

The Word on Wellness

August 2019



Welcome RedKnights!

Follow the CHECKLIST below to ensure this will be the BEST high school experience in the WORLD!

- ✓ Follow the example of Jesus
 - Show spiritual COURAGE AND CONFIDENCE
 - Volunteer to plan a liturgy, visit campus ministry often, offer ideas for retreats, and participate in prayer.
- ✓ Foster academically successful women
 - Increase your basis of INTELLECTUAL DISTINCTION
 - Take challenging courses, give 100% to classroom assignments and projects, ask more, and work together.
- ✓ Promote Human Dignity
 - Make CHOICES that keep you BALANCED, as a whole women.
 - Get involved in a variety of activities (theatre, clubs, and sports), eat healthy, meet new people, and be active.
- ✓ Empower and Challenge young women
 - Go beyond; meet & beat expectations, discover and use your strengths, develop your talents.
- ✓ Make a Positive Impact on our WORLD
 - Help where help is needed (in & outside of school), be KIND to all persons, join campus outreach.

Praised be the Incarnate Word,

Forever Amen