



# RAISNEWS

..... a caring community

*"Therefore keep watch, because you do not know the day or the hour."*

*- Matthew 25:13*

## Positive Thinking Your Key to Success



Positive thinking brings inner peace, success, improved relationships, better health, happiness and satisfaction. It also helps the daily affairs of life move more smoothly, and makes life look bright and promising.

**Positive thinking is contagious.** People around you pick your mental moods and are affected accordingly. Think about happiness, good health and success, and you will cause people to like you and desire to help you, because they enjoy the vibrations that a positive mind emits.

In order to make positive thinking yield results, you need to develop a positive attitude toward life, expect a successful outcome of whatever you do, but also take any necessary actions to ensure your success.

**Effective positive thinking** that brings results is much more than just repeating a few positive words, or telling yourself that everything is going to be all right. It has to be your predominant mental attitude. It is not enough to think positively for a few moments, and then letting fears and lack of belief enter your mind. Some effort and inner work are necessary. Ask yourself the following questions.

Are you willing to make a real inner change?

Are you willing to change the way you think?

Are you willing to develop a mental power that can positively affect you, your environment and the people around you?

**By: Ms. Aey, General Manager**

Last week, High School Chapel program was about, Anti-smoking awareness Campaign. It was conducted by the Guidance Department. Mr. Francis Sherwood was the resource speaker. The speaker enlightened us as how smoking could cause heart disease, stroke, cancer, chronic obstructive pulmonary disease (COPD), and other health problems. The main health risks from smoking are lung cancer, heart disease and stroke. Smoking causes almost 90% of deaths from lung cancer, around 80% of deaths from COPD, and around 17% of deaths from heart disease. One study on smoking found that, on average, men who smoked throughout their lives die 10 years younger than those who had never smoked. For men, smoking increases the risk of impotence caused by the decreased circulation of blood. Quitting smoking ensures a longer and better life. People who quit smoking have reduced risks of suffering a heart attack, stroke or cancer. Pregnant women who give up smoking enhance the likelihood of having healthy baby. So STOP smoking for a better LIFE!!!



**Submitted by: Mrs. Anindya Das**

### THE IMPORTANCE OF MUSIC AND MOVEMENT IN EDUCATION

*Jenny McLaren*



Music in the classroom has become popular in recent years and much research has been done on this matter. What has become evident through research is that music is hugely instrumental in childhood learning. Music stimulates a child's frontal lobes, which are important to both language and motor development. Children are far more likely to retain information which has a rhythm to it. Together with the complex brain function which takes place while listening to

music, information is intricately processed, retained and thus able to be regained and used later on.

Music, movement and rhythm activities stimulate the brain which reinforces language concepts. The frontal lobes of the brain go through to main growth spurts - one between the ages of two and six, and one at about age twenty-two. Therefore, music and movement classes are most beneficial during the toddler and preschool years.

Movement causes the brain to produce endorphins, chemicals that increase both the child's energy levels and their ability to learn. It is inevitable that a child will learn better, faster and with less effort should music be added to the classroom instruction.

Music and movement activities that include cross lateral movement are especially important to brain development. Cross lateral movement enables both sides of the brain to work together,