

THIS WEEK'S
MINI PD

Christmas Holiday Wellbeing

Each morning as you get out of bed, remind yourself; you're on holiday. Let that simple truth set the tone for your day. Choose positivity, even in small ways. Notice and appreciate the little things—the quiet moments, the gentle pace, the sights and sounds that you usually rush past. Give yourself permission to slow down, breathe, and be fully present. This is your time to reset, to savour, and to genuinely enjoy the space you've created for yourself.

Really lean into your holidays. Choose activities that feel like a genuine break—things that refresh you, inspire you, or simply make you smile. Let yourself fully acknowledge these moments as holiday experiences, not just pauses between work obligations. Give yourself permission to slow down, to enjoy what you're doing, and to recognise that this time is meant for rest, renewal, and a different rhythm than your everyday work life.

Stay close to the people who matter most. You're on a break now—you have the time, the space, and the energy—so use it thoughtfully to connect and reconnect with those you hold dear. Share conversations, create moments, and simply be present with them. Let this time strengthen your relationships and remind you of the people who anchor you, support you, and bring meaning to your life.

Embrace the significance of this time of year. Allow both Christmas and the holiday season to touch your heart, your soul, and your mind. Let the spirit of warmth, reflection, and togetherness sink in. Give yourself permission to feel the joy, the stillness, and the gratitude that naturally come with this season, and let it shape how you move through these days.

Set a clear intention for how you want to feel by the time you return to work. Picture yourself coming back refreshed, healthy, motivated, re-energised, and genuinely happy. Let that vision guide the choices you make throughout your break—what you do, what you let go of, and how you care for yourself. Use this time deliberately so that when your holiday ends, you step back into your routine with a renewed spirit and a sense of readiness.

Whatever your role in a school, this poem is for you:

With a special gift for learning
And with a heart that deeply cares,
You add a lot of love
To everything you share,
And even though
You mean a lot,
You'll never know how much,
For you helped
To change the world
Through every life you touched.
You sparked the creativity
In the students whom you taught,
And helped them strive for goals
That could not be bought,
You are such a special educator
That no words can truly tell
However much you're valued
For the work you do so well.

- Author Unknown

A Drop of Wisdom

...actively set aside time for relaxation, family, and personal enjoyment through activities like reading, listening to music, and playing sports to achieve overall wellbeing and gratification.

Pope Francis - April 2013



Thank you for supporting
Vital Staff
Newsletter.
We wish
you a happy
and a safe
Christmas.

Happy Silly Thoughts

THE FOUR STAGES OF LIFE

1. You believe in Santa Claus
2. You don't believe in Santa Claus
3. You are Santa Claus
4. You look like Santa Claus