



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
www.cedarwoodschool.co.za



STAYING GROUNDED

“When everything is uncertain, all that is important becomes clear”

As time passes we are becoming more used to the “new normal” and it has become normal rather than new. Our children both at school and at home have shown amazing resilience in this difficult time and many of us at school have commented on how well they have adapted to the physical distancing measures, sanitizing and the change in their environment and routine.

The coronavirus pandemic has meant that 2020 has been a year of enormous change. There has been social commentary that 2020 is indeed just that, a year that will become a metaphor for hindsight. A year that has stopped us in our tracks but also a year that has given us pause to reflect in many different contexts.

It has been a very stark reminder that change, the constant ebb, and flow of life is the rule and not the exception. What we refer to as “our life”, all the things that make up the external reality of our day to day existence can be peeled away and we are left to consider what is important.

Transition, while sometimes a synonym for change can also be seen as something more – not just a change but rather how we change, what we do when change is forced upon us.

The badge of Cedarwood school is a beautiful Cedarwood tree. Our school song speaks of its roots growing down into the ground and the branches stretching high into the sky. It is a beautiful metaphor for how to be in the world when confronted with change which blows against us and unsettles everything, even perhaps threatening to blow us off our feet. The roots remind us to reach deep and remain grounded. There is value in a crisis, it focusses our attention on the present and slows us down. Around the globe people are realizing that we have been hurrying through our lives rather than living them slowly, savoring the moments. People are re-evaluating how to live an authentic life and connect with what is important to them.

It is also encouraging to see how while reaching down with our roots and stabilizing ourselves allows us to spread our branches and offer shade and shelter to others. We are part of an ecosystem. We take from the environment and are dependent on it, yet we also give back and allow others to be dependent on us.



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





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
www.cedarwoodschool.co.za

This delicate balance is particularly tricky as parents. In this pandemic we are at once dealing with life-changing and even life-threatening realities, while still having to maintain the day to day routines of work, running homes, and keeping schoolwork up to date.



What are some practical ways in which we can stabilize our roots?

- If we think of life as a journey we must remember that there are crossroads, back roads, peak experiences, mountains to climb, valleys of despair, deserts and oases, wildernesses and wastelands, rivers to cross, forks in the road, detours, dead ends, and the open road. They're all descriptive of places we've been and will visit again. This is the reality of life and we do not need to berate ourselves if our lives are not running smoothly all the time.
- Six recognizable stages accompany transition: loss, uncertainty, discomfort, insight, understanding, and integration. The accompanying emotions for these stages can run the gamut, depending on how we perceive and negotiate transitions. We need to understand that when undergoing a transition these stages are normal and are being experienced by others too. It is perfectly acceptable to reach out for help if something becomes overwhelming.
- Remember to question what has previously been viewed as essential. Many of us are invested in believing that things have to be a certain way for us to be happy. We feel reassured and safe when life continues in the same way it always has. But in fact, the reality is illusory. We already have proof of what we can manage without. As we let go of the ideas of what is essential to make us happy we can slow down, focus on what is truly essential and meaningful and the change of focus allows a shift in consciousness to begin.
- Draw upon your past experiences of transition. Each review of how you have overcome difficulties in the past broadens your perspective on your life; the cumulative effect of this is learned wisdom.



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



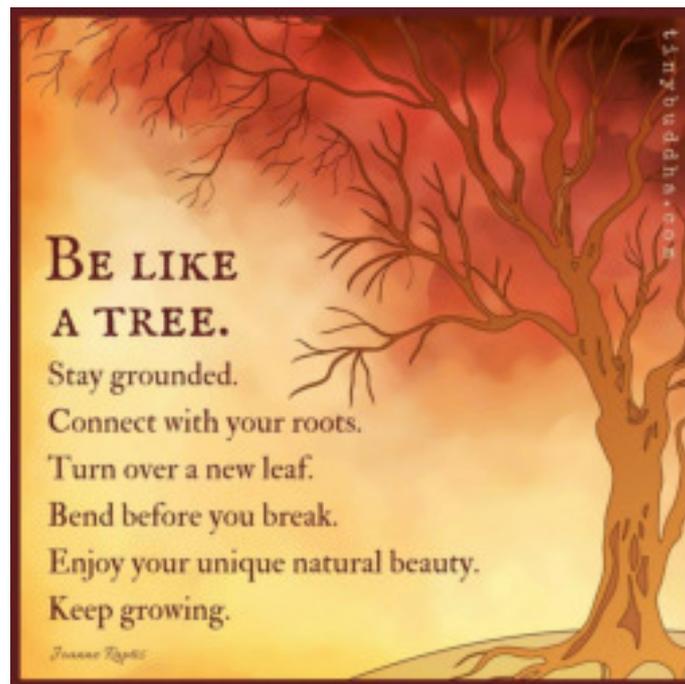


Cedarwood School

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
www.cedarwoodschool.co.za

- Make a conscious effort to surround yourself with positives and stay in touch with people who support and encourage you.

After an entire term of the “new normal”, it is heart-warming to see the many aspects of life in our Cedarwood community that have not changed. The thread that keeps us all connected – our wonderful children: their energy, humor, and spirit remain. We as a school are pushing our roots down deep and spreading our branches striving to be the best that we can be, for them.



References

- Brenner, A. 2013. How to stay grounded when your life is falling apart. Psychology Today.
- <https://www.news24.com/news24/Columnists/MelanieVerwoerd/melanie-verwoerd-what-really-makes-us-happy-20200722?isapp=true> for Android



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

