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SPRING INTO HAPPINESS

Monday 1st September has been deemed HAPPINESS day at St. Mary’s.

It’s the start of SPRING (and hopefully some warmer weather), the first day for wearing hats (we recently reviewed our SunSmart policy) and a great time to bring some joy and happiness into the lives of others after a long Winter.

And what better colour to wear than a SPLASH OF YELLOW to brighten up the day!!!

Students have been decorating beautiful flowers (Thanks Mr & Mrs Hicks 😉) with ideas about how they can be kind to others and share some happiness around.

(See the notice board outside the staff room)

We are initiating a KINDNESS CHALLENGE in the hope of making ourselves, and lots of other people happy too.

Each day until the end of term we will announce a different act of kindness that families: children and adults and staff can do to spread some kindness and happiness around the school, their families and the community.

Check out on our Facebook page, the school website home page, the notice boards outside the staff room and Prep S & 1/2H classrooms or listen out for a PA announcement each morning.

Many studies support the belief that kindness can change the way a person – both the giver and receiver of the kindness - feels!

So will you and your family take up the challenge to make someone else’s day and your own a little happier?

Over the page are some links to some community KINDNESS / HAPPINESS projects that are happening - some really interesting reading.

Small acts of kindness really can make a difference!

Margaret Masseni  (Student Wellbeing Leader)

No act of kindness, no matter how small, is ever wasted.

Aesop
RIPPLE KINDNESS PROJECT
has an amazing ability to increase happiness, self esteem and optimism, improve mental and wellbeing, lower stress and anxiety levels, create better social and academic outcomes, and reduce bullying in schools and the community.
http://ripplekindness.org

ACTION FOR HAPPINESS is a movement for positive social change. We’re bringing together people from all walks of life who want to play a part in creating a happier society for everyone.
http://www.actionforhappiness.org

THE RANDOM ACTS OF KINDNESS FOUNDATION is an internationally recognized non-profit organization founded upon the powerful belief in kindness and dedicated to providing resources and tools that encourage acts of kindness. http://www.randomactsofkindness.org

HAPPY FATHERS DAY
TO ALL OF OUR DADS

HOPE TO SEE YOU AT OUR SPECIAL FATHERS DAY MASS
AT 9am ON SUNDAY MORNING

Father’s Day gives children a chance to show how much they appreciate and love the male members of their family and thank them for all that they do.

So boys...Take some of this love and carry it with you for the other 364 days of the year, and feed it back to your children.

Father time is valuable time – on Father’s day it’s worth reflecting on how good fathering matters.

It matters to mothers.
It matters to men.
And importantly it matters to children.

Read Michael Grose’s advice in his article on our school website WELLBEING: Resources for Parents