Spirituality Day

Spirituality Day for me is coming together as a community and exploring the History and inspiring Saint of our school. (St Benedict) We learnt about different what the rules of St Benedict’s meant and how we think we could live this throughout our journey in life. (Service, Balance and Community) I believe that we can strive to live these things everyday. We can do this by balancing out our time with family, friends, hobbies and other important things like assessments. We can always help others in the need to help as doing small things for people can really make a huge impact on how their day could be going. By doing the simplest things like picking up other peoples rubbish or seeing if someone sad is okay can make their day! We can always remember to include everyone in games and conversations, as we are all one community. We should treat others as you would like to be treated yourself and always be respectful toward other peoples opinions.