

WINTER • JANUARY/FEBRUARY 2020

Dear Parents, Students, and Friends of Saint Xavier,

Greetings and Happy New Year! I hope this message finds you well and feeling grateful for all of the wonderful blessings in your life, including that most precious gift, family. As the Christmas season comes to a close, it is my wish for each of you that your holiday celebrations were fun and festive, spent with those you love, and helpful in rekindling your personal spirit with hope, love and joy.

As I reminisce about my own holiday season, it has become even clearer to me that the holidays tend to make us all nostalgic for family and friends. It is a time when we open our hearts to greater tolerance and forgiveness. Simply put, the holidays present opportunities which reinforce that our connectedness requires that we invest ourselves purposefully in being with each other, not just physically, but mentally and emotionally as well. The presence of our family is invaluable, and it is the individual relationships with each of our family members that provide the foundation for a happy, fulfilling life. These relationships require a willingness to place another's interests and well-being ahead of our own from time to time. They may also require that we take an unpopular or difficult stand on occasion. When we place the happiness of another above our own self-interest, however, we build a stronger bond and cement a commitment that adds dimension and meaning to our lives. Families are built on these foundations, and the example that we set for our children illustrates for them that relationships with family and friends bring important meaning and peace to a sometimes chaotic world.

Knowing how important we are to the ones we love, as you are considering some resolutions for the new year, please do not forget to keep your own wellness as a priority. Though we know that it is often necessary to put the essential needs of others before our own, when there are many who rely heavily on us, it is imperative that we make a sensible decision to engage in a healthier mental and physical lifestyle. While I may not be an expert in health, I do strongly believe in the power of positive thinking and positive talk. For the last twenty-seven years I have worked in education, I have been consistently disturbed by how detrimental negative thoughts are to the growth and development of an individual. It is a behavior that strips a person of his or her confidence while dismantling the courage needed to take chances and find success. On the other hand, the power of positive self-talk can be transformational for an individual. Undeniably, it is a healthy practice which can be used as a way to motivate, inspire, and improve our lives. Positive thinking allows us to be better people for our family and friends. I would encourage everyone to find opportunities to incorporate this practice into their everyday lives.

May these first months of 2020 be filled with hope and prosperity as we strive to make a greater difference in this world!

Kindest regards,

A handwritten signature in black ink that reads "Francisco M. Espinosa, Jr." The signature is written in a cursive, flowing style.

Francisco M. Espinosa, Jr. Principal