ONE TEAM, ONE SCHOOL

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Is there a better way to surface thoughts than pondering again on these quotes?

“WHAT ARE YOU GRATEFUL FOR?” A question I do think one can easily answer. Without doubt, each would easily respond: “I am grateful for the life I have. The blessing of a family, partner and kids. The good health God continues to give. The job that sustains one’s family.” Mind clearly knows this, mouth certainly utters this. But are we really grateful? Or is it only our minds that think that way? Is it only our mouth that speaks it? But our very own actions betray us. We blunt, we are thankful for each blessing we receive without us even asking. But we complain of the stress and distress our jobs bring. We grumble at the sight of uncompelling habit of a partner. Whine over endless clutter at home.

Throwing no hypocrisy, getting tired at times is different from complaining over and under what’s normal. Pressures and tensions brought by our job is normal. But losing the temper and good disposition handling these, is what’s not normal. Unlikeable habit of a partner, likewise, is normal. He or she can’t always be charming on our eyes. Just like how we aren’t charming, most of the times, in their eyes. So why expect something you know very well from the beginning? Why get mad at a chaotic house when this means laughter and joy of your kids. Teach, train them as they grow good manners at home and towards other people. We thank our God, but we tend to be complacent going out and being around people unprotected. Being grateful is refraining from complaining, but instead thinking, saying and feeling thankful of the joys of contentment.
“WHAT WE PLANTING IN OUR SUBCONCIOUS MIND, NOURISH WITH REPETITION AND EMOTION WILL ONE DAY BECOME A REALITY” How we think is how we act. There is great power in our minds. Your mind can manipulate you, your mind can acquire negative thoughts. But it is up to you what thought to entertain. If our minds are so powerful that it influences your choices and decisions, then who can be more powerful over it? Our minds can function the way it functions, if we allow it. It is in our hands whether we would like us to be dragged down or pulled up.

What you eat is what you become. What you allow to think, what you give power to is what will prevail. If we live each day with sadness and regret, it is what will manifest in our actions, choices and decisions.

“WHAT DO OTHER PEOPLE ASKED YOU TO DO AS A TEACHER? WHAT DO THEY ASK YOU THAT YOU SHOULD BE?” I am asked to do my job. But I do not only do as what I am asked to do, but also, do my job conscientiously. Therefore, that’s what I have become. I am a teacher. And I can proudly say that. Without hesitations, without guilt, without doubt on myself.

“SMALL ACTS EVERYDAY AND SIMPLE GESTURES OF LOVE HAVE GREATER IMPACT ON OUR PSYCHES AND OVERALL FEELINGS OF WELL BEING.” Small gestures and acts of kindness should not be underestimated. What we think is nothing to us, but to other it means a lot. A simple smile can already inspire another. A tap on the shoulder can already cheer up a laden heart. Everyday that we do simple kindness to our fellow, is like little by little saving a good spot in heaven. Everyday that we show and share love, contributes to your wellbeing.

“WE CAN COMPARE LIFE IN RIDING A BICYCLE. TO KEEP YOUR BALANCE, WE HAVE TO KEEP ON MOVING?” We slip at a slightest problem, but it should not stop you to keep going. We can’t stay stagnant over a sadness that have been long passed. You
cannot live a good life if you keep on allowing yourself to be pulled back by your sorrows and resentment.

“WHAT KIND OF MAN ARE YOU?” I am who I think I am. Because no one best knows myself but me. I do not confine who am I by how people see and judge me. I listen and acknowledge criticisms but only those that may help me change constructively. If I fail really knowing myself, then I shall listen to no one but only to God.

“IT IS AN EXCELLENT ABILITY TO UNDERSTAND WHO WE ARE AND AT THE SAME TIME HOW OTHERS SEE US” Peace is when you don’t try to please. Peace is when you don’t need to impress. Peace is when society’s pressure has no place to get in. Peace is not consuming your life meeting other people’s expectations. Peace is when you know life isn’t a competition, but a life to live the best you can. Peace is knowing yourself, being aware of who you are. Knowing your shortcomings but still self-secured; and being aware of your capabilities but keeping humility and thoughtfulness.

“EMPATHATIZING TO OTHER PEOPLE NOT ONLY MAKES US BETTER INDIVIDUALS, BUT ALSO WHAT IS MAKING US TRULY HUMAN” Wear your fellow’s shoes. Only then you will not only know how it is not to eat in day but feel how painful it is to starve. I do not think one is capable of loving if he doesn’t know how to empathize. If one has no heart to consider how someone feels, he also does not have the heart to truly love. Every word uttered, every thought shared. I fully think is a reiteration of what everyone already knows. And yet, why we keep doing what we wrongly do? Why we remain the person we shouldn’t be? Belonging into this community, our school, what we do affect the success or failure of this school. We need to commit, we need to bind into this what we call ours. We need to be one, PLAY AS A TEAM.

References:

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