

# March 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Youth Choir at St. Anthony's Parish @ 9:00 am	2 Gr.7/8 Skiing Trip	3 Small Schools Tournament	4 Gr.7 Girls Basketball	5 Little Caesar's orders due	6  Pizza Lunch	7
8 Mass at St. Anthony's @ 9:00 am	9	10	11	12  Sub Lunch	13 Winter Carnival Day and Spirit and hot dog day	14
15 Mass at St. Anthony's @ 9:00 am	<h1>March Break</h1>					21
22 Mass at St. Anthony's @ 9:00 am	23 No Healthy Snack	24 No Healthy Snack School Council meeting at	25 Healthy begins	26	27  Pizza Lunch Little Caesar's pick up	28
29 Mass at St. Anthony's @ 9:00 am	30	31				

## More on Growth Mindset.....Taking Perseverance To A Whole New Level!

On November 30, 1939, the Soviet Union declared war on Finland.

The odds, you could say, were against the Nordic country. Only independent for 22 years, it had a total population of 4 million people.

On the other hand, the Soviet army was 2.5 million soldiers strong — with 810,000 of those sent Finland's way.

But by March of the next year, what became known as the Winter War was over, as the Soviet Union and Finland signed a peace treaty.

How did such a tiny country hold off one of the greatest superpowers in history?

It wasn't only a matter of mastering wintry terrain. It was a matter of attitude.

"The Finns have something they call *sisu*. It is a compound of bravado and bravery, of ferocity and tenacity, of the ability to keep fighting after most people would have quit, and to fight with the will to win. The Finns translate 'sisu' as 'the Finnish spirit,' but it is a much more gutful word than that." (New York Times, 1940)

"It is not so much about achievement as it is about facing your challenges with valor and determination. It's the psychological strength capacity that enables individuals to power on when they've reached the end of their psychological or physical resources." (Emilia Lahti) Lahti contrasts *sisu* with other parts of human strength, like resilience, conscientiousness, or grit, which psychologists say is the best predictor of success. But while grit is maintaining passion and performance in the pursuit of a long-term goal, **sisu is your ability to take action against long odds.**

But there are more examples than Finns and Reds. You're tapping into *sisu* when you determinedly go after your next job after your company has layoffs, work to make a relationship last, or literally run an extra mile more than you planned to jog that morning.

Instead of just *thinking* that everything will turn out OK, a person with lots of *sisu* has the conviction that they'll be all right and takes the necessary actions to shape those outcomes.

Read more:

<http://www.businessinsider.com/finnish-word-sisu-is-key-to-success-2014-6#ixzz3Sgb58Mwl>