

Sai Insights

Value: *Peace as Contentment*

Quote: "Most people are as happy as they make their minds up to be."



Sathya Sai School

Term 1 Week 6

3rd March 2016

Contentment ...



While exploring the theme of contentment I came across this article from <http://novellcounseling.org> which (for me) articulates beautifully the concept of contentment.

"While happiness is a temporary state of euphoria over some good fortune or outcome in our lives, contentment brings with it far more long lasting peace and well-being. When you think about it, happiness is a thin cloth while contentment is a warm blanket that wraps around you and let's you feel secure about who you are, what you do and what you value. Being content about your lot in life doesn't necessarily depend on the ups and down of those endorphin injecting happy moments, although they do happen to us all and certainly are enjoyable and

exciting when they occur. Contentment is not about getting more of what you think or been sold that you want, it's realizing and appreciating what you already have, such as good health, a comfortable place to live, children doing well in school and in life, etc. Remember, it's not how rich you are; it's how rich you live."

At Sathya Sai School (SSS) we teach our students to be grateful for all we have, to recognise gifts and opportunities and revel in the knowing that there is a reservoir of peace and contentment within us. What we need to do is to **remind ourselves**—be it through silent sitting, affirmations and/or conscious effort of practising gratitude—not to take people or things for granted. All we need to be at peace is to be grateful of what we have. ♥ Leelah Broughton

Parenting with EHV

Parents new to the school have just completed six hours of interactive workshops on the school's Education in Human Values Program. We appreciated the parent's enthusiasm and feedback on the topics. We hope that it has given them a good grounding and understanding as to how they can be effective partners in their children's human

values journey.



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Service Learning ~ “Love All, Serve All”

Kindergarten and Class 5/6

This year, Kindergarten have joined with their buddies in Class 5/6 for their 2016 service club. We will be visiting a local Nursing Home to meet the residents and perform some of our values songs with them. Students will be meeting regularly with their buddies to begin learning and practising some values songs and we will be performing these to our friends at the Nursing Home in Terms 2, 3 and 4.

Along with our performances, students also prepare a small gift in the classroom to present to the residents when they go around to meet and greet with them.

Our students always really enjoy participating in the Nursing Home visits and having the opportunity to practise many of our values including **Love, Sharing, Commitment and Teamwork**. This is also a wonderful opportunity to show **Selfless Service** to those who require it in the community. ~ Mrs. Parker & Mr. Churchill

Year 3-4 Environmental Conservationists

Fostering a culture of actively seeking and being aware of those that need help.

This year our class will be activists for the environment. Our service club is focused on **understanding the significance of selfless service** and that they need to engage with the community and understand how they can help make a positive change. By encouraging the students to actively seek organisations and explore ways of helping is the main focus for this service club.

For the first two terms students have located a local not for profit organisation - **Friends of the Koala**. This organisation is the peak community koala conservation organisation in the Northern Rivers Region. Their core business encompasses habitat protection and regeneration; licensed koala rescue, rehabilitation and release; community education; advocacy and research assistance.

Students have already composed a letter to the organisation asking how they can contribute and are arranging an information visit from a member. Mrs. Banks

Year 2 Service clubs – Friends of the Pound

This year, Class 2's service club is *Friends of the Pound*. They work with the local pound to help re-home unwanted cats and dogs. This term in week

8 we are going to cook and sell scones. The money raised will be donated to *Friends of the Pound*. This much needed money will go towards pet care like collars, food, toys and vet bills.

Also this term, Class 1 and 2 will be participating in a Responsible Pet Ownership Program which links in well with our club. Many pets need re-homing because the owner was unable to look after them properly. Part of the Responsible Pet Ownership Program will teach the importance of being prepared and committed before taking on a pet.

~ Mrs. Jarrett



Garden Guardian News

Our Year 4/5 students have displayed cooperation and endless enthusiasm already this term in order to restore the vegetable and herb gardens to their former glory. Ms Kaye has helped support our Service Club, sharing her expertise and guiding us with patience and dedication.

Our Service Club this year is an Environmental Focus. We will continue to create, maintain and care for our school community gardens. We endeavour to connect with our community later this semester by visiting our local Organic Garden Centre, learning more about the challenges of producing delicious, healthy food in a sustainable manner. We also aim to visit Ms Kaye's Pecan Farm to do some hands on service around her property, while gaining knowledge regarding sustainable and organic gardens and farming.

We also hope to propagate our existing plants, identify and document insects, pests and weeds, as well as to prepare and distribute compost while practising water wise and efficient behaviour. We will harvest our vegetables later in the year and cook something tasty and healthy to enjoy with our school friends. We also aim to hold a mini market to share our produce with our community-giving something back to our school in the process.

~ Michelle C.



Live, Love, Laugh Senior School Camp 2016



Camp is once again fast approaching and we are all extremely excited... counting down the days to come! New skills, new friends and new experiences - school camp is always an exciting adventure and a memorable time of the year.

This year our camp will be held at Midginbil Hill, Uki. Our camp dates are **Wednesday 30th March - Friday 1st April, 2016.**

Your child should arrive at school at their usual time (camp bus will leave at 10am). We will

return to school at the regular finishing time on Friday afternoon (camp bus returning approx. 2pm on Friday afternoon). All meals will be vegetarian and all special dietary requirements will be provided for.

Activities will range from archery, rock climbing, raft building, canoeing, low ropes, mud brick making, orienteering and general camp skills. All camp events promote our values of cooperation, caring, friendship, dedication, teamwork, sharing and perseverance.

Just a reminder that the cost of the camp is \$200 and there are payment plans available if required. At Sathya Sai, we strongly believe that no child should miss out on this wonderful opportunity and experience so we encourage you to please see us if assistance is required. We look forward to this wonderful time of the year with excitement and enthusiasm.

Kyl Churchill and Michelle Carlier
Stage 2/3 Teachers



Wow! This term is whizzing by so fast and so many great things have been happening! The SRC have been meeting regularly to discuss important events and showing **teamwork** and **commitment** to their roles as school leaders to address any concerns or ideas raised from their peers. Last Friday, the SRC had their first official assembly for the year and they did a phenomenal

job! They showed the values of **responsibility**, **dedication** and **confidence** while presenting to their peers for the first time.

SRC Mufti Day

Friday 11th March (Week 7) will see our SRC have their first term service Mufti Day for 2016. We have selected one of our charities that we work closely

with to support this term which is Story Dogs. Each week Leah and Tara visit us here at Sathya Sai School and our students are given the opportunity to read to them. Our Mufti Day coincides with National Story Dog Day this year so the money raised will be donated to help them continue with the wonderful work they do. Our theme is ORANGE (story dog colour) and students may wear some puppy dog ears if they like.

Sports News ~Touch Footy

This term, the seniors have had the opportunity to participate in Touch Footy coaching sessions with a certified coaching clinic. We have practised a range of fundamental skills, applied general strategies specific to the game and experienced a few personal challenges along the way. We have managed to master skills such as dodging, passing, catching, realigning and playing the

ball.

It has been a wonderful opportunity to work as a part of a team while developing and displaying the values of enthusiasm, sharing, humility, perseverance and unity. We look forward to more sporting and coaching opportunities next term.

Michelle Carlier, Mr Churchill and Mrs Banks





Healthy Harold Visits!

On Monday 22nd and Tuesday 23rd of February, classes from Kindergarten to Year 6 visited the Life Education Van. Every year the school funds this program to support our Personal Development and Health lessons in the classroom. Each class group has a different program focus starting in Kindergarten with how to keep our bodies healthy through to our senior students learning about safe and unsafe situations, drug and alcohol education and bullying.

Our students experienced a fun interactive program in the van and we will be continuing the program in our classrooms working through our Healthy Harold work book.



Year 7 Retreat

Our Spiritual Retreat for Year 7 students is fast approaching and we are all extremely excited counting down the days to come! Sathya Sai School and Adventure Education & Marine Environments Centre are teaming up together to offer great opportunities to deepen our students' Spiritual Journey as well as

Sathya Sai High School's Journey as a group. We hope to make is a pleasantly memorable experience.

Our retreat dates are
Wednesday 23rd March and
Thursday 24th March, 2016

The venue for our retreat is Big

4 North Star Holiday Resort at 1 Tweed Coast Rd, Hastings Point NSW 2489.

Some activities our students can look forward to include canoeing, snorkeling, bush walks and mindful workshops to activate the "Force Within".

~ Lindel & Trista

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Our SRC Induction with our special guest, principal of Mt St Patrick;s College, Mr. Paul Closey

The End of Education is Character

P & F News

Jacqui Harris
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Secretary

Our school community thanks Adam Ivor for his kind selfless service in mowing the school grounds this term.

Wellness Expo

P & F is organising a wellness expo on Sunday 20 March from 9:00am to

2:00pm. All are welcome!

NEXT P & F MEETING

Wed, 9 March 2016.

(After morning assembly)

Right Conduct lived as Discipline

In weeks three and four , Year 2 talked about different ways they can show discipline and the importance of being the captain of their own ship. They produced these amazing pieces of work!



Pearl Fratti says ,
'I show discipline by sitting down and putting my hand up to answer questions, '



Suskia Oakley—Grant is the captain of her own ship !



Ned Serne says:
'I show discipline when I am silent sitting.'