

## Moate Community School pauses to reflect



Are you rushing through each day, racing from one job to the next? We can all feel a little overwhelmed at times. At MCS it was decided to offer both students and staff an opportunity each Monday morning to reflect as they began a new week. Each Monday morning the school chaplain offers a topic for reflection over the intercom. This reflection is then placed in the staff room and on the student notice boards. As the weeks go by the topics change but the tone is always one of hope, friendship and perseverance. Now more than ever as we are bombarded with messages of despair we must focus on the positives in life- our friends and our loved ones. We must be ready to reach out for support and to offer support. Working within a school you see so much kindness, generosity of spirit and a general commitment to the wellbeing of your neighbour among both staff and students that your faith in human kind could never be eroded.

The next phase of our thought for the week is to offer some of our sixth year students the opportunity to lead the school in their Monday morning reflection. If you would like to share in our reflections please go to [www.moatecs.com](http://www.moatecs.com)