

No 17: 30 September 2020

"Be the Hands, Heart and Voice of Jesus"

School Theme 2020

Our Commitment to Child Safety:

"At St Paul the Apostle Catholic Primary School we hold the care, safety and wellbeing of children and young people as a central and fundamental responsibility of our school. Our commitment is drawn from and inherent in the teaching and mission of Jesus Christ, with love, justice and the sanctity of each human person at the heart of the gospel."

A SPECIAL FEATURE EDITION

Dear Parents and Families,

As we continue through the second week of our school holiday break, it's pleasing that the number of daily COVID-19 cases continue to fall, hopefully bringing an end to the Stage 4 Lockdown and the easing of restrictions on Sunday 19 October.

Our principal networks (in consultation with our staff) had been very vocal throughout Stage 4 in expressing our opinions to the CECV and the State Government in support of a return to school for all children at the commencement of term four, especially for our Year Six children in their final term with us. Therefore we were delighted when the Premier announced changes to the return to school plan in his announcement last Sunday.

Changes to Restrictions Announced last Sunday 27 September

On Sunday 27 September, the Victorian Government announced that metropolitan Melbourne would take the Second Step in its roadmap for reopening from 11.59 pm on 27 September 2020.

There were significant changes to the operations of schools in metropolitan Melbourne:

- Students enrolled in all primary year levels (Prep to Year 6) in metropolitan Melbourne will return to
 onsite learning from Monday 12 October. <u>Schools can stagger the return of Year levels during that
 week, with all students to be back onsite by Friday 16 October.</u>
- There will be exceptions for vulnerable children and children of permitted workers, who will continue
 to be able to attend onsite during week one. (Please fill in the <u>updated Permitted Workers Onsite</u>
 <u>Attendance Form</u> for next week to enable <u>eligible children</u> to attend Remote learning <u>onsite.</u>)

To support Catholic Schools, a revised Operations Guide for Term 4 will be published by the Catholic Education Commission of Victoria (CECV) later this week, together with further information to support the staggered return of students for Term 4 to help in form our decisions. A SPA UPDATE will be sent home next week regarding the Staggered Return to School in Week Two...please stay tuned.

A critical aspect of the return to onsite learning will be a strict enforcement of the community requirements to maintain physical distancing especially at the start and finish of the school day. Compliance with community restrictions will be monitored by authorised officers.

It is imperative that schools take every step available to ensure <u>parents and carers do not congregate in breach of continuing community restrictions.</u>

This will include:

- clear signage at school entrance and exit points to ensure physical distancing is maintained
- clear communication to all parents, carers and families about the importance of following the heath directives in relation to the start and end of the school day.

Schools will also implement:

a later start to the school day and an early finish for staggered Year levels or groups of students

Let us hope and pray that the daily average of active cases will continue to diminish dramatically over the coming weeks resulting in an end to the Stage 4 lockdown. We look forward to welcoming our families back during week two this term.

A Reflection on Remote & Flexible Learning 2.0 during Term Three

Throughout term three, our family-school partnerships were certainly strengthened coinciding with refinement to our home-school communication tools such as the seesaw app, as we journeyed together through Remote and Flexible Learning 2.0. Our Remote Learning portal enabled us to continue to support our children in their learning and wellbeing despite the restrictions placed in our way.

A number of parents were able to find positives within the lockdown when they spoke of spending quality time with their children and rediscovering the magic of family life. Others took the opportunity of acquaint their child as a learner and adopted some of the thinking strategies modelled by the children and their teachers. Some parents proudly reported that they had rediscovered the power of taking back control of their child's devices (even hiding them) or removing privileges until the daily classroom requirements were completed to an acceptable level which was non-negotiable in a number of households.

I thank you for your ongoing support and encouragement and thank our staff for consistently providing a variety of rich, purposeful and engaging learning opportunities for our children despite the associated difficulties of remote learning.

The COVID-19 pandemic has challenged our way of life and the things we took for granted as evident in our homes, school, parish and wider community but it has further highlighted the sanctity of family life, our reliance on each other and our desire to be connected.

In this Special Feature Edition of the SPA News Update, to enhance our school-family partnership, I have invited our leaders and specialist teachers to provide families with a brief insight into Remote and Flexible Learning at SPA during third term.

Warm regards, Phil Doherty.

Integrating Digital Technologies

Frank Fabri (Digital Technologies Leader/Deputy Principal)

It has been pleasing to see the development of our Remote Learning plan from March this year to where we are now. **Our Remote Learning plan has always been based on three phases of implementation** which have aimed for the development of skills and knowledge and the integration of the best possible resources in delivering our Home School Learning.

Our first phase began with the development of an online space which encouraged the learner to access various activities and promoted self-organisation.

Our second phase saw the introduction of instructional, personalised video and multimedia and teachers establishing home school communication.

Our third phase supplemented the learning with interactive media such as Zoom Video Conferencing and Seesaw as complete online learning package.

In working within this three staged implementation, our staff and children have taken our learning to another level. From Prep to Year Six, we have seen the children engage in a learning environment that is dynamic and ever changing, based on technology. The added dimension has been the support that parents have provided and throughout all the challenges that we have overcome, we are so fortunate to have our families adapt to our model of Remote Learning

We have aimed to make the best out of a situation that has changed many of our approaches to our teaching and learning however our commitment to quality education, true to our Culture of Thinking has led us to think differently. Our Senior STEAM Project (Science, Technology, Engineering, Art & Mathematics) for instance (which you can view on our school website), is testament to this. **(Frank Fabri)**

Little People Big Feelings

Jenny McCormack (School Counsellor)

When you're a parent, self-care often slips to the bottom of the list. But taking care of yourself isn't a luxury, nor is it selfish. It's essential. During this time, when children are home and you are giving so much, it's more important than ever. Being kind to yourself and giving time to develop your inner world, will not only help you stay calm, it will help ensure that you have the energy you need to take good care of your family.

When you're running on empty, caring for others can tax your already depleted resources to breaking point. But when you practise self-care, it means you'll be in a position to offer comfort and care to others when they need it most.

There are some wonderful tips in this useful article from Catholic Education in Western Australia: https://covid19.cewa.edu.au/wp-content/uploads/2020/04/PARENT-SELF-CARE-COVID-19-APRIL-2020.pdf

With the amount of time we're all spending with one another, emotions and feelings can be amplified and sometimes hard to manage. Dr Justin Coulson, a psychologist and parenting expert, offered a free webinar on how to help our little people manage and regulate their emotions.

In case you missed this webinar attached here is a summary. For more resources and parenting tips visit: www.happyfamilies.com.au

Little People Big Feelings – Dr Justin Coulson 7/9/2020

Emotions

- Emotions energy, mood, tone are contagious
- High emotions = low intelligence
- Low emotions = high intelligence
- When experiencing high emotions unable to access resources to problem solve or make wise/safe decisions. It's difficult to think
- Mirror neurons reflect emotions
- Behaviour unmet needs, must address the underlying feelings

Toddler and pre-schooler

- Limbic system controls emotions
- When children are 8 or 9 they learn to regulate their emotions
- If you can't regulate your emotions, you can't regulate behaviour

Behaviour Follows Feelings - HALTS:

- **H** Hungry
- A Angry
- L Lonely, we need connection to be seen, heard and valued (Brene Brown)
- T Tired
- S Stressed

We can also add fear and learned behaviour.

Language Development

- Emotional part of the brain overrides everything else.
- Lose capacity to use their words
- They can't say it, so they have to show it.

A better way to respond:

- Soft eyes (they need to know you're kind/safe and more likely to show compassion)
- Connect before you correct
- Name the feelings to tame them
- Be their safe space (no judgement)
- Problem solve together

The Goal is to Respond to the Need (the Emotion), NOT the Behaviour.

Karen Young founder of Hey Sigmund: author of Hey Warrior - "Feelings are like Storms, let them Pass"

Research tells us that this kind of responding results in:

- Fewer emotional problems
- Fewer behavioural problems
- Less anger, anxiety and acting out
- Better social skills and peer relationships

In a Nutshell:

Name the Emotion and ask to Help.

Our job is to bring Emotions Down.

Wishing our children, and for those of you not working, a happy and restful holiday and looking forward to seeing you all next term. Warm regards, (Jenny McCormack - School Counsellor)

Our Senior STEAM Project

Frank Fabri (Digital Technologies Leader), Ivana DeSilva & Bec Stokan (Senior Level Team)

For the third year running, **St Paul the Apostle School has been invited to participate in the STEM MAD (Making a Difference) Showcase** hosted by Catholic Education, Melbourne.

Our focus has been on STEM (Science Technology, Engineering and Mathematics) for Humanity and in our chosen project, the children have been encouraged to think about how they can make a difference in someone's life, in this case a person with a disability. We have chosen to develop a project that would allow the children through their Inquiry to change their perception of what a disability actually is and then develop a household product that would actually make a difference. We have chosen to study Visual and Mobility Impairment.

We therefore enlisted the support of a **specialised Team of Engineers and Occupational Therapists known as "Akorn"** to assist the children in a design process that would help our children develop empathy and solutions to problems. Over the course of the term, the children have participated in activities designed to develop empathy for the needs of the visually and mobility impaired and have been guided by a Guest Speaker - Joel who has detailed his life as paraplegic and graciously participated in Question and Answer Zoom sessions with the children.

The Senior children are at a Design stage now, developing their own idea and actually making a prototype. We are so proud of the way that the children are approaching this project and over the next few weeks will be engaged in a process of prototyping and evaluation. This year's STEM MAD showcase will be held online on the 27 October and our children will play a major role in presenting their products and even being interviewed on Live FM radio station to showcase their learning.

NB: If COVID19 Restrictions are lifted we aim to have a **STEAMtacular Expo in late November** here at SPA and invite our families to witness first-hand the wonderful prototypes that our children have created.

In the meantime please feel free to visit our Full STEAM Ahead student website that the children are using to develop this project as part of their Remote Online Learning. (Frank Fabri)

Please see: https://sites.google.com/spadoreen.catholic.edu.au/2020fsa/home

Appointment to ACARA (Australian Curriculum Assessment and Reporting Authority) Technologies Reference Group

In recognition of his reputation as an exemplary educator (Frank currently leads the Northern Region Digital Technologies Network and a member of the CEM STEM MAD (Making a Difference Committee) and the esteem in which he is held, <u>Frank Fabri</u> accepted a nomination from Catholic Education Melbourne to represent Catholic Schools in Victoria in a national review of Technologies (ICT) Curriculum for 2020-2021 through ACARA.

The Australian Curriculum, Assessment and Reporting Authority (ACARA) is an independent statutory authority with a vision to inspire improvement in the learning of all young Australians through world-class curriculum, assessment and reporting.

Frank is now a member of a National Advisory body which is focussed on meeting the needs of students and providing clear guidance for teachers in regards to the Technologies Curriculum nationwide. Within this national forum, Frank will have the opportunity to share our experience of curriculum in the hope that we can provide important insights that will assist the **F-12 Curriculum Reference Group**.

Congratulations Frank on this significant recognition and who along with our staff continues to model lifelong learning. (Phil Doherty)

Learning & Teaching – Our SPA Staff as Lifelong Learners Helen Timmons (Learning & Teaching Leader/Literacy Leader)

Our amazing SPA team has been extremely productive over the Remote and Flexible Learning 2.0 period. The team has provided rich, real, relevant and rigorous learning for all of our children via our Online Learning Portal as well as supervising our Onsite children. Staff have been co-learners with the children during whole class, small groups and individual zoom sessions.

Our dedicated team have also been upskilling their own professional knowledge and pedagogical understandings by participating in a number of online **Professional Learning Webinars** provided by the Catholic Education Office and the Department of Education. Throughout this term, staff have attended webinars in **Wellbeing**, **Literacy**, **Mathematics**, **Gifted and Talented - High Potential Learners**, **STEAM**, **Learning Diversity**, **Intervention and LEAC (Languages Education Action Committee with the Catholic Education Melbourne)**.

Geraldine Crowe is to be congratulated on completing her part-time studies and has been awarded her **Masters of Education and Specialising in Student Wellbeing,** an incredible achievement. Several staff other are also currently enrolled in post-graduate tertiary studies and two will embark on their Masters degree next year.

The team have also attended Catholic Education Melbourne, North Central Zone Principals Network Executive, Northern Regional Zone Cluster and Team briefing meetings via Zoom, as well keeping ourselves up to date with current Professional Readings and blogs in relation to the Victorian Curriculum, The Culture of Thinking and Teaching and Learning through a global pandemic. **(Helen Timmons)**

Parish of Christ the Light – Sacramental Program 2020 News Fr Martin Ashe (PP) and Adriana Bownds (REL) & the Parish REL Team

The Sacramental journey of our children is still in the forefront of our minds. As you know, we are continuing to go through a very difficult and uncertain time due to the COVID-19 pandemic. A variety of measures have been put in place in order to combat the virus, all to help protect and to save lives. The measures by the Government in the suspension of gatherings within public places including all places of worship continues. We acknowledge that this has been a difficult situation and are grateful for your cooperation and understanding during this time. Following our discussion we would like to share with you some information;

The Sacraments of Confirmation, First Holy Communion and First Reconciliation are still postponed in all parishes in Melbourne. We still hope that if the situation improves, we may be able to have reimagined celebrations of the sacraments before the end of 2020. We will keep you informed as we wait for information from the Archdiocese of Melbourne. The children in these Year levels for the 2020 year will continue learning about the Sacraments at their Year levels in their classrooms as part of the Religious Education curriculum. The understanding and knowledge of the Sacraments are as important for the children as the celebration.

If you have any questions or concerns about the Sacrament Celebrations for 2020/21 please contact your school REL or our Pastoral Associate and they will respond to you to the best of their knowledge at the time. Once again, thank you for your understanding and patience during this unprecedented time. As we receive information regarding Sacraments, we will make sure to pass it on to our families. God bless and keep safe. (Fr Martin Ashe (PP) and Adriana Bownds (REL) & the Parish REL Team)

A Special Message of Support for our SPA School Community Fr Martin Ashe (PP) Christ the Light Parish.

Towards the end of last term, Fr Martin expressed his desire to rekindle his connection with our SPA families which was interrupted by the COVID-19 restrictions in place by sending a message of support to our school community. Therefore, just before the school holidays, Fr Martin and I video recorded an unedited conversation via ZOOM (first take only), to enable families to hear Fr Martin share his thoughts during this pandemic. Families can access the recording via the link below and I thank Fr Martin for sharing his spirit-filled and heartfelt message of support for our families.

A Special Message of Support from Fr Martin Ashe (PP):

Fr Martin has reminded us that families, especially those struggling to cope during this dreadful pandemic are able to access the parish via the **Parish website**: https://www.christthelightparish.org.au/ and also the **St Vincent De Paul Society** for additional support or to offer your help. Many parishioners have also welcomed the opportunity to tune into the **live streaming of the Sunday Parish Mass** each Sunday or have viewed the recording of the weekly mass via a link on the parish website.

Remote & Flexible Learning 2.0 – PREP Level

Geraldine Crowe (Prep Team Leader/Learning Diversity & Wellbeing Leader)

An Extraordinary First 100 Days of Learning!

The Prep teachers have been consistently impressed and amazed by the tremendous resilience and continuous commitment of our youngest school members to their learning, even during this interesting time. This year, we have spent more than half of our first 100 days of school learning from home. It has not been the typical Prep year, however, we have been fortunate enough that technology has allowed our learners to continue to stay connected and flourish. Remote learning has not stopped us from thinking, growing, having fun, and being creative!

The Prep teachers have been producing their own teaching videos and pre-recorded morning prayer and greeting messages, preparing the preps for their day. They have also hosted a class Zoom meeting each week, giving learners an opportunity to connect with their peers and have a bit of fun participating in scavenger hunts, story time and of course show and tell! The past few weeks have also seen the introduction of small focus groups to assist learners with their reading and English language goals.

This Term our INQUIRY focused on the broad concept of "CHANGE."

Through a variety of remote experiences and explorations using critical and creative thinking and STEAM (Science, Technology, Engineering, Arts and Mathematics), the children **investigated the question "What is change and what are the effects of change?"**

The children have been explorers, scientists, mathematicians, readers, writers, artists and designers this term! They have discovered that change is everywhere, in all areas of learning, and, in fact, all around us! We have made connections between our thinking and new learning using a variety of thinking routines and reflections.

Special highlights this term have included our 100 Days of School celebrations, our Friday STEAM engineering challenges, and the addition of Seesaw. The addition of Seesaw has provided yet another opportunity for our learners and their families to connect directly with the school. It has become a remote learning journal for our preps and allows teachers and families to respond to each other and provide feedback in real time. We look forward to how we can utilise this tool when we return onsite!

Our Preps rely heavily on adult support to access our learning schedules and resources. Parents and carers have played a big role in supporting our Preps' learning at home and we are truly grateful for this dynamic partnership and the ongoing support and commitment. We are so excited about seeing each other again next term!

A big congratulations to all our Preps and families for a successful remote 2.0! (Melissa, Danielle, Rebecca & Geraldine)

Remote & Flexible Learning 2.0 – JUNIOR Level

Nadia Montemurro (Junior Team Leader/Languages Leader)

Remote Learning 2.0 has seen us all continue our journey in this new learning landscape. We are very thankful for our beautiful children who have yet again proven how responsible and resilient they are as learners and as such should be extremely proud of themselves and all their efforts.

A big shout out must go to all of our amazing parents for facilitating the learning and supporting their children throughout this process. Remote Learning 2.0 has seen us introduce Seesaw to enhance our online leaning space. It allows us to view the children's learning in a timely manner and offer feedback and best of all receive feedback and messages from the children.

The most enjoyable and rewarding aspect of Remote Learning 2.0 has been Zoom. Our class Zoom's have seen us engage with the children though activities such as, scavenger hunts, pet parades, bingo games and coming up, footy day. The children have an opportunity to see and engage with each other and their teacher. Individual and group Zooms have allowed for focused teaching and another way for the children to connect with each other. We hope that we are together again in the not too distant future and are looking forward to that day. Until then, keep safe and keep up the great learning. We miss you. (Emma, Zoe, Celeste, Marg, Jess & Nadia,)

Remote & Flexible Learning 2.0 – MIDDLE Level

Adriana Bownds (Middle Team Leader/Religious Education Leader)

What an incredible and unusual term it has been!! Remote Learning 2.0 has seen a difference this time in Middles with more zoom meetings where we have been able to collaborate and have some fun.

Our Inquiry has seen many links to our learning across the curriculum and it has been wonderful to see how the Middles learning has developed. **This Inquiry unit, Our Land, Our Stories**, has highlighted its relevance in light of what has happened here in Victoria and across the world.

This Inquiry unit has linked in beautifully with Religious Education as we have looked at signs and symbols to represent a journey or story. It has highlighted the messages that Jesus has taught us, that being the Hand, heart and voice of Jesus is relevant in our own journey and even in today's world. This has given the children time and opportunities to think about their own questions and sharing these on seesaw and with each other.

It has been a valuable opportunity for our children to guide their own learning and has lead them to delve deeper into their own culture and traditions. It certainly has been wonderful listening to the stories of the ancestors, cultures, traditions and even tried cooking some food. Our fun Friday's have been a highlight for us in the last few weeks. Thanks Middles for being super heroes during Remote Learning 2.0. We look forward to another great term. (Adriana Bownds, Tanya, Kara & Kayla)

Remote & Flexible Learning 2.0 – SENIOR Level

Ivana DeSilva (Senior Team Leader/Maths Leader)

Zoom, Zoom! Remote & Flexible Learning 2.0 took a different turn for the Seniors. **The use of "breakout rooms" via ZOOM has enabled collaborative learning to occur** across a number of different subject areas, replicating what our children value and experience when on site.

As part of our inquiry into the concept of perception, the Senior children have also been involved in a **STEM for Humanity Project** where they have been busily designing a product to assist a vision impaired person or mobility impaired person in their home.

Experts from **AKORN Educational Services** and **an occupational therapist**, along with our very own Mr Fabri, our Digital Technologies leader, have been guiding the children through this process.

Our Seniors have also been given an opportunity to voice and direct their own learning through their very own **Perception Passion Project** where they could choose a particular area of learning that interests them.

Areas of interest include, creating a game on Roblox, learning to play an instrument, such as the guitar, ukulele and keyboard, learning how to build a billy cart, designing and making a dress, learning how to take a creative photograph, just to name a few. We look forward to seeing the outcome of their projects. (Ivana & Bec)

Performing Arts in Remote & Flexible Learning 2.0

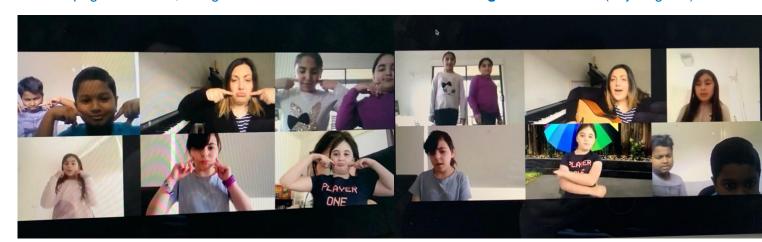
(Elly Pagonis – Performing Arts & Choir Teacher)

WOW, what a term it has been! Performing Arts during remote learning 2.0 has definitely had some wonderful learning opportunities for the children and myself alike.

It has provided me with the unique chance to connect with some students on a one-to-one basis and to also discover some wonderful talent that we have at SPA, from children who may not have stood up in front of their peers to perform in the normal classroom.

With approximately 60 students participating in the program, the children have enjoyed sending me a range of creative responses to the weekly task "A song that makes me," which focused on perception and mood in music. Some students enjoyed creating powerpoint presentations and google docs, while others felt like it was their time to shine by sending dancing and singing videos.

Two real highlights from term three include; creating the **whole school project "What a Wonderful World"**, which the children were so proud of and also **hosting Zoom Choir rehearsals** every fortnight! Check out some pictures from our latest rehearsal. (You can also see the whole school project on the Performing Arts page). Our term concluded with **the final whole school project**, "**Happy**" which is loaded onto the page in Week 9, along with a "**Whole School Zoom Performing Arts session.**" (Elly Pagonis)



Science in Remote & Flexible Learning 2.0

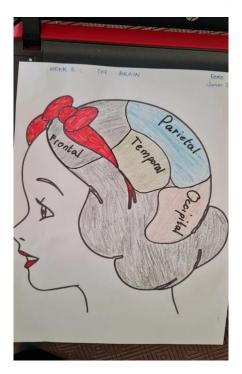
(Laura Visaritis - Science Teacher)

Remote learning has been an opportunity to connect with my students in a different way. They have all invited me into their homes and shared their learning with me, and their peers. One of the most memorable learning moments for me have been my **Middles learning about archaeology** and understanding how to date an artefact. The "**Frog in the Pond**" took on a whole new meaning for my budding Indiana Jones experts.

My Prep and Junior classes learnt about the body this term, and spent some time understanding the different parts of the brain. I love this image below because it gives fairy tales a new purpose, which is to help express our understanding of science. It is such a beautiful juxtaposition that has really evoked a sense of awe in me.

There are two aspects of remote learning I have loved; firstly that children have had more time to explore the subject. If they are passionate, they were invited to spend as long as they wanted to, which we are often unable to offer in class. I have had some wonderful email conversations with parents and children, that I otherwise may not have the luxury of having as a specialist teacher.

Secondly, some students have reached out and shared their mind with me, outside of science. A particular **senior student** who comes to mind, sent me her short stories, for my feedback. Outside of remote learning, she may not have made such a connection. It has been a privilege getting to know each child on a deeper level, albeit not in person. **(Laura V)**





SCHOOL FEES REMINDER

The levies charged for the 2020 camps have been credited to your account (Years One - Six) due to the fact that we cancelled the camps earlier in the year in response to the COVID-19 restrictions. During Term Four a decision will be made regarding the Excursion/Incursion levy and if any rebate will be given depending on Covid-19 regulations.

Please ensure that your School Fees are up to date. All outstanding fees will be followed up with a phone call at the beginning of Term Four.

If you are now eligible for a Pensioner/ Carers/ Health Care Card please forward a copy to office@spadoreen.catholic.edu.au.

Families experiencing financial difficulties should make contact with the school office to discuss payment options. **Regards, Office Admin**

PE Teacher - Farewell Anna O'Grady & Welcome Adam Valeri.

During last term, we farewelled **Anna O'Grady**, our much loved **PE teacher** who was granted Leave in 2019 to relocate to Ireland (her homeland) this year. However her plans were on hold until early August when Anna, her husband and her two young children took an unexpected window of opportunity and flew out from Melbourne before the International borders were closed. We wish Anna and her family much happiness and fulfilment as she acquaints her children with life growing up in the beautiful emerald isle and we look forward to her return in 2022.

We are delighted to announce the appointment of **Adam Valeri** to our staff for the remainder of the 2020 school year. Adam brings a wealth of experience **as a qualified PE teacher** and we wish him a warm welcome and every success as he commences with us next week.

SCHOOL PHOTO DAY – WEDNESDAY 18 NOVEMBER

A flyer from Arthur Reed Photos will be sent home next term

After months of delay and rescheduling of possible dates during this global pandemic, we are delighted to provide our families (especially Preps and our Year Six children) with a new date for our Annual School Photos to capture this uniquely different school year.

Our Annual School Photos will be taken on 18 November and you will be requested to register online beforehand, especially if your require a siblings (sisters and brothers) photograph to be taken on the day.

For 2020, all orders will be processed online with Arthur Reed Photos. Therefore, there will be no need to return any forms or payment to school before photo day however if you do not have internet access you may contact the school for an order form.

Keep safe and well and I will continue to communicate with you as we receive further updates.

Phil Doherty (Principal)

A prayer for creative flow

Please allow me to have the courage to live in this moment

So I can be a vessel for You to flow through

Let me embrace the unknown

Let me learn from my mistakes

Let me embrace looking different, or unique

Let me embrace being ME

Let me have the courage to live life creatively

Allowing you to express, write, talk, paint, draw and sing

Remind me that creativity is truly a gift from You the ultimate Creator

That creativity comes as natural to me as breathing, being, loving

Because in reality I am You.

