

# Abbey Meads Community Primary School

## Guiding Principles



Each and every  
child in our school  
is a starfish  
worth our effort,  
so that we might  
make a positive  
difference in all  
their lives.



## The Starfish Story

An old man had a habit of early morning walks on the beach. One day, after a storm, he saw a human figure in the distance moving like a dancer.

As he came closer he saw that it was a young woman and she was not dancing but was reaching down to the sand, picking up a starfish and very gently throwing them into the ocean.

"Young lady," he asked,

"Why are you throwing starfish into the ocean?"

"The sun is up, and the tide is going out, and if I do not throw them in they will die."

"But young lady, do you not realize that there are miles and miles of beach and starfish all along it?"

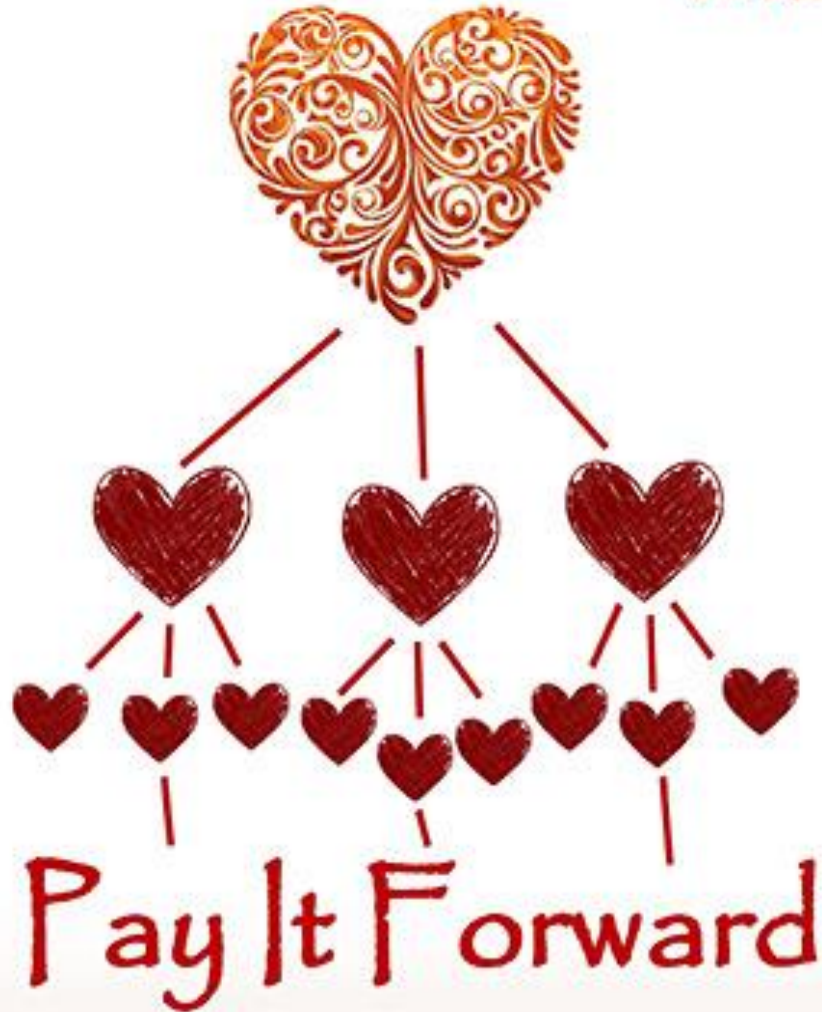
You cannot possibly make a difference."

The young woman listened politely, paused and then bent down, picked up another starfish and threw it

into the sea, past the breaking waves, saying,

"It made a difference for that one."

Kindness starts with ME...



What does this diagram mean?

Sometimes we have to make an effort to Pay Forward, but we aim for it to be a way of life!

## Children Learn What They Live.

If Children live with criticism, they learn to condemn.

If Children live with hostility, they learn to fight.

If Children live with ridicule, they learn to be shy.

If Children live with shame, they learn to feel guilty.

If Children live with tolerance, they learn to be patient.

If Children live with encouragement, they learn confidence.

If Children live with praise, they learn to appreciate.

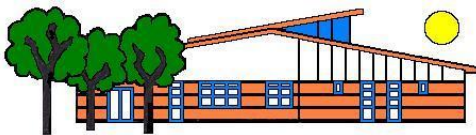
If Children live with fairness, they learn justice.

If Children live with security, they learn to have faith.

If Children live with approval, they learn to like themselves.

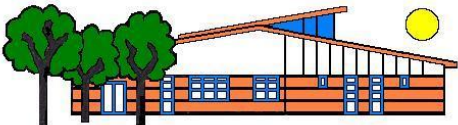
If Children live with acceptance and friendship...

...they learn to find love in the world.



## "Full Esteem Ahead"

*If I had my child to raise all over again,  
I'd finger paint more, and point the finger less.  
I'd do less correcting and more connecting.  
I'd take my eyes off my watch and watch with my eyes.  
I would care to know less and know to care more.  
I'd take more hikes and fly more kites.  
I'd stop playing serious, and seriously play.  
I'd run through more fields and gaze at more stars.  
I'd do more hugging and less tugging.  
I would be firm less often and affirm much more.  
I'd build self-esteem first, and the house later.  
I'd teach less about the love of power,  
And more about the power of love.*



Diane Looman

## CAN DO!

If you think you are beaten, you are.

If you think you dare not, you don't.

If you like to win, but you think you can't,

It is almost certain you won't.

If you think you'll lose, you're lost,

For out in the world we find,

Success begins with a person's will—

It's all in the state of mind.

If you think you are outclassed, you are,

You've got to think high to rise,

You've got to be sure of yourself before

You can ever win a prize.

Life's battles don't always go

To the stronger or faster man,

but sooner or later the person who wins

**IS THE PERSON WHO THINKS THAT THEY CAN!**



## A Cup of Coffee

A young woman went to her mother and told her about her life and how things were so hard for her. She wanted to give up. It seemed as one problem was solved a new one arose. Her mother took her to the kitchen.

She filled three pots with water. In the first, she placed carrots, in the second she placed eggs and the last she placed ground coffee beans. She let them sit and boil without saying a word. In about twenty minutes she turned off the burners.

She fished the carrots out and placed them in a bowl.

She pulled the eggs out and placed them in a bowl.

Then she ladled the coffee out and placed it in a bowl.

Turning to her daughter, she asked, "Tell me, what you see?"

"Carrots, eggs, and coffee," she replied. She brought her closer and asked her to feel the carrots. She did and noted that they were soft. She then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, she asked her to sip the coffee. The daughter smiled, as she tasted its rich aroma.

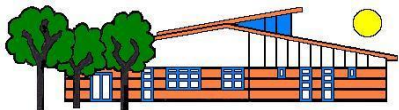
The daughter then asked. "What's the point, mother?" Her mother explained that each of these objects had faced the same adversity--boiling water--but each reacted differently.

- The carrot went in strong, hard and unrelenting. However after being subjected to the boiling water, it softened and became weak.
- The egg had been fragile. Its thin outer shell protecting its soft interior. After experiencing the boiling water, its inside became hardened.
- The ground coffee beans were unique, however. After they were in the boiling water they had changed the water.

Which are you?" she asked her daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean?"

### Think of this: Which am I?

- Am I the carrot that seems strong, but with pain and adversity, do I wilt and become soft and lose my strength?
- Am I the egg that starts with a malleable heart, but changes with the heat?  
Did I have a fluid spirit, but after some trial, have I become hardened and stiff?  
Does my shell look the same, but on the inside am I bitter and tough with a hardened heart?
- **Am I like the coffee bean?** The bean actually changes the hot water, the very circumstance that brings the pain.  
When the water gets hot, it releases the fragrance and flavour.  
If you are like the bean, when things are at their worst, you get better and change the situation around you.



**Are you a carrot, an egg or a coffee bean? I know what I'd like to be!**

## Two Large Pots

A water bearer in China had two large pots, each hung on the ends of a pole which he carried across his neck. One of the pots had a crack in it, while the other pot was perfect and never leaked.

At the end of the long walk from the stream to the house, the cracked pot arrived only half full. For a full two years this went on daily, with the bearer delivering only one and a half pots full of water.

Of course, the perfect pot was proud of its accomplishments, perfect for which it was made, but the poor cracked pot was ashamed of its own imperfection. It was miserable that it was able to accomplish only half of what it had been made to do.

After 2 years of what it perceived to be a bitter failure, it spoke to the water bearer one day by the stream. "I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house."

The bearer said to the pot, "Did you notice that there were flowers only on your side of the path, but not on the other pot's side? That's because I have always known about your flaw, so I planted flower seeds on your side of the path and every day while we walk back, you've watered them. For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house"

Each of us has our own unique flaws. We're all cracked pots. It's the cracks and flaws we each have that make our lives together so very interesting and rewarding.

**You've just got to take each person for what they are, and look for the good in them.**

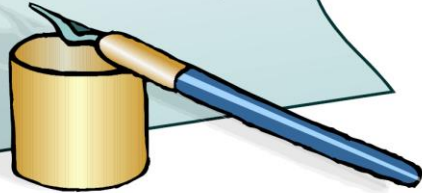




When given the choice  
between being right or  
being kind -  
choose kind.

Dr. W.W.Dyer

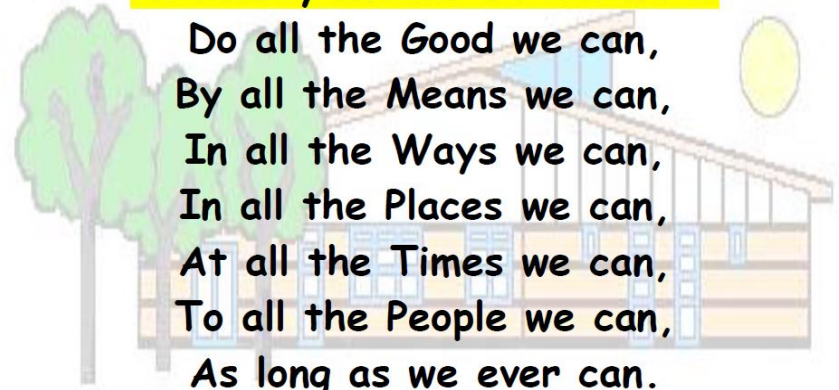
From the Novel - *WONDER* by R.J.Palacio



## Abbey Meads School Do All the Good You Can

At Abbey Meads School we ...

Do all the Good we can,  
By all the Means we can,  
In all the Ways we can,  
In all the Places we can,  
At all the Times we can,  
To all the People we can,  
As long as we ever can.



# Smile



It's wonderful to see  
What just a smile can do  
You smile at me,  
I smile at you  
And then one smile  
Makes two

### THOUGHT FOR THE DAY

People are often unreasonable, illogical, and self-centered;  
*Forgive them anyway.*

If you are kind, People may accuse you of selfish, ulterior motives;  
*Be kind anyway.*

If you are successful, you will win some false friends and some true enemies;  
*Succeed anyway.*

If you are honest and frank, people may cheat you;  
*Be honest and frank anyway.*

What you spend years building, someone could destroy overnight;  
*Build anyway.*

If you find serenity and happiness, they may be jealous;  
*Be happy anyway.*

The good you do today, people will often forget tomorrow;  
*Do good anyway.*

Give the world the best you have, and it may never be enough;  
*Give the world the best you've got anyway.*

*Extract from Mother Teresa*