



ENJOYMENT

Leasowes School Values

enjoyment
/ɪn'dʒɔɪmənt/
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.*



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.

The Bigger Picture

J K Rowling was born on 31st 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.



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?*