

Educación de la Misericordia

de las Américas

Mercy Education Conference

DoubleTree by Hilton Hotel Philadelphia-Valley Forge October 12-13, 2018









We Are an International System of Mercy Education Ministries









Conference Theme

Relationships Equality Solidarity Partnerships Education Case Trust



Morning Prayer Friday, October 12, 2018

INTRODUCTION/INTRODUCCIÓN

La hospitalidad es la piedra angular de Misericordia. Sin unos corazones cordiales, acogedores, y hospitalarios somos incapaces de ser los instrumentos de la inmensa generosidad de Dios para toda la creación. En la manera en que Dios nos ofrece la misericordia y la hospitalaria, nosotros también brindamos la misma misericordia y hospitalidad a todos los a quienes encontramos. En Misericordia, creamos espacios de paz y bienvenida en que todos [los estudiantes] puedan crecer capaces de alcanzar su máxima potencia como seres humanos queridos por Dios. *La espiritualidad de Misericordia*



OPENING SONG/CANCIÓN

ALL Sing in English: All are Welcome-Marty Haugen

Let us build a house where love can dwell and all can safely live, A place where saints and children tell how hearts learn to forgive. Built of hopes and dreams and visions, rock of faith and vault of grace;

Here the love of Christ shall end divisions:

All are welcome, all are welcome, all are welcome in this place.

Construyamos un hogar donde resida el amor y todos vivan seguros, Un lugar donde los santos y los niños digan como los corazones aprenden a perdonar.

Construido de esperanzas y sueños y visiones, piedra de fe y bóveda de gracia;

Aquí el amor de Cristo eliminará cualquier división:

Todos están bienvenidos, todos están bienvenidos, todos están oienvenidos en este lugar.



All are Welcome-Marty Haugen

Let us build a house where prophets speak, and words are strong and true,

Where all God's children dare to seek to dream God's reign anew. Here the cross shall stand as witness and symbol of God's grace; Here as one we claim the faith of Jesus:

All are welcome, all are welcome, all are welcome in this place.

Construyamos un hogar donde hablen los profetas, con palabras fuertes y verdaderas,

Donde todos los niños de Dios se atreven soñar de nuevo el reinado de Dios.

Donde la cruz será el testigo y el símbolo de la gracia de Dios; Aquí aclamamos con una voz la fe de Jesús:

Todos están bienvenidos, todos están bienvenidos, todos están bienvenidos en este lugar.



All are Welcome-Marty Haugen

Let us build a house where all are named, their songs and visions heard,

And loved and treasured, taught and claimed as words within the Word. Built of tears and cries and laughter, prayers of faith and songs of grace. Let this house proclaim from floor to rafter:

All are welcome, all are welcome, all are welcome in this place.

Construyamos un hogar donde todos tengan nombre, y se escuchen las canciones y las visiones,

y que los quieran y valoren, y enseñen y respecten su vida, integrales y encontradas en la Palabra

Construido de lágrimas y gritos de alegría, oraciones de fe y canciones de gracia;

Que este hogar proclame del piso al techo:

Todos están bienvenidos, todos están bienvenidos, todos están bienvenidos en este lugar.



OPENING PRAYER/ ORACIÓN DE APERTURA

Leader: All in English Leader: All in English All in English

world

Lector(a) Todos(as) Lector(a) Todos(as) Todos(as) May our lives be a hymn of praise, o God! **May your glory shine forth in us!** Sanctify the work of our hands. **Bring forth the reign of your justice and mercy. Glory to you, Source of Life, Living Word, and Holy Spirit. As it was in the beginning, is now, and will be forever, without end. Amen.**

Que nuestras vidas sean un himno de honor, oh Dios. ¡Que tu gloria brille en nosotros(as) ¡Santifica la obra de nuestras manos! Instaura el reinado de tu justicia y tu misericordia Gloria a Ti, Fuente de la Vida, Palabra Viva y Espíritu Santo. Como era en un principio, ahora y siempre y por los siglos de los siglos. Amén



rcy Education | Educación de la Misericordia

Leader/Lector(A): ALL in English-We give you thanks, O God, for You speak to us in ways that often surprise us.

Te damos gracias, O Dios, porque nos hablas con frecuencia en maneras que nos sorprenden

Side 1:

We believe that where people are gathered in love, God is present, and good things happen, and life is full.

Creemos que dondequiera la gente se junte en el amor, Dios es presente, y buenas cosas ocurren, y la vida es plena.



Side 2: All in English:

We believe that we are immersed in mystery, that our lives are more than they seem, that we belong to each other and to the universe of great creative energies whose source and destiny is God.

Creemos que estamos sumergidos en el misterio que nuestras vidas son más de lo que parecen ser que nos pertenecemos unos a otros y al universo de gran energías creativas

Mercy Education | Educación de la Misericordia

Side 1: All in English:

We believe that each of us is situated in the love of God, and that, in the pattern of our lives, a spring will always follow a winter, a resurrection will follow any death.

Creemos encontrarnos en el amor de Dios. y que, en el patrón de nuestras vidas, una primavera seguirá siempre a un invierno y una resurrección seguirá a cualquier muerte.

Mercy Education | Educación de la Misericordia

Side 2: All in English:

We believe that the spirit of peace is present with us as we gather to reverence our shared existence, our mutual trust, and God's faithfulness.

Creemos que el espíritu de paz está presente mientras nos juntamos para reverenciar nuestra experiencia compartida, nuestra confianza mutua y la fielded de Dios.



Side 1: All in English:

And most deeply, we believe that, in our struggle to love well, lies our reason for being and all hope for the world.

Creemos más profundamente que en la lucha para querer bien reside la razón para vivir y toda la esperanza para el mundo.

Mercy Education | Educación de la Misericordia

READING/LECURA

Mother Catherine's insistence on and provision of good education for girls [and boys], middle-class as well as poor children, was a direct challenge to the injustices of her time. Her practical programms were hitherto unheard-of social services which broke the barriers of indifference, making them give way to social caring and compassion. Her sense of justice allied to mercy made her as convinced of the quality of presence as of performance; hence she stressed the how of things rather than the why....Her congregation was the canonical expression of her vision of promoting social justice, of providing the poor with the services she believed they needed and had a right to, and doing this on a comprehensive and as flexible a scale as possible.

-Documentary Study for the Canonization Process of Catherine McAuley

INTERCESSIONS/PETICIONES

Lector(a): Jesús oramos hoy por todos los niños y los adolescentes que tú pones en nuestras vidas y por todos los jóvenes que por sus aspiraciones y sus mentes curiosas hablan de la promesa de la vida humana. Que, como tú, crezcan en sabiduría y en gracia.

In a world of abundance that allows children to grow hungry:

Create in us new hearts, O God, that work to banish famine and malnutrition.

That children who witness violence and young people who resort to violence will learn peaceful means of resolving differences:

God of peace, teach us your ways.



INTERCESSIONS/PETICIONES

Mientras los jóvenes hagan frente a la atracción al dominio, a la riqueza o al egoísmo:

Que encuentren ánimo y apoyo en sus opciones para servir a los demás.

Que ningún niño ni joven esté sin comer, sin amor, sin hogar ni indesable, aclamamos:

O Dios, acelera el día cuando el amor generoso y la compasión suave prevalezcan.



CLOSING PRAYER/ORACIÓN DE CLAUSURA

Lector(a): Jesús, que extendamos la bienvenida, la protección, y la instrucción a los jóvenes entre nosotros(as) en la misma manera en que tú juntaste y bendijiste a los 'pequeños' que te acercaron. Que los jóvenes encuentren en nosotros(as) y en sus padres fuertes modelos de la sabiduría y la gracia. Acompañados(as) contigo, que lleguen a su edad madura confirmados(as) en su identidad y en sus creencias cristianas.





Keynote Address:

"Educating the iGen"

Amie Konwinski Founder/CEO Smart Girl Society



Download the Smart Girl Society app to participate in our live access feed.

Enter 629725





Educating the iGen



Smart **GIRL** Society







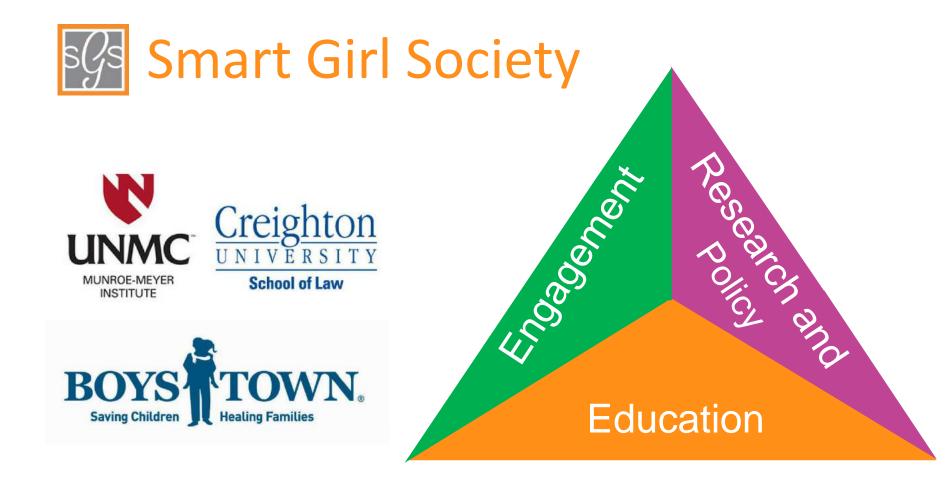


An Omaha-based nonprofit working to educate and inspire smart and confident girls, women, and families.





- **1. ACTIVATE** Authenticity and critical thinking
- 2. PROTECT Reduce risks on technology and social media
- **3. EMPOWER** Education, Communication, and Cooperation





It takes only clicks for a predator to find name, address, and location







Digital branding: the combined total of posts, images, (re)tweets, tags, and comments that create a user's online presence

Six-Clicks: the ease of finding private information to enroll, employ, exploit, or harm

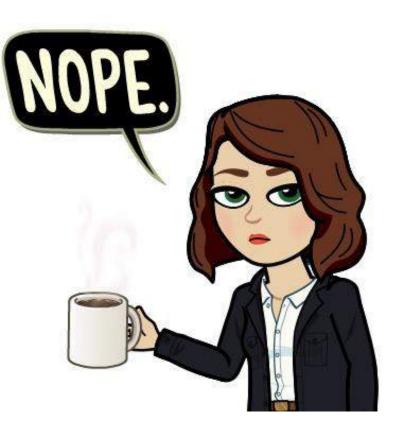
Geotagging: the common practice of using location services to check in, tag, and track users. Can be used to exploit or harm



Sexting (i.e. pics): sending sexual based pictures and messages through smart phones and other technologic devices

Sextortion : a form of sexual extortion. The extortion of a person through the use of the history of their sexual conduct (such as saved images and texts)

COPPA : Children's Online Privacy and Protection Act





Children's Online Privacy Protection Act (COPPA)

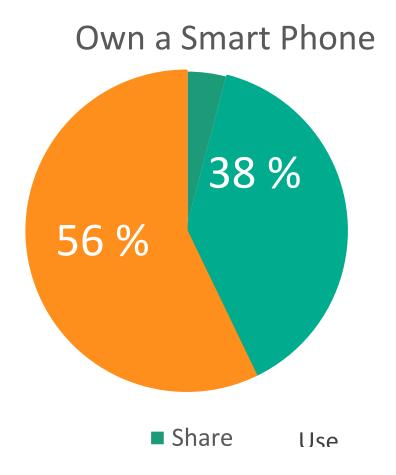
Summary: COPPA imposes certain requirements on operators of websites or online services directed to children under 13 years of age, and on operators of other websites or online services that have actual knowledge that they are collecting personal information online from a child under 13 years of age.









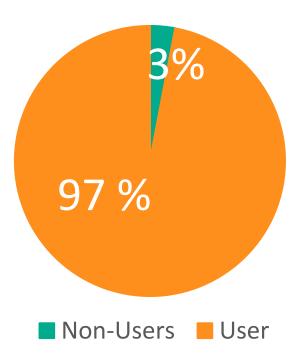




9th-12th Grade



Own a Smart Phone

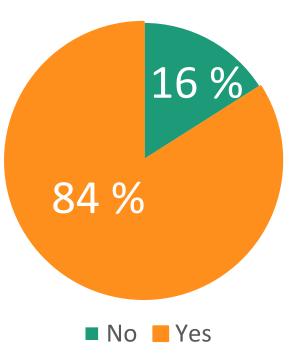




4th-8th Graders



Connected to Social Media

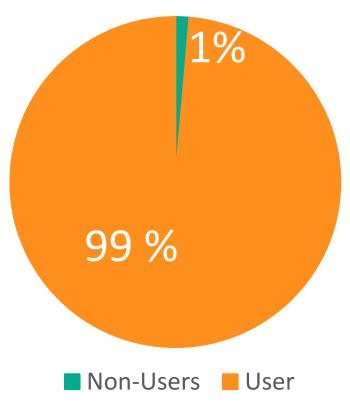




9th-12th Grade



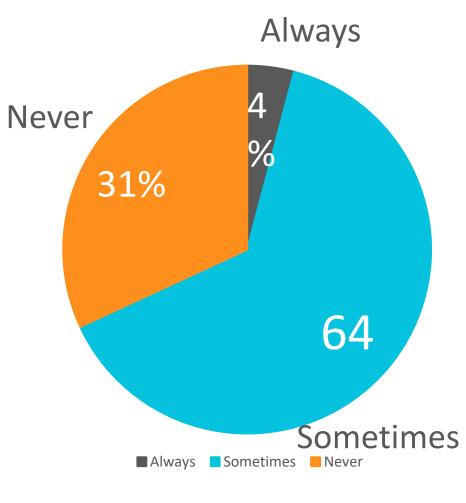
Own a Smart Phone





I feel anxious when I don't answer a text right away:

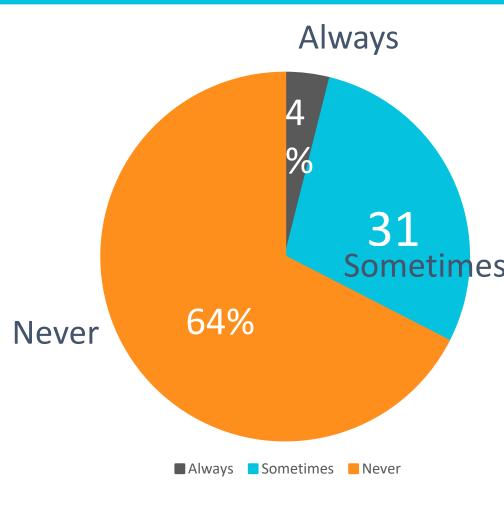






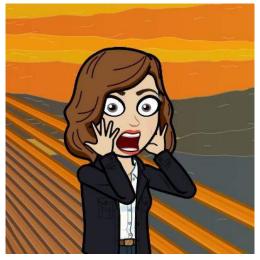
I feel anxious when I don't check my SM in an hour:

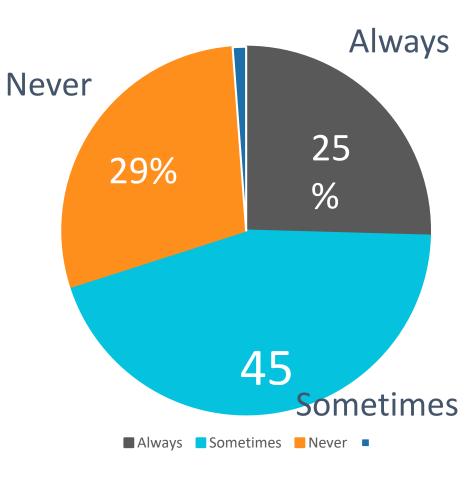






I feel anxious when I don't Check my SM in 24 hours:







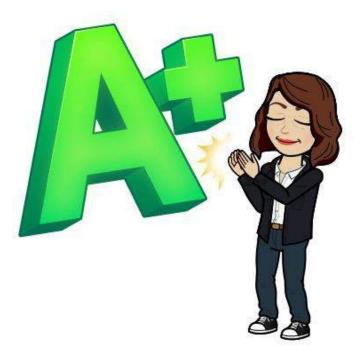
5 minutes

1. How has your classroom changed since the popularity of smart phones and social media (2013-present)?

2. Have you noticed a change in your student's attention spans, attitudes, or social structures in comparison to pre-smart phone access (2013)?

Smart Digital Branding

- There is No "Privacy" in SM When you chose to use social media, you give up the right and expectation of privacy
- Users will held accountable for what is posted, liked, retweeted, etc.
- Users must be 13 to use social media





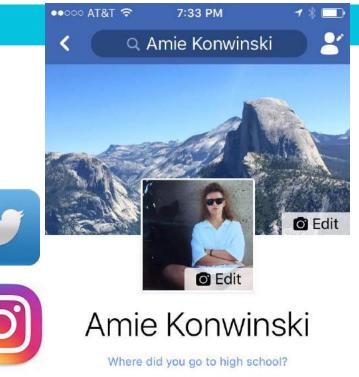
35% of College applications* require:

- Twitter username
- Instagram username
- Facebook username

If your students had to disclose every single username to all of their SM accounts?

• Would they be "On Brand?"

* As of 2018-19 application process. This could change as new technologies are released.





Founder and CEO of Smart Girl Society

I III

Activit

0

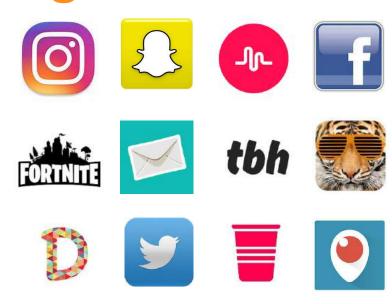
Edit Pr

R

Post



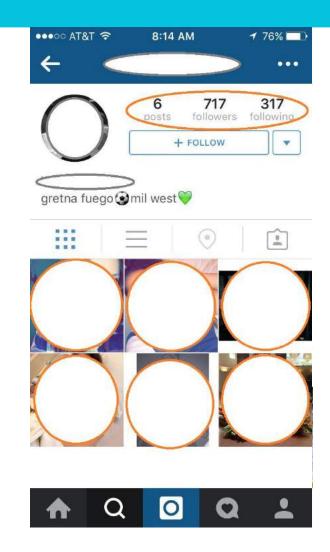
Instagram Snapchat Fortnite Twitter Facebook House Party After School





Smart Guide:

- For 13 and older
- Most popular with 13-24 yo
- Everything posted becomes a building block of their personal brand
- Offers Private or Public settings
 - Set to Private
 - Do not post private information such as school name, team, sports number, club





- 30% of users have multiple Instagram accounts, know as "Sinstas."
- Off Brand is common and risky







This account is private.





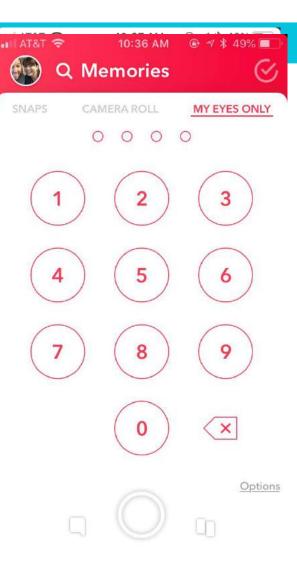
Smart Guide:

- For 13 and older (SGS suggests 15)
- Cannot be monitored by parents
- Streaks are "Social Currency"
- Gives a false sense of security to send "Off Brand" images
- Images can be undetectably saved



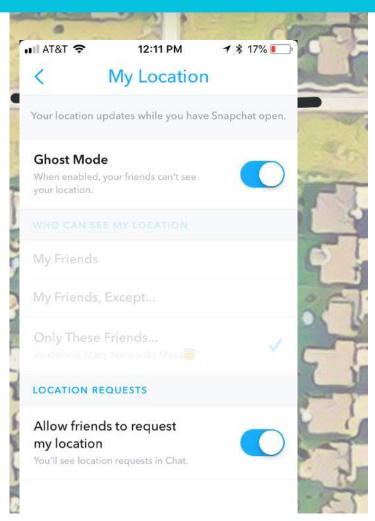
S My Eyes Only

- Password protected, within each user's Snapchat account
- Gives a false sense of security to send "Off Brand" images
- Images can be undetectably saved



\rm Snap Map

- Privacy Danger
- Uses Geolocation to reveal user's locations, latitude and longitude
- Must turn on Ghost Mode





Reduce Streaks for optimal happiness

Do not spend longer than 30 minutes in one session

Limit Groups to those you trust





- 90% of all users are on Public Mode
- Every Tweet, retweet, comment is a building block to your digital brand
- You can lose opportunities based on your tweets, retweets, and comments

The New York Times



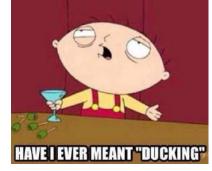
.@quinnnorton has joined the @nytimes editorial board as lead opinion writer on the power, culture and consequences of technology. Read on in a note from @jbennet, @katiekings and @jimdao https://www.nytco.com/quinn-norton-named-toeditorial-board/ ...







DEAR AUTOCORRECT, AT NO POINT









10 min

- 1. Pair up with your neighbor.
- 2. Unlock your phone.
- 3. Exchange phones.
- 4. Pick three pictures from your partners social media pictures and have them explain them.



Safety: Follows COPPA Laws Allows direct messaging Unable to be monitored Play in open area Privacy: Unable for Private Mode







roblox sex

Roblox sex

roblox sex

New

Q

Safety: False sense of security ba "Anonymous" cloak Allows direct messaging



Roblox Sex Part 1# 25K views
 1 week ago

https://www.roblox.com/games/2004953031/Condo-Rebirth# it will be banned by now join our discord



NOT BANNED ROBLOX SEX AND GROSS PLACE 2018 NOT BANNED!!!!!!!! (Description please :D)

00f. Game Link: https://www.roblox.com/games/1904603230/true-christian-sanctuary.

· 132K viev Show apps ago

345K views • 5 months ago

 16K views
 4 days ago yeah dont watch if ur triggered at dis stuff.

Why I made this video? Because it would get banned. I noticed it on the frontpage and I wanted it to get taken down. Why is there ...

Privacy: Unable for Private Mode **Content: Creepy White Van of th**

Opportunity for exploitation, pornography,

sexualization, objectification



2.39





Smart Guide:

- For 13 and older
- Mega, to the death battle, with 100 online players
- Coded to lose by a little, win by a lot
- Cannot be monitored by parents



Ege Live Video Streami



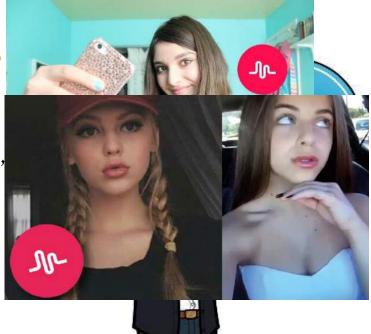
House Party Periscope Facebook Live Meerkat Streamwire Hang w/







COPPA: Requires users to be age 13 **Privacy**: Yes, has a Private mode **Negative**: Highly objectified, explicit content words, nudity, drug/alcohol reference, duets, bullying



the Anonymous Apps

Smart Guide:

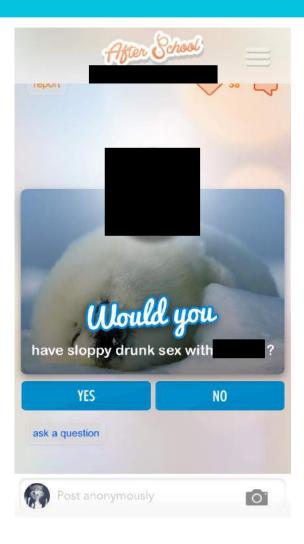
- Requires users to be age 17+
 - Should not be used by your middle or high schooler
- "Anonymous" yet known
- Mean, gossipy, extreme objectification, explicit content, nudity, drug/alcohol sales and reference.





litereally

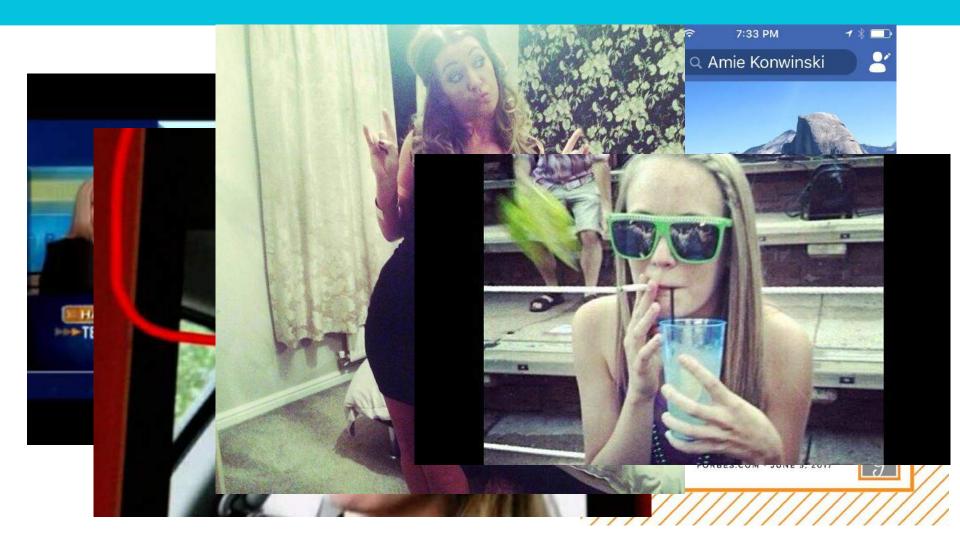






5 min

- 1. Have you had disruptions in the classroom based on multiplayer gaming, live video streaming, or anonymous posting apps?
- 2. How did you, or your administration, handle the disruptions?





Post only on brand posts Don't shame or embarrass Be careful of pictures Self-Made Child Pornography Federal Offense for Parents

In Nebraska, it is a crime to possess a visual depiction of sexually explicit conduct featuring a child under the age of 19 years. (Neb. Stat. Rev. Ann. §§ 28-813.01, 28-1463.02, 28-1463.03.)







Bullying as defined by the CDC:

As unwanted aggressive behavior by another youth or group of youths, who are not siblings or dating partners, that involves an observed or perceived power imbalance and is repeated multiple times or is highly likely to be repeated.

Cyber bullying: All Above Through email, chatroom, IM, website, videos or pictures posted or sent through cell.



Case Bell vs. Itawamba County School Board

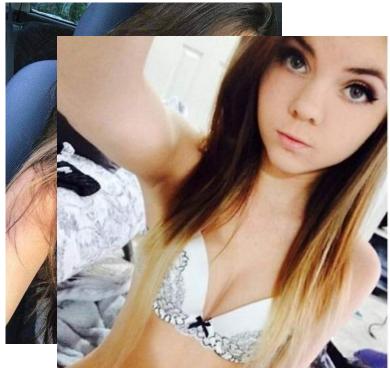
5th District Court, highest precedent giving schools the right to discipline students posting not on the property, because it could disrupt school.

If it disrupts the school environment, you should act.



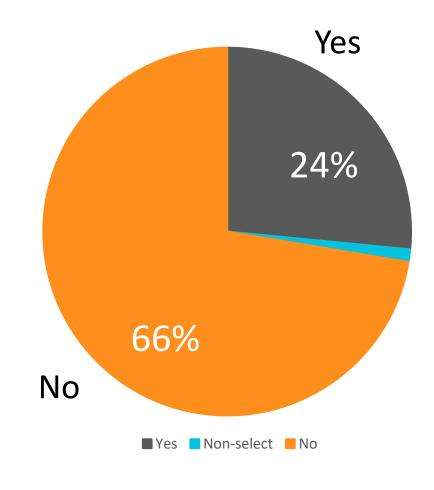








I have received nude pictures or videos:



Let me go ask my dad...

Sorry, my dad said, "NO."













I can't send you nude photos, but I'll forward this to my dad and you can try asking him for some.

No, but keep taking the selfies. The cops will appreciate you making your own mugshot o



Never leave the minor alone – flight risk

Have a parent present when possible



Do not use intimidation or pressure to secure a testimony

http://www.cnn.com/2017/05/26/health/corey-walgrensuicide-illinois-lawsuit-trnd/index.html



- 1. Delete immediately
- 2. Text back : "Do not text me again."
- 3. Take screen shot of text message
- 4. Tell a trusted adult (parents, counselor, teacher, SGS)







- 1. Breath and relax
- 2. Ask to talk to your parents
- 3. Your adults WILL help you get through it



- 1. Hit the Reset Button
- 2. Delete any pics you might have
- 3. Talk to a trusted adult to help you reset other's buttons











1. Education: Stay educated on the applications, social media, and technologies requested by your students.

2. Communication: Talk to your students about their technology and social media usage and share the SGS Smart Digital Planner with your parents.



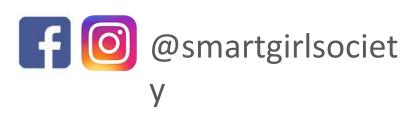
3. Cooperation: Encourage your parents to do periodic check-ins on their kid's social media accounts.

4. Smart Charge: Encourage your parents to keep their kid's phones, laptops, tablets out of the bedroom at night.





Smart **GIRL** Society



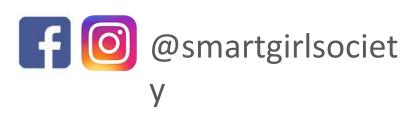


Copyright © 2018 Smart Girl Society

SmartGirlSociety.org

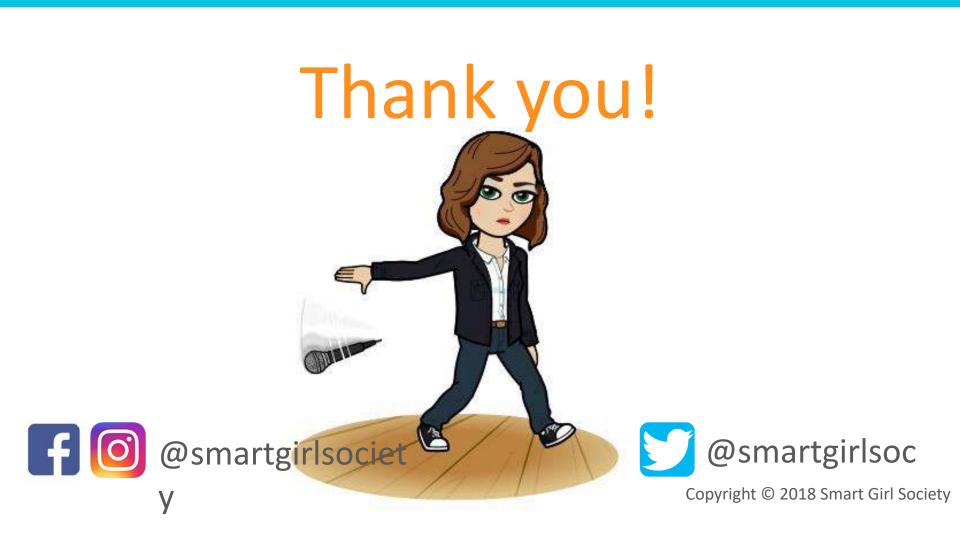


Smart **GIRL** Society





Copyright © 2018 Smart Girl Society



Critical Conversations with our School Counselors



Emily Cady Our Lady of Mercy



Kristin Fromal Gwynedd-Mercy Academy Elementary



Kathleen Ketofsky Mount Saint Mary Academy



Mary Therese Lopata Mercy Career and Technical





Forging Futures with Faith and Focus

Mercy Education System of the Americas **Presenter:** Mary Terese Lopata,LCSW

Mission Statement

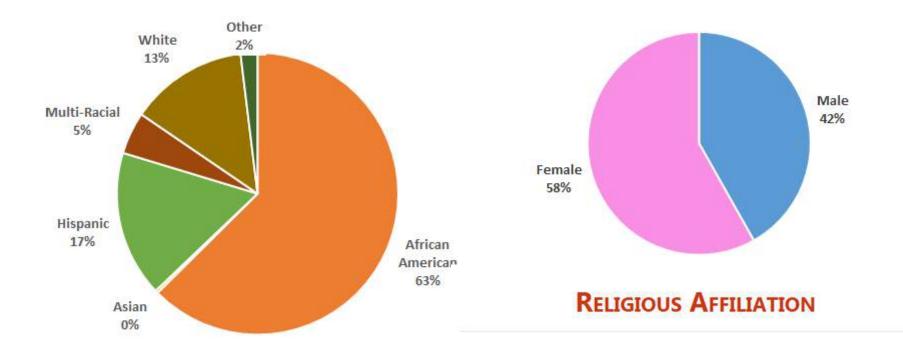
Mercy Career & Technical High School is a private, urban career and technical high school sponsored by the Sisters of Mercy.

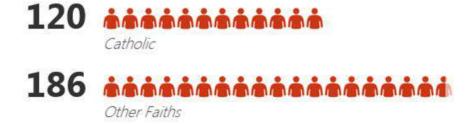
Within a 21st century learning environment, we provide a Catholic education and a comprehensive, academic, career and technical school experience which prepares students for the workforce and/or post-secondary education.

In the Mercy tradition, we live the Gospel in word and action and promote service to others. The Mercy Career & Technical High School graduate is a highly competent, compassionate, contributing member of the global community.



Who We Are...





Mercy Serves

305 Students

Four students from PA School for the Deaf participate in Mercy's CTE Programs: Three study Building Trades and one studies Cosmetology

93% attendance rate

40 different Philadelphia zip codes

Eight students from Philadelphia suburbs

94% at-promise students

89% receive financial aid

100% faculty and staff who care about the Mercy student



Top Issues and Barriers to Success

Social-Emotional

•Anxiety and Depression

Gun Violence and Neighborhood Violence

Trauma

Stress on technology to achieve success

•Students need to learn responsible digital citizenship

Social Media

High turnover rate of mental health professionals working with students

Time!

Financial resources limited

- •Students do not have access to music, languages
- •Space for athletic programs

Health Insurance

- •Families make too much for public assistance but not enough for "good" insurance
- •Co-Pays are very high for mental health services

Specific Practices

Mindfulness



"Life in a Flash" course for all freshmen

•Students learn soft skills, social skills, team work and problem solving

Support Groups

- •Grief & Loss
- Anxiety (Art Group)

Service

- •10 hrs Freshmen and Sophomores
- •15 hrs Juniors and Seniors
- •13 years of giving back to communities that have been affected by natural disasters

Partnering with Families

- Encourage parents to remove electronic devices from bedrooms
- •Encourage self-care for parents

Resources

Students come from all over Philadelphia and surrounding counties ...

Provide social service resources within their communities

Connect families to local politicians for advocacy on health insurance and housing



- •Growth & speed of technology
- •Emotional well-being is at the forefront; anxiety has increased
- •Students have shorter attention spans
- •The "On-Demand" generation: they want things NOW!
- •Cyber bullying has increased: if it disrupts the school environment then the school acts on it...
- •More students come to us from being home-schooled

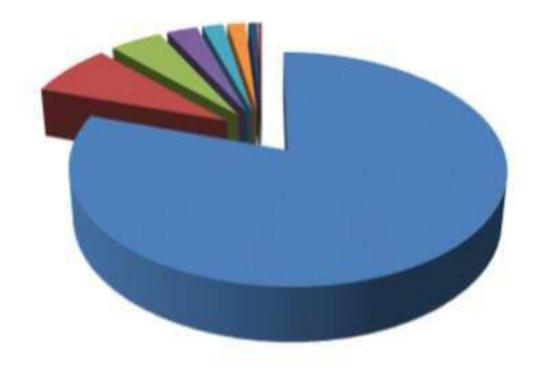


GWYNEDD MERCY ACADEMY ELEMENTARY SCHOOL COUNSELING

Kristin Olivia Fromal, J.D., M.S.W. Certified School Counselor

DIVERSITY AT GMA

Gwynedd-Mercy Academy Elementary Ethnicity of Students 2018-2019





ASCA MODEL FOR SCHOOL COUNSELING

• Direct Services

- Curriculum
- Individual Student Planning
- Responsive Services

Indirect Services

- Consultation
- Referral

USEFUL ELEMENTARY SCHOOL INTERVENTIONS

- Social Thinking
- Role plays
- Psychoeducational Games
- Mindfulness
- Classroom lessons
- Speaker Series
- Introduction to Career Concepts



- Rate of students with concern of anxiety has increased.
- Age of onset re: mental health concerns
- Increased understanding of biological bases of many of the mental health concerns we experience, including ADHD and depression
- Personalization in student programming permitted by small class sizes. Growth of McAuley Learning Center as well as opportunities for gifted students
- Student Support Team



Time to see students in need of counseling services/rigorous academic classes

RESOURCES

- Range of private therapists based on area of concern, student residence
- Montgomery County Intermediate Unit (speech, reading, psychoed and targeted evaluations)

MSMA is an all girls Catholic High School that strives to challenge each student to develop her fullest potential in a Christian atmosphere of love and caring.

The Mount serves approximately 350 young women from mostly middle to upper class socioeconomic backgrounds. Scholarships are offered for many in need.

78% Caucasian; 22% Non-Caucasian

100% of students are accepted to college.





Mount Saint Mary Academy Student Assistance Program

MSMA believes that any student affected by serious personal problems impacting life or health requires assistance in order to reach personal goals and academic potential.

The Student Assistance Counselor (SAC) coordinates the Student Assistance Program in conjunction with School Counselors in our Student Services Department.

How Does the Student Assistance Program Specifically Provide Services to Students?





THE STUDENT ASSISTANCE COMMITTEE (SAC Team):

A Multi-Disciplinary team that meets two times per month to discuss students at risk and develop a plan to provide support and interventions. The Team is: The Student Assistance Counselor, School Counselors, School Nurse, Administrator, and a Teacher.



The SAC Team is coordinated by the Student Assistance Counselor.

Student Assistance Programs and the Mount Community

<u>School Climate and Personal</u> <u>Growth:</u>

- Peer Facilitation Program
- Anti-Bullying Program
- O Wellness Day
- Senior Safety Seminar
- Freshmen Seminar

"PEOPLE WILL FORGET WHAT YOU SAID, PEOPLE WILL FORGET WHAT YOU DID, BUT PEOPLE WILL NEVER FORGET HOW YOU MADE THEM FEEL." - MAYA ANGELOU

Student Assistance Programs and the Mount Community

• <u>School-Wide Parent Involvement Facilitated by the SAC:</u>

- <u>Parent Bulletins:</u> 3-4 times per year, articles are written by the SAC for parents regarding specific topics that might be helpful in supporting their child.
- <u>Prom Letters:</u> Information on best safety practices as recommended by the County Prosecutor's office and prevention websites.



Student Assistance Counseling

Full time Student Assistance Counselor	Provides confidential supportive counseling to students/explain bounds of confidentiality	Referrals can be: Self-referral, School Counselor, Faculty, Parent, Peers	Provide weekly/bi- monthly supportive counseling services; individual, group, peer conflict/resolution.
Refer students for further services if needed	Policies in place to provide safety: Refer out for Psychiatric Evaluations when in crisis.	Policies in place regarding Suspicion of Under the Influence of a substance: Refer out for drug testing. Follow NJ Codes.	SAC will follow-up with all evaluations and provide appropriate referrals for counseling and psychoeducation.

Counseling Issues of Students

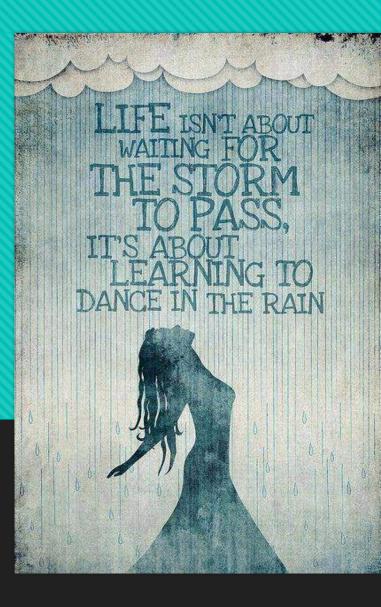
- Anxiety/Panic Attacks
- Stress Management/Coping Skills
- Depression
- Family
- Peer Issues
- Grief/Loss



Interventions by the SAC

- <u>Perception</u>: Teaching how to shift thoughts to be empowering and effective.
- <u>Specific Techniques</u>: Deep Breathing, Progressive Muscle Relaxation, Meditation, Mindfulness, Developing a Game Plan, Yoga, Letter Writing, Mantra, Self-Regulation (taking emotional temperature).
- <u>Encouraging students to be Pro-Active for their</u> <u>needs</u>.
- <u>Resources:</u> Identifying and building of a student's 'Emotional Toolkit': Apps, Parents/Family members, Hotlines, Coloring pages, Journaling, Drawing journal.
- <u>Referral for Therapy</u>
- Release of Information.
- <u>Communication to Parents and Teachers</u> as needed to support the student.

We are Striving for Grace, Not Perfection



- Kathleen R. Ketofsky, MSW, LCSW
- O Student Assistance Counselor
- Mount Saint Mary Academy; Watchung, NJ
- O kketofsky@mountsaintmary.org



Rochester, NY



WELLNESS BEGINS WITH <u>WE</u>

EMILY CADY, M.A., N.C.C DIRECTOR OF WELLNESS/SCHOOL COUNSELOR

ECADY@MERCYHS.COM



MERCY BY THE NUMBERS

- Founded by 1928 in Rochester, New York
- The ONLY all-girl's Catholic school in Greater Rochester
- Approximately 800 young women are currently enrolled in grades 6-12
- Students represent 37 different school districts around the Greater Rochester region
- Each year between 99% -100% of seniors matriculate to an institution of higher education
- In May of 2018, 593 AP exams were administered
- 73% of our student body received a score of a 3 or higher

"Our Lady of Mercy School for Young Women encourages students to be pioneers of change. Our Mission is to provide an enriching balance of learning, serving and loving that creates a community of care and sisterhood."

Our Lady of Mercy School for Young Women Mission Statement



68% of OLM students feel as though they have AT LEAST one adult they can go to at school if they have a problem



97.3% of OLM students report experiencing a stress-related health symptom in the last month

"Difficulty sleeping" and "headaches" are most common symptoms reported by over 80% of students



58.1% of OLM students have missed school in the last month for a health or emotional problem

OLM Students report getting an average of 6.2 hours of sleep per night (Juniors averaged 5.9 hours)

Sleep researchers recommend 8-10 hours of sleep for teenagers

58% of OLM students go to bed after 11pm

92.8% of OLM students report cheating in some way in the past year

STATS

strategic response

WELLNESS

GOAL: By 2019/2020, Our Lady of Mercy will create and implement preventative and responsive approaches to improve the mental and emotional wellness of our school community.

WHAT IS WELLNESS? Mind Body Spirit



"Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness, it is a dynamic process of change and growth."

-University of California at Davis

"a conscious, self-directed and evolving process of achieving full potential."

-The National Wellness Institute

"...a state of complete physical, mental, and social wellbeing, and not merely the absences of disease or infirmity." - The World Health Assoc.

CONTRIBUTING FACTORS OF WELLNESS: MIND



CONTRIBUTING FACTORS OF WELLNESS: BODY

"Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel." — Eleanor Brown

CONTRIBUTING FACTORS OF WELLNESS: SPIRIT

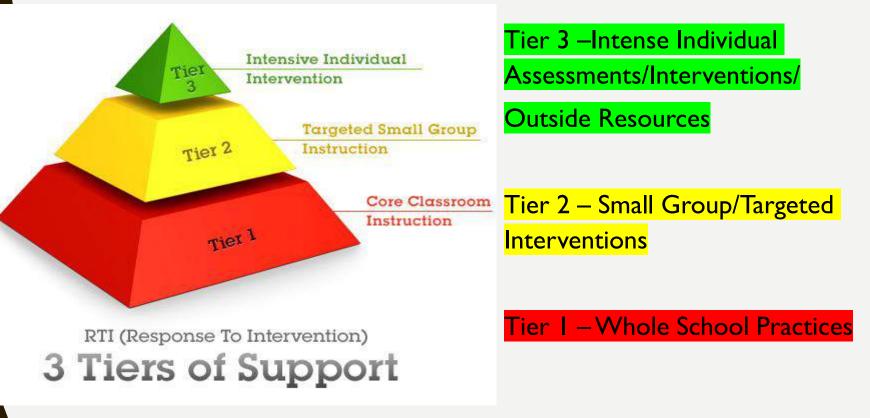
Luke 10: 38-42

Jesus Visits Martha and Mary

.

Now as they went on their way, he entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to him and asked, 'Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me.' But the Lord answered her, 'Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.'

<u>WE</u>LLNESS BEGINS WITH <u>WE</u>



WELLNESS PRACTICES AT OLM

Opening of <u>The Wellness Center</u>



WELLNESS PRACTICES

Reorganizing the Counseling Department to meet the needs of our student body

- Director of Wellness
- Director of College & Career Advisement
- International Counselor
- **9**th Grade Transition Counselor
- Dedicated Middle School Counselor

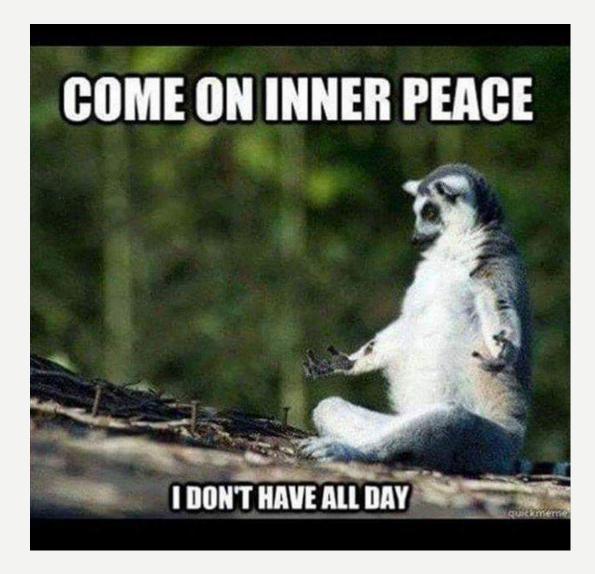
Campus Ministry Theme: All Shall Be Well

Led by OLM Campus Minister, Sr. Patricia Beairsto RSM

Parent Education & Lecture Series

• Faculty Wellness

- Yoga, Faculty Small Groups, Wellness Challenges, Connection
- Practicing & Modeling Acts of Gratitude "Shout Out Wall"



Opening Prayer Saturday, October 13, 2018



Four Key factors for pursuing pure justice

(Bryan Stevenson is the author of the book *Just Mercy* and the executive director of the Equal Justice Initiative)

- First, we should Get Proximate we shouldn't be afraid to come face to face with injustice in our life - to shelter the homeless and care for the sick
- Second, we should Change the Narrative we should recognize the stories we've told ourselves to maintain the status quo and thus be open to altering our mindset if our current one prevents us from facing reality.
- Third, we shouldn't lose our hopefulness. In Stevenson's words, "injustice prevails when hopelessness persists."
- And fourth, we have to recognize that at some point we may have to choose to do something uncomfortable because it is needed to bring us closer to true justice.

Holy Is Your Name

ALL Sing in English: My soul is filled with joy as I sing to God my savior: you have looked upon your servant, you have visited your people.

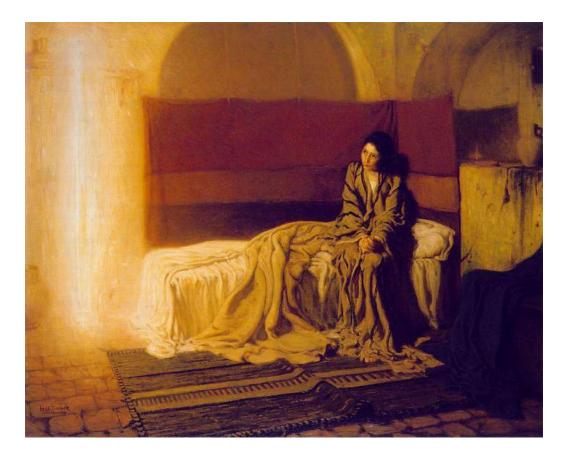
Mi alma se llena de alegría mientras canto a Dios mi salvador: has mirado a tu servidora, has visitado a tu pueblo.

- And holy is your name Y santo es tu nombre.
- through all generations! -de generación en generación
- Everlasting is your mercy -eterna es tu misericordia
- to the people you have chosen, -para los que has escogido
- and holy is your name. Y santo es tu nombre

Mercy Education | Educación de la Misericordia

READINGS

Announcement of the Birth of Jesus





All in English: Help us overcome what keeps us apart: *Ayúdanos a sobrepasar lo que nos divide.*

- our brokenness, our anger, and our pain, nuestras faltas, nuestra ira, y nuestro dolor,
- May we grow closer to others Que nos acerquemos a los demás
- And thus grow closer to you.
 y así acercarnos cada vez más hacia ti.



- ALL in Spanish: María muestra que no hay nadie que no sea digno del llamado a ser discípulo, aún si la sociedad dice que somos inferiores. Que no vivamos con miedo sino con fe.
- Mary shows us that no one is unworthy of the call to be a disciple, even if our society tells us we are inferior. May we live not in fear but in faith.



All in English: May we move from fear to joy, from confusion to trust, from feeling alone to feeling God's presence.

Pasemos del miedo a la alegría, de la confusión a la confianza, de la soledad a un sentido de la presencia de Dios.



ALL in Spanish: Cuando Dios nos llama a escoger hacer algo incómodo por la justicia, que conozcamos la alegría y la paz que María conocía cuando dijo 'Sí"

Amén

When God calls us to choose to do something uncomfortable for the sake of justice, we will know the joy and peace that Mary knew as she said "Yes."



Holy is Your Name

ALL SING in English: I am lowly as a child, but I know from this day forward that my name will be remembered, for all will call me blessed.

Soy humilde como un niño, pero sé que de hoy en adelante que recordarán mi nombre, porque todos me llamarán dichosa.

- And holy is your name Y santo es tu nombre.
- through all generations! -de generación en generación
- Everlasting is your mercy -eterna es tu misericordia
- to the people you have chosen, -para los que has escogido
- and holy is your name. Y santo es tu nombre

READINGS

VISITATION (Mary and Active Nonviolence)



Mary visits Elizabeth



ALL in Spanish: El ejemplo de María comenzó con un dulce 'sí', y luego una visita silenciosa a su prima embarazada. Como tú, que no busquemos atención por seguir la voluntad de Dios.

Mary's example began with a quiet yes, then a quiet visit to her pregnant cousin. Like you, may we not seek attention for following God's will.



All in English: When you call us to be your disciples. we may hesitate to answer this call. Give us Mary's confidence and joy. For we are to be a Holy Child for each other.

Cuando Dios nos llama a ser discípulos, podemos dudar en seguir el llamado. Danos la confianza y la alegría de María porque tenemos que ser otro Santo Niño para cada uno.

Mercy Education System of the Americas de las Américas

All in Spanish: *Mirémonos bendecidos.* Y al ver la santidad en el próximo, que crezca en nosotros(as) la fe en nuestra capacidad de crecer como una comunidad de fe.

May we see each other as blessed. And in seeing each other's holiness, may we be hopeful in our ability to grow as a community of faith.



ALL in English: We are to love one another and our enemies, put down our swords and forgive. Give us Mary's strength and faith to trust this challenge. Amen.

Hay que amarse a nosotros y a nuestros enemigos, envainar las espadas y perdonar. Danos la fuerza y la fe de María para confiar en este reto. Amén.



Holy is Your Name

ALL Sing in English: I proclaim the pow'r of God, you do marvels for your servants; though you scatter the proud hearted and destroy the might of princes.

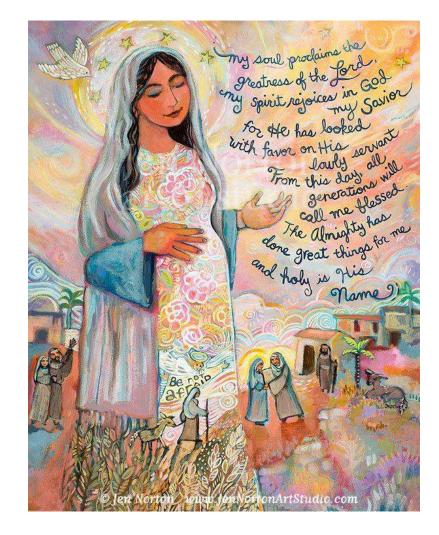
Proclamo el poder de Dios, haces maravillas para sus siervos; aún cuando despides los soberbios y destruyes la fuerza de los príncipes.

- And holy is your name- Y santo es tu nombre.
- through all generations! de generación en generación
- Everlasting is your mercy- eterna es tu misericordia
- to the people you have chosen, para los que has escogido
- and holy is your name. Y santo es tu nombre

READINGS

THE MAGNIFICAT (Mary and Prophetic Nonviolence)

The canticle of Mary





ALL in English: Like Mary, may we grow in our understanding God's presence in our lives. May we continue to re-discover the Holy Child in each of us.

Como María, que crezcamos en un entendimiento de la presencia de Dios en nuestras vidas. Que sigamos descubriendo una y otra vez al Niño Santo dentro de cada uno.



ALL in Spanish: Que levantemos a los a quienes menosprecian con demasiada frecuencia. Aboguemos por lo que debe ser en vez de quedarnos contentos con lo que es. Como María, tomemos un salto de fe, para decirle "sí" a Dios.

May we pick up those who are too often pushed down. May we advocate for what should be rather than accept what is. Like Mary, may we also take a leap of faith, to say Yes to God.

Mercy Education System of the Americas de las Américas

ALL in English: May we lead lives that are prophetic. May our actions show God is in the world, how God heals relationships through justice, how God fulfills the promise of peace.

Que vivamos en una manera profética, que nuestras acciones revelen a Dios en el mundo, como Dios cura las relaciones por justicia, como Dios cumple la promesa de la paz.



ALL in Spanish: Por medio de la misericordia que hagamos visible a Dios en el mundo. Éste es el reto de los discípulos. Que sigamos el modelo de María, que trajo a Jesús al mundo. Amén.

Through mercy may we make the God visible in the world. For that is our challenge as disciples. May we follow the model of Mary, who truly brought Jesus into our world. Amen.



Holy is Your Name

All sing in English: To the hungry you give food, send the rich away empty. In your mercy you are mindful of the people you have chosen.

Repletó a los hambrientos y despidió vacíos a los ricos. En tu misericordia, recuerdas a tu pueblo escogido.

- And holy is your name- Y santo es tu nombre.
- through all generations! de generación en generación
- Everlasting is your mercy- eterna es tu misericordia
- to the people you have chosen, para los que has escogido
- and holy is your name. Y santo es tu nombre

DECADE OF THE ROSARY





ALL in English: Merciful God, You entered the world through Mary. And this hinged on Mary saying yes. Our ability to continue to bring your presence into the world, to be evangelizers of nonviolence, hinges on our willingness to continue to say "Yes." May our lives as God's children and stewards of Mercy increase the presence of God's child, Jesus, in our world. Amen.

Dios misericordioso, entraste al mundo por María. Tú dependías de su 'sí' de ella. Nuestra capacidad para ser tu presencia en el mundo, para ser evangelizadores de la no violencia, depende de nuestra voluntad para seguir diciendo 'Sí." Que nuestras vidas como hijos(as) de Dios y administradores de la Misericordia aumenten la presencia del hijo de Dios, Jesús en el mundo. Amén.

Holy is Your Name

ALL SING in English: In your love you now fulfill what you promised to your people. I will praise you, Lord, my savior, everlasting is your mercy.

En tu amor cumples con lo que prometiste a tu pueblo. Te alabaré, Señor, mi salvador, eterna es tu misericordia.

- And holy is your name- Y santo es tu nombre.
- through all generations! de generación en generación
- Everlasting is your mercy- eterna es tu misericordia
- to the people you have chosen, para los que has escogido
- and holy is your name. Y santo es tu nombre



Reflections on Spirituality for Mercy Educators for our Times

Janet Ruffing, RSM, PhD

Mercy Education Conference, October 2018

Contemplate the Gentleness of God

- Jesus as Incarnate Wisdom
- A Trinitarian Mysticism expressing Trinitarian life, flowing out to us, encompassing us, and drawing us into this loving embrace of God.

Each Person has her own role to play

But cooperates in that of the others with respect and gentleness.

 There cannot be violence, because all activity of the Father is done in gentleness and so it is of the Son. And the Spirit, the energy that binds them is only tenderness.

No One can Imagine the Love that is lived in the Three

- An immense and powerful fire always irrupting that impels God to create.
- What spreads from this relationship is only gentleness because God gives only what God is.





Some Facets of Christian Spirituality

The patently mystical -- held in God's love
The need to cultivate specific practices –

behaviors and attitudes that resist the worst so we become available to the gentle and merciful God's purposes

Within Christianity, our most fundamental Experience

 A self-revealing, self-gifting God who embraces us and invites us into relationship with Godself.

• We are made with a capacity to both perceive and experience that mystery which we name God.

Experiences of Mystery and Divinity

- Are mediated through the sacramentality of the natural world
- Creation itself is God's first revelation and manifests intimations of divinity across all major religions, including those of indigenous peoples.

These Responses Can Be

- A deep sense of God's presence to us
 The natural setting becomes a place of communion with the Divine
 - Or grief over ecological destruction

This Sense of Presence is Unique for Each One

It Can Emerge at any time in one's life-cycle From early childhood through late life.

Reflect on your own Spiritual History: When did you first experience God?

 A time when you felt close to God/Jesus, companioned by divinity, in conversation/connect with God, Sensing the Presence of God? What Might be Your Personal Touch-Stones for life lived under the on-going Sway of God?

Spiritual Life Stabilizes

- "Finding God in All Things" Ignatius of Loyola
- "Living in the Presence" Tilden Edwards
- Moments "Given" rather than Something we Make Happen
- Faith Community helps name these experiences, helps us find companions
- Provides guides, exemplars and texts

David Perrin, OMI

"Spirituality stands at the junction where the deepest concerns of humanity, and the belief in transcendental values, come together in the movement toward ultimate fulfillment in life. The spiritual center is the deepest center of the person: the place of surrender to authenticity and love. It is here that human beings are open to the transcendent, whatever that is for the individual. It is here that human beings experience ultimate reality and their most profound desires are satisfied."

Spiritual Values are Expressed in Practices

- Ways of acting
- Believing
- Feeling
- Thinking
- Choosing

Drawing from a Deep and Varied Tradition

 Offers many resources and insights not available when spirituality is reduced to a privatized, individual approach to the spiritual life.

Spirituality is Also a Meaning-Making Process

- Frequently, it happens in the form of a narrative description
- The opportunity to share leads to deeper understanding an appropriation of the experience as well as making fruitful connection with others.

Shared Forms of Meaning Making

- Scriptures
- Traditions of saints and exemplars
- Social Justice Teachings
- Ethics
- Traditions of spirituality and worship
- Communion of Saints

Some Definitions of Practices

- "the spiritual person is one who is interested in and dedicated to the artful handling of the world, the artful shaping of one's own self, and the artful forming of one's life into something beautiful" Francis Baur, OFM
- "The spiritual life is grace because it must be cultivated day by day...it is also work, planned exercise and conscious development of the believing, hoping, and loving life..." Karl Rahner, SJ

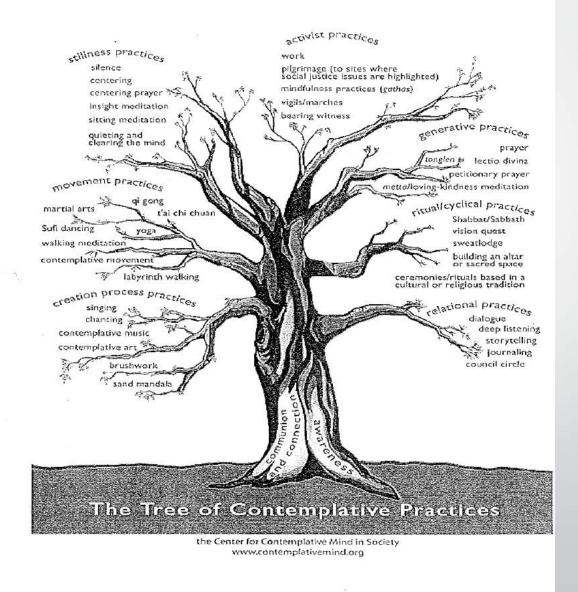
Kathleen Fisher

Marks of Asceticism in an Ecological age.

- An ecological spirituality roots asceticism in love of the body and creation
- Christian asceticism readies us for transfiguration of the Spirit
- Ascetic practices are not ends in themselves, but a means to embody the reign of God and to free us for love and work
- Community provides balance and support for asceticism and for personal and spiritual growth
- Both renunciation and celebration characterize the rhythm of Christian existence.

Spiritual Practices

1. Self-understanding, or exploring the edges of the psyche or consciousness	1. Unconscious patterns of attraction or repulsion
Practices such as spiritual direction, manifestation of the heart, journaling, self- observation during fasting, examination of consciousness, dream work, awareness meditation, solitude, therapy, spending time in natural environments, and silence .	
2.Control of the addictive and deadening agendas of sex, power, possessions	2. Cultural Conditioning, Needs, Attachments, limits.
Practices such as religious vows, periodic abstinence from various activities or substances, almsgiving, fasting, simplicity of life, solidarity with the poor, compassion, limiting consumption to support sustainability of the planet for all, humility for those in power, and self-assertion for those who are oppressed, hospitality, social justice,	
3. Gathering and focusing energy away from excessive care of the body or its neglect	4. Distraction, Entertainment, cultural Conditioning, Dissipation of Energy
Practices such as fasting, aerobic exercise, relaxation exercises, retreats, practicing an art (music, poetry, dance, painting, etc), spending time in nature, altering sleep patterns, reflection, serious reading or learning, solitude, changing one's schedule, twelve step programs,	
5. Intensification and concentration of consciousness enabling one to convert oneself to freedom for love and work ¹	4. A focus that is not on Ultimate Reality or the Values we Espouse
Practices such as prayer, contemplation, Ignatian contemplation and the Spiritual Exercises, meditation on the Christian mysteries, mindfulness, sacramental life, worship and celebration, every form of spiritual exercise, cultivation of virtues	



Empathy and Nonviolence

Critical Assessment of Social Media

- Shows that it has interrupted and reduced habits of both empathy and nonviolence since 2007.
- As well as an even greater breakdown in the practice of conversation and the ability to read human emotions.

Sherry Turkle, *Reclaiming Conversation: The Power of Talk in a Digital Age*, 2015.

COMPASSION • Arises from an empathic and generous heart

- Usually the result of having experienced empathic responses from another to one's own suffering which tends to elicit a response in us to another's suffering.
- Hopefully, we also develop the ability to be compassionate toward our own suffering as well.

MERCY IS ALSO EFFECTIVE ACTION

 IN RESPONSE TO THE SUFFERING OF ANOTHER AND LEADS US TO REDUCE THE CAUSES OF THAT SUFFERING IF AT ALL POSSIBLE

IN MERCY SCHOOLS EVERYONE INVOLVED LIVES THIS BEATITUDE "BLESSED ARE THE MERCIFUL FOR MERCY WILL BE THEIRS."

NONVIOLENCE IS AN INDISPENSABLE EXTENSION OF MERCY

"THE FAMILY IS THE INDISPENSABLE CRUCIBLE IN WHICH SPOUSES, PARENTS AND CHILDREN, BROTHERS AND SISTERS, LEARN TO COMMUNICATE AND TO SHOW **GENEROUS CONCERN FOR ONE ANOTHER, AND IN WHICH** FRICTIONS AND EVEN CONFLICTS HAVE TO BE RESOLVED NOT BY FORCE BUT BY DIALOGUE, RESPECT, CONCERN FOR THE GOOD OF THE OTHES, MERCY AND FORGIVENESS..THE JOY OF LOVE SPILLS OUT INTO THE WORLD AND RADIATES IN THE WHOLE OF SOCIETY, AN ETHICS OF... PEACEFUL **COEXISTENCE BETWEEN INDIVIDUALS AND AMONG** PEOPLES CANNOT BE BASED ON THE LOGIC OF FEAR, **VIOLENCE, AND CLOSE-MINDEDNESS, BUT ON RESPONSIBILITY, RESPECT AND SINCERE DIALOGUE."**

POPE FRANCIS, "NONVIOLENCE: A STYLE OF POLITICS FOR PEACE," NO. 5, 1 January 2017.

For an entire community to embrace a nonviolent style of education requires: self-reflection and education in nonviolent communication and nonviolent methods of intervening in verbal or physical conflicts.

Marshall Rosenberg, Nonviolent Communication: a Language of Life

- This process teaches everyone to hear their own deepest feelings and needs as well as correctly recognize those of others, so we can take responsibility for how we behave, think, and feel.
- It is difficult to remain steady in a time in which there is so much public hate speech and denigration of many groups in our society.

Sherry Turkle-- Solitude and Self-Reflection

- If we occupy every "empty" moment on our phones, we have squandered those moments we might have spent in self-reflection
- Educators can invite brief periods for such introspection and awareness (Ruffing)

Nancy Small, Seizing the Nonviolent Moments

"The "more" of nonviolence is not to be confused with the "more" that is craved in our have-it-all society, a ravenous hunger for more stuff, more wealth, and more power. The "more" of nonviolence is about generating more of the stuff that peace is made of. More love. More understanding. More right relationship. We bear witness to the "more" of nonviolence whenever we strive for more freedom, more justice, more wholeness, more peace. The more we strive for peace, the more we strengthen the spirituality of nonviolence. And the more we transform society. "18.

Coping with Anger

 Learning how to interrupt a violent situation nonviolently requires training and practice and accurate evaluation of the situation itself.

Dehumanization Begins with Language

Dehumanization is a response to conflicting motives. We want to harm a group of people, but it goes against our wiring as members of a social species to actually harm, kill, torture, or degrade other humans. David Smith explains that there are very deep and natural inhibitions that prevent us from treating people like animals, game, or dangerous predators. 'Dehumanization' is a way of subverting those inhibitions."

Brene Brown

 The process of dehumanizing has fueled innumerable acts of violence, human rights violations, war crimes, and genocides. It makes slavery, torture, and human trafficking possible.
 Dehumanizing others if the process by which we become accepting of violations against human nature, the human spirit, and for many of us, violations against the central tenets of our faith." Even more sobering, Brown says that we are all vulnerable to the slow and insidious practice of dehumanizing, therefore we are all responsible for recognizing it and stopping it. Stopping it requires "rehumanizing" and reversing the process with words and images. Brown understands that we are edging closer and closer to a world where political and ideological discourse has become and exercise in dehumanization. And social media are the primary platforms of this behavior.

Finally, dehumanization and holding people accountable are mutually exclusive. Brown





Gentle Spirit, assure us that the turbulent animosity and violence of this era can be lessened when we express your *love* in our attitudes and actions.
Gentle God, weave your *peace* through leaders of nations whose governance supports and encourages domination over other human beings.

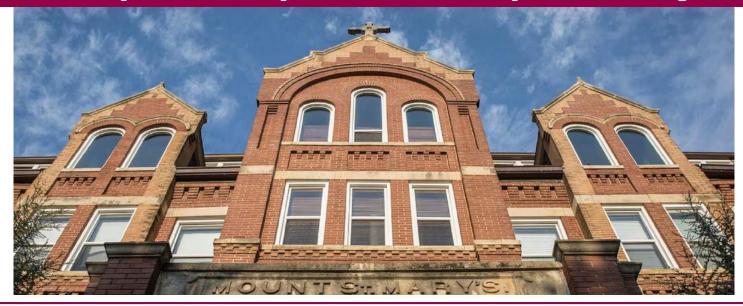
Gentle Wisdom, guide us in the ways of peace and reconciliation.

Gentle Spirit, fill us with love, joy, peace, patience, kindness, gentleness.

Gentle God, expand our empathy and fill us with your compassion.



Mercy Education Conference October 17, 2019 – Administrator Meeting October 18 & 19 – Mercy Education Conference Oklahoma City ~ Hosted by Mount Saint Mary Catholic High School





Small table group discussion/Large group sharing

Amie Konwinski

 Let's begin with Amie Konwinski's keynote address yesterday morning. What spoke to you? What information or best practice do you feel will benefit your school or you as an educator? For the next **10 minutes**, please discuss at your tables.

 Now, let's take a few minutes to briefly share what was discussed at your tables with the whole group. (10 minutes)

ercy Education Educación de la Misericordia

Small table group discussion/Large group sharing

Panelist Presentation

 Moving on to our panelist presentation, what was your take-away that you feel would benefit your school or students? Please discuss among your table. (10 minutes)

• Now, let's take a few minutes to share with the larger group. (10 minutes)



Small table group discussion/Large group sharing

Sr. Janet Ruffing

 This morning, we were privileged to have Sr. Janet Ruffing present to us on Spirituality and Ministerial Leadership. What key point stood out to you and what would you like to bring back to your school? Please discuss among your table. (10 minutes)

 Let's take a few minutes to share with the larger group. (10 minutes)

