

## ENCOURAGING STUDENTS TO:

REFLECT ON EXPERIENCES  
EXERCISE IMAGINATION  
DEVELOP CURIOSITY  
EXAMINE ETHICAL ISSUES  
APPRECIATE THE ARTS  
IMPROVE LITERACY  
FOSTER MINDFULNESS  
EXAMINE BRITISH VALUES  
LEARN ABOUT DIFFERENT CULTURES  
APPLY CRITICAL THINKING

# SMSC THOUGHT FOR THE WEEK

25 MINUTE TUTORIAL POWERPOINT PRESENTATIONS, SENT DIRECT TO YOUR EMAIL

RECEIVE A WEEKLY SPIRITUAL, MORAL, SOCIAL  
AND CULTURAL ACTIVITY-BASED  
POWERPOINT INCORPORATING RECENT NEWS,  
CALENDAR EVENTS AND A LITERACY THEME

ANNUAL SUBSCRIPTION ONLY  
£195.00

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"THE SMSC4SCHOOLS THOUGHT FOR THE WEEK POWERPOINTS ARE ENGAGING, ACCESSIBLE AND STIMULATING. THEY PROVIDE EXCELLENT OPPORTUNITIES FOR STUDENTS TO EXAMINE SMSC THEMES WHILST BEING LINKED TO CURRENT AFFAIRS AND LITERACY."

DEPUTY HEAD, HARWICH AND DOVERCOURT HIGH SCHOOL

## ABOUT US

SMSC4SCHOOLS is created by Richard Brock - a Head of Religion and Ethics for 15 years, who has successfully designed and co-ordinated SMSC tutorial programmes to be delivered at whole-school level for the past 6 years.

At the beginning of the 21st century, when a young person's sense of security, well-being and overall happiness is often dependent on physical and material values, SMSC4SCHOOLS is a window of opportunity for students to engage with meaningful topics and experiences which lie outside of these pursuits; fostering and nourishing a more balanced approach to life and well-being.



## Humility

The quality of having a modest or low view of one's importance.  
noun humility



"The only wisdom we can hope to acquire is the wisdom of humility. Humility is endless."  
T.S. Eliot



thought for the week

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Humility, you will recall, is the quality of being humble and means putting the needs of another person before your own, and thinking of yourself before yourself. It also means not drawing attention to yourself, and it can mean acknowledging that you are not always right.



In this life  
We cannot do  
**GREAT** things.  
We can only  
do small things  
with **GREAT** love.  
— Mother Teresa

Mother Teresa was a teacher in a school in India, where all her needs were met in the convent where she lived. However, she chose to give up her life in that convent in order to live with the poorest of the poor on the streets of Calcutta, taking care of the very sick and dying. She took care of people with whom no one else wanted to bother.

Mother Teresa's example demonstrate humility?

Can you think of an experience which made you feel humble?



## Healthy hearts = longer lives

In recent years, there have been statistical links established between resting heart rate and longevity.

So how do you reduce your resting heart rate?  
Exercise!



Literacy: **longevity**, meaning: 'how long something will last'

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## Match up the sins to their definitions...



Lust

1. This is the desire for physical and especially sexual pleasure.

3. This refers to spiritual apathy as well as simple laziness.

Sloth

Pride

2. This is a feeling of superiority and an excessive belief in a person's own abilities.

4. This is a feeling of hostility or rage, often leading to violence.

Anger



Lust

Gluttony

Greed

Sloth

Pride

Envy

Anger

5. This is consuming too much of something. It most usually refers to food, but can be used about any material goods.

Gluttony

6. This is the desire to possess what others have including both material goods and personal attributes.

Envy

7. This is the desire for material gain.

Greed

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\* Annual subscription consists of a weekly powerpoint delivered via email to SMSC co-ordinator during the three terms of school year (or part thereof).

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