

## BE THE PERSON GOD CALLS YOU TO BE

"The heart is like a garden:  
it can grow compassion or fear,  
resentment or love.  
What seeds will you  
plant there?"

Siddhārtha Gautama (5thC BC)  
Founder of Buddhism



If the Values give us the direction of travel, what should be our outcome or our destination? This is where those abstract nouns gain real substance. Because, by acting with love, kindness, compassion, courage, respect, integrity, and responsibility, we will become that person God calls us to be – a person for others, in imitation of his only beloved son, Jesus.

*This year may our school be a place where all are believed in, honoured and cared for; where natural talents and creative abilities are recognized and celebrated; where individual contributions and accomplishments are appreciated; where everyone is treated fairly and justly; where sacrifice on behalf of the economically poor, the socially deprived, and the educationally disadvantaged is commonplace; where each of us finds the challenge, encouragement, and support we need to reach our fullest individual potential for excellence; where we help one another and work together with enthusiasm and generosity, attempting to model concretely in word and action the values we uphold.*



## SAINT NINIAN'S HIGH SCHOOL

# Be the best you can be Values for Living & Learning

O Jesus through the most pure heart of Mary, I offer thee all my prayers, works, joys and sufferings of this day for all the intentions of Thy divine heart and particularly for the intentions of Our Holy Father, the Pope.



"I give you a new commandment:  
**Love one another!**  
Just as I have loved you,  
you also must love one another.  
By this love you have for one another,  
everyone will know that you are my disciples."

Gospel of St John 13:34-35

## WHAT KIND OF PERSON DO I WANT TO BE?

As we begin another school year a warm welcome to students and staff. A key question to ask ourselves is: *'What are the qualities you see in others that you would most like to have yourselves? What kind of person would you really like to be?'* As you progress through school this year you will



**“Be clothed  
in compassion,  
in kindness  
and humility,  
gentleness  
and patience.”**

St Paul to the Christians at Colossae 3:12

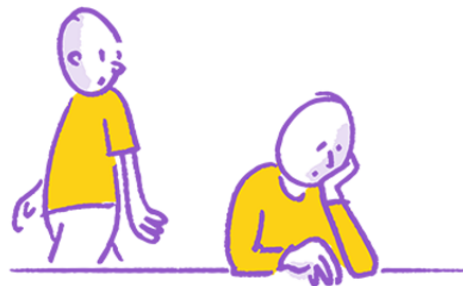
encounter a formidable number of abstract nouns such as love, compassion, kindness, courage, respect, integrity and responsibility. In our work and leisure, they offer ideals to which we should aspire. They are our moral compass, pointing out the desired direction of travel. But our challenge, as a school community of faith and learning, is to strive to make the abstract concrete, to ensure that these words are translated into meaningful acts that have a bearing on our daily lives. And the key to this, the key that unlocks all the others, is love expressed through kindness and compassion.

Kindness means acting in a manner that is ‘natural, native and innate’ born

## KINDNESS & COMPASSION

of trust; it involves treating one another as we would treat a member of our family, or our friends.

If love and kindness are the qualities that bind our school community together, then we should feel very optimistic about the year ahead. This year, the notion of kindness is something that we will revisit time and again. It starts with the small things: the significance of our daily interactions, however fleeting which may be: saying “*Good morning*”, “*Hello*” and “*Thank you*”, or even just a smile or a nod, says, “*I’ve noticed you, and I value what you are doing*”. This is vitally important in building a positive and cohesive and joyful faith community.



**Compassion is  
noticing when others need your kindness.**

Values, with love and kindness at their heart, underpin everything we do at Saint Ninian’s. We have a great student body and highly professional dedicated staff and each of us will have a very positive influence on school life. I know you will inspire your fellow students and teachers and non-teaching staff through your actions, as well as through your words.