



# FLORA NEWS



## Head's Blog

Welcome back and a Happy New Year to you all.

Our modern celebration of New Year's Day stems from an ancient Roman custom, the feast of the Roman god Janus – god of doorways and beginnings. The name for the month of January also comes from Janus, who was depicted as having two faces. One face of Janus looked back into the past, and the other peered forward to the future.

To celebrate the New Year, the Romans made promises to Janus. From this ancient practice comes our tradition of making New Year's Day resolutions.

I don't think I've ever felt more on the threshold of the unknown than I do this year and I'm sure many of you feel the same - you would have to be living on another planet not to feel some trepidation about the current uncertainties that underpin our political and social future. Brexit, the lack of funding for the NHS, the lack of funding for schools and Trump! So what I want us to think about is this: while it is tempting, when we look back at the upheaval of 2018, to feel a little bleak, it is really important to look forward with hope.

Firstly, hope is not the same as optimism – it is active rather than passive. Hope motivates us into taking positive actions that can lead to positive results. Feeling hopeful allows us to approach problems and challenges with a strategy for success, increasing the chances of us actually achieving our goals. Blind optimism is nothing more than putting your head in the sand — it'll be all right, I'm going to win the lottery on Saturday – hope, on the other hand, takes into account the real challenges that exist and seeks to navigate the best path around them – I want to improve my English grades, so I'm going to read more this term etc.

The other thing hope does is that it helps us to see setbacks as a chance for improvement.

We are all going to fail and experience disappointment at some points in life. But hope helps us see the opportunity in the challenges we face. Why did things go wrong? Is there something we can do to up the odds of success next time? Without hope it is a lot easier to give up when first we fail or things don't run smoothly, but hope helps us to make a Plan B and push forward.

Hope also boosts our happiness. There is no doubt about it – hope has a feel-good quality; it buffers us from stress, anxiety and the impact of negative events in our life. To “look on the bright side of life” boosts our happiness, reduces feelings of helplessness and actually improves our mental health.

The opposite of hope is hopelessness and despair. Without hope there is fear. Hope may not always change the outcome but it can help us to cope with the journey – even enjoy it. Author Marian Zimmer Bradley said, “The road that is built in hope is more pleasant to the traveller than the road built in despair, even though they both lead to the same destination.”

I looked for some evidence to persuade you that we all have good reason to be hopeful. I searched news stories from the last year that are positive:

The ozone hole, which if everything goes according to plan could be healed up by the 2060s, according to a new report from the United Nations.

According to the report, a decades-old international treaty to ban ozone-depleting chemicals has led to their decline and “much more severe ozone depletion in the polar regions has been avoided.” There's still work to be done, but this definitely falls into the Good News category.

In the forests of central Africa, the population of mountain gorillas, one of the world's most endangered species, was reported to have increased by 25% since 2010, to over 1,000 individuals. India registered a 22% decline in maternal deaths since 2013. That means on average, 30 more new mothers are now being saved every day compared to five years ago.

Since 2010, global HIV/AIDS infection rates have fallen by 16% in adults and by 35% for children. Most countries are now on track to eliminate infections by 2030.

Pakistan's parliament passed a landmark law guaranteeing basic rights for transgender citizens and outlawing all forms of discrimination by employers.

Ethiopia and Eritrea signed a peace treaty, signaling the end of a 20 year war, and reuniting thousands of families.

250 of the world's major brands, including Coca Cola, Kellogg's and Nestle, agreed to make sure that 100% of their plastic packaging will be reused, recycled or composted by 2025.

Finally, it is my further hope that everyone here has a Happy New Year, not blindly ignoring what is going on in the world but embracing 2019 with our usual outward-looking approach, thinking of others not just ourselves; reflecting on the world in a way that is balanced and always filled with hope.



The boys won 1-0 against Miles Coverdale in the Mayor's Cup football match today. The girls drew 0-0. All played fantastically! Man of the match is the goal scorer, Emad and woman of the match is Malika.

**Parent Governor Vacancy Update**

We had two application from parents who would like to be a governor at our school. Next week you will receive their personal statements via email and you will be asked to come to the school office to place your votes.

**Reception Closing Date**

If you would like your child to join our Reception class from September, please ensure you submit your application to the local authority by 15<sup>th</sup> January 2019 (next week!).

Apply online at:

[www.lbhf.gov.uk/schooladmissions](http://www.lbhf.gov.uk/schooladmissions)

**Attendance**

A very big well done to Year 4 who had the highest attendance in Autumn term. As a treat for having the best attendance they will be going ice skating at the Natural History Museum next Wednesday.

| <b>This Week: 8<sup>th</sup> – 11<sup>th</sup> January 2019</b> |                   |
|-----------------------------------------------------------------|-------------------|
| <b>Class</b>                                                    | <b>Attendance</b> |
| Reception                                                       | 98.1%             |
| Year 1                                                          | 92.8%             |
| Year 2                                                          | 98.6%             |
| Year 3                                                          | 78.4%             |
| Year 4                                                          | 95.4%             |
| Year 5                                                          | 98.1%             |
| Year 6                                                          | 98.7%             |
| Totals                                                          | 94.2%             |
| Nursery                                                         | 87%               |

**Superstars!**

- Nursery – Yakup
- Reception – Safiya S
- Year 1 – Duarte
- Year 2 – Zakaria
- Year 3 – Madison
- Year 4 – Xela
- Year 5 – Zara
- Year 6 – Emad
- PE – Adam Y3