

Gratitude

“He who knows he has enough is rich.” Lao Tzu

Dear Families,

Gratitude could be described as the quality of being thankful. Being grateful for something may help us to become connected with the present; not wishing for something from the future or not thinking about the past. There may be many benefits to us of being grateful, such as improved mental health, increased happiness and a reduction in depression. It seems to me that one of the quests of being a human being is to be happy. Sometimes, when I just stop and ‘smell the roses’, I become aware of how good my life really is.

I am so grateful for everything in my life, and for actually having a life to be grateful for. I feel blessed that I have been given the opportunity to take on the role as your Mental Health and Wellbeing Coordinator (M-HAWC). Everyday brings something new. I love spending time with our students, staff and parents. I feel so grateful that I can be of service to everyone in our school community.

Sometimes, I dream of having more, but I am often reminded how grateful I am for what we already have. And I am truly grateful for my children. Simply stopping and considering what we do have, rather than wanting for more, helps us to simply appreciate things. We can feel calmer and more peaceful, which can be a wonderful experience. How lucky we all are to be alive.

Next time you are together as a family, think about all the good things in your lives. What are all the great things about your family? What is the best thing that happened to you today? Make a list of all the special people in your family and what is so good about them. And, what are the great things about Ocean Grove Primary School?

Thanks for all your continued support,

Andy McNeilly

Mental Health and Wellbeing Coordinato

