



# FLORA NEWS



## Head's Blog

### Fulfilment - the final value at Flora Gardens

"To take pride in each other's successes and, with a sense of fun, seek worthwhile and absorbing challenges."

Aristotle, Buddha, the Stoics... the greatest minds in history struggled with the idea of fulfilment. And now, somehow, at Flora Gardens we are supposed to find it. Where is it? What does it look like? How will you know you have it?

The word 'fulfilment' is everywhere. It's become the Holy Grail of the past decade. We all want to be fulfilled. Full-filled. To feel full. Satiated, gratified. In French, a word for 'full' is 'complet'. Complete. Whole. It sits in diametric opposition to a lot of the language that we hear from people who are unhappy at work: *"I feel empty."* *"This is meaningless."* *"I feel deflated."* They talk about the sense that a part of them is missing and unexpressed. No wonder fulfilment sounds like a delicious goal to be chased.

***"An inevitable though often-ignored dimension of the quest for 'wholeness' is that we must embrace what we dislike or find shameful about ourselves as well as what we are confident and proud of." – Parker Palmer***

How do you deal with uncertainty? What are your coping mechanisms, positive and negative? What parts of yourself are you over-using, and what do you hide? And what could you start doing to bring your whole self to the table, in life and in work?

***"Occasionally in life there are those moments of unutterable fulfilment which cannot be completely explained by those symbols called words. Their meanings can only be articulated by the inaudible language of the heart." – Martin Luther King Jr.***

I had a conversation with a friend last week. We were doing an exercise together, creating a picture of her future, and halfway through a sentence she stopped. ***"Do you ever get so inspired, it feels like your chest is about to pop?"*** I knew the feeling well. That deep completeness that almost takes your breath away. There's a rush of energy, and your belly fills with butterflies, and your throat tightens, almost as though your torso is so full that you have to hold something in. Full-filled. Even by an idea. Nobody can sustain this level of fullness, of course – nor is it likely we'd want to. Even for a short period of time, it's overwhelming. But it's a beautiful way to guide your journey. Find the moments of fullness. Observe them happening; chase them down.

**When have you felt this bursting fullness in the past? Where can you notice it now, in your daily life? What's happening, what are you doing, and who are you being, when it arises?**

***"I want to be thoroughly used up when I die, for the harder I work the more I live. I rejoice in life for its own sake. Life is no 'brief candle' for me. It is a sort of splendid torch which I have got hold of for the moment, and I want to make it burn as brightly as possible." – George Bernard Shaw***

Another common interpretation of fulfilment is to fulfil your capacity and your potential. For Aristotle, it was a sense of *eudaimonia*: the state of having been all that you could possibly have been in your life. In any single moment, our capacity and potential are changing, growing, expanding with every experience. So we can't know if we've reached this kind of fulfilment until the end of our lives, when the total can be examined and summed up.

A more useful angle on this as we move through life might be to see fulfilment as a feeling of being 'well used'. That sensation of flopping onto the couch at the end of a busy, enjoyable day, weary and happy. The feeling of tired pride when you've seen a challenging project through to its end. The exhausted, buzzy feeling after a long run. Used up and satisfied.

**What gives you that feeling of being well used? How can you seek it out more regularly, both inside and outside of your work?** Contribute to yourself, fully and unapologetically, and watch the effects spill out into the lives of others.

Maybe fulfilment isn't a Holy Grail – a single, tangible, objective reality. Maybe when we talk about fulfilment, we're each talking about something slightly different. But what that means, ultimately, is that when it comes to your own fulfilment, you get to make it up. You get to define, create, and achieve the version of it that speaks to you at the deepest level. But without choosing what it means for you, how it feels, what it looks like, you're unlikely to find it.

**What does fulfilment mean for you, and how can you start seeking it out in your day to day?**

**Ruby House Fundraising Day**  
**On Friday 2<sup>nd</sup> February, Ruby House have organised a fundraising day for their chosen charity – The British Heart Foundation. Pupils are invited to wear red clothing for a minimum donation of 50p. Activities will be taking place throughout the day, including a whole school skipathon and there are prizes to be won. To take part in these activities, pupils are asked to make a voluntary donation of their choice.**

Year 1 have been adventurous! We are trying out new things like yoga!



Year 5 visited the BAPS Shri Swaminarayan Mandir. We are currently learning about Hinduism in RE and today we learnt about the significance of each Deity and the roles they had as well as their importance to their followers.



Please follow @CFinneyPE on Twitter!



**Connor Finney**

@CFinneyPE Follows you

Primary PE coordinator at @floragardensw6

Hammersmith, London

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**The PE superstar of the week is Adam in Y2.**

We have had an unusually high amount of sickness at school this week and would remind parents that if your child has either been vomiting or had an upset stomach they should not return to school for 48 hours as per the school health guidance. This should help combat the spread of any virus.

### Attendance

This week: 22 <sup>nd</sup> Jan – 26 <sup>th</sup> Jan 2018	
Class	Attendance
Reception	90.4%
Year 1	95.9%
Year 2	91.2%
Year 3	82.8%
<b>Year 4</b>	<b>97.7%</b>
Year 5	95.9%
Year 6F	94.8%
Year 6G	92.4%
Totals	92.3%

We are monitoring attendance and the parents of those we are concerned about will be asked to attend a meeting with the Head.

Nursery	85.4%
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We have a few places left for the Y5 & Y6 residential trip to Laches Wood. Please see Mrs Brand for information.

### Superstars!

**Nursery – Shahad & Sofiya A**  
**Reception – Niels**  
**Year 1 – Younes**  
**Year 2 – Ruby**  
**Year 3 – Xela**  
**Year 4 – Hodan**  
**Year 5 – Whole Class**  
**Year 6F – Irfan**  
**Year 6G – Aisha B**