



ST. JOSEPH'S SCHOOL

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Newsletter—Week 3 of Term 4, 19th October 2023

Catholic Education Sandhurst (CES) employed Data Analyst Stephen Russell, to identify High Performing Schools and highlight reasons why they excel. St Joseph's Numurkah has been identified as one of two schools in Sandhurst as High Performing.

The evidence collected by Stephen demonstrates that St Joseph's is a:

- Strong functioning school, deeply connected with community.
- School with a culture that encourages wellbeing and excellence.
- School that changes life trajectories for learners.
- High growth and achievement school in some areas.

HOW GOOD IS THIS !!!
We should all be very proud
of our achievements as a
school community – P.A.

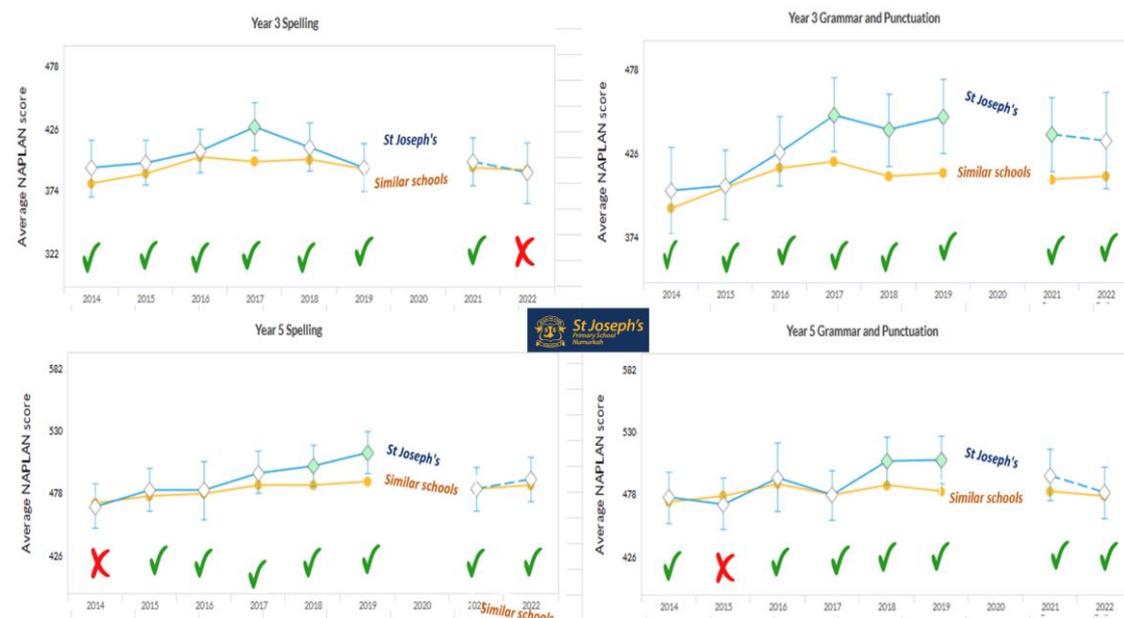
Notable achievements:

NAPLAN data indicates that St Joseph's is one of the top 5% of schools in Australia at changing life trajectories.

St Joseph's
 Primary School
 Numurkah

You punch above your weight!

Image 1: this image is based on Numurkah's low socio economic and social advantage numbers.



St Joseph's School - Newsletter

STAFFING

It is a busy time in working to settle staff for next year. We've got quite a few changes :

Rach Morrison heads to Queensland and Kelly Newman goes to St Joseph's Cobram - Ouch !!! Loreena Keane & Virginia Hughes fill specialist roles, Tony Kent finishes up in his role in replacing Ebony Morrison. She returns from Maternity in Term 3.

Ins - Jai Morrison returns to us from St Brendan's Shep, Tim Arnel and Georgia Griffin continue and take up classroom roles and Trevor Mills joins us to add experience to the ranks.

We will finalise the team over the coming weeks, set up the structure then work to place the children in their 2024 classes thoughtfully.

Live Life To The Fullest In Christ



Paul Arnel

Afternoon Assembly: Monday at 2:45

Yr 6 Leaders & Class Prayer

October 23: Poppy D, Ruby F, Kate D & Riley B; Mid S & N

October 30: Leni E, Zeph R, Mia M & Taylah D; Year 6 Students

ALL WELCOME!

Dates To Remember

Wednesday Oct 25	Numurkah Show Day Holiday
Friday Oct 27	Walk 2 School – Day for Daniel
Wed/Thurs Nov 1/2	Middles Camp
Thurs/Fri Nov 2/3	Juniors Sleepover / Activities
Monday Nov 6	Pupil Free Day–Report Writing
Tuesday Nov 7	Melbourne Cup Holiday

SHOW DAY
Pupil Free Day
Next Wednesday, Oct 25
MELBOURNE CUP Long Weekend :
Monday & Tuesday Nov 6 & 7

Uniform & Presentation

We now change to Summer Uniform and ask that all of our children wear the prescribed uniform proudly in maintaining our high standards of presentation. This also includes hair styles and ties, jewellery and nail polish — keep it neat, keep it simple !

Reminder - Shoes are to be ALL BLACK

Summer Uniform – Boys

- Navy shorts & navy socks
- Blue and gold polo-shirt with logo
- Navy blue school windcheater
- Navy blue broad brimmed hat with gold logo (stiff brims)
- Black shoes/boots or all black runners

Summer Uniform – Girls

- School dress – small multi-check material, cuff & collar made from same material & navy buttons
- Navy shorts/**skort** and white socks
- Blue and gold polo-shirt with logo
- Navy blue school windcheater
- Navy blue broad brimmed hat with gold logo (stiff brims)
- Black shoes/boots or all black runners

NO HAT – NO PLAY

Reminder – new design hats will be provided free of charge at the start of 2024. Current model hats are available from the school office for \$5 with proceeds going to the P&F.

MONDAY – UNIFORM BLITZ

We'll have a top to toe Shake Down on Monday. If there is a uniform worry then a simple note will cover it.

Office News

PRIVACY POLICY

For access please visit our website.
www.sjnumurkah.catholic.edu.au.

SCHOOL FEES:

If any family would like to commence having their fees directly debited fortnightly or monthly next year, please contact the office to complete the appropriate form. Unless contacted, we will assume that anyone who currently direct debits their fees will continue to do so next year.

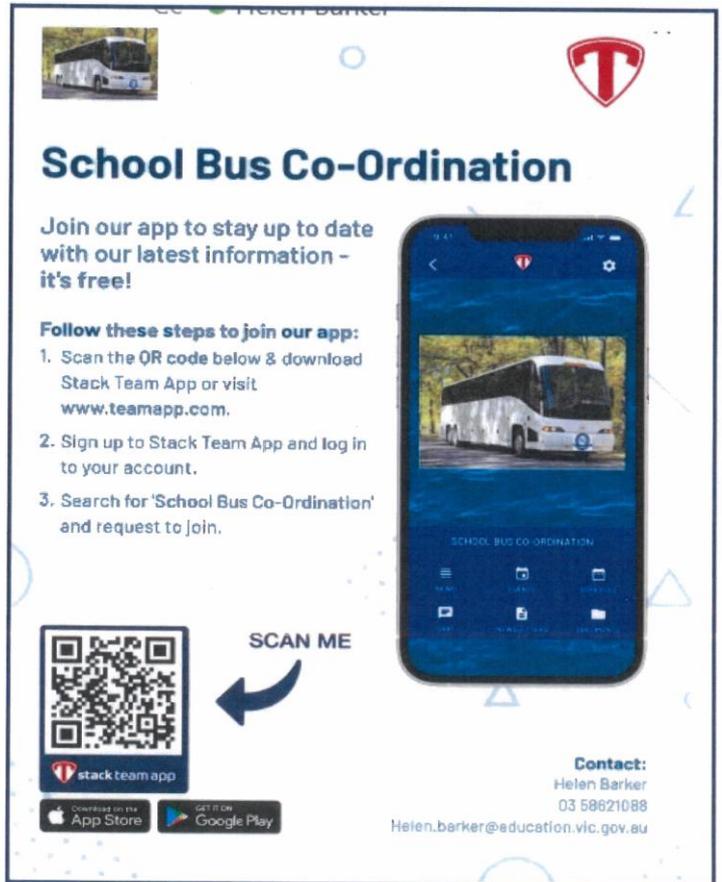
Next Fortnightly Debits: Oct 20 & Nov 3. If you wish to catch up on any outstanding amounts, please contact the office as we shall continue the fortnightly direct debits over the summer break to finalise accounts.

Monthly Debits 18th November. (Last One)

Please ensure any outstanding balance are finalised by the 8th November.

The Term Planner can be viewed from the school website under news & events \ newsletters.

If you have any queries, please ring Gayle or Donna at the office on 5862 1804.



School Bus Co-Ordination

Join our app to stay up to date with our latest information - it's free!

Follow these steps to join our app:

1. Scan the QR code below & download Stack Team App or visit www.teamapp.com.
2. Sign up to Stack Team App and log in to your account.
3. Search for 'School Bus Co-Ordination' and request to join.

Contact:
Helen Barker
03 58621088
Helen.barker@education.vic.gov.au

stack team app
Download on the App Store
GET IT ON Google Play

Preps

It is hard to believe it but here we are in Term 4! The year has flown by and that just shows how much we are enjoying our learning and time here at school, experiencing our students growing each and every day.

Literacy

In Reading, we are really starting to see positive growth for all of our students. It is so exciting to see how far our students have come since the beginning of the year. Just a reminder to all of the importance of reading at home on a consistent basis, particularly during Term 4, as this helps further develop our student's reading skills in preparation for Grade 1 which isn't far away.

In Writing, our students have continued to learn the process of Planning, Composing and Recording. We are seeing some wonderful results here as students are now beginning to write with a better understanding of how to plan and structure their writing piece, and also how to check it and then make appropriate changes for improvement. Well done to all of our Preps for their awesome work here!



St Joseph's School - Newsletter

Numeracy

In Numeracy Prep students have been consolidating their understanding of Number and Place Value. They have been focusing on reading numbers, writing numbers and understanding the value of a given number. We will now begin to revisit and consolidate students' understanding and skills of Addition and Subtraction, including investigating number and worded problems using a variety of strategies.

Religion

In Religion, the children have been learning about ways we can live like Jesus. They have been exploring how we can care for ourselves and others, and sharing ways in which they can be kind to people just as Jesus showed us.

With a busy term ahead please ensure you check SeeSaw regularly for any upcoming events and/or general information.

As always, please feel free to contact us at school or via seesaw. The Prep Team!



Juniors

We have some really exciting things happening over the coming weeks and we are looking forward to celebrating our amazing year together.

Our Grade Two sleepover will be on Thursday 2nd of November. The Grade Ones will join us for Breakfast on Friday 3rd before we begin a day of fun and activities with Skill Zone. More information to come.

Literacy

In Literacy we are looking at the wonderful way we can express ourselves through Poetry. We have looked at Rhyme and Alliteration thus far. Children are using descriptive language by using adjectives and adverbs, and this topic works side by side with our Inquiry topic of "Creativity".

Here is a beautiful example of Alliteration a group of children worked on collaboratively. They were so proud of their efforts, and they performed it throughout the school.

Goldfish

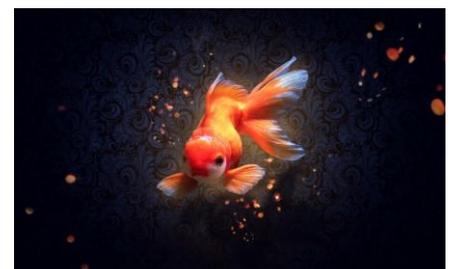
Sparkling scales

Shining in the sea

Slowly swimming through the swaying seaweed

Seeking safety from the sharks

Secretly scoffing seagrass.



St Joseph's School - Newsletter

We are also introducing Touch Typing where all fingers stay on the keyboard. Children can do this at home as it is a free app called Edclub. Children are keen to learn how to type without looking at their fingers.

Numeracy

In Numeracy, we have been focusing on measurement. We have been looking at the different types of measurement, both informal and formal. We are also focusing on capacity and hefting and measuring the length, height, and width of things around our school. This is an exciting topic and we are having lots of fun learning how to measure different things. Along with this topic we are continuing to do place value and counting daily. Skip counting is a really important part of Maths and we would encourage you to practice this at home with your child. Start with 2s, 5s and 10s. Then progress to start at different numbers e.g. 4,9,14,19,24,29 etc; 23, 33,43.....123



Religion

We are studying Parables. These are stories Jesus told about real life and they all have a powerful message about God's love for us. We have used Godly Play which is when we act out a Parable using props. Ask your child to tell you about "The Lost Sheep". The shepherd left ninety nine sheep to find the one lost sheep.



Inquiry - Creativity

We are beginning our Unit on "Creativity". We brainstormed what that means and children came up with terrific explanations. It is...

Using your imagination

Making things without instructions.

It is inventing/making new and unusual things.

It is designing and experimenting.

We have planned for children to show us their creative side this term.

Special Visitor

(11/10/23)

Last Wednesday we had a special visitor attend our Junior East classroom. Charlie was excited to bring his pet turtle for 'Show and Tell' (pictured). This was a great opportunity for Charlie to answer questions about his turtle, in front of a large audience. We were able to learn about what Charlie's pet turtle eats, how old he is (3 years) and the environment he lives in.



Specialist

Students continue to have specialist classes on **Wednesdays**. Sport uniforms will also be needed on **Fridays**.

Wednesdays.

Junior East: PE/Library
Junior West: LOTE/ART

Fridays

Junior West: Sport
Junior East: Music

Please send us a message on SeeSaw if you have any questions/concerns and stories to share.



We continue to work together to provide the best learning environment for your child.
Tan, James, Joanie, Sara, Makayla, Georgia, Jane, Bern, Ally, Clara and Anna.

Middles

Welcome to Term 4 in the Middle School!

We hope that everyone has had a safe and enjoyable holiday and are ready for a new term of Living and Learning!

In the Middle School, we have a real focus on the values of St Mary MacKillop, which guide us in all aspects of our daily lives;

“NEVER SEE A NEED WITHOUT DOING SOMETHING ABOUT IT”

At St Joseph's we...

Need to have a Positive Attitude

Need to be Active

Need to take Action.

Numeracy

The beginning of Term 4 presents an opportunity to revisit and consolidate number facts and strategies. Much of this is done through small group work and learning through hands-on tasks such as doing, making and exploring concepts with materials such as MAB Blocks, dice and playing cards.

We continue to consolidate our core numeracy knowledge, skills and strategies. This is focused on identifying numbers, ordering / rearranging numbers to make them bigger or smaller, place value, number patterns, and addition and subtraction strategies.

St Joseph's School - Newsletter

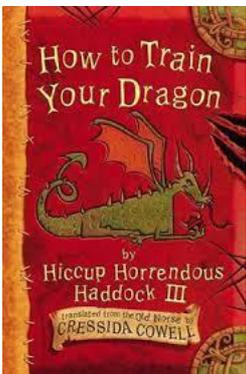
This knowledge and understanding makes up core areas of numeracy and are so important to understanding other areas of mathematics.

We will be working with Lauren Gould from the Catholic Education Office in our planning of learning experiences and assessment to deepen our understanding of the new Victorian Curriculum – Mathematics. This is a wonderful professional development opportunity and we thank Sue Blizzard for organising this for P-6.

Literacy

Our focus in Literacy is poetry and narrative. We engage in these texts within our Reading and Writing. We focus on the aspects of these texts from the view point of an author and reader. Examining the text, language (vocab) features, purpose, audience and structure are all important elements in our learning.

We use our whole school "Writing Process" to guide our work in writing, allowing for structured learning experiences. Other specific areas we have focused on are handwriting, grammar, punctuation and building vocabulary.

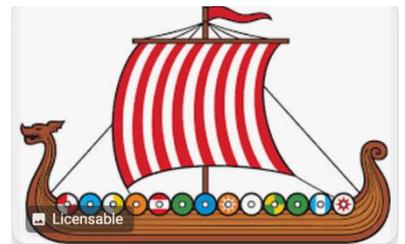


Inquiry

Our Inquiry focus in Term 4, has a distinct Scandinavian feel!

We are exploring the Viking way of life; Villages, family, foods, boat building and religious views.

We are reading "How To Train Your Dragon" as it is set in the Viking era, as well as other texts with more factual information and historical accounts of the way of life for Vikings.



**Camp will be at Camp Kookaburra at Corop.
WEDNESDAY NOVEMBER 1st & THURSDAY NOVEMBER 2nd**

Please keep an eye out on PAM for more details

Homework Routine.

Reading - Students should read for 15 - 20 minutes each night to develop confidence, accuracy, fluency, expression and use of reading and literacy strategies. Reading with and to your child is a great way to build vocabulary and develop their comprehension. Discussing the texts, characters, settings, as well as making predictions and sharing ideas are great places to start!

A parent / carer signature is required each night, as returning Student Diaries each morning to the teacher is an important part of the morning routine, as well as monitoring student progress.

Maths - There are a number of ways that you can help and assist with your child's learning at home. Your child can practise counting in patterns, ordering numbers, using Lego to count various collections, playing board games, cutting and sorting food into equal groups or portions etc. Promoting a positive experience will help your child to develop confidence and build on their strategies.

Thank you,
Mark, Ebony, Kelly, Jordyn, Sue, Allison, Amanda, Clayton & Tay

Seniors

“We are the standard!”

Welcome back to the Senior School, as we enter the final term for 2023. We have some big ticket items coming up this term, and we expect our students to continue their high standard of behaviour and uniform in the Senior School. We appreciate parent/family support!

Literacy

In Reading, we have completed our novel study of “Boy Overboard”. We investigated the themes and characters present in the story and explored the plight of refugees across the world. Next, we will be looking at the sequel, “Girl Underground”, and using a range of comprehension strategies to compare and contrast between the two novels. In Writing, we are working on developing our poetry skills. We have studied different styles of poetry, such as acrostic and odes, as well as the language elements used to create vivid imagery.

Numeracy

In Numeracy, we have hit the ground running and begun our topic on Geometric Reasoning and Angles. Each of our Numeracy sessions begin with retrieval practice to start moving our learning from working memory into long-term memory. Later in the term we will be exploring Chance and Data, as well as revising previously taught concepts.

Inquiry

This term, we have begun to split our Grade 5s and 6s into two distinct groups as we prepare for 2024. Our Grade 5 students have started to explore the concept of leadership and what it means to be a leader. This will culminate in the creation of their formal presentations where they will nominate for a Leadership role. At the same time, our Grade 6 students have started to prepare for their Grade 6 celebrations, including their Graduation and Yearbook Profiles.

Inquiry

Our inquiry for the first half of the term is focused on the creation of a “Cardboard Arcade”. We have been working through the Design Cycle to organise our arcade games. We have researched different types of games, created different designs and this week we began the construction work and look forward to seeing their finished products. We will announce a date for the Expo Day to show off their work in the coming weeks.

Sport

Congratulations to those Senior students who made it through to Division and Regional Athletics in Shepparton and Albury over the last few weeks. We wish the best to Georgia Robertson, Jorja Sprunt and Jasper Brown who will be heading to the State Championships in Melbourne on November 1st.

Thank you,
Adam, Jez, Liam, Tim, Virginia, Ray, Karlene, Sam and Di.

Library

THANK YOU to everyone who supported our Bookweek activities last term.

Through our Book Fair we sold \$4779 worth of books. This equates to about \$1400 worth of books we can select from Scholastic for our school library. Fantastic effort, everyone!!

The winners of our book giveaways were:-

Preps- Willah

Juniors- Harlow

Middles- Audrey

Seniors- Tyler

Congratulations to all these children.

Sorry for the late update. Better late than never!

Mary

PE - Athletics

Division Athletics - Shepparton

Under sunny skies, a team of 22 ventured to Shepparton to represent the School and attempt to qualify for Zone in Albury.

Once again, each student's behaviour, enthusiasm and effort couldn't be faulted.

Each participant could only compete in a maximum of two individual events as well as a relay. The performances were amazing and at the end of the day an impressive 16 out of 22 students progressed to the Zone Championships in Albury 4 days later. A special mention should be given to Georgia Robertson who hopped, skipped and jumped her way to a new GM Division record with a 9.66m effort in the Triple Jump! With time on our side, each student was able to enjoy a well earned Slushy for the trip home. Thanks Mr Arnel!



Zone Athletics - Albury

With the bus booked again and a 7.30am departure, an excited group of 16 students and 4 apprehensive parents enjoyed the two hour trek to Albury to take on the best athletes in the Hume Region. Competition was fierce and although we were up against much bigger schools, our team performed admirably and was rewarded with 5 students progressing to the State Finals in Melbourne on November 1st .

Again, a special mention to Georgia Robertson, who went one better and set a new Hume Zone record of 9.72m in the Triple Jump.

The day was a great experience for all involved and I'm sure will prove wonderful motivation for our Athletes into the future.

The top 3 placegetters for each event received a medal whilst the top two qualified for State Championships.



Those to progress to the State Finals were:

Georgia Robertson	12 Years	Triple Jump (1st) & 200m (2nd)
Jorja Sprunt	12 Years	Shot Put (2nd)
Jasper Brown	11 Years	1500m (2nd)
Sophia McPherson	9/10 Years	Triple Jump (2nd) & Hurdles (2nd)
Jack Robertson	9/10 Years	Triple Jump (2nd)

Other Medallists were:

Ruby Frederickson	11 Years	Discus (3rd)
Georgia Robertson	12 Years	Relay (3rd)
Tilly Schreenan	12 Years	Relay (3rd)
Summa Neyland	12 Years	Relay (3rd)
Rahni O'Callaghan	12 Years	Relay (3rd)

Best of luck to those students heading to Melbourne. You will do us proud!

Student of the Week

Sen S **Ruby Frederickson**

For her active participation in our Maths sessions and her willingness to share her insights and ideas.

Logan Jasper

For his outstanding attitude towards our living and learning routines. We're loving the positive vibes, Logan!

Sen B **Zac Mongan**

For always setting a fantastic standard in our classroom and demonstrating some great leadership qualities.

Riley Baker

For having such a vibrant personality and always setting a great standard in our classroom. Well done!

Sen H/A **Hayden Feltham**

For his positive attitude and efforts with his work and staying focused. Also, you are a poet, and you didn't know it! Great job Hayden!

Steele Rosemeier

For his improved participation and positivity in our class. Awesome Steele!

Sen T **Tyler Burkitt**

For consistently being a responsible member of the classroom and displaying initiative throughout the week. Well done mate!

Castiel White

For his wonderful approach to his learning. I can see you have been working very hard. Well done mate!

Mid H **Mia Power**

Her wonderful and engaging 100 word story!

Willa Schulz

For being an inclusive friend in the yard and in the classroom.

Mid K/H **Kael Arho**

For a big improvement with your reading and for always being a polite and friendly class member. You're an asset to our class Kael!

Tess McCracken

For consistently upholding high standards across all areas of class work. You are a brilliant role model Tess and we appreciate your efforts!

Mid N **Harlen Few**

For working hard on improving his handwriting. Keep it up!

Jonny Moon

For his excellent classroom participation, always having a go and trying his best. Terrific effort Jonny!!

Mid S **Eva Russo**

For the beautiful presentation of her work and the effort she puts into always achieving her best. Well done Eva!

Hazel Alston

For accepting all challenges she is given, particularly during Maths. Well done Haze!

Jun N **Taylor Mongan**

For having a positive attitude towards his learning and being a kind and caring friend to his peers.

Mason Green

For the positive way he approaches his day and joining in our class discussions with enthusiasm.

Jun P Jack Glass

For demonstrating a wonderful attitude towards his learning and his willingness to have a go. Well done Jack, a great start to Term 4.

Reuben Brown

For consistently demonstrating excellent communication and problem-solving skills in our classroom. Well done Reuben.

Jun O Evie Teasdale

For confidently participating in Heggerty and working hard on her oral sounding out.

Harper Gledhill

For her consistent improvement in reading and progressing through the comprehension card levels.

Jun W Tahlia Dailey

For her happy, positive attitude in the classroom and always striving to do her best. Well done Tahlia!

Sophie Caccianiga

For always showing a positive approach towards her learning and for being a wonderful role model in our class. Well done Sophie!

Prep M Kaley Harrison

For her excellent listening skills and work ethic! Well done Kaley. What a terrific start to Term 4.

Archer Tilley

For challenging himself to include detail in his writing. Terrific effort Archer!

Prep J Thomas Simmons

For his positive attitude and willingness to give all things a go at school last week. Terrific effort Thomas!

Ilah Chadband

For her wonderful start at StJosephs Primary School, and also for how quickly she has made new friends. Awesome effort Ilah!

Triple A Social Skill Award

This is awarded to students in each class who display excellence in the Triple A Social Skill that we focus on each week. At St Joseph's we need to have a positive **Attitude**, need to have **Awareness** & need to take **Action**.

Congratulations to the following students who received this social skill award in Week 2 Tact:

Darcy Trimby, Finn Harrington, Emma Reade, Eden Doncon, Oliver Tilley, Lilith Beaton, Axel Ramadge, Max Boase, Indi Rossborough, Callan O'Dwyer, Addi Stuart, Sam Altoft and Blake Button.

Principal's Award

Term 3 Week 10: Leni Edis

Term 4 Week 2: Remi Storer

Term 4 Week 3: Shontae Jubber-Surth

Living out the values of

Saint Mary MacKillop

through what they say and what they do



Numurkah Fun Run 2024

SPONSORSHIP OPPORTUNITIES

An invitation to families and friends to join our Fun Run Business Community!



Sponsorship Levels

\$2000

\$1000

\$300

Enquires to Paul

parnel@sjnumurkah.catholic.edu.au

Canteen

October

20th Jody Tilley

23rd CLOSED

24th CLOSED

25th Closed - Numurkah Show

26th Gayle Morgan

27th Kim Thompson

30th CLOSED

31st CLOSED

November

1st Holly Brennan

2nd Sarah Burkitt

3rd Sheree Lawless

6th CLOSED

7th CLOSED

8th Julia Campbell

9th Gayle Morgan

10th Helen Osborne

If you are unable to attend on your day, can you please arrange a swap with someone else or as a last resort let Marcella know in advance, so they are aware that they have no helper that day. If you are unable to commit to a permanent day each month but are available to help when you see a volunteer required, please call Marcella 0409 622 589.

OSHC - Before & After School Care

Term 4 already! The weather is starting to warm up so we need our hats for outdoor play so if you could all send another **hat** for after school care that would be great as most of the children leave theirs in the classroom.

We have been enjoying the beautiful weather, playing games inside and outside, cooking and craft are always popular.

Our spots have really grown in numbers with us getting to 44 when our limit is 45. Please make sure that you mark your child as absent when the service is not required for the session, so that someone may be able to fill that spot, otherwise you may be charged.

Look forward to seeing you soon.

Sue, Georgia, Tash, Shay, Eachan & Clayton

Community Notices

Ritchies Community Benefits

As part of the Ritchies Community Benefit program, St Joseph's School received \$225.12 for the month of August 2023. To be part of this program, download the Ritchies Card app, or register a card online, and nominate St Joseph's Numurkah as your chosen organisation. We thank you for your support.

RITCHIES IGA

\$52 Million
Contributed to our local clubs, schools and charities!

DOWNLOAD THE RITCHIES CARD APP AND SELECT THE CLUB, SCHOOL OR CHARITY THAT YOU WISH TO SUPPORT.

FOR FULL TERMS AND CONDITIONS OF OUR RITCHIES CARD PROGRAM PLEASE



Saint Joseph's Primary School
Parents And Friends
Second Hand Uniform Price List

Summer Uniform

Item	Recommended Retail Price*	Condition	Discount	2nd Hand Price (round to nearest \$)
Polo T-Shirt	\$25.50	Very Good	50%	\$13
		Good	70%	\$8
		Fair	90%	\$3
Windcheater	\$45.50	Very Good	50%	\$23
		Good	70%	\$14
		Fair	90%	\$5
Summer Unisex Short	\$26.95	Very Good	50%	\$13
		Good	70%	\$8
		Fair	90%	\$3
Girls Skort	\$24.95	Very Good	50%	\$12
		Good	70%	\$7
		Fair	90%	\$2
Girls Dress	\$74.95	Very Good	50%	\$37
		Good	70%	\$22
		Fair	90%	\$7
Summer Unisex Sport Short	\$26.99	Very Good	50%	\$13
		Good	70%	\$8
		Fair	90%	\$3
Summer Hat Broad Brim	\$14.99	Very Good	50%	\$7
		Good	70%	\$4
		Fair	90%	\$1
School Bag (with logo)	\$69.50	Very Good	50%	\$35
		Good	70%	\$21
		Fair	90%	\$7

*R.R.P. from McPherson's Mensland as of 17-10-2022

Very Good Near new condition.

Good Minor wear and tear.

Fair Will have general wear and tear marks, including small stains or tears, fading or pulls, may have a missing button/s (replacement/s supplied) - please check to see if minor repairs are needed.

Updated Summer 2022

10/6/23, 8:37 AM

Children's Week all events.png

54 reasons

CHILDREN'S WEEK

Tuesday 24th October
Katunga
9.00 - 11.00
Katunga Primary School

Wednesday 25th October
Cobram
10.00 - 12.00
Mivo Park

Thursday 26th October
Nathalia
10.00 - 12.00
Nathalia Rec Reserve

Thursday 26th October
Numurkah
10.00 - 12.00
Apex park

PLAY IN THE PARK
Join us for morning tea, fun activities and learn about local services while we celebrate children's week

ALL WELCOME WE LOOK FORWARD TO SEEING YOU THERE

Children's Week 2023 21-29 October

THE EDUCATION STATE

VICTORIA

This Children's Week activity is presented by NCN Health and 54 Reasons in partnership with the Victorian Government
jenny.burrows@ncnhealth.org.au

The science of happiness



What the fact sheet covers:

- What is happiness?
- The science of happiness
- Life in the fast lane: time, money and happiness
- Can we change our level of happiness?

What is happiness?

The term happiness captures a huge variety of positive emotional responses, including such things as cheerfulness, serenity, optimism, and joy. Throughout history, philosophers, religious writers and poets have pondered on the meaning of happiness and how it might be achieved. More recently, scientists, psychologists and even politicians, have joined the pursuit.

Psychologists have found it useful to distinguish between a hedonic and an eudaimonic states of happiness. A hedonic state is a transitory state of pleasure, while a eudaimonic state is one associated with ongoing wellbeing, engagement and contentment. Eudaimonia is based on Aristotle's notion of the 'good life'.

Sociologist Corey Keyes argues that wellbeing is more than just the absence of persistent negative emotions.

His concept of 'flourishers' describes people who have high life satisfaction and/or enduring positive mood plus at least six of the following eudaimonic qualities:

- Contributing to society
- Social integration
- Wide range of social groups
- Accepting others
- Self-acceptance
- Mastery over their environment
- Positive relationships with others
- Autonomy
- Personal growth
- Purpose in life.





Happiness and evolution

Barbara Fredrickson from the University of Michigan claims that positive emotions have a grand purpose in evolution. Positive emotional mindsets widen our range of thoughts and actions, fostering play, exploration and creativity. We become open to new ideas and new experiences. These states then help us create lasting personal resources, such as social connections and knowledge. We can draw on those resources during trying times.

Happiness and the brain

Neuroscientist Richard Davidson measured electrical activity in the prefrontal cortex area of the brain. He found that the left side is activated when people are feeling happy and that the balance of activity between right and left moves as mood changes. He studied the brain activity of Tibetan monks whose meditation training resulted in extremely high activity on the left side. In fact, Matthieu Ricard, a Buddhist monk and translator to the Dalai Lama, has been dubbed 'the happiest man in the world'. The activity in his left prefrontal cortex was the highest ever measured.

It's not just highly trained Buddhist monks who benefit from meditation. Davidson gave meditation therapy to a group of highly stressed unhappy employees with high levels of right brain activity. Meditation increased activity in their left prefrontal cortex, employees felt happier and they reported renewed enthusiasm. Techniques such as meditation, relaxation, yoga

and mindfulness therapy can boost activity in the left side of your prefrontal cortex leading to increased wellbeing.

Happiness and our genes

David Lykken, from the University of Minnesota, studied the role of genes in determining satisfaction in life. He gathered information on 4000 sets of twins and found that about 50% of one's satisfaction with life comes from genetic predisposition. However, neuroscientists have learnt that the brain is highly plastic and can rewire and change itself in response to life experiences.

Health and happiness

Numerous studies have shown that eudaimonic happiness is associated with longer life and superior health. In one study, monitoring 1,300 men over 10 years, Laura Kubzansky found that optimists had half the rate of heart disease. This research has shown that happy people are better at health maintenance, such as spending more time exercising and having routine check ups.

Memories and happiness

Daniel Kahneman, from Princeton University, studies what makes experiences pleasant or unpleasant. When thinking about happiness, he says that it is important to recognise that life is a long series of moments. In any of those moments there is a lot going on and you could



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stop and ask, what is happening right now? We all have mental, physical and emotional activity at each of those points in time. However, almost all those moments are lost to us forever.

We selectively keep memories and certain moments count more than others. We tend to hold onto beginnings, peak moments, and endings. For example, a parent might remember with great pleasure the day their child scored their first goal at sport. They'll have forgotten the early start, the driving back and forth and the uneventful evening that accompanied that event.

Life in the fast lane: time, money and happiness

Research has shown that there is no significant relationship between how much money a person makes and how happy they are. For example, Ed Diener, a psychologist at the University of Illinois, interviewed members of the Forbes 400 (the richest Americans), and found that they were only a tiny bit happier than the rest of the population.

Kasser and Ryan discovered that people for whom money, success, fame and good looks are especially important are less satisfied than those who strive for good relationships with others, develop their talents and are active in social causes.

Researchers Brickman and Campbell studied a process called adaptation. They found that when we want something and then attain it, we don't seem to be any better off. They called this the hedonic treadmill. It's like we are walking

on a treadmill but not really getting anywhere because we are adapting to things. They studied lottery winners and found that one year later, life satisfaction was not significantly greater for the winners. This process of adaptation explains why we are not significantly happier despite significant increases in the standard of living over the last 50 years.

The slow movement

The book 'In Praise of Slowness: Challenging the Cult of Speed' by Carl Honore, is something of a handbook for an emerging 'slow movement'.

The 'slow movement' is a backlash against the idea that faster is always better. The idea is that by slowing down we can enjoy richer, fuller lives. It's not about rejecting modern life, but rather striking a balance between fast and slow. That might mean making time for a hobby that slows you down or leaving some gaps in your day rather than striving to fill every moment with activity. Setting aside time where you turn off all technology or seeking out flexible working arrangements may also help you find balance. Some people make even more significant changes such as changing careers or locations. A 2003 Australian study by Hamilton and Mail found that over 90% of people who have made those significant changes are happy with their decision to downsize their lives.

In Western countries, as GDP (Gross Domestic Product) has gone up, happiness levels have either stayed the same or have decreased. Are we ready for a new approach? A BBC poll



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has asked “should the government’s primary objective be the greatest happiness or the greatest wealth?” The greatest happiness was chosen by 81% respondents.

In the Himalayan kingdom of Bhutan they have been measuring happiness levels in the population since 1972. They use their Gross National Happiness (GNH) level as a basis for making policy decisions. For example, they restrict tourism in order to preserve their culture and they banned smoking in 2004 in order to promote national wellbeing. Countries with high levels of income equality, like Scandinavian countries, have higher levels of wellbeing than countries with an unequal distribution of wealth, such as the United States.

Can we change our level of happiness?

David Lykken’s twin studies found that about 60% of our life satisfaction relates to either our genetic predisposition or our life circumstances. Beyond that, he feels it is clear that we can change our happiness levels widely – up or down.

Psychologist Martin Seligman became president of the American Psychological Association in 1998. During his term, he drew together the

existing knowledge about the positive side of life and ignited the profession’s interest in finding out more. In his 2002 book, *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfilment*, Seligman draws on the research and outlines three ways to increase happiness; get more pleasure out of life, become more engaged in what you do and find ways of making your life feel more meaningful.

See the Black Dog Institute fact sheet on Positive Psychology for practical strategies on how to increase happiness.

Where to get more information

The University of Pennsylvania, Positive Psychology Centre: www.ppc.sas.upenn.edu

Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Happiness: an online resource for Martin Seligman’s book. The website includes questionnaires to help you identify your personal strengths and measure your level of happiness.

www.authentic happiness.sas.upenn.edu



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