

Making Jesus Real

At OLA



Experience
Goodness

Motivation

Positive Forgiveness

Attitude Teamwork

Make OLA Chappy Honesty

Sorry WEST Happy

MJR Giver Believe

God
Reflection

Jesus

Real Encourage Spirit

Thanks Determined
Friendship

Welcome Responsibility

Happiness

FOR PARENTS

Based on The Make Jesus Real program

By Peter Mitchell for Catholic Education Tasmania

Reflection

These are the words of an 11 year old girl:

I saw Jesus last week.

He was wearing blue jeans and an old shirt.

He was up at the church building.

He was alone and working hard.

For just a minute he looked a little like one of our members.

But it was Jesus-

I could tell by his smile.

I saw Jesus yesterday.

He was at the hospital visiting a friend who was sick.

They prayed together quietly.

For just a minute he looked like Brother Jones.

But it was Jesus-

I could tell by the tears in his eyes.

I saw Jesus this morning.

He was in my kitchen making me breakfast and fixing me a special lunch.

For just a minute he looked like my mum...

But it was Jesus-

I could feel the love from his heart.

I see Jesus everywhere,

Taking food to the sick, welcoming others to his home,

being friendly to a newcomer,

And for just a minute I think he's someone I know.

But it's always Jesus-

I can tell by the way he serves.

What is Make Jesus Real (MJR)?

Make Jesus Real (MJR) is a values education resource. MJR is centred on the belief that we are all God's children and are called to try to be like Jesus Christ in the way we live. We are Jesus' friends. He calls us into friendship with God and he calls us to imitate his way of living.

MJR values include respect, honesty and trustworthiness, understanding, tolerance and inclusion. They focus on the Gospel values of compassion, justice, humility and forgiveness. These values also encourage students to do their best, treat others fairly, be responsible for their actions, follow principles of moral and ethical conduct and stand up for others against bullying.

MJR takes its focus from the mystery of the resurrection. The Christian Gospels record that Jesus rose from the dead saying, "I will be with you until the end of time" (Matthew 28:20). MJR stresses that Jesus' Spirit lives in our hearts 'in the now'. The 'Spirit of Jesus' is a scriptural phrasing (Acts 16:7) that begins to engage young people in the mysteries of the Trinity (God is a loving unity of Creator, Saviour and Spirit) and of Christ's incarnation (God became human in Jesus and God wills that all humans flourish).

Our main aim in Catholic Education is to invite students, parents and teachers to be aware of and grateful for God's loving presence in their daily lives. MJR's main aim is to get us 'switched on to God's presence' by reflecting on our lives each day to see where God has been in our experiences.

Another focus is not to leave Jesus as merely a person in history, but to emphasise that Jesus Christ is a mystery with us now. We live 'in the now' and we will always have 'the now'. MJR demonstrates a strong connection to many Catholic spiritualities, such as the Ignatian and Franciscan traditions, particularly with aspects such as the imitation of Christ, respect for others and for creation, and reviewing the events in our lives. The Sacrament of the Present Moment is a central theme. Through emphasis on simple and memorable prompts such as WEST (Welcoming, Encouraging, Sorry and Thanks), MJR inspires positivity and gratitude. Welcoming, Encouraging, Sorry and Thanks (WEST) also makes reference to the sacraments of Baptism, Confirmation, Reconciliation and the Eucharist.

Peter Mitchell
Making Jesus Real – A Book for Life
Catholic Education Tasmania

God Moments/Spirit of Jesus

Jesus is constantly talking to us through the people in our everyday lives, however we miss these acts of goodness if we are not switched on to them. Take the time to reflect for a few minutes to pick out the God Moments from your day by asking “*What was the highlight of my day?*” or *Where was Jesus in my life today?*” *It's important to remember that you can also see God or the Good in yourself as well.*



WEST – At OLA we encourage the children to display a **WEST** attitude to life and live by the following 4 words:

W – Welcome

How many people did I say ‘Hello’ to this morning? How can I go outside my friendship group and include others?

E – Encourage

Encouraging others with words (‘Well done’, ‘Great effort’, ‘Sensational’, etc.) and a smile can be very uplifting.

S- Sorry

A small but important word. It is a great quality to recognise that you did something wrong, admit it and say sorry.

T – Thanks

A word that is often forgotten. When was the last time you showed gratitude and thanked somebody?

Build a bridge and get over it!



When faced with a problem children will often give up or get a parent or adult to help solve it. It's important for children to accept the challenge and *build a bridge and get over the problem*, they will feel a lot better about themselves. Of course if they are big problems they will need the help of an adult or teacher, however for small things they can try and manage them themselves. *Build a bridge and get over* it is linked to being resilient.

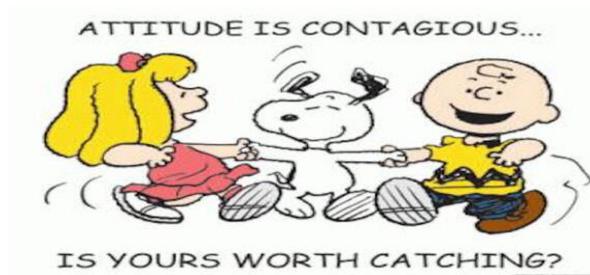
Attitude

We have a choice everyday regarding the attitude we will embrace for that day. We cannot change the fact that people will act in a certain way. We cannot change the evitable. The only thing we can do is play on the one string we have, and that is our attitude.

Life is 10% what happens to you and 90% how you react to it.

(Charles Swindoll)

And so it is with you. **We** are in charge of **our** attitudes.



B.I.Y – Believe In Yourself

Children will often put themselves down and think they are hopeless at things. It is sometimes helpful to have your child write a list of all the things they can do. If a child keeps telling themselves that they are no good at anything - that negative attitude can pull them down.

Often if a child hasn't succeeded after a few tries they will give up. Encourage your child to name the things they can do, believe in themselves, have a positive attitude to keep trying and importantly don't compare themselves to others.

Go into your Heart Room



Your heart room is the place where you and only you can go to meet Jesus, talk to him and be at peace with him. This is done by finding a quiet space and speaking to Jesus in the silence of your heart. Christian Meditation is another way that we can spend quiet time with Jesus

Forgiveness

"The Lord never tires of forgiving. It is we who are tired of asking for forgiveness." Pope Francis

One of the hardest things we are faced with is forgiving others for the real or imagined wrongs against us. It takes courage to forgive. Is your child a forgiving person or does it take them hours, days or weeks to forgive others? Do they sulk? They may need reminding to **build a bridge** and forgive.

14 Ways to be a Good Friend

1. Be there for your friends when they need you. It's easy to be around when times are good but only the best of friends are there when the going gets hard.
2. Be honest. Being a true friend means being truthful.
3. Everyone needs help from time to time. Be a helpful friend.
4. If you make a promise, keep it!
5. Respect your friends, their feelings and their possessions.
6. Don't talk about your friends behind their backs unless you are saying something nice.
7. Be a forgiving friend. Everyone makes mistakes from time to time.
8. Be a generous, kind and caring friend.
9. Tell your friends how you feel. Good friends can talk to each other about anything.
10. Involve your friends in your activities and in your life.
11. Be a giver of smiles, pleases, thank yous and encouragement.
12. Interesting people are interested in people.
13. Being able to accept NO from your close friends and parents without sulking.
14. Be positive if your friend decides to play with other people for a change. Don't be jealous.



Gotcha!

A Gotcha! is looking for someone who is living the Spirit of Jesus, it may be that they help someone by holding the door open, say thank you or are welcoming to a new student at school. The Gotcha! is catching that person and naming how they lived the Spirit of Jesus.

Attitudes are contagious – Is yours worth catching?

At OLA we encourage the community to spread their positive attitude throughout the school by the following Daily Happenings:

Manners Monday, **Thanking Tuesday**, **Winking Wednesday**, **Thumbs Up Thursday**, **High Five Friday**

You may like to continue these happenings into the weekend at your home by encouraging **Smiling Saturday** and **Serving Sunday**.

Together Everyone Achieves More – TEAM

At OLA we strongly believe that *teamwork makes the dream work*. As the saying goes there is no “I” in team, to have a happy family, class, sporting team or school, we need to work as part of a team. Children need to understand their role they play within a team and not be receivers or takers.



Bucket Filler

A bucket represents your child’s mental and emotional self.

A Bucket Filler is someone who uses their actions or words to show that they care about someone. Saying or doing something kind. Giving someone a heartfelt smile. Using names with respect. Helping without being asked. Giving sincere compliments. Showing respect to others. There are hundreds of wonderful ways to fill buckets. At the end of the day you can reflect with your child the ways they have filled other people’s buckets.

A Bucket Dipper is making fun of someone. Saying or doing unkind things. Refusing to help. Failing to show respect or being intentionally disrespectful. This is a partial list of ways in which it’s possible to dip into another’s bucket. It is also dipping when we unintentionally dip into another’s bucket with a thoughtless word or careless action.

Because the bucket represents your child’s emotional and mental health, it is important that they learn to protect the good thoughts and feelings they have collected. The “lid” represents a mental shield against anything that would dip into their bucket. As your child practices using their lid, they will build the necessary resilience to work through life’s challenges.



Making Manners Real at OLA



We say, "Thank you." We say, "Please." We don't interrupt or tease. We don't argue. We don't fuss. We listen when folks talk to us. We share our toys and take our turn. Good manners aren't too hard to learn.

It's really easy, when you find. Good manners mean
JUST BEING KIND!

Term 1	<ul style="list-style-type: none">☺ Look person in the eye and say <i>'Hello'</i>, and use their name
Term 2	<ul style="list-style-type: none">☺ Saying <i>'Please'</i> and <i>'Thankyou'</i>☺ Let others finish what they are saying or doing, rather than interrupt then say <i>'Excuse me'</i>
Term 3	<ul style="list-style-type: none">☺ Ask if you can borrow something - <i>'May I please borrow...'</i>☺ Hold the door open for a person coming in, especially if they are carrying something
Term 4	<ul style="list-style-type: none">☺ When you don't hear what someone has said or don't understand say <i>'Pardon?'</i> or <i>'Sorry, could you say that again please'</i>☺ Wait your turn, don't push in

Making Jesus Real at OLA is about working together as a school community to foster the Spirit of Jesus in each of our children. The way we treat others should be reflective of the way we would treat Jesus.

"Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me." Matthew 25:40

Making Jesus
Respect Encouragement Attitude Love
At OLA