

October 2020

BEATITUDES

BRINGING YOU 'BLESSEDNESS' FROM THE CLSMSS ENGLISH DEPARTMENT

“I’m so glad I live in
a world where there
are Octobers.”

L.M. Montgomery

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Twelve Wonderful Months

AT CLSMSS

As we move into the month of October, we look back on September, and express gratitude for the smooth month we had, as we all managed to return to school for face-to-face learning from 23rd September 2020. In such extraordinary times which we live in now, 'certainty' has become an almost elusive notion. In light of this elusive 'certainty', perhaps it might be worthy for us all to consider 'letting go' of certainty, so that we can embrace what lies ahead with openness and optimism.

“Let go of certainty. The opposite isn't uncertainty. It's openness, curiosity and a willingness to embrace paradox, rather than choose up sides. The ultimate challenge is to accept ourselves exactly as we are, but never stop trying to learn and grow.”

— Tony Schwartz

As we embrace what lies ahead with optimism, we celebrate what each month could bring to us through our Twelve Wonderful Months at CLSMSS.

What other positive adjectives could you think of for the rest of the months?

Wonderful Months at CLSMSS



JOYOUS JANUARY

"If all you was just look for things to appreciate, you would live a **joyous**, spectacular life."
– Abraham Hicks

FABULOUS FEBRUARY

"If you allow yourself to feel **fabulous**, you are **fabulous**."
– Natalia Kills

MAGICAL MARCH

"The world is full of **magical** things, patiently waiting for our senses to grow sharper."
– W.B. Yeats

AWESOME APRIL

"**Awesome** people have awesome attitudes and do things awesomely. If you want to build and maintain an awesome attitude, get into the habit of living in the present and doing it now."

MINDFUL MAY

"The most precious gift we can offer others is our presence. When **mindfulness** embraces those we love, they will bloom like flowers."
– Thich Nhat Hanh

JOLLY JUNE

"There might be some credit in being **jolly**."
– Charles Dickens

JUBILANT JULY

"Let the fields be **jubilant**, and everything in them; let all the trees of the forest sing for joy."
– Psalm 96:12

AMAZING AUGUST

"**Amazing**. There's just no other word for it. Amazing."
– Darrell Royal

SUPPORTIVE SEPTEMBER

"It is better to be **supportive** than be superior."
– Lailah Gifty Akita

OPTIMISTIC OCTOBER

"**Optimism** is the faith that leads to achievement. Nothing can be done without hope and confidence."
– Helen Keller

NOBLE NOVEMBER

"Gratitude is the sign of **noble** souls."
– Aesop

DETERMINED DECEMBER

"The path to success is to take massive, **determined** action."
– Tony Robbins

October Thoughts..

“October is the opal month of the year. It is the month of glory, of ripeness. It is the picture-month.”

-Henry Ward Beecher



Cheers

TO OPTIMISTIC OCTOBER

A hand holding a pencil is positioned over a dark, textured surface. The hand is holding a pencil horizontally, with the tip pointing towards the left. The background is a dark, textured surface, possibly a piece of paper or a board. In the top left corner of the dark surface, there are several pencils of various colors (blue, green, orange) lying diagonally. The overall scene is set against a bright yellow background with several yellow daisy-like flowers scattered around.

New month
New beginning
New mindset
New focus
New intentions
New results

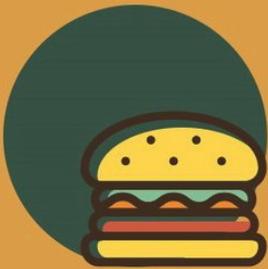
– Kofoworola Sanyaolu

countable nouns

As the term suggests, countable nouns are nouns that can be counted.

Countable nouns have both singular and plural forms (i.e. they become plural by adding an -s at the end of the word).

Examples include:



burgers



bottles



trees

Some nouns can be countable or uncountable depending on the context or the situation.

We'll have two coffees (countable)

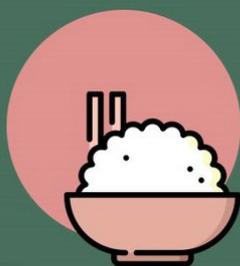
I don't like coffee (uncountable)

uncountable nouns

As the term suggests, uncountable nouns are nouns that **cannot be counted**.

They have a singular form and do not have a plural form (i.e. **you cannot add an -s suffix to the end of the noun**).

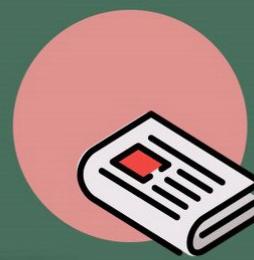
Examples include:



rice



milk



news

Some uncountable nouns are abstract nouns, such as **advice** and **knowledge**.

TRICKY UNCOUNTABLE NOUNS

Some nouns can be countable or uncountable depending on context or situation.



example: "fruit"

Fruit as a food
(singular uncountable)

Fruit is good for your health.

a single piece of fruit
(singular countable)

She ate a piece of fruit for lunch.

different kinds of fruit
(plural countable)

This shop sells a variety of fruits.

World Mental Health Day - 10 October 2020

World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health.

This year's World Mental Health Day comes at a time when our daily lives have changed considerably as a result of the COVID-19 pandemic. The past months have brought many challenges: for health-care workers, providing care in difficult circumstances, going to work fearful of bringing COVID-19 home with them; for students, adapting to taking classes from home, with little contact with teachers and friends, and anxious about their futures; for workers whose livelihoods are threatened; for the vast number of people caught in poverty or in fragile humanitarian settings with extremely limited protection from COVID-19; and for people with mental health conditions, many experiencing even greater social isolation than before.

The economic consequences of the pandemic are already being felt, as companies let staff go in an effort to save their businesses, or indeed shut down completely.

Given past experience of emergencies, it is expected that the need for mental health and psychosocial support will substantially increase in the coming months and years. Investment in mental health programmes at the national and international levels, which have already suffered from years of chronic underfunding, is now more important than it has ever been.

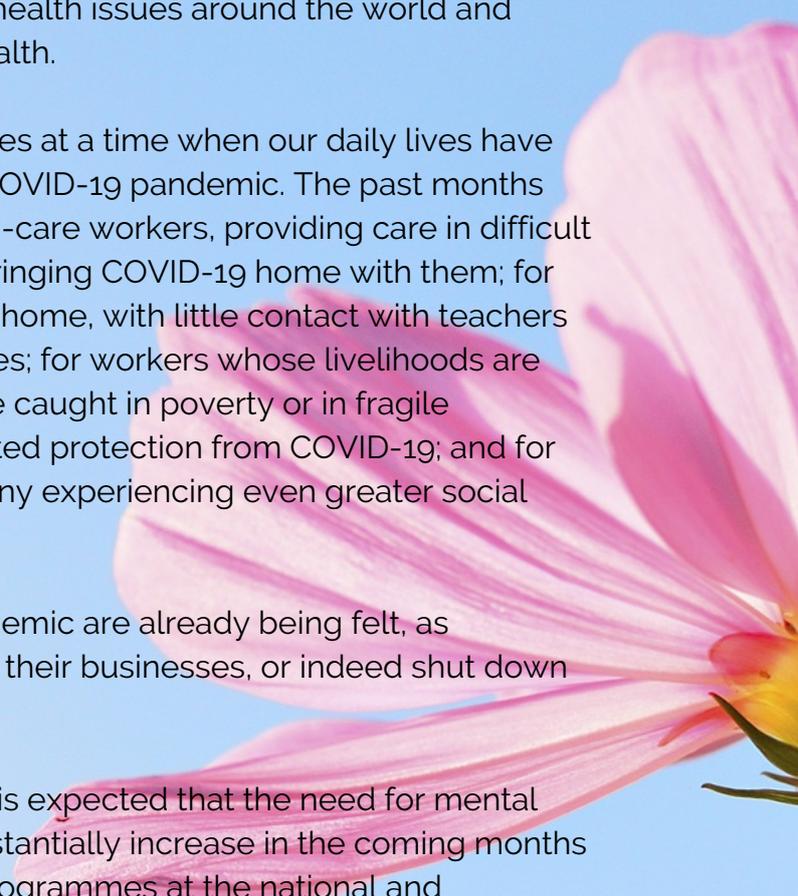
This is why the goal of this year's World Mental Health Day campaign is increased investment in mental health.

(Source: <https://www.who.int/campaigns/world-mental-health-day/world-mental-health-day-2020>)

For more information, refer to:

<https://nationaltoday.com/world-mental-health-day/>

<https://wfmh.global/world-mental-health-day/>



Did you know..

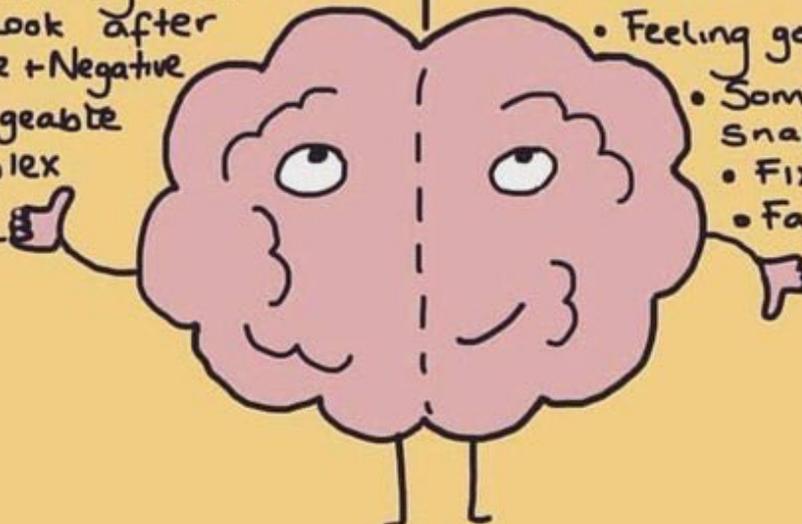
MENTAL HEALTH

IS...

- Important
- Something everyone has
- Intrinsically linked to (+ probably inseparable from) physical health
- On a continuum
- Worth making time for
- Part of being human
- Something we need to look after
- Positive + Negative
- Changeable
- Complex
- Real 

ISN'T...

- A sign of weakness
- Shameful
- All in your mind
- Always something negative
- Something you decide to have
- Something to think about only when it feels broken
- An interchangeable term with mental illness
- Feeling good all the time
- Something you can snap out of
 - Fixed
 - Fake news



How can we help ourselves?

YOUR THOUGHTS MATTER

WHEN FEELING:

TRY:

"THIS IS TOO MUCH."



"WHAT DO I NEED?"

"AM I
BEHIND?"



"WHAT CAN I
CELEBRATE?"

"I MESSED UP."



"WHAT DID I LEARN?"

"THIS ISN'T
WORKING."



"WHAT TWEAK
CAN I TRY?"

How can we help ourselves?

10 THINGS STUDENTS CAN DO TO BOOST THEIR MENTAL HEALTH



Mind and Body

Look after your body as well as your mind. Eat a well balanced diet, keep hydrated and get into a regular sleep pattern



Exercise

Engage in regular exercise. Find a sport or activity that you enjoy. Exercise is a great tool for improving mood and reducing stress and anxiety



Organisation

Manage your time effectively. Stay organised and on top of things. This will help to reduce pressure

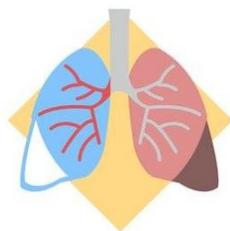


Self Care

Practice self care. Make sure to look after yourself. Relax, smile, have a bath, go for a walk and do something you enjoy

Talk to someone

Don't be afraid to talk to someone about how you are feeling. Talk to your friends, family or teachers.



Breathing

Learn how to breathe effectively. Practice a number of techniques and find what works for you: ratio breathing, deep breathing, progressive muscle relaxation



Write down

Write down how you feeling or what you are thinking. This can be a really simple way to understand what is going on within your mind and body



Challenge

Try to challenge your thinking. If you experience an unhelpful thought try and turn it into a helpful thought

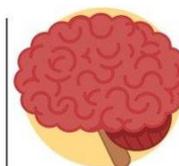


Check in

Regularly check in with yourself. Monitor your emotions and mood

Problem solve

Learn how to problem solve effectively. When you experience a problem try and write down a number of solutions.



Trick or Treat?

It's Halloween in October!

Halloween is also known as Allhalloween, All Hallows' Eve, or All Saints' Eve. As it comes upon us this October 31st, arm yourselves with this arsenal of Halloween words and phrases as you confront your greatest fears!



Trick or Treat?

It's Halloween in October!



The Witching Hour

Definition: The hour at which witches are supposed to appear, usually midnight.

Example: It was well past the witching hour when I heard a thunderous knock at my door.



Skeleton in the closet / cupboard

Definition: A dishonourable or embarrassing fact that someone wishes to keep secret.

Example: Every family has a skeleton in their closet; mine is no different.



Ghostly vs. Ghastly



Ghostly (adjective): of, relating to, or having the characteristics of a ghost.

Example: A ghostly figure appeared out of nowhere in the woods.



Ghastly (adjective): causing great horror or fear.

Example: Jack the Ripper was never identified, although he was responsible for some of London's most notorious and ghastly murders in the 19th century.

Trick or Treat?

It's Halloween in October!

Spellbound

The word "spellbound" can be used either as an adjective or a verb.

Spellbound (adjective): having one's attention held as though one is bound by a spell.

Example: The spellbound audience watched the Chinese acrobats perform their death-defying acts.



Spellbind (verb): to cause to be spellbound; to enthrall.

Example: He was spellbound by her beauty.



The tradition of carving jack-o'-lanterns originated in Ireland, but people then used turnips or beets instead of pumpkins.

One quarter of all candy sold annually in the United States is purchased for Halloween!



**"Double, double, toil and trouble;
Fire burn and cauldron bubble."**

from Macbeth,
William Shakespeare