

I CAN DO IT



Collective Worship



13th February

Which path will I take? The path to wellbeing

This week in collective worship we have been reflecting on the paths that lead us to being well and being resilient.

Thought for the week

It is important that we are well - both physically and mentally. We must, however, choose the path to being well. There are some choices in life we may make that don't lead us down the path to being well - there are some conscious decisions that we make that are detrimental to our wellbeing. You may or may not recognise the things that have a negative impact on your mental wellbeing, but are you brave and resilient enough to change or stop doing them? Let's choose the path to being well.

'Therefore, as the elect of God, holy and dearly loved, clothe yourselves with a heart of mercy, kindness, humility, gentleness, and patience,'

Colossians 3:12

'I feel like I will be more resilient, step out of my comfort zone and not say that I can't do things.'

Pupil voice

This week in collective worship

This week in collective worship we have been reflecting on the path to wellbeing and ways in which we can be resilient.

We welcomed Vicar Suzanne who spoke to us about how important our friends are to our wellbeing. We heard the story of Jesus healing the paralysed man and how his friends 'showed up' for him and were desperate to help his wellbeing. We need friends who will have hope for us and 'carry' us when we are struggling; people who will do what it takes when we don't have the strength ourselves, just like the toys in Toy Story! We reflected on how we might carry the load for others this week.

Praise was uplifting as we sang 'Brave' and 'Your way's better' to remind us that with God's help we can get through our difficulties.

Mr Patrice led an awesome collective worship all about how resilience links with wellbeing. We were challenged to consider the things that hold us back and whether perhaps it is who we think we are that stops us from achieving the things that we want to. We heard about some inspirational people who faced adversity in a variety of ways but made the conscious decision not to quit - they did more than just 'show up'.

In class collective worship led by our Reading Ambassadors, we explored the love of reading and how it can really help our wellbeing. We also considered the different things that affect our wellbeing and how we can help each other to 'be well' and flourish.

Prayer for the week

Heavenly Father,

Thank you for the gift that we are to each other and the ways in which we can help each other to 'be well'. Help us to be outward-looking so that we can catch each other when we fall. Help us to develop our resilience so that we can push through those difficulties and truly flourish.

Amen



Each person uniquely made in God's image merits the best that we can give.