

Letter from the Head: 2/2025

31 January 2025

Dear Parents and caregivers,

Re: The Power of Words

It is heartwarming to see the new friendships already forming in our school, particularly among the Early Years students. May these bonds continue to grow and flourish.

As an avid follower of Nikki Bush, a Human Potential Expert, Strategic Facilitator, and Executive Coach, I was deeply inspired by her latest article on the power of words. I felt compelled to share some of the key points she raised, which resonate strongly with me as an educator.

Nikki writes, *"Words have power – they can harm or heal. They can keep you stuck in a negative loop or open new possibilities."*

I am continually fascinated by how our thoughts and words can shape our reality, either positively or negatively. Modern neuroscience repeatedly confirms this truth.

Dr. Joe Dispenza, a New York Times bestselling author and world-renowned teacher in the field of neuroscience, further emphasizes this point. He explains, *"When you speak to yourself differently, you show up differently, changing the field of possibilities."* He notes that our immune system, energy levels, and overall well-being are directly impacted by the thoughts we create and the words we use, as they trigger biochemical reactions in our bodies.

To support our students in reframing their thoughts and avoiding negativity when faced with challenges at school or home, here are three valuable strategies:

- **If you fail, never give up.** Remember, F.A.I.L. stands for *First Attempt In Learning*. Mastery requires practice, and setbacks are an inevitable part of the learning process.
- **The end is not the end.** E.N.D. means *Effort Never Dies*. No experience is ever wasted; every moment contributes to growth and learning.
- **If you receive a "no," think of it as a "next opportunity."** When one door closes, another one opens.

In closing, we wish our Year 7 class the very best as they head off on their camp with their Trident College friends from 4 to 7 February. We look forward to hearing all their exciting stories upon their return!

Wishing you all a productive and positive week ahead.

Warm regards,
Jannie le Roux