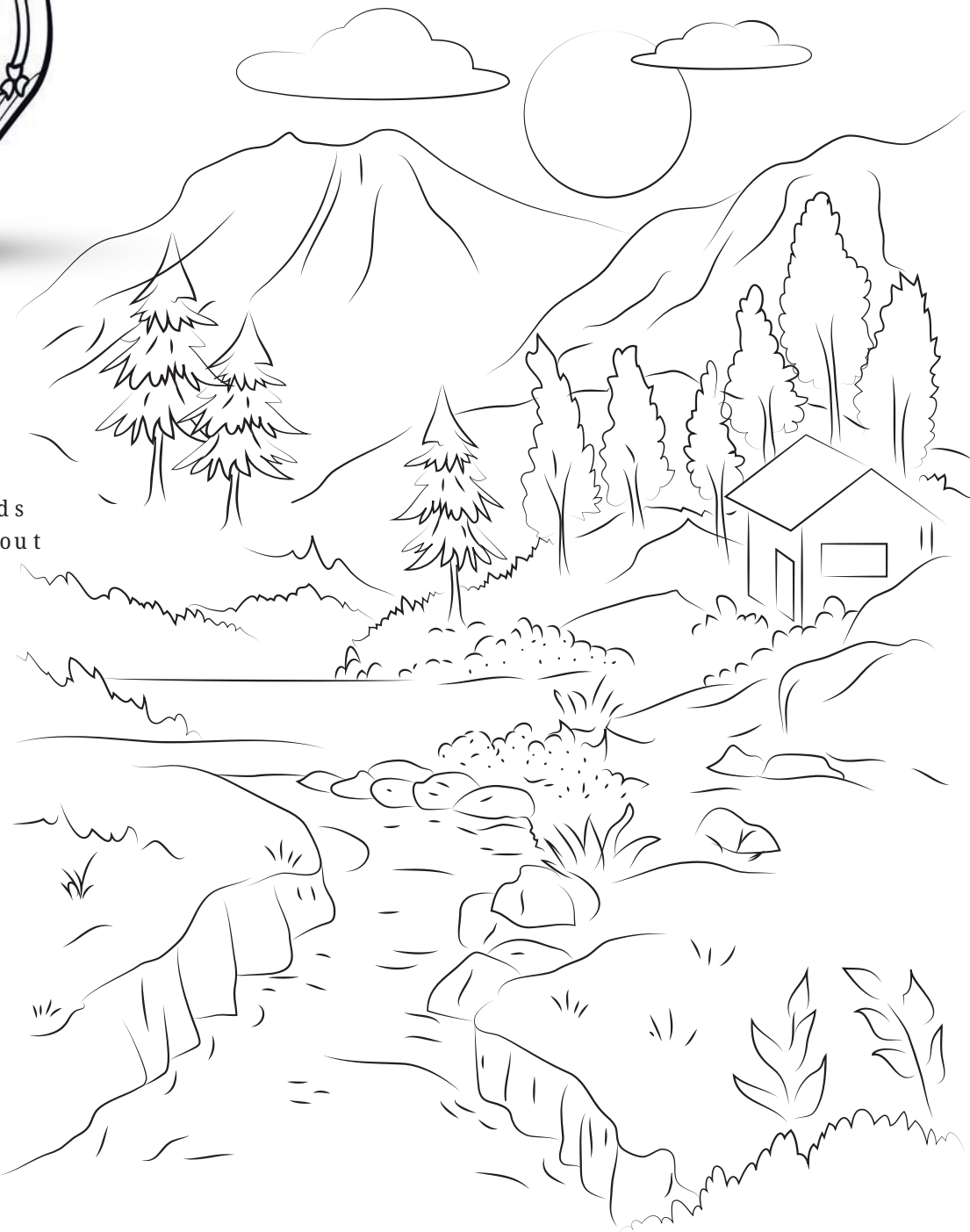


Dear  
Children

It's  
SUMMER

I hope you are all enjoying the summer holidays. Another school year has come to an end, and this can be a time of mixed emotions – happiness to have the freedom from routine, sadness at leaving friends behind, excitement about holidays and new adventures, nervousness about moving to secondary school or moving on to the next class with a new teacher. All of these feelings are ok.

It is important that after such a busy school year we all take a pause now. We need to rest, to relax and to take a break. We can use our holidays as a time to renew and reconnect. When we observe nature, we see that this happens at various times throughout the year. Now it is our time. It is easy in the busyness of everyday life to get caught up in the doing. Now we



have a chance to focus on simply being. We can take time to be present for ourselves and when we are with others. We can do this in many ways, for example, it may be taking a moment to pray, sitting down and listening to our brother or sister, friend or family member, listening to the sounds of nature like the birds, or the ocean, or eating our meals mindfully. It's ok to do the things you love and find your flow while you write, draw, colour or paint for example.

We can reconnect with our favourite hobbies and activities as well as reconnecting with God. We thank God for being with us all of the time – through the busy school year and now during our summer holidays. We ask God to help us to embrace this time as a period of rest, renewal and reconnection so that we will be ready for a new school year in September.

## Activity.

Write or draw about your favourite ways to rest and relax. You are welcome to share these with me at [toby@salesiansireland.ie](mailto:toby@salesiansireland.ie) as I would love to know what your plans are for rest this summer.

Have fun!

Toby

