

Tuesday 2nd June, 2020

Kia ora e te whānau,

In our bodies is a chemical called oxytocin. Oxytocin is responsible for all the warm feelings and connectedness we have with each other, through friendship, love and community. There are many ways to obtain and stimulate the oxytocin in our bodies. One of them is through genuine acts of kindness and generosity.

- **It feels good when you do something nice for someone**
 - with no expectation of anything in return
- **It feels good when someone does something nice for us**
 - with no expectation of anything in return
- **It even feels good when we witness an act of kindness or generosity**

When these acts of kindness or generosity occur we receive a little surge of oxytocin and it makes us feel good. That feeling good then transfers and we are more likely to continue with further acts of kindness and generosity. The more oxytocin we have in our bodies the more generous we become. It is mother nature's way of trying desperately to get us to look after each other.

I have felt good as I witness and receive acts of kindness and generosity.

I have witnessed...

A Mum pulled into the front of the 10 minute drop off parking area outside the front of the school. Her children got out of the car and didn't shut the car back door properly. Another family had pulled in behind her. In that car the Mum was driving and the Dad was in the passenger seat. The Dad noticed that the back door of the car in front wasn't shut properly. He got out of his car and went and shut the car door for the family's in front of him. The Mum was so grateful and called out, "Thank you".

Our tamariki carefully dismount from their bikes and scooters and push them when approaching the school.

I received...

A PŪPŪ student one afternoon while sitting outside the front of the school waiting patiently to be released by his teacher said, "Principal, I like you".

A Mum brought to school a bag of really good clothes including some brand new items and a Kathmandu puffer jacket for me to pass on to a family who could wear them.

One morning, another Mum handed me a big bag of persimmons out the car door to share.

I have given...

Lots of elbow shakes as our students arrive at school. It makes me feel good and I hope it makes all our tamariki feel good.

Please remember that the school gates open at 8.30am.

We encourage our students to arrive between 8.30 - 8.50am

Kia manawanui, kia manaaki, kia haumarui!

Pam

