nice. Do more than is expect, work well with your coworkers--they depend on you, and one day you too will need their help. Be early to work, stay a little late, never hurts a thing. Always show respect and respect will be given back. –Coach White



Think of others first. That doesn't mean you can't think about yourself, just don't think the world revolves around you. Love yourself, too, but also be kind and generous to others. Be willing to do more than what you have been asked to do. Give 110% or even more. Don't always expect a pat on the back for anything that you do. You may have to give yourself pats on the back and that's okay. Learn to lose and/or win gracefully. No one likes a sore loser or a bragging winner. Don't hold grudges or resentment. You'll only hurt yourself. Don't be afraid to fail. Failure is like taking a step forward. Know that God is always with

you. You are never alone. You are always loved. Ask for his help and listen for his answer. He is always there. —Ms. Robison



There are so many factors that go into helping an individual have a happy and successful life so he/she can be a contributing member of society. Here are a few: Don't procrastinate; Do your very best all the time; Be organized; Treat others as you would like to be treated; Find a job/career that you love. Keep faith in your life. And, as one of my favorite poems says, "Two roads diverged in a wood, and I—I took the one less traveled by, And that has made all the difference." —Mrs. Becker



Self-care is of penultimate importance. Many actions will be constantly and consistently required on your part to be "at ease" in the world. Your feelings--whether joy, sadness, anger, frustration, loneliness, whatever--will constantly shift and overlap, and you should expect that, that is normal. But you will need to consistently check in with yourself without any noise or visual distractions of any kind and identify how it is you feel? Once you can pinpoint that state of mind, you will need to take an action based on how you feel. Just as examples, if you feel sad--sit in your favorite chair and listen to music. If you feel frustrated or angry, go for a walk or exercise your body. If you feel lonely, talk to someone. If you feel anxious, paint or create art. You really need to have a diverse set of healthy ways to soothe yourself and know that it is no one else's responsibility to do this but your own. —Ms. Vieyra



In order to be happy, successful, and a contributing member of society is to be kind to everyone you meet. Your kindness could change someone's life because you never know what someone is going through. Doing things as simple as saying "thank you" might not seem a lot to you, but it could mean everything to them. Do the best at whatever you are doing even if you do not feel it is important or necessary. Help others whenever you can and always be the best version of yourself. --Mrs. Koehn



Be open to try new things and not be afraid of change. New situations might be scary and unsettling, but those experiences are

what allow us to grow. We have to try new things to learn about ourselves and to become well-rounded people. —Mrs. Dinsmore



I would advise all St. Xavier students to be true to and believe in themselves, make a special effort to fulfill their potential, share their time/talents for others' benefit, maintain a favorable attitude, extend appreciation and gratitude at every opportunity, practice kindness/tolerance/patience, and live their faith on a daily basis.

—Mr. Sullivan



Three words of advice that come to mind which are kindness, flexibility, and honesty. We don't all have to like each other, but we do have to be kind. Even if there's something uncomfortable to address or discuss, find the kindest way possible to take care of a situation. Be flexible, but not breakable. Know your limits. When you start to feel like you're reaching your limit, be honest with those around you. Be as willing to ask for help as you are willing to help someone else. It can be really hard to be honest, especially if you're embarrassed, or you messed up. There is so much freedom in honesty. Look around you, see where you can make a difference, and then go and do it! It doesn't matter if it's something big or something small. Big and small acts of kindness are all relative. Something as simple as leaving a quarter at the bubblegum machine can really turn around someone's day in a big way. —Mrs. Bortner.



To be a happy and productive citizen, someone has to first of all figure out what interests them and what their talents are. Find work that brings a sense of fulfillment, and then take pride in doing a good day's work. —Mr. Stramel



The two best pieces of advice I can give anyone are to be logical and to be compassionate. Truly, both are necessary, and, looking at our current world, I would also say that both are largely lacking. To be logical requires a willingness to think critically, to scrutinize sources, and to be able to consider things beyond one's own emotions and

desires. This can be incredibly difficult. To be compassionate might even be more so. Compassion, broken down to its root words, means "to suffer with." It's a willingness to sacrifice for someone else and to accept a portion of their pain or labor as your own, not because it's beneficial but simply because it's right. If you are consistently striving for both of these goals, you'll make the world a better place for those around you. —Mr. Becker



Advice: Especially concerning the time we are in. Try to maintain structure in your life, but always make time for fun. Find the fun in everything you do. — Mrs. Whitaker

St. Xavier Catholic School's Photo Gallery



Students enjoy PE activities!



Creative art students.



We love school!



Valentine's Day activities.



Announcing winners of baskets.



Sharing with the counselor.



Peer tutoring partners



Part of school contributions for Open Door.



Checking it out!



Delivering to Open Door.



Basketball players and cheerleaders on Parent Night.

**EDUCATING FOR ETERNITY THROUGH
FAITH & REASON.**