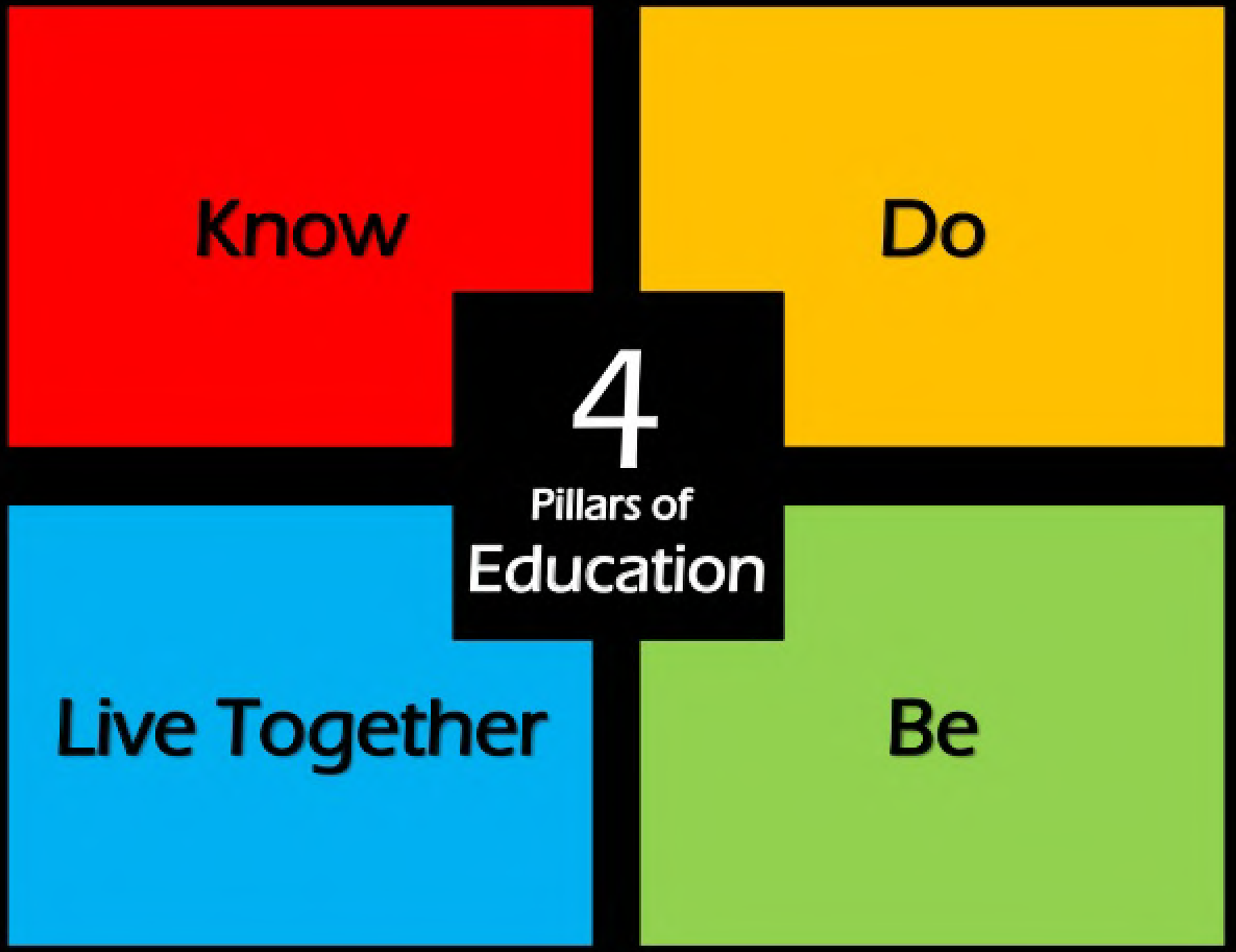
Western Heights

Love to Learn to Lead



Vision 2020

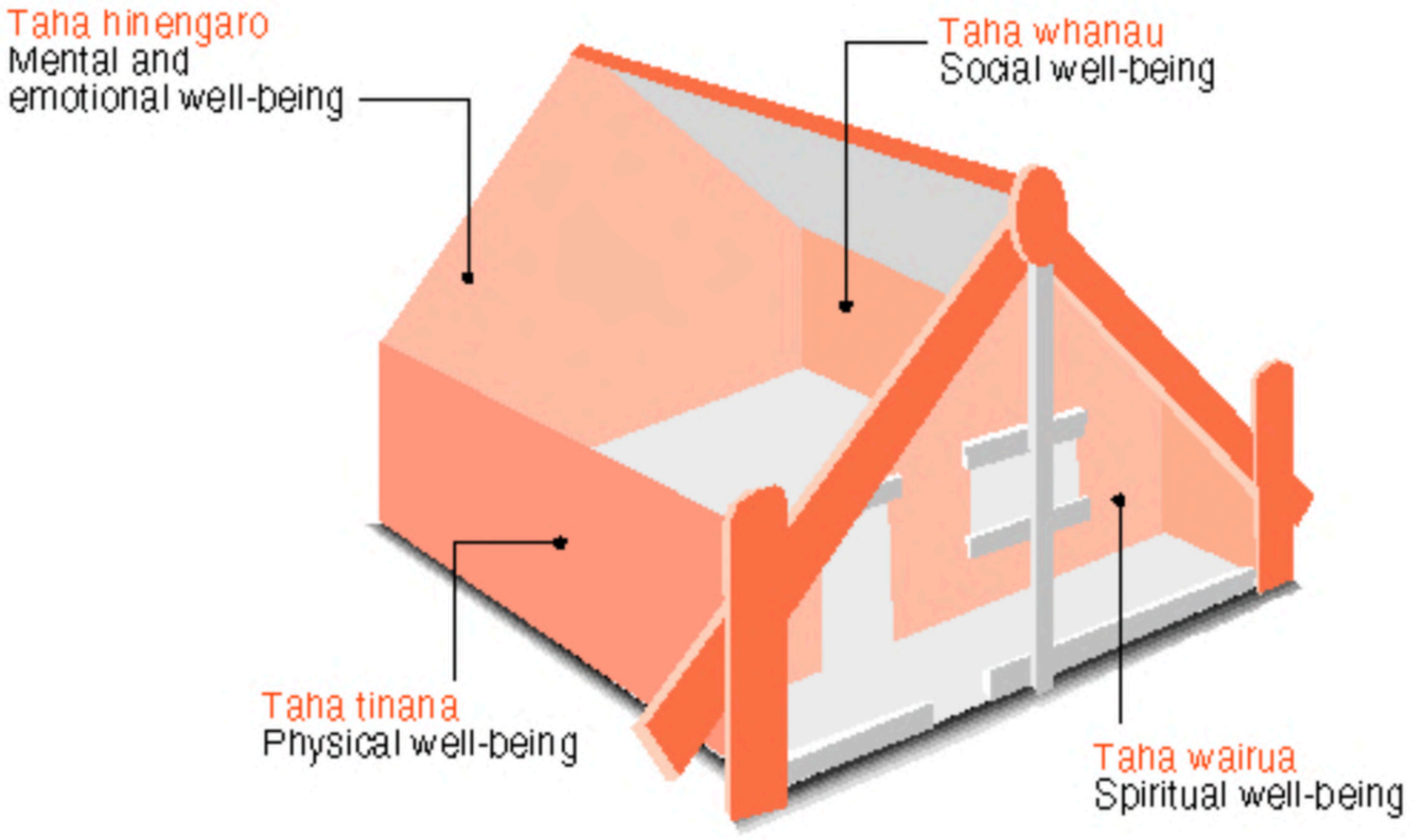



Know
Do
4
Pillars of
Education
Live Together
Be

The 4 Pillars guarantees a complete Education



Te Whare Tapa Wha



"Students to be successful need to be provided with relevant, engaging and worthwhile experiences. Disengaged students lack meaningful connections with their lead-learners." - Dr Michael Fullan

Self Managing
Self Motivating
Self Moderating

Leader of My Own Learning

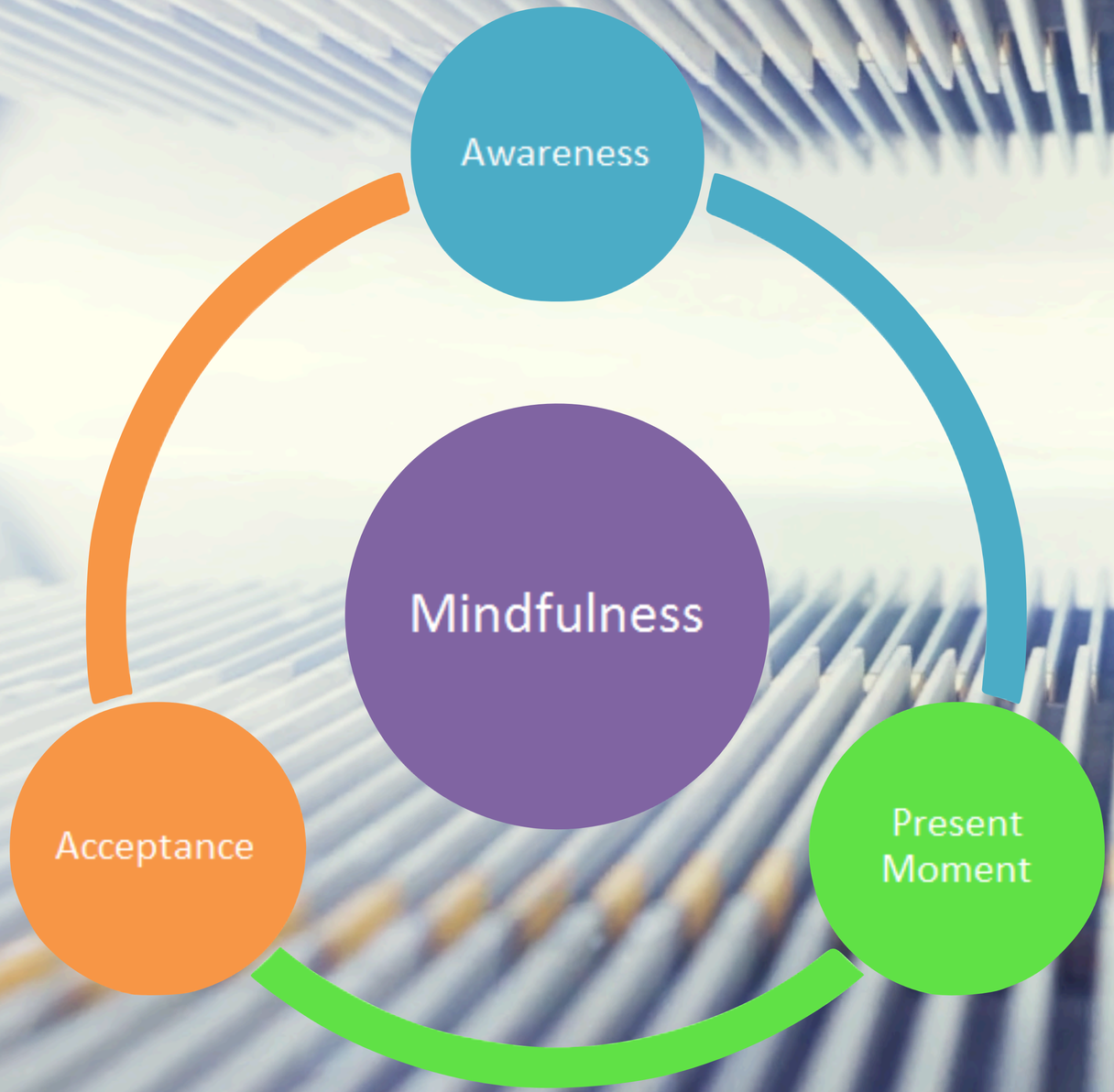
Love to Learn to Lead

Sufficient



Unto Myself

Learning to BE



Mindfulness is the act of consciously focusing your mind in the present moment without judgment and without attachment to the moment (Linehan, 2015). It can help us become more aware of what is going on for us internally and externally. We become more present to the “right now”.

Why be mindful? Mindfulness practices can help us to increase our ability to regulate emotions, decrease stress, anxiety and depression. It can also help us to focus our attention, as well as to observe our thoughts and feelings without judgment. As we become more present in our lives and in relation to others, it can help us to make better decisions, to manage our emotions and to be more fully engaged in life.

It will help you to fully embrace all that life has to offer.

Thru Mindfulness



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