

# A Reflection on Le Cheile Day 2016

We began our Le Cheile Day 2016 with a student reading our morning reflection, Desiderata, over the intercom to begin everyone's day with an insightful thought, to help them reflect on life and those important to them.

Students then distributed "Random Acts of Kindness Ideas" to the First Years . Some of them were as simple as "smile at someone in the corridor" or "buy someone a cup of tea in the canteen" just something small which would brighten up someone's day. This was welcomed warmly by the first year group who was more than happy to help their peers.

As the day continued, so did the good deeds and good feelings. Students then distributed "Prayer Partner" Exam prayers to all fifth years. This is where each fifth year is paired with a leaving cert to pray for them during the stressful exam times, just so they know someone is thinking of them.

Break time came and the happy atmosphere was booming through the school as our Trad Group played some songs for everyone to enjoy throughout their break time. This was thoroughly enjoyed by all and everyone was going back to class on a high note!

During break time and lunchtime students from fifth year were randomly distributing lollipops to people throughout the school. They were given randomly and it was worth it for the smile and surprise on the student's faces when they received this small kind gesture. Even some lucky teachers got a lollipop too!

Down in the canteen at break time and lunchtime, some lucky random students were given "Free dinner passes" to brighten their day. During lunchtime music was played over the intercom to send a feel good vibe throughout the school, which it did and everyone loved the feel good music.

We then finished the day with the Le Cheile Prayer being read over the intercom by a student to reflect on the day's events with a smile.

We should do this way more often, everyone feels happy! Le Cheile Day 2016 was a huge success. Everyone displayed acts of random kindness and it sent a good feeling throughout the school, making everyone feel happy about those they've helped and those who've helped them. It was a day which brought the whole school together. It was a thoroughly enjoyable day for everyone involved as putting a smile on someone's face is a feeling which everyone should cherish.

Michelle Flanagan 5<sup>th</sup> Yr