



Ubuntu

The coronavirus pandemic has caused exceptionally challenging and worrying times for each of us. But our school community is strong.

The effects of social distancing, lockdown, the loss of loved ones to the virus and media reports is having a large impact on all our mental health and wellbeing. But our school community is strong.

Q- What have you found most difficult?



Ubuntu

The restrictions have been designed to prevent the spread of coronavirus, but they are having a huge impact on the way we live our daily lives.

Q- Try and think of 5 things that we are being asked to do.

You might be feeling overwhelmed, sad, or confused about coronavirus and feel worried about yourself, or your family and friends.

This is completely normal – things keep changing as we learn more about the virus, and although some places are starting to reopen, we still can't do all the things we usually would.



ubuntu

[ʊˈbʊntʊ] noun.

A quality that includes the essential human virtues; compassion and humanity.

Ubuntu

UBUNTU
(I AM BECAUSE WE ARE)

It's natural to feel worried, sad, scared, angry, annoyed, feel several emotions at once, or even just feel really confused.

It's normal to feel upset or guilty about distancing yourself from someone you love or care about. You might be worried that they're struggling with less face-to-face contact or feel worried about their health.

Q- What have you missed the most during these restrictive times?



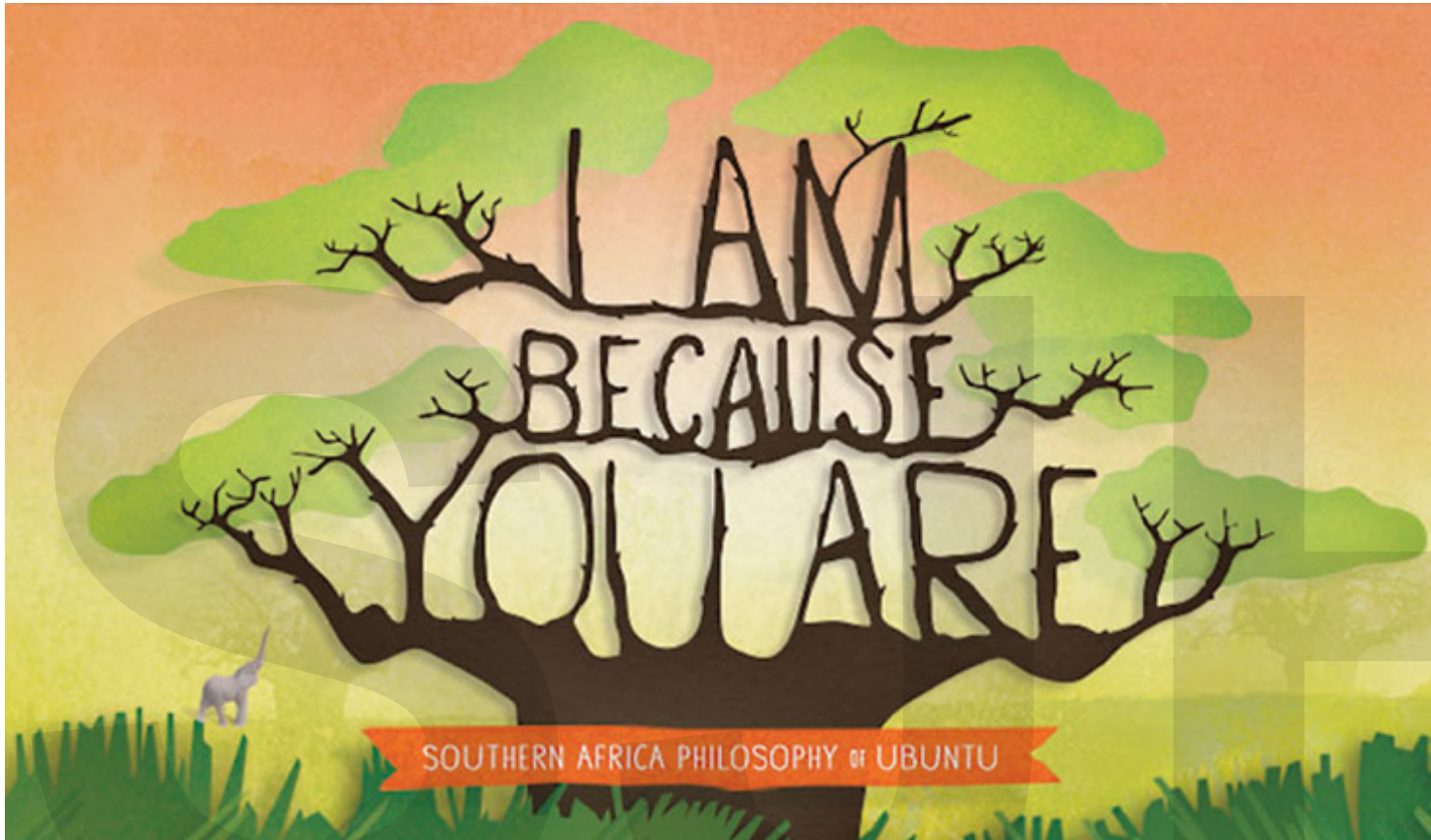
Ubuntu

But remember that it's not forever, **it's about looking after each other**, even from a distance.

So, what else can we use to help us during this difficult time or with challenging situations in the future?

What way of life or way of living will help us?

- Q- Ever heard of Ubuntu?



Ubuntu

Ubuntu refers to behaving well towards others or acting in ways that benefit the community. Actions **could** be as simple as helping a stranger in need.

Ubuntu means love, truth, peace, happiness, eternal optimism and inner goodness. **Ubuntu** is the essence of being a caring and considerate human.

Ubuntu is an African word (Zulu/Xhosa) which means "*I am who I am because of who we all are*". It highlights the fact that we are all interdependent. In other words, the actions we take effect other people.

- <https://www.youtube.com/watch?v=GjVwsgL2i98UBUNTU> 1.50 mins
- <https://www.youtube.com/watch?v=GjVwsgL2i98&list=RDw1mm3wDf0cl&index=51>. 50 mins The story of Ubuntu



UBUNTU

If you want to go fast, go alone.
If you want to go far, go together.

Ubuntu

This concept of **Ubuntu** implies when a person acts humanely towards another, they show kindness and thoughtfulness towards others.

So, **Ubuntu** means caring for one another and having a responsibility towards one another in a spirit or atmosphere of human cooperation and peaceful coexistence.

Surely what we are going through now calls for every nation to think about and use Ubuntu in their lives?

- <https://www.youtube.com/watch?v=iHmB8pe3e9U> 54 secs
- Coach Doc Rivers- NBA coach of LA Clippers and Boston Celtics

ubuntu

(oo-BUUN-too)

*I am who I am
because of who
you are*



Ubuntu

There are many examples that we could talk about;

- Captain Tom
- NHS staff
- Good neighbours
- Harry Billinge
- Marcus Rashford

Q- Can you remember what these fantastic people have done to show Ubuntu?



Ubuntu

Most recently the nation has been touched by the struggles of Rob Burrows (Great Britain and Leeds Rugby League international), Doddy Weir (Scotland Rugby Union international) and Stephen Darby (Liverpool, Bradford and Bolton footballer) as they struggle to live with Motor Neuron Disease (MND).

We do not need to look any further than the sacrifice Rob's former teammate, captain and best friend Kevin Sinfield has made to see Ubuntu in action.

- <https://www.bbc.co.uk/news/av/uk-55221424>
- <https://www.skysports.com/rugby-league/news/12196/12154083/kevin-sinfield-raises-over-1m-for-motor-neurone-disease-in-marathon-challenge>

It's not about you.
It's not about me.

It's about "We".
Working Together.
As one.

Ubuntu

At this time of year where we give to others and have others in our minds, ask yourself;

Q-'How can I show Ubuntu towards others and how can Ubuntu be a way that I can live my life?'

Further viewing;

Netflix

The Notebook. Doc Rivers