

NEW BEGINNINGS

As the new
year kicks off,
how best is it to
handle new
endeavours?



LIFE, SURVIVAL AND
DEVELOPMENT

Our prayer for 2026

Dear God, in this year I pray that you will be our comfort, our safe place, our home. As the seasons change, may we have peace; may we always find joy in being together. Help us to be calm, creative, grateful and generous, welcoming community into our hearts and home. Amen.

St Joseph... Pray for us.

As we start the new year, we all have an opportunity to have a new beginning. It is a new year, a new term. A new year gives everyone the opportunity to start again. We might want to change our behaviour, maybe by trying harder, joining new clubs, making new friends or setting ourselves new goals. We might want to show more kindness, be friendlier and help out more.

A new term and a new year brings with them new opportunities and the chance for a 'fresh start'. The old term and the old year are behind us, so it is time to move on into the future.



Have you made New Year's resolutions? What are they and why choose them?

Examples of resolutions: getting fit, learning a new skill or eating more healthily. The start of a new year can be a great motivator for change.

**Think of one thing that you would like to have a fresh start for this year.
It could be taking up a new hobby, helping a friend in need, speaking kind words,
trying hard in your subjects, being more patient, reading more - the list is endless!**





Consider the word 'START' Using the acronym below think about the different areas of your life.

- ☐ **Speech:** What you say to yourself and to others matters.
- ☐ **Time:** Time is an investment. What takes up most of your time? Don't waste it, invest it. For example, at breaktime, are you playing games on your phone or connecting with people and making friends? Every minute, every day, counts.
- ☐ **Attitude:** What perspective do you approach situations with? What is your default attitude?
- ☐ **Reactions:** How do you respond to situations? With anger? Or self-control?
- ☐ **Talents:** How are you going to use and develop your God-given talents this year?



As our new year gets underway, we are naturally wondering what the new year will bring and how to put our best foot forward. Consider this one simple question:

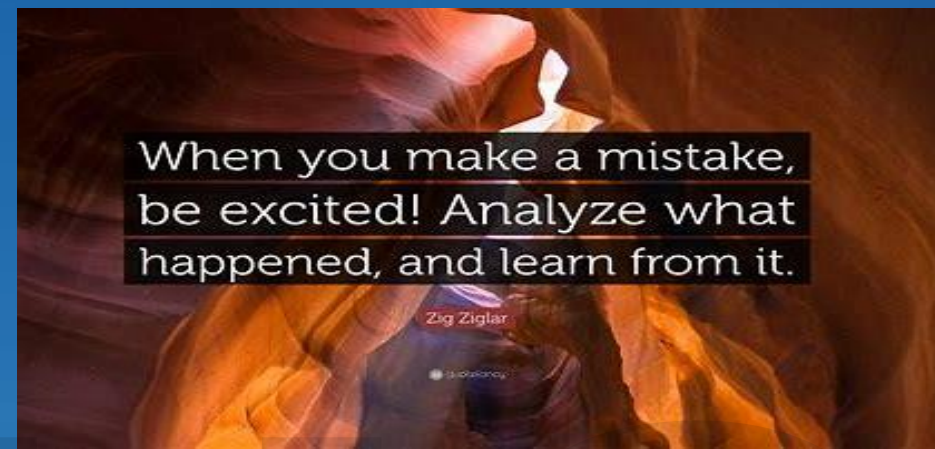
“What is the best way to prepare for the new year ?

We will now read through six simple steps to help us prepare to be the best we can be this year.



1. Mistakes Are a Natural Part of the Learning Process

New beginnings mean that you will be on a learning curve and mistakes are a natural part of the learning process. Research has found that after making a mistake, people are more likely to be open to feedback and feel valued when they interact with others who are willing to share their own struggles. So, cultivate relationships and share your struggles and learn together.



2. Connection Can Happen in Many Ways

An exciting part of beginning anything new, really—is meeting new people and making friends. This is important for social well-being and building a support system around you. There are so many ways to engage and connect with others, including clubs such as chess club or reading club. Try to make the effort to participate in extra-curricular clubs that are offered in school.



3. Make Self-Care a Focal Point When Starting Anew

Intentional focus on self-care, along with your focus on school work, is an excellent way to prepare for your journey ahead. There is overwhelming evidence that building social connections, regularly engaging in physical activity, and getting sufficient sleep will contribute to your academic success as well as to your emotional well-being. Also, remember that here at St Joseph's we are here to support your personal and academic growth every step of the way.

4. Acknowledge Your Capacity for Change

Research shows that one good way to prepare for a new beginning is to acknowledge that you have the capacity for change. Holding on to the idea that people will always be who they are now shapes our attitudes and behaviours toward others, perhaps creating a self-fulfilling prophecy where people don't change much because others don't treat them like they can.



5. The Foundation of Brain Development Is Based in Exploration

Research over the last decade has shown that the foundation of personal growth and brain development is based in taking risks and exploring new environments, people, and activities.

"So go forth, and let your brain develop!"

6. New Beginnings Offer the Chance to 'Explore Your Why'

You must try to balance your health and well-being as you journey into the new year. New beginnings can include new relationships, new intellectual curiosities, or even new perceived challenges or barriers. Realise your self-worth because each and everyone of you is truly amazing!! You can successfully fight any challenge that comes your way!



Let's put the past behind us and instead focus our energy on making good decisions for the future.

Everyday think about your behaviour, attitude, work ethic and how you live out the virtues. This new year is in your hands.

