

THE HIVE

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Issue 20

STUDENTS TAKE ON THE BIG QUESTION...

What *really* makes us happy? Students at St Bees were tackled with the task, in the light of lockdown, of evaluating what really makes us happy. With no better time to take stock and reevaluate than with Half Term coming up next week, this was a perfect opportunity to think about the important things in life.

So here are the students' **10 ways to a happy life**. Their responses were very humbling, and we think that they provide some thought-provoking points to ponder. Why not give some of these a go over the coming weeks? Do let us know what you think at welcome@stbeesschool.co.uk.

1. Family

Take some time out to reconnect as a family. Have a meal altogether, plan a game, treasure hunt, art, sports or drama activities or just enjoy the time you have with those you love.

2. Self-Understanding

What really makes you happy? What makes you want to succeed? Knowing yourself better makes it easier for you to be happy.

3. Pets

Take your dogs out on a long walk, give your cat a good belly rub, teach your rabbit a new trick... you know what makes your pet happy, and, in turn, you'll be happier too.

4. Positive Attitude

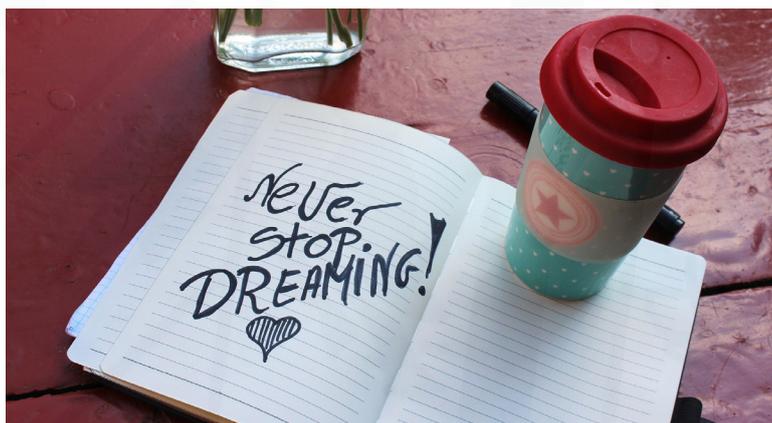
We've all become experts in positivity over the last 8 weeks - why should that stop now? Use this time to think positively about your life and what you can do to make it even better.

5. Giving Back

Why not use this time to give back to someone who has helped you? Send them a card or do something for them (if they are in your household) to make them feel happy - and you will, too.

6. Be Yourself

It's no fun trying to pretend you're someone or something



How can you make your life happy? Our students have some ideas...

you are not. Make sure to give yourself plenty of self-love because *you are you* and *you are unique*.

7. Friends

We might not be able to socialise in person right now, but why not set aside some time to check in with your friends by phone or video call? They will no doubt be happy to see your face and hear what you've been up to.

8. Sleep

You've been committed to getting up early and starting your working day on time for a while now - use Half Term and the weekends as an opportunity to catch up on some much-needed rest! Turn off that alarm and enjoy a lie in. Or have a long and leisurely breakfast. (Watch Ceara's LIVE session from last week for AGA pancake tips!)

9. Quality of Life

We all want to have the best quality of life possible, so why not use this time off to do some exercise or have a pamper afternoon? Do something that makes you feel better - you deserve it.

10. Ambition and Motivation

What motivates you? What do you want to be able to achieve? Take some time out next week and work on your ambitions in life and get yourself motivated to reach your goals.

SHORT STORY COMPETITION - FINAL CALL!

Our Short Story Competition is coming to a close, so if you haven't sent us your entry yet, you've got until next **Friday 29th May** to submit your masterpieces.

The competition is open to children in Y5-6 and Y7-9. Just send us your 500 or 900 word story about absolutely anything you like! Let those imaginations run wild, and you could be in with a chance to win a £50

Amazon voucher if your story is chosen as the winner!

All rules and terms and conditions can be found on our website here: <https://www.stbeesschool.co.uk/900words/>

To submit your story, please email them in a Word document format (.doc or .docx) to story@stbeesschool.co.uk. Good luck!