

Community

The newsletter of Landau Forte Academy Amington



AMBITIOUS • BRAVE • KIND

Looking forward to a prosperous academic year ahead at Landau Forte Academy.



I am thrilled to share the wonderful achievements of our amazing students and to keep you updated with important academy information in this latest edition of our newsletter.

In this term's edition we have a number of exciting curriculum updates; you will hear directly from our wonderful students; and we will be sharing important information as to how the academy continues to strive to be the best it can be.

The staff at Amington have asked me to thank you for your support throughout this

academy year. Your kind messages have been a great source of inspiration for all of our dedicated teachers and support staff. We are really appreciative of your feedback and I hope to soon recommence the drop-in sessions which allowed me to hear directly from members of our community on a weekly basis.

We would love for this newsletter to become not only a source of celebration of achievements in the academy but also a place for us to recognise our students' contributions to the wider community. You can share student achievements with us at newsletter@lfata.org.uk and we look forward to celebrating our students' successes.

Finally, I am sure you will join me in the hope that next academic year will be free from disruption and the impact of the virus. We are looking forward to a productive final few weeks of learning for this academic year and we are already excited by what our students will achieve in 2021-22.



INSIDE

WE SAY GOODBYE TO OUR YEAR 11 COHORT

The end of May saw our final week with Year 11, with such a challenging year we wanted to give them a send-off to remember.

YEAR 7 CELEBRATE HOME-MADE TREATS

Year 7 completed a project to design and make packaging for a celebrations based chocolate lollipop.



NEW HOUSE CHAMPION SYSTEM FOR ACADEMY

Read how our pupils are climbing their way to success in our mountain themed house system.

POLICY CHANGES

From August, we will be changing the academy policy on mobile phone use. We understand that phones are part of modern life however; feedback from student, staff and parent voice is that they are becoming an issue in the academy and disrupting learning. From August, the academy stance will be that phones are not seen or heard during the academy day. Again, more information will follow in the end of term letter.



A fond farewell to our Year 11

Our year 11 staff and students have worked tirelessly since March completing assessments and mock examinations in line with exam board regulations. Year 11 students have worked incredibly hard throughout this time and have made us extremely proud.

The end of May saw our final week with Year 11, with such a challenging year we wanted to give them a send-off to remember. The penultimate day saw an extended lunch allowing for a much anticipated football match between our two biggest rival teams as



Year 11 pupils prepare for the big match between the rival teams

Over the remaining weeks we celebrated several success seeing over 150 praise postcards being sent home to individuals from a variety of subjects.

As an Academy we felt it important to show recognition of the hard work and effort students were making. We held a prize draw for every intervention session attended with ten prizes given away, we gave goody bags in the revision assembly, sweet treats after the first mini mock exams and a welcomed free break in the final week of twilight sessions.

well as a surprise visit from an Ice cream van arranged by the Y11 team. The year 11 cohort was welcomed one final time to school on 28th May for their leaver's assembly, great efforts were made by staff to make this as memorable as possible for all students.

The atmosphere and appreciation was wonderful, year 11 had an opportunity to say their farewells and thank you's before leaving Landau Forte Amington for the last time. We wish every student the very best in the future.

One very proud Progress leader
Mrs Squire



Charity Outreach raises over £1650 and more than 30 boxes of food for food banks.

This academic year, Mr Hunt has taken on the role of charity outreach and tried to raise as much money as possible for a wide range of charities. The charities and events we have raised money for include Red Nose Day, Children In Need, Remembrance Day, Manor House food bank and Moseley Hall hospital, which was close to one of our own student's hearts.

overall we have raised over £1650 and more than 30 boxes of food for the food banks. Thank you for being so generous and thoughtful in helping the community.



The school are so proud for the collective community spirit that we have shown to help others in need. Even though it has been a difficult year,



NEW SCHOOL TIES

There is lots going on in preparation for the new school year. We have appointed a new uniform supplier who will be selling our new academy ties and kit.

From August, there will only be one style academy tie, which will have students' house colours on. Further information regarding uniform will be sent before the end of term.

Year 10 PRAISED FOR CONDUCT IN FIRST ASSESSMENTS

This term has seen year 10 sit their first assessments in full exam conditions. The students conduct was exemplary, they participated with maturity and discipline making is incredibly proud.

This term has also seen student take part in a virtual work experience with fantastic participation and work ethic.



Celebrating success in Year 10

Preston Stevens wins prestigious award

Preston is a remarkable young man, I have had the pleasure of celebrating his previous success during the first lockdown last year and I have the pleasure of sharing his latest achievements. Preston has won Tamworth Young Volunteer of the Year and runner up for Tamworth Volunteering support for young people award. A huge congratulations from all of us at Landau Forte Amington

| KEY DATES | |
|-----------------------|--|
| Tuesday 6th July | Sports Day |
| Tuesday 13th July | Yr10 parent's evening |
| Friday 16th July | Term ends |
| Monday 24th August | Inset |
| Tuesday 25th August | Inset |
| Wednesday 26th August | Term starts for year 7 only |
| Thursday 27th August | Term starts for year 11 (7&11 to attend) |
| Friday 28th August | Term starts for all other years (7-11 to attend) |
| Monday 30th August | Bank Holiday (Academy closed) |

DOFE AWARD 2021

As part of the Academy's enrichment activities programme, we are pleased to be able to offer your child the opportunity to enrol in the Duke of Edinburgh's Award as we emerge out of the lockdown period. Following the sad news of the Duke of Edinburgh's death there has been a lot of focus on the award and the legacy that Prince Philip has left to young people around the nation.

The Duke of Edinburgh Award Scheme is the world's leading achievement award for young people, and is highly regarded by Universities, Colleges and Employers. It encourages young people to develop independence, commitment, leadership and teamwork through being involved in a personalised programme of activities. This year we have recruited in Year 9 and 10 who are already busy with their staff mentors working on activities to do in the Volunteering, Skills and Physical sections. We are also looking forward to when the restrictions nationally lift further and we are able to do some adventurous activities to plan towards an expedition.

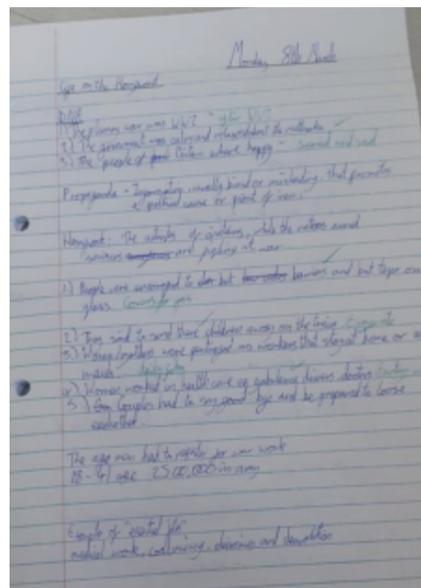
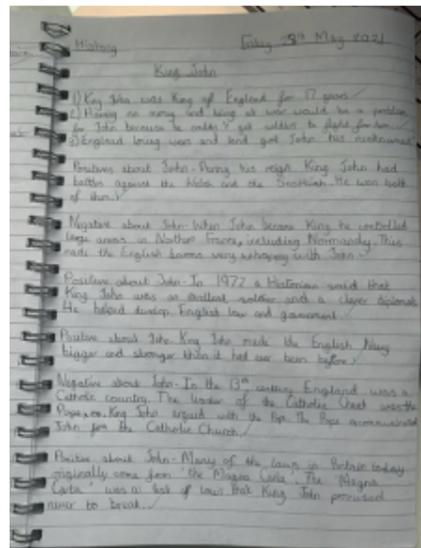
If your child is interested in finding out more about the award and is not involved please contact Mr Hellyer at the academy.

Curriculum News

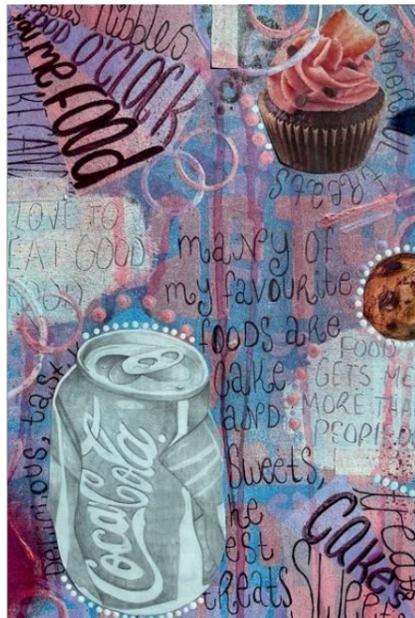
HISTORY

Students have completed a variety of different lessons and tasks whilst in school and working remotely. They have continued to follow the normal curriculum, with some changes to activities obviously needed when we were not in the building for the lessons!

Below are some examples of year 7 work on Medieval Life (King John, and whether he deserves the bad reputation he gets from Disney) and year 9 work on WWII (Life on the Homefront, including rationing and censorship).



ART



Over the past two years our Year 11 GCSE Art students have worked incredibly hard to create their Art portfolios. The students have shown dedication, motivation and resilience to what has been a challenging two years.

Students have devoted their own time during intervention sessions, afterschool and remote working to develop their Artistic skills to such a high standard.

As a department we are incredibly proud of our students and how far they have come, which is evidenced through the exceptional work each student submitted. Although we have not been able to have an on-site Exhibition of all the incredible work this year due to restrictions, we have created what we hope to be a positive alternative, showcasing all the fantastic efforts from every one of our GCSE Class of 2021 Artists!

!!!!!!ONLINE EXHIBITION LINK!!!!

INSERT HERE

From everyone in the Art department, we wish the students all the best in the future and thank them for being such a wonderful cohort.

DESIGN & TECHNOLOGY

Over the last year it has not been possible for KS3 students to access our specialist Design & Technology rooms. We have done whatever we can to provide opportunities for students to carry out practical activities either as a scaled down task in classrooms or as an activity to have a go at from home.

Year 7 completed a project to design and make packaging for a celebrations based chocolate lollipop. Normally they would have moulded the chocolate in school but on this occasion they were given moulds to use and had a go at home.



DESIGN & TECHNOLOGY

Year 8 have spent time in lessons designing and making textiles monsters. Due to social distancing guidelines they were forced to work much more independently with very little practical assistance from their teachers and should be congratulated on the quality of their final products.



Over the last few weeks Year 8 have been learning about chemical and functional properties of ingredients and have had the opportunity to put their learning into practice making pizzas at home.



PE



This term the PE Department has been keen to develop the Summer activities of Athletics, Cricket and Rounders. The students have responded very positively to this programme and are keen to learn new skills and give 100% effort. Our Year 10 Cambridge National Sports Studies group completed the Go Ape and Orienteering course at Cannock Chase this month as part of their course and were a credit to the Academy in terms of both their attitude and behaviour.

It has been nice to re-introduce after school clubs for Year 7 & 8 for Cricket and Rounders and there has been a very positive response, particularly in Year 7. The extra-curricular programme will look to re-start in earnest in September. We are also hopefully looking forward to resuming School fixtures in the new year and re-establish ourselves as a leading sporting comprehensive school certainly within the Tamworth District and possibly further a field by participating in County Cup competitions.

We are enthusiastically looking forward to finishing the term with our House Athletics competition. Already students have been competing for their House in lessons in the Javelin and 800m. The main track events, 100m, 200m, 300/400m and relays are being held on Tuesday 6th July for all year groups.

As a department we would like to take this opportunity to thank all of our students for trying to fulfil the Academy's vision or being Brave, Kind and Ambitious and long may it continue.

BUSINESS & COMPUTER SCIENCE

As part of their practical days Year 7 and 9 pupils enjoyed some much anticipated time on the computers in school. Year 7 focused on developing their coding skills by creating Pac-Man style games in the Scratch programming language. The games were created to a very high standard with standout efforts from Klaudiusz Duda, Abigail Machin, Bethany Gilbert, Harley Letman and Ned Payne.

Year 9 focused on using their creative skills to create a logo and poster using GIMP image editing software with highly professional results. Special mention to Zak Smalley, Lilymae Tasker, Andreea Popescu and Callum Mahoney for their specular designs.



GIMP is an open-source raster graphics editor used for image manipulation (retouching) and image editing, free-form drawing.



Scratch is a free programming language and online community where you can create your own interactive stories, games, and animations

Curriculum News

ENGLISH

Is there anything better than reading a thrilling story that grips your imagination? We didn't think so either!

During this academic year at Amington, Team English have launched a series of creative writing competitions for our aspiring authors. The Young Writers' competitions challenged our students to write mini sagas, with the chance of having their work published nationally.

From writing a story inspired by the concept 'imagine', to creating a spine chilling thriller or exploring how it feels to be trapped, our students have thrown themselves into creating a whole new world of their own.

Keep an eye out for future competitions on our social media pages.

SEND

In the SEND department-LSAs have been really proud of the efforts of students with an SEND to continue to work so hard in challenging circumstances and I have been really proud of the team who were in every day supporting children in school and contacting those working from home.

We are looking forward to opening more to outside services- although we have been lucky to retain Ed Psych and AOT and VI and HI services we are very VERY excited to see the return of Hunni -the Pet Therapy dog from the beginning of July.

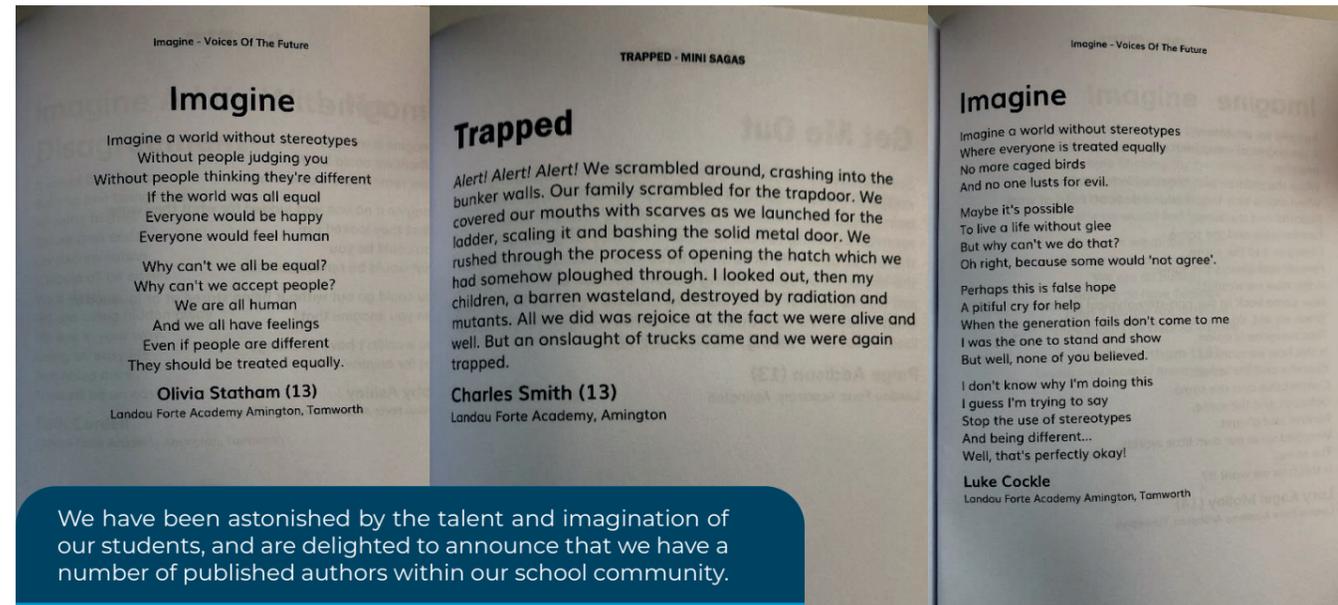
CAREERS

Although it has been a tricky year we have ensured all student have had some careers input. There have been drop-down days for higher education aspirations, Pathway support, introductions to sectors of industry, virtual work experience and it hasn't finished yet.

Careers provision in Summer Term is busy! Both Year 7 and 8 shall be using Careers Software to explore their skills and how these can be used in the world of work and beyond.

Year 9 students shall be creating their CVs in preparation for their work experience applications.

Year 10 have been hard at work during their work experience week, focusing on project briefs for companies such as Macmillan and Wilson Browne



The Figure

What happened? All I remember was this ghostly figure with terrifying features. My actions led up to this. I glared around, I saw him. Paralyzed. I couldn't move. I was frozen. The more I stared, the more real it became. The figure crept closer towards me with a glistening smile. Unexpectedly he paused, his eyes locked on something behind me that I couldn't see. My heart was pounding. My breathing was heavy. I couldn't ignore the possibility of me not being able to leave this eerie forest. He finally glared back at me. He grabbed me. I'd taken his place.

Charlie Baker (13)
Landau Forte Academy, Amington

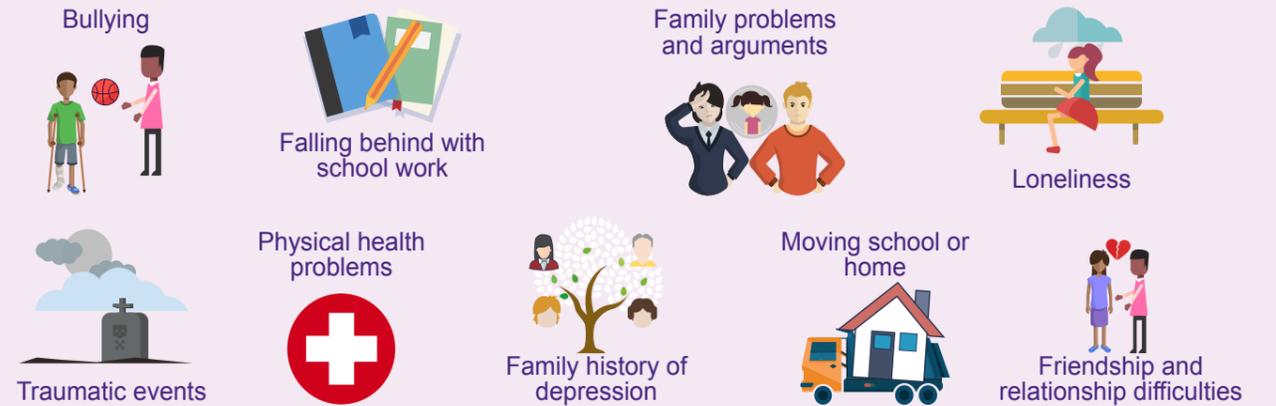


Coping with your low mood

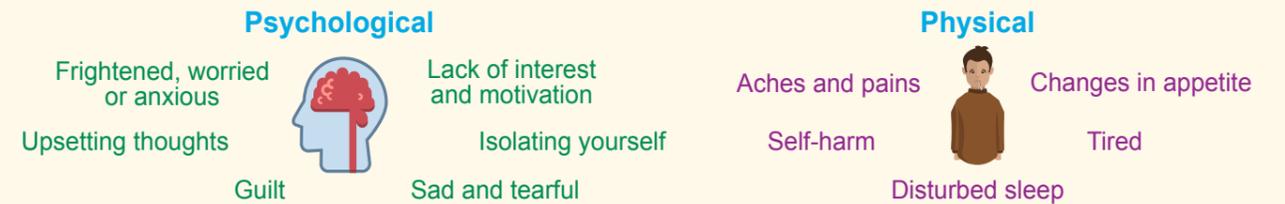


The Charlie Waller Memorial Trust
Depression - let's get talking

9 Common Causes of Low Mood



Symptoms - Mind and Body



8 Ways To Help Yourself Feel Better



Places where you can get more help



Produced by the **Bank Workers Charity** in collaboration with Professor Mina Fazel, University of Oxford Department of Psychiatry and Professor Tamsin Ford, University of Exeter Medical School.
www.bwcharity.org.uk



KILIMANJARO

Brave to climb the mountain
Ambitious to reach the summit
Kind to those in our path!



DENALI

Work together,
stick together,
climb together!



ELBRUS

Reach the peak,
achieve excellence!



EVEREST

You are the creator
of your own destiny

Brand New House Champions System for Academy

During this academic year, we have put in place a brand new house system focused on the theme of mountains: Everest, Kilimanjaro, Elbrus and Denali. Our first mission was to get a logo design and house motto. We held a competition and hundreds of students entered for the prestige of helping design the house motto and logo. A judging panel decided an amalgamation of winners and have created a part of history within Landau Forte Academy Amington.

Obviously, it has been a tumultuous year with the global pandemic, but we have been creative to ensure the house system has many competitions and opportunities for students to take part and win points for their houses. These competitions include: poetry and photography, a snowman competition, Harry Potter poster, Christmas card, house attendance, football, netball, house cross country, a rounder's tournament and the upcoming house athletics.



MR HUNT
CHARITY OUTREACH

Everest House champion: Mr Hunt's favourite moment this year is being able to lead and represent the 'mighty red army', house Everest, and watch the year 7's battle in the house football competition. Being a house champion has been really fun this year and judging the snowman entries was a particular highlight.



MISS ALLCOCK
DIVERSITY

Kilimanjaro House Champion: Miss Allcock's proudest moment is leading the LGBT club and receiving student's feedback from the holocaust memorial day.

We value inclusivity and will include a range of competitions and activities in the upcoming year to add further incentive for our students to be a part of something incredible. All of the students have taken great pride in representing their houses, and we are looking forward to see which house will win the prestigious first house athletics trophy in the final weeks of this academic year.

EACH HOUSE HAS ITS OWN IDENTITY AND ETHOS, WHICH ENCOMPASSES THE ACADEMY VALUES OF AMBITIOUS, BRAVE AND KIND.




MISS FROST
ANTI-BULLYING

Denali House Champion: Miss Frost's proudest moment was witnessing House Denali win the first sports competition in the year 7 house cross country and followed this up winning the year 7 house football and netball.




MR MIDDLEMORE
COMMUNITY ENGAGEMENT

Elbrus House Champion: Mr Middlemore's favourite moment was creating the 'Thank you' cards to share amongst staff and students, which helped increase the community spirit.



'Odd Sock Day'
16th of November



**"Stand up,
Speak out,
Stop Bullying."**

ANTI - BULLYING

Anti - bully week took place on the 16th-20th of November. Whereby students took part in various tutor time activities all in relation to Anti-bullying and to raise awareness in our Academy.

Students were made aware of their point of calls for bullying incident's and what is considered bullying both inside and outside of the academy. Our anti - bullying ambassadors helped publish our academy's phrase 'Stand up, Speak out, Stop Bullying' which is now published across the academy. Both students and staff made the academy vibrant through an array of colours when the academy took part in 'Odd Sock Day' on the 16th of November to raise awareness in the academy (See picture above).

Students understand the importance of linking our academy's values into everyday aspects, to ensure that everyone always feels Brave, Ambitious and Kind.



Student Leadership Team



This year has brought new challenges for the Student Leadership Team, requiring them to work remotely for large periods of time. But despite this, they have fully emersed themselves in their role, speaking out and ensuring that the voice of the student body is heard.

The students have adapted fluently to the regular online meeting styles, encouraging participation from each other, and were part of a virtual meeting during the trust review, during which they conducted themselves fantastically. The students recognised the new challenges they were facing, and wanted to offer some guidance to their peers, so they spent time putting together their 'top tips for remote learning' and uploaded the poster online for all the students to see, and hopefully benefit from.



In such a time of uncertainty, the students put together a student safety questionnaire, to identify how safe students feel in the academy, and is there anything that could be done to improve this. The students then took parts of the questionnaire and conducted some research in their area of school safety, compiling the findings in a presentation to be delivered to the rest of the student cohort this term.

I am immensely proud of how well this team has adjusted to the challenges they have faced this year and look forward to building on their enthusiasm and commitment to making the academy the best it can be for themselves and their cohort.

Warren, Year 9

Throughout this year of school, it has been really hard on everyone due to the global pandemic; however school still proceeds to challenge students to the best of their ability. Teachers will always thrive to push students and teach them new things in a range of subjects.

Personally I have been pushed to complete work that I believe is above the level I should get, therefore expanding my knowledge, teaching me new skills and allowing me to become better and better. Being pushed to new levels gives me a heart-warming feeling which is even better when I get everything right but also, when I get things wrong I am shown how to make in right which allows me to achieve greater goals.

Libby, Year 9

This year at school, I have enjoyed the topic 'voices' in English. I enjoyed this because we had the opportunity to hear many people's experiences and stories. I also enjoyed Spanish because we have learnt many new phrases ad become more confident in the subject. Art has been a subject

I have enjoyed all year as we had freedom with our work, for example, we got to select our own designs and our use of colour.

TOP TIPS FOR REMOTE LEARNING

From your Student Leadership Team

SET ALARMS - Not only to get you out of bed, but also as a reminder 10 minutes before an online lesson

TAKE BREAKS - Just like you would at school, give yourself a designated break and lunch time where you don't look at your school work.

GROUP CHATS - If you miss working with you friends, set up group chats where you can ask each other questions about the task and work together

SCHEDULE - To avoid getting overwhelmed, make sure you have got a copy of the timetable, including when the assignments are due, so you are on track

TIDY SPACE - Try to keep your study space at home clean and organised, so that you don't lose important notes/ books and can concentrate well.

Remember to ask for help!!

Ivan, Year 7

During my first year at Landau Forte academy Amington, myself and many students have experienced a tough and challenging set of circumstances with the current state of the Coronavirus Pandemic. However Covid-19 has not stopped us being brave, ambitious and kind whether that is in and outside of school further pushing each student and member of staff to work harder than ever before.

Throughout this year I have met many new friends, developed a love for new subjects and amazing teachers to expand my vast knowledge of skills and develop new characteristics that I did not know of. I have also discovered new found hobbies such as sports

and exciting activities. Overall the support and the eagerness of the staff whether the students are in a classroom or remote learning in our homes. I am extremely proud to have experienced the luxury of having supportive teachers even in difficult times. As a student of the school I can fully say that I have tackled my way through obstacles knowing I have achieved a lot in my first year here. The Pastoral Leaders and Heads of Year are always there for help in the time of need and I am so grateful for the incredible things this school as already helped me learn and be brave when diving into new subjects. Year 7 has been an amazing start at the academy and I look forward to what my future time here brings.

Bethany, Year 7

Hello my name is Bethany Gilbert I am a year 7 student at Landau Forte Academy Amington. When I first started Landau in September 2020 I was really nervous but it was not a negative experience at all. Moving to a new school might seem scary but it is not it's actually really fun meeting new people and learning new things. One of my favourite subjects in this school has got to be either PE, Drama or Science because all of these lessons are really fun and engaging. In PE, I love learning new sports or getting better at them. In drama we can have fun while doing a task that we have been set and in science we can do experiments like using a Bunsen burner.

At the start of the year before we could move around my form tutors Mr Birkin and Miss Mason really helped me to fit into this school. The teachers are really nice and helpful. Mr Lacey and Mr Byrnes are so nice to talk to when you feel down you can talk to them or even your Personal Tutor.

I enjoy Landau so much and i can't wait to see what my future will be like here,

Student, Year 10

Throughout this year, I feel that year 10 have been pushed to the best of our abilities in order do well in our mock exams so we are as prepared as we can be for our GCSE. Although we do have a lot of work, the staff are extremely helpful and are always there to listen to you whether it's for work or any other issues, which they do their best to help us whatever it may be, to make our experience the best it can be. especially during times like this

Feeling like something's not right?



Things have been very different this year. And it's been difficult for everyone.

You might be worried about:

Things that have happened to you or someone else

Not knowing where to go when you're scared.

Being at school, your exams or the future

Coping with your mental health.

Whatever's happening, you don't have to cope alone.

Where can I get help?



Talk to a trusted adult
E.g. personal tutor, progress leader, pastoral leader, the safeguarding team



Speak to Childline
Get free, confidential support from a Childline counsellor about anything you want to. You can talk to Childline from 7.30am-3.30am every day, either online or by calling 0800 1111



Staffordshire and Stoke-on-Trent Wellbeing
Service - Self-referral helpline: 0300 303 0923



Contact the Safeguarding team
Via Edu-link or ask a member of staff to email them.

The Safeguarding Team

Mrs Howley
Safeguarding Lead

Mr McDermott
Deputy Safeguarding Lead & Year 11 Pastoral Leader

Mrs Buttery
Deputy Safeguarding Lead & Mental Health Lead

Mr Lacey
Year 7 Progress Lead

Mr Byrne
Year Pastoral Leader

Miss Ironside
Year 8 & 9 Progress Lead

Mrs Flavell
Year 8 Pastoral Leader

Mrs Rooney
Year 9 Pastoral Leader

Mrs Squire
Year 10 & 11 Progress Lead

Mr Shaw
Year 10 Pastoral Leader

Something's not right



CHRISTMAS CARD COMPETITION

Well done to Oliwia Sudul (7E) for this Christmas card masterpiece!



World Book Day Reading Winners on MyOn!



A huge well done to Piotr Lewandowski, Natalie Jurgielewicz, Ryley Keegan and Teodora Smadu for winning the Year 7 world book day challenge,

What is coming up?



Miss Plumpton's and Mrs Hallifax's house rounders tournament to run on Friday 2nd and Friday 9th July. Teams to be decided in your tutor bases to see who comes on top out of Everest, Denali, Kilimanjaro and Elbrus! The matches will run 3.15-4.00pm.

Transition Visits



A huge well done to the below students who represented the Academy with Mr Lacey to visits to Year 6.

Sienna O'Donnell and Amelia Barnes - Lakeside
Harvey Packer and Isabella Keeling - Ankermoor
Dan White and Honey Mae Kettle - Amington Heath
Luke Gilks and Harry Barlow - Florendine
Callum Neale and Abigail Machin - Greenacres

Mr Kings Year 7 Maths Competition



Now in its fourth week - the competition is hotting up. Elbrus are at the moment storming the competition with entries. Denali currently have the most correct solutions. Remember: Entries must have full name, tutor base and their house on them. These can then be submitted into my pigeon hole at the end of the day Friday (or when convenient) but no later than 3:30pm

Year 7 House Football Competition

Spring term saw yr7 undertake a 6 a side football competition 'Mr Byrne's Tutor Championship' - this ran once a week after school for all to be involved with.

Well done to Year 7 Tutor Group 7F (Mrs Macleod) who won the coveted cup!

STUDENTS GIVE POSITIVE FEEDBACK TO PSHE WORKSHOPS



Over the past two weeks (commencing 22nd June) Key Stage 3 and 4 students have been involved in a series of PSHE workshops aimed at improving their confidence and knowledge in a range of relevant issues. The theme of the days was Relationships, Growing up and Staying Safe. The content of

the days was suitable for each year group and contained age appropriate material. The issues we covered were in response to feedback and concerns raised by students via their tutors and the safeguarding team.

We were fortunate enough to have a workshop delivered by the

Rap Foundation to Years 7 and 8 called 'Digital Narratives' aimed at educating students about the world of online media. Student feedback on the workshops was positive and staff praised students across the Academy for their maturity throughout.

LGBT+ Club

Will restart on Monday's in the outside area under the canopy by the restaurant.

3pm – 4 pm
ALL WELCOME



CALMING & REDUCING TECHNIQUES

ANGER & FRUSTRATION

- Do something physical that can burn off the anger- run/swim/cycle
- Remove yourself from your environment - go for a walk.
- Throw stones into the sea
- Scribble how you feel in a big black marker on large sheets of paper, screw up, throw. Repeat process
- Practice breathing techniques and mindfulness
- Roll up a newspaper and hit it on a door frame
- Create a playlist of music that you can play loud through headphones and will distract you
- Dance
- Squeeze ice cubes



SADNESS & FEAR

- Have an emergency self-care box full of things that you can use to comfort/pamper yourself.
- Write a list of things you're thankful for (as big as the air you breathe or as small as the chocolate bars you enjoy)
- Make a playlist of music that makes you feel uplifted and have that available for times you feel vulnerable
- Start a journal/scrapbook containing how you feel but also images that inspire you or capture how you feel, inspiration quotes, song lyrics.
- Save videos on your computer or phone that always make you laugh.



STRESSED OUT & NOT IN CONTROL

- Breathing techniques to calm yourself
- Lose yourself in a film
- Give yourself permission to just do nothing, even if for a short time.
- Learning a new skill can be a great distraction - origami, knitting, baking, colouring.
- Think about volunteering, maybe with animals? How can you help make something good happen?
- Put 15 mins aside to turn off your phone, breathe deeply and just watch the clouds - you do not always have to pick up messages on your phone immediately.
- Read



AMBITIOUS • BRAVE • KIND



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