LAUGHTER IS THE BEST MEDICINE

Many years ago, Norman Cousins was diagnosed as “terminally ill”. He was given six months to live. His chance for recovery was 1 in 500.

He could see the worry, depression and anger in his life contributed to, and perhaps helped cause his disease. He wondered, “If illness can be caused by negativity, can wellness be created by positivity?”

He decided to make an experiment of himself. Laughter was one of the most positive activities he knew. He rented all the funny movies he could find – Keaton, Chaplin, Fields, the Marx Brothers. (This was before VCRs, so he had to rent the actual films.) He read funny stories. He asked his friends to call him whenever they said, heard or did something funny.

His pain was so great he could not sleep. Laughing for 10 solid minutes, he found, relieved the pain for several hours so he could sleep.

He fully recovered from his illness and lived another 20 happy, healthy and productive years. (His journey is detailed in his book, Anatomy of an Illness.) He credits visualization, the love of his family and friends, and laughter for his recovery.

Laughter is essential to our equilibrium, to our well-being, to our aliveness. If we’re not well, laughter helps us get well. If we are well, laughter helps us stay that way.

Since Cousins’ ground-breaking subjective work, scientific studies have shown that laughter has a curative effect on the body, the mind and the emotions. So, if you like laughter, consider it sound medical advice to indulge in it as often as you can. If you don’t like laughter, then take your medicine – laugh anyway.

http://academictips.org/blogs/laughter-is-the-best-medicine/

WHAT DO YOU WANT ON OUR WEBSITE?
Carmel Primary is currently revising our school website. Please take a few short minutes out of your busy schedule to fill out our brief survey about what you would like to see on our website. This survey is anonymous and will take less than 5 minutes to fill out.

https://www.surveymonkey.com/s/RKZ89F7

ACTIVE AFTER SCHOOL SPORTS
The after-school sports program will recommence in week 3. We would love to see some new faces come along and join us in this wonderful program.

CHAPEL
Please note that we have our weekly Chapel and Assembly program every Friday morning from 8.50am to 9.30am. This week the school captains will be assisting with the program and next week (May 9) the Year 6 class will be assisting. All parents are welcome to attend.

MOTHER’S DAY STALL
It is getting closer to that time of the year where we get to show our appreciation to the wonderful Mothers and Nannas in our lives. We will be operating a Mother’s Day stall on Friday, May 9 to give the children an opportunity to purchase a present for their mum. We would really appreciate any small donations you may provide to make this stall a success. Please bring any donations to the office anytime after April 28. If you have any questions, please feel free to contact Shannon Shaw on 0409 750 632 or find her after school.

Suggested gift ideas include (but are not limited to) ornaments (indoor & outdoor), candles, ceramics, nic-nac items, chocolate, coffee mugs etc.

Thank you for your ongoing support.

NEWSLETTERS
To check out any past issues of our Newsletter go to our website: carmelprimary.adventist.edu.au and click on the ‘Newsletters’ tab.
The other night I was asked a question, when out of nowhere I was accused of not listening. What! Me not listening! You know what that feels like, right! Falsely accused. Just because I wasn't looking at my wife when she asked. Now, I ask you, whose side would you take…? I can improve and often I need to.

How do you rate yourself as a parent?

1. Do I reinforce rules for all fairly and consistently?
2. Do I reward effort in addition to just outcomes?
3. Do I show enthusiasm while demonstrating what I expect from them?
4. Am I aware of anxiety or nervousness when I give directions?
5. Are my expectations fair and valid?
6. Am I a good example for them to follow?
7. Am I able to analyse and correct errors when things go wrong?
8. Do I exercise self-control in situations that made me angry?
9. Was I sensitive to the individual needs in the family?
10. Have I argued and complained?
11. Have I been patient and tolerant regardless of individual skill levels?
12. Do my communication methods change to suit the needs of others?
13. Have I given compliments sincerely and honestly?
14. Did I use sarcasm to get my message across?
15. Do I give constructive and specific feedback?
16. Have my words matched my non-verbal actions?
17. Do we have fun together?
18. Do I ask questions that begin conversations?
19. Would I want myself as a parent?
20. Am I really listening to others?

I like to think that I am more than just a benevolent dictator. I care and want to grow with my children, offering direction and guidance in their lives. I think this comment demonstrates the result of good parenting; “You have shown me the ways of life, you give me joy with your presence.” Acts 2:28. What do you think?