

## Thought for the Week

During each academic year, a specific thought is shared with the school community every single week, through our pupil bulletin, form assemblies and on our information screens. Some are deeply philosophical, some are whimsical, some are from people you know, and some do not even have a known author. All of them, we hope, ask you to think (at least for a moment). The list below is not exhaustive, but is meant to give you a flavour.

### 2016-2017 (so far)

- "Nothing is more precious than peace. Peace is the most basic starting point for the advancement of humankind." **Daisaku Ikeda**
- "We only have one planet. We have nowhere else to go. If we use our creative powers properly we don't need anywhere else. If we take care of it, and each other, everything we need is right here." **Sir Ken Robinson, Author/Educator**
- "The one big thing I've discovered is this – being healthy is about changing your lifestyle, not just going on a diet. It's about getting the right advice and making simple changes. They can make all the difference in the world." **Macmillan Patient**
- "Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek." **Barack Obama**
- "If we have the money to kill people (with war), we've got the money to help people." **Tony Benn, Former British MP**
- "Kind words are short and easy to speak, but their echoes are truly endless."  
**Mother Theresa**

### 2015-2016

- "True enjoyment comes from activity of the mind and exercise of the body; the two are ever united." **Wilhelm von Humboldt**
- "I'd rather be a little weird than all boring." **Rebecca McKinsey**
- "Be kind, for everyone you meet is fighting a harder battle." **Plato**
- "We always hear about the rights of democracy, but the major responsibility of it is participation." **Wynton Marsalis**
- "Keep your values positive because your values become your destiny." **Mahatma Gandhi**
- "You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty." **Mahatma Gandhi**
- "Be Impeccable With Your Word. Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love." **Don Miguel Ruiz**
- "Breath is the finest gift of nature. Be grateful for this wonderful gift." **Amit Ray**
- "Members must learn to realise their responsibility towards the community in which they live and, from an interest in their own village and their own county, come to see

the connection between their own affairs and those of the nation at large" **Grace Haddow**

- "I believe every man is born equal and should be treated that way." **Peter Norman**

## 2014-2015

- Find joy in everything you choose to do. Every job, relationship, home... it's your responsibility to love it, or change it. **Chuck Palahniuk**
- In all affairs it's a healthy thing now and then to hang a question mark on the things you have long taken for granted. **Bertrand Russell**
- It is in our genes to understand the universe if we can, to keep trying even if we cannot, and to be enchanted by the act of learning all the way. **Lewis Thomas**
- You must be the change you wish to see in the world. **Mahatma Gandhi**
- Obstacles can't stop you. Problems can't stop you. Most of all other people can't stop you. Only you can stop you. **Jeffrey Gitomer**
- We must welcome the future, remembering that soon it will be the past; and we must respect the past, remembering that is was once all that was humanly possible. **George Santayana**
- Not everyone has been a bully or the victim of bullies, but everyone has seen bullying, and seeing it, has responded to it by joining in or objecting, by laughing or keeping silent, by feeling disgusted or feeling interested. **Octavia E. Butler**
- Mental illness is nothing to be ashamed of. Neither is talking about it.
- Safety is something that happens between your ears, not something you hold in your hands. **Jeff Cooper**
- And now we welcome the new year, of things that have never been. **Rainer Maria Rilke**
- My motto has always been that you can't say, 'Oh, it won't happen to me.' You have to say, 'That can happen to me.' So always be aware that things can happen. **Venus Williams**
- "If you only read the books that everyone else is reading, you can only think what everyone else is thinking." **Haruki Murakami, *Norwegian Wood***
- It is a common experience that a problem difficult at night is resolved in the morning after the committee of sleep has worked on it. **John Steinbeck**
- How important is your online reputation?
- Focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it. **Greg Anderson**
- "One must always be careful of books," said Tessa, "and what is inside them, for words have the power to change us." **Cassandra Clare, *Clockwork Angel***
- Here's an idea: Let's not stop celebrating amazing women when it becomes March 9<sup>th</sup>! **Abbey Fox: internet blogger**
- No water, no life. No blue, no green. **Sylvia Earle**
- The resurrection gives my life meaning and direction and the opportunity to start over no matter what my circumstances. **Robert Flatt**
- In our age there is no such thing as 'keeping out of politics.' All issues are political issues, and politics itself is a mass of lies, evasions, folly, hatred and schizophrenia. **George Orwell**
- "The less there is to justify a traditional custom, the harder it is to get rid of it". **Mark Twain, *The Adventures of Tom Sawyer***

- Our heritage and ideals, our code and standards – the things we live by and teach our children – are preserved or diminished by how freely we exchange ideas and feelings. **Walt Disney**
- Majority rule only works if you're also considering individual rights. Because you can't have five wolves and one sheep voting on what to have for supper. **Larry Flynt**
- The constitution only given people the right to pursue happiness. You have to catch it yourself. **Benjamin Franklin**
- Our Constitution was made only for a moral and religious people. It is wholly inadequate to the government of any other. **John Adams**