

Pastoral Care News

A snapshot of what was discussed in Joey's Morning Meeting this week:

Let Them / Let Me



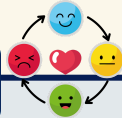
Let Them Not Listen — Let Me Stay Focused On Learning

Message: If someone else isn't listening or paying attention, that's their choice. You can choose to stay focused on your learning.

Example: A classmate is chatting during the teacher's instructions. You ignore it and listen carefully so you know what to do.

Reflection: Why is it helpful to focus on your own learning instead of what others are doing?

Self-Regulation



Name It, To Tame It

Message: When you can name your feeling ("I feel sad" or "I feel nervous"), it helps your brain calm down.

Example: You tell a friend, "I feel frustrated because I'm stuck on this maths problem," which helps you feel a little calmer.

Reflection: What feeling can you name right now? How does saying it out loud help?

Body Positivity



Being strong isn't just about muscles.

Strong is speaking up, being kind, trying again, and being brave.

What's one way you've been strong this week?