



# VIRTUAL ASSEMBLY: Year 9

# Appreciating others while at home

The new instruction from Government on staying at home and away from others, is the single most important action we can all take. So, to appreciate those around us at this difficult time, consider the following:



MISS MACDOUGALL



- You should recognise that everyone is different. These differences make us unique. Accept these differences.
- Everyone wants to be accepted amongst family and friends.

WELL  BEING



**ACCEPTANCE**

- Let people know that they are doing well by giving them praise.
- If you enjoyed your dinner, made by a parent, say so. If your little sister is working hard on the work set by teachers, acknowledge this.

WELL  BEING



**PRAISE**

What can you do that no-one else at home can do?

- If you think you have worked really hard at something, then appreciate how well YOU have done. Maybe even share your successes with people at home!



**PERSONAL**

- Support each other at home. If everyone encourages each other, everyone has the opportunity to experience success – it could be practising playing the guitar, or trying out a new recipe.



**ENCOURAGE**

- If someone you live with has worked hard at something, then compliment them.
- Well done! 'Dad, you've done a great job with...'



**COMPLIMENT**

- Show that you care by listening to people when they are telling you something that THEY think is important.
- Show that you are interested (even if you are not), otherwise the other person may feel rejected, hurt and feel that you don't care.



**INTEREST**



- Say 'THANK YOU'. Two small words can make a BIG difference.
- Show your gratitude by being thoughtful, volunteering to do jobs around the house and by paying it forward.



**GRATITUDE**

<http://www.youtube.com/watch?v=PGReprvtA4U>

WELL  BEING



**Appreciating others while at home**

Have the courage to believe in yourself and the confidence to persevere through all challenges.

Have the strength of your convictions but recognise your mistakes.

Be ambitious yet humble.

Express originality in everything that you do.

Stand up and speak out for what is right.

Respect yourself and others, and show tolerance, empathy and compassion to those around you.

Be committed to learning and determined to achieve.

I hope you and your families are keeping well. Teachers are making positive comments about the work being completed by Y9 and I hope you are also getting enough rest, getting some exercise, eating well and keeping in virtual contact with close family and friends. Don't underestimate the positive feelings you will get from listening to your favourite music or curling up with a good book!

Please get in contact if you need me Year 9:  
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# PAUSE FOR THOUGHT