



# ENJOYMENT

## Leasowes School Values

enjoyment  
/ɪnˈdʒɔɪmənt/  
noun

The state or process of taking pleasure in something.



Taking enjoyment from life is really important. Here are some top tips to help you ensure this:

1. *Try new things. Pushing yourself out of your comfort zone will help you to get more from life and therefore enjoy it.*
2. *Work hard and play hard. However busy your life is with school and homework, make sure you take time to do something that you really enjoy.*
3. *Keep yourself fit. Exercising is proven to make you feel better about yourself.*

### The Bigger Picture

J K Rowling was born on 31<sup>st</sup> July 1965. From an early age she developed a true **enjoyment** for reading. She is quoted as saying that when she was young, she 'lived for books'. At the age of six, she even wrote a short story, the first of many, called 'Rabbit'. By the age of eleven she had completed her first novel, a story about cursed diamonds and the people who owned them. J K Rowling continued to devour books for pleasure, a pastime that helped her develop the ideas for a story based around a now famous wizard named Harry Potter. These books have enabled her to create hours of **enjoyment** for others. The Harry Potter series of books has now been translated into 68 different languages, and worldwide has sold over 400 million books.

At Leasowes, we show **Enjoyment** by:

- Smiling!
- Being enthusiastic and self-motivated
- Doing all that we can to stay positive
- Ensuring that we are in school and making the most of our time here
- Celebrating each other's successes



*'The purpose of our lives is to be happy'*  
Dalai Lama

### Did you know?

*When you smile, even if you force the smile, your body releases chemicals called endorphins. This will create a sudden change in your mood, helping you feel better and releasing stress.*



### British Values

One of the British Values is '**Rule of Law**'. Laws are put in place for us to follow so that we can all enjoy life with no-one having the right to hinder this.



*Enjoyment*  
*What book have you read and taken enjoyment from? Would you recommend it and why?*