



Be the Best that You can Be

# Cedarwood School

113-117 Dunmaglass Road, Glenferness

PO Box 812, Witkoppen, 2068

Telephone: (011) 465 9830, (011) 467 4889, (011) 467 4657 / 072 617 5291

Fax: 086 654 9727

E-mail: [admin@cedarwoodschool.co.za](mailto:admin@cedarwoodschool.co.za)

[www.cedarwoodschool.co.za](http://www.cedarwoodschool.co.za)



## CREATING CONSCIOUSNESS

In the busy-ness of our everyday lives, we need to take time to be mindful and intentional in our actions. We need to be **AWARE** of and **RESPOND** to our surroundings, as opposed to reacting to the demands thrown at us.

Being **CONSCIOUS** requires awareness of our impact, thoughts, feelings, actions and intentions. Strive to contribute meaningfully and create purpose and value.



Facing **CHANGE** can feel unsettling and anxiety provoking, as if approaching an obstacle - whether it is small changes that disrupt our daily routines, or big life changes that result in us feeling overwhelmed or at a loss for where to begin. The start of a new year often represents change; some of which we choose (new year's resolutions), some natural (new grade or teacher) and

others which we resist. Change can make us feel unsafe and insecure. We need to navigate a new pathway that will allow us to move forward and grow and develop. If we feel safe and happy, then we are in a better space to learn.



CEDARWOODSCHOOL  
(Association incorporated under Section 21 - not for gain)  
Fundraising Number: 01 101753 000 2  
Co registration number 1997/018168/08  
Umalusi Accreditation No. 17 SCH01 00304





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Be Conscious of your support system and focus on **CONNECTION**. You are never alone and especially in the toughest times, can rely on a support system at home and work and school. It is important that you **COMMUNICATE** your concerns, ask for help or share your worries.



*self confidence IS A  
SUPER POWER.*

ONCE YOU START TO  
BELIEVE IN YOURSELF  
MAGIC STARTS  
HAPPENING.

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People can only support and respond to your needs when you help them become aware of what you are going through. Honest but kind conversations can create connections that result in team work and problem solving.

Developing skills in problem solving can build resilience, the ability to bounce back from obstacles or overcome shaky ground. Through problem solving, we build **CONFIDENCE** in ourselves and our abilities, in our community and the power we have to choose our path and make a difference in others.

Be **CONSCIOUS** of your super power, your strength and your support. As Victor Frankl stated:

‘Everything can be taken from a man, but one thing: to choose one’s attitude in any given set of circumstances, to **CHOOSE** one’s own way’.



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